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Grin and Bear It

A Giant Panda Bear walks into a restaurant. He orders some food and eats it. Then he pulls out a pistol and shoots his waiter in the foot and starts for the door.

"Hey, you can't do that," shouts the manager. "You just shot my waiter! Where do you think you're going?"

"I'm a Giant Panda," the bear replied, indignantly. "Look it up."

When the Panda had left, the manager googled Giant Panda Bears. Sure enough, under Giant Panda Bears first thing to pop up said, "Furry mammal, lives in China. Eats shoots and leaves..."



It's A Stretch

A man went into his bank and withdrew \$5000 in one hundred dollar bills. He wrapped the wad of bills with a rubber band and stuck them in his pocket,

After he had walked a block, he checked his pocket. To his dismay, the money was gone. He rushed back to the bank.



In his haste to enter the bank, he collided with an old man,

"Young man, have you lost some money tied with a rubber band?" asked the old man,

With great relief, the man said, "Yes, yes, I have!"

"Well," the old man said holding out his hand. "I found your rubber band."

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Moments in time

THE HISTORY CHANNEL

* On Dec. 2, 1972, the Temptations earned the last of their four chart-topping hits when "Papa Was a Rollin' Stone" made it to No. 1 on the Billboard Hot 100. The group was inducted into the Rock & Roll Hall of Fame in 1989.



* On Dec. 3, 1984, an explosion at a Union Carbide pesticide plant in Bhopal, India, marked the worst industrial accident in history. At least 5,000 people died immediately, according to official estimates, while approximately 20,000 died over time and another half-million were injured when toxic gas enveloped the city.

* On Dec. 4, 1917, psychiatrist W.H.R. Rivers presented a report titled "The Repression of War Experience" to the Royal School of Medicine. The report was based on his work at the Craiglockhart War Hospital for Neurasthenic Officers, near Edinburgh, which was one of the most famous hospitals used to treat soldiers suffering psychological trauma after serving on the battlefield.



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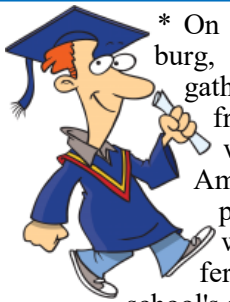
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YOU WILL NEVER GLORY IN GOD UNTIL GOD HAS STOPPED YOU FROM GLORIFYING YOURSELF



* On Dec. 5, 1776, five students at Williamsburg, Virginia's College of William & Mary gathered at Raleigh's Tavern to found a new fraternity they called Phi Beta Kappa, which was intended to follow strictly American principles rather than those espoused by England or Germany and in which members engaged in the kind of fervent political debate characteristic of the school's student life.

* On Dec. 6, 1961, Syracuse running back Ernie Davis became the first African American player to win the Heisman Trophy, beating out Ohio State fullback Bob Ferguson. Earlier that day Davis had met John F. Kennedy at the Waldorf Astoria Hotel in New York, remarking that he'd "never thought I'd ever be shaking the hand of the president of the United States."

* On Dec. 7, 2001, the blockbuster remake of the 1960 film "Ocean's Eleven" opened in theaters. Directed by Steven Soderbergh, it spawned the profitable sequels "Ocean's Twelve" in 2004 and "Ocean's Thirteen" in 2007.

* On Dec. 8, 1942, Jeannette Rankin, a committed pacifist and the first woman elected to Congress, cast the sole congressional vote against America's declaration of war on Japan.

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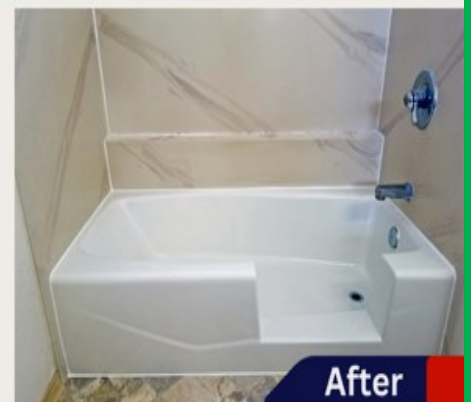
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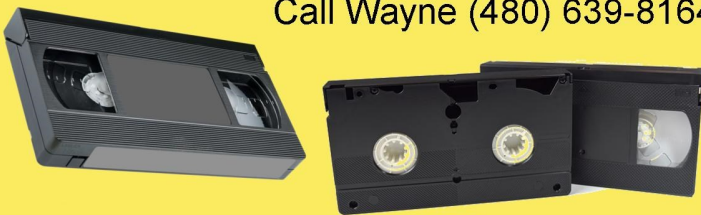
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A Howling Success

A young boy was practicing the violin at home. The sound made the dog howl loudly each time a string was plucked.

Meanwhile, his father was upstairs in his office trying to get some important work done.

After putting up with the racket of the violin and the dog howling for the better part of an hour he called down to his son.

"Can't you play something the dog DOESN'T know?"



Ain't It The Truth

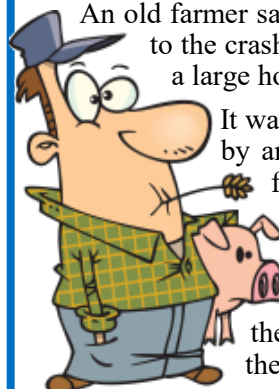
A busload of politicians was speeding recklessly down a country road when it ran into a brick wall and landed upside down in the ditch. It was a horrible sight.

An old farmer saw the whole thing and immediately ran to the crash site. It took him a couple hours to dig a large hole and bury all the politicians.

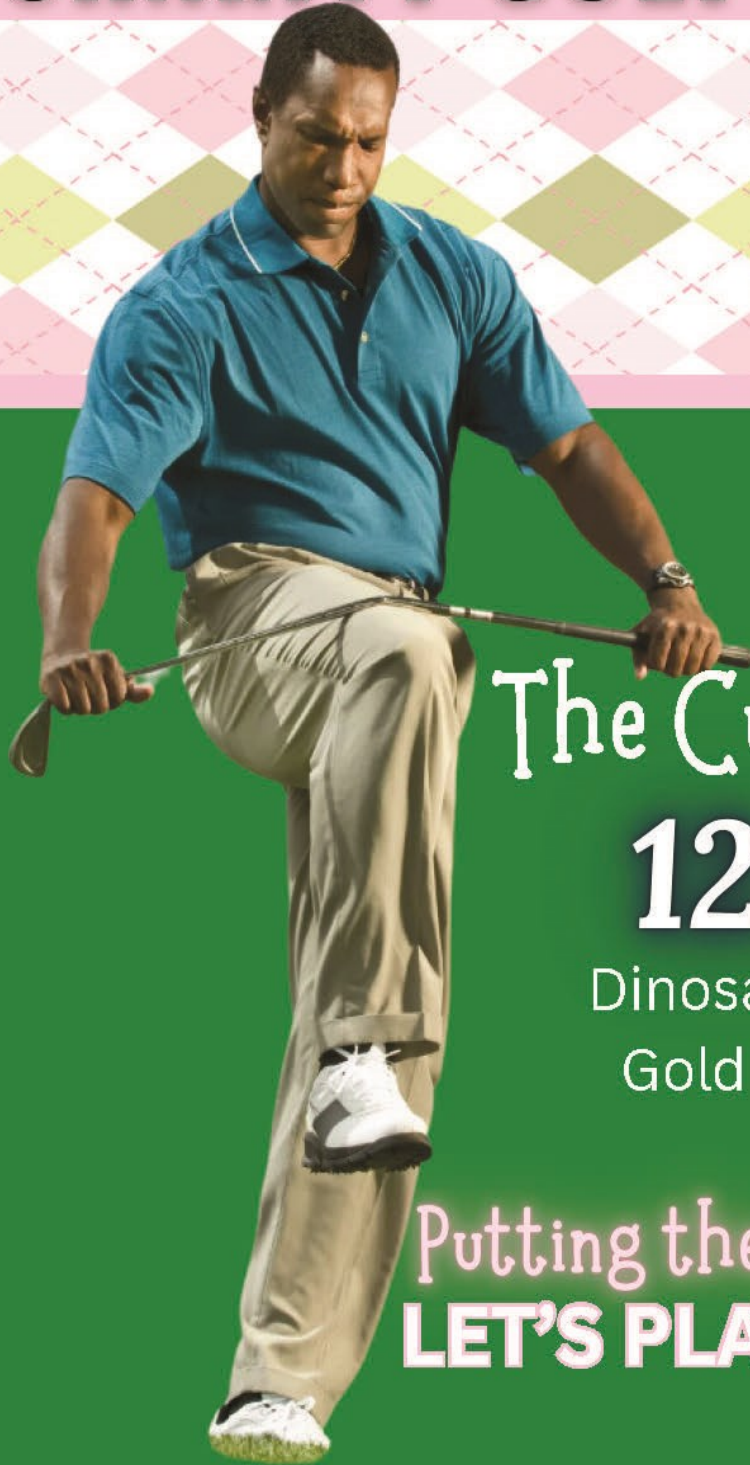
It wasn't long after that when a sheriff drove by and saw the wreckage of the bus. The farmer explained everything.

"Were they ALL dead!?" asked the sheriff.

"Well," said the old farmer, "some of them said they weren't but you know them politicians lie..."



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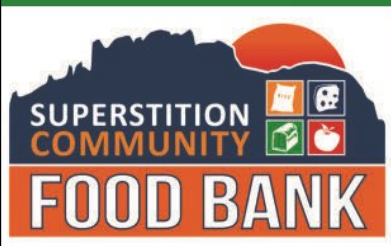
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Americanisms



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— Julia Child

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Trivia
test by Fifi
Rodriguez

- MOVIES:** What is the name of the necklace that Rose throws into the sea at the end of "Titanic"?
- GEOGRAPHY:** Where was the ancient city of Carthage located?
- TELEVISION:** What are the names of the FBI agents on "The X-Files"?
- LITERATURE:** Who wrote the short story "The Gift of the Magi"?
- HISTORY:** When was the United Nations organization created?
- SCIENCE:** What is the addictive substance in tobacco?
- U.S. PRESIDENTS:** Which president signed into law the Sherman Antitrust Act?
- CHEMISTRY:** What is the lightest of metallic elements?
- MYTHOLOGY:** What is the name of the half-man, half-bull creature that inhabits the Labyrinth?
- FOOD & DRINK:** What is challah?

Answers

1. Heart of the Ocean.
2. Tunisia.
3. Fox Mulder and Dana Scully.
4. O. Henry.
5. 1945.
6. Nicotine.
7. Benjamin Harrison.
8. Lithium.
9. Minotaur.
10. A special bread in Jewish cuisine.

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DIVAS ON A DIME

By Patti Diamond



A DELICIOUSLY DECADENT PUMPKIN TRIFLE FOR THANKSGIVING

Looking for a simple yet stunning dessert for Thanksgiving? May I suggest a pumpkin trifle? A layered dessert that's as versatile as it is delicious! Typically composed of cake, custard, whipped cream and fruit, trifles are an easy way to elevate your dessert game, and the variations are endless.

While the traditional trifle features layers of cake and custard, the beauty of this dessert lies in its flexibility. You can customize the layers to suit your taste, occasion or what you have on hand. Just imagine the flavor combinations of cakes, custards and fruits you could turn into a trifle. For an eye-catching presentation, serve your trifle in a high-sided glass dish, allowing the colorful layers to shine through.

This pumpkin trifle is a fantastic way to celebrate the flavors of fall. For my version, I used a boxed cake mix made with pumpkin purée and eggs, which makes a rich, moist cake. This is layered with cheesecake-flavored pudding and vanilla whipped cream. You could also opt for a homemade pumpkin or spice cake -- or even a classic yellow cake if you prefer.

Now, you might be wondering why I'm swapping my whole food mantra from last week for boxed mixes this week. The truth is home cooking is all about balancing convenience with quality. Yes, if you have the time and energy, making each element from scratch can yield extraordinary results. However, on busy days -- like Thanksgiving -- strategically choosing shortcuts can save precious time without sacrificing taste. It's all about where your priorities lie on that day.

EASY PUMPKIN TRIFLE

Yield: 8 servings

Total Time: 50 minutes

1 (15.25 ounce) box spice cake mix

1 (15.25 ounce) can pumpkin puree

2 eggs

1/4 cup water

Optional: 1/2 cups pecans, toasted and chopped

2 (3.4 ounce) boxes of cheesecake-flavored pudding

4 cups milk

1 cup whipping cream or heavy whipping cream

2 to 3 tablespoons powdered sugar

1 teaspoon vanilla extract

Preheat the oven to 350 F. Lightly grease a 9x13 baking dish.

In a large bowl, beat together the cake mix, pumpkin puree, eggs and water on low speed until well combined. Fold in pecans if using.

Pour into prepared baking pan and bake for approximately 30 minutes or until the top springs back when touched and toothpick comes out completely clean. Don't underbake this cake, it's already very moist because of the pumpkin. Let cool.

While the cake is baking, make the pudding according to package directions and whip the cream with sugar and vanilla until doubled in volume.

To Assemble: Cut the cooled cake into cubes. In a large trifle dish or bowl, place a layer of the cake pieces at the bottom. Spoon half of the cheesecake pudding over the cake, spreading it evenly. Next, add one-third of the whipped cream, smoothing it over the pudding. Repeat, layering more cake, pudding and whipped cream until the dish is filled. Finish with a final layer of whipped cream and, if desired, garnish with pecans. Refrigerate for at least an hour before serving to let the flavors meld.

A Boozy Twist: If you want to elevate this dessert even further, add a shot or two of bourbon, whiskey or aged rum sprinkled over the cake for a delightfully decadent adult version.

Make-Ahead Magic: Trifles don't have to be made the night before, but preparing them in advance allows the flavors to mingle for a deliciously rich experience. Plus, having dessert ready to go is a bonus on a busy holiday.

Here's wishing you a sweet ending to your feast and a happy Thanksgiving holiday weekend.

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Sweeten your holiday with this layered delight
PHOTO CREDIT: www.JasonCoblentz.com

Lifestyle expert Patti Diamond is the penny-pinching, party-planning, recipe developer and content creator of the website **Divas On A Dime -- Where Frugal, Meets Fabulous!** Visit Patti at www.divasonadime.com and join the conversation on Facebook at [DivasOnADimeDotCom](https://www.facebook.com/DivasOnADimeDotCom). Email Patti at divapatti@divasonadime.com

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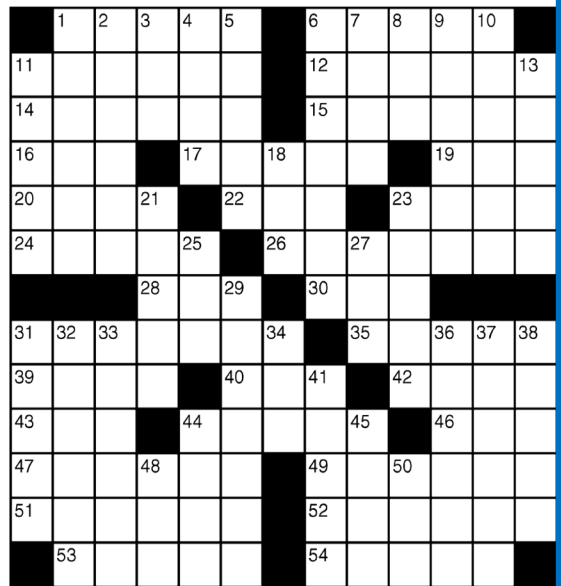
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ACROSS

- Clutch
- Modern mes-
- sages
- "Queen of
- Soul" Franklin
- Used a mod-
- ern car ser-
- vice
- Irish singer
- O'Connor
- More promis-
- ing
- "— Mine"
- (Beatles song)
- "Zorba the
- Greek" star
- Hit CBS series
- Morning
- droplets
- Pump up the
- volume
- Bit of dust
- Road curves
- Test monitor
- Wardrobe
- malfunction
- Sharing word
- Driving
- instructor?
- Flavor
- "Les Etats-
- "
- Hosp. areas
- Earth sci.
- Astern
- "Star Trek"
- doctor
- Computer
- acronym



- Band aide
- Fly
- Blood givers
- Evening prayer
- Newbies
- Perfume
- compound
- Start playing
- for pay
- Black, in
- verse
- Ballot marks
- Lingerie fabric
- Handles
- Stage com-
- ment
- Less damp
- Little rascal
- Feudal farm-
- ers
- Jazz singer
- Carmen
- Use a straw
- Ump's call
- Method
- Sentry
- Walking
- Lengthy list
- Tolkien crea-
- ture
- Abrasion
- Horn blower
- Gantry of fic-
- tion
- Italian wine
- Surrealist
- Joan
- Saint Laurent
- of fashion
- "Le Coq —"
- Follower
- (Suff.)

DOWN

- Tony winner
- Tammy
- Extends, as a
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- Devoured
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- for short
- City near
- Venice

- 13
- 18
- 21
- 23
- 25
- 27
- 29

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Just Like Cats & Dogs

by Dave T. Phipps

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MY WIFE'S NEW DIET CONSISTS OF BANANAS AND COCONUTS... NO WEIGHT LOSS, BUT SHE SURE CAN CLIMB A TREE

Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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Sports QUIZ

by Ryan A. Berenz

1. In a 1978 NFL game known as the "Holy Roller," what Oakland Raiders quarterback intentionally fumbled the ball forward, leading to a touchdown that gave the Raiders a 21-20 win over the San Diego Chargers?
2. Greek basketball star Andreas Glyniadakis was selected by the Detroit Pistons in the 2003 NBA Draft, but his only career NBA action consisted of 13 games in 2006-2007 with what team?
3. Gymnast Catalina Ponor, who won three gold medals at the 2004 Athens Summer Olympics, competed for what country?
4. Wide receiver O.J. McDuffie played his entire NFL career from 1993 to 2001 with what team?
5. Between brothers B.J. and Justin Upton, who had more career Major League Baseball home runs?
6. Name the NASCAR driver from Eau Claire, Wisconsin, whose lone Cup Series win was at the 2011 Brickyard 400. (Hint: His father founded a chain of home-improvement stores.)
7. Cornelius "Corny" Johnson, one of 18 Black American athletes at the 1936 Berlin Olympics, won a gold medal competing in what event?

Answers
1. Ken Stabler.
2. The Seattle SuperSonics.
3. Romania.
4. The Miami Dolphins.
5. Justin, with 325 (B.J. had 164).
6. Paul Menard.
7. The high jump.

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.

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

DIFFICULTY: ★★
★ Moderate ★★ Difficult
★★★ GO FIGURE!

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THANKSGIVING: WHEN WE TALK TURKEY TO EACH OTHER

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.

1 2 3 4 5 6

DIFFICULTY THIS WEEK: ◆◆◆
◆ Easy ◆◆ Medium ◆◆◆ Difficult

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HAVE FAITH IN GOD AND SEE EVERYTHING FALL INTO PLACE!

Amber Waves

by Dave T. Phipps

Panel 1: A boy in a green hat and yellow scarf is building a snow fort. He says, "IT'S TAKEN ALL DAY, BUT MY SNOW FORT IS DONE!"

Panel 2: The boy is sitting inside the snow fort, looking out.

Panel 3: A girl in a green hat and blue scarf is standing outside the snow fort, looking in.

Panel 4: The girl is talking to the boy. She says, "I'M SORRY YOUR WI-FI IS SLOW, BUT NO, THE ROUTE STAYS IN THE HOUSE."

Stickelers Answer

- 1) press ROOM mate
- 2) resist ANT elope
- 3) blood STREAM lined

Go Figure!

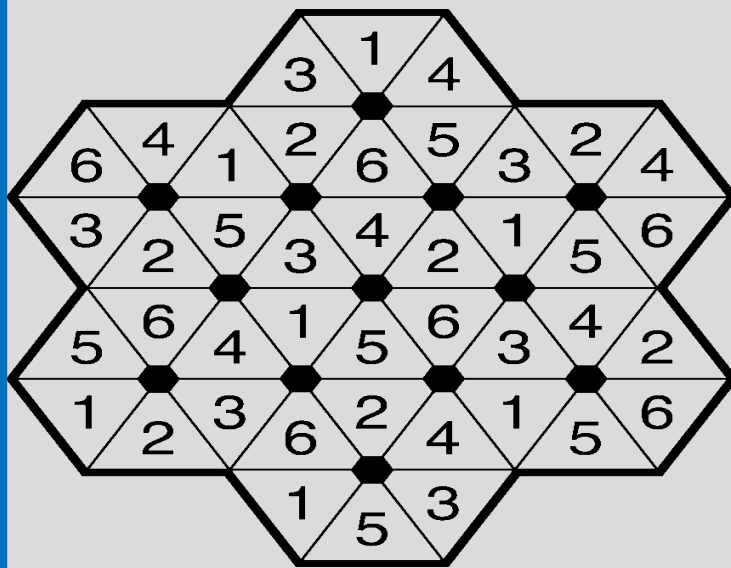
answers

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

THE BIBLE IS THE ULTIMATE SOURCE FOR TRUTH...READ IT

SNOWFLAKES

solution



BAKING IS MY CARDIO

STICKELERS [sic].
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) press _____ mate
- 2) resist _____ elope
- 3) blood _____ lined

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SENIOR NEWS LINE

by Matilda Charles

SAVING MONEY IN 2025

In a few weeks, those of us on Social Security will be getting approximately 50 extra dollars in our monthly benefit. Minus the \$10 increase in Medicare Part B, that brings the average increase down to \$40 per month. How shall we spend our windfall?

If food prices are going to come down after the recent election, it won't be instantly. We need to continue to shop carefully and get the best possible deals for our dollar. Look for senior discount days, coupons, loyalty perks and, yes, the food bank.

If you can spring for a Walmart+ membership (\$98 per year, minus \$20 if you're also an AARP member), each time you shop you can end up with rewards dollars added to your account for buying certain products. Look for other benefits such as free shipping, discounts on fuel if your local store has a gas station, access to the TV streaming service Paramount+, prescription delivery and a lot more.

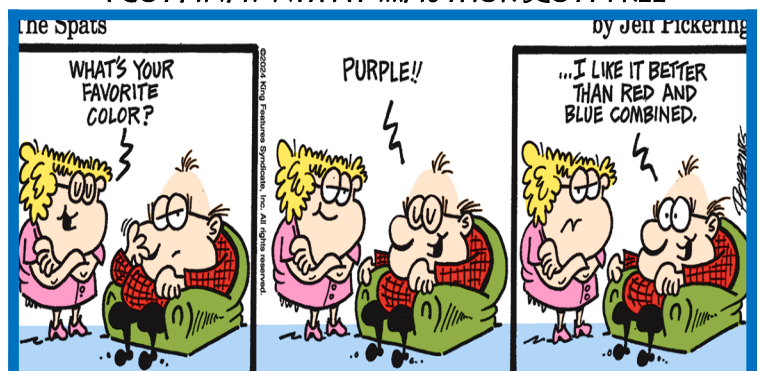
For the first time in 15 years, the membership cost of AARP is going up in 2025. The new price of \$20 will take effect after your current membership expires. If you extend your membership now, it will be at the current rate. Meanwhile, take advantage of AARP's savings and discounts on a wide variety of products and services, ranging from dining out; insurance; travel, including car rental and vacation packages; gym memberships; and so much more.

Ask your cable and internet provider for a reduced fee. It could be that by dropping down one plan level, you could save considerable money by cutting out the channels you never watch anyway.

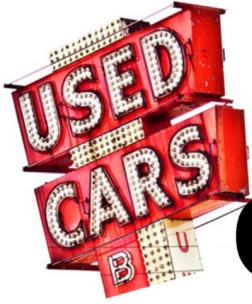
Investigate Low-Income Home Energy Assistance Program (LIHEAP) for help with fuel and heating costs, one of our biggest expenses. Start by calling the Community Action Agency in your state or the Area Agency on Aging.

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HOCUS - FOCUS

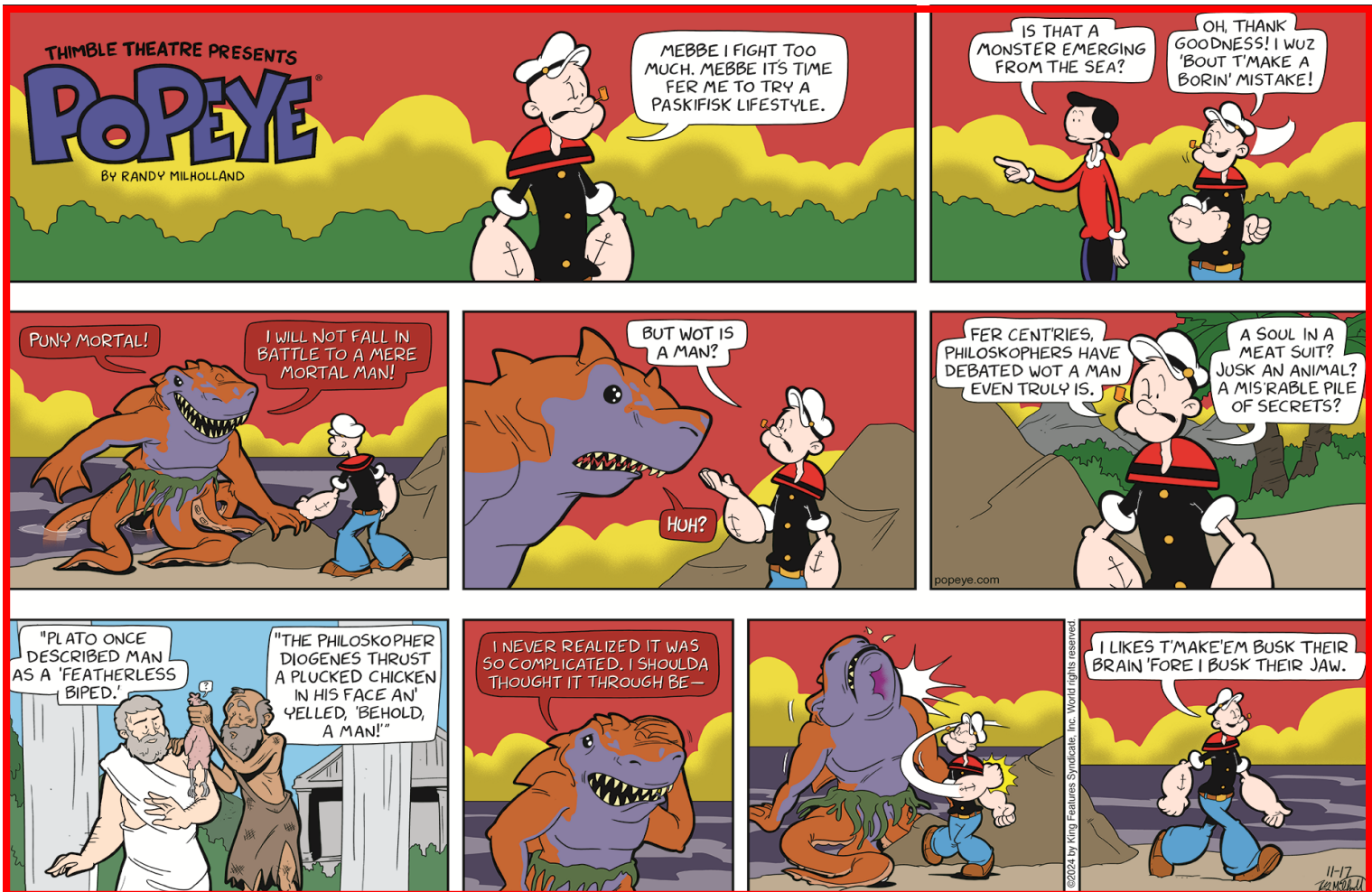
BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Arm is longer. 2. Fencepost is moved. 3. Hole in tree is larger. 4. Chimney is shorter. 5. Fencepost is taller. 6. Zipper is replacing buttons.



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THERE IS NO FEAR IN LOVE - 1 JOHN 4:18

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: N equals S

IPJF MW OWT LJBB NWGUSWMO

IPW NFWZN TNRVK JV RBBVUNN-

FXUJFRVK NTSNFIJVLU?

J GUMRLRVU MXWZZUX.

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TRIPLE PLAY BAND

1PM-2PM

JYNX

2:30PM-3:30PM

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DOCTOR RECOMMENDS BISPHOSPHONATES DUE TO HIGH FRAX SCORE

DEAR DR. ROACH: I'm an active, 5-foot-2-inch, 125-pound, 72-year-old Caucasian woman without a history of known osteoporotic risk factors, other than demographic ones. I exercise daily, eat calcium through food, take 2,000 units of vitamin D, and follow a Mediterranean-style diet. My last dual-energy X-ray absorptiometry (DXA) scan showed a T-score in my spine of -3.3 and a T-score in my hip of -2.7. My Z-scores were 0, and my FRAX score showed a 15.4% overall risk of fracture, with a 4.4% risk of a hip fracture in the next 10 years. Overall, my bone density went down 6.5% for my spine and 5% for my hip, compared to three years earlier. My primary care physician has recommended starting bisphosphonates. My preference would be to postpone medication for at least a year, while I work with a dietician and a physical therapist to refine my exercise program and try to build bone more effectively. But I also don't want to take foolish chances with a spine or hip fracture. At my request, I received a referral to a specialist, but I cannot see her for four months. How accurate are the results of a DXA scan? I have scoliosis from my childhood; could it affect the accuracy of the test results? Would any other imaging, blood or urine tests be appropriate to provide additional information or indicate if there are other causes of bone loss, besides age and gender? -- A.M.

ANSWER: The most important number here is the FRAX score, which combines your clinical risk (age, gender, height and weight, ethnicity, steroid use, smoking, previous fractures, alcohol use, etc.) and your bone density results from your DXA scan to provide an estimate of the overall fracture risk. It also provides an estimate of the most dangerous type of fractures: hip fractures. It's freely available at frax.shef.ac.uk/FRAX/tool.aspx. Your results are above the recommended threshold for medication, which is either a total-fracture risk of 20% or a hip-fracture risk of 3%. Among the different options, most experts would choose a bisphosphonate drug like alendronate, based on decades of experience and strong data. However, a very low T-score (worse than -3) makes some experts choose a different type of agent -- a PTH analogue like teriparatide. Your scores have dropped a lot quickly, so I definitely recommend treatment. I do understand why you are hesitant. These drugs can cause more harm than good when they are not used correctly, and many of my patients are concerned after reading others' experiences. But when used properly, generally for three to five years, they are very good at preventing fractures. Scoliosis can affect the accuracy of DXA tests, but the tests usually underestimate the severity of osteoporosis in people with scoliosis. Furthermore, the fact that both your hip and spine have osteoporosis makes the diagnosis pretty certain. A Z-score of 0 means your bone density is at a level that is expected for your age and sex. This means that a secondary cause is unlikely; however, the T-score still indicates osteoporosis. Four months may seem like a long time, but it's entirely reasonable to wait on deciding the optimal medication until you see the expert. She is likely to do additional testing and give you more personalized information. Finally, if you can improve your diet and exercise from the standpoint of osteoporosis, this will help you whether you decide to take medication or not. Getting enough protein and calcium from your diet will help, as will avoiding excess alcohol.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu. (c) 2024 North America Synd., Inc. All Rights Reserved

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BIBLIE

TRIVIA

by Wilson Casey

1. Is the book of Zechariah (KJV) in the Old or New Testament or neither?
2. From Numbers 21:6, what repulsive creatures bit the Israelites in the wilderness? Scorpions, Fiery Serpents, Vipers, Ravens
3. Before the Tower of Babel, how many languages were in the world? 1, 2, 3, 4
4. From Matthew 7:7, Jesus said that we should seek, knock and ...? Adorn, Ask, Try, Inspire
5. Whose last verse is, "Remember me, O my God, for good"? Genesis, Matthew, Nehemiah, Hebrews
6. How old was Adam when he died? 30, 130, 430, 930

ANSWERS:

- 1) Old
- 2) Fiery Serpents
- 3) 1
- 4) Ask
- 5) Nehemiah
- 6) 930

"Test Your Bible Knowledge,"

a book with 1,206 multiple-choice questions by columnist Wilson Casey, is available in stores and online.

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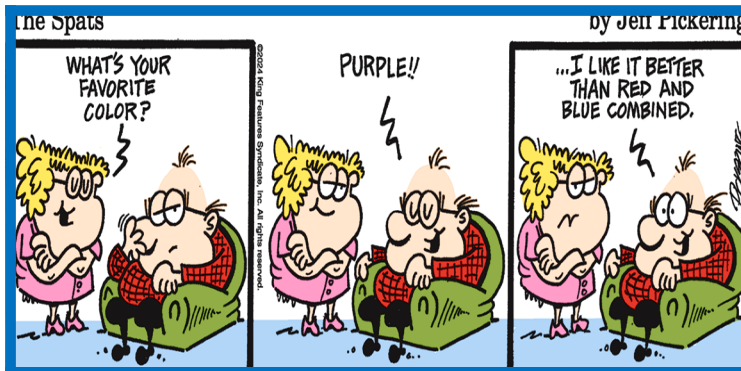
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INSTEAD OF SAYING I DON'T HAVE ENOUGH TIME SAY LORD THANK YOU FOR THE TIME I HAVE

CryptoQuip

answer

What do you call somebody
who stops using an illness-
treating substance?
A medicine dropper.



I USED TO BE A BAKER IN THE ARMY BUT I QUIT. I JUST COULDN'T SEEM TO MAKE ENOUGH DOUGH...

King Crossword

Answers

Solution time: 21 mins.

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

Weekly SUDOKU

Answer

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

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5. Great Belt Bridge East, Denmark:	5,328 ft.
6. Osman Gazi Bridge, Turkey:	5,085 ft.
7. Yi Sun-sin Bridge, South Korea:	5,068 ft.
8. Runyang Yangtze River Bridge South, China:	4,888 ft.
9. Hang-Rui Dongting Bridge, China:	4,855 ft.
10. Fourth Nanjing Yangtze Bridge, China:	4,652 ft.

Source: Road Traffic Technology

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Strange BUT TRUE

By **Lucie Winbourne**

* In 1674, the Women's Petition Against Coffee claimed the beverage was turning British men into "useless corpse[s]" and proposed a ban on it for anyone under the age of 60.

* Eugene V. Debs ran for president in 1920 while serving a prison sentence in Atlanta Federal Penitentiary for his protests against World War I. He still captured nearly 1 million votes.

* The plot of "The Nightmare Before Christmas" was partly inspired by the collision of holiday store decorations.

* In a study by the Smell and Taste Treatment Research Foundation, the scent women found most arousing was Good & Plenty candy mixed with cucumber.

* Arachibutyrophobia is the fear of peanut butter getting stuck to the roof of your mouth.

* Lancaster, Pennsylvania, was the U.S. capital for the shortest period of time, a mere day, on Sept. 27, 1777.

* Aretha Franklin's voice was declared a "natural resource" of the state of Michigan.

* In 1967, supermodel Twiggy became the first celebrity to be immortalized as a Barbie doll. Other celebrity Barbies have included Cher, Elizabeth Taylor, Elvis and Priscilla Presley, and Nicki Minaj.

* Cotton candy was invented in 1895 by candy maker John C. Wharton and dentist William Morrison, who called it "fairy floss" and sold thousands of servings at the St. Louis World's Fair in 1904. It was renamed "cotton candy" in the 1920s by Josef Lascaux -- another dentist -- who sold the saccharine confection to his patients. Hmmm, sounds a little bit suspicious to us.

* A face with big eyes, a small nose and a small chin exhibits kinderschema: the collection of traits humans have evolved to find adorable

Thought for the Day:
"Life is a great big canvas, and you should throw all the paint on it you can."
-- Danny Kaye

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