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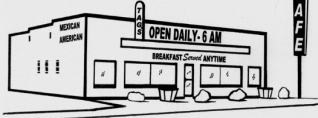
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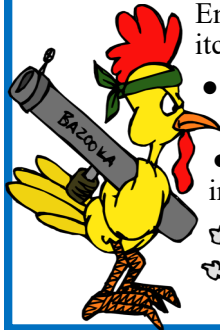
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- The Ameraucana and Araucana chickens can lay eggs colored in shades of green or blue, depending on the breed and its ancestry.
- In 2022, table egg production totaled 92.6 billion in the U.S. proving once again the U.S. has the best darn chickens in the world.
- The term 'Chicken Pox' didn't come from people believing that they came from chickens, it came from the Old English term 'gican pox' - which means the itching pox.
- There are approximately 400 million chickens in the United States.
- Chickens make sounds with actual meaning. They give different alarm calls when threatened by different predators.
- A rooster will attack anything that he thinks will harm the hens



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## Moments in time

THE HISTORY CHANNEL

\* On Jan. 13, 1995, America3 ("America Cubed"), an all-female sailing team, won the first race of the America's Cup defender trials in little more than a minute. The team was the sport's first all-women crew to compete in the Cup's 144-year history.



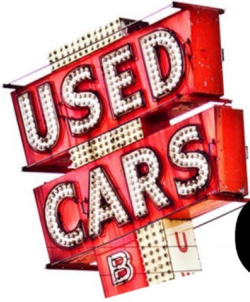
\* On Jan. 14, 1942, President Franklin D. Roosevelt issued Presidential Proclamation No. 2537, requiring non-U.S. citizens from World War II-enemy countries (Italy, Germany and Japan) to register with the United States Department of Justice, after which they were given a Certificate of Identification for Aliens of Enemy Nationality. The Proclamation facilitated the beginning of full-scale Japanese American internment the following month.



\* On Jan. 17, 2013, Sergei Filin, the artistic director of the Bolshoi Ballet, was attacked outside his Moscow home with acid by a masked man later revealed to have been hired by company dancer Pavel Dmitrichenko.



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\* On Jan. 16, 1973, the final episode of "Bonanza," written and directed by Michael Landon, aired on NBC, completing a 14-season run centering on thrice-widowed patriarch Ben Cartwright, his sons, and their adventures on the thousand-square-mile Ponderosa Ranch in Nevada.

\* On Jan. 15, 1951, Ilse Koch, known as the "Witch of Buchenwald" for the extraordinary sadism she displayed toward that camp's prisoners, was sentenced to life in prison for crimes against humanity by a West German court. The sentence was reduced to four years and Koch was released, then imprisoned again with a second life term. She escaped that fate by hanging herself with a bedsheet in 1967.

\* On Jan. 18, 1862, America's 10th president, described in his New York Times obituary as "the most unpopular public man that had ever held any office in the United States," John Tyler died at age 71 in Richmond, Virginia.

\* On Jan. 19, 2007, Beijing, China got its first drive-through McDonald's restaurant, a two-story building next to a gas station that celebrated its christening in a ceremony complete with traditional Chinese lion dancers and, of course, a Chinese Ronald McDonald.



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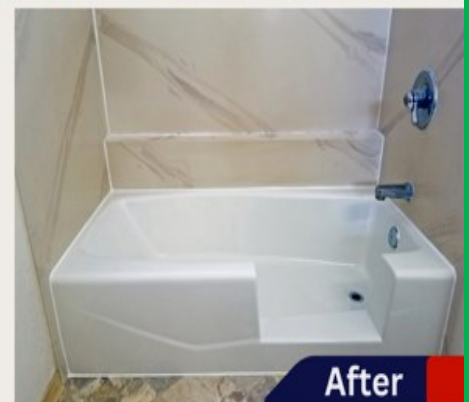
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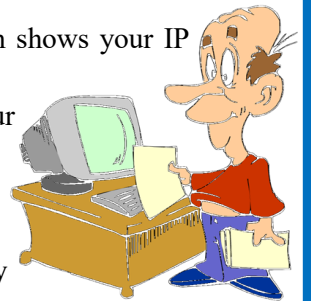


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- ⌘ You introduce your wife as "my lady@home.wife"



### How's BUSINESS?



**Tailor:** Oh, it's so-so

**Electrician:** It's fairly light

**Author:** All right

**Farmer:** It's growing

**Elevator operator:** Well, it has its ups and downs

**Trash collector:** It's picking

up

### FLOSSING

A dentist was always encouraging patients to floss. During one cleaning, the dentist asked her patient if he was "flossing religiously."

"Well," the man hedged, "I floss more often than I go to church."





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**Americanisms**



**"Distrust any enterprise  
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— Henry David Thoreau**

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**Trivia**  
*test* by Fifi  
Rodriguez

- FOOD & DRINK:** What kind of cake is named after a British queen?
- TELEVISION:** What is the name of the family dog on "The Simpsons"?
- ANATOMY:** How long does a human red blood cell exist?
- GENERAL KNOWLEDGE:** Where is New Year's celebrated first each year?
- ADVERTISING:** Which company sponsors a 13-foot-long Weinermobile?
- MEASUREMENTS:** How many pints are in a quart?
- MOVIES:** What is the name of the dance performed in the "Rocky Horror Picture Show"?
- BIOLOGY:** What does the term ectothermic mean?
- GEOGRAPHY:** Which country has the longest coastline in the world?
- LITERATURE:** Who is the author of "The Canterbury Tales"?

- Answers**
1. Victoria Sponge Cake.
  2. Santa's Little Helper.
  3. About 120 days.
  4. The island of Kiribati in the environment.
  5. Oceanic nation of Kiribati.
  6. Two.
  7. The Time Warp.
  8. Coldblooded, when body temperature is regulated by the environment.
  9. Canada.
  10. Geoffrey Chaucer.
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# DIVAS ON A DIME

By Patti Diamond



## Stuffing Mix Magic: Easy Turkey Meatballs for Dinner or a Party Hit!

When the week between Christmas and New Year's hits, we're all caught in a strange limbo. All the cookies, sweets and party treats create a lawless wasteland of dietary anarchy. The big holiday feasts are behind us, but the New Year's celebrations are still to come. Whether you're preparing a cozy family dinner or gearing up for a festive gathering, this recipe for turkey meatballs will have you covered.

What makes these meatballs stand out? We're skipping the usual breadcrumbs and spicing things up with a seasonal shortcut -- boxed stuffing mix! Soaking the mix in milk creates a panade -- similar to the technique in Italian meatballs -- making them irresistibly tender and moist. It's an unexpected twist that gives these meatballs loads of flavor with little extra effort. Plus, using ground turkey makes them a lighter option after all those heavy holiday dishes.

Why stop at just meatballs when you can go all-out with holiday vibes? Pair these tender turkey meatballs with a tangy, cranberry-based dipping sauce that brings the whole dish together. The sweet-tart flavor of cranberry, brightened with a hint of orange, adds a festive flair and makes every bite feel like a celebration.

Serve them as a quick, satisfying dinner over rice or pasta, or plop them on hoagie rolls, or a crusty baguette for a meatball sandwich, or pop them on toothpicks for an irresistible party bite. No matter how you serve them, you'll have a crowd-pleaser that's as easy to make as it is to eat.

### **HOLIDAY TURKEY MEATBALLS**

*Yield: 80 meatballs*

*Total Time: 35 minutes*

*2 large eggs*

*1 cup milk*

*1 (6 ounce) box turkey stuffing mix*

*2 pounds ground turkey, 85/15 fat content*

*1/4 cup onion, finely minced or grated*

*1/4 cup flat leaf parsley, finely minced, packed*

*1/4 cup Parmesan cheese, grated*

*1/2 teaspoon garlic powder*

*1/4 teaspoon pepper, or more to taste*

*Preheat oven to 400 F.*

*Line a rimmed baking sheet with parchment paper.*

In a large bowl, combine eggs and milk, then add to stuffing mix. Let this sit for about 5 minutes to allow the stuffing to absorb the milk mixture. Add turkey, onion, parsley, Parmesan, garlic and pepper. Mix gently with your hands until well combined. Use a spoon or scoop to measure heaping tablespoons of the mixture, and roll into balls. Place on prepared baking sheet and bake for 18-20 minutes or until they reach 165 F.

### **CRANBERRY DIPPING SAUCE**

*1 (12 ounce) bag cranberries, frozen or fresh*

*1 zest and juice medium navel orange*

*1/2 cup brown sugar*

*1/4 cup granulated sugar*

*1 cup water*

*1 pinch salt*

*2 tablespoons balsamic vinegar*

*1 tablespoon butter*

In a medium saucepan over medium heat, combine cranberries, orange zest and juice, both sugars, water and salt. Bring to a boil, then reduce to low and simmer for 10-15 minutes, until cranberries break down.

Remove from heat and stir in the vinegar and butter. Blend for a smooth texture or mash with a potato masher for a rustic take. Serve with meatballs.

If making sauce from scratch doesn't appeal to you, then simply combine one (15 ounce) can cranberry sauce with a (12 ounce) bottle of chili sauce for a delicious low-effort option.

So, whether you're juggling post-holiday fatigue or planning a New Year's bash, these Holiday Turkey Meatballs will make your life a little easier -- and a lot more delicious. That's a win in my book. Here's to ringing in the New Year with style and a full belly!



**Turkey Meatballs are the perfect bite-size crowd-pleasers for your holiday gatherings**

**PHOTO CREDIT: [www.JasonCoblentz.com](http://www.JasonCoblentz.com)**

**Lifestyle expert Patti Diamond is the penny-pinching, party-planning, recipe developer and content creator of the website**

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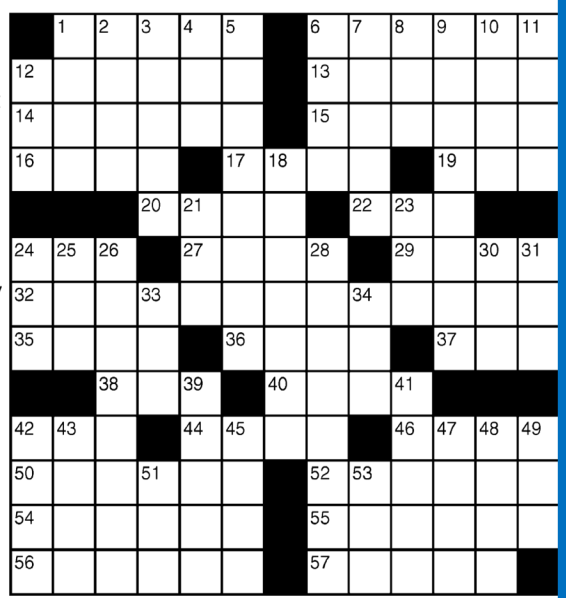


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## King Crossword

### ACROSS

- 1 Wash thoroughly
- 6 Black Sea port
- 12 Saudi neighbor
- 13 Reacts to a pun
- 14 Baseball's Roberto
- 15 Attack verbally
- 16 — -pedi
- 17 Barrel bottom bit
- 19 — tree
- 20 Use a stun gun
- 22 California's Big —
- 24 Director Brooks
- 27 Campbell of "Scream"



- 52 Security desk request
- 54 "Nothing for me, thanks" baking
- 55 Protruding navels
- 56 Breeds, as salmon
- 57 Spiteful
- 7 Pulls
- 8 Very long time
- 9 The "S" of SNL
- 10 Crisp cookie
- 11 Hammett pooch
- 12 Candied veggie
- 18 Undo
- 21 Director Lee
- 23 Former Mideast gp.
- 24 '60s chic
- 25 Mound stat
- 26 "Bad Romance" singer
- 28 Physical effort
- 30 Super serve
- 31 NYC subway overseer
- 33 Fish-fowl link
- 34 Eastern "way"
- 39 Squelched
- 41 Factions
- 42 Hosp. scans
- 43 Ninny
- 45 Physiques
- 47 Pace
- 48 Neutral color
- 49 QB's gains
- 51 Blue
- 53 "Levitating" singer Lipa

### DOWN

- 1 Ward of "Once and Again"
- 2 "Let's go!"
- 3 Pay
- 4 Italian article
- 5 Tweety's meal
- 6 Monster





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# Weekly SUDOKU

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

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♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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by Ryan A. Berenz

1. What two NFL teams combined for 79 points, 809 yards passing and 1,036 total yards in an epic AFC divisional playoff game in January 1982?
2. Name the defenseman who played 13 seasons in the NHL -- most notably with the Detroit Red Wings from 1986-94 -- until his death in an auto accident in May 1999.
3. Basketball Hall of Famer Denise Curry was a three-time All-American (1979-81) for what college team?
4. In 1979, CBS Sports "traded" NFL play-by-play announcer Don Criqui to NBC in exchange for what sportscaster?
5. What American swimmer, winner of two gold medals at the 1964 Tokyo Olympics, is the older sister of actor/director Joanna Kerns ("Growing Pains")?
6. On April 6, 1973, the New York Yankees' Ron Blomberg made history by becoming the first player to do what in a regular-season Major League Baseball game?
7. What NASCAR driver was declared the unofficial winner of the first Daytona 500 in 1959, then had the result overturned three days later and wound up finishing second to Lee Petty?

Answers  
 1. The San Diego Chargers defeated the Miami Dolphins 41-38 in overtime.  
 2. Steve Chiasson.  
 3. UCLA.  
 4. Curt Gowdy.  
 5. Donna de Varona.  
 6. Bat as a designated hitter.  
 7. Johnny Beauchamp.  
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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.

	+		x		= 72
+		+		-	
	+		+		= 18
+		÷		x	
	-		x		= 7
=		=		=	
9		15		21	

DIFFICULTY: ★★

★ Moderate ★★ Difficult  
 ★★★ GO FIGURE!

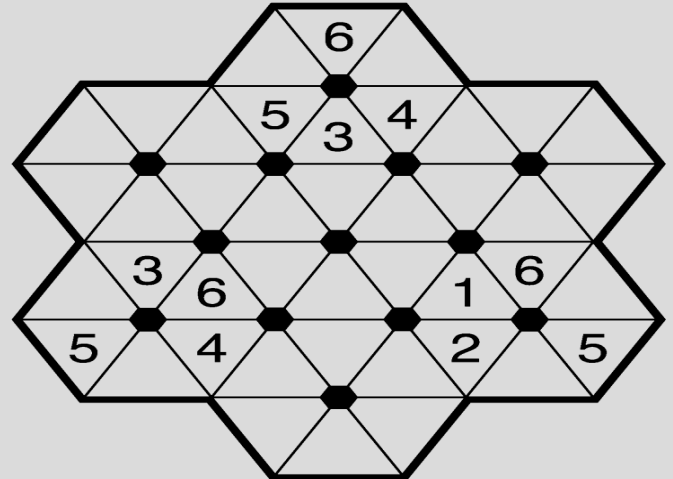
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AN UBER DRIVER IS A FARE-MINDED PERSON

## 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: ◆◆◆

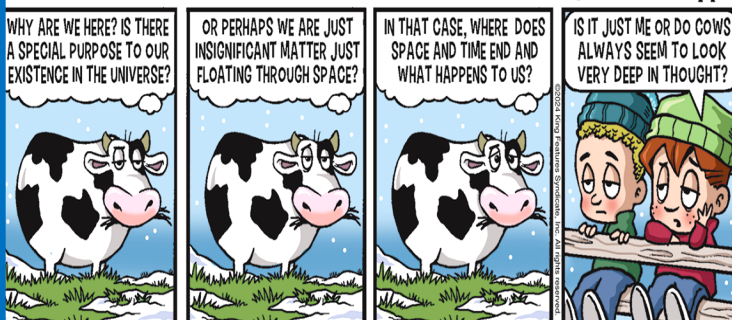
◆ Easy ◆◆ Medium ◆◆◆ Difficult

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THE WORLD AND ITS DESIRES PASS AWAY, BUT THEY THAT DO THE WILL OF GOD LIVE FOREVER - 1 JOHN 2:17

## Amber Waves

by Dave T. Phipps



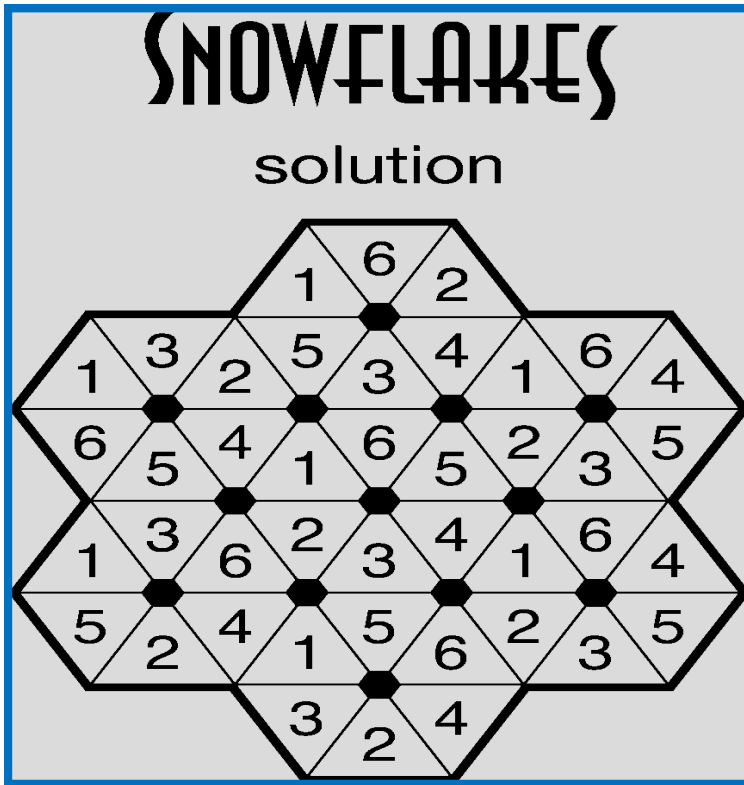
## Stickelers Answer

The word is "predetermination."



Go Figure!					
answers					
3	+	6	×	8	= 72
+		+		-	
4	+	9	+	5	= 18
+		÷		×	
2	-	1	×	7	= 7
=		=		=	
9		15		21	

THERE IS UNDENIABLE POWER IN PERSISTENT PRAYER



FREEDOM IS NOT AN END. FREEDOM IS A BEGINNING

## STICKELERS [sic]

by Terry Stickels

Below is a common word known to all. See how long it takes you to unravel the letters and come up with it. The word begins with the letter "P."

E	E	E	P
M	T	I	N
A	N	O	I
R	R	T	D

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# SENIOR NEWS LINE

by Matilda Charles

## RETIREMENT -- NOT YET FOR MANY OF US

Many of us didn't plan for this. Years after we expected to retire, we're still working. For too many of us, working is still a necessity for financial reasons.

Careful planning likely convinced most of us that with a bit of savings and a monthly Social Security check we could safely (and voluntarily) retire. A recent study concluded that roughly 80% of us fall into this category, thinking we would be financially OK in retirement.

On the flip side of the coin, there are those who were pushed into early retirement before they were financially ready. Whether it was because of the health of a spouse and the need to become a caretaker or corporate downsizing, they were out the door and left in a difficult financial position, forced to sign up for Social Security before their full retirement age and giving up nearly one-third of the monthly benefit amount because of the early retirement. Many grab onto part-time jobs just to have a few extra dollars coming in every month. Those few extra dollars mean the difference between paying the light bill ... or not.

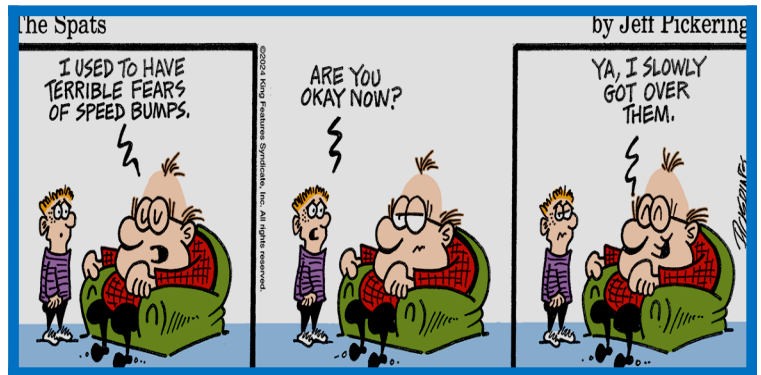
I did an informal poll of neighbors and acquaintances, all of whom are past retirement age. A full 90% are employed, with most of them working at part-time jobs. All of them said it was for financial reasons.

One gentleman shared that he's working to save up for the glasses he needs, the costs that Medicare won't cover. Another is working to put every possible dollar into paying off the last of her mortgage. Everyone else, it seems, is still working to put groceries on the table, keep gas in the car or make the mortgage payment.

Clearly, the small Social Security increases we've been receiving aren't enough. They just aren't.

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## EVEN A CALENDAR'S DAYS ARE NUMBERED





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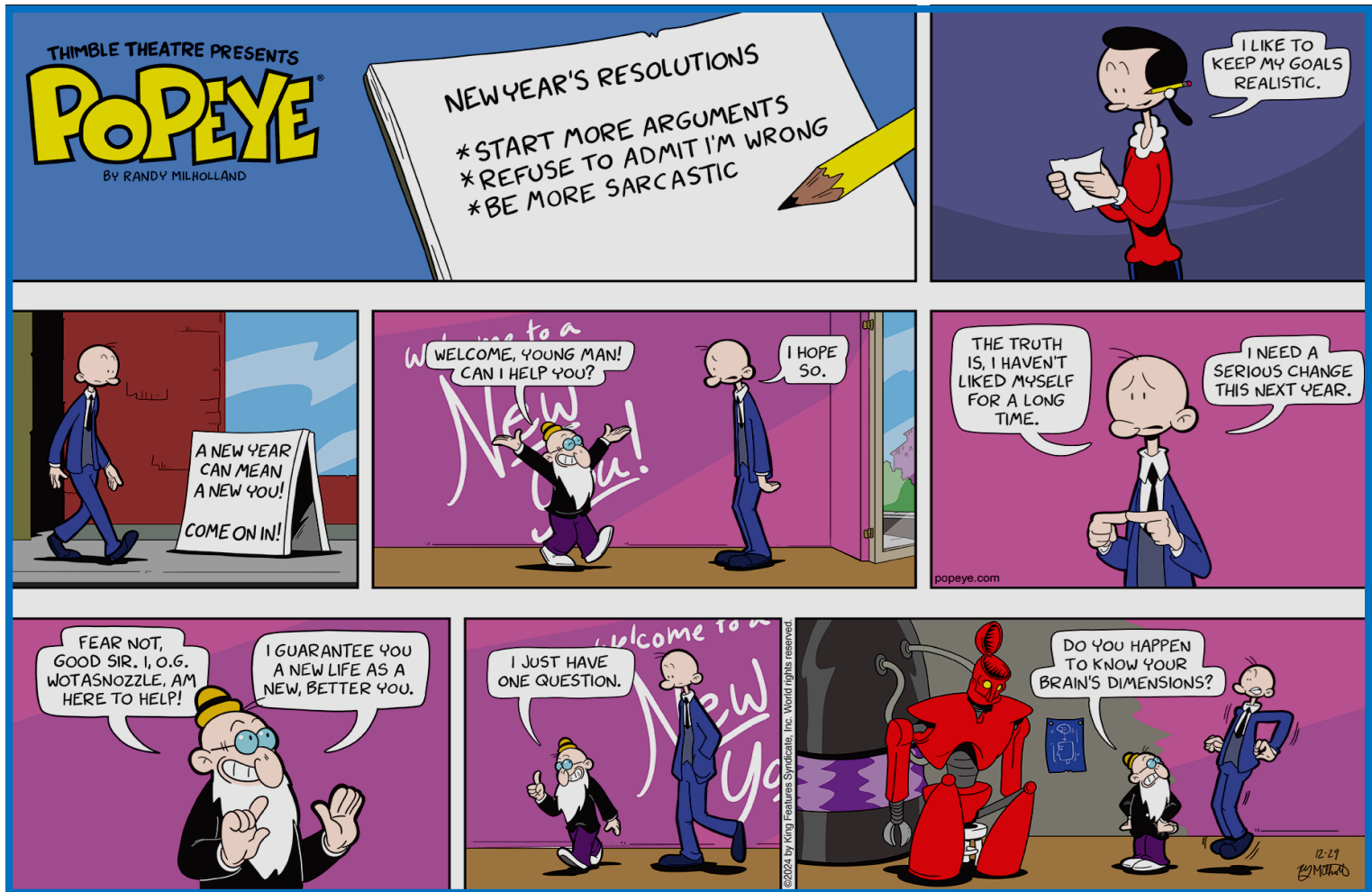
## HOCUS-FOCUS

BY HENRY BOLTINOFF

**Find at least six differences in details between panels.**

**Differences:** 1. Briefcase is larger. 2. Bush is larger. 3. Collar is missing. 4. Car bumper is missing. 5. Label is missing. 6. Windows in door are smaller.





WRITING ON THE WALL USUALLY MEANS THERE'S AT LEAST ONE SMALL CHILD RUNNING AROUND WITH A CRAYON

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THERE WOULD BE NO SICKNESS, IF THERE HAD BEEN NO SIN

## 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: **B** equals **L**

MR M UZDZ NT RMBB LBB  
NGZYZ NZYN NXHZY UMNG  
CTC-LEMJME YTBXNMTCY, M'J  
JZEBLDZ "HLYZY BTLJZJ!"

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Health  
WITH  
Dr. Keith  
Roach

## WHY THE GOVERNMENT SHOULDN'T LIMIT SODIUM INTAKE

**DEAR DR. ROACH:** I read in a health journal that large amounts of sodium are unhealthy for one's diet. The government standard is no more than 2,300 mg of sodium per day. If one's health isn't so good, some doctors say that their sodium intake shouldn't be more than 1,500 mg per day. Everything you eat or drink counts. If consuming sodium is so bad for your health, then why aren't there limitations in the amount of sodium a company can put into their products? Shouldn't this be controlled by the federal government, similar to alcohol or numerous other chemicals in food and drinks that we find in cans, boxes and packages? For instance, why should diet soda have sodium in it? -- E.R.

**ANSWER:** It is true that excess sodium has health risks, and I agree with public health officials in recommending that people consume less sodium. High sodium increases blood pressure levels for most people. Even in people without high blood pressure levels, a high-sodium diet slightly increases stroke risk and predisposes them to kidney stones. However, sodium is an essential nutrient, and although sodium deficiency is unheard of now, there are conditions where a high-sodium diet is important. I recently saw a patient who had POTS (postural orthostatic tachycardia syndrome) after COVID, and she needs 8-12 grams of sodium daily to keep her blood pressure up.

As a physician, my role is to advise. It's not for me to dictate public policy, and I worry about the government making regulations about what is a personal choice. Pretzels contain 250-300 mg of sodium in a 1-ounce serving, so a big bag of pretzels might have 5 grams of sodium -- two day's worth. I'm uncomfortable with the government limiting my ability to buy this, even if it isn't a good idea for me to consume it all in a day. On the other hand, I think that the decision made by the Food and Drug Administration in 2015 to ban the use of trans fats was correct. Trans fats are exceedingly unhealthy, and manufacturers quickly switched to healthier options. The decision to ban a substance or limit its use must be made wisely. As far as diet sodas, sodium suppresses the bitter taste that can accompany some artificial sweeteners. A typical diet soda might have 20 mg of sodium (0.02 grams), so those usually aren't the biggest offenders. On the other hand, a large pizza might have 6-10 grams of sodium.

**DEAR DR. ROACH:** I am 73 years old with an extremely large prostate. My PSA reading was over 11 ng/mL. I've had negative biopsies, and my new urologist put me on finasteride. He told me that he had great results with it and could cut my cancer risk by 80%. I've been taking it for more than six months, and my latest PSA was 4.4 ng/mL. I'm reluctant to keep taking it. What are your thoughts on finasteride? -- H.D. **ANSWER:** I agree that finasteride decreases the risk of prostate cancer and death due to prostate cancer. Unfortunately, the data show more of a 25% to 30% decreased risk rather than an 80% risk. If it were 80% successful at stopping prostate cancer, we would be recommending it to all men (in absence of side effects). Still, a decrease in prostate cancer risk is worth considering when it comes to the treatment of symptomatic prostate enlargement. Finally, finasteride reduces PSA levels by about half, which needs to be taken into account when interpreting the PSA level.

*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](mailto:ToYourGoodHealth@med.cornell.edu). (c) 2024 North America Synd., Inc. All Rights Reserved*

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## BIBLIE

### TRIVIA

by Wilson Casey

1. For possible new year's resolutions, Proverbs 16:3 (KJV) says, "Commit thy works unto the Lord, and thy thoughts shall be \_\_\_\_." Resolved, Established, Directed, Bountiful
2. Likewise, Psalm 37:5 (KJV) instructs us to, "Commit thy way unto the Lord; trust also in him; and he shall bring it to \_\_\_\_." Nurture, Pass, Action, Light
3. From which book's 29:11 does the Lord declare plans to prosper you, thoughts of peace to give you hope and a future? Leviticus, Ezra, Nehemiah, Jeremiah
4. 2 Corinthians 5:17 and Galatians 2:20 are among the verses to focus on what in a new year? Blessings, Moving forward, Grace, Church attendance
5. In which month of the religious calendar did the new year begin in the Bible? 3rd, 5th, 7th, 9th
6. From James 1:5, what may one lack, and if they ask God, it shall be given? Love, Wisdom, Truth, Goals

#### ANSWERS:

- 1) Established
- 2) Pass
- 3) Jeremiah,
- 4) Moving forward
- 5) 7th
- 6) Wisdom

Find expanded trivia online  
with Wilson Casey at

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I'M REALLY OBSESSED WITH THE F1 KEY ON MY KEYBOARD, BUT I'M TRYING TO FIND HELP

## CryptoQuip answer

If I were to fill all  
these test tubes with  
non-acidic solutions, I'd  
declare "Bases loaded!"

THE WORLD'S GREATEST FINANCIER? NOAH, HE FLOATED HIS STOCK WHILE EVERYONE ELSE WAS IN LIQUIDATION

### King Crossword

Answers

Solution time: 21 mins.

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

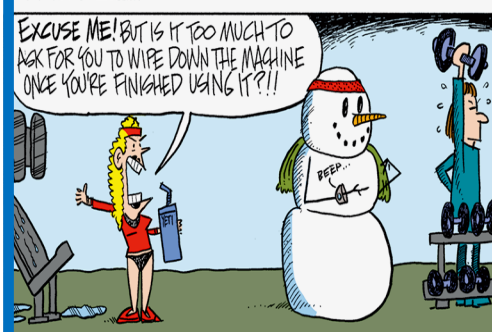
### Weekly SUDOKU

Answer

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

Put on a Limb

by Gary Kopervas



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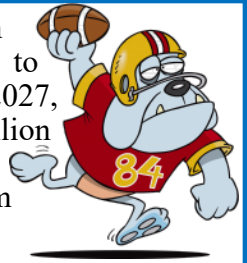
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## Strange BUT TRUE

By  
**Lucie  
Winbourne**

\* Despite the NFL making more than \$9 billion annually, being projected to make more than \$25 billion a year by 2027, and paying its CEO more than \$30 million a year, 68% of NFL stadium construction costs since 1923 have come from taxpayer money.



\* One of Walt Disney's first art jobs was drawing cartoons for a local barber in exchange for haircuts.

\* The Khasis are a tribe in India that grow their own bridges. For generations, they have passed down the art of tree-root manipulation, forming centuries-old "living bridges" out of the powerful roots of Ficus elastica trees.

\* Jesse James once gave a widow who housed him enough money to pay off her debt collector and then robbed the debt collector as the man left the widow's home.

\* In 2007, a Swiss woman was unable to enter the U.S. because she had no fingerprints. She had a rare genetic disorder called adermatoglyphia, where a person is born without fingerprints. There are only four known extended families worldwide that are affected by this condition.

\* Arnold Schwarzenegger was paid \$15 million for his role in "Terminator 2," which averaged out to a most impressive \$21,429 per word.



\* Lions, tigers, leopards and other big cats go wild for Calvin Klein's Obsession for Men cologne! It's used by researchers to lure animals toward cameras in the wild and is sprayed at zoos and wildlife refuges.

**Thought for the Day:**

*"There's no hope without endeavor. Hope has no meaning unless we are prepared to work to realize our hopes and dreams." -- Aung San Suu Kyi*

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