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TIDBITS® EATS PLANTS

by Janet Spencer

Come along with Tidbits as we eat and drink yummy plants!

PLANT FACTS

- The words corn and kernel both came from the Old English word "cyrnel" which originally denoted any sort of a grain, seed, or nut. What we now call the corn plant was originally called "mahizi" by indigenous people, meaning "that which sustains life." That word eventually boiled down to "maize."
- The kernels on a cob are actually a fruit by botanical classification. Each bundle of corn tassels can produce 25 million pollen grains. There are over 4,000 different uses for the corn plant ranging from detergents to chewing gum, fireworks, soap, fuel, paint, and whiskey.
- All parts of the broccoli plant are edible. It's a member of the cabbage family and native to Italy where talented horticulturists selectively bred it until it achieved its current state. It was first introduced to the Italian populace in the late 1600s where it was called Italian asparagus.The word broccoli is Italian meaning "flowering crest." (cont)

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For more info see page 13











EATING PLANTS (cont)

- When you eat an artichoke, you're actually eating the bud of a thistle flower. Of the 140 different species of artichoke, only about forty types are grown commercially. Their spiky leaves are especially designed to discourage herbivores from eating the flowers before they bloom. If allowed to bloom, the flower is large, showy, and purple. It's a perennial plant, growing back year after year, although the plant must be at least two years old to produce an edible bud, and it dies at the age of about seven or eight. The weedy-looking plant cannot tolerate cold temperatures. California provides all of the artichokes that are consumed in the United States with the majority coming out of Monterey County. Spain, France, and Italy provide artichokes that are eaten outside of the U.S.
- Cucumbers are native to India and spread from there. The Romans cultivated cucumbers throughout Europe, and cucumbers first arrived in America in the 1500s. Under ideal conditions, a single cucumber can grow up to 24 inches (61 cm) long. The cucumber fruit is rich in vitamins and minerals. It contains almost every single one of the B vitamins in spite of the fact that it's 95% water. It's a strong antioxidant and contains a fair amount of vitamin C. The cucumber skin is very nutritious, containing the largest amounts of vitamin C found in the plant. It's also useful for treating sunburns and skin irritations.
- Although we generally eat only the roots of the carrot plant, the ferny leaves as well as the stems and flowers are also edible, both cooked and raw. The seeds are prized for their aromatic qualities. The plant is a biennial, taking two years to reach maturity, and for this reason it will not produce seeds until its second year of life. However, most cultivated carrots are harvested after a single year for their roots. Carrot seeds are so small that about 2,000 seeds can fit in a teaspoon. (cont)





- Three ways to use an empty tissue box: Store plastic grocery bags inside for quick tidy jobs; line with a small plastic trash bag and use in your car as a travel trash can; or cut out the bottom and use it to disguise an extra toilet tissue roll in your guest bath!
- * Love oranges? Save the peels to add to your potpourri mix. Remove as much of the pith as possible, and cut into strips. Air dry in bright light for about a week. Or you can set the strips on parchment and dry in a partially closed oven set to 175 F for about 45 minutes. Check often.
- "When the last serving of jam has been used, I will happily add some oil and vinegar to the jar, along with a few choice spices, then shake. It's an instant vinaigrette, with a fruity tang." -- C.L. in Tennessee
- Keep your jeans or other denim items from fading by soaking them in a solution of cold water and salt (2 tablespoons to a gallon) for about an hour before washing.
- How can you keep snow and ice off your windshield? Some say a solution of three parts vinegar to one part water sprayed on the windshield each night can cut your ice-scraping time in half or better. Use caution to avoid your paint job. Try covering your wipers with an old pair of long socks so they don't freeze to the glass!
- "To clean a can opener, get it wet and run a folded paper towel through it while turning the handle. Works best if done after each use." -- H.P. in Washington

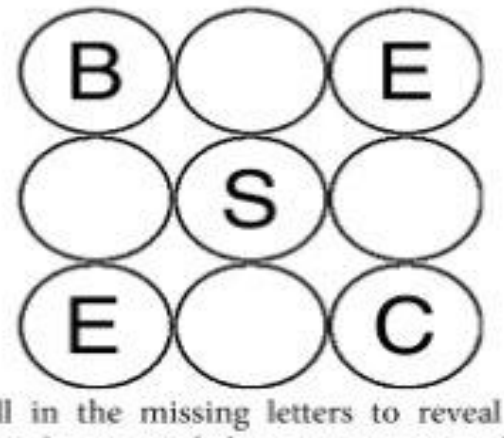
Send your tips to Now Here's a Tip, 1800 Pembrook Dr., Suite 300, Orlando, FL 32810.

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Laugh a bit with TIDBITS

Q: Why are tomatoes the slowest vegetable?
A: Because they can't ketchup!

WORD SPIRAL



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

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POPULATION (cont)

- Several European countries are also shrinking in population, as well as many island nations.
- Many countries with declining populations make up for the deficit by having immigrants move in. However, in Japan, only 3% of the population is made up of foreigners.
- The United States is the world's top destination for immigration and is home to the largest number of immigrants, with over 50 million currently living in the country. Immigrant residents account for 15.2% of the total population.
- The countries with the highest percentage of immigrant populations tend to be the countries importing workers because their economies rely heavily on foreign labor, particularly the United Arab Emirates, where 89% of the population is immigrants, followed by Qatar (81%), Kuwait (69%), Bahrain (54%), and Saudi Arabia (37%).
- The country with the highest percentage of men is Qatar, with 248 men for every 100 women, due to the influx of migrant workers to perform manual labor. In second place is the United Arab Emirates (177 men for every 100 women), for the same reason.
- If people were evenly distributed across the 10 million square miles of land available for human habitation, there would be 808 people per square mile, or 0.8 acres per person.
- Wyoming is the least populated state with a population of 580,000 residents.
- New Jersey is the most densely populated U.S. state, with approximately 1,304 people per square mile.
- Macau, a region with less than one-sixth the area of Washington, DC, has the highest population density of all nations in the world at 57,777 people per square mile. Greenland has the lowest population density at less than one person per square mile. (cont)

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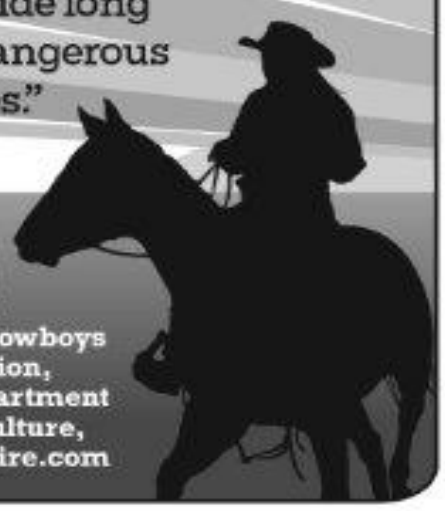
Americanisms





Fun Fact

There are about 600,000 cowboys and cowgirls in the U.S. today. They manage 86.2 million head of cattle across the country. They herd and brand livestock, and rope and "break" wild horses. They work together as they ride long and dangerous "drives."



Sources: Working Ranch Cowboys Association, U.S. Department of Agriculture, dvbeefwire.com

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TIDBITS Laughs!

Q: If you've got four cauliflowers in one hand, and six cabbages in the other hand, what do you have?

A: Big hands!

EATING PLANTS (cont)

- An avocado is actually a berry. Cave drawings found in Mexico dating to 10,000 years ago display images of avocados, and fossil evidence also points to the avocado being an important food source for eons. An avocado tree can grow 60 feet (18 m) in height. The tree is evergreen, meaning new leaves immediately replace any leaves that fall. An avocado flower opens one day with female parts and opens the next day with male parts, allowing the plant to be self-pollinating. It's theorized that the reason the avocado seed is so large is that some long-extinct large animal used to help scatter the seeds, possibly a gigantic sloth or some other creature that had a mouth big enough to eat and swallow entire avocado pits as easily as we eat peanuts. The pit would then be excreted miles away from the original plant.
- Celery is one of the most popular vegetables in the world. Though we generally eat only the stalks, the leaves are also edible and are commonly used as a flavoring when dried. Celery seeds are spicy and produce an oil that is combined with salt, known as celery salt. Celery salt is used to make Bloody Mary cocktails, is added to soups and sauces, and is the prime seasoning in Chicago-style hot dogs.
- The Spanish word coco gives us the word coconut. The word means skull or head because the three small holes in the shells of the coconut, which form the germination pores, makes a coconut look like a human face. Marco Polo was the first to describe the coconut to the rest of the world in the year 1280 when he first encountered them in Sumatra during his travels. A single mature coconut fruit can weigh 1.5 pounds (0.6 kg) and one palm tree can produce thousands of coconuts in an average lifespan of 70 years. Because the coconut floats, it travels on tides around the world and inhabits any area that is warm, humid, with abundant rainfall. (cont)

Strange BUT TRUE

By Lucie Winborne

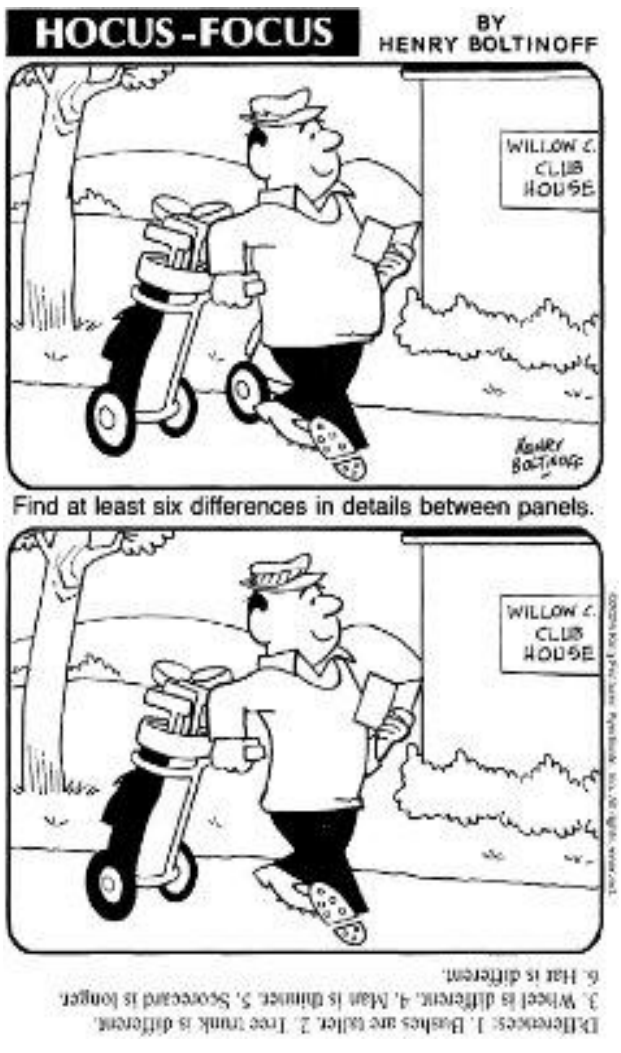
- A 90-minute cassette tape (if you still actually own any) is 443 feet long.
- The oldest known fingered gloves, dating to around 1323 B.C., were made of linen and found in King Tutankhamen's tomb, and are believed to have been used for holding his chariot reins.
- A mantis shrimp can see colors that humans cannot.
- In Ancient Egypt, the smoke from a burning sandal was inhaled as a cure for headache.
- At one time airplane windows were square, but their sharp corners acted as weak points that cracked under high altitude cabin pressure.
- Jupiter completes a single rotation in just under 10 hours.
- Beyonce fan Jesse Hill created an unofficial video for the singer's "Drunk in Love" that translated the song entirely into emojis.
- Cats can rotate their ears up to 180 degrees.
- Time slows down dramatically near a black hole, to the extent that if you survived standing close enough to one, years could pass for the universe while mere minutes passed for you.
- Ever feel like your cellphone is buzzing even when it isn't? That's because our brains can get so addicted to notifications that it can literally invent them.
- Male reindeer shed their antlers after the mating season ends by early December, while females retain theirs. So since mating season is in autumn, Santa's reindeer would most likely be female.

Thought for the Day:

"Life is competitive; clothes gird us for the competition." --
Edith Head

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1. You Can See Everything
(R) Amanda Seyfried, Christopher Abbott
2. Clayface
(R) Tom Rhys Harries, Tim Faraday
3. Wildwood
(PG-13) Peyton Elizabeth Lee, Jacob Tremblay
4. Wicker
(R) Olivia Colman, Peter Dinklage
5. Street Fighter
(PG-13) Noah Centineo, Andrew Koji
6. BTS World Tour Arirang in Sao Paulo
(NR) BTS
7. Other Mommy
(R) Jessica Chastain, Jay Duplass
8. Resident Evil
(R) Austin Abrams, Zach Cherry
9. The Only Living Pickpocket in New York
(R) John Turturro, Giancarlo Esposito
10. Heart of the Beast
(PG-13) Brad Pitt, J.K. Simmons
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STREAM SOURCE

Here's what to watch and where to watch it for the week of Nov. 16, 2026.

ON NOW: "Being Heumann" (R) -- Apple TV

ON NOW: "The Wolves of Real Estate: The Alexander Brothers" (Docuseries) -- Peacock

17-Nov: "Obsession" (R) -- Netflix

17-Nov: "When a Witness Recants" (Documentary) -- HBO Max

18-Nov: "Madden" (R) -- Prime Video

18-Nov: "Guarding Stars" (TV-14) -- Netflix

19-Nov: "The Altruists" (Limited Series) -- Netflix

20-Nov: "Percy Jackson and the Olympians" (Season 3) -- Hulu

20-Nov: "They Will Kill You" (R) -- Prime Video

20-Nov: "Yellowjackets" (Season 4) -- Paramount+

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STICKELERS by Terry Stickels

Japan is surrounded by four seas and the Pacific Ocean. What are the four seas?

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

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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ONE MORE FACT

Head lettuce keeps longer than leaf lettuce and ships better as well. It was put on railroad cars and surrounded by heaps of ice, leading to its name "iceberg lettuce." Other lettuces didn't become popular until shipping methods improved in the 1980s. Today, pre-shredded bagged salads outsell head lettuce.

CryptoQuote

AXYDLBAAXR
is LONGFELLOW

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

POL NLWI PLRP DQ FDIQ

WUJ BU IBQL BR UDP

ALLVBUF DZP DQ POL

NDZFO, MZP FLPPBUF

DZP WQPLN SL WNL BU.

— RDZNGL DMRGZNL

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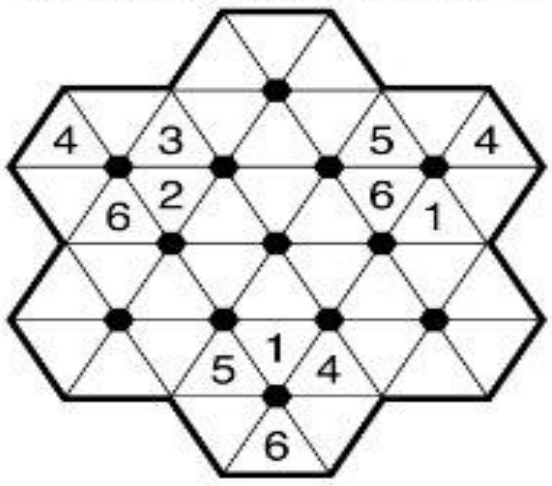


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SNOWFLAKES

by Japheth Light

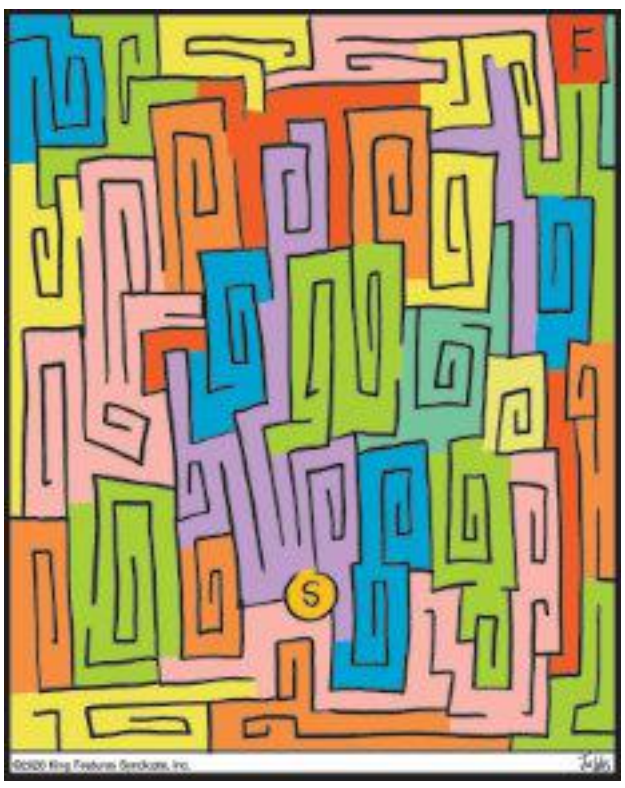
There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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HealthBits

By Dr. Holly Carling

BABIES WITH FUSSY STOMACHS

We are frequently consulted about how to handle babies who seem to have digestive challenges. They are spitting up frequently, fussy after or between meals, are "colicky" or refluxing. Handling it appropriately can make a difference in their lives for years to come.

Knowing what's "normal" or a medical condition is important. It is not unusual for a baby to spit up for up to 1-2 hours after eating, especially from newborn to 4 months old. Generally this stops by a year old. Spitting up can be caused by getting too much milk (breast or bottle) too fast. This is easy to remedy by changing the bottle nipple or for breastfeeding women to nurse one side fully (until baby stops) before starting to the other side.

Food allergies or sensitivities could also be the cause. The best way to handle this is for a nursing mom to consume a food group a lot for a few days and see if the spitting up has diminished or worsened. If it worsens, mom will need to change her diet. If bottle fed, change formulas until you find one the baby agrees with. You can find some super healthy,

non-commercial/prepackaged recipes at www.westonaprice.org, or if you must use a commercial product, get a healthier one at the health food store – find one that does not upset the babies digestion. Mom also needs to see if she is taking any herbal preparations, vitamins, or medications that may be affecting a nursing baby. A baby could also be swallowing too much air, either because of poor latching on to bottle or breast, or because s/he is restless.

If the baby is on solids when s/he starts spitting up, perhaps the solids were introduced too early, they are a food the baby is sensitive to, the baby is being fed too rapidly, or if going through a growth spurt is guzzling too much too fast.

The baby may also have GERD (Gastroesophageal Reflux Disease). This is more common in premature births, whether medically induced or spontaneous, because their digestive systems are less mature. Doctors generally reassure parents

that the baby will outgrow this by 12-24 months, and many parents just let the baby suffer through it, or give them acid-reducing medications. Well, I'm here to tell you, they don't have suffer or take medications.

How do you know if this is GERD? If baby is continually inconsolable, has poor weight gain, weight loss, or failure to thrive, has difficulty swallowing, sore throat or hoarseness, spits up blood or "postures" (arches the neck and back to relieve the stomach pain), chokes a lot, or develops breathing problems while trying to feed, it is suspect.

How to relieve GERD or a fussy stomach is simple. Take a pancreatic enzyme formula (such as Multizyme® from Standard Process®), put it on a wet finger, and let the baby suck it off. This can be done with each meal, or when fussy.

It's amazing how well it works! Contact a competent natural health practitioner for dosing and recommendations appropriate for your child.

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



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

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

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VETERANS ★ POST ★

By Freddy Groves

Improvements at the VA

This year alone, over 300,000 of us have enrolled in VA healthcare. We've seen the progress that's been made at the VA in all areas, making it more focused on customer service and being more convenient for us, truly making it Veterans First.

They've opened 43 new healthcare clinics across the country, in 25 states and Guam. Ohio led the pack with four new facilities, while Virginia and South Carolina got three each.

The newly signed up veterans completed or scheduled 1.8 million appointments, and 16,000 of those were emergency care visits. Mental health saw 420,000 appointments.

Since the beginning of 2025, they provided over 3 million appointments outside of normal hours, with early morning, evening and weekends made available for veterans' convenience.

They approved and arranged for nearly 60,000 community care appointments.

They've approved the expenditure of $5 billion to improve the healthcare facilities, which includes everything from elevators to electrical systems to the computers that keep track of health records.

But healthcare isn't the only area seeing improvements at the VA.

They've cut the time to process disability claims down 46% since 2025, the highest number ever reached. This year alone they processed over 3 million disability compensation claims, a record number.

Over 50,000 homeless veterans found permanent housing since last year. The Getting Veterans Off the Street initiative worked, with every VA healthcare facility hosting events designed to find homeless veterans and offer housing, behavioral health services, VA benefits and healthcare.

To learn more about the VA and what is available to veterans, see choose.va.gov. You'll find information on VA benefits such as education and careers and financial benefits including life insurance and pensions. You can also call 800-698-2411 or see the various methods of making contact at www.va.gov/contact-us. They're open 24 hours.

If you need to find a VA location near you, see www.va.gov/find-locations.

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MINI SUDOKU

3		6			
	3		2		
	5	2			4
		5	3		
			4	2	

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

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Paw's corner by Sam Mazzotta

Chew on This

DEAR PAW'S CORNER: My neighbor's puppy has a ton of toys that he chews on all the time. Is this healthy? -- Joe E., Atlanta

DEAR JOE: Yes, as long as the toys are specifically made for dogs. Chewing is an instinctive activity for dogs that keeps their teeth and jaws healthy and strong. For puppies, chewing not only helps them develop properly, but it also eases the discomfort of teething.

A dog will chew on anything that looks chewable -- as many a dog owner has ruefully discovered after finding a favorite pair of shoes in shreds. So keeping many safe chew toys within the dog's reach, and featuring chew toys and tug ropes (thick, braided short ropes you can hang onto while the dog pulls at the other end) during play and training will help ease that urge to chew on everything.

Safe chew toys do not shred or shatter when a dog sinks his teeth into them -- something you don't want to happen, as shards can cut a dog's gums, and swallowing debris can cause serious health problems. So owners should buy only approved toys that are appropriate for their dog's age and size. A Great Dane shouldn't be chewing on a toy sized for a Chihuahua, and likewise, a toy poodle might have trouble gnawing on a toy sized for a Doberman.

Remember also that owners (and those who will have dogs coming over to visit) should put away any objects they don't want chewed. Shoes, children's toys, plants, newspapers -- you name it -- should be placed in a room or closet that can't be accessed by the dog. A floor clear of everything but a few strategically placed chew toys is ideal.

Send your tips, comments or questions to ask@pawscorner.com.

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By Ryan A. Berenz

1. What "freak" pitch did Major League Baseball ban (except for 17 players who received legacy exemptions) after the 1920 season?
2. Bevo Francis, who scored more than 100 points in a game on two occasions, played for which Ohio college basketball team from 1952 to 1954?
3. Czech tennis player Petr Korda, who won the 1998 Australian Open, has two daughters who became LPGA golfers. Who are they?
4. In 2016, which Buffalo Bills head coach posed as "Walt Patulski from the 'Buffalo News'" during a press conference phone call with the New England Patriots' Julian Edelman?
5. Which profession did Tenley Albright, the ladies' singles figure skating gold medalist at the 1956 Cortina d'Ampezzo Winter Olympics, pursue following her athletic career?
6. Eric Daze, 2002 NHL All-Star Game MVP, spent his entire career from 1994 to 2005 with which team?
7. What historic feat did pole vaulter John Uelses accomplish at the 1962 Millrose Games in New York City?

Answers

1. The spitball.
2. The Rio Grande College Redmen.
3. Jessica and Nelly Korda.
4. Rex Ryan.
5. She became a Harvard-educated surgeon.
6. The Chicago Blackhawks.
7. He was the first to vault over 16 feet.

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TIDBITS presents

TRIVIA NEWSFRONT

1. How many varieties of apples are there worldwide?
2. What was the first food eaten that was grown in space?
3. This root veggie turns urine pink when eaten.
4. This veggie contains more antioxidants than any other veggie.
5. This nut is the top-ranking tree nut in the world.

TIDBITS QUOTE

"Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon." -Doug Larson



By Terry and Kim Kovel

Gueridon Tables

If you enjoy trivia, picking up obscure historical references is part of the fun of antiques. Most people probably haven't heard of Gueridon, a character from 17th-century French farces. But if you're a fan of antique furniture, you may be familiar with gueridon tables. A gueridon is a small table with a round top, originally designed to hold a candlestick. They may have long, thin legs or a single column support.

As their name suggests, they were first made in France in the 17th century. Early designs often had supports shaped like human figures, which may be why they were named after a popular character. Both functional and decorative, they remained in fashion for centuries and were crafted in the prevailing styles of their time.

Most antique gueridons are in French furniture styles, such as the ornate Louis XV and XVI, or the stately Empire styles of the 19th century. A French gueridon that sold for $246 at Neue Auctions was made in the early 20th century but evokes earlier styles. It features a marbled stone top (although this one is made of onyx, not marble), a popular design element in Louis XV-style furniture. Its brass base features a Greek key band and rosette medallions, and its three legs terminate in supports shaped like the mythical griffin, referencing ancient Greek and Egyptian art that also appear in Empire style.

Q: I have a bottle of Crown Royal aged over 55 years. I would like to know how much it is worth.

A: Crown Royal whisky was created by Samuel Bronfman, owner of the Canadian distiller Seagram's, in 1939, in honor of King George VI and Queen Elizabeth's visit to Canada. It was the first time a reigning monarch had visited the country.

The whisky was made available to the international market in 1964. It is the world's top-selling Canadian whisky brand and one of the most popular whisky brands in the U.S., which means bottles like yours are relatively common. 4/5-quart bottles over 50 years old with the seal intact can sell for anywhere from about $150 to $300. The highest prices usually go to bottles from the 1950s.

If you still have the purple felt bag or any original packaging, the value will be higher. If you are planning to sell your bottle, be sure you check your area's liquor laws first. If the bottle has been stored in a cool, dry place and not exposed to sunlight, the whisky should still be drinkable.

CURRENT PRICES

Inkwell, cut glass, brass lid, crystal finial, cylinder base, ribbed, England, 6 inches, $75.

Toy, cat, Puss in Boots, standing, mohair fur, jointed, glass eyes, stitched nose and mouth, blue velvet boots, straw stuffing, 12 inches, $520. Candlestick, silver, baluster shape stem, fluted, repousse panels, leafy scrolls, flared cup, round stepped base, four figural feet, masks, pierced scrolls, hallmarks, Germany, 7 1/2 inches, pair, $705.

For more collecting news, tips and resources, visit www.Kovels.com(c) 2026 King Features Synd., Inc.



"Primetime" (R) -- Director Lance Oppenheim has had two culturally resonant films that have been released this year: a meta-documentary film titled "You Can See Everything," and this psychological thriller led by Robert Pattinson ("The Odyssey"). Much to the real-life Chris Hansen's dismay, in "Primetime," Pattinson portrays "To Catch a Predator" journalist Chris Hansen circa 2006. The potential reveal of an extramarital affair of his causes Hansen to ramp up his efforts toward making his show a success, rather than focusing on the overall mission of catching child predators. While viewers themselves can watch Hansen slowly unravel due to pressure, they can also see him spiral through the eyes of aspiring actor Dan Plum (Skyler Gisondo), who becomes Hansen's mentee. The film is out now to rent; see if it's as "detached from reality" as the real-life Hansen said it was! (Amazon Prime Video)

"Other Mommy" (R) -- Jessica Chastain ("Dreams") leads this creepy psychological-horror film based on the 2024 novel "Incidents Around the House" by Josh Malerman. The film zeroes in on a family of three: 7-year-old Bela (Arabella Olivia Clark), her father Russ (Jay Duplass), and her mother Ursula (Chastain). Ursula is laser-focused on her career, which doesn't leave her much time to spend with Russ or Bela. Craving attention from her mother, Bela begins to see a supernatural entity around her house that looks like her mom, so she names this entity "Other Mommy." (Wink.) But as the Other Mommy becomes increasingly contorted and angry, she begins to attack Bela, hoping that Bela will finally let her into her heart. Available to rent on Nov. 10. (Apple TV)

"The Good Daughter" (TV-MA) -- If HBO's "Sharp Objects" was your kind of show, look no further than this new mystery series, which similarly emulates that small-town, gritty, rugged feel. Oscar nominee Rose Byrne ("If I Had Legs, I'd Kick You") stars alongside Emmy nominee Meghann Fahy ("Sirens") as a pair of estranged sisters who tensely reunite after a murder case consumes their hometown. This new case brings back dark memories from a traumatic event when they were young girls, forcing them to reconcile the past and present in order for both sisters to fully move on. Emmy winner Brendan Gleeson ("Spider-Noir") plays their endearing hospitalized father, who hopes to harmonize the relationship between them. All six episodes will be available to stream on Nov. 12. (Peacock)

"Heartland" (R) -- And she's back already! Jessica Chastain ("Other Mommy") is also the lead of this mystery-thriller film premiering on Nov. 13. A completely different change of tune from the film detailed above, "Heartland" takes viewers into the underbelly of Nashville after a young 22-year-old star named Charlie Heart (Carter Faith) disappears. Her aunt, former country music star Misty Jones (Chastain), is pleaded by her brother to go to Nashville and dig around for information about Charlie herself, since she knows her way around the city. At first, Misty is hesitant to go back to this previous chapter in her life, but with Charlie's life on the line, nothing will stop her from finding her niece. (Netflix)

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Trivia test by Fifi Rodriguez

By Fifi Rodriguez

1. U.S. STATES: What is the capital of South Carolina?

2. GEOGRAPHY: Which country is home to Mount Kilimanjaro?

3. COMICS: Who is Wonder Woman's mother?

4. FOOD & DRINK: What is kombucha?

5. MOVIES: What is the main family's name in "The Godfather" movies?

6. LITERATURE: Who is the author of the novel "The Martian"?

7. MATH: How many sides does a heptadecagon have?

8. TELEVISION: What is the name of the women's prison in "Orange is the New Black"?

9. GENERAL KNOWLEDGE: What are espadrilles?

10. HISTORY: What was the main marketplace in ancient Greece called?

Answers

1. Columbia.

2. Tanzania, Africa.

3. Queen Hippolyta.

4. Fermented tea.

5. Corleone.

6. Andy Weir.

7. 17.

8. Litchfield Penitentiary.

9. Summer footwear, usually made of canvas.

10. The Agora.

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TIDBITS presents

Quiz BITS

1. This is one of the healthiest vegetables in existence in terms of vitamin and mineral content.
2. This is another one of the healthiest vegetables in existence in terms of vitamin and mineral content.

MAGIC MAZE ● SMOKED —

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

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

Brisket	Glass	Herring	Sausage
Cheddar	Gouda	Jalapeno	Trout
Chicken	Haddock	Mackerel	Turkey
Eel	Ham	Pork ribs	

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DONNA ERICKSON'S BEST BITES



Make a Simple French Chocolate Mousse' in a Blender

French-born Nicole Winters enjoys telling the story of serving her favorite chocolate dessert from her childhood at a holiday party gathering of over 20 friends and family. When her 3-year-old grandson, Jacob, stepped up to the dessert table after the meal, a woman offered him a small bowl and asked, "Would you like some chocolate pudding?" "It's not pudding, it's mousse au chocolat!" he confidently exclaimed with a perfect French accent.

"I was so surprised," said Nicole. "He'd just been in the kitchen cooking with me the day before when I taught him how to say those French words. Cooking together is an enjoyable way for me to pass on family food traditions from my background and culture to my children and grandchildren, which I believe is so important," she added.

Since her easy blender version of rich "mousse au chocolat" (chocolate mousse) doesn't use raw eggs like the traditional French recipe, and it comes together effortlessly in just 10 minutes, it captured my attention for our own family holiday menus.

I gave it a whirl in our blender, poured it into small dessert bowls, and let it chill in the refrigerator overnight. Topped with fresh raspberries or a dollop of whipped cream, it's a keeper!



EASY BLENDER CHOCOLATE MOUSSE DESSERT

- Makes 6 servings
- 1 cup mini semi-sweet chocolate chips
- 2 tablespoons sugar
- 1 teaspoon vanilla extract
- 3/4 cup whole milk
- Cream cheese (3 ounces), cut into several pieces
- Fresh raspberries or whipped cream for topping

Place chocolate chips, sugar and vanilla in your blender. Heat milk in a saucepan to almost scalding. It should be steaming. Immediately pour it into the blender over the chocolate chips, sugar and vanilla. Cover and blend for 30 seconds.

Add cream cheese pieces and blend until smooth. Pour into 6 small dessert dishes or a dessert bowl. Refrigerate at least 2 hours, until set.

To serve, top each dish or serving dish with a few raspberries or a dollop of whipped cream. A little sprig of fresh mint is a nice added touch for a special occasion.

Donna Erickson creates relationships and community through food and fun. Find more to nourish and delight you at DonnaErickson.com.

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Salome's Stars

ARIES (March 21 to April 19) There's no need for that suspicious ARIES mind of yours to work overtime, either at home or on the job. Remember that appearances are often deceiving.

TAURUS (April 20 to May 20) A new opportunity might seem riskier than you would like. Examine all sides, then rely on your good sense to make the right decision.

GEMINI (May 21 to June 20) You might be enjoying your new relationship, but if you're still unsure of a commitment, continue to hold off. Your instincts are usually right.

CANCER (June 21 to July 22) You feel under pressure these days, but be careful not to blow off steam in a way that you'll later regret. Opt for a calm discussion to air out grievances.

LEO (July 23 to August 22) A difficult situation will need more than your personal charm to resolve it. Put your LEOnine intelligence to work, and you'll soon come up with a prudent solution.

VIRGO (August 23 to September 22) A friend might resent your well-intended attempt to offer advice. Back off and let things settle down before you try again. Also, be cautious about investments.

LIBRA (September 23 to October 22) Be careful about assuming added obligations at work and/or in your personal life without first checking to see whether you can handle the extra load.

SCORPIO (October 23 to November 21) A rejection is no reason for you to give up. Check to see what went wrong and make adjustments. Then try again! Success is in your aspect.

SAGITTARIUS (November 22 to December 21) Things should be looking up at work, as your ideas begin to find favor with both bosses and co-workers. Romantic aspects also improve.

CAPRICORN (December 22 to January 19) Be more loving with your spouse or partner to prove that you're not taking them for granted. Meanwhile, a business deal needs careful scrutiny.

AQUARIUS (January 20 to February 18) As the holidays approach, be wary of those who might take unfair advantage of your generous nature. Additionally, an old injury flares up and needs attention.

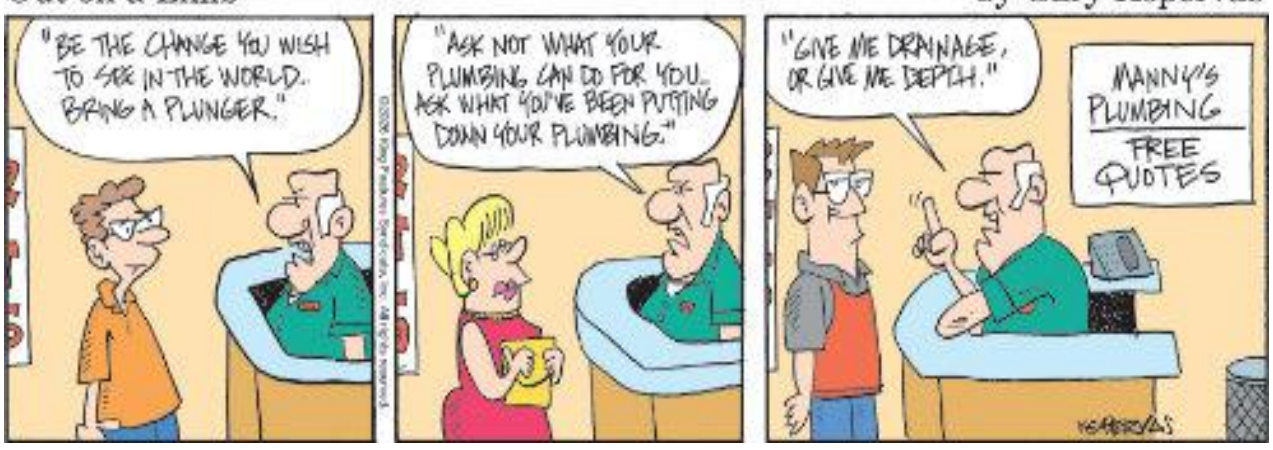
PISCES (February 19 to March 20) Expect to see some old friends at upcoming holiday gatherings, including some who were -- and could once again be -- very special in your life.

BORN THIS WEEK: You have a strong sense of responsibility, and whatever you decide to do, you do it to the best of your ability.

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Out on a Limb by Gary Kopervas



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 **H**

YS Y CDYZJ' JLXUQDJ CYZ, L'P
SNLXRLXU SND PIJS MIPPIX
WLMRKW QLXD TIKQA CD
"TNYS'J KZJLXD?"

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Super Crossword

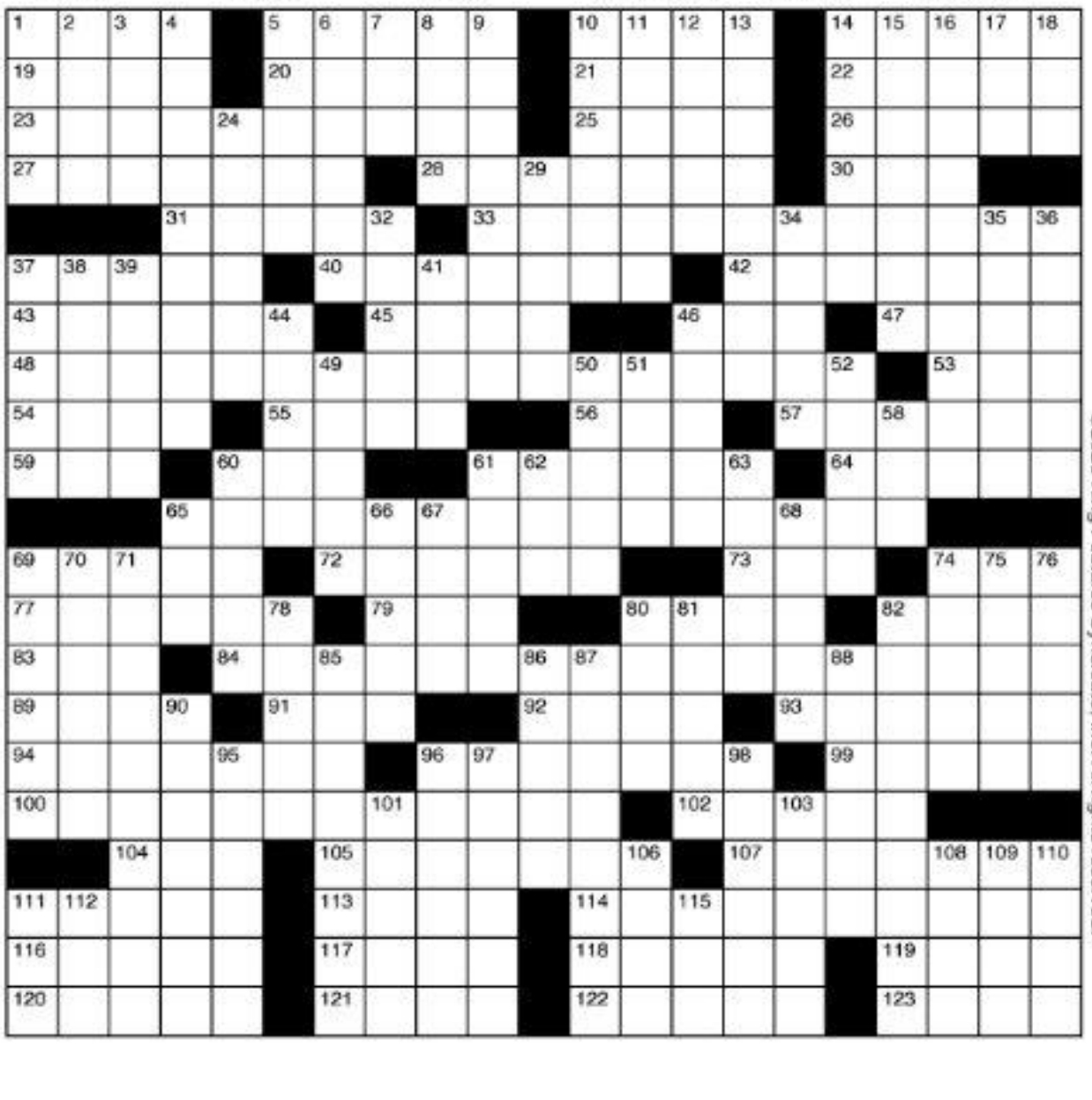
TITLE-TRACK TRACKING

ACROSS

1 — rush
5 Rush
10 Corp. money overseers
14 Whacks
19 Skin soother
20 Longtime Yankees manager Joe
21 Plentiful
22 Painter Rousseau
23 Mil. officer in "Beetle Bailey"
25 Tennis' Lendl
26 Potato sieve of a sort
27 Attach with glue
28 Captive's cry
30 Cry of disgust
31 Indian money
33 Old theatrical illusion making objects seem to materialize
37 Script studier
40 What "top" is to "bottom"
42 "I'm not lying!"
43 "Hah, I win!"
45 Legal wrong
46 Old sporty Pontiac
47 Former rival of Atari
48 1962 Western with Kirk Douglas, Gena Rowlands and Walter Matthau
53 Govt. lawyers
54 Scraped (out)
55 Female bleaters
56 Bovine call
57 Kingdom
59 Scarlet, e.g.
60 Viral gene material
61 Ho Chi Minh City, formerly
64 Iowa senator Joni
65 Certain inner lettuce leaves
69 Hazard
72 Explodes
73 Pea protector
74 Trinity part
77 Newborn's bodysuit
79 Texter's "I think ..."
80 Rounded hammer end
82 Bruins' sch.
83 Lupino of film
84 Instructors at golf resorts, often
89 Mardi Gras city, in brief
91 Suffix with Peking
92 Clears, as profit
93 Vigorless condition
94 Chicago newspaper
96 Evening wingdings
99 Force out
100 Leader of a marching musical group
102 The second "S" of SST
104 Boston fish
105 Title for Walter Scott
107 Be an arbiter
111 Rain forest, desert or wetland
113 2004 Chevy debut
114 Group associated with six key starting words in this puzzle
116 Fudd who bugs Bugs
117 Caulk, e.g.
118 Lop- — rabbit
119 Coup d'—
120 Valleys
121 J.D. Salinger title girl
122 Logbook, e.g.
123 Cartoon "Explorer"

DOWN

1 Haunted house sound
2 Gymnast Korbut
3 A ton
4 Totally ruined
5 Crouch down
6 Pupil coverer
7 Mork's planet
8 Pitcher Hershiser
9 Relocate instantly, in sci-fi
10 Having small ridges, as a piecrust
11 "1700 hours"
12 Old enough to vote, say
13 Madrid miss
14 Says "So what?" with the shoulders
15 Bodybuilders lift them
16 Firmly supported by
17 Uno + due
18 Title for Walter Scott
24 Of the brain and spinal cord
29 "0.1" portion
32 — nous
34 Kitchen range
35 Sweeteners
36 Cup-and-saucer group
37 More skillful
38 "You Send Me" singer Sam
39 Quieted (down)
41 "Piggies"
44 "Laughing" mammal
46 "I do" sayer
49 In the know
50 Islamic chiefs
51 Acronym for a twofer sale
52 Edit
58 Lead-in to nuptial
60 Saintly article
61 Abnormally deep sleep
62 Rear, at sea
63 Neck backs
65 That boy's
66 Clan
67 Drainage pit
68 Ancient Greek region
69 Destination of a trip, generically
70 "Bewitched" witch
71 Wages measured in terms of actual purchasing power
74 Scallywag
75 North fired by Reagan
76 Schnozz-related
78 Kate Nelligan title role
80 Tennis' Sampras
81 Twisty letters
82 Lacking enthusiasm
85 Software clientele
86 Shallot cousin
87 Hunted for and found, with "out"
88 Central New York lake
90 Body's midsection
95 Cow's milk sources
96 Haunted house sound
97 "The Lion in Winter" co-star
98 Very serious
101 Roof edges
103 Indigent
106 Bangkok native
108 Choir voice
109 Put a rip in
110 This, in Baja
111 Beseech
112 Feeling sick
115 Epoch



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Moments in time
THE HISTORY CHANNEL

- On Nov. 23, 1940, Romania officially allied itself with Germany, Italy and Japan by signing the Tripartite Pact.
- On Nov. 24, 1807, Mohawk Chief Thayendanegea, who was also known by the English name of Joseph Brant, died at his home in Burlington, Ontario, reportedly beseeching just before his passing, "Have pity on the poor Indians. If you have any influence with the great, endeavor to use it for their good." Thayendanegea had ranked among the top British commanders during the American Revolutionary War.
- On Nov. 25, 1959, four months after his release from 43 years of solitary confinement and transfer to the mainland from Alcatraz, convicted killer Robert Stroud, aka the Birdman of Alcatraz, asked a federal judge to set him free. Stroud had become famous when Thomas Gaddis wrote a biography describing his ornithological expertise. His plea was rejected and he died in a Missouri prison in 1963.
- On Nov. 26, 2012, New York governor Andrew Cuomo announced that Hurricane Sandy had racked up a bill of $32 billion worth of damages in the state and the nation's largest city.
- On Nov. 27, 1933, singer Billie Holiday made her recording debut with the tune "Your Mother's Son-in-Law" alongside the Benny Goodman Orchestra in New York City. In a 1956 interview, she claimed that she was just 14 years old at the time, though she was actually 18, and that the song "sounds like I was doing comedy" as "my voice sounds so funny and high."
- On Nov. 28, 1582, William Shakespeare, age 18, and 26-year-old Anne Hathaway paid a 40-pound bond for their marriage license in Stratford-upon-Avon. Six months later, Anne gave birth to their daughter Susanna, who was followed by twin siblings Hamnet and Judith two years later.
- On Nov. 29, 2001, English musician and songwriter George Harrison passed away at the age of 58 after battling cancer. Harrison had achieved global fame as a member of the Beatles before going on to a successful solo career that included collaborations with many of the top musicians of his generation.

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SENIOR NEWS LINE

By Matilda Charles

Covid -- getting through another winter

Covid is still not gone. As of right now, it appears to be likely declining in 15 states, not changing in 24 states -- and growing in 10 states. We know what this means. As we spend more time indoors, as we travel and get together with others over the holidays, the risk of Covid increases as it spreads.

Now we come to the question we ask ourselves every year: Should we get another Covid shot? The three manufacturers have been busy creating a vaccine for the current variety of Covid out there -- the JN.1-lineage XFG variant. At this point it's approved by the FDA, and it's recommended by the CDC that those 65 and older get it.

However, the CDC is not your doctor. Your healthcare provider knows you and knows your history and is the one to advise you about any medical care you get, including a Covid shot.

We have a few years of experience avoiding Covid, but a few reminders can help reduce our risk.

Wear a mask if you're in a crowd, or even in a fairly empty grocery store. (Covid germs can linger in the air for a few hours.) Check to see if you have plenty of masks.

Consult your healthcare provider in advance about antiviral treatments. These need to be taken within days of initial symptoms, should you test positive. Get tested as soon as you have symptoms.

If you still have a stash of at-home Covid tests, check the expiration dates. Many of the old tests have been extended, but call the manufacturer to ask about your specific test. Best bet: Buy new tests to be sure.

Another little factoid courtesy of research by the CDC: While seniors were a smaller percentage of the total number of people who had Covid, seniors accounted for a much bigger percentage of those who had severe outcomes and death from Covid.

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DOES MY DAD NEED ASSISTED LIVING OR MEMORY CARE?

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

1. Balancing Independence with Support

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

2. Focusing on Memory and Safety

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

3. Considering Safety and Peace of Mind

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

4. Assessing the Level of Care

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

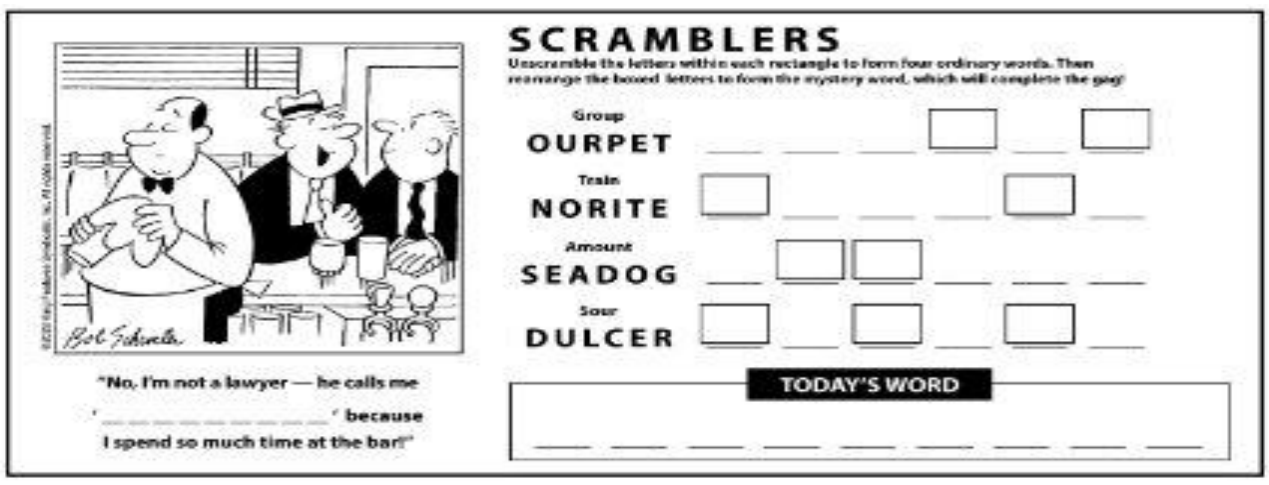
Trust your heart and the professionals to help guide you as to what your loved one needs. There are no right and wrong decisions, but educating yourself on the options available will help you make the choice that feels right for their care and happiness.

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





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





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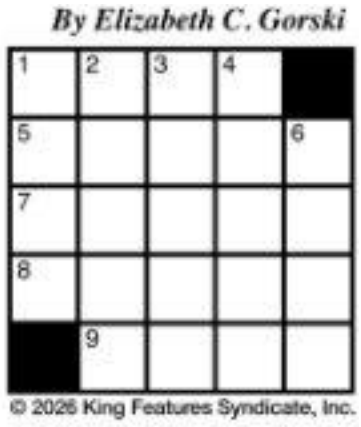


Micro Crossword

By Elizabeth C. Gorski

Across
1 Chicago Sky's org.
5 "Greetings everybody!"
7 Arctic dwelling
8 "I ___ kick from champagne ..."
9 Fireplace fuel

Down
1 Supporter of the American Revolution
2 "Finding Nemo" pelican voiced by Geoffrey Rush
3 Sled dog honored with a Central Park statue
4 "I'm just ___ for the ride!"
6 At Oxford, they're going places?



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TIDBITS NUGGET OF KNOWLEDGE

Of the 3.6 billion tons of lettuce harvested in the U.S. each year, 70% is grown in Salinas, California, and 20% is grown in Yuma, Arizona. The other 10% is grown at various other places.



TIDBITS WORD POWER

Unscramble this word:

TOTENCODE

A person who enforces justice outside the law



KNIGHT MOVES

O	D	S
R		U
L	H	E

Unlock the power of chess to find the eight-letter word of the day. Choose your starting letter carefully, then move around the square in a one by two fashion to get to the next letter.

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TIDBITS PUZZLE ANSWERS

TRIVIA NEWSFRONT ANSWERS
1. 7,500
2. Romaine lettuce
3. Beets
4. Artichoke
5. Cashew

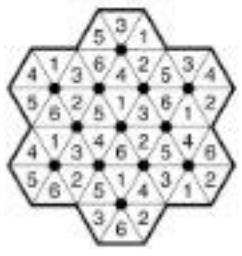
WORD POWER
ANSWER
COTTONSEED

Quiz BITS
ANSWERS
1. Cucumber
2. Kale

MINI SUDOKU
Answer

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

SNOWFLAKES
solution



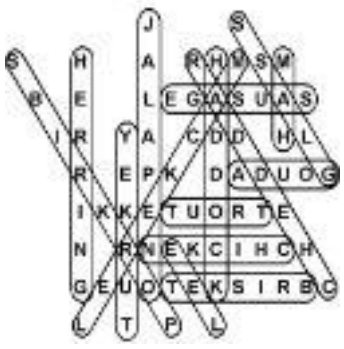
SCRAMBLERS
Solution
1. Troupe; 2. Orient
3. Dosage; 4. Curdle
Today's Word
COUNSELOR

KNIGHT MOVES
Answer

O	D	S
R		U
L	H	E

SHOULDER

SMOKED



Word Spiral
Answer
BLEACHERS

Stickelers Answer
The Sea of Japan, East China Sea, Philippine Sea and Sea of Okhotsk.

MINI SUDOKU
Answer

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

Micro Crossword
Answer

W	N	B	A	■
H	I	A	L	L
I	G	L	O	O
G	E	T	N	O
■	L	O	G	S

CryptoQuip
answer
At a bears' singles bar, I'm thinking the most common pickup line would be "What's ursine?"

CryptoQuote
answer
The real test of golf and in life is not keeping out of the rough, but getting out after we are in. — Source Obscure

Super Crossword
Answers

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





Woman Succumbs to a Prion Disease, AKA 'Mad Cow Disease'

DEAR DR. ROACH: Have you ever discussed prion disease in your column? It afflicts one in 1 million people, swiftly kills its victims in a matter of days, and is incurable. People commonly know it as "mad cow disease." I recently lost a great friend to prion disease, and she truly was one in a million. It's a nightmare to endure. -- R.

ANSWER: There are three different prions that affect humans with various ways in which a person can acquire the disease. Of these, the most common is Creutzfeldt-Jakob disease (CJD), which I assume is what you're talking about.

The most common form is called sporadic CJD (sCJD), which is thought to be caused by a person with a mutation in the PRNP gene. This causes a protein (a prion protein) to be misfolded, which, in turn, causes normal prion proteins to be misfolded. These abnormal proteins are deposited in the brain and interfere with normal brain activity, causing many different symptoms (especially dementia but movement disorders as well).

sCJD affects approximately one per 1 million people. Rather than days, death occurs in a span of about six months, but usually not longer than a year. You're correct that there isn't a cure.

"Mad cow disease" is called variant CJD (vCJD). There have been just over 200 cases that were ever reported in the world's literature, mostly from the United Kingdom. It's caused by eating meat from a cow with a very similar disease -- bovine spongiform encephalopathy.

vCJD is similar to sCJD clinically. The most recent reported case was from a lab worker in 2021, and there haven't been any cases that were reported from animal exposure since 2014. There's also a rare familial form of CJD, called fCJD.

CJD can also be spread through medical procedures. Decades ago, hormones were acquired from the pituitary glands of cadavers, and the lining of the brain from the cadavers was used in surgery to repair damage to a person's meninges (called a dural graft). It doesn't appear that any cases have been transmitted this way since 1985.

I'm very sorry about your friend. Degenerative neurological diseases, of which there are many (but most are fortunately rare), are horrible for patients and their loved ones to endure.

DEAR DR. ROACH: I am 71 years old and have osteoarthritis in my wrist and knee. My creatinine level is 1.09 mg/dL. (My urine-specific gravity test came out to 1.028 at the time.) A single 400-mg tablet of ibuprofen controls my discomfort. Are my kidneys at risk if I take 400 mg of ibuprofen about three to four times per week? -- S.T.

ANSWER: Ibuprofen, like all anti-inflammatory drugs whether they're over-the-counter or prescription, can cause damage to the kidneys. But the damage is dose-dependent for any given drug, and some are more dangerous to the kidneys than others.

Ibuprofen is in the lowest-risk category when it comes to the kidneys, and a dose of 400 mg three or four times a week is definitely on the lower side. So, I'd say you're taking a dose that's unlikely to cause much harm to your kidneys.

A creatinine of 1.09 mg/dL is on the higher end of the normal range, and in a person who's 71, it suggests a minimal (if any) decrease in kidney function. A urine-specific gravity test is a measurement of how concentrated the urine is.

A specific gravity test result of 1.028 is quite high and suggests that you aren't getting a lot of fluid. This makes your kidneys have to work harder, which, in turn, increases the likelihood of kidney damage from ibuprofen. So, you should be taking in more water for optimal kidney health.

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

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