

DECEMBER HOLIDAYS WORD SEARCH

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

Find the words hidden vertically, horizontally & diagonally throughout the puzzle.

WORDS

AFRICA  
BIRTH  
BLESSING  
CANDLES  
CELEBRATION  
CORN  
DREIDEL  
EIGHT  
EVE  
FAITHFUL  
GELT  
HALLEL  
HANUKKIYAH  
HARAMBEE  
IMANI  
KISLEV  
KUJICHAGULIA  
KUUMBA  
KWANZAA  
LATKES  
LIGHTS  
MACCABEE  
MENORAH  
MIRACLE  
NIA  
OIL  
PARTY  
REDEDICATION  
RELIGION  
RESOLUTION  
SHAMASH  
SUFGANIYOT  
TEMPLE  
UJIMA  
UMOJA  
YULE

Avoid holiday-related weight gain

The holiday season is a busy time of year dominated by social engagements. Many people find the hectic pace of the holiday season makes it challenging to eat healthy, especially since so many holiday parties include desserts and high-calorie foods. Various studies suggest holiday weight gain is common, though holiday revelers may not be gaining as much weight as they think they are. The New England Journal of Medicine found that while people’s perceived holiday weight gain hovers between zero and 6.7 pounds, in reality most people gain just under 1 pound during the holiday season. Though that may not seem like a lot, according to researchers at the National Institutes of Health, many people never lose the weight they gain during the winter holidays. The pounds add up year after year, making holiday weight gain a significant contributor to adult obesity. The holiday season does not need to derail a healthy lifestyle. Consider these tips to avoid extra pounds come the holiday season.

see AVOID page 21



Holiday hosts and hostesses can whip up appetizers with a Southern flair in time for the holidays. Try “Cornbread Blinis” paired with creamy “Divine Crab Spread.”

Party fare sure to delight holiday guests

What would the holidays be without entertaining? Playing host or hostess and inviting crowds of people to visit is part of what makes the season so special and memorable. Entertaining can take on many forms - from elaborate sit-down dinners featuring multiple courses to cocktail parties with passed hors d’oeuvres. Small-bite foods are perfect for holiday parties because they’re portable and allow guests to take their food with them and mingle. Several appetizers enjoyed together can even be a meal. Appetizers need a solid base onto which the culinary creation can be built. “Cornbread Blinis” offer just that. These small cornmeal “pancakes” are beautiful, sturdy hosts for the likes of thinly sliced prosciutto or smoked salmon. Enjoy these recipes, courtesy of Denise Gee’s “Southern Appetizers: 60 Delectables for Gracious Get-Togethers” (Chronicle Books), and top the pancakes with “Divine Crab Spread.”

Cornbread Blinis

- Makes 24
- 1/2 cup good quality, stone-ground yellow cornmeal
- 1/2 cup all-purpose flour
- 3 tablespoons sugar
- 1 teaspoon baking powder
- 1/2 teaspoon salt

- 1/2 cup milk
- 1 egg, lightly beaten
- 4 tablespoons butter; 2 tablespoons melted
- 2 to 3 tablespoons finely chopped fresh chives or Italian flat-leaf parsley, optional

In a medium bowl, whisk to combine the cornmeal, flour, sugar, baking powder, and salt. Whisk in the milk, beaten egg, melted butter, and chives (if using). Stir until just combined. Heat 1 tablespoon butter in a hot skillet or griddle. When bubbling, add the batter in tablespoonfuls about 1 inch apart. cook the blinis until bubbles form on top, about 2 minutes. Flip and cook another minute or so, until lightly browned and golden. Remove them to a cooling rack and, if desired, keep warm in an oven heated to its lowest temperature. Use paper towels to wipe away crust gobbles or darkened grease from the pan. Repeat the process with more butter and batter.

Store in an airtight container in the refrigerator for up to 3 days or in the freezer for up to 1 month.

Divine Crab Spread

- Makes about 3 cups
- 8 ounces whipped cream cheese
- 1/4 cup heavy cream or half-and-half
- 1/4 cup freshly squeezed

- lemon juice, 1/2 to 1 teaspoon lemon zest, plus thinly sliced lemon wedges for garnish
- 2 tablespoons chopped fresh chives or finely sliced green onions, plus whole chives for garnish
- 1 to 2 tablespoons mayonnaise
- 1 teaspoon Worcestershire sauce
- 1/4 to 1/2 teaspoon salt
- 1/8 teaspoon hot sauce
- 1 pound jumbo lump crab meat, picked over for shells

In a medium bowl, combine the cream cheese, cream, lemon juice, lemon zest, chives, mayonnaise, Worcestershire, salt, and hot sauce and stir until smooth.

Gently add the crab meat, using a rubber spatula to fold it into the cream cheese mixture until just combined. Refrigerate the dip for at least 2 hours, or up to 1 day. To preserve the freshest flavor, keep the dip in a well-sealed container surrounded

by ice in a larger container. Serve it very cold, garnished with lemon wedges and whole chives.

# GROSS

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