



Ned Hickson

Since the introduction of Mr. Knowitall, who is our resident historian, economist, food critic, movie reviewer, foreign affairs consultant, science correspondent, consumer products

expert and vending machine repairman (not necessarily in that order), many of you have written in seeking advice about holiday gift-giving. Due to the enormous volume of email we received, they will be answered through a lottery-style process — which means that, until he wins the lot-

tery, Mr. Knowitall will continue to answer your questions. So let us begin!

Dear Mr. Knowitall: Do those electronic muscle stimulators really help trim fat and tone muscles?

— *Really hope so in Reedsport*

Dear Really: As you know, the principle behind the device is the utilization of a continuous sequence of small shocks that stimulates muscle activity, similar to your body's own natural electrical impulses. An easy way to think of it is to visualize a car and its battery.

Now visualize the car, the battery — and a pair of jumper cables clamped to your buttocks as someone starts the engine. While there's no scientific proof this will trim fat and build muscle, studies show that most people find themselves stimulated enough to go to the gym after one session.

Dear Mr. Knowitall: I'm looking at getting my husband something to help with his snoring. Any suggestions?

— *Yawning in Yachats*

Dear Yawning: I'll tell you there are a lot of products out there that claim to

end snoring problems, and most of these products are 100 percent effective. And though they may look and cost differently, these devices all rely on the same two principles, which are:

- Fit into someone's nostrils
- Be really uncomfortable

This combination is proven effective because it:

- Keeps snorers from sleeping

My advice is to try rolling him on his side. If that doesn't work try rolling him the other way. If that doesn't work, keep rolling until you hear a big thud. Repeat this until he's too frightened to sleep.

defense kit and was invented by Dan McClarin out of concern for his daughters, who are apparently very attractive and excellent at multi-tasking. The gun shoots a steady stream of pepper spray, which causes burning of the eyes and throat, constriction of the nasal passages, and inhibited breathing. Aimed in the opposite direction, the gun can be equally effective against an attacker. In addition, you can also blow your whistle and shine the flashlight in his eyes.

Yawning in Yonkers, if you're still reading, this is one option I hadn't thought about...

Unfortunately, that's all the time for today because, as I'm sure you understand, Mr. Knowitall is a busy man! Especially when the Cheetos runs out in the vending machine.

If you have any questions, write to Mr. Knowitall here, or at nedhickson@icloud.com and we'll make sure he gets it.

Your questions, I mean. (*Ned Hickson is a syndicated columnist with News Media Corporation. This has been an excerpt from his book, Humor at the Speed of Life, available at Port Hole Publishing, The Siuslaw News, Amazon Books and Barnes & Noble.*)

DentureMasters™
& Implant Center

45%
OFF Implants NOW

FREE CONSULTATION

See the
DentureMaster's
difference, we do
it all right here!

Dr. James Ridley, DDS

206 Nopal Street
Florence, OR 97439

CALL NOW
541-997-6226

Serving our community for over 15 years.

TREE & LANDSCAPE

541-999-5083

Tree Removal & Trimming
Brush Cutting 🌲 Maintenance

"Making Friends One Job at a Time."

licensed, bonded, insured CCB 183908

THREE RIVERS

CASINO RESORT

\$12,000.00

BINGO BASH!

Wednesday,
December 30th
in the Casino's Event Center

BINGO
7 26 40 58 73
14 22 34 55 68
4 24 33 46 72
9 20 36 52 74
6 28 35 49 64

NEW YEAR'S EVE

2016

THURSDAY,
DECEMBER 31

Let's ring in
the New Year
with 2 FREE parties
& CASH
DRAWINGS!

pepsi
GIVEAWAY!

DECEMBER 1ST - 28TH
IN FLORENCE & COOS BAY

Every 1,000 Points,
Get A 6-Pack Of Pepsi!
PLUS, Get A Chance To Win
A Custom Pepsi Cooler!

Things are luckier here! • FLORENCE • COOS BAY • 877-374-8377 • THREERIVERSCASINO.COM

Eugene Ballet to present ‘Nutcracker’

It wouldn't be the Christmas season without that classic holiday tradition, "The Nutcracker."

This popular seasonal show comes alive on the Florence Events Center stage Tuesday, Dec. 15, at 7 p.m.

The Eugene Ballet's holiday extravaganza once again fills the stage with smiling faces of all ages as hundreds of young dancers join the company to tell this beloved story with its grand adventures taken by Clara and Hans.

"The Nutcracker" brings the holiday spirit into focus, transporting the audience through Clara's dreams and the wondrous characters she encounters along the way.

With the Sugar Plum Fairy and her Cavalier as guides, you'll fly away to the Snow Kingdom and the Land of the Sweets, but not before battling the Mouse King and his pirate hench-mice.

Toni Pimble's exquisite choreography and Don Carson's colorful and magical sets are masterfully orchestrated to create the perfect tradition to put everyone into the holiday spirit.

For tickets and more information, stop by the FEC, 715 Quince St., call 541-997-1994 or go online to www.eventcenter.org.

Joyful Noise sings out at Sunday show

Joyful Noise Children and Youth Community Choir invites the community to its holiday production, "A Tree Lot Christmas," on Sunday, Dec. 13, at 2 and 6 p.m., at the Florence Christian Church, at Second and Ivy streets.

This musical is filled with vibrant songs that tell the story of a group of compassionate and fun-loving kids and how they demonstrate the powerful love of Christ to the greedy "Mr. Carmichael" and invite him into the family of God.

Admission is free.

For more information, contact the church office at 541-997-2961.

BLACK
YELLOW
MAGENTA
CYAN