



Ned Hickson

Recent studies show that mild depression after the holidays is not only common but, in many cases, is the result of FDAD — Fruitcake Disposal Anxiety Disorder.

On one hand, your fruitcake was a gift and therefore deserving of some measure of appreciation.

On the other hand, it has already become a chew toy for the neighbor’s pit bull. This often leads to feelings of anxiety long after the holidays have ended, particularly when you see “Buster,” still

intoxicated with rum, struggling to dislodge the sugar loaf from his tightly-clenched jaws.

So, as a service to our readers, we assembled a group of psychiatrists to help provide insight into dealing with FDAD. At a cost of more than \$200 an hour, we held an informative, three-minute discussion to create the following self-help guide: *I’m OK — You’re OK. But Give Me a Fruitcake and I’ll Kill You.*

According to our experts, the first step in dealing with this anxiety is understanding where it comes from. To do that, we must go back to the very first fruitcake, which

historians agree was baked by Betsy Ross who, for obvious reasons, was noted for her sewing.

Subsequently, this same cake was dropped from a tall building by Dick Clark each New Year’s Eve until 1972, when it developed a crack and, as a safety precaution, was launched into space.

This was done despite protests from scientists, who warned that the loaf could eventually come crashing back to earth and lead to mass extinction.

Experts say this has led to a new generation of people who not only distrust fruitcake, but see it as a genuine threat to humanity. For these

people, we offer the following four-step guide to controlling their fruitcake anxiety.

Step one: Make a list of your fruitcake’s good qualities. The key is to start with what makes fruitcake unique. For example: Its indestructibility. You may not like fruitcake, but you have to respect the fact that cockroaches will be eating it long after humans are being imported to other galaxies on alien party platters.

Step two: Incorporate fruitcake into your daily activities. This is easy once you stop thinking of fruitcake as food. In the same way that Tofurky is slowly gaining acceptance as an environmentally safe

mulch, fruitcake doesn’t seem so bad once you’ve started using it to block open the garage door.

Step three: Consider turning your fruitcake into a treasured heirloom by getting it engraved and then giving it to someone. Just add your name and date, and you can pass this special keepsake on to someone else at the next available birthday party, wedding, house warming, bat mitzvah, Earth Day celebration, etc.

And finally, if after following these first three steps you’re still unable to control your symptoms, go directly to *Step four:* Investing in a ticket to Mantiou Springs, Colo.,

for the annual Great Fruitcake Toss.

Each January, this event draws hundreds of people from around the world for the sole purpose of showing off their fruitcakes and then catapulting them as far as possible.

Sure, this may sound stupid. But some day this might be our last defense against invading aliens.

Ned is a syndicated columnist with News Media Corporation. His book, “Humor at the Speed of Life,” is available online at Port Hole Publications, Amazon Books and Barnes and Noble. Write to him at nedhickson@icloud.com.

Dinner from 1A

“We will be serving hors d’oeuvres, ham and turkey with all the trimmings and three kinds of pies,” Ziebell said.

In addition to dinner, each diner will receive a free raffle ticket to be entered into a drawing for one of five gift baskets.

“We also have stuffed animals at each table,” he said.

“We were kind of surprised to find that the older people like the stuffed animals. They are free to take home.”

The kitchen staff begins preparing the food at 4 a.m. Between 75 and 80 volunteers are required to prepare, serve and clean up after the meal. Most are Elks members, but according to Ziebell, Kiwanis Club members, who serve a similar Thanksgiving dinner, often help out.

“The dinner is our way of

thanking the community for supporting the lodge,” Ziebell said.

The Elks see the dinner also as a way to offer the community a time to gather together and enjoy a good meal amid a festive holiday atmosphere.

“Florence has an aging population and there are a lot of people who are alone,” Ziebell said. “This is a nice way for them to get out and interact with others.”

The cost of the meal is

funded in part by donations the Elks receive throughout the year and by some of the proceeds from the Elks’ Share Shop thrift store.

River Cities Taxi will provide free transportation for those that need it and live inside the Florence city limits. Call 541-997-8520.

Follow Jack on Twitter @SNews_Jack. Email him at jack@thesiuslawnews.com.



COURTESY PHOTO

More than 800 people are expected to attend this year’s free Elks Community Appreciation Dinner on Dec. 25, from 12 to 3 p.m. at the Elks Lodge. Everyone is invited.

THANK YOU!

We would like this opportunity to thank everyone for attending our block party recently. Because of your generosity there are many children this year that will receive much needed clothing to keep them warm this holiday season and beyond! We had a great time and are truly blessed to have friends like you!

Merry Christmas from...

chevaux Salon

351 Laurel
541-997-3160

Holiday Gift Ideas from

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Canned Tuna in a variety of flavors; alder smoke, lemon pepper, garlic, dill, cracked pepper.

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Thank you to everyone who joined our local Realtors in donating gifts for the local Soroptomist Christmas Toy giveaway. Your generosity is greatly appreciated

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\$599,900 BH7150 ML#15222329

JUST REDUCED
Spectacular home with amazing Siltcoos Lake views. Rows of windows to enjoy the views!
3 Bdrm, 2 Ba 1751 sq ft
\$349,900 BH6758 ML#14075289

FEATURED LISTING
River views, close to town
\$250,000 BH7084 ML#15396381

PRICE REDUCTION
Siuslaw riverfront retreat. Plenty of room for RV's, boats & parking
2 Bdrm, 2 Ba 2137 sq ft
\$180,000 BH6705 ML#14119616

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3-4 Bdrms, 2 Ba 2404 sq ft
\$499,900 BH7086 ML#15676288

PRICE REDUCTION
Interior Shelter Cove gated community lot. Stick built homes.34 acre, city services available. Priced to sell!
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FEATURED LISTING
Enjoy gated community living... delightful & fun singlewide with addition. Front kitchen, party/family room. RV/parking
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\$78,000 BH7149 ML#15170659

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