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Before buying that Christmas gift, ask Mr. Knowitall

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 lottery, 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 Raleigh, NC*

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.

(OK, that's enough)
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, Ore.*

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.

Dear Mr. Knowitall: I'm thinking of getting my wife some of that spray that helps remove body hair. Is it safe?
— *Harry in Harrisburg, Pa.*

Dear Harry: Not for you, it isn't.

Dear Mr. Knowitall: I'd like to get my wife a personal protection device for Christmas. I heard about something on the Internet that's a combination pepper-spray gun, flash light and whistle.

Any idea where to find it?
— *Wondering in Welches, Ore.*

Dear Wondering: It's called the Pepper Escort defense kit and was invented by Dan McClarin out of concern for his daughters, who are apparently very attractive and excellent at multi-task-

ing.
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.

Hey, *Yawning in Yachats*, if you're still reading, this is one option I hadn't thought of...

Unfortunately, that's all we have 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 gift-buying questions, write to Mr. Knowitall at nhickson@thesiuslawnews.com and I'll make sure he gets it. Your question, I mean.

Ned is a syndicated columnist with News Media Corporation. His latest book, "Pearls of Writing Wisdom: From 16 years as a shucking columnist" is available online at www.Port Hole Books.com

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Oregon Coast Military Museum offering gift ideas

The Oregon Coast Military Museum (OCMM) is offering a selection of special gift options for holiday shopping, including challenge coins for both the museum as well as the recent USCG commemorative dinner; new dog-tags patterned after the museum's flag-tag logo; children's toys; apparel

with branch logos and insignias; books on military heritage, including one about a Florence family; and more.

For the season, Christmas wreaths are available at Bay Street Family Tyes in Old Town, with the proceeds going to the museum.

OCMM is open Thursday through Saturday, 10 a.m. to 4 p.m.

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Santa in Yachats

The Yachats Lion's Club and Yachats Youth & Family Activities are hosting a pancake breakfast with Santa Claus today from 9 to 11 a.m. at the Yachats Lion's Hall at W Fourth and Pontiac.

In addition to breakfast there will be arts and crafts, pictures with Santa and loads of holiday cheer!

Visitors are encouraged to bring a camera for photos of Santa or have the event photographer take one. Don't miss this fun event!

Donations are gladly accepted but not required.

For more information, contact Alice Beck at 541-547-4599 or go to www.yachatsyouth.org

WEATHER DATA

DATE	HIGH	LOW	RAIN
Nov. 22	51	43	1.15
Nov. 23	48	43	1.00
Nov. 24	50	45	3.27
Nov. 25	50	46	1.58
Nov. 26	53	41	0.66
Nov. 27	49	40	0.82
Nov. 28	50	43	0.49

Rainfall Week: 8.97"
Month: 16.92" Year: 75.97"

Courtesy of Roger Cunningham

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