

## **CHRISTMAS CARD CONFESSIONS**

Did you send out Christmas cards this year? Or did you join the growing email-card movement? For the past few years, I have eschewed the envelope-licking, address-scribbling, stamp-affixing torture of Christmas cards, not to mention the expense, time, and labor of it all. So instead of that grim duty that I had never looked forward to every December, now I find a nice photograph or other graphic device, then write a few choice words about my year in review, maybe three quick paragraphs and a jolly good season's greetings, and slap it together on my computer. (God help my dear friends who type and print single-spaced, double-sided Christmas letters with way more information than I ever want to read about, even if they are the most interesting people in the world.) As I was writing this item for my column, I came across a column by Caille Millner in the San Francisco Chronicle, describing her recent agonizing over whether to send Christmas cards. As a millennial, she confessed: "I've never received a handwritten card from anyone under the age of 50." But she ended up feeling guilty about not sending any cards, and sad about not getting any cards. So she decided to take the leap into adult responsibility. She explored alternatives like Minted and Artifact Uprising, which produce and mail fancy art-directed cards to your mailing list. In the end, she chose Simply To Impress because it printed her envelopes and mailed her cards. After making this painful concession to maturity, Millner says she learned from her older friends that once you pass 50, you tend not to send out Christmas cards at all anymore: "They're usually cheerful when they tell me this. I understand why – as you get older, you get to let go of obligations, rather than assume them." This final thought really caught my attention. Maybe next year I will go all the way and stop sending out any e-cards, not even those sneaky little Happy New Year emails that my procrastinating friends slam my in-box with just as the Christmas buzz is wearing off.

## **FRAGRANCE-FREE FAKES**

Testing 100 top-selling moisturizers, Northwestern University researchers found that 83 percent of the lotions advertised as "hypoallergenic" contained at least one allergen, and 46 percent of those labeled "fragrance-free" contained a fragrance. Buyer beware! (Source: Men's Journal, January 2018)

## **SAUCY NEW SAUCE**

Can't remember where I saw this sauce recipe, but I tried it at home and it is absolutely delicious. You will be licking it off the spoon, but try it on

sandwiches: equal parts mustard, barbecue sauce, and ranch dressing. Mix well and enjoy. (Optional: add garlic powder, paprika, and/or turmeric.)

### **TRUMP'S TUFTS**

According to an online blog, Ivanka Trump tells her friends how her father Donald gets his so-called hairstyle: scalp reduction surgery, stiffening hairspray on the comb-over, and Just For Men hair coloring, which turns his blond hair a sickly shade of orange. Ewww!

### **SWAMI SEZ**

Definition of insomnia: resisting a rest. (Scott McKellar)

### **GRAMMARJAMMER**

“I invented a new word: plagiarism.” (Tatiana Ayazo)

### **MAYBURRITOVILLE**

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