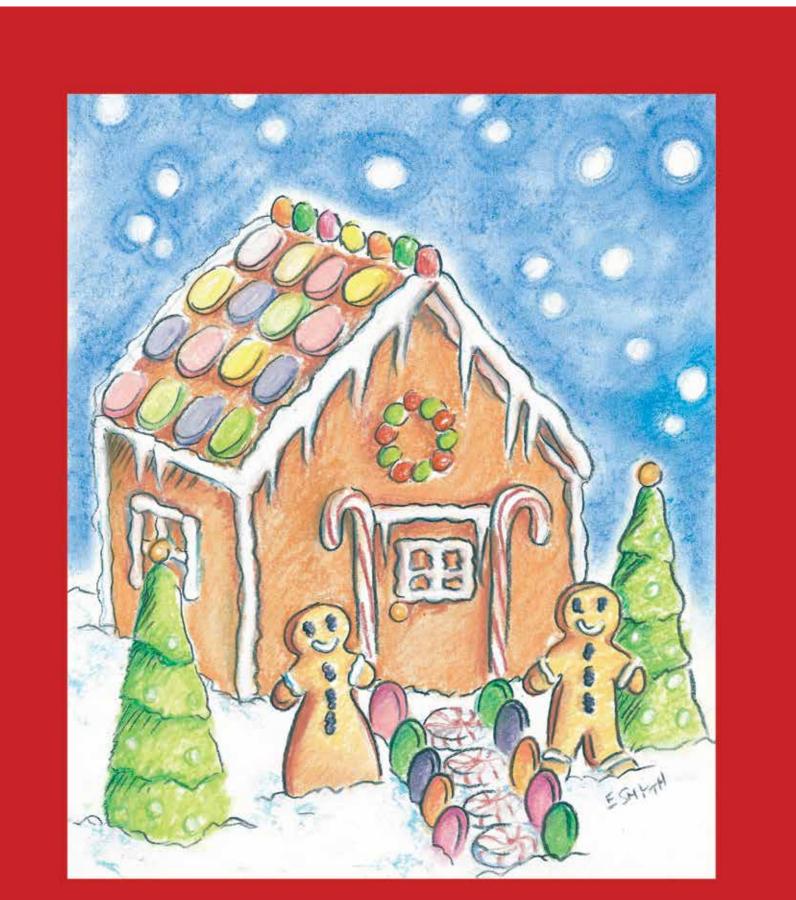


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Letter from the Editor

Dear Readers,

For so many years, gingerbread houses and gingerbread cookies in the shapes of men, women, children, animals, stars, moons, snowflakes, and many other shapes have been a family tradition. It is such a nice way to celebrate the holidays.

One can decorate them however one wants to with foodbased products. Each house is completely original, and the fun part is when you're ready, you can devour it with a big glass of milk! So enjoy your gingerbread and have fun making it your very own.

> Sincerely, Eric Wald

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You may also e-mail them to waldoandtulip@optonline.net.





Ruth Bader Ginsburg, A Legend

written by Debbie Tuma photo credit: Associated Press

EFFE ey Kids! Have you heard about RGB? This was Ruth Bader Ginsburg, who was an Associate Justice of the Supreme Court of the United States, and who was in office from 1993 until her death this past September. She was nominated by President Bill Clinton as only the second woman to serve on the Supreme Court, after Sandra Day O'Connor. RGB was also the first Jewish woman to serve on the court.

Ruth Bader Ginsberg did many important things in her long life, which ended at 87. She stood up for women's rights and equality for all people. Although she was a small woman, she was very powerful, and fought for what she believed in.

Before the Supreme Court, she was nominated by President Jimmy Carter to serve as the Judge of the United States Court of Appeals. RGB, as she was called, was very smart, and did well in school, which was in Brooklyn where she grew up. She later graduated from Cornell University, and got married to her college sweetheart, Martin Ginsburg.

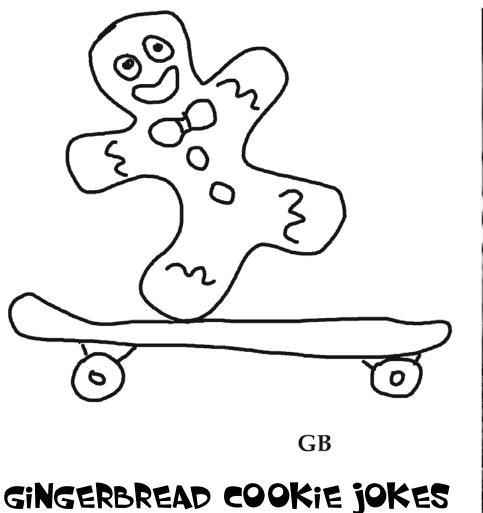
He went on to become an international tax lawyer, and they had two children. She then went to Harvard Law School, where she was only one of a few women. She then went to Columbia Law School, where she graduated first in her class. She also worked on a project in Sweden, where she learned Swedish, and she then became a professor at Rutgers Law School and Columbia University.

During Ruth Bader Ginsburg's time on the Supreme Court, she stood up for the rights of women on the job and in other areas. When Sandra Day O'Connor retired in 2006, that left Ginsburg as the only woman on the Supreme Court.

RBG became a "pop culture icon," which inspired posters, nail art, Halloween costumes, tattoos, coffee mugs, and even a children's coloring book!

After her death from cancer, Ruth Bader Ginsburg was given a private ceremony with family and friends in the great hall of the Supreme Court. Afterward, her casket was moved outdoors so the public could pay their respects, and thousands of people came to mourn. Then Ginsburg became the first woman and the first Jewish person to lie in state at the Capitol.

Throughout her life, RBG fought for human rights and tried to help many people. She is a good example to women and girls who want to get ahead in life and become anything they want. There is also a documentary film, "RGB," about her life.



written by Greg Bullock illustrated by Greg Bullock and Connie McGuinness

Why did the Gingerbread Man run out of the restaurant?

He only does take-out.

Whom was the Gingerbread Man scared of? The Cookie Monster!

What did everyone say about the Gingerbread Man? "He is always running out on us!"

Why did the Gingerbread Man run away from the Little Red Hen? He didn't like her yolks! (jokes)

There once was a Gingerbread Man named Claude, that liked to ride on a skate board. When they chased him out of town

He spun all around Saying, "You can't catch me on a skateboard!" (See above cartoon.)

What was the name of the gingirls' gerbread singing group? The Ginger Spice Girls!

What soda did the Gingerbread Man drink? Ginger ale.









Some Facts and Tales About Gingerbread Men and Houses

written by Eric Wald illustration by Rosemary Szczygiel

The Gingerbread Man", also known as "Gingerbread Boy", about a boy running from a wolf or fox, appear in print in 1875 in *Saint Nicholas* magazine for children. The story goes that a childless old woman baked a gingerbread man who runs from an oven, and as he runs, he sings, "I've run away from a little old man, and I can run away from you." The fable ends with a fox devouring the gingerbread boy.

On the bright side, there is a book with a happy ending published by Allen Kitchen with illustrations by Funda Girgin from 2019 titled "The Gingerbread Man".

In May of 1906, a wonderful play on Broadway called *Gingerbread Man* ran from December to May. Most gingerbread people have no fingers, and have stubby feet and have candy as eyes and mouths.

The history of gingerbread goes back thousands of years. In some homes, it is a family tradition. So this year, start building, creating and discovering how much fun it is to create with gingerbread of your very own!



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The History of Gingerbread

written by Jerry Cimisi illustration by Connie McGuinness

In one of William Shakespeare's plays, *Love Labor's Lost*, a character says that if he only one penny in the world, he would spend it on gingerbread.

Gingerbread had a long history in Europe before it was brought to the new colonies in America, but in fact, gingerbread was made by the ancient Greeks and Egyptians long before that. These cultures used it as a ceremonial food.

But what is ginger? It is the root of the ginger plant. The plant has yellow flowers with purple edges. The ginger root is thick and can be sliced



like a carrot, which is also a root. It was first grown in southeast Asia. The oldest written reference to ginger is from China, over 2,000 years ago. It is said that Confucius, the famous Chinese philosopher, would eat ginger with every meal.

Ginger is now grown in many countries. Before it was used as a spice in food, ginger was used in India and China to treat common ailments. By the first century, Arab traders had taken ginger throughout the Mediterranean.

Ginger became very popular among the Romans. After the era of the Roman Empire, ginger was widely consumed in

medieval times, the time of castles and knights, when it was used to make tangy sweets. The demand for ginger was so great that in 14th century Europe, it was valued as much as a live sheep. It was during the 14th century that the Old English word for ginger was gingifer.

An old European recipe for gingerbread used ground almonds, breadcrumbs, rosewater, and sugar, and, of course, ginger. This made a paste that was pressed into wooden molds of kings and queens or religious symbols. Then it might be decorated with white icing or even edible gold. (Yes, there is such a thing.)

By the 16th century, the English were replacing breadcrumbs with flour, and added eggs. This made the gingerbread lighter. It was Queen Elizabeth I who had the idea — or one of her cooks did — to create a gingerbread man. And so the first gingerbread man was actually a woman, a queen, in fact, baked in the queen's own likeness.

Gingerbread was becoming more and more popular throughout Europe. That was when the gingerbread as we know it today came into being, containing ginger and sometimes cinnamon, cloves, nutmeg, cardamom and anise, and sweetened with any combination of brown sugar, molasses, light or dark corn syrup, or honey. It was sold at fairs, tied with a ribbon. It was given as a gift of affection.

Gingerbread also had a very practical use. When crumbled, it was added to recipes to hide the odor of meat that was going bad.

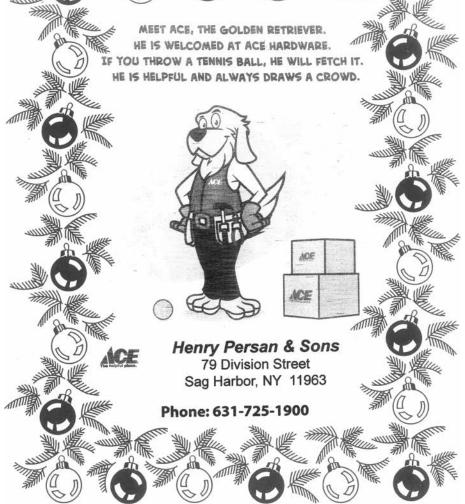
After the Brothers Grimm published their collections of fairy tales, the gingerbread house became popular in Germany. The first German settlers in America brought this tradition to their new country.

Gingerbread was also made in cookies, thin hard cookies we call snaps, as well as the softer, cake-like, spicy gingerbread we know in America.

Making gingerbread became art form in many European cities, where gingerbread baking guilds were established during the Middle Ages. A guild is like a union. Gingerbread bakers would take on apprentices, young people who would learn how to create gingerbread. There are museums in Europe that display antique gingerbread molds that were used in centuries past.

In December 2001, bakers in Torun, Poland, made a gingerbread house with 4,000 loaves of brick-shaped gingerbread measuring 11 and half feet high! It took a week to create and used 6,000 eggs, a ton of flour, and 550 pounds of shortening. But according to the Guinness Book of Records, the biggest gingerbread house was put together in Bryan, Texas in 2013. It was 21 feet high and covered an area of 2.520 square feet—almost as big as a tennis court! The house was made out of many panels of cooked gingerbread. The house was built by the Traditions Club to help raise money for a

trauma center at the regional St. Joseph's Hospital.





La Parmigiana

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National Gingerbread Competition

by Debbie Tuma

Hey Kids! Do you like gingerbread houses? Did you know that each year, there is the biggest gingerbread house contest in the United States, with dozens of them displayed under one roof? It's called "The National Gingerbread House Competition," and it takes place in Asheville, North Carolina, which is in the mountains of the western part of the state.



There is a huge, beautiful resort hotel and spa called The Omni Grove Park Inn, which is made out of big boulders, or rocks, and this is where this contest happens each year, around Christmas time.

I have seen this gingerbread contest several times, since my sister lives in Ashe-

ville, and we have gone there for the Christmas festivities. People from all over the country made their own amazing gingerbread houses and brought them to this contest to be judged. The Omni Grove Park Inn also had Christmas singing, a huge buffet and a whole Christmas event where people could walk around and see all the houses displayed for the public.

But this year, for their 28th Annual Gingerbread House Competition, due to the Covid pandemic, things have changed. The Gingerbread Competition will still take place, but the houses will not be displayed to the public at the Omni Grove Park Inn, out of concern for safety. People from around the country can still make their houses and enter the competition, by sending in photos or videos of them. This year it is called a "Virtual Competition." Also due to the Covid pandemic, there will not be a buffet or caroling at the Omni Grove Park Inn, but the restaurant will be open.

There are so many gingerbread houses to choose from---big, small, with all kinds of decorations. And there are rules for the contest—except for the base, the entries must be made of entirely edible materials. The main structure should be at least 75-percent gingerbread, with some exposed. And edible materials are not limited to candies and icings. Entries are judged on five things: Overall appearance, originality & creativity, difficulty, precision, and consistency of

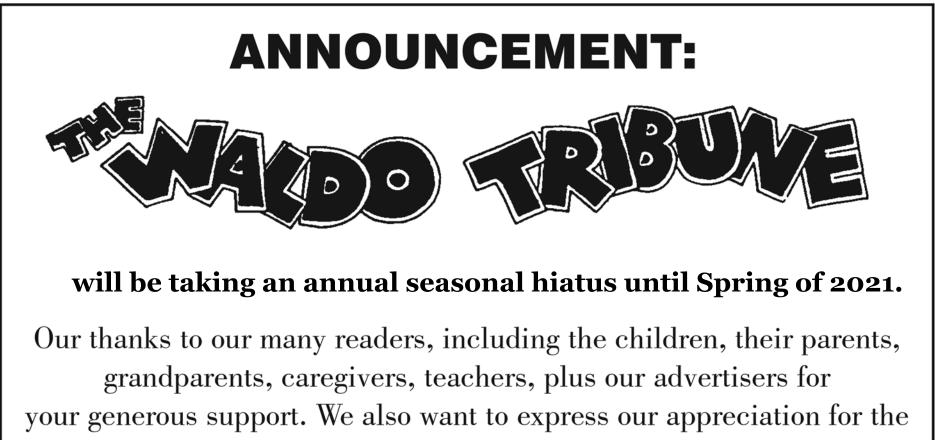
theme. When

the judges get the photos and videos, they will select the top 20 gingerbread houses, and invite the finalists to bring their



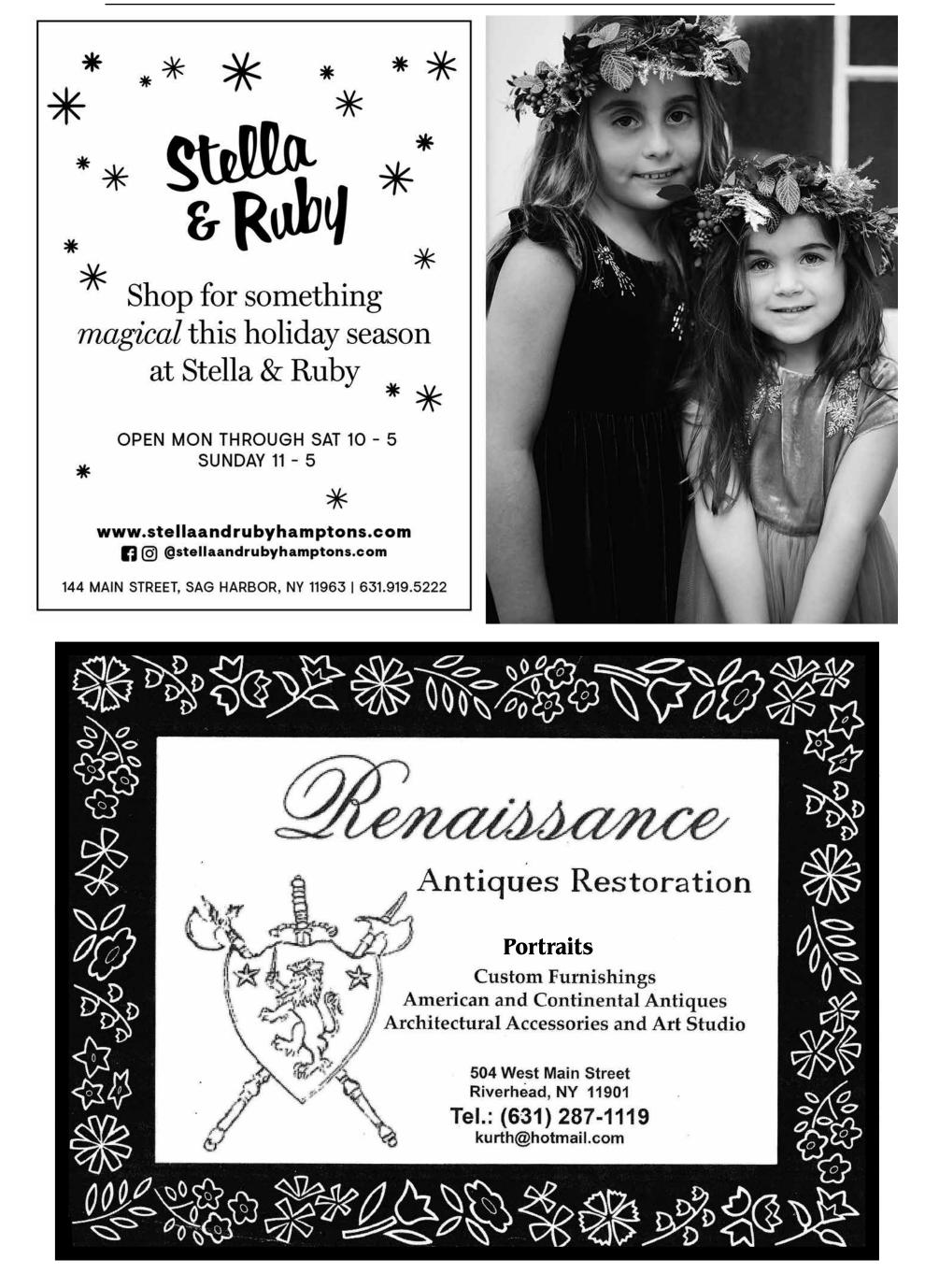
houses to the hotel, where they will be displayed for the judges, but not to the public. The hotel will make a film of the houses and show it to their guests, and post the houses on their website, www.omnihotels.com/grovepark. From December 1-12, the Omni Grove Park Inn will announce one prize per day, leading up to the Grand Prize of \$5,000 on December 12.

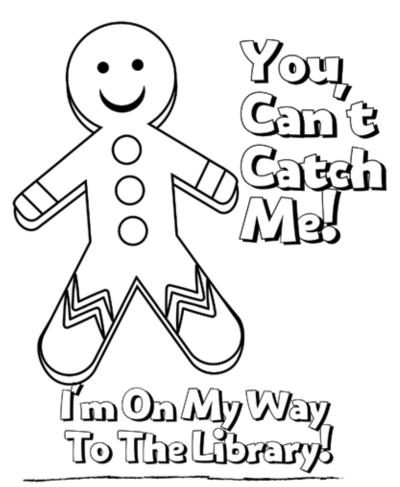
This contest started in 1992, with a small group of gingerbread houses built by community members as a way to celebrate the holiday season, and has grown over the many years to be one of the nation's most celebrated events. The panel of judges are nationally recognized food, arts and media professionals, and this famous competition has been on ABC's Good Morning America, The Food Network and the Travel Channel. For more information, call the Omni Grove Park Inn at 800-438-5800.



many talented writers, artists and photographers for their fine works we have had the pleasure and privilege of including in our paper.

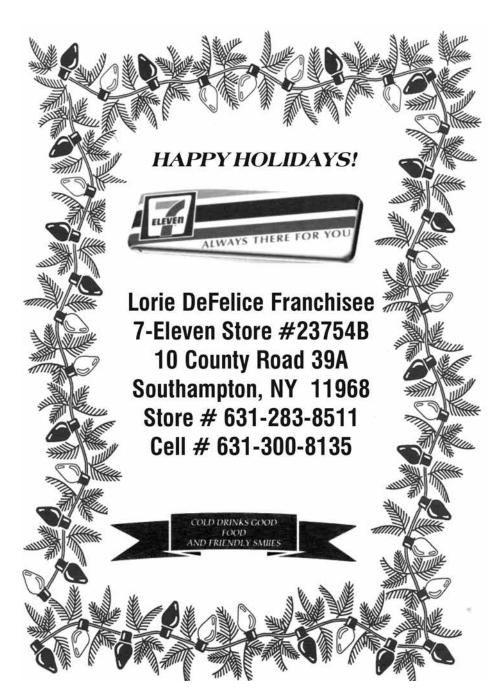
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A No-Bake Gingerbread House To Create

written by Paula Timpson illustration by Elizabeth Smyth-McCarron

ingerbread house baking is a fun tradition that comes from the Grimm fairy tale of Hansel and Gretel. Hansel and Gretel find a house made of gingerbread in the woods when they are lost. It is covered in candies and frosting. This is a no-baking-needed, simple recipe. If ever you do bake, please do not do it alone and be careful. Please ask your parents to help you make your gingerbread house. They can

> help with the knife and cutting, so you don't get hurt.

You can be very creative when you make a gingerbread home. Use all kinds of your favorite fun candies to decorate. Red licorice is nice twirled onto the roof, gumdrops of rainbow colors look sweet along the home, and M&M's too. Use whatever you like best. It is your house and you can decorate it however you want, using edible things.

Lots of frosting is perfect to keep the house together, so it does not fall apart. Some ideas are candy canes, Hershey kisses, and mini marshmallows too. Have fun. Make it a wonderful gingerbread home. You can display it in your home someplace special. Wrap it in plastic wrap and put into your refrigerator to keep it safe and it can last up to a year. Eat it slowly, so you don't get a stomache ache from eating too much sugar and candy. To make an easy gingerbread house, you will need 6 pieces of graham crackers.

Frosting

Set aside some candy to decorate. Royal lcing recipe is: 3 cups powder sugar 1/3 cup butter softened 1 ½ tsp vanilla 1 to 2 tablespoons milk In bowl, mix powder sugar and butter with electric mixer on low speed. Stir in vanilla and 1 tablespoon of the milk.

Start with 6 pieces of graham crackers

Use 2 full graham crackers, 2 crackers cut 2/3rds of the way up, and 2 crackers with diagonal cuts. To make the cuts, use a serrated knife, and cut them gently. Have your parents help you. Start by spreading Royal Icing to the back piece.

Then glue with the icing the other to the back piece. Glue top to both side sections.

Add Royal Icing to the angled sides and lay the roof pieces down. Also add Royal Icing to where the two roof pieces meet. Add frosting to your house, then put the candies on and enjoy

the decorating! Use plenty of icing; it will hold your house together.

Have fun and remember, be creative; your house is unique as you are.



In the photo above is the famous racehorse Seabiscuit, a champion in the 1930s despite the odds against him, with his trainer, "Silent" Tom Smith.

History of Horse Racing

by Chris Clark, age 15 The Waldo Tribune Official Junior Sports Columnist photo credit: Associated Press

orse racing is an international pastime that dates back to around 740 BCE at the first Olympic Games in Greece. Horse racing has developed over the years, and today is one of the most loved sports by people of all ages and lifestyles as a tradition in American sports culture.

In the 17th century, King Charles II began opening various jockey clubs across England. This trend became wildly popular and rapidly spread throughout Europe, starting in France and moving outward. By the mid-18th century, the idea of horse racing became an official sport, that had legalized betting throughout Europe. In 1740, the British Parliament added the rules of horse racing to the constitution, making it a more fair game. From that point on, jockeying was indeed a legitimate European sport.

In the early 20th century, the sport spread to North America and horses from the United States began winning more and more races, increasing the competitive nature of the sport, making it an international treasure in no time. Over time, the rules of jockeying have changed as well. Horses are now able to compete at younger ages and lighter weights, making the sport always a competition of horses in the best shape possible.

Modern day racing has not changed its main principles though, making the sport timeless, as well keeping people intrigued year in and year out. This modern racing still makes millions of dollars a year, mainly provided from the three "triple crown" races. The bottom line is that racing horses is exciting; there is a lot of anticipation and hype usually just for a small portion of that to translate into action. Yet, that action



and excitement keeps bringing fans back, and that love of racing is what will keep it going forever.



Bob Grisnik, Owner/Pharmacist - www.southriftydrug.com





Dear Ms. Spiral Notebook

Dear Ms. Spiral Notebook,

We have chosen remote learning for our elementary aged child. I know that a lot of time has been spent on a device. I want to incorporate more movement into his day. Ideas?

It is just as important to move as it is to acquire traditional knowledge. Elementary educators refer to these small moments as

brain breaks. They can include a variety of activities. Equal importance should be made to meditation too, this calms the mind and allows for recentering and refocusing. Here are two great resources: The Breathe, Think, Do With Sesame for meditation and https:// thisreadingmama.com/20-free-wigglebrain-breaks/. These should be scheduled just the same as instructional time.



Dear Ms. Spiral Notebook,

My son is in middle school and is having a challenging time with

learning. His school is using the hybrid model and during remote time, he is very unfocused, skipping the videos the teachers are providing just to "finish" his work quickly.

This is quite common. It can be challenging for students to keep their focus when they are not in front of a teacher. A basic idea is to give him a stack of sticky notes. Tell him to watch the video and write down a fact, idea, or question, at certain intervals in the video. These become great talking points for him to share with his teacher, or points for you to provide clarity when reviewing daily material.

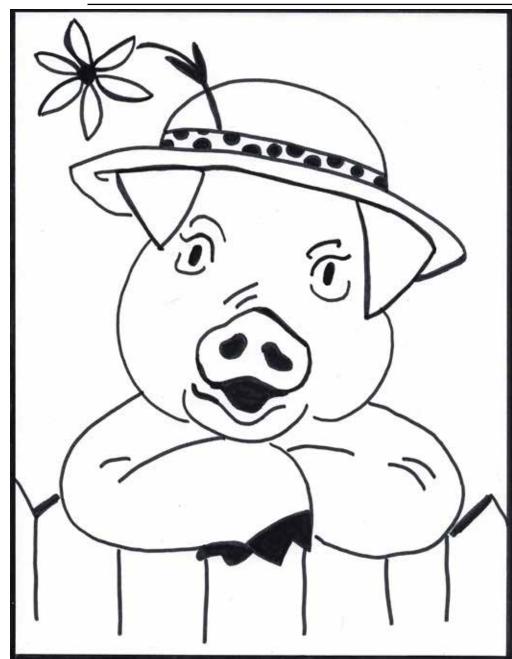
Dear Ms. Spiral Notebook,

My daughter loved going to the library, but now with COVID-19, it is not something that our family is comfortable with. I want to still encourage her love for reading. Suggestions?

Many libraries are offering online resources to keep children reading. Please check your local library for details. I know that mine offers read-alouds. If you want something more regimented BookAdventure.com is a wonderful resource. This site has interactive features to keep children motivated. You may also want to try conducting a small reading group with some of her friends. They choose a book and a time to set up a Google Meet to discuss or read together. This also is great for social interaction.

PARENTS AND TEACHERS: Have a question about your child's or student's education or learning? You may contact Ms. Spiral Notebook at waldoandtulip@optonline.net, with "Ms. Spiral Notebook" in the subject line. You may also fax your question to us at 631-808-3248, or mail it to her c/o The Waldo Tribune, P.O. Box 2587, Sag Harbor, NY 11963.





Dotty Wins Contest

written by Waldo drawing by Rosemary Szczygiel

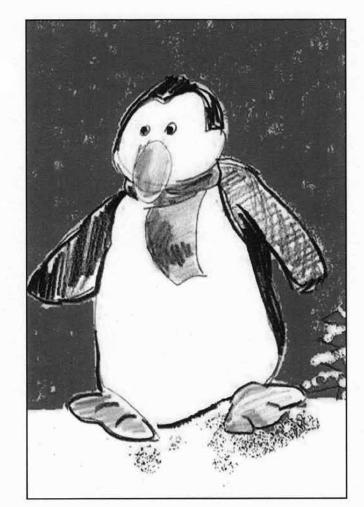
t was a beautiful day in the Hamptons, and the Thanksgiving Day Beauty Contest would soon be on its way. There was Harriet the hound with her rose bonnet, Laurie the kitty with her tulip bouquet, and Julie the parrot with her beautiful raspberry turban.

Then in walked Dotty with her daisy hat and her beautiful smile. She was a little nervous, but was able to keep calm.

Dotty's straw hat was simply gorgeous! Her smile was absolutely magnificent. The way she walked was breathtaking.

Well, whoever could have guessed? Dotty won first place, and it was known throughout the land that Dotty won handsdown in the Hamptons Thanksgiving Day Beauty Contest.

Children's Stories



by Eric Wald Illustrations by Rosemary Szczygiel

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Letter From Waldo

Dear Readers,

Her name is Lounah Louise Starr. She is 101 years old. Born in Smyrna, Turkey, she now lives in Melbourne, Florida. She is one of the oldest living artists in the United States. Her paintings are hung in the Jewish Center of the Hamptons in East Hampton, and in the Holocaust Museum in Washington, DC.

Mrs. Starr is a Holocause survivor. She and her family hid in France during the Nazi occupation of that country, and survived. She is a warm and beautiful human being, and we here at *The Waldo Tribune* have deep, deep affection for her.

BAKING GINGERBREAD



What three things are different?



Answers to the Gingerbread Issue Puzzles (Turn upside down to see.)







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MORE GINGERBREAD PUZZLES

Can You Catch the Runaway Gingerbread Boy?

FIND THE GINGERBREAD MAN INGREDIENTS

You can go across, down, or diagonally

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MY FAVORITE GINGERBREAD MAN RECIPE

Ingredients

- 10 Tablespoons (2/3 cup) salted BUTTER, softened
- 3/4 cup (150g) raw SUGAR
- · 2/3 cup (200g) unsulphured MOLASSES
- 1 large EGG, at room temperature
- · 1 teaspoon pure VANILLA extract
- 3 and 1/2 cups (437g) all-purpose FLOUR
- 1 teaspoon baking SODA
- · 1 Tablespoon ground GINGER
- 1 Tablespoon ground CINNAMON
- 1 teaspoon ground CARDAMOM
- 1 teaspoon LEMON ZEST
 - Instructions

1. In a large bowl using a mixer beat the butter for 1 minute on medium speed until smooth and creamy. Add the sugar and molasses and beat on medium high speed until combined and creamy-looking. Next, beat in egg and vanilla on high speed for 2 full minutes.

2. On low speed, add the flour, baking soda, ginger, cinnamon, cardamom, and lemon zest until combined. Divide dough in half and place each onto a large piece of plastic wrap. Chill for at least 3 hours and up to 3 days.

3. Preheat oven to 350°F (177°C). Line 2-3 large baking sheets with parchment. Generously flour a work surface, as well as your hands and the rolling pin. Use lots of flour for this sticky dough. Roll out 1/4-inch thick. Cut into shapes. Place shapes 1 inch apart on baking sheets. Re use dough scraps. Bake cookies for about 9-10 minutes. Be sure to rotate the pan once during bake time.

Allow cookies to cool for 5 minutes on the cookie sheet. Transfer to cooling rack to cool completely. Once completely cool, decorate as desired.



Start your holiday season off with a clean smile!



Wishing you and your family a happy holiday season!

