

Golden Roundup

January 2012

January Weather?

See page 6

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Roundup**

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1-406-433-3306

info@roundupweb.com

Your Super Bowl Game Plan For Healthy Eating

By Alice Henneman, MS, RD

Super Bowl is just around the corner and even if you are not a football fan, you may like to tune in to watch the commercials and halftime entertainment. Interestingly enough Super Bowl Sunday is the second-largest day for food consumption in the U.S., after Thanksgiving, according to Wikipedia. Following is an article from Alice Henneman, MS, RD, University of Nebraska-Lincoln Extension Educator. Henneman has an excellent website on all aspects of healthy eating. Go to www.food.unl.edu for timely & easy-to-understand research-based food information for use in your daily life.

Develop a winning Super Bowl “food game plan” by thinking like a football player on the playing field. Only, instead of the opposing team, your field is filled with food and refreshments. Here are eight winning strategies:

1. HAVE A GAME PLAN

Plan a successful defense against food that is excessive in fat and calories:

- Equip yourself — include some lower-calorie drinks and munchies.
- Position yourself away from heaping platters.
- Go in knowing what you will eat. For example, choose to have the three choices you will enjoy the most. You don't have to eat some of everything just because it's there.

2. SIZE UP THE OPPONENT

- Look at the stats on different foods. Check for a Nutrition Label that tells how many calories per serving.
- Eat food from a plate versus directly from a bag or box so you're not blindsided by the amount you're consuming.

3. GET IN CONDITION

- Lift a weight — other than your own, preferably at least twice a week! Take walks to whittle your waistline. The sooner you start, the greater the benefits. Physical activity and added muscle boost your metabolism and burn calories.

4. WATCH WHAT YOU EAT BEFORE THE GAME

- Resist overloading on calories before the game. Keep a few calories in reserve so you can enjoy goodies later without guilt.

5. AVOID PENALTIES

- Avoid later weight penalties from too many calories by choosing smaller portions.
- Don't let anyone get a penalty for drinking and driving. Remind your guests to have a designated driver and offer alcohol-free beverages.

6. KEEP YOURSELF IN THE GAME

Don't get taken out of the game because of food poisoning:

- Follow the “two-hour rule.” Leaving perishable food at room temperature more than two hours is a big mistake.

When food sits out for more than two hours, bacteria can easily multiply and cause food-borne illness. Set out small amounts of perishable foods and replace those with clean plates of food within two hours.

- Or, keep hot foods hot (140°F or hotter) with chafing dishes, slow cookers, and warming trays. Cold foods should be held at 40°F or colder. Keep foods cold by nesting dishes in bowls of ice or using party trays filled with ice.

7. KEEP ADVANCING TOWARD THE GOAL LINE

- Pace yourself by alternating between higher and lower calorie foods.
- Make a successful passing play by bypassing seconds at the buffet table — or take half as much the second time around.
- Take an occasional time-out to put a halt in your eating.

8. TOUCHDOWN!

- Plan an effective running (or walking) conditioning strategy — by “pass” excessive food intakes and avoid penalties which keep you from moving toward the goal line — and you'll score a successful Super Bowl “Game Plan for Healthy Eating.”



Fresh Guacamole

Fresh Guacamole

- 2 avocados, without skin and seeds
- ¼ c. chopped onion
- 4 Tbsp. chopped fresh cilantro (or cumin to taste)
- 1/3 c. chopped tomato
- Hot pepper sauce to taste
- 1 tsp. sea salt or to taste
- 2 Tbsp. lime juice
- 1 clove minced garlic

Mash together the avocado, salt, lime juice, and hot pepper sauce. Adjust seasoning to your taste. Stir in onion, garlic, fresh cilantro and tomato. Serve with tortilla chips or veggies.

Spicy Bean Salsa

- 1 can black beans, drained and rinsed
- 1 can black-eyed peas, drained and rinsed
- 1 can corn, drained
- ½ c. chopped onion
- ½ c. chopped green pepper
- ½ c. finely chopped jalapeno peppers, or to taste
- 1 can diced tomatoes
- ½ tsp. garlic salt
- 1-8 oz. bottle non-fat Italian dressing



Spicy Bean Salsa

Combine all ingredients in large bowl and refrigerate several hours. Serve with tortilla or pita chips or as a side dish.



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New Year's Resolutions

By Lois Kerr

With the return of January, every publication in creation tackles the subject of New Year's resolutions. When the new year dawns bright and fresh, writers, figuring this is a good way to fill blank pages, devote a lot of space discussing how and why to make resolutions, how to keep them, tricks and hints on how to follow through on those well-meaning resolves, and a host of other spin-offs on the subject of resolutions of all sorts.

Personally, I shake my head at all this hoopla, and I generally don't read any of the multitude of articles available on the topic. I snicker when people earnestly talk about what they'll accomplish thanks to their newly made new year's resolutions. Who do they think they are they fooling, besides themselves?

I didn't always feel this way, basically because when I was young and foolish (er, make that inexperienced), I never bothered to scratch beneath the surface to discover the idea behind resolutions. I went along with the crowd. I felt it was my obligation to make all sorts of resolutions each Jan. 1, most of which I promptly forgot about by the time I sat down to eat New Year's dinner. I made the usual resolutions: eat less, exercise more, be kind to the grumpy old lady down the street and under NO circumstances ever let her chickens out again, and other notions that sounded noble and lofty at the time. A few of these resolutions remained on my mind for a day or two into the new year, (particularly the one about letting out the chickens, but that was more from the fear of retribution by my parents rather than any desire to behave myself) but then they too disappeared into the dust of everyday living (with the exception of the chickens, of course).

Age and experience finally caught up with me, along with some common sense and the realization that when I wanted or needed to make a change, the time was NOW, not at the start of a new year. New Year's resolutions? Pish posh. What a waste of time for the most part, as the majority of new year resolutions consist more of a wish list rather than a to-do list or any real desire to make a lasting change.

If I want to try something new, shed a bad habit, visit the little old neighbor more often, or any other change that I want to see in my life, I can do that any day of any month of any year. Each day offers me a whole host of choices, and I don't need to wait until Jan. 1 to begin again. I can start fresh any day I make up my mind to do so. I can resolve to start or stop something, make a needed change, or rethink how I tackle problems every day all year long, and when I make resolutions on any other day OTHER than Jan. 1, I have a pretty good chance of success, something I can't say about making promises to myself on New Year's Day just because that's the custom.

I do believe in wishing people a Happy New Year, even though the resolutions bit is just a way to give unimaginative writers something to write about (present company excluded, of course). I do wish those who read my writings all the very best, and I encourage those of you who truly want to make some sort of change to go ahead and do so, but don't make it a New Year's resolution. Make it a promise to yourself and make that promise whatever day you honestly decide that now is the time to make that change, whether it is something small like read one more book a month, or something major like creating a new lifestyle. Make that resolution to yourself and follow through. Just don't make it on Jan. 1.



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Donna Hunsbedt

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Not Quite January In The Bahamas, But We'll Take It

By Lois Kerr

January generally ushers in the coldest month of the year. Daytime highs plummet to subzero temperatures for weeks at a time, winds howl, people only venture outdoors for short periods and only when bundled up in heavy coats, mittens, and warm boots, and those with wood stoves keep the fires stoked and blazing hot all day long to chase the gloom and cold. Animals hunker down as well, as domestic animals stay in their coops or shelters and the wild animals burrow deep into their dens or dense brush to shelter themselves against the bitter cold.

This January, however, the above scenario doesn't seem to apply. We are practically half way through the month, and so far it has proved itself to be a gentle, good-natured January, a fact that no one dares complain about. Rapid warm-ups have followed the few cold snaps we've experienced, giving people the chance to take advantage of this unprecedented weather. Activities and sights that we don't normally see in this, traditionally the coldest month of the year, have proliferated, as people take advantage of the fantastic weather and accomplish tasks normally done during other seasons of the year.

As the following pictures illustrate, this January we've seen people walking around in short sleeve shirts, riding bikes and motorcycles, working on their lawns; we've observed open water, running creeks, and animals out and about scratching in the dirt, with not a speck of snow in sight. If the rest of the month gives us the same type of weather, we have winter beat for this year, at least.



When Crane Creek runs in January, we know we have enjoyed a fantastic winter to date.



A fat turkey enjoys a mild, sunny mid January day.



Picking up the last of the fall leaves in the middle of January? You bet, and here is a picture to prove it.

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The Yellowstone continues to run this January, only partially encrusted with ice.



This January, we can look across field after field and not see a speck of snow.



A neighbor had the opportunity to ride his motorcycle and could even wear a short sleeved shirt while getting the machine ready to ride, an unheard of experience for mid January in eastern Montana.



Even the chickens have enjoyed January so far. These happy cluckers are busy scratching in the dirt, with no fear of frost or snow to ruin their day.

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Observations On The Aging Process From A Front Line Participant



Lois Kerr

Jar Lids & Other Instruments Of The Devil

By Lois Kerr

Remember when we had strength in our fingers and wrists? Peanut butter jar lids opened easily, bottle caps twisted off with a flick of the wrist, and we figured we could conquer any lid or bottle cap that passed our way.

Not so, my friends. I spend more time now trying to open some jar lids than I do vacuuming the floor. Lids can present formidable problems, refusing to budge a millimeter regardless of how many little tricks I try or handy gadgets that I use on them. Sometimes this unmoving lid can present extreme frustration.

A few months back my sister gave me a large jar of artichoke hearts. I dearly love artichoke hearts, and my mouth watered in anticipation of consuming a few of these delectable treats. However, the energy and stress involved in breaking the seal on that lid caused me a lot of grief, so I figure I most definitely earned my right to eat those tasty little morsels.

I first attempted to twist off the lid. Hah, what an exercise in futility that proved to be. We are discussing an approximate half gallon capacity jar with a large lid, and I couldn't even get my hand around the lid to get an adequate grip. No sweat, I figured I'd just dip the jar mouth under hot water, and then gently tap the lid with a knife to break the seal.

Well, those efforts were a colossal waste of time. I tapped, tugged, dipped, then tapped again, each time using just a little more force and each time becoming just a shade

more annoyed and frustrated. I still couldn't budge that lid.

None of my handy dandy little lid openers would cover that large lid. I didn't have a pair of pliers large enough to put around the mouth of the jar, and I could find nothing that would work. I turned the jar upside down and banged the lid against the floor, I smacked the rim sharply with a heavy knife, I ran hot and cold water around the edge of the lid, all to no avail.

I thought with great chagrin of my arrogant youth, when I could open jar lids without a second thought. I remembered to my shame how I used to make little snide comments to my mother when she would hand me a jar lid to open that she had struggled with for some minutes, and I would twist it open with ease. Foolish youth, thoughtless comments, and now it was payback time for me.

Pride would not allow me to take the jar across the street to a neighbor, nor would it allow me to call my brother-in-law and request help. Instead, I continued to struggle with that lid for what seemed an eternity.

Eventually, the repeated pounding and smacking broke the seal, and I actually got the lid off and could indulge in those artichoke hearts. I am not a patient person by any stretch of the imagination, so this ordeal left me totally stressed and in an incredibly foul mood that even the soothing taste of an artichoke heart could not dispel.

Jar lids aren't the only instruments of the devil that we mortals decide to fool with. I'm thinking of weed eaters in particular. I no longer will even attempt to use such a contraption; it is faster to pull those weeds with my teeth than to use a weed eater, also known as the instrument from hell. These useless tools don't want to start, they don't like to continue running for any longer than 15 seconds, the string disappears or knots up at the slightest provocation, and in general, I consider weed eaters nothing but heaps of worthless junk.

I won't use a weed eater. I don't need that sort of aggravation, but I DO need to open jar lids. Fortunately for me, I now have a better half in my life, so the next time a jar lid fixes to ruin my day, I've got news for it: it won't. I'll just pass the jar along to my better half and let him worry about this particular instrument of the devil.

A hand-drawn advertisement for 'The Other Place'. The main text reads 'The Other Place' in a cursive font, followed by 'Fall & Winter Fashions' and '20-50% off'. Below this, 'BIG SALE' is written in large, bold, block letters, with 'FR Clothing 20% off' written to its right. At the bottom left, it says 'Check Out The \$10 Rack'. At the bottom right, it provides the address '105 Broadway • Culbertson', phone number '406-787-5211', and hours 'Hours: Mon-Sat 10 a.m. - 5 p.m.'.

Fairview Memories

The Fairview News

THURSDAY, JANUARY 18, 1968

AN INDEPENDENT NEWS PAPER

Bi-State Co-op Grand Opening Slated For Friday And Saturday In Fairview

The Grand Opening of the New Bi-State Co-op Farm Service Store and Service Station will be held Friday and Saturday, January 19 and 20 with free drawing and discounts given during the grand opening.

Free drawings will be held on the hour both days from 10 a. m. to 5 p. m. There will also be a grand prize drawing on Saturday at 5 p. m. During the two days Bi-State Co-op will give 2¢ of each gallon of gas pumped on both days, to the Fairview FFA Chapter. Free coffee and doughnuts will be served during the two days and free Pepsi will be given, courtesy of Blue Rock Bottling Co.

According to Don Schlothauer, local station manager, a cordial welcome is extended to all people of the area to attend the Grand Opening and register for the free drawings as well as look over the new \$65,000.00 home of Bi-State Co-op.

In another section of the news a complete story of the Bi-State Co-op is carried along with the many congratulations.

Fairview High Wins Second Place At Poplar Speech Meet

The speech students placed second in the sweepstakes honors at the Poplar Invitational Trophy Speech Meet on Saturday, January 20. The varsity debate team, Ken Wangerud and Greg Arpin, captured first place trophies for debate.

The following students placed in the tournament: Girls Extemporaneous, Nadine Jensen, second; Oral Interpretation, Evelyne Reichenbach, second; Humorous Declam, Valerie Lewis, third; Oratorical Declam, Bill Sullivan, third; Boys Extemporaneous, Mike Boone, third.

Other students participating were: Debate, Mary Carol Melland and Terri Johnston, winning two out of four rounds; Humorous Declam, Karen Dore and Gilbert Hernandez; Oratorical Declam, Rodger Lewis and Ona Schieffer; Boys Extemp, Marvin Damm; Oral Interpretation, Judy Tabbert and Linda Schlothauer; Dramatic Declam, Connie Diede and Amy Daniels.

The debate and speech students will be taking part in an interstate invitational trophy tournament at Billings Friday and Saturday, January 25 and 26. The following students are

participating: Ken Wangerud, Greg Arpin, Mary Carol Melland and Mark Grorud, all in debate; Mike Boone, Marvin Damm, Nadine Jensen, Evelyn Reichenbach, Judy Tabbert, Joan Johnson, Marianne Martin, Valerie Lewis, Connie Diede, Amy Daniels, Bill Sullivan, and Rodger Lewis, all in other speech events.

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NFO Is Presented Charter in Richland County

The Richland County National Farmer's Organization (NFO) held a Charter meeting Friday, January 19 at the Lalonde Hotel in Sidney at 1:30 p. m.

Allen Palmer, North Dakota farmer, representing the N. F. O. opened the meeting with a silent prayer and the Pledge of Allegiance to the American Flag.

Russell Stotts was elected as chairman; the meeting was then turned over to Mr. Stotts. The following men were elected to serve: Carl Dynneson, Vice-chair-D. K. Johnson, Treasurer; Ulric Prevost, Field Representative; Bob Fink, Lloyd Budka, Milo Borg, auditors; Otis Waters, chairman, Harold Rhines, Sherman Dynneson, Ole Sundheim,

Donald Zoanni, and Floyd Williams, alternate, County Grain Board;

Herman Propp, chairman, Russell Johnson, J. W. (Jack) Hardy, J. M. Starr, Victor Reidle and Eldin L. R. Johnson, alternate, County Meat Board; Roger Johnson, chairman, Earl Wilson, Dave Albin, Walter Bauman, Herb Larson, Co. Dairy Board; and Fred Gardner, Publicity Chairman.

Richland County was the second to charter in Montana. Sheridan County chartered a week previous. At least five counties are needed to create a zone. McKenzie County has held two meetings and will be having a charter meeting shortly. There is a lot of interest in Williams and surrounding counties. It is hoped that in the very near future there will be enough strength to create some bargaining power. A meeting will be held on Friday January 26 at 7:30 p. m. (MST) at the Lalonde Hotel in Sidney.

The zone grain marketing chairman will be present to explain the grain marketing procedures. This will be an open meeting and all area farmers are urged to attend. It was decided that the regular monthly meeting should be held on the second Monday of each month. The 12 of February will be the first.

Reprinted as published in Fairview News Jan. 25, 1968

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Exercise Your Brain

By Lois Kerr

ALPHABET SOUP: Insert a different letter of the alphabet into each of the 26 empty boxes to form words of five or more letters reading across. The letter you insert may be at the beginning, middle or end of the word. Each letter of the alphabet will be used only once, so cross off each letter as you use it.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

D	I	S	T	A	N	G		E	D	M	E	N	T	S
A	B	L	O	T	H	S		E	L	T	E	R	P	H
P	A	R	C	H	A	S		I	N	G	L	E	R	Y
C	O	G	R	A	P	H		L	U	M	B	E	R	S
S	P	A	L	I	S	S		U	I	R	M	E	N	T
M	A	N	S	Q	U	I		B	J	E	C	T	L	Y
F	L	I	S	T	E	N		A	P	I	D	E	R	A
S	Q	U	A	N	D	E		L	E	C	T	E	D	E
P	O	R	W	R	A	P		O	R	T	I	F	Y	S
H	A	R	P	I	D	E		I	C	A	T	E	S	T
R	E	C	H	U	B	B		A	R	E	N	T	L	Y
D	O	R	A	D	I	S		A	N	D	M	I	N	E
A	L	A	B	D	O	M		I	N	X	E	D	E	R
C	R	O	W	I	F	F		I	G	H	T	I	N	G
S	L	I	P	P	E	R		O	T	I	O	N	I	S
P	O	N	Y	M	I	S		E	L	L	B	A	N	D
E	D	I	P	H	L	O		K	E	T	T	E	C	E
B	R	Y	C	L	A	S		R	A	I	T	F	U	L
M	A	N	D	I	S	C		C	K	O	O	E	R	O
A	W	R	Y	L	I	N		I	P	P	E	R	I	A
G	L	O	C	K	I	A		N	O	W	I	N	G	L
R	A	M	I	M	M	A		I	C	Y	M	O	R	E
V	I	N	C	O	S	M		R	R	O	R	F	U	N
D	A	M	A	S	S	E		O	N	D	S	M	A	N
S	H	I	V	I	B	R		A	D	I	C	K	E	N
L	Y	C	C	O	M	A		T	E	R	A	T	E	S

Anagram Groups:

Rearrange the following groups of letters to form related words

Christmas decorations

ex: bells

HAWERT

METTLEISO

LISTEN

NOTEMARN

GRAMEN

RATS

LANCED

WALKSFONE

OPINCENE

LAGEN

NEEDRIER

MAKE-A-WORD: Place the 3 letter groups into the empty squares before and after the given letters to complete 9 letter words. Words read across only.

- ARY INT
- ATE ITY
- AUS JAM
- BRO MAS
- CHR NEW
- CUS OPT
- EES SUB
- IAL TRY
- IND WHI

			B	O	R			
			O	M	E			
			T	E	R			
			R	L	W			
			L	I	M			
			N	C	H			
			T	O	M			
			S	P	R			
			I	S	T			

See answers on page 15.

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Mail or email your comments about the Golden Roundup publication or any of the stories we carry.

We ask our readers to submit stories, photos and advertising for publication. Photos are always welcome.

The address is P.O. Box 1207, Sidney, MT 59270 and the email is roundup@esidney.com or any of the other emails we have listed. The phone number is 1-406-433-3306 or toll free 1-800-749-3306. We also appreciate your advertising.

The Golden Roundup is distributed the Wednesday closest to the middle of each month. The February news and ad deadline is February 8.

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Lois Kerr, Editor

Dianne Swanson, Marketing Director

Linda Wells, Business Manager

Laurie Nentwig, Marketing Representative

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America Walks Into A Bar

Book Review by Lois Kerr

The tavern has always been an important social aspect of American life. Knowing that my great great grandfather operated a tavern/rest stop for travelers over a century ago, the history and information concerning these watering holes has always interested me. Therefore, when I saw the book, *America Walks into a Bar: A Spirited History of Taverns and Saloons, Speakeasies, and Grog Shops*, written by Christine Sismondo, I couldn't resist reading it. The book did not disappoint me.

Sismondo provides an interesting social history of America, starting with the hard-drinking Puritan founders of Massachusetts (yes indeed, the Puritans enjoyed their beer and drank copious amounts of alcohol), and moving through history, from the American Revolution to the present day, always outlining how taverns and saloons contributed to American history and our way of life.

As Sismondo notes in her introduction, "The bar has been one of the places in which America and Americans have struggled for self-definition, establishing the rights of its citizens to express themselves and effect change...Bars are where people gather and talk, And drink. And alcohol leads to more talking and drinking, and under certain circumstances, a heightened level of outrage and commitment to action...America as we know it was born in a bar."

Sismondo proves her assertions in an easy-to-read social history of America. She shows how politics and bars have been intertwined through the years and the results of this union.

The establishment of a tavern generally took precedence over the erection of any other building for early settlers, as it served multi functions, including that of way station, rest stop, restaurant, hotel, stable, and also served as a courthouse and building for legal and government proceedings. The early taverns even served as churches on occasion as the tavern might be the only spot in town that was warm.

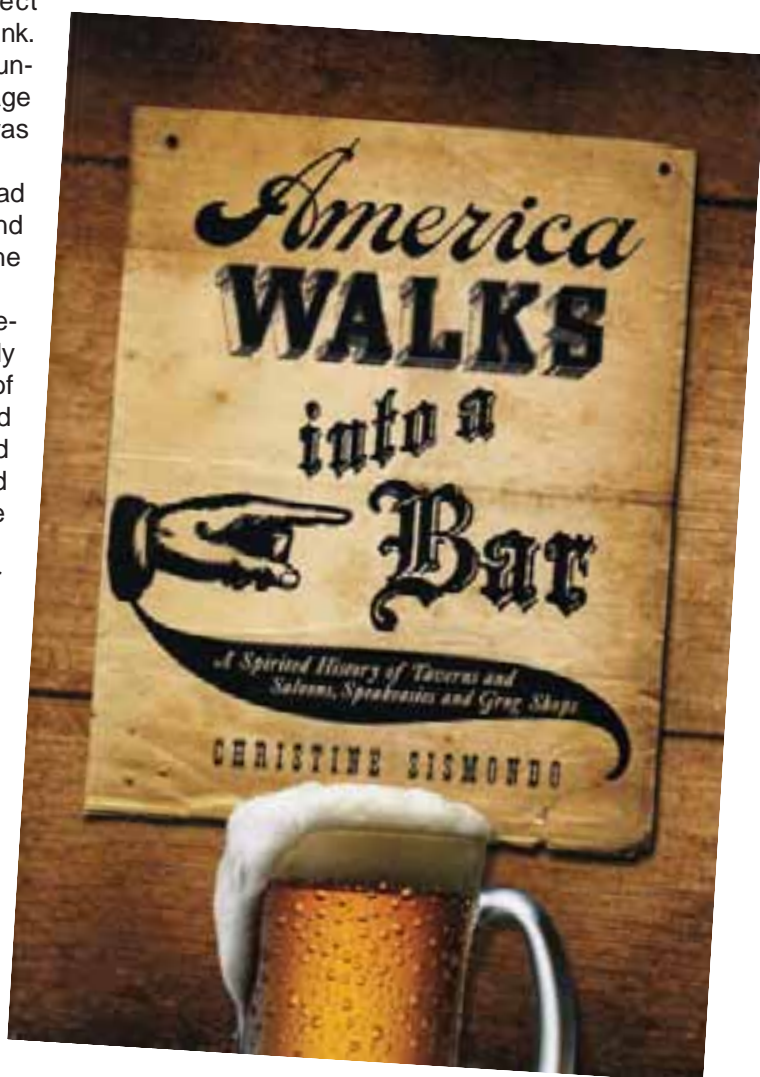
Sismondo outlines the role taverns played, either directly or indirectly, in the Salem witch trials and the American Revolution. The first Continental Congress used a tavern for its unofficial meeting place. Moving through the decades, we read about the transformation of taverns into grog shops, frontier saloons, urban saloons, American bars, and the hotel bar, and the effect all of these had on the populace. She discusses the origins of the bartender's recipe book, first published in 1862.

Sismondo's book gives us a good glimpse into how the prohibitionist movement began and the forces that enabled them to launch a successful political campaign to ban alcohol. In spite of the ban, people soon realized alcohol would never disappear entirely. "It was immediately understood that the

Volstead Act was not going to make possession of alcohol a criminal activity. The party was simply going to move into the country's living rooms, where the well-heeled could drink as much as they wanted," Sismondo notes. "Of course, as we know, America didn't say good-bye to the bar forever, merely see you later."

I found this a very interesting book, and I learned a lot of facts about America's history. I also look at bars in a new way. As Sismondo says at the end of her book, "The story of the American bar is a love-hate story. There's a heavy dose of narcissism in it too, since the story of the bar is, really, a story of America itself. As we grapple with the gritty truth that so many of our greats – the revolution, republican egalitarianism, checks against federalist tyranny, labor unions, and gay rights – were born out of a union between half-drunk radicals and punch, it becomes hard not to simultaneously feel smirking pride and self-reproach."

For a good book that takes a look at a different aspect of American history, I recommend *America Walks into a Bar* by Christine Sismondo.



The Green Thing

Unknown Author

Obtained from a forwarded email.

In the line at the store, the cashier told an older woman that she should bring her own grocery bags because plastic bags weren't good for the environment.

The woman apologized to him and explained, "We didn't have the green thing back in my day." The clerk responded, "That's our problem today. Your generation did not care enough to save our environment."

He was right — our generation didn't have the green thing in its day. Back then, we returned milk bottles, soda bottles and beer bottles to the store. The store sent them back to the plant to be washed and sterilized and refilled, so it could use the same bottles over and over. So they really were recycled. But we didn't have the green thing back in our day.

We walked up stairs, because we didn't have an escalator in every store and office building. We walked to the grocery store and didn't climb into a 300-horsepower machine every time we had to go two blocks.

But she was right. We didn't have the green thing in our day.

Back then, we washed the baby's diapers because we didn't have the throw-away kind. We dried clothes on a line, not in an energy gobbling machine burning up 220 volts — wind and solar power really did dry the clothes. Kids got hand-me-down clothes from their brothers or sisters, not always brand-new clothing.

But that old lady is right; we didn't have the green thing back in our day.

Back then, we had one TV, or radio, in the house — not a TV in every room. And the TV had a small screen the size of a handkerchief (remember them?), not a screen the size of the state of Montana. In the kitchen, we blended and stirred by hand because we didn't have electric machines to do everything for us.

When we packaged a fragile item to send in the mail, we used a wadded up old newspaper to cushion it, not

Styrofoam or plastic bubble wrap. Back then, we didn't fire up an engine and burn gasoline just to cut the lawn. We used a push mower that ran on human power. We exercised by working so we didn't need to go to a health club to run on treadmills that operate on electricity.

But she's right; we didn't have the green thing back then.

We drank from a fountain when we were thirsty instead of using a cup or a plastic bottle every time we had a drink of water. We refilled writing pens with ink instead of buying a new pen, and we replaced the razor blades in a razor instead of throwing away the whole razor just because the blade got dull.

But we didn't have the green thing back then.

Back then, people took the streetcar or a bus and kids rode their bikes to school or walked instead of turning their moms into a 24-hour taxi service. We had one electrical outlet in a room, not an entire bank of sockets to power a dozen appliances. And we didn't need a computerized gadget to receive a signal beamed from satellites 2,000 miles out in space in order to find the nearest pizza joint.

But isn't it sad the current generation laments how wasteful we old folks were just because we didn't have the green thing back then?

January Puzzle Answers

Alphabet Soup: tango, swelter, chasm, phylum, squirm, abjectly, vapid, deflected, rapport, dedicates, blare, disband, jinxed, fright, notion, shell, phlox, strait, cuckoo, zipper, knowing, magic, mirror, seconds, bread, master

Make-a-word: jamborees, optometry, austerity, whirlwind, sublimate, bronchial, customary, newsprint, Christmas

Anagram: wreath, mistletoe, tinsel, ornament, manger, star, candle, snowflake, pine cone, angel, reindeer

It's All About Saying Goodbye



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