

# Golden Roundup

March 2012



## Rustic Studio

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# Word Play & Games

By Lois Kerr

I guess there is a reason why I ended up putting words on paper for a living. Word games, puns, anagrams, palindromes and pencil puzzles that require unscrambling letters or phrases and turning them into a readable form that makes sense have always intrigued me.

I can create a multitude of variety word puzzles, but I won't even attempt palindromes, so I admire those people who have minds that can create these words, phrases, or sentences that read the same forwards or backwards. The classic palindrome of course is 'A man, a plan, a canal, Panama.' Imagine my delight when I stumbled across a small book, *Palindromania*, written by Jon Agee, which consists entirely of these delightful phrases and sentences, most of them new ones to me.

We all know the famous "Madam, I'm Adam". This little book carried that phrase one step further, and created a cartoon consisting entirely of palindromes. In the first cartoon block, Adam is standing with a lady, and he turns to her and asks, "Eve?" In the second block, the lady responds, "Sir, I'm Iris." In the third block, Adam stands there looking perplexed, and in the final cartoon block he extends his hand and says, "Madam, I'm Adam."

Palindrome phrases such as "stressed desserts", "salad? Alas!", "Pull up", "lonely Tylene!" and "Dennis sinned" may not be that hard to discover, especially for someone like myself who always reads words backwards anyway

just for fun ('stop pots' always leaps out at me every time I see a stop sign while driving) but those who can create palindromic sentences amaze me. "Was it a car or a cat I saw?" "Nate bit a Tibetan." "Deb sat in Anita's bed." In my book, these are absolutely delightful!

Other word games provide amusement as well. Anagrams can keep me entertained whenever I have to sit around in an office and wait for something or someone. Signs or notices on the wall give me ample opportunity to rearrange letters of one word into new words. 'Smile' can become miles, limes, or Emil's, just by rearranging the letters. I like to find words that every letter makes a new word (time/item/emit/mite comes to mind). The best one of these that I've found is, of course, STOP, which makes six words, and each letter starts at least one of the words (stop, spot, pots, post, opts, and tops). Believe me, this little habit of anagramming words has saved my sanity on quite a few occasions when I had a longer than expected wait of two minutes or more and foolishly forgot to pack a book for such an emergency.

Word games are fun, they entertain, and they keep our brains working. A good variety pencil puzzle and word games book can keep me occupied for hours. I don't particularly like the word search puzzles as they aren't challenging, but I like the double occupancies, the crostics, the alphabet soups, the word drops, the crypto-families, the bowl-a-score challengers, and all other similar word games and puzzles

that provide a break from the normal daily routine.

If you aren't a fan of word games and puzzles, consider purchasing a good variety puzzle book and immerse yourself in this form of entertainment. After all, keeping our brains active helps prevent a multitude of ills, including dementia, and as far as I am concerned, word games provide fun and mental stimulation all at the same time.





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# Observations On The Aging Process From A Front Line Participant

## Seeing in the Dark



Lois Kerr

By Lois Kerr

My eyes have never provided me with crystal clear sight, and even as a child, darkness and shadows presented problems. I had difficulty distinguishing objects in the dark, and I tended to crash into whatever happened to be in my path rather than have the ability to successfully maneuver around these obstacles. Judging distances after sunset also could not be called one of my strong points.

Now that I am a woman of a certain age, the situation has gotten completely out of hand. In spite of bifocals and handy dandy little prisms in my glasses that are supposed to properly align my eyes, so the left one doesn't roll up while the right one rolls down (similar to how the eyes of Bozo the Clown tend to function), I still can't read fine print without a magnifying glass; thanks to the prisms, a straight line doesn't look straight when I stare at it dead on, I can't hang a hat without missing the peg unless I stand directly in front of the cursed hanger, and most distressingly, I really can't see at all in the dark.

I really notice this poor vision when driving after sunset, a daunting proposition that I avoid at every possible opportunity. I can't see anything but blackness all around me, and judging distances becomes impossible. After I drive awhile after dark, I sometimes think I see movement along the side of the road. These ghostly shadows I see flickering along the side of the road could be lurking deer just waiting to commit suicide and ruin my truck in the process, or perhaps what I think I see in reality doesn't even exist, or maybe these objects are fence posts, or perhaps axe murderers. I have no idea. I just know I can't see well enough to feel comfortable driving in the dark.

Snow and blowing snow compounds the problem, convincing me that I really do not have to leave home after dark for any reason whatsoever. Actually, I won't drive in snow or blowing snow during daylight hours if I can possibly avoid it, and I generally make sure I CAN avoid it. Driving in snow and blowing snow at any time of the day or night makes my eyes cross and I cannot focus properly, just one more reason why I decide to stay home and toss another log in the wood stove. I'd rather watch the snow than try to navigate a vehicle through it.

Walking my dogs after dark has also become somewhat of an obstacle course. Stones, twigs, and numerous other objects all lie in wait for me, licking their chops in anticipation of sending me into a spill or stumble of some sort or another. My dogs, both black Dobermans, can disappear into the blackness of night within two steps, and it is only by the sound of their plodding feet that I can figure out their location.

Even in the house, under artificial night time light, when I drop something on the floor I find it by feel rather than by spotting it with my peepers. My eyes just don't work the way they used to or the way they are supposed to.

I've accepted the fact that I will never be Eagle Eye Fleagle; I never was, and I never will be. I know it will take me more time to accomplish a task after dark, I know I make appropriate arrangements so I don't need to slide behind a wheel after sunset, and I stick to known walking routes after dark. I know my eyesight will not improve in this lifetime. As my eye doctor so kindly reminded me a few years ago when I complained bitterly about my inability to read fine print, I'm not getting any younger, and eyesight DOES diminish with age. So I guess I can shut up about it and just make the adjustments I need to make in order to continue to function after the sun goes down.

### March Puzzle Answers

**Alphabet Soup:** spiral, oblique, junta, twang, modern, ruffian, vista, bread, thumb, master, rebut, brine, paradox, legend, concede, typhus, macramé, skunk, dugout, correct, crystal, lizard, tourist, shore, crust, valid

**Make-a-word:** consumers, battalion, parachute, warmonger, anatomist, oxidating, illegible, pictorial, detective

**Anagram:** coconut, spice, fudge, Dutch apple, pineapple, black forest, angel food, carrot, pumpkin, raisin, peanut butter



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## With A Charitable Gift Annuity



Staci Miller

Submitted by Staci Miller

One of the most time-honored ways to make a charitable gift is a charitable gift annuity. Perhaps the first charity to employ the gift annuity with its constituents issued the first U.S. gift annuity in 1843. While gift annuities have been available for over 100 years, there are now many creative options for structuring gift annuities based on your individual needs and desires.

Thousands of people have a passionate concern for their favorite charities, yet recognize that they need future income. Some need income for life and others short-term, until other retirement resources become available. The charitable gift annuity offers a unique opportunity to serve each of these goals admirably.

A gift annuity is a plan that provides fixed income for life and leaves a lasting gift to charity. The gift annuity is essentially a contract. An individual transfers assets to charity in exchange for the charity's promise to pay a fixed stream of income for life. The income can be quite high depending on the person's age. Best of all, a portion of the income stream may be tax-free.

The tax benefits of a charitable gift annuity are numerous. Many individuals own appreciated securities or a personal residence that if sold would result in high capital gains tax. For a gift of appreciated property, bypass of significant capital gains is an important benefit. The most obvious benefit in the year the gift is made is the charitable deduction the individual receives for the value of the present gift made to charity.

Several types of assets may be gifted in exchange for a charitable gift annuity. A cash gift is an excellent way to fund a gift annuity and receive a large portion of the annuity income tax-free. The partial capital gains tax bypass is an attractive benefit for a gift of appreciated securities to fund a gift annuity. A portion of the income stream will be taxed at the lower capital gain rate in addition to possible tax-free income.

Highly-marketable real estate may also be gifted to provide fixed income for life. Income may also include capital gain and tax-free amounts. Contact the Foundation for Community Care for more information if you are interested in this gift option.

There are a number of ways to structure the gift annuity payout to meet an individual's needs. An individual desiring current income may transfer property for fixed income beginning in the year of the gift. The payout may be made monthly, quarterly, semi-annually or annually depending on the individual's needs and desires.

A deferred gift annuity is another good option for individuals who are planning for the future, but not yet ready to retire. The charitable deduction may be taken at the time that the gift is established. The individual may designate a future date to begin receiving income. Rates will be higher with this plan because of the deferral. For individuals who are uncertain about when to retire, there is also the option to establish the gift annuity now and take a current deduction while maintaining a flexible future retirement date.

It's obvious that gift annuities provide a variety of options to meet an individual's unique needs. The benefits of a gift annuity are apparent – fixed income for life, bypass of capital gain and a lasting gift to charity. For more information on creative options for gift annuities to meet your needs, please visit the Foundation for Community Care, 221 2<sup>nd</sup> St., Sidney, MT, our web site [www.foundationforcommunitycare.org](http://www.foundationforcommunitycare.org) or give us a call 406-488-2273. We look forward to helping you.

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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 info@roundupweb.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 April news and ad deadline is April 4.

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# Hair Studio

## Honors Our Heritage



The interior of the 1800s style log cabin, complete with all the modern amenities.

**By Lois Kerr**

As we age, we realize the importance of our roots: where we came from, and what forces and events shaped us into who we are today. The sense of heritage and the desire to honor those who came before us can express itself in everyday life, as Carmen Roberts, Sidney, discovered. Roberts wanted to resume her hair styling career and she decided to build a shop on her property to accommodate the business. However, in the process she also wanted to honor her ancestry and to remind people of the early years that helped make this country great. Roberts therefore decided to build an 1800s style log cabin to house her hair studio.

"I built my shop, The Hair Quarters, to honor my ancestors," Roberts explains. "They faced a lot of hardships to make our lives easier. They had to have faith to work so

hard. They were sure of what they hoped for and certain of what they could not see."

She continues, "I wanted something different when I built my shop so I decided on the log cabin style. I felt that this way I can witness to people where we came from and that life wasn't always so modern and full of conveniences."

Of course, Roberts does have 21<sup>st</sup> century amenities in her log cabin shop. "This was built to look rustic, but I do have running water and electricity in it," Roberts remarks. "I do like modern conveniences. I thank God every time I turn on the washing machine because I don't want to wash clothes on rocks along the river."

She laughs and adds, "Besides, I didn't think my customers would appreciate using an outhouse."

Roberts knows all about outhouses and living a life full



of hard work. She grew up on a dryland farm near the Red River Valley and the family had no running water until she was eight years old. "We called the outhouse 'Mrs. Jones' and we'd use Mrs. Jones all summer and fall," Roberts comments. "We used a pail on the porch in the wintertime. We picked rocks by hand, and we worked hard. However, we didn't miss what we didn't have."

She adds, "I remember this, and how hard we worked and I realize just how much more difficult it was for my grandparents to live and work, and how much less they had compared to my family."

Roberts points out that her grandfather, the sixth child in a family with 11 children, was born in a dugout burrowed into the side of a hill. Her grandfather also was the first white child born in Odessa, Dakota Territory. The family struggled to make a living and worked long hours every day. Roberts' grandfather, Charley Christofferson, delivered mail by horseback from Crary to Jerusalem and farmed his land, dealing with blizzards, the dirty 30s, and innumerable other hardships during his lifetime.

"It was a tough life for them," Roberts says. "This cabin is a memorial to them and to all the hardworking people who made it possible for us to enjoy what we have today. We

can't forget how we got here and we can't take their hardships for granted."

Roberts hired an outfit from Lewistown to build her replica 1800s log cabin. The crew spent several months on the project and produced a gorgeous cabin both inside and out. "The crew brought the logs and then they stripped the bark with a draw knife so the logs would retain their natural knots," Roberts says. "This is the way they built cabins in the 1800s. It is time consuming work and requires hard, manual labor, but the results are beautiful."

She adds, "It took about two months to build the cabin. The crew did a good job as they understood my dream and what I was striving for. I now have a 230 square foot cabin built like people used to build them 200 years ago."

Roberts has opened The Hair Quarters for business. She works Tuesdays through Saturdays and does hair styling for the whole family. She will work later hours when needed to accommodate customers who work long hours and cannot get an appointment during the day.

People may call Roberts at 433-4333 for appointments. Her business is located in the subdivision just across the canal on the Lambert Highway. After crossing the canal, turn left on County Road 348, go two blocks, and the cabin sits just off the road to the left.

**Roberts wanted her business, The Hair Quarters, to not only function as a modern shop but also to pay tribute to our heritage and to honor our ancestors whose hard work made it possible for us to enjoy what we have today. This 1800s style log cabin satisfies that desire.**



# 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**

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

**Anagram Groups:**

Rearrange the following groups of letters to form related words

Cake flavors

C O U N T C O

S E P I C

D E G U F

C H A P E L T U D P

P L A I N P E P E

C L A R K B E F O S T

D O N E A G O L F

R O T R A C

U M P P I N K

I N S A R I

T A U N T B R U T E E P

**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.

- |     |     |
|-----|-----|
| ANA | ING |
| BAT | ION |
| BLE | IST |
| CON | IVE |
| DET | OXI |
| ERS | PAR |
| GER | PIC |
| IAL | UTE |
| ILL | WAR |

			S	U	M			
			T	A	L			
			A	C	H			
			M	O	N			
			T	O	M			
			D	A	T			
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			T	O	R			
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See answers on page 4.



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# Help Your Heart

## With Small Lifestyle Changes

By Judy Johnson

During the next few months I will be including information on cholesterol and health developed by the Montana Cardiovascular Health Program. If you have high blood cholesterol levels, it is important to lower them to reduce your risk of developing cardiovascular disease and having a heart attack or stroke. They represent the first and fourth leading cause of death in the United States.

It is good to know your cholesterol numbers since high blood cholesterol does not usually cause any symptoms. Follow a treatment plan prescribed by your medical care provider. Much can be done with small lasting lifestyle changes.

The most important changes you can make to lower blood cholesterol levels are in your eating habits and activity levels. The overall goals are:

\*Enjoy lower-fat, higher-fiber, nutrient-rich eating habits.

\*Enjoy an active lifestyle - with at least 30 minutes of daily activity.

\*Maintain your weight within a healthy range.

For many people, it may be more productive to focus on eating and activity changes rather than numbers on a scale. For some, eating smarter and moving more will naturally result in a lower weight. For others, weight loss may be more difficult, but their blood cholesterol levels will improve anyway.

Smoking alone is a strong risk factor for cardiovascular disease. It can decrease HDL or "good" cholesterol and affect the blood's clotting ability. Stopping smoking may be the most important health change to improve the health of your heart - and the rest of your body.

Making small gradual steps over a period of a few months, even a year can be the most successful way to make lasting lifestyle changes. Make a list of behaviors you and your health care provider think would be helpful like eating a healthy breakfast every morning and taking a fifteen minute walk after lunch. Focus on doing that for three weeks or until that change becomes a habit and then focus on the next change on your list.

For more information contact Richland County MSU Extension at 406-433-1206 or [www.heart.org](http://www.heart.org).



Judy Johnson

### Mashed Sweet Potatoes

3 medium sweet potatoes (about 2 pounds)

1/3 cup 100% orange juice.

1/3 cup low-fat or fat free sour cream

1/4 teaspoon ground nutmeg or cinnamon

1. Peel sweet potatoes with vegetable peeler and rinse. Cut into eighths.

2. Place potatoes in large pot, cover with water, bring to a boil and cook 20 minutes or until tender. Drain and return to pot.

4. Add remaining ingredients and mash.

NOTE: In a hurry? Use 2 (16 oz) cans of yams (in water or lite syrup, drained and rinsed) add remaining ingredients, mash, and heat in microwave.

### Pan Fried Pork Chop

4 (4 oz) pork chops

1/2 cup 100% whole-wheat flour

1/4 teaspoon salt

1/2 teaspoon black pepper

1/2 teaspoon garlic powder

1 tablespoon vegetable or canola oil

1. Trim visible fat from pork chops and sprinkle both sides with salt, pepper, and garlic powder.

2. Put flour in shallow dish and coat both sides of pork.

3. Heat oil in large, non-stick skillet over medium-high heat.

4. Add pork to pan, cooking 5 minutes, turn pork over and cook 3-4 minutes or until desired doneness.

Source:  
[www.heart.org](http://www.heart.org)



Pork Chop and Sweet Potatoes

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# The Dovekeepers

## A Book Review by Lois Kerr

I first heard of Masada many years ago when I attended high school. The story of a Jewish stronghold, deep in the Judean mountains that held out against the forces of Rome for months, totally intrigued me. Of course the fortress eventually fell, and we all know the tragic end of these Jewish zealots who chose to commit mass suicide rather than submit to Rome. When I saw the book *The Dovekeepers*, a book about the fortress and the people who defended it written by Alice Hoffman, it renewed my interest in Masada and what actually happened there two thousand years ago.

The book, a work of historical fiction, follows the lives of four extraordinary women. Each woman tells her own story, each has unique talents and dark secrets, and each woman arrives at Masada by different routes and for different reasons. All four of these amazing women become dovekeepers at the fortress, and their lives intersect and interweave in unexpected ways. The book explores the bonds these women developed, the friendship that grew among them, and their courage and determination in the face of the coming fight with the Roman legions.

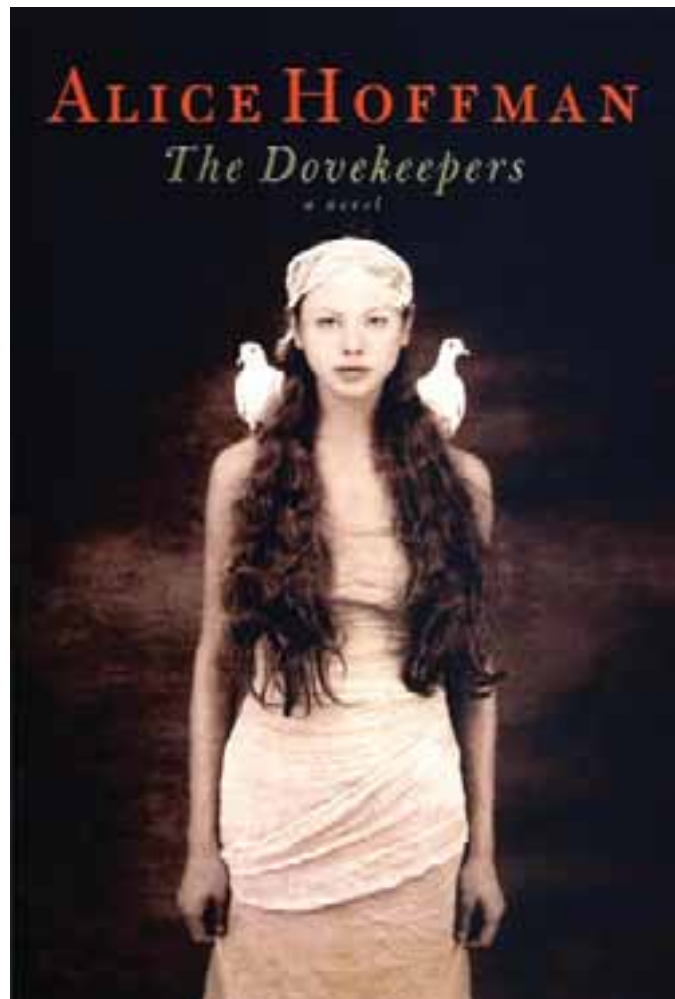
I thoroughly enjoyed this book. Hoffman brought these four women to vivid life and she also provided us with a glimpse of what life might have been like at Masada, the roles men and women held in this society, and how these people thought and believed two millennia ago.

I didn't know prior to reading this book that legend has it that out of the 900 Jewish rebels and their families holed up as Masada, two women and five children survived. I gleaned this information from the introduction at the beginning of the book, so as I read the book I knew that two of the four women characters would survive and two would die in the slaughter when the Jews committed mass murder/suicide rather than become slaves of the Roman army.

Hoffman says in her introduction that information about Masada generally focuses on the men and the final battle, so her novel was an attempt on her part to give the women of Masada a voice as well. She succeeds in her quest, and in the process has written an absorbing book that kept my

attention throughout. By the end of the read I had decided which two women and which children would survive, but I didn't know how they would leave Masada alive, and I didn't guess how the book would end.

I recommend this book not only as a good read but also as historical fiction that gives us an intriguing look at a portion of Jewish history. Alice Hoffman has done a fine job with her book *The Dovekeepers*.



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# Fairview Memories

The Fairview News

THURSDAY, JANUARY 19, 1956

AN INDEPENDENT NEWS PAPER

## K. Taylor Is Chairman of Local March of Dimes Drive

"With polio continuing to strike individuals throughout the state, it is important that each and everyone contribute in the fight to control this dreaded disease," stated Keith Taylor, local March of Dimes chairman, this week.

Fund raising efforts will be conducted here during the next two weeks and a number of volunteer workers have offered their time to aid in this drive. Millions of dollars in March of Dimes funds are needed to aid thousands and thousands of polio patients for whom the Salk vaccine came too late. Some 86,000 patients all over the country are now on the rools(sic) of the National Foundation, and many more will be stricken before the Salk vaccine is administered to all.

Funds are also needed to continue the National Foundation's work in scientific research. That program has already produced the Salk vaccine, which is 60-90 per cent effective against the three types of virus known to cause polio. Additional research may turn up still better medical weapons.

Folders have been mailed out to all local residents in the area. These folders may be returned by mail or kept and handed in during Porch Light campaign, which is scheduled for Saturday evening, January 28 from 6 to 7 p. m. Mrs. Lloyd Rogney is in charge of the Porch Light drive.

Anyone that is not contacted may make his donation by mail, addressing all contributions to: March of Dimes, Postmaster, Fairview, Montana.

On Tuesday evening, January 31, a full evening of basketball is being worked out, with local teams participating and all receipts to go to the March of Dimes Drive.

The minimum needed for the 1956 March of Dimes had been set at \$47,600,000, for the nation. More than 55 cents of each dollar of these funds will go directly into financing of the medical and other care so essential to those who have been stricken with polio.

The March of Dimes merits the support of everyone who can give—even a little. Won't you join today?

## TV Meeting Arouses Interest In Missouri Valley Station

Approximately 150 people who are interested in television in this area

attended a general meeting held Wednesday night in the Civic Center and heard W. S. Davidson Jr., Williston, explain the broadcasting facilities which will be installed when the financial success of the organization is assured.

A 600 foot tower will be erected on a high point about 11 miles west of Williston. Engineers believe this area will all come within class A reception, which is an unusual break because of location, Davidson said.

With the presently planned power increase the station should nicely reach west of Scobey, Wolf Point and also serve the Circle community. It is considered likely reception will be good in Glendive.

The interest in all areas indicates that the \$440,000 needed to construct the broadcasting station and relays, and to insure it's continued operation, will be raised by April. However, if half that amount can be pledged by January 25, the application for such a station will be filed in Washington, D. C., thus making possible earlier construction and operation of the station.

According to an agreement by corporation officials the station will be operated by KFYR-TV, which has been operating a television station at

Bismarck the past two years. The Williston channel will include hook-ups with NBC and ABC.

Local operating committees and financing is the momentary concern of the corporation. Campaigns are in progress in all towns and rural areas affected and some places have already raised their quotas.

Including some previous checks and some given at the Tuesday meeting \$2650 has been raised in Fairview. The local quota is \$6500. The country quotas are separate and any moneys turned in through the local organization will be credited to the rural areas. After the meeting \$550 was pledged by a few people who live in the country, it was said. TV interest in the country is even greater than in towns.

The meeting last night was in charge of A. J. Huber and people attended from Lambert, Cartwright, Sioux Pass and Sidney. Also taking part in it was Clair Krebsbach, Williston, with station KGCK.

Wilbur Johnson has accepted the chairmanship of the Fairview drive and he has called a meeting for Monday at 7:30 p. m. in the Fairview Bank. Anyone interested in assisting with the drive is invited to attend. It's success will depend upon the work of many people.

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