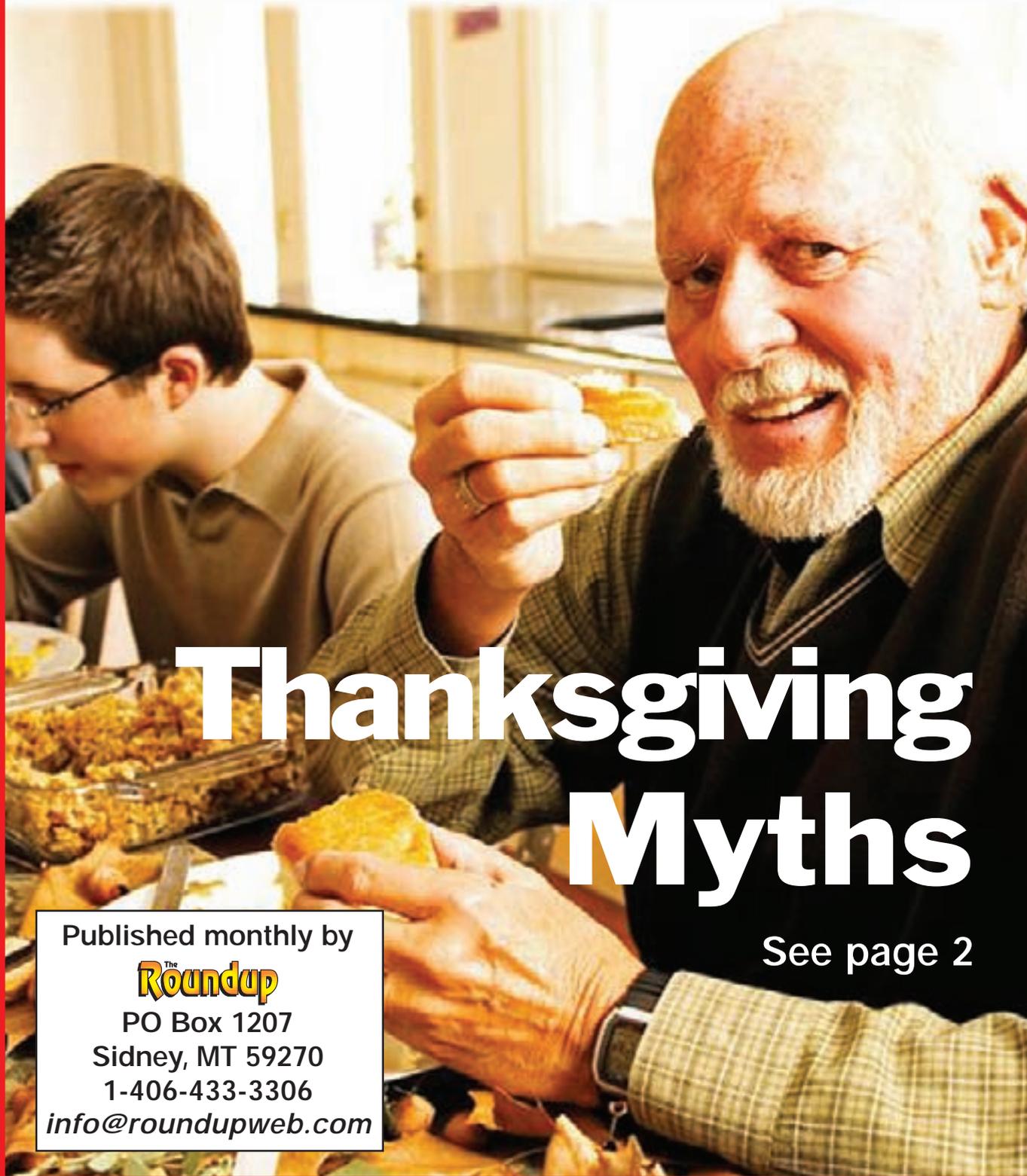


# Golden Roundup

November 2011



## Thanksgiving Myths

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See page 2

# Thanksgiving Myths & Trivia

By Lois Kerr

We all look forward to Thanksgiving Day, when the thoughts of turkey, mashed potatoes, wheat bread and butter, cranberries, and corn on the cob keep us salivating for weeks. Oh, and don't forget the pumpkin pie to finish off a meal that causes the average American to eat a day and a half worth of calories, or an average of 4500 of these little heat units, in just a few short hours.

Oh, and by the way, the Pilgrims did NOT eat any of the above for Thanksgiving Day; potatoes were a little known food, all corn was ground for meal, there was no wheat crop so there was no bread as we know it, and there were no pumpkins. All we know for sure that the Pilgrims ate on that first Thanksgiving was venison; and if they did include turkey as part of the feast, it would have been wild turkeys, not the domesticated birds we have on our tables today. The Pilgrims also did not eat their meal with forks as they didn't have forks yet at that time. However, the Pilgrims did have beer, a drink they swallowed in copious amounts.

Thanksgiving also was not originally meant as a religious holiday of any kind. It served as a celebration for people grateful to be alive and thankful for a good harvest. Pilgrim leader Governor William Bradford organized the first Thanksgiving feast in 1621 and invited the neighboring Indians to the feast, which lasted for three days and included games as well as food. The Pilgrims considered the feast more of a harvest festival, not a religious celebration, as Pilgrims would never have tolerated festivities of any sort at a true religious event. Actual 'Thanksgiving Days' were just that: days spent in prayer, and these prayer days occurred at any time of the year.

The idea of having turkey and cranberries and all the other foods associated with the November feast comes from the Victorians, who prepared Thanksgiving using the foods we know today. They also made Thanksgiving a national



The first Thanksgiving did NOT feature some of our most treasured traditional food, including cranberries, wheat bread and potatoes.

holiday, beginning in 1863 when Abraham Lincoln issued a presidential Thanksgiving proclamation. Before this proclamation, Americans living outside of New England did not even celebrate the holiday.

Canadians celebrate Thanksgiving the second Monday in October.

Somewhere down the line, turkey became the favorite food to serve at the Thanksgiving feast, hence the name 'Turkey Day'. By the first week in November, stores have huge stocks of turkeys on hand, and these delicious fowl remain abundantly available through the first of the new year.

Turkeys originated in North and Central America over 10 million years ago. Wild turkeys can fly for short distances at speeds of up to 55 miles per hour, and they can run nearly 25 miles per hour. Domestic turkeys cannot fly.

The heaviest turkey ever raised weighed 86 lbs., about the size of a Doberman Pinscher. The Turkey Trot, a ball-room dance popular in the early 1900s, got its name from the short jerky steps that a turkey makes. The dance became quite popular because the Vatican denounced it as suggestive.

Nearly 45 million turkeys with a corresponding 525 million pounds of meat are cooked and eaten for Thanksgiving in the U.S. Ninety per cent of all Thanksgiving feasts have turkey as the main course, while 50% of all Christmas dinners feature this tasty fowl.

Whether you eat turkey or some other meat for the upcoming holiday, and regardless if you celebrate using traditional foods or something else more to your liking, the Golden Roundup wishes everyone a safe and happy Thanksgiving.

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# Feast Day Of Fools

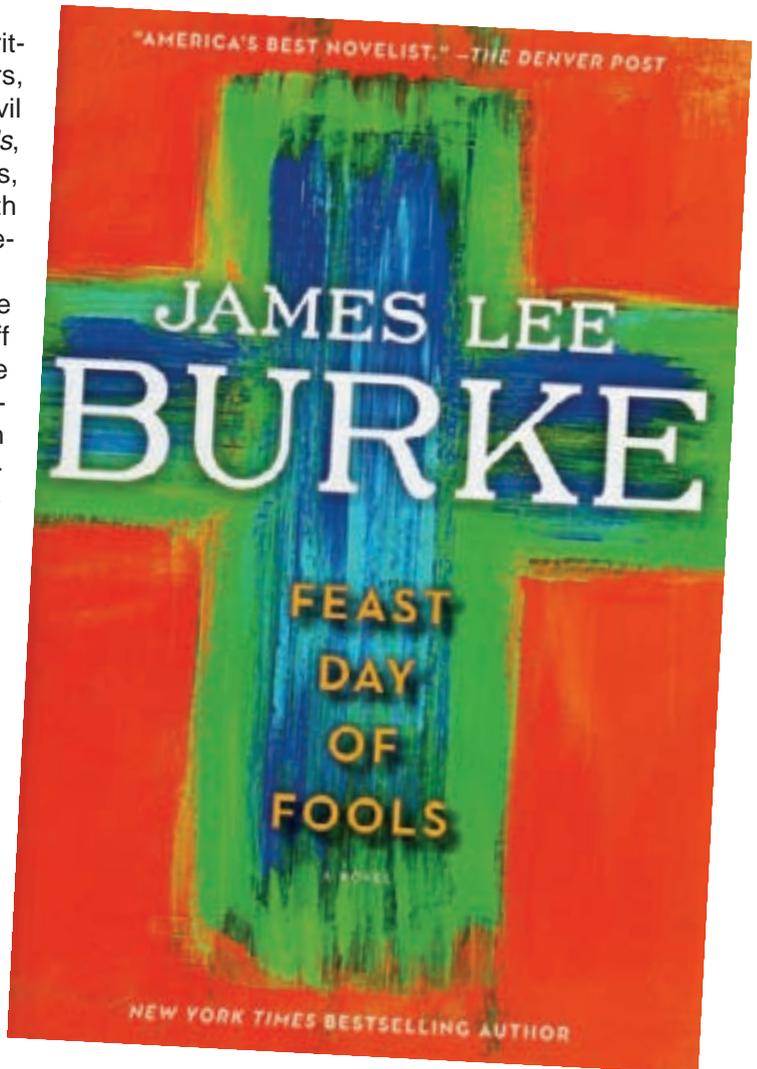
Book Review by Lois Kerr

In my opinion, nothing beats a great, well-written book with believable, all-too-human characters, an intricate plot, and the clash of good versus evil culminating in an exciting ending. *Feast Day of Fools*, written by James Lee Burke, provides all these thrills, exceptionally well-fleshed out characters, and with plenty of villains and good guys that clash, sometimes in gruesome ways, throughout the book.

The story pivots around Hackberry Holland, the sheriff of a southwest Texas county. I first met Sheriff Holland in *Rain Gods*, also written by James Lee Burke, and was totally impressed with this character. It amused me no end to discover that this tough sheriff, as unrelenting as the Texas county he patrols, was the ripe old age of 70. I appreciate the fact that not all heroes are virile youngsters, but rather older people with years of experience that have shaped who they are and what they stand for. As Holland muses at the beginning of the book, he had "come to believe that age was a separate country you did not try to explain to younger people, primarily because they had already made up their minds about it and any lessons you had learned from your life were not the kind many people were interested in hearing about."

Burke writes this novel through the eyes of various characters, some of them good people, some of them very evil, and some whom we start out disliking but end up seeing some redeeming value in. As the story progresses, peripheral characters die off, often in chilling ways, while the main protagonists move slowly and inexorably towards the final showdown, an action packed few chapters that won't let you put down the book until you know the final outcome.

All the while, these people remain real. We see character flaws in the good guys, we see a little glim-



mer of humanity in a few of the bad guys, we see Texas and the border problems with Mexico through opposing viewpoints, we learn a little bit about drug dealing, we see politics at work, how the unrelenting demand for energy shapes our world, and what can happen when religious zealots set out to save us from ourselves.

I highly recommend *Feast Day of Fools* for all those who enjoy a good cops and robbers story with believable characters and plenty of action. However, if you do not like graphic violence, this book may not be for you, as some of the scenes are not for the faint of heart. You WILL enjoy Sheriff Holland, you will root for his deputy, your heart will break at the deaths of some of the minor characters while you will smile in satisfaction when others bite the dust, and you will learn a lot about contemporary issues while you enjoy an action-packed book full of non-stop thrills and excitement.

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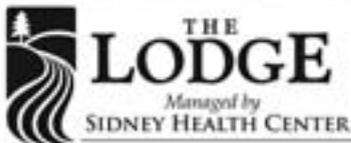
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# Standard Time Heralds Advent Of Winter

By Lois Kerr

The end of daylight savings time signals the arrival of long dark winter nights with their correspondingly short winter days. The end of daylight time is as depressing as Labor Day Monday, as there is no doubt about it, darkness envelops the MonDak by 5 p.m. Even on a bright winter day, long purple shadows stretch out from their sources by 3:30 or 4 p.m. in the afternoon, letting us know nightfall lurks just around the corner. We plan winter outdoor activities during the day in increments of several hours apiece to ensure we have enough daylight to reach an appropriate stopping point before night arrives.

The idea, of course, behind setting clocks ahead one hour in the spring is to move that extra hour of daylight to the evening instead of keeping it in the early morning, as most people come home from work and make use of that extra daylight in the evening by working outdoors. People like the idea of the extra hour in the evening during the summer months, but by the time winter arrives, it really makes no difference whether that extra daylight is tacked on to the morning hours or remains part of the evening, as night falls early and daylight arrives late during the heart of winter.

Daylight savings time also saves energy in many parts of the country, as energy demand in homes relates directly to the times people spend indoors. A study done in the mid '70s indicated that most people use electricity in the home for appliances and lighting so an extra hour of daylight in

the evening decreases demand for electricity.

Although Benjamin Franklin first conceived of the idea of daylight savings time, it wasn't until World War II that people recognized the energy saving benefits of moving the clocks ahead one hour in the spring.

We have made it an annual ritual to turn clocks ahead one hour in the spring and revert back to standard time in the fall. All of the continental United States with the exception of Arizona participates in daylight and standard times.

In our present day, Daylight Savings Time begins on the second Sunday in March and standard time returns on the first Sunday in November. However, the business of altering time to suit locals didn't always run so smoothly. Prior to the passage of the Uniform Time Act, municipalities could begin and end daylight savings time whenever it suited them. In the '50s and 60s, each U.S. locality could start and end daylight savings time at whim, which caused mild chaos in some cases. One year, 23 different pairs of daylight savings start and end dates were used in Iowa alone, and in another case, for five weeks each year, Boston, New York and Philadelphia were not on the same time as Washington D.C., Cleveland, or Baltimore, but Chicago was. On one Ohio to West Virginia bus route of 35 miles in length, passengers would have had to change their watches seven times in that 35-mile stretch if they wished to remain on local time.

Today, we enjoy the standardization of the beginning and end of daylight savings time. People may love it or hate

it, but it is here to stay at least for awhile, and no matter how we alter clocks to suit ourselves, when November comes, the days get shorter and shorter, the nights longer and longer, and no changes on the reading of the clock faces can alter that fact. Winter has arrived, and we will not enjoy lengthy daylight hours for many months to come.



Whether we turn the clocks back the first Sunday in November or not, the sad fact remains that on a winter's day, from dawn to dusk we do not enjoy very many daylight hours.



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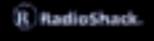


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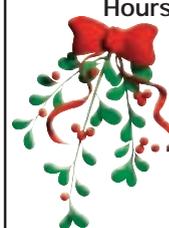


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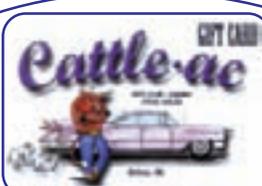
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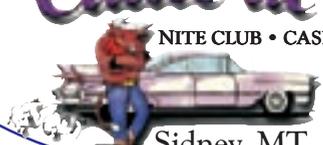


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# Exercise Your Brain

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

**Anagram Groups:**

Rearrange the following groups of letters to form related words

On the Holiday Table  
ex: turkey

AMYS

CEMENTAIM

VARGY

STOOPSTEADHAME

UMPPINK

DEBAR

VOILES

CARSORT

SPLICEK

SCALEOWL

CRIED

**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.

- ADE LIS
- AMA LLY
- ANT MAR
- ATE MAS
- ATE PAN
- CAL REP
- CAL SKE
- DEL VER
- GEN WHO

			I	B	R			
			S	O	E			
			P	T	I			
			I	N	E			
			E	R	A			
			M	A	L			
			O	R	A			
			R	Y	L			
			U	G	N			

See answers on page 14.



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# A Retirement Plan That Does More Than Simply Defer Taxes



Staci Miller

By Staci Miller

If you listen very long to (*or participate in*) conversations that touch on the hopes and dreams for retirement years, one thing becomes evident: the conversation is often one of those “good news/bad news” discussions. The good news is that Americans are living longer. The other side of the coin is that more years in retirement require more powerful plans for income.

While you won't find many complaining about better health and longer life, it's difficult to find very many adults over the age of 50 who feel completely comfortable with projected levels of income upon retirement. Concerns related to the myriad unknowns for those 10, 15, 25 or even more years after we've “retired” have given rise to new questions and given impetus to the creation of multiple plans designed to bolster retirement income.

Lawmakers continue to develop plans that encourage Americans to plan for future income. Almost all of these plans, the most common being the IRA and 401(K), provide present day tax benefits in exchange for putting current income aside in a way that builds resources for the future. In short, the contribution of current income in a qualified plan *defers the income tax* that would otherwise be due until retirement, when the income is put to use.

At the same time that more Americans are finding ways to take full advantage of these plans that qualify for prescribed tax deferral benefits, many are learning about unique charitable planning strategies that go beyond tax deferral. These plans can be tailored to provide additional tax benefits, increased retirement income, and a charitable contribution.

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As is often the case for those whose priorities include philanthropic expressions through the support of organizations like the Foundation For Community Care, there are a number of charitable plans that can help see numerous objectives realized. With respect to significantly improving your retirement income picture, one such plan is known as the

*Deferred Gift Annuity*. By incorporating this instrument into your plans for retirement you can do much more than simply defer taxes. In fact, the Deferred Gift Annuity can provide you with:

- an immediate income tax deduction
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- a way to dramatically increase your return on those appreciated assets, specifically for retirement purposes
- a way to realize philanthropic objectives

The Deferred Gift Annuity is built, in part, on the same decision as any retirement plan: that is, to defer the use of present day income to some point in the future. In addition to this *future annuity*, the plan incorporates a *future gift* to charity. It is this combination of part annuity and part gift that is the key to a unique portfolio of benefits, including those noted above. The Deferred Gift Annuity may be funded with cash; however, it is especially powerful when funded with a highly appreciated asset that is producing little or no return.

Plan Today. Benefit Today. Benefit Even More Tomorrow.

The Deferred Gift Annuity follows in the tradition of plans instigated by our law makers that carry a tax incentive for planning today for the future. But as you can see, it goes much further than the deferral of income tax. If you'd like to see a personalized example of how the Deferred Gift Annuity would improve your retirement picture, deliver immediate tax benefits, and make a dramatic philanthropic statement, please call or write our office – The Foundation for Community Care, Attention Staci Miller, 221 2<sup>nd</sup> St. NW, Sidney, MT 59270 or send us an email at [director@foundationforcommunitycare.org](mailto:director@foundationforcommunitycare.org).

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# Observations On The Aging Process From A Front Line Participant

## Crutch, Cane or Walker?



Lois Kerr

By Lois Kerr

My brother had knee surgery a few years ago and after the surgery, his doctor inquired as to whether my brother wanted crutches or a walker to use while the knee healed. My brother opted for crutches, which came as no surprise to me as not only do I know my brother very well, but I also have noticed the status we as a society apply to the use of crutches, canes and walkers. We also as a nation place a high premium on youthful attributes, and that also impacts the choices we make even on something as mundane as a cane or a set of crutches.

Crutches imply an accident, something that can happen to any person of any age. Using crutches states that someone has broken, strained or fractured a leg, foot or ankle, but that the problem will heal and that the person using the crutches, regardless of age, will soon be walking on his or her own again. Crutches suggest a temporary condition, a condition that will change in the near future, and that has nothing to do with the age of a person.

Canes open up a whole new train of thought. Be honest now, when you think of someone using a cane, does the image of a tottery little old man come to mind, a man who cannot walk properly without the aid of the cane? I surely get that picture when I think 'cane'. Canes also hint that the injury or problem is permanent; the person will always need

assistance of some sort to get around properly, and will never again stride along confidently as he did in his youth. In short, canes infer old age and infirmity, a permanent condition that can never change.

Then we move to walkers. Most people associate walkers with little old ladies in the senior citizens' home. Walkers scream "permanent disability" in loud, strident tones. We see little old people shuffling down the hall or through the mall using their walkers and realize that the walker will most likely always be an extension of that person, a third leg that offers support and stability, and a leg that the user cannot do without.

My brother, of course, chose crutches over a walker to recuperate, as he considers himself a young man and wouldn't use a walker on a bet. I can't imagine him ever willingly consenting to use a walker (or a cane, for that matter) regardless of his injury or infirmity.

My sister recently broke her foot and she hobbled around on crutches for six weeks. She wasn't given the option of using crutches or a walker due to the nature of the break, but if she had been given the choice I guarantee you she would have selected the crutches. No one wants to appear old, infirm or incapable, so crutches beat out walkers as a choice any day of the week.

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### November Puzzle Answers

**Alphabet Soup:** earrings, cower, quasar, object, comma, stuck, flimsy, gorgeous, vampire, camper, thimble, akimbo, cabin, impact, mastery, cipher, taxidermy, figment, system, cooperate, dismay, zebra, marginal, rally, maiden, convent

**Make-a-word:** calibrate, whosoever, skeptical, delineate, generally, marmalade, panoramas, amaryllis, repugnant

**Anagram:** yams, mincemeat, gravy, mashed potatoes, pumpkin, bread, olives, carrots, pickles, cole slaw, cider

# Fairview Memories

## The Fairview Times

### Fairview In Line For Capital

The recent action of a member of the North Dakota legislature in introducing a bill into that body for the creation of a new state out of western North Dakota and eastern Montana, has aroused not only a great deal interest but much speculation as to whether or not such a project can be carried to a successful consummation.

So splendidly great is the state of Montana that it is scarcely within the range of possibilities that the people of the eastern portion thereof would consent to any proposed segregation of this character, but in years gone by there has been more or less agitation for the division of Montana into two states-not because of any dissatisfaction because of prevalent conditions, but because it is an established fact that Montana contains sufficient area to create two magnificent states.

But should a proposition of this character become successful it would bring a golden era of prosperity for Fairview, as it is conceded by all that this city, with its beautiful environments, its central location, and railway facilities extending in every direction, would become the capital

of any state that might be thus established. Such an anticipation may appear somewhat Utopian at the present time, but that it may materialize is by no means improbable, and who can tell that at that some time not very remote we may in these columns be announcing the fact that such a state as is herein mentioned has been created with Fairview as its capital city?

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### Fairview To Have Better School Facilities In The Very Immediate Future

The Times wishes to call the attention of our citizens to the imperative necessity of equipping this school district with the enlarged and more elaborate buildings that must be provided if we are to give our youth the educational facilities to which they are so unquestionably entitled.

The first and most important requisite in the development and upbuilding of any community is good schools-that is a fact that will be unhesitatingly conceded by every intelligent person. And without these we can make no progress, without them we can inspire our

children with the higher sentiments of good citizenship.

To meet the requirements, and to keep Fairview in her proper position as the most enterprising municipality to found in eastern Montana, no time should be lost in inaugurating the steps necessary to secure the erection of a school building of adequate proportions, everyone well knowing that the present quarters are wholly unable to take care of the demands made upon them at the present time. In doing this it is not necessary to proceed along extravagant lines, but there should be no hesitancy in voting the bonds necessary to construct a building at an expenditure of from \$15,000 to \$20,000 at least.

The condition in which this school district finds itself at the present time, without necessary school quarters because of the rapid growth in the number of pupils of school age, gives food for the most serious thought upon the part of the people of Fairview.

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### Farmer Radford On Woman Suffrage

The home is the greatest contribution of women to the world, and the hearthstone is her throne.

Our social structure is built around her, and social righteousness is in her charge. Her beautiful life lights the skies of hope and her refinement is the charm of twentieth century civilization. Her graces and her power are the cumulative product of generations of queenly conquest, and her crown of exalted womanhood is jeweled with the wisdom of saintly mothers. She has been a great factor in the glory of our country, and her noble achievements should not be marred or her hallowed influence blighted by the coarser duties of citizenship. American chivalry should never permit her to bear the burdens of defending and maintaining government, but should preserve her unsullied from the allied influences of politics, and protect her from the weighty responsibilities of the sordid affairs of life that will crush her ideals and lower her standards. The motherhood of the farm is our inspiration, she is the guardian of our domestic welfare and a guide to a higher life, but directing the affairs of government is not within woman's sphere, and political gossip would cause her to neglect the home, forget to mend our clothes and burn the biscuits.

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