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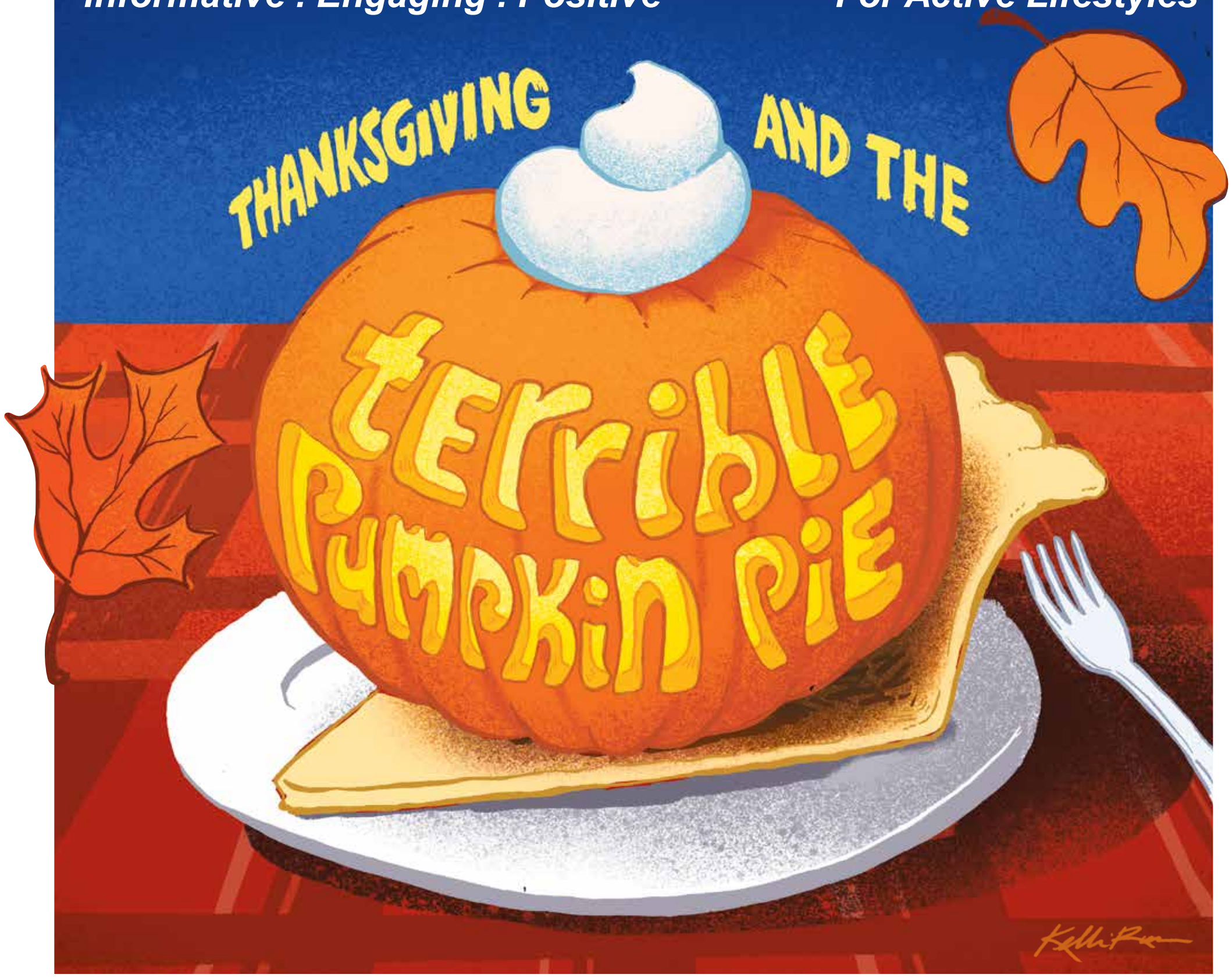
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Pie is among my favorite food groups. Now that I'm diabetic, I would prefer a sugar-free pie. I regularly eat fruit and berries without sugar, so I don't understand why pies need to contain so much salt and sugar. I say they just *don't* need it!

I'm thankful Walmart bakes sugar-free pies from time to time, but these semioccasional sugarless baking sessions seem hard to predict. Last year they didn't prepare any.

One Thanksgiving we invited a couple dozen people to our home for a Thanksgiving Day feast, a potluck. I drove the eight-hour round trip to northwest Illinois to get my 95-year-old mom so she could attend. My wife had invited an acquaintance from work, who brought along an enormous pumpkin pie.

This acquaintance claimed to eat only natural food. A young college friend of ours who was in attendance happened to take a slice of the pumpkin pie. She almost choked on it. It turned out the pie's creator had used a big jack-o'-lantern pumpkin for the filling. She had used a high-speed blender to mix the ingredients, but she had cooked the shell beforehand, then just poured in the raw filling.

Our young friend brought me her piece of pie, which I choked down. The odd thing was that the woman who made the pie kept standing close to me, following me around, and watching to see whether I would finish that piece. I did, but it gave me quite a stomachache.

Late that night at my mom's farmhouse four hours to the north-northwest, I couldn't sleep because I kept getting rid of the pie the way it went down. The next morning, I asked my mom how she had slept. She hadn't. She had experienced the same malaise I did. Fortunately the farmhouse had several bathrooms.

I called my wife to warn her, just in case the woman took her pie to work, which she did the following Monday. A committee of concerned workers entirely bypassed my pie consumption and disposal system and flushed the pie directly, without first passing it through anyone's digestive system. That's my recommendation for all raw pumpkin pie filling.

Natural foods are great—to a point. But pumpkin pie filling should always be cooked, whether or not it contains sugar. Another hint is to skip the fibrous jack-o'-lantern pumpkins altogether and just use butternut squash in the filling—*if* you want a delicious pie.

Oh, did I mention that all pumpkin pie fillings should be cooked? Though I regret that terrible raw pie experience, I am grateful for what I learned from it: "If it doesn't taste good, don't eat it!" ◆

Copyright © Rob Siedenburg: rob@primelifetimes.com. Rob grew up on a hill farm, eating far more exotic things than raw pumpkin pie, and consumed many interesting foods in his travels around the world. That pie holds the record as the worst food he has eaten.

PEOPLE & PLACES

Mark & Friends

Keeping the Door Open with Adult Children

Dr. Kathy Koch grew up kitty-corner from one set of grandparents and a few blocks from the other. Her father even cut a hole in the fence between their yards. She attended church with aunts and uncles and went to school with cousins. That experience shaped her concern for families whose relationships have grown distant.

As Thanksgiving approaches, many parents long for that closeness. How do we nurture it once our children have grown up?

On a September 17 broadcast of Mark & Friends, guest host Donna Leland welcomed Koch to discuss relationships with adult children. Her advice began with a change in roles.

"You will always be a parent," Koch explained. The active work of parenting changes, however. Grown children often experience unsolicited direction as disrespect. Parents can become coaches, mentors, helpers, and cheerleaders, offering guidance when invited.

Leland captured the difficulty with a vivid image: children can feel like a parent's masterpiece. Then that masterpiece "walks off the wall" and heads into situations the parent cannot control.

That fear can make every conversation feel urgent. A story about work becomes an interrogation. A visit becomes another appeal to attend church. Warmth and patient listening help keep communication open.

Koch recalled a friend who looked for something to admire when visiting family. Even flowers on a kitchen island offer a starting point for appreciation. Finding something to praise helps family members welcome our presence.

The same generosity matters with grandchildren.

Scan to listen



© Syda Productions / AdobeStock

Different bedtimes or household routines need not signal bad parenting. Grandparents can offer practical help while respecting the parents' role. Respecting independence also leaves room for clear boundaries around shared housing, financial support, and harmful behavior.

Drawing from Koch's conversation, here are three ways to strengthen family communication:

Listen Longer. When your child finishes a story, resist rushing to correct or solve it. Koch suggests inviting more context: "I want to understand." Listen for what matters to your child. Advice becomes more useful when we understand the situation, and sometimes being heard is the help your adult child needs.

Speak with Care. Express feelings without making accusations. "I am disappointed when you don't follow through on commitments" names a concern more clearly than "You let me down." Look for something sincere to affirm in your child and your child's spouse. If past words or actions have caused harm, acknowledge them specifically and apologize without defending your intentions.

Place Your Hope in God. Give yourself grace for the wisdom you lacked years ago, while accepting responsibility for mistakes you recognize today. If a child has stepped away from faith, share naturally what God is teaching you and pray for other believers to enter your child's life. When estrangement has closed communication, prayer and personal reflection remain possible, even when reconciliation is beyond your control.

"We can't hope in our kids," Koch said. "We can't hope in ourselves. But we can hope in God." ◆

For the full conversation and an archive of Mark & Friends broadcasts, visit www.greatnewsradio.org.

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LIFESTYLES

Prepare Your Vegetable Garden for Winter

by the Old Gardener

A little work in the fall can protect your garden, tools, and equipment through the winter and make spring gardening much easier.

Cover Garden Beds with Compost

After you have finished harvesting, remove diseased plants and other garden debris. If your soil needs cultivation, do it while the soil is workable—but avoid rototilling wet soil, which can damage soil structure.



Spread a couple of inches of well-aged compost over the garden beds in late fall. The compost will gradually add organic matter and nutrients to the soil. You can leave it on the surface rather than tilling it in. Earthworms and other soil organisms will help incorporate it over time.

A light layer of straw, shredded leaves, or other suitable mulch can help protect the soil from erosion, reduce nutrient loss, and provide habitat for beneficial organisms. Be cautious about using thick layers of leaves or other material that might get compacted and stay excessively wet.

Turn Off and Winterize Your Watering System

Water left in hoses, pipes, and irrigation equipment can freeze and cause damage. Disconnect garden hoses from faucets and drain them thoroughly before storing them. If necessary, lay a hose out on a slope and lift sections gradually to help drain trapped water.

If you have an underground irrigation system, follow the manufacturer's winterization instructions. Some systems need to be blown out with compressed air by a professional.

Store hose connectors, spray nozzles, sprinklers, and other accessories indoors in a designated, organized location so they'll be easy to find next spring.

Empty Rain Barrels and Outdoor Containers

Empty rain barrels before freezing weather arrives. Water expands when it freezes, and it can damage barrels, faucets, and fittings. Remove and store detachable faucets or other vulnerable components if appropriate.

Empty outdoor soil containers, such as clay or ceramic pots, and store them upside down or in a protected location. Water that freezes inside porous containers can cause them to crack.

Winterize Garden Equipment

Prepare your lawnmower, rototiller, and other gasoline-powered equipment according to the manufacturer's instructions. Depending on the equipment and the fuel system, this can include draining the fuel or adding a fuel stabilizer to fresh gasoline and briefly running the engine as directed.

Winter is a good time to have machine repairs and routine maintenance done. Sharpen blades, replace worn parts, change oil and filters as recommended to be sure equipment is ready to go in the spring.

Clean and Store Garden Tools

Clean your garden tools thoroughly before putting them away. Remove soil and plant residue, dry the tools, and apply a light coat of appropriate oil to metal surfaces to help prevent rust.

Sharpen hoes, shovels, pruners, and other cutting or digging tools as needed. Inspect wooden handles for cracks or damage and repair or replace them as necessary. A suitable exterior wood finish or paint can help protect wooden handles from weather and moisture.

Store everything in a dry, organized location. When spring arrives, you'll appreciate having clean, sharp, well-maintained tools ready for another growing season. ◆

SKYWATCHER

November 2026 brings us the Leonid meteor shower. Jupiter appears high in Gemini throughout the month. Orion rises nightly in the east by 9 p.m. Andromeda is near-zenith early in the evening, and the Perseus Double Cluster is overhead. With long nights and cool fall air, November is an excellent observing month.

Most Important Things to See in November's Sky

Date	Event
November 10	New Moon (dark of the moon) with excellent night viewing.
November 17–18	Leonid Meteor Shower peaks.
November 25	Full (Beaver) Moon
All month long	Jupiter easy to see. Orion rising.

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Blue Ridge Mountains

MOONSHINE CAPITAL OF THE WORLD



by Fyllis Hockman

The Blue Ridge Mountains—and the parkway winding through them—are famous for scenic drives, hiking trails, fall foliage, farmers' markets, and historic sites. But there's another, more intoxicating claim to fame in Virginia's Blue Ridge and neighboring Franklin County: it's the *Moonshine Capital of the World*.

Before, during, and after Prohibition, bootlegging reigned supreme—and it's still part of the region's identity today.

In the late 1800s, distilleries flourished. The mountains offered secluded hiding places for stills, while plentiful corn provided the raw material for whiskey. Moonshine was profitable, too. Then came Prohibition. The theory was that banning alcohol would stop people from drinking and making it. That didn't exactly work. Demand for illegal liquor skyrocketed, and Franklin County bootleggers were happy to oblige.

They developed sophisticated routes for moving moonshine up and down the East Coast. During Prohibition, Franklin County famously claimed to produce more illicit liquor than anywhere else in the country, earning its proud title as the *Moonshine Capital of the World*.

My recent visit reinforced that reputation. There's even a museum devoted to it.

The *Moonshine Explosion Museum* commemorates a literal explosion on June 11, 1930, when two overheating Model T Fords pulled into a garage for repairs. Their trunks were packed with bootleg liquor, which overheated and exploded. The charred remains were discovered in the basement during renovations in 2017 and remain there today.

Despite its singularly explosive name, the museum tells a much broader story. Moonshine helped many Appalachian families survive and became intertwined with community resilience, ingenuity—and evading the law. Franklin County moonshiners became famous for producing high-quality liquor and for their determination to stay ahead of authorities.

That determination even helped shape American auto racing. Moonshiners modified cars to outrun law enforcement, a tradition that contributed to the origins of NASCAR. I'm not entirely sure how I feel about that legacy.

Then there was the notorious *Great Moonshine Conspiracy Trial of 1935*, the second-longest trial in Virginia history. Twenty-three defendants were accused of operating large-scale moonshine operations. Many were convicted, but illegal distilling continued.

Today, you can sample the legal version at Twin Creeks Distillery. Owner and master distiller Chris Prillman is the grandson of Peg Hatcher, one of the kingpins convicted in the 1935 conspiracy. Talk about a family legacy!



Twin Creeks Distillery Tasting Room

Twin Creeks produces government-regulated "moonshine," naturally less high-octane than its mountain ancestors. I sampled a coffee moonshine made by a local coffee shop owner who refuses to share his recipe. It easily surpassed any espresso martini I've ever had.

The distillery also serves flights of cocktails. Apparently, creative cocktails were popular during Prohibition because bartenders needed ways to disguise the taste of questionable liquor. Franklin County probably didn't have that problem!

And the moonshine story isn't over. More than a century after Virginia's moonshiners battled federal liquor laws, legal questions surrounding home distilling remain. A debate that once played out in these mountains could even reach the U.S. Supreme Court.

I'll drink to that!

For more information, visit https://www.visitroanokeva.com; https://mainlymuseums.com/post/1339/the-moonshine-explosion-museum-where-history-meets-intrigue; https://twincreeksdistillery.com. ◆

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Old Ford Coupe Hot Rod © Trazvan / Dreamstime.com



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LIFESTYLES

Winterize Your Vehicle



Winter is on its way. We can't control the weather, but we can prepare our vehicles—and ourselves—for the challenges winter driving presents.

Check for Recalls

Check your vehicle for unrepaired safety recalls. The National Highway Traffic Safety Administration (NHTSA) offers a free VIN lookup tool. Your VIN can usually be found through the windshield near the instrument panel. Recall repairs are performed free of charge by the manufacturer's authorized dealership.

Use NHTSA's SaferCar app to get recall phone alerts for your vehicle and certain safety equipment.

Check Tires and Brakes

Don't head into winter with worn tires or questionable brakes. Check tire tread and inflation. Have tires professionally inspected if you're unsure about their condition. Ensure your brakes are working properly and have them inspected if you notice pulling, grinding, vibration, or other problems.

Good tires and reliable brakes are essential when roads are wet, snowy, or icy. Stopping distances can increase dramatically in winter conditions.

Check Your Fuel or Battery

For gas-powered vehicles, keep the tank reasonably full during severe winter weather. A fuller tank reduces the chance of running out of fuel if you become stranded, and can reduce condensation in the tank.

For electric vehicles, keep the battery adequately charged, particularly when severe weather is forecast. Winter storms can cause power outages, making both charging and refueling more difficult.

If you use a fuel-system or gas-line treatment, follow the product directions carefully and use only products appropriate for your vehicle and fuel.

Inspect Your Lights

Be sure all exterior lights work properly, including headlights, high beams, turn signals, emergency flashers, brake lights, taillights, and marker or fog lights if equipped.

You can check the lights yourself by parking near a garage door or other light-colored surface and observing the reflection. Clean dirty light lenses so other drivers can see you clearly. Clean headlight lenses help you see more clearly, too.

Check Wipers, Washers, and Defrosters

Windshield wipers and washer fluid are important safety equipment. Clean the wiper blades and replace them if they streak, skip, or leave parts of the windshield uncleared. Make sure the washer reservoir contains fluid rated for winter temperatures.

Check the rear wiper and washer if your vehicle has them. Be sure front and rear defrosters work.

Your vehicle's heating and cooling systems play an important role in winter visibility. The air-conditioning system helps remove moisture from the air when the defroster is operating. Have the cooling system's antifreeze/coolant checked to ensure it provides adequate protection for the temperatures you expect to encounter.

Before it turns cold, clean mirrors. Clean windows inside and out with a good glass cleaner, then apply a product such as RainX to help keep the windows clear.

Carry Winter Emergency Supplies

Even a well-maintained vehicle can get stranded in a winter storm. Keep emergency supplies in your vehicle throughout the winter:

- Ice scraper, snow brush, small shovel
- Sand, kitty litter, or other material for traction
- Jumper cables or battery jump pack
- Flashlight and extra batteries
- Warning devices or emergency markers or flares
- First-aid kit
- Warm blankets or sleeping bags
- Warm clothing, gloves, and sturdy footwear
- Cell phone, charger, and backup battery
- Water and nonperishable food
- Necessary medications
- Tow strap

Have your exhaust system inspected for leaks. If stranded and running the engine for heat, be sure the exhaust pipe opening is clear of snow and ice and exhaust can't enter the passenger compartment.

If stranded, staying with your vehicle is generally safer than walking for help. Call for assistance, conserve your phone battery, and make yourself visible to rescuers. If you can safely reach a visible, nearby heated building without significant exposure to the weather, that might be an exception.

Review winter-driving techniques before the first storm. Slow down, avoid sudden braking or steering, and leave substantially more space between your vehicle and the one ahead. A little preparation before winter arrives can make a major difference when conditions turn hazardous. ◆

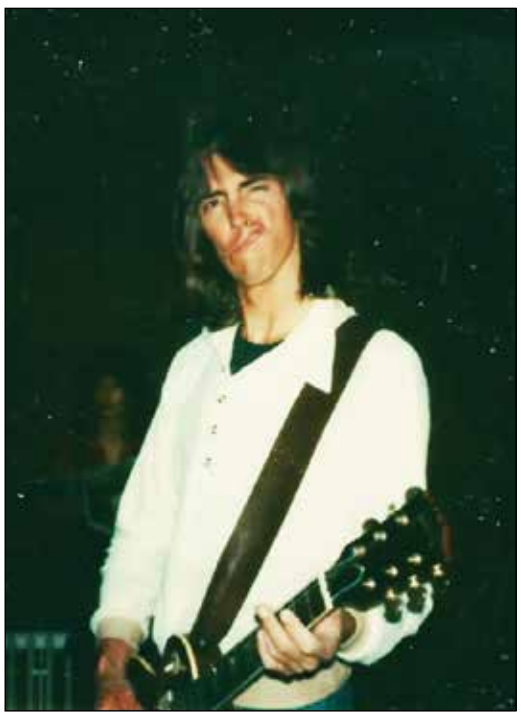
Blast from the Past

"More Than a Feeling"

by Randal C. Hill

At one time, two Tom Scholzes roamed around Boston. During weekdays, Engineer Tom, with an MIT master's in mechanical engineering, developed products at Polaroid. On weekends, though, he enthusiastically morphed into Rocker Tom.

Scholz had always loved music. In cobbled-together dorm bands at MIT, he played a portable organ before settling on electric guitar. (Unlike his fellow students, Tom was determined to make rock music a part of his everyday life.) Eventually, he set up a recording space in the basement of the home he rented with his wife, Debbie.



Tom Scholz in the 1970s courtesy of John Boylan

Cash earmarked for the down payment on a house went to purchase electronics. "I basically blew all of my money and spent it on recording equipment," Tom admits.

Working alone, he spent six years building the sound of an imaginary supergroup: "I played all the instruments, and by doing that I could finally get everything I was imagining and hearing." He didn't play drums, though; that chore went to music mate Jim Masdea. It reportedly took Masdea 108 tries before Tom gave a thumbs up to his friend's endeavors.

Scholz continues, "As far as anybody could tell, it was a full band playing." And that's just what friend Brad Delp thought when he laid down vocal tracks for Tom's songs in the ersatz studio next to the Scholz's basement furnace. Delp's musical experience had been limited to performing karaoke in a bowling alley, but Tom was convinced that Brad's pipes—his range was nothing short of majestic—would be the perfect complement to the sounds he now had on tape.

In developing "More Than a Feeling," Tom later said he borrowed heavily from the mood of the Left Banke's enduring sixties classic "Walk Away Renée." Also, he admitted that his lyrics had been based on a fantasy event: "It's one that almost everybody can identify with, of somebody losing somebody who was important to them, and music taking them back there."

I looked out this morning and the sun was gone
Turned on some music to start my day
I lost myself in a familiar song
I closed my eyes and I slipped away
It's more than a feeling
When I hear that old song they used to play
I begin dreaming
'Til I see Marianne walk away
I see my Marianne walkin' away

Had there been an actual Marianne in Scholz's life? Yes. She was Tom's older first cousin, who had become his first crush when he was ten.

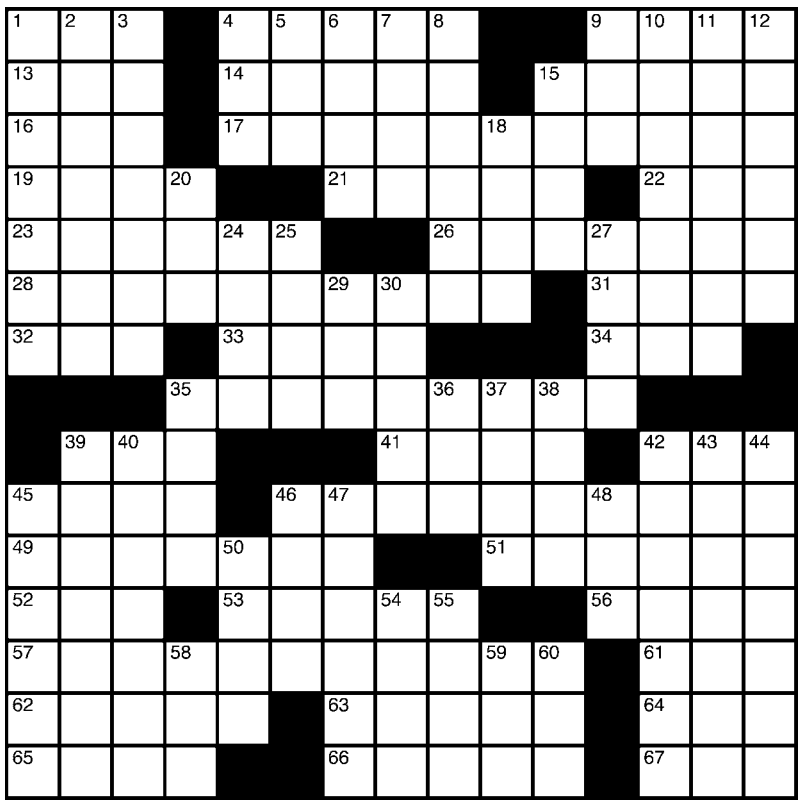
On the strength of Scholz's impressive six-track collection of songs, Epic Records offered a contract to Tom and his so-called band, *Boston*, which, of course, eventually required the formation of an actual musical aggregation.

"More Than a Feeling" became a Top Five single, and the Grammy-nominated *Boston* album reached Number Three on Billboard's chart, selling a record-setting 17 million copies—at that moment the best-selling debut album ever. This was followed by three more Top 10 Boston LPs in the 1980s and 1990s. ◆

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Randal writes at his Bandon, Oregon, home. He welcomes emailed questions and comments at wryterhill@msn.com.

LIFESTYLES

CROSSWORD



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Across

1 Vehicle not allowed in Venice
4 Museum piece
9 Relax in a tub
13 Mineral deposit
14 __ acid
15 "More or less"
16 Put money (on)
17 Vocalist who expresses unrequited love
19 Skin bump
21 In first place
22 Letters on tubes of toothpaste
23 Pencil end
26 "And that's final!"
28 Early sci-fi adventure hero
31 Bring on board
32 Mil. rank
33 Anchor a boat
34 "__ your age!"
35 Hockey feats
39 Madrid Mrs.
41 Previously
42 Franchise that includes "Iron Man" and "WandaVision," for short
45 Chimney dust
46 Cocktail makers
49 Petitions to a higher court
51 Workplace for a forensic scientist
52 Uno e due
53 Vision-correcting surgery
56 Barest trace
57 Kill a few hours, and an apt title for this puzzle?
61 "Couples Therapy" network, for short
62 Grammy winner Baker
63 BBC airer, familiarly
64 Spanish for "to be"
65 Award for "Hadestown"
66 Sign of fire
67 Museum pieces

Down

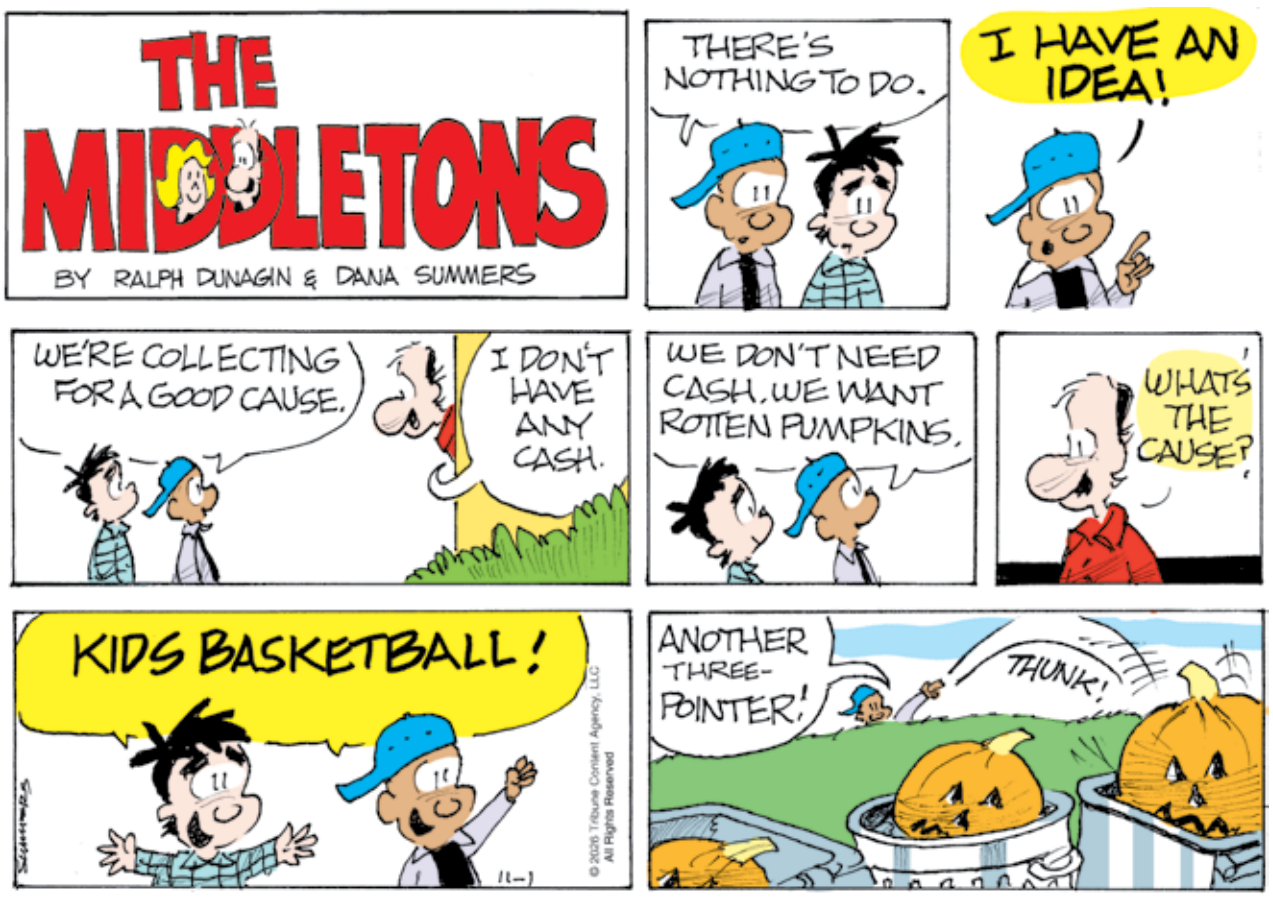
1 Spider traps
2 Partial floor covering
3 Take back, as a statement
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5 Introspective music genre
6 Turkish currency
7 Move very slowly
8 Joint inheritor
9 Cain, to Adam
10 Common label at Whole Foods
11 Humbly accepted blame
12 Martial art developed in Okinawa
15 Steamed vegetables, e.g.
18 __ Club: Costco rival
20 Sound of disapproval
24 Humorist Bombeck
25 Daikon or beet
27 Cries of discovery
29 Understood
30 Misspelling, e.g.
35 Dislike intensely
36 Tattoo artist's supply
37 Looped in on an email
38 Enthusiastic
39 Opera diva, usually
40 Successfully entices
42 "Bridesmaids" actress McCarthy
43 Uninvited party guest
44 Spot for a flash drive
45 Made no changes
46 Ho-hum
47 Desirable traits
48 "__ Patrol": animated series with dogs in uniform
50 Ski resort near Snowbird
54 To-do list entry
55 Metric weight
58 Trough locale
59 "I have a dream" monogram
60 Place for winged liner

See Answers on A-15.

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"I know the elevators are out of order, Sims — it's part of our employee fitness program."



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							RACK 1
E1	E1	I1	U1	P3	R1	C3	
							RACK 2
A1	I1	O1	D2	L1	K5	R1	Double Word Score
							RACK 3
O1	O1	U1	T1	L1	N1	C3	
							RACK 4
A1	E1	E1	O1	D2	T1	G2	3rd Letter Triple

PAR SCORE 140-150
BEST SCORE 204

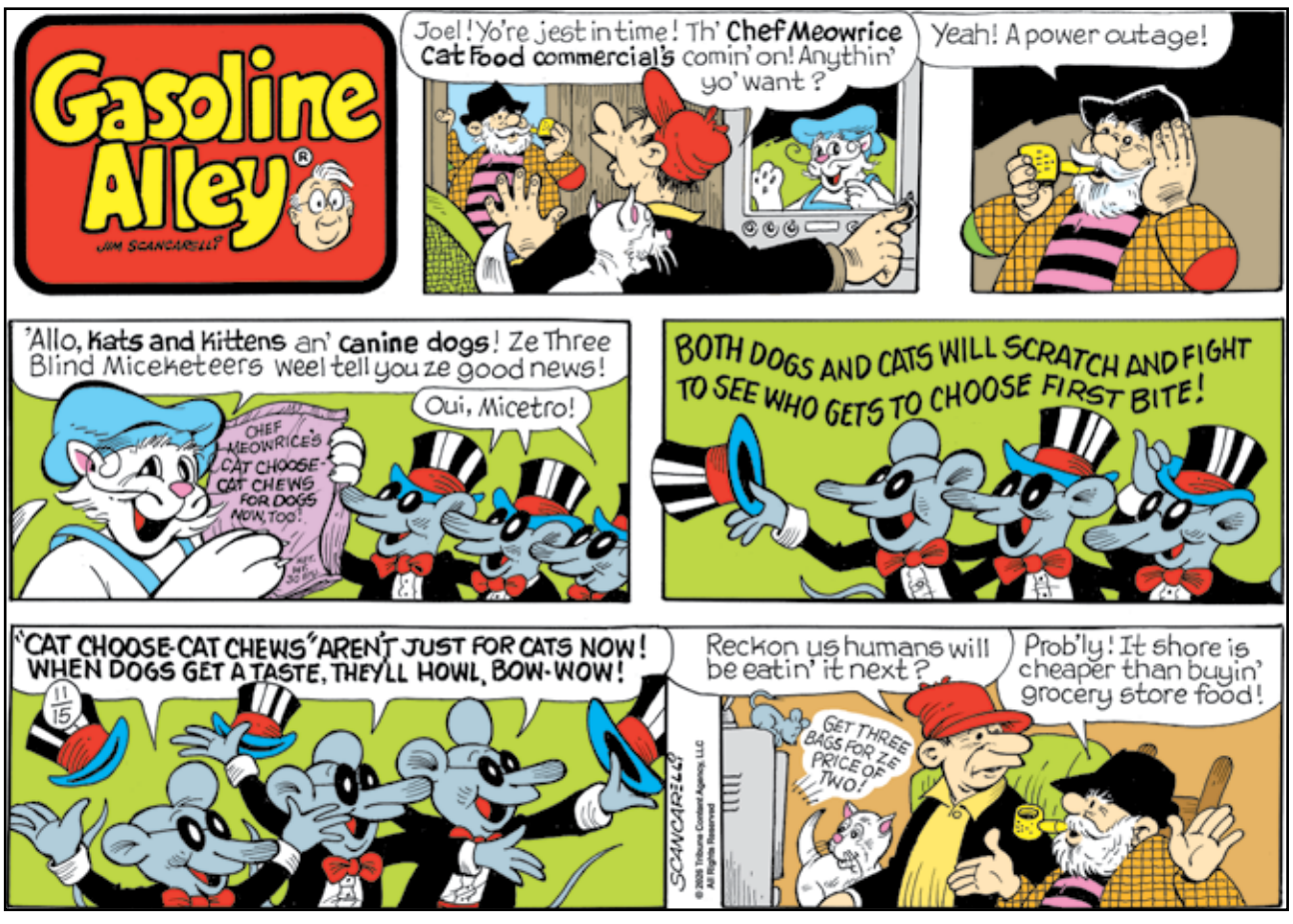
FOUR RACK TOTAL
TIME LIMIT: 20 MIN

DIRECTIONS: Make a 2- to 7-letter word from the letters in each row. Add points of each word, using scoring directions at right. Finally, 7-letter words get 50-point bonus. "Blanks" used as any letter have no point value. All the words are in the Official SCRABBLE® Players Dictionary, 5th Edition. **SOLUTION TOMORROW**

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See Answers on A-15.



LIFESTYLES



When presenting poetry—or any spoken presentation—your audience responds to what they perceive. Your stage presence can be broken down into three main areas: physical presence, vocal presence, and emotional presence.

Physical Presence

Audiences pick up on the cues that a presenter gives them, and mirror those back to the speaker. A nervous presenter will make the audience feel nervous, and a presenter who acts confident sets the audience at ease. You can do *anything* as long as you exude confidence.

Consider the space your body takes up in front of the room. People tend to feel awkward and at risk when other people are watching them, which can result in instinctive attempts to make your body take up less room on the stage. Hunched shoulders. Downcast eyes. Hiding behind a podium. Arms folded or buried in pockets. If you are prone to hiding, remind yourself that you are not in real danger! Nervous tics such as rubbing your hands together or on your jeans, twirling your hair, repetitive hand movements, and pacing do serve to calm your nervous system, but these movements can also be devastatingly distracting to your listeners.

Instead, stand straight and tall, with your shoulders back and feet shoulder-width apart. Look up at your audience, and don't be afraid to move your arms and legs with purpose! You have the whole space of the stage to work in, and using your body dynamically can help your audience stay engaged.

Vocal Presence

The single biggest problem presenters tend to have is being too quiet—again, because of the natural instinct to reduce their presence in front of other people. Your voice should take up the space of the room. Can listeners in the back hear you? Your voice is generally projected where you are looking: if you are looking down at a sheet of paper, your voice will pool directly in front of you and be inaudible past the first row.

Enunciate clearly and avoid using filler words, such as "um" or "ah." Use pauses instead. Commas, semicolons, colons, dashes, periods, exclamation marks, and question marks all indicate distinct pauses. Do not be afraid to extend dramatic pauses, which can heighten suspense (and thus, engagement). *Enjambed* lines, which have no end punctuation, are generally intended to be read without a distinct pause between that line and the next, although they can have an organic half-beat of pause as the reader finds the next word below.

Some readers add a sing-song quality to their reading, especially if the poem has a regular meter and rhyme. While this can arise naturally, listeners will often begin to tune out a repetitive rhythm. Especially when reading longer poems aloud, resist leaning into a regular cadence; instead, focus on reading the words as if they were written in prose. The rhythm and rhyme will still be gently perceivable, giving rise to an even greater appreciation of the poet's skill in arranging normal words in poetic ways.

Your voice is one of your most valuable tools when presenting. Don't be afraid to vary your tone and your volume. Embrace the drama. Fill up the room.

Emotional Presence

Your emotional presence is a quality that glues together your physical and vocal presences. You can have good posture, gestures, and volume, but if you don't *emote*, your audience will be left flat.

Consider the emotions of the piece you are presenting. What emotions do you want to elicit from your audience? A negative emotional response to your presentation is not necessarily a bad thing—perhaps you don't *want* your listeners to leave feeling happy! For instance, the poem you choose to present might be about a man mourning his beloved: you would probably desire your audience to feel the poet's sadness.

You communicate emotion to your audience by expressing it through your stage presence. To do that, you have to first connect to your own emotions. Perhaps the poem is about an experience you shared in. But what if the poem speaks of an experience you have not had? You might not have experienced the loss of a lover, as in our example above. In this case, consider the experiences you *have* had of loss and sorrow, and pour those emotions into your performance. Use your past emotional experiences to shape your tone, facial expressions, gestures, stance, volume, and rapidity of speech and movement. Let your body *feel* it—and then *express* it. Your audience will feel it too.

Want to experience something incredible? Stand in front of a group of other people, throw your emotions into your presentation, and watch your engaged listeners *mirror* you. Watch how their bodies tense in response to your expressed anger, their lips curl to your expressed disgust, and their breaths be held when you draw out a pause. *That* is something exhilarating to experience.

Take up your space. You own the stage. ◆



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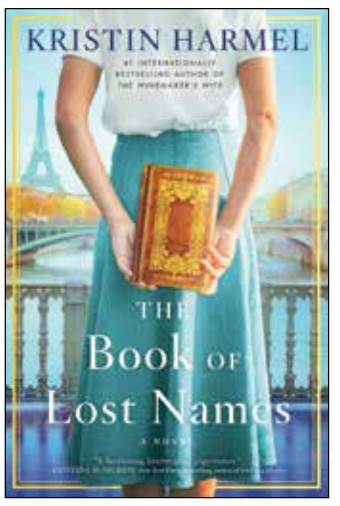
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LIFESTYLES

Book Reviews

The Book of Lost Names by Kristin Harmel



reviewed by Jan Mathew

I'm an avid reader of historical fiction—World War II in particular—and, as such, I believed I was well-acquainted with this era of history from every angle. Treating myself to author Kristin Harmel's best-seller, "The Book of Lost Names," (2020) proved me wrong.

It is May 2005, 60 years after the end of World War II. Eva Traube Abrams is 86 years old and working as a part-time librarian at a public library in Winter Park, Florida, when she spots a front-page newspaper story about a German librarian determined to reunite books looted by Nazis with their rightful owners. Pictured is *Epitres et Evangiles*, an ancient religious text published in 1732, which Eva immediately recognizes as her "book of lost names." The sighting launches Eva's journey to her past, in both miles and memories.

Eva was only 24 and working toward her doctorate in English literature when she was forced to flee Paris in 1942, after the Nazi occupation and arrest of her father, a Polish Jew. She settles with her mother in Aurignon, a small mountain village in France's Free Zone. Although she had intended to stay there only a few months, a series of serendipitous introductions, starting with a French priest, draw Eva to the heart of the French Resistance.

Working side by side in a small secret church library with Remy, a fellow resister, Eva creates hundreds of forged documents for Jewish children secretly passing through Aurignon to Switzerland. Because they are so young and might someday not recall their real names, Eva and Remy vow to record and secretly preserve the youngsters' identities, via the Fibonacci code, within the brittle pages of an obscure religious text.

Touchstones of Eva's powerful and unforgettable story chronicle heartbreak, cruelty, and betrayal. But, balanced with atrocities are connections and reunions that ultimately celebrate the goodness and resilience of those who shone through the darkest of times.

Harmel very effectively intersperses Eva's past and present, and her chapters are both detailed and well-paced. This is a book destined to *live* with me for quite a while, and one line, which Eva often shared with her young library patrons, was particularly memorable: "Those who realize that books are magic will have the brightest lives." ◆

Author of Surrounded by Love: My Family's Journey Through ALS*, Jan Mathew writes from her home in Frankfort, Illinois. Email her at Jan.Mathew@comcast.net.*

The First Thirty Days

by Cory Fosco

The decision has been made. The community has been chosen. The move is finally happening.

Families often assume that once the research, the tours, and the paperwork are behind them, the hard part is over. Then, move-in day arrives.

I have watched family and friends spend months helping a loved one reach this decision, only to find themselves standing in a new room, watching that person sit quietly on the edge of an unfamiliar bed, wondering whether they have done the right thing.

After more than three decades working in long-term care, I have learned that the move itself is often harder emotionally than the decision that led to it. Planning gives a family something to do. The transition does not. The move itself asks everyone involved to sit with change, relief, guilt, grief, and hope—all at once.

The good news is that most people *do* adjust. The first month has a rhythm to it, and knowing that rhythm can keep families from panicking during the hardest days.

Most adjustment periods run four to six weeks. The first several days are usually the most emotional. Over the next couple of weeks, residents start learning the layout, recognizing staff, and settling into routines. By the end of the month, many have found a small anchor that makes the place feel familiar: a favorite table in the dining room, a staff member they like talking to, an activity they look forward to. One hard week does not tell you how the whole experience will go.

Move-in day matters more than people realize. Set up the room ahead of time if you can. Bring family photos, a favorite blanket, a well-loved chair. No apartment can replace a house someone has lived in for decades, but familiar things make a new space feel less foreign. Just as important, introduce the person, not just the medical history, to the care team. Paperwork tells staff about health conditions. Families tell staff who the person actually is.

Keep the day calm, stay long enough to help your loved one get settled, and give a clear, confident goodbye when it is time to leave. "I'll see you tomorrow at two o'clock" reassures more than a vague promise to stop by soon.

This next part is the stage that catches families off guard. A new resident might seem sad, withdrawn, or frustrated. She or he might ask more than once to go home. It is easy to see this and assume the move was a mistake. In many cases, what you are seeing is not decline, but adjustment. People need time to learn new surroundings and trust new caregivers. As faces become familiar, many of these early behaviors ease. Even frustration directed at family can be part of it. The people we love most are often the safest people to be upset in front of.

Understanding what is normal helps you recognize what is not. Reach out to the care team if you notice rapid physical decline, unexplained weight loss, hygiene needs consistently going unmet, fear tied to a specific person, or long stretches of isolation. When something feels off, trust what you are seeing. Start with the staff closest to the situation, describe exactly what you have observed, and follow up in writing if the concern is serious.

Over time, the quality of daily life comes down to the people providing the care. Learn their names. Attend care-plan meetings. Tell caregivers what your loved one's day used to look like. And when someone gives exceptional care, say so.

Your support role does not end at move-in. During those first thirty days, especially, your presence matters. Those early relationships often become the foundation for everything that follows. ◆

Copyright © Cory Fosco. Cory is author of The Question of When: A Practical Guide to Knowing When It's Time for Assisted Living, Memory Care, or Skilled Nursing. *He has 34 years of experience in long-term care and serves as vice president of Enterprise Sales at PointClickCare. He lives in the Chicago area with his wife, Cyndi. Learn more at www.coryfosco.com or reach out to him at cory@coryfosco.com.*

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JUMBLE

THAT SCRAMBLED WORD GAME
By David L. Hoyt and Jeff Knurek

Unscramble these Jumbles, one letter to each square, to form four ordinary words.

CUEND

SEDSR

FROVLA

HERYOT



Get the free JUST JUMBLE app • Follow us on Twitter @PlayJumble

Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

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BLISS



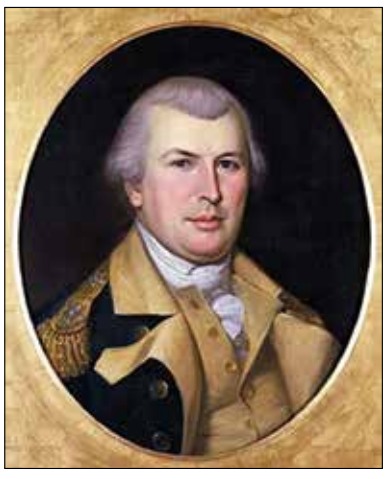
"Someday, son, this giant $300,000 hole in the backyard will be yours."

PEOPLE & PLACES

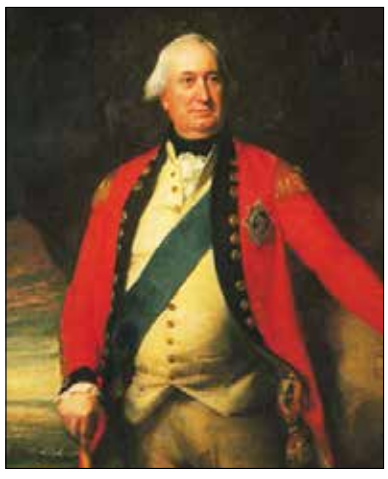
The Surprising Careers of Two Revolutionary War Generals

General Nathanael Greene was an important military leader of the American Revolution. Despite little formal education, he studied the strategies of famous military commanders and became a skilled leader. George Washington eventually promoted him to command the Southern Army.

Greene lost many battles, but his defeats did not benefit the British. He repeatedly regrouped and attacked again, wearing down the enemy, while preserving his own army. His strategy was especially effective against overwhelming British forces.



General Nathanael Greene



General Lord Charles Cornwallis

General Lord Charles Cornwallis, in contrast, was highly educated at Eton College and briefly at Cambridge University. In January 1781, after suffering heavy losses in South Carolina, Cornwallis destroyed supplies that could slow his army and planned to pursue and destroy Greene's forces.

Greene, however, escaped north through North Carolina toward the Dan River, which separated North Carolina from Virginia. His exhausted and hungry army traveled through miserable winter weather on little food and sleep. When they reached the river, Greene's men collected boats from all along the North Carolina shore, crossed into Virginia, and hid the boats on the opposite bank. This dramatic retreat became known as the *Race to the Dan*.

Cornwallis pursued Greene relentlessly, but the chase carried his army ever farther from its supply lines. When the British reached the Dan River, they found no boats and could not cross. Meanwhile, Greene rested, resupplied, and received reinforcements in Virginia.

About a week later, Greene used the hidden boats to cross back into North Carolina. He then used hit-and-run tactics against Cornwallis. Rather than fight in the open as the British preferred, Greene's soldiers fired from behind trees and fallen logs before quickly moving to new positions. These tactics helped exhaust and further weaken the British army.

Cornwallis eventually withdrew, and his forces ultimately returned to New York in ships provided by British admiral Peter Parker (nothing to do with Spiderman!). Interestingly, Cornwallis himself had opposed the British government's harsh treatment of the American colonies. Nevertheless, he faithfully served the Crown during the war.

After the Revolution, Greene declined two offers to become Secretary of War. He retired to his Georgia plantation but died of sunstroke in 1786 at only 43.

Cornwallis went on to have a remarkable career. He served as governor-general and commander-in-chief of India, where he introduced major reforms. Later, as Lord Lieutenant of Ireland, he supported better treatment of Catholics. He also helped negotiate the *Treaty of Amiens*, temporarily ending Britain's war with France and Spain.

Cornwallis returned to India in 1805 but died in Ghazipur only three months later, at age 66.

The two generals followed very different paths after the Revolution: Greene returned home and died young, while Cornwallis continued serving the British Empire in important positions around the world. ◆

Copyright © Rob Siedenburg. Rob, who has a master's in history, enjoys writing brief historical essays, such as this one: rob@primelifetimes.com.

PrimeLife Poets

Fall, Leaves, Fall

by Emily Brontë

Fall, leaves, fall; die, flowers, away;
Lengthen night and shorten day;
Every leaf speaks bliss to me
Fluttering from the autumn tree.

I shall smile when wreaths of snow
Blossom where the rose should grow;
I shall sing when night's decay
Ushers in a drearier day. ◆

WOW!
LOOK AT THE COVERAGE!

FAMILY OF STATIONS

Beardstown	93.5 FM
Bloomington	90.3 FM
Bloomington	104.7 FM
Carlinville	90.1 FM
Central Illinois	89.7 FM
Central Illinois	107.3 FM
Central Illinois	1370 AM
Clinton	97.1 FM
*Decatur	100.1 FM
East Central IL	89.3 FM
East Central IL	102.5 FM
Jacksonville	93.5 FM
Keokuk, IA	90.9 FM
Lincoln	100.1 FM
Lincoln	105.3 FM
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Macomb	89.7 FM
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LIFESTYLES

The Changing Landscape of Our Life

by Marvin Weinbaum

"How we spend our days is, of course, how we spend our lives."
—Annie Dillard



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We spend most of our lives moving through landscapes we didn't entirely choose, driven by forces outside ourselves. For most of us, the landscape keeps changing, but we rarely stop to notice. Who has the time?

We are reactive, making decisions, taking actions, leaning into or away from the circumstances that surround us. We embrace or reject the people in our lives; we struggle with our responsibilities, our commitments. Perhaps we marry, raise children, take out mortgages, meet deadlines. There is always somewhere to go and something to accomplish. Careers, and the people in our orbit, demand our attention.

During those years, our lives can feel as though they belong partly to other people—and often they do. In this way, we move through our adulthood.

Then, one day, either by our choice or a decision made by others, we retire—and nothing is ever the same. The external forces that shaped our earlier lives recede. There might still be responsibilities of course, but, increasingly, we are confronted with a question we haven't had much time to consider:

Now what?

Our landscape changes radically. A new concept takes center stage: *intentionality*. If our decisions and actions are no longer driven by what I *have to do*, our days must now be driven by what *I want to do*. Instead of asking only, "what does life require of me?" we can ask, we must ask, "what matters to me now? Who do I want to spend time with? What still makes me curious? What have I always wanted to do? What relationships deserve more attention? What can I let go of?"

These aren't selfish questions. After retirement, and as we pass into our senior years, they are among the most important questions we can ask ourselves.

Our altered landscape might be smaller than it once was, but it presents us with the opportunity—the responsibility—to shape it ourselves. Friendships become more important. We can indulge our curiosity. We can savor the simple pleasures that were easy to overlook when our days were filled with obligations.

This new life of ours contains many unfamiliar variables. We become more aware of vulnerability. Of limitations. As our bodies remind us that they are aging, we need new habits that will sustain our good health. We must nurture acceptance and practice adaptability. We might find ourselves thinking about mortality in ways we didn't when we were forty. We need to answer questions we had not considered before. We have the opportunity to turn experience into wisdom.

As we travel along the post-retirement path, we move from a life dictated largely by necessity to one increasingly guided by choice. Acknowledge and accept the challenges. Welcome the opportunities. You are still here. Be grateful for all that lies ahead. ◆

Marvin Weinbaum is a senior life coach and columnist. He writes about aging with purpose, dignity, curiosity, and resilience, translating insight into practical guidance for everyday life. Feel free to send your questions to marvin@coachweinbaum.com.

Trivia Quiz

1. What is the greatest (recorded) number of children born to one woman.
2. How many stars are on the European Union flag? 1, 5, 9, 12?
3. What is a fight challenge (like a *duel*) among three, instead of between two?
4. How many items in a baker's dozen, and why?
5. What do school kids do at Missouri animal shelters to comfort and calm anxious dogs?
6. What (and when) was the full-length animated Disney movie?
7. What kind of music makes plants grow faster?
8. What was the first sport filmed, and when?
9. At what thermometer reading do Celsius and Fahrenheit scales coincide?
10. What sea creature has nine brains?
11. Did Elvis ever do a live commercial for baked goods?
12. Where did Starbucks open its first coffee shop?

Trivia Quiz Answers

1. Feodor Vassilyev, who lived from 1707–1782, had a wife (we don't even know her name) who gave birth to the most children ever recorded. The total of 69 children from 27 pregnancies is simply astonishing: Mrs. Vassilyeva gave birth to 16 pairs of twins, 7 pairs of triplets, and 4 sets of quadruplets.
2. The European Union (E.U.) flag has 12 stars in a circle on a blue background, symbolizing the Union and Europe as a whole. The E.U. has over 500 million inhabitants, ranking fourth in population after China, India, and Russia. (India surpassed Russia in population in 2023.) The largest country in the E.U., based on landmass, is Germany, also the most populous E.U. nation.
3. A fight challenge among three people is called a *truel*.
4. A baker's dozen is 13 items, a dozen plus one. The etymology and history of this term are muddled. The *Oxford English Dictionary* says the expression originated late in sixteenth century Britain, when bakers included a thirteenth item (a roll or a loaf of bread) when selling to a retailer.
   A competing tradition says English bakers who shorted customers on the number of items could suffer severe consequences, so bakers began including an extra item, just to be on the safe side.
   According to a third tradition, the baker's dozen dates to ancient Egypt, where bakers who shorted customers had an ear cut off and nailed to the bakery door to label them as cheaters. Bakers erred on the side of caution by putting an extra item into each order of a dozen items to protect their reputation (and ears).
5. The Humane Society of Missouri uses kids to comfort anxious dogs by reading to them through their "Shelter Buddies Reading" program. Child volunteers read to anxious dogs and puppies. Dogs are less nervous around smaller, less-threatening humans, but reading to nervous dogs is also effective when adults read. The readers sit outside the kennel while reading to dogs and are thus never in danger from irresponsible dogs.
6. The first full-length animated Disney movie was *Snow White and the Seven Dwarfs*, December 1937.
7. Classical music helps plants grow up to 20% faster. Other kinds of music do not have that effect.
8. In 1894, Thomas Edison made the first sport movie of a heavyweight boxing match between heavyweight champion James J. Corbett and Peter Courtney, an amateur boxer.
9. The temperatures of -40 °F and -40 °C are identical. That is the only point on the thermometer where the two scales coincide.
10. The octopus has nine brains: a central brain, and one to control each tentacle.
11. Elvis Presley did one live TV commercial for his favorite bakery, Southern Maid Donuts. He recorded it on November 6, 1954.
12. Starbucks opened their first coffee shop near Pike Place Market in Seattle, Washington. The 50-year-old company is the world's largest coffeehouse, with over 30,000 retail locations around the world. The second-largest coffeehouse chain is Dunkin Donuts, with just over 10,000 locations. The third-largest, Tim Hortons, is a Canadian company with about 5,000 locations.

LIFESTYLES

SEVENTIES FLASHBACK

Down at Heel

by Randal C. Hill

Some people swore by Earth Shoes; others swore at them. Supporters claimed the footwear fostered good posture and alleviated foot problems. Opposers maintained that such maladies were made even worse.

Whichever outlook was embraced, there's no denying that Earth Shoes became a "must-have" item during the seventies.

In summer 1969, advertising worker Eleanor Jacobs felt miserable. She and her photographer husband, Raymond, were on a European vacation, and Eleanor's back was aching, as it had been since her first pregnancy. "Everywhere we went, I kept buying shoes, hoping they would help," she recalled. But those purchases never solved the problem.

One day in Copenhagen, Eleanor visited a store filled with clunky, unorthodox shoes that featured a wide front and heels lower than the toes. She slipped on a pair and—voila!—instant relief. The Jacobses learned that the shoes' patent belonged to Anna Kalso, who at that moment was walking in Greenland on a shoe-testing trek. When Anna returned to the shop, the Jacobses approached her with the idea of their opening a similar business in New York.

Earth Shoes had had their origin more than a decade earlier, in a dense, rarely traversed Brazilian jungle. Kalso, a yoga instructor and good-posture advocate, had become fascinated by the age-old footprints there. She had learned that indigenous folks had obviously possessed excellent posture, and she wanted to know why.

She found that, for generations, jungle people had navigated their terrain by sinking their heels into the spongy earth as they walked. In doing so, they had been forced to stand erect. Inspired, Kalso jetted back to Copenhagen to design and create styles of wide-toed leather shoes that sat lower at the back than at the front. For years afterward, she undertook treks of up to 500 miles each to test her latest funky footwear.

Kalso had already rejected some Americans who had approached her with a business proposal, but this time she felt that perhaps the vibes the Jacobses radiated were valid. (Still, she insisted on checking their birthdates with astrology charts before granting her approval.) Anna also mandated a pair of odd caveats: The shoes wouldn't be advertised, and the couple's store would be located away from busy streets.

Raymond and Eleanor lived on a quiet street in Manhattan, and the shop below their apartment happened to be for rent. The couple signed contracts promising royalties to Anna, and, just before the first Earth Day celebration in 1970, the Earth Shoe Company opened for business. (In a nod to counterculture coolness, a free perk offered to store employees was a course in Transcendental Meditation.) Word of the weird new shoe offering spread quickly among Big Apple hipsters.



In America, the Jacobses' business boomed, with *well-heeled* customers paying an average per-pair price of $35 (now $250). By 1976, annual sales had reached $14 million. Sadly, Raymond and Eleanor's business went bankrupt the following year, due to daunting competition from nearly 100 rivals selling knock-offs of the original Kalso design. ◆

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Randal writes at his Bandon, Oregon, home. He welcomes emailed questions and comments at wryterhill@msn.com.

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thoughts to ponder

by Tim Barber

Have you watched those short video clips about people missing a fatal collision by one step or a split second? A man pushing his bicycle across the railroad tracks when a train whizzes by. Of course, we all want to yell, "What are you thinking?" That gate and those bells aren't saying, "Ignore these and run across the tracks like crazy! But think of all the views and likes you'll get." Rather, please think of those who love you, or of being in traction for six months.

Or how about the mom who snatches her child from the path of a car? Or the car that stops, just as the gigantic 10-ton boulder rolls across the road right in front of it. We've all read the stories about a person being bumped from a flight, only to learn that the plane didn't make it.

You get delayed for a few moments by yet another red light and are tempted to do something totally out of character (thinking the best here), only to realize that you were spared some awful accident. "Thank you, God" comes to mind when narrow escapes occur.

Certainly every delay doesn't mean we just avoided something awful, and there are the significant questions swirling around about bad outcomes, but events like these close calls certainly help us to be more patient, cautious, thoughtful, and grateful when unexpected things happen.

"The hurrier I go, the behinder I get" is an old saying that certainly applies. A lot of these close calls happen (in my opinion) because people are in too big of a hurry. So we can start a little earlier, be better prepared, or set more reasonable goals. Whatever it takes not to be on either side of a close call. ◆

Copyright © Tim Barber. *Tim is a retired pastor in the Champaign-Urbana area: tbarber@illinois.edu.*

MONEY MATTERS

Stay One Step Ahead of Cybercriminals

by Darrold A. Kennedy



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Your financial security is only as strong as your digital security. A single stolen password, convincing scam, or fraudulent investment offer can lead to lost savings, damaged credit, or hours spent recovering compromised accounts. As our financial lives move increasingly online, protecting your personal information is part of protecting your financial future.

Cybercriminals are getting smarter, and technology like AI is making their job easier. But fortunately, some consistent habits can help protect you from many of today's common threats.

Watch out for phishing. Phishing is a common way criminals break into accounts and steal money. These attacks often arrive as emails, texts, or phone calls that appear to come from your bank, employer, or another trusted organization. Fake websites can trick you into typing in your password or financial details.

To protect yourself, verify unexpected requests through a separate channel, such as calling a company directly using a number from its official website rather than one provided in a suspicious message. Avoid clicking unexpected links and consider using a password manager that auto-fills your login information only on legitimate Web sites.

Strengthen your accounts. Stolen passwords give criminals easy access to your email, banking, and social media accounts. Try using a unique password for every account—and enable multifactor authentication when offered. When possible, choose phishing-resistant options such as passkeys or security keys; they're harder for scammers to bypass than basic text message codes.

Be skeptical of urgency. Scammers increasingly use deepfakes, which leverage AI-generated voices, videos, and images to convincingly impersonate trusted people, including company executives, advisors, and even family members. These messages often create pressure to send money or share sensitive information immediately.

If you receive an urgent request that feels off, slow down. Hang up and try calling back to the person or organization using a known phone number. Many successful scams rely on emotional pressure rather than technical tricks, so a moment of skepticism can go a long way.

Protect your money and identity. Fraudulent investment platforms and cryptocurrency schemes continue to cost Americans billions of dollars each year. Be cautious of investment opportunities promoted through unsolicited messages or social media contacts. Always verify a platform independently before sending money. If you're unsure whether an opportunity is legitimate, a financial advisor can help evaluate it before you invest.

Data breaches can also put your information at risk, even when you've done everything right. It's smart to check your bank and credit card statements regularly for unfamiliar charges, and to freeze your credit if you suspect your information has been compromised. You might also choose to freeze your credit preemptively.

Keep your devices updated. Software updates often fix security weaknesses that criminals could otherwise exploit. Backing up important files, whether to the cloud or to an external drive, also protects you if ransomware ever locks you out of your own data.

Small habits matter. Unique passwords, multifactor authentication, and skepticism help stop many scams before they start. Take steps to help safeguard your money, identity, and long-term financial goals. ◆

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HEALTH & WELLNESS

Making Room for What Matters

by Cynthia Germain

Most of us have too much stuff.

I say that knowing full well that I am included in the "most of us." We accumulate things slowly—a box here, file folders there, clothes we might wear again, things our children might want someday—and things we keep because they remind us of someone or someplace important to us.

Before long, our homes hold not only our possessions, but decades of our lives.

That makes decluttering so much more complicated than simply cleaning out a closet. Our things tell stories. The dishes belonged to our mother. The old tools were our father's. There are photographs of people whose names perhaps only we remember. There is furniture we have moved from house to house because someone gave it to us, and boxes we haven't opened in years but still can't quite bring ourselves to give away.

There is nothing particularly wrong with any of that.

And clutter is not the same thing as hoarding. We sometimes use the word *hoarding* casually to describe someone who has a lot of things, but the two words aren't interchangeable. Hoarding involves persistent difficulty discarding possessions to the point that the accumulation can interfere with the ability to use living spaces. Having an overfilled basement, too many clothes, or several boxes you have been meaning to go through is something many of us experience.

But as we age, there are some good reasons to take another look at all that stuff. We often think of decluttering as something people do when they are preparing to move. I think we should also look at it as something we can do when we are preparing to stay.

The AARP has prepared a program, "Downsizing and Decluttering," that points out that our homes need to change with us. We might need clearer pathways through rooms. We might eventually use a walker or other mobility device. There might come a time when someone needs to provide care or assistance in our home. Too much furniture and too many things make all of that more difficult.



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Maybe decluttering is less about having a tidy house and more about making sure our house continues to work for us. The trouble, of course, is getting started.

One suggestion I particularly like is the 10-minute sweep. Don't decide that you are going to clean the basement. That's enough to make most of us find something else to do. Pick a very small area and give it ten minutes. Then do it again another day.

There is also the simple four-pile approach: keep, sell, donate, or trash. When something comes into the house, consider whether something else can go out.

There are the things we are saving for our children and grandchildren. This might require a conversation.

We can become so attached to the story behind an object that we assume the next generation will feel the same way. Sometimes they do. Sometimes they don't. The presentation has a wonderful term for pushing on to the next generation possessions they really don't want: "punting." Instead of assuming, ask. If someone doesn't want the china, the furniture, or the collection we have carefully saved for them, maybe we need to let that be okay.

For the things they do want, why not consider giving some of them away now? There is something rather nice about being able to see another person use and enjoy something that has been meaningful to us.

Photographs might be the best example of all. We can keep boxes and boxes of photographs, but if we are the only ones who know who is in them, what happens to those stories someday? Maybe keeping fewer photographs and writing down the names and stories behind the important ones is a greater gift than leaving someone thousands of unidentified pictures to sort through.

That gets to the heart of decluttering. The memory isn't the thing. The people, experiences, and stories of our lives matter. Our possessions can help us remember them, but we don't necessarily need every possession in order to keep those memories.

Maybe decluttering doesn't have to begin with asking what I should get rid of. Maybe a better question is, "What do I want to make room for?" Room to move. Room for help if we someday need it. Room for the people we enjoy. Room to continue living comfortably in the place we call home. And maybe a little less stuff to worry about along the way. ◆

Cynthia Germain has an MBA and is an expert on aging, nonprofit community-based organizations, and meaningful services.

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American veterans play a foundational role in shaping our society long after their active military service ends. Veterans Day, observed annually on November 11, reminds us how much these individuals influence our communities, economy, and democracy.

Here's how veterans continue to make a huge impact:

Civic Leadership. Veterans vote, volunteer, and participate in community organizations at much higher rates than nonveterans. Many continue their service at home as first responders, teachers, or political leaders who bring a strong sense of moral responsibility and bipartisan cooperation to public office. One veteran in our neighborhood has a flag that reads "Retired Veteran. Still serving." That ongoing commitment to service reflects the attitude of many veterans.

Workforce and Economy. Armed with specialized training, veterans often drive economic growth. They tend to excel in high-stress environments, bring people of diverse backgrounds together, and possess advanced technical skills in such high-demand fields as cybersecurity, logistics, and healthcare. Many veterans become successful entrepreneurs, operating businesses that employ millions.

Guardians of Unity. As a living bridge to our history, veterans have directly secured the freedom and peace we enjoy daily. Because veterans come from every ethnic group, from all parts of our nation, and from all walks of life, their learned ability to work together serves as a strong blueprint for societal inclusion and inspires future generations to value selflessness and active citizenship.

Next time you see a veteran, please thank that person for his or her selfless service to our country. ◆

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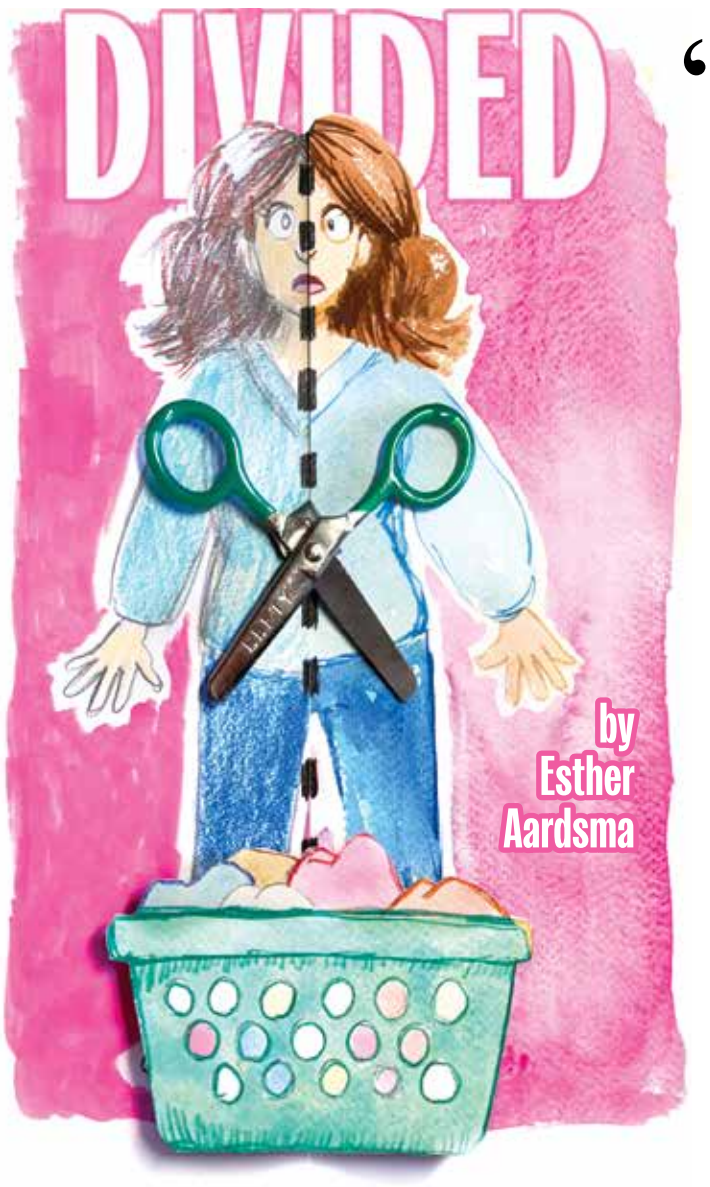
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LIFESTYLES



"Mom, I want to go watch the trucks at the park!" My young son had spotted our town's Knights of Columbus hard at work preparing the ground for a playground installation, and he was now begging me to take him down the block to the park.

I looked up from the blue bath towel I was folding and sighed. "I don't know, kiddo."

"But, Mom! Why can't we?"

I rubbed my eyes with the back of my hand. "I'm *tired*, kiddo." Insomnia, iron deficiency, busy schedules, late nights—"tired" didn't seem to fit the sensation within my depleted, leaden limbs.

"But I want to *help* them!"

"I know, buddy. Part of me wants to, too! But a really big part of me just wants to crawl into bed."

Tears came to my son's eyes. "Then you can just cut that part out of you, and then we can go!"

I blinked at him, then chuckled at his unexpected response. "So I can just leave that part at home in bed, and then the other little part of me is free to go to the park?"

"Yeah! I have my shoes on already!"

As I dragged my weary body down the block to the park behind my excited child, I couldn't help but ponder his comment. I wished I *could* "cut that part out of me"—fatigue is a crushingly discouraging constant companion. I also wished I could "cut out" the parts of me that feel awkward, inadequate, and incapable. The part that shuts down when faced with an overwhelming list of tasks. The part that struggles with spending too much time on screens. The part that gets grumpy with my kids. And all the other not-so-great parts.

Paul's words came to mind: "For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing. . . . Who will rescue me from this body that is subject to death?" (Rom. 7:15, 24 NIV) I'm not the only person with a divided body, mind, and heart! And the best part? As Paul continues in verse 25, "Thanks be to God who delivers me through Jesus Christ our Lord!" God is daily delivering me from division within myself.

My fatigue isn't directly sin—but it *is* a result of the world deterioration brought on by Adam and Eve's Fall. And on the day that everything will be put right—sin no longer dividing my heart—my body will no longer be divided either.

Thanks be to God! ◆

Esther, busy mom of five amazing children, is a highly creative, award-winning writer. Her participation has become essential to this periodical. Write her at eaardsma@protonmail.com.

A Spotlight on Thoughts

by Greg Williams

Psalm 94

"Lord, how long shall the wicked, how long shall the wicked triumph? They slay the widow and the stranger and murder the fatherless. Yet they say, The Lord shall not see, neither shall the God of Jacob regard it. Unless the Lord had been my help, my soul had almost dwelt in silence. When I said, My foot slippeth; thy mercy, O Lord, held me up. ***In the multitude of my thoughts within me, thy comforts delight my soul.*** *Shall the throne of iniquity have fellowship with thee, which frameth mischief by a law? They gather themselves together against the soul of the righteous and condemn the innocent blood.* ***But the Lord is my defense, and my God is the rock of my refuge.*** *And he shall bring upon them their own iniquity, and shall cut them off in their own wickedness; yea, the Lord our God shall cut them off." (vs. 3, 6, 7, 17–23)*

The psalmist has a timeless answer for burdened souls navigating a season of distress. As our world struggles against the steady invasion of lawlessness and corruption, the rapidly shifting moral landscape can easily leave us stranded in despair. Yet, the words of this Psalm remind us that our anxieties are not new, offering a clear roadmap for hope. If we wish to embrace the resilience of the psalmist, we must follow his example with that same disciplined focus.

The secret to remaining steadfast against a chaotic society is tucked quietly between the verses. The psalmist writes, "In the multitude of my thoughts within me, thy comforts delight my soul" (v. 19). Every day, our minds are bombarded by what we hear, what we see, and the heavy concerns of life. This is the multitude of thoughts that can wear us down. If we fail to be selective about which thoughts hold our attention—where we choose to fix the spotlight of our minds—we easily become captives of the chaos around us. If we focus exclusively on the evil in our world, we will inevitably live in fear.

Our worries only perpetuate the false narrative that God is neither concerned nor able to sustain us. True hope depends entirely on keeping our spotlight fixed on who God is and what he has promised us through his righteousness. If our gaze is fixed on God, there is no cause for anxiety; we become confident that his divine justice is certain. Not only has God promised to set all things right, he also invites us to witness his justice unfold. We are not passive observers, but active worshipers who celebrate the realization of our hope and the ultimate vindication of our faith. Guard your mind, brother and sister. Keep your spotlight fixed firmly on the things that are true, honorable, and sure. ◆

Psychiatrist Greg Williams, MD, who loves the Psalms, lives west of Chicago, Illinois, with his lovely university professor wife.





PEOPLE & PLACES

Musically Speaking

"Thank You, Lord," by Don Moen and Paul Baloche

reviewed by Roger Wisegarver

As November approaches and Thanksgiving Day nears, our thoughts naturally turn toward thankfulness. Many songs remind us to lift our hearts in gratitude and worship in unity. One such song is "Thank You, Lord," written by Christian musicians Don Moen and Paul Baloche.

Don Moen is a longtime worship leader and recording artist from Brentwood, Tennessee. His passion has always been to lead believers into the presence of the Lord. "I am thankful to God for calling me and trusting me to lead people into his presence," he once said. "I can think of no higher calling." For Moen, thanksgiving is an essential part of worship, echoing Psalm 100: "Enter his gates with thanksgiving and his courts with praise."

I was privileged to experience Moen's ministry firsthand. In September 2001, I sang in the community worship choir that backed him during his Civic Center performance in Madison, Wisconsin. It was a memorable and deeply blessed experience.

The story behind "Thank You, Lord" began in 2003. Moen recalled sitting in a church balcony, watching the congregation during worship. Although many people were standing and some were swaying with the music, not many were singing. He began thinking that some contemporary worship songs had become unnecessarily complicated.

He felt prompted to write something simple that everyone could sing. During the pastor's message, he quickly sketched the opening lines and basic outline in his Bible. Within days, he called his friend Paul Baloche, then a worship pastor in Tyler, Texas, to help him complete the song.

The result was a remarkably simple expression of gratitude:



Don Moen & Paul Baloche

I come before You today,
And there's just one thing that I want to say,
Thank You, Lord.
For all You've given to me,
For all the blessings that I cannot see,
Thank You, Lord.

That simplicity is the song's strength. The phrase "Thank You, Lord" becomes both its message and its prayer, repeated more than 50 times through the song.

Moen and Baloche recorded the song live in October 2003 before more than 700 worshipers at Regent University Theater in Virginia Beach, Virginia. The recording featured Moen's band and hundreds of worshipers, along with the Kingdom Choir of Tidewater, Virginia, and the Brentwood Baptist Church Worship Choir.

The resulting *Thank You, Lord* live album and DVD were released in April 2004. The album eventually reached No. 15 on *Billboard's* Top Christian Albums chart and was distributed internationally in numerous languages.

More than two decades later, the song continues to express a timeless truth: gratitude is not merely something we feel at Thanksgiving. It is an essential part of a life of worship.

Don Moen and Paul Baloche continue their musical ministries through touring, writing, and training worship leaders. Their song reminds us that sometimes the simplest prayer is also the most profound: "Thank You, Lord." ◆

Roger, Monticello, Illinois, resident, combines his interest in music and history: roger_wisegarver@msn.com.

Laughing Matters

Here's a look back at some pandemic era jokes. Are they still funny?

Q: Why didn't anyone in Antarctica contract COVID-19?

A: They were too ice-o-lated.

Q: What illness goes great with Corona?

A: Lyme disease.

Q: What do most virus jokes have in common?

A: They're catchy.

Q: What's the worst part of homeschooling?

A: You can't kick a student out of your class.

Q: Why did the chicken cross the road?

A: The chicken behind it didn't know how to properly socially distance.

WORDSMITH'S WORKSHOP

by Rob Siedenburg

Epistaxis

If you like technical or obscure words, you could use *epistaxis* instead of *nosebleed*. The word first appeared in English in 1793. If you suffer from frequent nosebleeds, you have recurrent epistaxises. In a language that experiences frequent dropped suffixes, that might seem a bit over the top. Many now say, "I text you yesterday" (instead of the appropriate "I texted you yesterday.").

We get epistaxis (not the actual condition; the word) from New Latin, which borrowed it from Greek, where ἐπίστασις (epistazein) means to drip on, to bleed at the nose again: from epi- + stazein to drip.

If you suffer from recurrent epistaxises, you can tell your doctor. If your doctor asks when they started, you could always say, "They start yesterday." Why let a perfectly good suffix stand between you and a nosebleed? ◆

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Puzzle Answers

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

Crossword puzzle on A-6

Jumble on A-8

Jumbles: DUNCE DRESS FLAVOR THEORY

Answers: The vintage sweater with so many buttons was — OLD "FASTENED"

Sudoku on A-8

4	6	8	1	7	3	2	5	9
3	7	2	9	5	4	1	8	6
9	5	1	6	2	8	4	3	7
5	1	7	3	4	2	6	9	8
6	2	4	8	9	7	3	1	5
8	9	3	5	1	6	7	4	2
7	3	6	4	8	5	9	2	1
1	4	5	2	6	9	8	7	3
2	8	9	7	3	1	5	6	4

Scrabble Grams on A-6

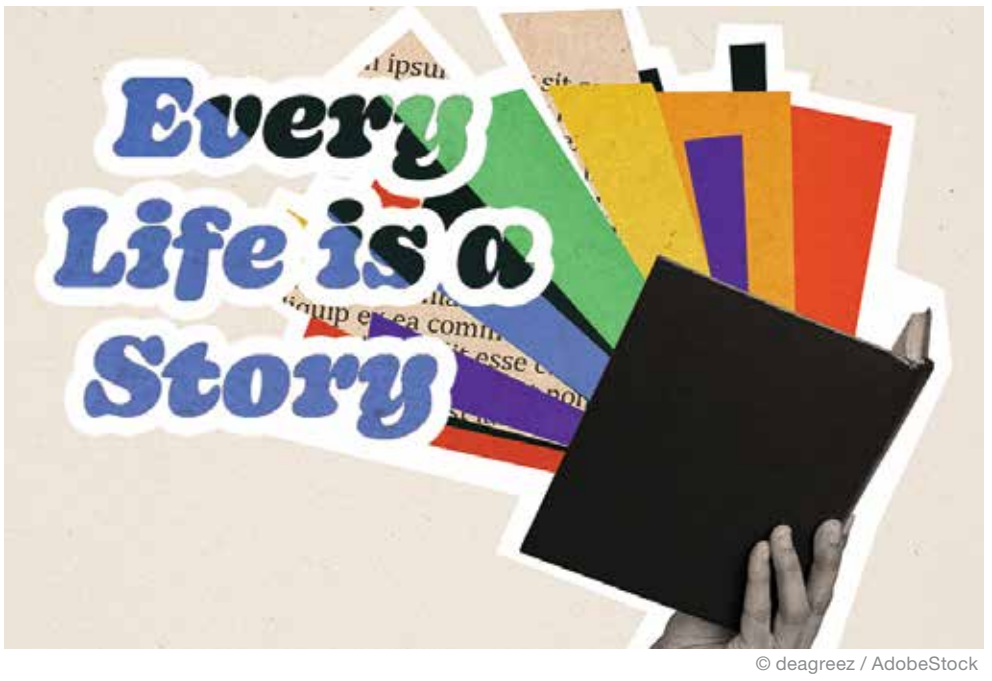
SCRABBLE GRAMS SOLUTION

E1	P3	I1	C3	U1	R1	E1	RACK 1 = 61
K5	I1	L1	O1	R1	A1	D2	RACK 2 = 74
U1	N1	C3	O1	O1	L1		RACK 3 = 8
G2	O1	A1	T1	E1	E1	D2	RACK 4 = 61

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PEOPLE & PLACES



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by Marvin Weinbaum

Who you are has more than a little to do with who your father was, and his father before him.

My father didn't talk much; he worked. An immigrant, he was a product of his generation, a strong, self-sufficient man who kept his feelings to himself. Though the strong, silent type can be appealing in motion pictures and romance novels, it's not helpful for a child growing up—not for the child; not for the father. What I know of his history came from others, and through his tears at weddings and graduations. It is one of the few regrets of my life that I did not prompt his story from him.

Don't make the same mistake I did.

Too many of us assume our stories aren't worth telling. "Who would be interested in me? My life isn't particularly remarkable. I didn't do anything special."

I disagree.

It's likely that our children, our family, and our friends want to know about us. They deserve to know. To know the details, the stories, the ups and downs, the fears and pleasures. When I think about my own life (I've begun a memoir), it is enough for me to believe that anyone who wished to do so might satisfy their curiosity and, through my story, learn a bit about their heritage, perhaps learn something about themselves. I need no agenda beyond that. It is enough.

Stories are magical: the small stories might ultimately be the most important ones. Your grandchildren will be fascinated to know how you met their grandmother, what sports you played, what your first job was, what you worried about when you were a child; how you overcame your problems and fears. And you needn't sanitize your story. Younger generations don't need us to pretend we always made the right decisions. They might learn more from the times we failed, recovered, and tried again.

The ordinary details of our lives become history, your history, faster than we realize.

Here are some suggestions for pulling this together:

Audio and Video Recordings. Have someone interview you. Record the conversation. Video is best.

Get a List of Questions. One helpful book is *Grandfather/Grandmother Remembers.*

Create a Digital Photo Album. Digitize your photos. Create an album (through Shutterfly) by adding commentary and stories.

Create a Family Tree. A family tree will tell a grandchild who his great-grandfather was. A photograph can show what Great Grandpa looked like. A story can make him come alive.

Begin a Journal. Record your random thoughts and memories, real-time.

Write a Memoir or Autobiography. Mark Twain advises to "start it at no particular time in your life; wander at your free will all over your life; talk only about the thing which interests you for the moment; drop it at the moment its interest threatens to pale—and turn your talk upon the new and more interesting thing that has intruded itself into your mind meantime."

Most importantly, don't wait until you think you have something notable to say. Someday, someone who loves you might want to know what you were like when you were young. What made you laugh. What scared you. What you believed. What you learned.

You won't be there to answer.

Your stories can be.

So, if you've spent a lifetime collecting memories, don't take them with you. ◆

Marvin Weinbaum, senior life coach and columnist, writes about aging with purpose, dignity, curiosity and resilience, translating insight into practical guidance for everyday life. Send your questions to marvin@coachweinbaum.com.

