

# MARCH NEWSLETTER



**-Save the Date-**  
**Xanadu A Play**  
**at Emery High**  
**Monday, March 18**  
**Starts at 7:00pm.**

*The cost is \$4.00 for seniors and there will be refreshments afterwards.*



# Tips for Saving on Prescriptions

*Dear Savvy Senior,  
I take several medications for multiple health conditions and the prices keep going up, even with insurance. Can you recommend any tips that can help me save?*

*Price-Gouged Patty*

Dear Patty,  
The rising cost of prescription drugs is a problem that stings millions of Americans. While there's no one solution, there are some different strategies and resources that can help reduce your drug costs, so you can afford what you need. Here are several to consider.

If you have insurance, know your drug formulary: Most drug plans today have formularies (a list of medications they cover) that place drugs into different "tiers." Drugs in each tier have a different cost. A drug in a lower tier will generally cost you less than a drug in a higher tier, and higher tier drugs may require you to get permission or try another medication first before you can use it.

To get a copy of your plan's formulary, visit your drug plan's website or call the 800 number on the back of your insurance card. Once you have this information, share it with your doctor so, if possible, he or she can prescribe you medications in the lower-cost tiers. Or, they can help you get coverage approval from your insurer if you need a more expensive drug.

You also need to find out if your drug plan offers preferred pharmacies or offers a mail-order service. Buying your meds from these sources can save you some money too.

Talk to your doctor: Ask your doctor if any of the medications you're currently taking can be reduced or stopped. And, find out if the ones you are taking are available in generic form. About 80 percent of all premium drugs on the market today have a lower-cost alternative. Switching could save you between 20 and 90 percent.

Ask for a three-month prescription: This can be signifi-

cantly cheaper for drugs you take long-term. If you use insurance, you'll pay one co-pay rather than three.

Split your pills: Ask your doctor if the pills you're taking can be cut in half. Pill splitting allows you to get two months' worth of medicine for the price of one. If you do this, you'll need to get a prescription from your doctor for twice the dosage you need.

Find and use online discounts: Start by trying [GoRx.com](http://GoRx.com), [BlinkHealth.com](http://BlinkHealth.com) or [WeRx.org](http://WeRx.org). They will ask for the name of the drug, the dose, the number of pills, and where you live. Then they will show you what you can expect to pay at various pharmacies if you use their discount coupons or vouchers, which you can print out or download to your phone to show a pharmacist.

Pay cash: Most generic medications cost less if you don't use your insurance. For ex-

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# Tips for living with low vision

Visual impairment affects people of all ages and all walks of life. The American Foundation for the Blind defines visual impairment, often referred to as “low vision,” as any vision problem that is severe enough to affect an individual’s ability to carry out the tasks of everyday living. Millions of people have some degree of visual impairment that requires corrective lenses, and some still struggle even while wearing glasses or contact lenses. People with low vision can experience difficulty performing daily activities, such

*Continued on page 6*



Continued from page 2

ample, chains like Target and Walmart offer discount-drug programs that sell generics for as little as \$4 for a 30-day supply and \$10 for a 90-day supply if you pay out-of-pocket. While some insurance companies charge a \$10 copay for a 30-day supply.

Also ask your pharmacy if they offer a drug discount card program and compare costs with your insurance plan. You can also find free drug discount cards online at sites like NeedyMeds.org, which can be used at most U.S. pharmacies.

Shop online: You can also save by using an online pharmacy like HealthWarehouse.com but be sure to use an online retailer that operates within the U.S. and is licensed. The site should display the VIPPS

symbol, which shows it’s a Verified Internet Pharmacy Practice Site.

Search for drug assistance programs: If your income is limited, you can probably get help through drug assistance programs offered through pharmaceutical companies, government agencies and charitable organizations. To find these types of programs use sites like BenefitsCheck-Up.org, PatientAdvocate.org, RxAssist.org and NeedyMeds.org.

## Savvy Senior

*Send your senior questions to:  
Savvy Senior, P.O. Box 5443,  
Norman, OK 73070*



# March

<b>Monday</b> HDM and Huntington Ferron/Emery	<b>Tuesday</b> HDM and Castle Dale	<b>Wednesday</b> No centers HDM only	<b>Thursday</b> No centers HDM only	<b>Friday</b> No centers HDM only
				
<b>4-</b> Sliced Ham Yummy Potatoes Buttered Beets Roll/Milk Birthday Cake	<b>5-</b> Chicken Salad on Croissant Pickles and Olives Peaches Milk HDM Cookie Birthday cake	<b>6-</b> Cheesey Noodle Bake with Ground Beef Hot Apples Winter mix Roll/Milk Cookie	<b>7-</b> Swiss Steak Baby Bakers Creamed Peas Roll/Milk Peach Crisp	<b>1</b> - Waffles Sausage-Egg Tri-Patty Peas and carrots Apple Juice/Milk Applesauce cup
<b>11-</b> Country Fried Steak Potatoes & Gravy California Vegetables Roll/Milk Rice Pudding	<b>12-</b> Sweet and Sour Meatballs over Rice Egg roll Oriental Vegetables Milk Coconut Cookies	<b>13-</b> Chicken Alfredo Over Noodles Peas and Carrots Muffin Milk Fruit Cup	<b>14-</b> Pepperoni/ Cheese Pizza Green Beans Pineapple Chunks Milk Poppy Seed Bread	<b>15-</b> Ground Turkey Sandwich Cranberry Jell-O Salad Carrot Salad Milk Granny Cake
<b>18-</b> Beef Roast Potatoes and Gravy Buttered Corn Roll /Milk PeanutButter Fingers	<b>19-</b> Ham and Bean Soup Cheese & Crackers Mandarin Oranges Pickled Beets Bread Stick /Milk Banana Pudding	<b>20-</b> Chicken Cordon Bleu Potatoes & Gravy Mixed Vegetables Roll/Milk Fresh Apple	<b>21-</b> Enchilada Pie Chuck-wagon Corn Spiced Pears Milk Trail Mix	<b>22-</b> Tuna Fish Sandwich Fruit Salad Vegetable Salad Milk Applesauce Raisin Bars
<b>25-</b> Pork Chops Dressing Yams Roll /Milk Granny Cake	<b>26-</b> BBQ Beef over- Rice Scandinavian Vegetable Applesauce Roll/Milk Pumpkin Raisin Bars	<b>27-</b> Grilled Chicken Salad Jello Cottage / Cheese Salad Peanut Butter-Brown- ie	<b>28-</b> Oven Beef Stew Green Beans Pineapple Roll/Milk Oatmeal Cookie	<b>29-</b> Club Sandwich- Potato Salad Frog-eye Salad Milk Ice cream Sand- wich

**Melanie  
Pierce**

**Director**  
**(435) 687-2502**  
**Huntington Hours**  
**Mon-Thurs**  
**10:00 - 2:00**  
**Closed Friday**

**Robbie  
Jensen**

**(435) 564-8236**  
**Green River**  
**Hours**  
**Tuesday-**  
**Wednesday**  
**8:00 - 3:00**

**Laurel  
Weaver**

**Director**  
**(435) 381-2422**  
**Castle Dale Hours**  
**Mon-Thurs**  
**10:00 - 2:00**  
**Closed Friday**

**Janet  
Keele**

**Director**  
**(435) 286-2219**  
**Emery Hours**  
**Mon-Fri**  
**8:00 - 10:00**  
**Monday lunch**  
**8:00 - 2:00**

**Sharon  
Allridge**

**Director**  
**(435) 384-2243**  
**Ferron Center**  
**Hours**  
**Monday - Friday**  
**7:00 - 3:00**

**Huntington**

Lunch/Bingo noon  
Every Monday

Blood Pressure/CNS  
2nd Mon-noon  
March 11

B/P Sugar - Symbii  
3rd Mon -noon  
Feb 18

Toenails - Symbii  
4th Mon -noon  
March 25

Quilters -March 6  
1st Wednesday

DUP-March 12  
2nd Tuesday

**Photography Club**  
1st Wed - 6:00  
March 6

**Country Rovers Band**  
Every Tuesday  
5:30-8:30

**Pilates - 8:00 a.m.**  
Monday &  
Wednesday

**Exercise - 6:00 a.m.**  
Monday - Friday

**Shopping Bus**  
Usually 1st Friday  
Call

**Green River**

Lunch - noon  
Tuesday/Wednesday

Blood Pressure  
Toenails - GRMC  
3rd Wed - 10:00  
March 20



Game Day-March 13  
2nd Wednesday  
Grief Sharing  
1/2/4 Tuesday  
1:15-2:15

Bingo -March 19  
3rd Tuesday after  
lunch  
\*white elephant gift

Children Dance  
Every Wednesday  
2:00-5:00

Shopping  
Call for date

**Castle Dale**

Lunch/Bingo -  
noon  
Every Tuesday

Blood Pressure  
CNS  
2nd Tue -noon  
March 12

BP/ toenails  
Symbii  
3rd Tues  
11:30 -March 19

Line Dancing  
Expert  
Mon/Thurs - 9:30  
Beginners  
Wed - 10:00

Val Jensen Band  
Every Wednesday  
5:30-8:30

Suicide Prevention  
Each Tuesday 5:30

Phase 10 Games  
Every Thursday  
- 9:30

Shopping Bus  
Usually 1st Friday  
Call

**Emery**

Lunch - noon  
Every Monday

Exercise - 8-9:00  
a.m.  
Monday-Friday

Blood Pressure  
CNS  
1st Mon -noon  
March 4



Bingo -  
March 11  
2nd Monday

Single Seniors  
4th Mon - 4:30  
March 25

- VIP Dates and Events -  
March 6, Ash Wednesday  
March 10, Daylight Savings Time  
March 17 Saint Patrick's day  
March 20 Spring Begins

**Ferron**

Lunch - noon  
Every Monday

BP / Toenails  
ECCR  
2nd Mon -Noon  
March 11

Blood Pressure  
3rd Mon -Noon  
March 18

DUP - March 12  
2nd Tuesday  
2:00

Single Seniors  
Last Mon  
March 25



# Tips for living with low vision

Continued from page 3

reading, watching television, and more. Some practical solutions can help people address changes in their vision.

\* **Use more light.** After about age 60, many people require additional light to perform most indoor tasks as well as outdoor activities. After age 60, the pupil no longer opens as widely as it once did, which affects the amount of light that reaches the retina, where vision processing occurs. Brighten areas of the kitchen, garage, crafting table, and other areas where fine details are examined.

\* **Rely on darker contrasts.** Contrasting colors can make it easier to see edges and lines of demarcation. For example, use a dark tablecloth and white dishes to see table settings and food more clearly.

\* **Label items.** Bold-colored labels or those of different shapes can help set items apart when reading containers or boxes becomes challenging.



\* **Use filters and shields.** Certain devices, such as lens filters and shields, can reduce glare and improve vision. Individuals also can invest in shields for their computers or tablet screens to reduce glare.

\* **Choose “large print”** formats. At local booksellers, seek books that are available in large print. This makes it easier to enjoy reading.

\* **Switch bulbs at home.** The eye care resource All About Vision suggests swapping fluorescent and incandescent light bulbs with warm-toned LED bulbs. These bulbs emit less blue light and can be more comforting with reduced glare.

\* **Invest in adaptive devices.** Large-button phones with speed dial, large-print calendars, watches that speak the time, and digital home assistant devices also can help men and women overcome vision loss. Low vision impacts daily living, but there are ways to counter the effects of impaired vision.

## Guess Who?

I am an actress born in New Jersey on March 8, 1961. Before I was famous, I worked as a sign language interpreter at a hospital. However, drama appealed to me, and I would go on to win an Emmy award.

Answer: Camryn Manheim



# -Trip News-

## Xanadu A Play at Emery High Monday, March 18 Starts at 7:00pm.

The cost is \$4.00 for seniors and there will be refreshments afterwards.

Contact Melanie at 435-687-2502

### Reminder

For those who paid in advance  
Thurs. March 14th  
**Loveland Living**  
**Planet Aquarium**

We will leave at 9:30 and stop for lunch before we enjoy the aquarium. Please bring money for lunch and \$10.00 for fuel.



## Peanut Butter and Jelly Cookies

Makes 5 dozen

- 1 cup sugar, plus extra for coating dough
- 1 cup firmly packed light brown sugar
- 1 cup Crisco Butter Flavor Shortening
- 1 cup Jif® Creamy Peanut Butter
- 2 large eggs
- 1/4 cup milk
- 2 teaspoons vanilla extract
- 3 1/2 cups Pillsbury™ Best All Purpose Flour
- 2 teaspoons baking soda

Green River	
Tuesday	Wednesday
<b>5-</b> Sausage & Pepperoni Pizza Vegetable Salad Fruit Salad and Cookie Milk	<b>6-</b> Chicken & Stuffing Casserole Vegetables Banana Pudding Roll/Milk
<b>12-</b> Salmon Patties Macaroni and Cheese Vegetables Pineapple upside down cake Rolls /Milk	<b>13-</b> Hamburger Vegi Soup Toasted Cheese Sandwich Fruit and Cookie Rolls /Milk
<b>19-</b> Baked Chicken Cheesy Potatoes Vegetables Cocolate Pie Rolls/Milk	<b>20-</b> Swiss Porcupine Meat-Balls Scalloped Potatoes Vegetables Cup Cakes Bread/Milk
<b>26-</b> Chilli Frito Pie lettuce and Tomatoes Fruit Salad Cookie Cornbread /Milk	<b>27-</b> Loaded Potato Soup Deviled Ham Pinwheels Cake Roll /Milk

- 1 teaspoon salt
- 3/4 cup Strawberry Jelly, or any jam, jelly or preserves

Preheat the oven to 375 F.

In a large mixing bowl, combine sugar, brown sugar, shortening, and peanut butter. Beat with an electric mixer until creamy. Beat in eggs, milk and vanilla.

In a separate bowl, stir together flour, baking soda and salt. Add to the peanut butter mixture and beat until blended.

Shape the dough into 1-inch balls. Roll in sugar. Place balls 2 inches apart on an ungreased cookie sheet.

Bake for 7 minutes. Remove from the oven. Using the back of a teaspoon, make a rounded indentation in the top of each cookie. Fill each with about 1/2 teaspoon jelly. Bake an additional 2 minutes. Remove to a wire rack to cool.

# The right foods can fight inflammation

The human body and its immune system excels at fighting foreign invaders like bacteria and viruses. Signaling chemicals called interleukins tell cells whether they are needed to fight illness or they should wait in the wings. While these immune defenders are doing their jobs, soreness, fatigue and swelling can occur, the natural side effects of an immune system response, but will soon dissipate.

However, many people deal with immune systems that are consistently revved up, even when no invaders are present. This is the problem with many chronic diseases and immune system dysfunction.

Unfortunately, the inflammation that is a hallmark of immune defense becomes a daily problem that may result in chronic pain and other complications. What many people may not realize is that the foods that they are putting into their bodies may exacerbate inflammatory responses, while others may help keep inflammation at bay.

People with rheumatoid arthritis, Crohn's disease, Hashimoto's, and other chronic illnesses may find that turning to the right diet can tame inflammation and other symptoms.

Recently, many health experts, including Dr. Barry Sears, founder of the Inflammation and Research Foundation and author of the "Zone Diet," and Dr. Andrew Weil, who offers the Anti-Inflammatory Food Pyramid, have begun to tout certain foods that are purported to reduce inflammatory response over an extended period of time.

As beneficial as some foods can be, it's important to note that individuals are unique and certain foods may produce a particular response in some but not in others. Systematically isolating certain foods can help paint a picture of foods that can be problematic. But generally speaking, refined carbohydrates, sugar-sweetened beverages, fried foods, and processed meats may increase inflammation, advises Harvard Health Publishing. Conversely, certain



foods and beverages that have been identified as reducing inflammation for many people. These include:

- \* **tomatoes**
- \* **olive oil**
- \* **green leafy vegetables and cruciferous vegetables**
- \* **nuts, like almonds and walnuts**
- \* **fatty fish**
- \* **berries**
- \* **avocados**
- \* **green tea**
- \* **peppers**
- \* **grapes**
- \* **turmeric**
- \* **dark chocolate**

Including these foods in one's daily diet may help to relieve the pain, bloating and fatigue associated with inflammation.

It is important to speak with a doctor before making any dietary changes. Discuss any inflammation issues you have been having and which foods might help. Generally speaking, a diet full of diverse, antioxidant-rich foods can provide relief for those with various levels of inflammation.



# Extending Seniors Driving Years

*Dear Savvy Senior,*

*What tips or resources can you recommend to help elderly seniors extend their driving years? My dad, who's 82, is still a decent driver, but I worry about his safety going forward.*

*Inquiring Daughter*

Dear Inquiring,

With more than 40 million licensed drivers in the U.S. over the age of 65, there are lots of resources available today to help keep older drivers safe and behind the wheel longer. Here are some simple steps you can take to help keep your dad driving safely.

**Get his eyes checked:** Because about 90 percent of the information necessary to drive is received through our eyes, getting your dad's eyes checked every year to be sure his vision and eyewear is up to par is an important first step.

**Check his meds:** Does your dad take any medicine or combination of medicines that make him sleepy, light-headed or loopy? If so, make a list of all his medications (prescription and over-the-counter) and dietary supplements, and take it to his doctor or pharmacist for a review. You can also get help with this online at [RoadwiseRX.com](http://RoadwiseRX.com).

**Evaluate his driving:** To stay on top of any potential driving issues, you should take a ride with your dad from time-to-time watching for problem areas, such as: Does he drive at inappropriate speeds, tailgate or drift between lanes? Does he have difficulty seeing, backing up or changing lanes? Does he react slowly, get confused easily or make poor driving decisions? For more tips, see the National Caregivers Library driving assessment checklist at [SeniorDriverChecklist.org](http://SeniorDriverChecklist.org).

If your dad needs a more thorough evaluation, you can turn to a driver rehabilitation specialist who's trained to evaluate older drivers. This type of assessment typically costs between \$100 and \$200. To locate a professional in your area, visit

[AOTA.org/older-driver](http://AOTA.org/older-driver) or [ADED.net](http://ADED.net).

**Take a refresher course:** AAA and AARP both have older driver refresher courses that can help your dad tune-up his driving skills, and learn how to adjust for slower reflexes, weaker vision and other age-related changes that affect driving. Taking a class may also earn him a discount on his auto insurance. To locate a class, contact your local AAA ([AAA.com](http://AAA.com)), or AARP ([AARP.org/drive](http://AARP.org/drive), 888-227-7669). Most courses cost around \$15 to \$30 and can be taken in the classroom or online.

Another good resource to look into is CarFit. This is a free assessment program that will help your dad adjust his vehicle for a better fit, making it easier and safer to drive. CarFit events are held around the country in select locations. See [CarFit.org](http://CarFit.org) to look for one near you.

**Make some adjustments:** Recognizing your dad's driving vulnerabilities and making small changes on when and where he drives can go a long way in helping keep him safe and driving longer. Adjustments may include not driving after dark or during rush hour traffic, avoiding major highways or other busy roads, and not driving in poor weather conditions.

You can find more tips at AAA Senior Driving at [SeniorDriving.AAA.com](http://SeniorDriving.AAA.com).

And finally, when it gets to the point that your dad's driving isn't safe anymore and he needs to quit, The Hartford Financial Services Group and MIT AgeLab offers two helpful resources. Go to [TheHartford.com/lifetime](http://TheHartford.com/lifetime) – click on “Publications” on the menu bar – and download or order the “At the Crossroads” and/or “We Need to Talk” guides.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit [SavvySenior.org](http://SavvySenior.org). Jim Miller is a contributor to the NBC Today show and author of “The Savvy Senior” book.

# Feel your best starting with your stomach

Did you know that the key to personal health may begin in the core of the body? Doctors and researchers are learning more and more about how the immune system and other functions of the body are tied to microscopic players housed in the stomach and intestines. Improving this digestive environment can benefit the body in various ways.

## Understanding probiotics

Bodily bacteria outnumber body cells by 10 to one, offers the health and wellness resource Healthline. Most of the bacteria in the body are harmless, and many of them in the gut actually are linked to numerous health benefits, such as weight loss, enhanced immune function, reduced risk of disease, and improved digestion.

Unfortunately, bad bacteria also vie for space in the gut. If the good bacteria and yeasts, or probiotics, are not in abundance to push out the bad bacteria, like salmonella and E. coli, those bad bugs can proliferate, causing problems. It is essential to keep an abundance of probiotics available to stay healthy and maintain the "good vs. bad" balance in the gut.

## Getting probiotics

While the body can be healthy without the addition of probiotics, having more can be beneficial. The Cleveland Clinic says that food and supplements containing probiotics assist the good bacteria already present in your gut. When a course of antibiotics wipes out both good and bad bacteria, for example, probiotic-rich foods and supplements can more readily replace what's lost.

Dietary sources of probiotics include some yogurts, cheeses, kefir, sauerkraut, miso, kimchi, pickles, and beverages like kombucha, a fermented tea.



*Yogurt is a dietary source of probiotics, healthy bacteria and yeasts that may improve overall health.*

Getting probiotics from foods is the most natural way to supplement good gut bacteria, as the foods meld with the probiotics in ways that doctors may never understand to deliver the most benefits.

The downside is it's impossible to measure just how many probiotics can be acquired from foods. That is what makes supplementation so handy. Capsules and tablets are loaded with a variety of different active bacteria and yeast cultures to aid the digestive system in measurable ratios. Some tout anywhere from one to 30 billion active colony-forming units (CFUs) per serving.

## Side effects

Probiotics are generally healthy for people to consume in amounts found in foods, advises the Mayo Clinic. Most healthy adults can safely add foods or dietary supplements that contain probiotics to their diets. Introducing probiotics may cause temporary and mild flatulence, discomfort and bloating. Probiotics can be yet another tool to improve overall health at any age, but especially for adults looking to minimize illness risk.

# Soup and sandwich makes the ideal lunch combo

Few things are better together than hot soup and a favorite sandwich for lunch or a light dinner. This combination is the ideal comfort food, and the variations are as endless as a person's imagination.

Thanks to two recipes from "What's Cooking Italian" (Thunder Bay Press) by Penny Stephens, home chefs can put an Italian spin on the soup-sandwich pairing with "Mozzarella Sandwiches" and "Creamy Tomato Soup."



## Mozzarella Sandwiches

Serves 4

- 8 slices day-old bread, crusts removed
- 3 1/2 ounces mozzarella cheese, thickly sliced
- 8 canned anchovy fillets, drained and chopped
- 16 fresh basil leaves
- 1/2 cup pitted black olives, chopped
- 4 eggs, beaten
- 2/3 cup milk
- Oil for deep-frying Salt and pepper

Cut each slice of bread into two triangles. Top eight of the bread triangles with the mozzarella slices and chopped anchovies. Place the basil leaves and olives on top and season with salt and pepper to taste. Lay the other eight triangles of bread over the top and press down around the edges to seal.

Mix the eggs and milk and pour into an ovenproof dish. Add the sandwiches and leave to soak for 5 minutes.

Heat the oil in a large pan until a cube of bread browns in 30 seconds – the oil will then be hot enough for deep-frying. Before cooking the sandwiches, squeeze the edges together again.

Carefully place the sandwiches in the oil and deep-fry for 2 minutes or until golden, turning once. Remove the sandwiches with a slotted spoon and drain on absorbent paper towels. Serve immediately while still hot.

## Creamy Tomato Soup

Serves 4

- 3 tablespoons butter
- 1 pound, 9 ounces ripe tomatoes, preferably plum, roughly chopped
- 3 3/4 cups hot vegetable stock
- 2/3 cup milk or light cream
- 1/4 cup ground almonds
- 1 teaspoon sugar
- 2 tablespoons shredded basil leaves
- Salt and pepper

Melt the butter in a large saucepan. Add the tomatoes and cook for 5 minutes, until the skins start to wrinkle. Season to taste with salt and pepper. Add the stock to the pan, bring to a boil, cover and simmer for 10 minutes.

Meanwhile, under a preheated broiler, lightly toast the ground almonds until they are golden brown. This will only take 1-2 minutes, so watch them closely.

Remove the soup from the heat and place in a food processor. Blend the mixture to form a smooth consistency. Alternatively, mash the soup with a potato masher. Press the soup through a strainer to remove any tomato skin or seeds.

Place the soup in the pan and return to the heat. Stir in the milk or cream, ground almonds and sugar. Warm the soup through, and add the shredded basil just before serving.

Transfer the soup to warm bowls and serve hot.



# March Birthdays

## Huntington

Karen Ison – 2  
Richard Bissell – 3  
Edward Johnson – 4  
Carol Ewell – 5  
Ben Johnson – 8  
Paulette Kelly – 9  
Margo Jones – 9  
LaRae Kinder – 10  
Judy Rowley – 11  
Lucy Curtis – 11  
JoAnn Taylor – 12  
Brent Gordon – 13  
Randall Jones – 15  
Rex Jones – 16  
Jorma Johnson – 18  
FloAnn Wilson – 19  
Beverly Elms – 20  
Lorie McElprang – 23  
Dale Ungerman – 26  
Margaret Jones – 27  
Jack Batt – 27  
Patricia Allred – 28  
Donna Majors – 30  
Patsy Grange – 31

## Green River

Gladys May – 3  
Juan Lovato Sr. – 11  
Frankie Anderson – 18  
Charlotte Uptain – 30

## Ferron

### Clawson

Sandra Hansen – 1  
Bonnie Freeman – 3  
Clifford Snow – 4  
Irene Williams – 8  
Steven Snow – 9  
Lynda Nelson – 9  
JoAnn Crawford – 13  
Tanie Worthen – 16  
Marlene Chynoweth – 21  
John Niebergall – 23  
Lee Rasmussen – 23  
Wilbur Fowler – 24  
Beth Black – 27

### Emery

Craig Anderson – 3  
Ronnie Sorensen – 9  
Betty Jensen – 10  
Doris Mangum – 14  
John Sehestedt – 15

## Orangeville

Delile Hinkins – 1  
Deanna Harris – 7  
Claudia Kenney – 10  
Judy Morgan – 11  
Janice Jordison – 11  
Kean Luke – 11  
Mervin Miles – 22  
Joan Huntington – 23

## Cleveland

Marie Oviatt – 6  
Clifford Oviatt – 14  
Kevin Jensen – 14

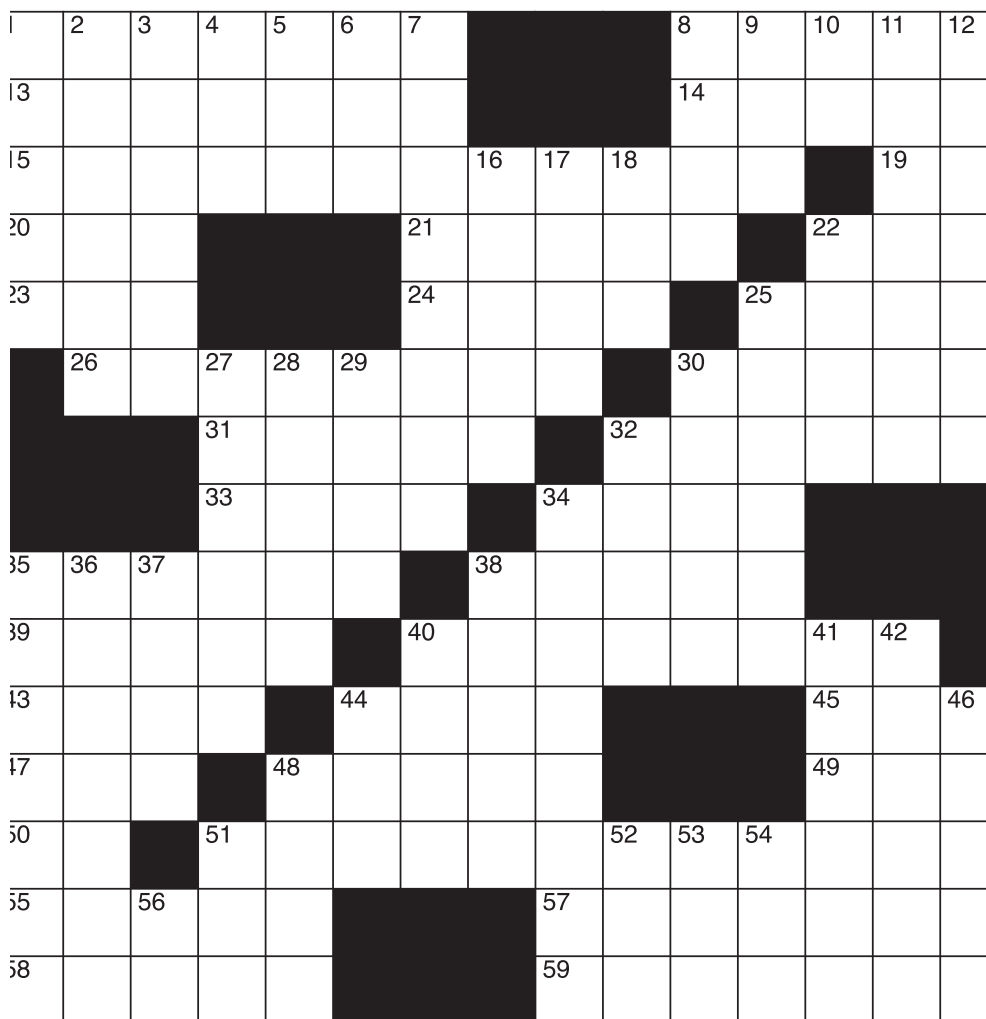
## Elmo

Larry Fish – 5  
Juanita Willson – 7  
Karen Jensen – 10  
John Eden – 20  
Collette Van Wagoner – 23

## Castle Dale

Garth Heineger – 4  
Sandra Swasey – 4  
Arvella Wilberg – 6  
Janet Magnuson – 10  
Carol Petersen – 11  
Kathryn Seely – 15  
Sandra Behling – 15  
David Bott – 16  
Ron Sanders – 17  
Forrest Adison – 21  
David Bonbrake – 22  
Peggy Anderson – 27  
Lois Madsen – 28  
Elaine Wilberg – 29

# Crossword Puzzle



## CLUES DOWN

1. Portico
2. Delicacy
3. Punish with an arbitrary penalty
4. Household god (Roman)
5. Public television station
6. \_\_\_ Lilly, drug company
7. Degraded
8. Free from danger
9. Low bank or reef of coral
10. Exclamation of surprise
11. Lies down in rest
12. Give an education to
16. Provides
17. Fat from a pig
18. Belonging to a thing
22. Branches of a bone
25. Having a cheerless aspect or disposition
27. Edema (archaic)
28. Bo \_\_, Ò10Ó
29. Unfledged or nestling hawk
30. Surrenders
32. Type of dessert
34. Planted with trees
35. Washington town
36. Listen in
37. Inwardly
38. Chinese province
40. Garrison
41. Converts thermal energy to mechanical work
42. Holy people
44. Lowest point between two peaks
46. Boundaries
48. Utter obscenities
51. \_\_\_ and cheese
52. Member of the cuckoo family
53. Type of microscope
54. \_\_\_ and Barbie
56. Michigan

## CLUES ACROSS

1. Sold at a higher price
8. Instill fear
13. Can be domesticated
14. Oohed and \_\_\_
15. Make too simple
19. Plutonium
20. Necessary for breathing
21. Make happy
22. Mythological bird
23. A baglike structure in a plant or animal
24. Put on \_\_\_
25. Type of dough
26. Blushed
30. Celestial object
31. Point \_\_\_ National Seashore
32. Purplish red
33. Towards the mouth or oral region
34. Portuguese musical genre
35. Steals
38. Acts insincerely
39. City in Belarus
40. Anticipates
43. Paris airport
44. Deal with
45. No (Scottish)
47. Opens lock
48. Central parts
49. Sheep disease
50. Indicates position
51. Doing many things at once
55. Khoikhoi peoples
57. Informal alliance between countries
58. Long poems
59. The state of being poorly illuminated

# Horoscope

Fourth week of  
March 2019

## **AQUARIUS** ~Jan 21/Feb 18

For so long you have been doling out advice to other people and helping them improve their lives, Aquarius. Now you are the one who could benefit from some counsel.

## **PISCES** ~Feb 19/Mar 20

Pisces, a recent birthday celebration could have you feeling like you need to make drastic changes. But small ones can fit the bill as well.

## **ARIES** ~ Mar 21/Apr 20

You might have to make a few concessions in the short-term if you are eager to make real progress in the long-term, Aries. Eventually all things will even out.

## **TAURUS** ~ Apr 21/May 21

Put exercise to the forefront of your list of things to do, Taurus. If you have not been physically active lately, work slowly and diligently to build up your endurance.

## **GEMINI** ~ May 22/Jun 21

Important decisions cannot be made in a matter of minutes, Gemini. You really have to work through all the angles. Seek opinions from trusted friends.

## **CANCER** ~ Jun 22/Jul 22

Make a list of things you need to accomplish this week, Cancer. If you let it all sit in your head, you are bound to get overwhelmed and forget something.

## **LEO** ~Jul 23/Aug 23

Leo, there are a few ways a situation at work can go. Not every path may meet with your utmost approval. But you may have to swallow your pride and compromise.

## **VIRGO** ~ Aug 24/Sept 22

If illness has been going around, Virgo, do your best to avoid getting sick. Be diligent in handwashing and other preventive measures.

## **LIBRA** ~ Sept 23/Oct 23

Even the most doting parents can use some down time once in a while, Libra. Plan an adults-only date night and enjoy some well-deserved conversation.

## **SCORPIO** ~Oct 24/Nov 22

Scorpio, illnesses or medical obstacles can have many sources Ñ from the foods you eat to your emotional wellness. Start jotting things down in a journal to figure out how to feel and look your best.

## **SAGITTARIUS** ~ Nov 23/Dec 21

Your perseverance is a source of inspiration to others, Sagittarius. Don't be bashful when others share these thoughts with you. Accept their well wishes and give thanks.

## **CAPRICORN** ~ Dec 22/Jan 20

Hold tight to those friends who have your best interests at heart through happy and trying situations, Capricorn. These are the people you can call upon this week.

## FAMOUS BIRTHDAYS

MARCH 24

Val Chmerkovskiy, Dancer (33)

MARCH 25

Danica Patrick, Athlete (37)

MARCH 26

Diana Ross, Singer (75)

MARCH 27

Jessie J, Singer (31)

MARCH 28

Lady Gaga, Singer (33)

MARCH 29

Elle Macpherson, Model (55)

MARCH 30

Chris Sale, Athlete (30)



# Learn how to sleep like a child again

Many adults lament that even if they were solid sleepers in their younger years, by the age of 50, their quality of sleep has unraveled. Some cling to the wisdom that people simply do not need as much sleep as they get older. Even though that is partly true, sufficient sleep is still a vital component of a healthy life.

The National Sleep Foundation recently updated its sleep recommendations per age group to include categories "may be appropriate" and "not recommended." This includes a range of hours that may be adequate for certain adults. Adults between the ages of 26 and 65 are advised to get seven to nine hours of sleep per evening. However, six hours or 10 hours also may be acceptable. People over the age of 65 need roughly seven to eight hours of sleep each night, though between five and six hours also may be fine. Generally speaking, anything under five hours is not recommended based on data reviewed by sleep experts.

Many older adults do not get enough sleep due to insomnia, states Jack Gardner, MD, a neurologist certified in sleep medicine. They're concerned about health issues, may have sleep apnea, can experience pain or frequent urination, or may be taking medication that impedes sleep. Dr. Leila Kheirandish-Gozal, director of clinical sleep research at the University of Chicago, says that, over time, insufficient sleep can impact metabolism, mood, memory, and heart function.

Various strategies can help people get more sleep and enjoy better sleep quality.

¥ Create a luxury bed environment. Splurge on the largest mattress you can afford and one that is comfortable for both parties (if married/coupled). A roomy bed routinely invites sleep. If you have a restless partner, try two separate beds pushed against each other.

¥ Consider white noise. The sounds of the house or outdoors may be keeping you up. Many people find that the gentle hum of a



fan or a white-noise machine with a calming sound effect makes it easier for them to dose off than complete quiet. It can also block out extraneous noises.

¥ Keep electronics out of the bedroom. It can be challenging to disconnect from electronics, but it is essential to falling asleep. Even a back-lit text coming through in the wee hours can be enough illumination to disrupt sleep.

¥ See your doctor. If medications or illnesses are keeping you up, a change in regimen may provide the relief you need.

Older adults can learn the steps to sleeping more soundly and easily.

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