

# DRUMS ACROSS ONEIDA

Oneida Elder Services  
PO Box 365, 2907 S. Overland Rd.  
Oneida, WI 54155  
Phone: 920-869-2448  
1-800-867-1551

DRUMS contact Helen Doxtator  
Email: [hdoxtato@oneidanation.org](mailto:hdoxtato@oneidanation.org)

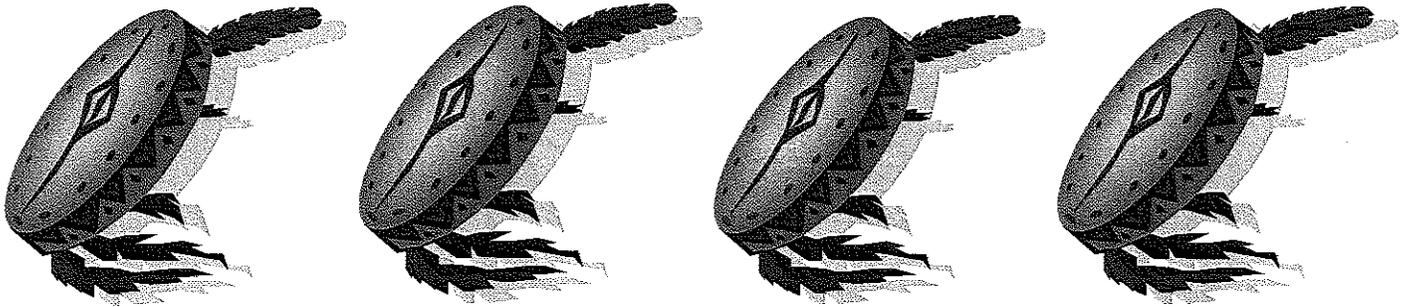


Senior Center-Meal Site  
134 Riverdale Dr.  
Oneida, WI 54155  
Phone: 920-869-1551

(O?yhótsli? Wahní·tale?)

Green Bean Moon

July 2013



Come and Visit Our Elder Vendor  
Tent at 2013 Annual Pow-wow !  
We will have up to 15 Vendors  
\*Located on Top of the Hill\*

For More Information Please Contact:

Joyce Ann Hoes

Transportation Supervisor

(920)869-2448 ext 6844

Oneida Elder Services

**MENU**

**JULY**

**2013**

**ONEIDA SENIOR CENTER, 134 RIVERDALE DRIVE, ONEIDA, WL, 54155 PHONE : 1-920-869-1551**

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chop Suey Rice Biscuits Jell-O	2 Taco Soup Chips Fresh Vegetables Peaches	3 Pork Roast Wild Rice Broccoli & Cauliflower Pudding	4 <b>CLOSED IN OBSERVATION OF INDEPENDENCE DAY</b>	5 Fish Red Potatoes Cole Slaw Cookies
8 Sloppy Joes Macaroni Salad Beans Buns Fresh Fruit	9 Hot Beef Mashed Potatoes Mixed Vegetables Apple Sauce	10 Chef Salad Ham, Turkey, Egg Cottage Cheese, Lettuce Blueberries	11 Baked Chicken Stuffing Cranberries Mixed Vegetables Yogurt	12 Ham Sweet Potatoes Peas Melons
15 Boiled Dinner Fresh Bread Juice Ice Cream	16 BBQ Ribs Scalloped Potatoes Mixed Vegetables Pears	17 Macaroni & Cheese Chicken Strips Green Beans Mandarin Oranges	18 Liver & Onions Potatoes Beets Pudding	19 Tater Tot Casserole Green Beans Juice Pineapple Tidbits
22 Beef Tips Noodles Mixed Vegetables Mixed Berries	23 Ring Bologna Macaroni & Tomatoes Brussels Sprouts Pineapple Tidbits	24 Stuffed Peppers Mixed Vegetables Juice Jell-O	25 <b>BIRTHDAY DAY</b> Turkey Gravy Potatoes Mixed Vegetables Juice Cake	20 Chicken Salad Tomatoes & Cucumbers Cottage Cheese Fresh Fruit
29 Spaghetti Meat Sauce Salad Garlic Bread Peaches	30 SOS Eggs Juice Fresh Fruit	31		
All meals are served with coffee, milk, tea or water change.		<b>BIRTH STONE:</b> <b>RUBY</b> <b>FLOWER:</b> <b>IARKSPUR</b>	<b>HOURS:</b> <b>8:00 A.M.-4:30 P.M.</b> <b>Lunch Is Served</b> <b>Monday-Friday</b> <b>12:00 P.M.-1:00 P.M.</b>	



# July 2013 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Checkers Game Elder Services 9:30 Exercise Elder Services 11:00 Good Will Store Green Bay 1:00	<b>2</b> Crafts Elder Services 9:30 – 11:30 Strawberry Picking rain date 9:30	<b>3</b> Oneida Language Elder Services 9:30 Exercise Elder Services 11:00 Bingo Senior Center 1:00	<b>4</b> OFF In Observance of Independence Day	<b>5</b> Banks, Shopping Lunch Out (On your own) 10:00 – 3:00
<b>8</b> Indoor Horse shoes Elder Services 9:30 Exercise Elder Services 11:00 Wii Bowling Elder Services 1:00	<b>9</b> Crafts Elder Services 9:30 – 11:30	<b>10</b> Quirkle Game Elder Services 9:30 Exercise Elder Services 11:00 Bingo Senior Center 1:00	<b>11</b> Concert in the Park "Light Rock Music" Jackson Square Park 10:30 – 2:30 Bring a bag lunch	<b>12</b> Banks, Shopping Lunch Out (On your own) 10:00 – 3:00
<b>15</b> Scattergories Game Elder Services 9:30 Exercise Elder Services 11:00 Intergenerational Bingo 3 Sisters Center, G.Bay 1:15	<b>16</b> Farmer's Market & Bread Store Deperre 9:30	<b>17</b> Quiddler Game Elder Services 9:30 Exercise Elder Services 11:00 Bingo Senior Center 1:00	<b>18</b> Botanical Garden Green Bay 9:30 (\$5.00 Admission fee on our own) Movie Elder Services 1:00	<b>19</b> Banks, Shopping Lunch Out (On your own) 10:00 – 3:00
<b>22</b> Yahtzee Game Elder Services 9:30 Exercise Elder Services 11:00 Wii Bowling Elder Services 1:00	<b>23</b> Crafts Elder Services 9:30 – 11:30	<b>24</b> Toss the Pigs Elder Services 9:30 Exercise Elder Services 11:00 Bingo Senior Center 1:00	<b>25</b> Oneida Family Fitness Center 9:30 Birthday Lunch 12:00 Farmer's Market Oneida 1:00	<b>26</b> Banks, Shopping Lunch Out (On your own) 10:00 – 3:00
<b>29</b> Rummikub Game Elder Services 9:30 Exercise Elder Services 11:00 Seroogy's Choc Store DePerre, 1:00	<b>30</b> Crafts Elder Services 9:30 – 11:30	<b>31</b> Oneida Language Elder Services 9:30 Exercise Elder Services 11:00 Bingo Senior Center 1:00	*Is this your Birthday Month? You must sign up in the Birthday Book at the Senior Center. Must be present to receive your gift card.	* Please sign up for trips at the Senior Center. * All Trips leave from Senior Center.

\*\*If you have any questions Please call Michelle at 869 – 2448\*\*

## Yawáko

In the Oneida language, yawáko means *Thank You!* During these hard economic times, the generosity of our community members means so much, which is why Oneida Elder Services would like to send a very special thank you to the following individual(s):

Thank you! To Rebecca & Eldred Nicholas.

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## Nice Comments....

"Sagol'i! Yesterday, I stopped in at the Gift Shop—and, I just want to let you know how much I appreciated the friendly, professional service I received. I reside off reservation but often get to the rez for other business. I had never gotten an opportunity to see all the wonderful services and accommodations for our Elders. (I guess I'm considered one at almost 58-- :-)) I was given a personalized tour by Corinne Robelia-Zhuckkahossee She was a complete joy to talk with!! Yaw^ko Corinne and all of Elder Services for the fine work you do! Warmly, Tribal Member—Debra Morningstar—Westenberger (Neenah)"

This e-mail was submitted to Elder Services by Debra Morningstar Westenberger, recognizing Apartment Manager, Corinne Robelia-Zhuckkahossee for her exceptional customer service; thank you Debra for the nice comments!

.....

## ONCOA Meetings:

July 9<sup>th</sup> & 23<sup>rd</sup>, 2013

1:00 PM – 3:00 PM

Elder Services Conference Room

2907 S Overland Rd

Oneida, WI 54155

# Independence day



w s e p i r t s s e v c o n s e s n r f  
 g h i e r c u p i l r a t r o n o v y i  
 e e p o h a r c e g e y a e l i w e j r  
 u r k t r d m o r a r t t l t m h r v e  
 l h o c e l a j e e s u e u g i i a e w  
 b a i r a e u n a k o r t c s r t p c o  
 n t o m k s e p i k s i n e i r e t l r  
 a n a p t r a d o e t h i r t e e n a k  
 j o t i c i c o l s t a n y a n e d f s  
 t w c a t n c w n t k s e d a r a p l s  
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 m s b x g d o a d i n r c e o o o s i l  
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 e f s n r e s g f n i t s e l a v s e r

Freedom  
 Liberty  
 Blue  
 America

Independence  
 Parades  
 Picnic  
 Fireworks

Eagle  
 Stars  
 Declaration  
 Constitution

Justice  
 Red  
 Thirteen  
 Patriotic

Stripes  
 White  
 Colonies  
 Cookout



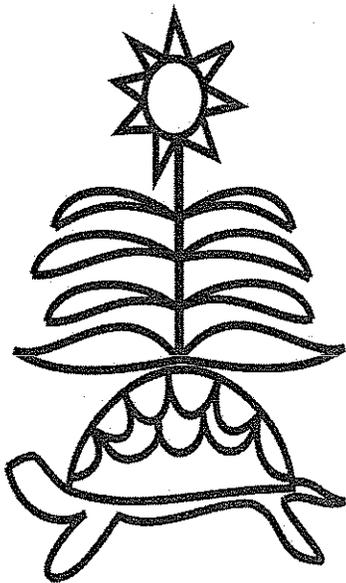
## ***Oneida Elder Services Native American Family Caregiver Information***

Oneida Elder Services would like to introduce the "Native American Family Caregiver Voucher/Stipend Program". It is designed to give established primary caregivers the opportunity to have a break from their caregiving responsibilities for up to 4 hours a month. It also provides an hourly stipend/wage to the relief caregiver. You may qualify for this program if you are a caregiver, recipient, or grandparent who is legally caring for their grandchild(ren), Native American, age 55+ and live within the reservation boundaries.



Please contact Barbara Silva/Native American Family Caregiver at (920) 869-2448 for details.

**\*\*Services are dependent on available funds\*\***



Please join us for our Alzheimer's & Native American Family Caregiver Support Group at:

Elder Services Complex – Pod A  
2907 S Overland Rd, Oneida WI 54155  
4<sup>th</sup> Wednesday of the Month  
1:30 PM – 3:30 PM

For more information, contact Barbara Silva/Native American Family Caregiver at (920)869-2448.



# TIMBERRATTLERS BASEBALL GAME

WHEN: TUESDAY, AUGUST 27th, 2013

WHERE: TIMBER RATTLERS STADIUM,  
APPLETON

WHAT: GAME – STARTS AT 12:00  
FOOD – PICNIC STYLE at 11:00  
Hamburgers, Brats and Hot Dogs  
Potato Salad, Beans, Chips, Cookie and Soda.

WHEN: Bus leaves at 10:30

COST: \$16.00 No Refund after July 19<sup>th</sup>.

Sign up in person at Senior Center Main Office

MONEY DUE AT TIME OF SIGN UP.

Dead line for sign up is July 19th by 4:00.

Only 15 tickets available. First come, First serve.

Only Elders 55 years and older and in good health are eligible to travel on this trip.  
(Those who are oxygen dependant, on medication that causes dizziness, disorientation, or  
those with high risk of heart attacks are ineligible to travel.)

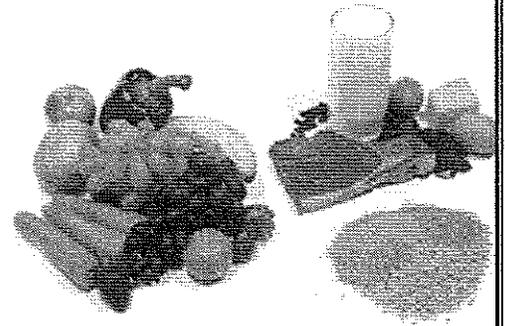
\*\*SORRY, NO MILWAUKEE BREWER GAME THIS YEAR\*\*

## **Nutrition Information**

contact: Loretta Mencheski – 920-869-1551

**Effective immediately:** to receive a bingo pass you must sign-up before the 10<sup>th</sup> of each month. Questions: Loretta Mencheski-Meal site Supervisor.

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**Volunteers Wanted:** The meal site is looking for volunteers, age 55 or older; services needed are assistance in the kitchen and delivering Meals on Wheels to homebound elders. If you would like to volunteer, call Loretta 920-869-1551, or you can stop by the meal site at 134 Riverdale Dr. Oneida, 54155.

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### **Attention All Participants of the Senior Center Meal Site:**

#### *Policies & Procedures Specific to the Older Americans Act – Funded Nutrition Program*

We are looking to manage costs and quality improvement to our meal site program. Effective October 1, 2008 the meal site will maintain a reservation system for participants who eat at the meal site. Participants who eat at the meal site are asked to call in the day before to reserve or to cancel their meal for the next day, week, or month before 4:00 pm. Any questions please

**\*No participant will be denied a meal\***

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### **Upcoming Nutrition Advisory Council Meetings**

- When: 3<sup>rd</sup> Friday of the Month
  - Time: 1:00 P.M.
  - Where: Oneida Senior Center Meal Site
- 

### **Attention All Participants of the Senior Center Meal Site:**

Effective June 17, 2013 the meal cost for ages under 55 will increase to \$8.00. We are asking all participants who plan on eating at the meal site to call in the day before to reserve their meal for the following day, week, or month. We also ask if you have reserved your meal and you cannot make it please call and cancel your reservation.

**To reserve or cancel your meals please call (920)-869-1551.**

## Elder Services Gift Shop

Located inside the Elder Services Complex at, 2907 South Overland Rd. Oneida, WI

Check out our shop! Meet our friendly elder employees. Buy gifts and crafts all handmade by Oneida elders.

Beadwork, jewelry, birdhouses, ribbon-shirts, coasters, t-shirts, hoodies and baskets  
fresh popcorn, soda and water

Regular operating hours: M-F: 8-12:00 P.M. and 12:30 – 4:30 P.M.

No consignment fees for Oneida elders, age 55 and older to display and sell your arts and crafts. Inquire in our store. For more information contact Barb Skenandore at (920) 869-2448.

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## ONEIDA ELDER APARTMENT WAITING LIST

Independent Living for Oneida Tribal Elders  
2907 S Overland Rd., Oneida, Wisconsin 54155  
1-920-869-2448, 1-800-867-1551  
Ask for Corinne Robelia-Zhuckkahosee

We would greatly appreciate it if you would call us:

- to update your contact information
- if you would like to be added to the list
- if you would like to be taken off the list
- to confirm your name and status on the list

When an apartment becomes available we will contact elders in the order they are on our list. **If we are unable to reach an elder because contact information is not valid - this elders name will be listed as inactive until contact information is updated.**

*Our mission is to assist our elders to maintain an independent, healthy, productive and quality lifestyle through love, caring and respect by the services we provide.*

*Volunteering makes a difference*

**Foster Grandparents and Senior Companions-**  
participate in various settings within our Tribal Communities

## **Share Today. Shape Tomorrow.**

***Foster Grandparents** provide an inter-generational exchange between Elders and youth. Elders serve as mentors and to youth at Tribal schools, Day care centers, Head start, After-school activity groups and youth centers.*



## **Make Independence a Reality.**

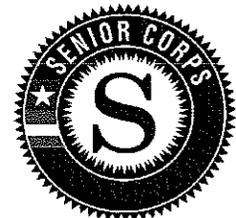


***Senior Companions** provide opportunities for healthy older adults to serve Elders who may be homebound, alone, and/or isolated without family support. Senior Companions may serve clients in tribal elderly housing, assisted living facilities and private homes.*

Come share with our community, enjoy life, help others and  
earn tax-free money!



Please call for an opportunity in your area:  
Angela Ortiz, Benefit Specialist  
(920) 869-2448



*You must be a least 55 years of age, complete a background check and meet  
Income guidelines to earn a stipend!*



## Paid Training Positions Available!!

Part-Time training positions for those over 55!!

- ◆ Criteria
- ◆ Must be 55 or older
- ◆ Must not exceed low-income guidelines
- ◆ Must reside in the state you work in
- ◆ Must not have worked in past 7 days

We are looking for elders to participate in this paid training program part-time 20 hours a week.

Interested call:

Erica Hawpetoss, MN/WI Job Developer

P. O. Box 910

Keshena, WI 54135

Phone: 715-799-5309

E-mail: [ehawpetoss@nicoa.org](mailto:ehawpetoss@nicoa.org)

OR

Oneida Elder Services

Kristine Hughes, Services Specialist

Phone: 920-869-2448 ~ Toll Free 800-867-1551

These positions are paid for and sponsored by National Indian Council on Aging. For more information on NICOA feel free to look at their website. [www.nicoa.org](http://www.nicoa.org)

# Maintenance

Justine Hill, Maintenance Supervisor

869-2448

## How to Stay Cool Without Air Conditioning: Five Simple Tricks

Sabrina Martin, [Yahoo! Contributor Network](#)

*It's hot out there and you don't have air conditioning. What can you do? You need some ways to stay cool.*

**#1.** Start out by making sure all the curtains are closed. If you have blinds on the windows, close them by flipping the slats up instead of down; this works to block out more sunlight and heat.

Keep unnecessary lights off. Lights produce heat and if you have lots of them on, your home can warm up quick. The same goes for TV's and computers, especially desktop computers with CRT monitors (the big boxy monitors). They produce a lot of heat, and if they're left on you're going to feel it.

**#2.** Avoid cooking with the oven as much as possible. This is especially the case during the day when it's the hottest outside. The oven puts off a tremendous amount of heat and can make your home even hotter. Try to prepare meals that don't require baking in the oven, or that you can prepare in the microwave. Another plus to this is that cold meals will help keep your body temperature down, while eating hot meals will make you even hotter.

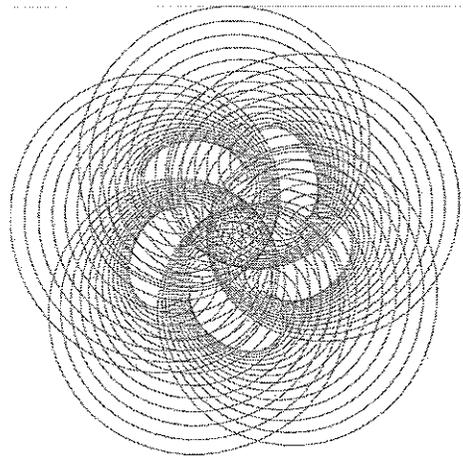
**#3** Avoid wearing tight clothing. Wear light fabrics such as cotton. It will allow your skin to breath and won't trap as much body heat, so you'll stay a lot cooler. Another thing you can do to keep cool is wear a damp bandana on your head. If you're at home and have nowhere

to go, this is an excellent way to stay cool if you don't have air conditioning.

**#4.** Avoid hot beverages such as coffee and tea. Try drinking iced coffee or ice tea instead. The main thing is to make sure you are getting plenty of fluids, especially water. Put ice in your drinks to keep them even colder. Cold beverages is another great and important way to keep your body temperature down, and stay cool.

**#5.** You can also use a freezer pack instead of a bag of ice, or if you do not have sandwich bags or a freezer pack, put the ice in a bowl and place it in front of the fan. This is a really good way to stay cool without air conditioning.

*As you can see you don't have to suffer in the heat just because you don't have air conditioning. With these suggestions, you'll stay cool all summer.*



# Sump Pump Problems... Augh!!

6 Common Sump Pump Problems and What to Do About Them by Basement Systems

Sump pump failure is the cause of many basement floods. Pumps can run non-stop or too often, regardless of the weather conditions or season. It may be a sign of a few different problems. Here are some you may run into:

- **Stuck Sump Pump Switches**

Sump pits should have a cover to prevent dirt and debris from getting in. The debris can cause the “float switch”, which causes the pump to turn on and off as the water level in the pit changes, to clog or jam. Sometimes the vibrations of the sump pump as it runs can cause it to begin to lean on the edge of the sump pit disabling the sump pump switch.

- **The Sump Pit is Too Small or Too Big**

Sometimes the sump pump is just not big enough to handle the job, so it keeps running to keep up. Or, the pump may be powerful enough, but the sump pit is small, and fills up so quickly that it triggers the sump pump to work more often than it should which could cause the pump to burn out.

- **The Check Valve is Missing or Broken**

Because the sump pump is installed below floor level, the discharge pipe goes up until it exits the basement above ground. The check valve, installed in the discharge pipe, prevents the water from coming back into the pit. A broken or missing check valve will cause water to flow right back into the sump pit.

- **Continually Flooding Sump Pit**

There could be a constant flow of water into the sump pit due to high water table or an underground spring. If the water table is too high, raising the sump pit a bit could help. Upgrading the system or adding an extra sump pump on another corner of the basement might help.

- **Power Loss**

If the pump stops working, check if it has power. Check the circuit breaker, it might have tripped and may just need to be reset. Storms that knock out the power and substantial rain can cause a basement flood. In the winter, the discharge pipe could freeze and clog the system that gets rid of the water being pumped.

If your sump pump is not running properly, contact us and we can find out the problem. Call us at 869-2448.

Justine Hill  
Maintenance Supervisor

## ELDER INCENTIVE PROGRAM CHANGE

Háo? twatya?tahni·láts  
Come on let's all strengthen our bodies

**Starting July 1, 2013**, there will be a change in the Elder Incentive Program. The change is if you win **once** in a quarter, you are not eligible to win again until the next quarter. For example, if you win in July, then you are not eligible to win again until the next quarter which starts in October. We are working to make the program fair to **all** participants. If you have any questions, please call Jennifer Jordan, Injury Prevention Coordinator at 869-4520.

Here's a listing of each quarter:

2013:

July, August, September  
October, November, December

2014:

January, February, March  
April, May, June  
July, August, September

Yawáko to all Elders who participate in the Elder  
Incentive Program!!!

*You are invited to ....*

**2 Community Discussions about:  
July 8<sup>th</sup> and July 29<sup>th</sup> GTC meetings  
General Tribal Council Preparation Discussions  
Discussions for Elders:**

**Tuesday, July 2<sup>nd</sup>, 2013 (Prepare for July 8<sup>th</sup> GTC)  
Monday, July 22<sup>nd</sup>, 2013 (Prepare for July 29<sup>th</sup> GTC)  
11 am—12:30 pm—Elder's Meal Site**

These discussions will focus on July 8<sup>th</sup> and July 29<sup>th</sup> GTC agenda items that will come before the General Tribal Council.

Tribal members, including elders can attend any of the sessions to ask questions and give comment.

**Community Discussion Dates (Everyone welcome):**

**Prepare for July 8<sup>th</sup> GTC**

**Tuesday, July 2<sup>nd</sup>** 6—8:30 pm—Norbert Hill Ctr.—2nd floor  
(Video conference with SEOTS)

**Friday, July 5<sup>th</sup>** 10 am to Noon - Ridgeview Plaza—Suite 4

**Prepare for July 29<sup>th</sup> GTC**

**Thursday, July 18<sup>th</sup>** 6—8:30 pm—Norbert Hill Ctr.—2nd floor  
(Video conference with SEOTS)

**Thursday, July 25<sup>th</sup>** 10 am to Noon - Ridgeview Plaza—Suite 4

**For more information contact: Tribal Member Information Services @  
869-4458 or 869-4281**

## How To Prepare Yourself, Your Family and Your Workplace for Tornadoes, power outages, thunderstorms and flooding.

Storms can develop quickly. Do you know the best way to get emergency alerts and warnings? If you have a disability that affects your communication, identify the best ways for you to access emergency information in advance. What television stations in your area offer live captioning? Can you sign up for text, email, or telephone alerts through your municipality? Keep phones and communication devices charged, and always have a backup way of learning about emergencies. Some options for alerts and warnings are listed below

- Television stations with live captioning
- Emergency Weather Radio (some can support strobe lights, bed shakers and text readouts)
- Wireless Emergency Alerts – If you are in an area where the alerts are available and have a cell phone that is equipped to receive them, you may automatically receive a text message when an emergency alert is issued. See the [FEMA IPAWS website](#) for more information.
- Smartphone applications – Many smartphone apps will provide text and audio weather alerts. You can set the locations and types of alerts you would like to receive.
- Social Media – If social media is accessible for you, look for local emergency management agencies and news stations that also use social media to broadcast alerts and warnings. Save these organizations to your ‘favorites’ or begin ‘following’ them in advance.
- Local warning systems – Many localities have emergency alert services that will provide alert information to you in a format of your choice. Most locations can send messages to email addresses, mobile phones (text or voice), landline phones, TTYs and Braille readers. Contact your local emergency management agency to learn what options may be available in your community.
- Community organizations- Some community organizations may translate alerts and warnings into American Sign Language Videos or formats that can be accessed via Braille readers (visit the [DeafLink website](#) for one example). Others may offer email services or visual alerts to those at their facilities (see the [Gallaudet University website](#) for one example).
- Support network- Talk to trusted friends, family and neighbors and create a plan to notify each other of emergency information.

### **Jessica Mitchell,**

Lead Disability Integration Advisor

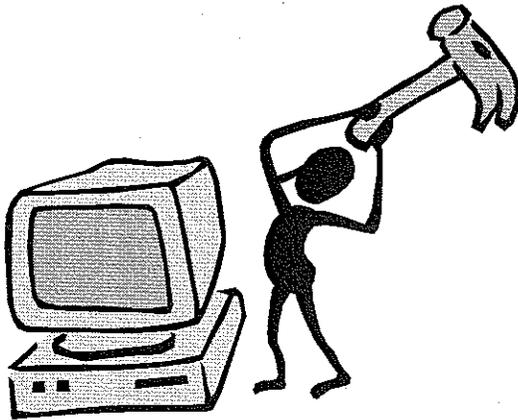
Federal Emergency Management Agency (FEMA)

312-576-2624 (cell)

[Jessica.mitchell@fema.dhs.gov](mailto:Jessica.mitchell@fema.dhs.gov)

[www.ready.gov](http://www.ready.gov)

## FRUSTRATED WITH YOUR COMPUTER?



Before doing this with your computer, let the Oneida Nation Community Education Center help!!

The ONCEC would like to offer specialized courses **FOR ELDERS ONLY**, but they need to know what you want to learn.

If you would like to learn about the following subjects (or have something else to suggest), please take a moment to fill out and return this questionnaire to Elder Services or the ONCEC before July 31<sup>st</sup>. They will use what you submit to develop specialized courses just for you starting in October!

- E-mail
- Facebook
- Internet content exclusive to Oneida Tribal Members
- Internet Searching
- Skype
- Tablets
- Typing (Keyboarding)
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_

If you are not sure what some of these topics are, that is OK!  
Feel free to contact the ONCEC at 496-5260 and ask for Nathan or Lynn or stop in and talk to them!

**TO ALL THE KIDS WHO  
WERE BORN IN THE  
1930's 40's, 50's, 60's and 70's !!**

**First, we survived being born to mothers who smoked and/or drank while they carried us.**

**They took aspirin, ate blue cheese dressing, tuna from a can, and didn't get tested for diabetes.**

**Then after that trauma, our baby cribs were covered with bright colored lead-based paints.**

**We had no childproof lids on medicine bottles, doors or cabinets and when we rode our bikes, we had no helmets, not to mention, the risks we took hitchhiking.**

**As children, we would ride in cars with no seat belts or air bags. Even stand up in the back seat and balance ourselves while they made sharp turns.**

**Riding in the back of a pick up on a warm day was always a special treat.**

**We drank water from the garden hose and NOT from a bottle.**

**We shared one soft drink with four friends, from one bottle and NO ONE actually died from this.**

**We ate cupcakes, white bread, warm oven bread and real butter and drank soda pop with sugar in it, but we weren't overweight because.....**

**WE WERE ALWAYS OUTSIDE PLAYING!!**

**We would leave home in the morning and play all day, as long as we were back when the streetlights came on or the sun went down.**

**No one was able to reach us all day. And we were O.K.**

**We would spend hours building our go-carts out of scraps and then ride down the hill, only to find out we forgot the brakes. After running into the bushes a few times, we learned to solve the problem.**

**We did not have Playstations, Nintendo's, X-boxes, no video games at all, no 100 channels on cable, no video tape movies, no surround sound, no cell phones, no personal computers, no Internet or Internetchatrooms....**

**WE HAD FRIENDS and we went outside and found them!**

**We fell out of trees, got cut, broke bones and teeth and there were no lawsuits from these accidents. We didn't have to take a pile of pills either.**

**We ate worms and mud pies made from dirt, and the worms did not live in us forever.**

**We were given BB guns for our 10th birthdays, made up games with sticks and tennis balls and although we were told it would happen, we did not poke out very many eyes. Some might of cried a lot. But we bounced back.**

**We rode bikes or WALKED miles to a friend's house and knocked on the door or rang the bell, or just yelled for them!**

**Little League had tryouts and not everyone made the team. Those who didn't had to learn to deal with disappointment. Imagine that!!**

**The idea of a parent bailing us out if we broke the law was unheard of. They actually sided with the law! " Let em sit, they'll learn"**

**This generation has produced some of the best risk-takers, problem solvers and inventors ever! ! And YOU are one of them!**

**The past 50 years have been an explosion of innovation and new ideas.**

**We had freedom, failure, success and responsibility, and we learned**

**HOW TO DEAL WITH IT ALL**

**CONGRATULATIONS!**

**You might want to share this with others who have had the luck to grow up as kids, before the lawyers and the government regulated our lives for our own good.**

**And while you are at it, forward it to your kids and grandchildren so they will know how brave their parents were. How tough you were.**

**Kind of makes you want to run through the house with scissors, doesn't it?!**

## Red, White and Blueberry Muffins

[www.bettycrocker.com](http://www.bettycrocker.com)

### Ingredients

1 box Betty Crocker® wild blueberry  
muffin mix  
3/4 cup milk  
1/4 cup vegetable oil  
2 eggs  
3/4 cup dried cranberries  
1/3 cup powdered sugar  
1 to 1 1/2 teaspoons milk  
1/8 teaspoon orange extract or vanilla



STEP 1 - Heat oven to 425°F. Place paper baking cup in each of 12 regular-size muffin cups, or grease bottoms only of muffin cups.

STEP 2 - Drain blueberries (from muffin mix); rinse and set aside. In medium bowl, stir muffin mix, milk, oil, eggs and cranberries just until blended. Gently stir in blueberries. Divide batter among muffin cups (each about three-fourths full).

STEP 3 - Bake 17 to 22 minutes or until golden brown and tops spring back when lightly touched. Cool 3 to 4 minutes; remove from pan. Stir together powdered sugar, milk and orange extract until thin enough to drizzle. Drizzle glaze over muffins.