



Aging Office of Western Nebraska

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Suite 122
Scottsbluff, NE 69361

Fall Edition

From the Director ~ Cheryl Brunz

I think that this is the hottest summer that we have experienced for years. Hello fall! Cooler temperatures, the beautiful colors of the falling leaves, and of course my favorite holiday Thanksgiving. Because of COVID-19 this year we all need to be thankful for some of the normalcy that still survives. This month I would like to have safety precautions for seniors during the pandemic by Melissa Andrews is the Content Marketing strategist for Paradise Living Centers in Phoenix Arizona.

The Covid-19 pandemic disrupted lives all over the world. Many had to drastically adjust their way of living and adapt to the new normal, particularly when the quarantine period started. The changes are especially challenging for seniors because they belong to the most susceptible population: those with a higher risk of getting the virus.

According to The Centers for Disease Control and Prevention (CDC), seniors aged 65 and older who are immunocompromised or with pre-existing conditions such as severe heart ailments, diabetes, asthma, and chronic lung disease should take and be given extra care. The same thing applies to elderly family members living in care facilities and nursing homes, and those receiving assisted living care.

Identify and pay attention to risks.

While most seniors, particularly those in care and living facilities, are just staying home, it is still vital to understand the risk factors for your elderly loved one and the community he belongs to. For example, if he lives in an area with a high number of Covid-19 infections, that's already a red flag.

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Sudoku No. 1

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

Sudoku No. 2

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

Senior Center Locations

Alliance 308-762-8774	Hemingford 308-635-0851
Banner Co. Sch. 308-436-5262	Kimball 308-235-4505
Bayard 308-586-1966	Lewellen Tiger Den 308-778-0102
Bridgeport 308-262-1868	Mitchell 308-623-1145
Chadron 308-432-2734	Morrill 308-247-3323
Chappell 308-874-2954	Oshkosh 308-772-3400
Crawford 308-665-1515	Rushville 308-327-2061
Gering 308-436-3233	Scottsbluff 308-436-3233
Gordon 308-282-2939	Sidney 308-254-4835
Harrison 308-668-2261	
Hay Springs 308-638-4534	

Handy-Bus Contacts

Box Butte Co.	308-762-3596
Cheyenne Co. Sidney	308-254-7070
Chadron	308-432-0520
Crawford	308-665-1256
Kimball Co.	308-235-0262
Panhandle Trails	308-761-8747
Scotts Bluff Co.	308-436-6688
Sheridan Co.	308-360-3504



Recipe 1—Banana Bread Scones From Samantha Seneviratne

Ingredients

1 extra-large, extra-ripe banana, mashed (1/2 cup)
1/3 cup heavy cream, plus more for brushing
1 large egg, lightly beaten
1 teaspoon pure vanilla extract
2 cups all-purpose flour
1/3 cup packed dark brown sugar
2 1/2 teaspoons baking powder
1/2 teaspoon kosher salt
1/2 cup (1 stick) cold unsalted butter, cut into roughly 1/2-inch pieces
2 1/4 ounces semisweet chocolate, chopped (1/2 cup)
1 1/4 ounces hazelnuts, toasted, skinned, and finely chopped (about 1/4 cup)
Sanding sugar for sprinkling (or turbinado or granulated)

Directions

1: Heat the oven to 425°F.

2: In a small bowl, whisk together the banana, cream, egg, and vanilla. In a large bowl, whisk together the flour, brown sugar, baking powder, and salt. Cut in the butter with a pastry blender, or 2 knives used like scissors, until the mixture resembles coarse meal with some larger pieces. (You can use your fingers if you work fast enough that the butter stays cold.) Toss in the chopped chocolate and hazelnuts.

3: Drizzle in the banana mixture and stir with a fork until the mixture is crumbly and moistened, but stop before you've mixed it into a uniform batter. Tip out the mixture onto a parchment-lined baking sheet and pat it into a craggy, 6-inch circle. Using a sharp knife or a bench scraper, cut the circle into 8 equal triangles. (At this point, you could freeze the triangles well-wrapped on their sheet for another day. Bake them from frozen.) Spread the triangles a good couple inches apart and brush the tops with the cream. Sprinkle with sanding sugar.

4: Bake until the scones are golden brown and set, about 18 to 22 minutes. A toothpick inserted into the center of a scone should come out clean. Transfer the baking sheet to a wire rack to cool slightly. Serve warm or room temperature. Scones are best the day they're made, but any leftovers can be frozen (or stale ones can be split in half and toasted in butter in a skillet to revive them).

Elder Access Line

Any Nebraskan aged 60 and older regardless of income, race or ethnicity is able to receive help with questions on topics like bankruptcy, homestead exemptions, bill collections, power of attorney, Medicare, Medicaid, grandparent rights and Section 8 housing. Legal Aid of Nebraska operates the Elder Access Line through a free telephone access line.

The statewide Elder Access Line is 1-800-527-7249

HELP FEED A HUNGRY SENIOR



Please help end “Hungry Senior Citizens” by making your donation to your local Senior Center or to the Aging Office of Western Nebraska

LAUGH TIL YOUR HEARTS CONTENT WITH JONNAE

**WOULDN'T IT BE SO
GREAT IF WE COULD
PUT "OURSELVES"
IN THE DRYER
FOR 10 MINUTES AND
COME OUT WRINKLE FREE...
AND THREE
SIZES SMALLER!**



From the Director ~ Cheryl Brunz—Continued

It is safer to keep your loved one at home, away from all the risks in such cases - no unnecessary trips, such as dining in restaurants or walking in the park. If your senior family member is in a living facility or nursing home, ensure that the place is safe and protected from all risk factors.

Follow CDC guidelines.

It's essential to take CDC guidelines seriously. To make sure that your loved one – and his caregiver are constantly reminded, you can post this list somewhere in the house or room:

- Stay home.
- Practice physical/social distancing. When around people, especially those you do not know, make sure you are at least six feet away from them.
- Avoid touching your face, mouth, and eyes.
- Wash your hands with soap and clean water as often as you can. Scrub them well for at least 20 seconds. Sing the Happy Birthday song while washing (it's 20 seconds long!).
- If water and soap are not available, use alcohol with 70% isopropyl content. You can also use hand sanitizer but be sure it has 60% alcohol.
- Disinfect all items that come from outside and those that you frequently touch.
- When you cough or sneeze in public or around other people, do so into a tissue or on the inside part of your elbow. Do not use your hands.
- If it is essential to go out, wear a face mask.
- Do not travel.

Regular exercise is vital.

Exercise is essential regardless of whether there's a pandemic or not. Staying physically active is vital, especially for seniors. Exercise helps develop their strength and lessen risks to accidents and injuries and protects against diseases like osteoporosis. Working out also boosts a person's immune system.

(Continued on page 12)

Hidden Pictures Winners

Were you a Hidden Picture Winner in the last edition of our newsletter? These folks were!!

Anita Hoard—Alliance, Sheri Ragland—Bayard, Betty Ruter—Bridgeport,
Jean Trowbridge—Crawford, Glen Johns—Gering, Bill Bailey—Gordon,
Carroll Schnurr—Harrison, Joelle Johnson—Mitchell, Edna Dudden, Morrill,
Betty Castaneda—Scottsbluff,

October 2020 ~ What's for Lunch?

Monday	Tuesday	Wednesday	Thursday	Friday	
Meals are subject to change			1 Chipper Fish Mac & Cheese Salad Bread Milk Dessert	2 Turkey Burger Potatoes Salad Bread Milk Dessert	
	5 BBQ Meatballs Potatoes Vegetable Bread Milk Dessert	6 Chicken Rice Casserole Vegetable Jello Bread Milk Dessert	7 Egg Sausage Bake Potato Vegetable Bread Milk / Juice Dessert	8 Chicken Fried Steak Potato Vegetable Bread Milk Dessert	
	12 Tuna Noodle Casserole Salad Vegetable Bread Milk Dessert	13 Salisbury Steak With Gravy Potato Vegetable Bread Milk Dessert	14 Cooks Choice Bread Milk Dessert	15 Baked Ham Potato Vegetable Bread Milk Dessert	16 Liver and Onions Or Alternate Potato Vegetable Bread Milk Dessert
	19 Breaded Pork Cutlet Potato Vegetables Bread Milk Dessert	20 Sweet and Sour Chicken Rice Vegetable Bread Milk Dessert	21 Pot Roast Potato Vegetable Bread Milk Dessert	22 Meat and Cheese Pizza Salad Bread Milk Dessert	23 Oven Fried Chicken Potato Jello Bread Milk Dessert
	26 Meat Loaf Salad Vegetable Bread Milk Dessert	27 Chicken and Noodles over Potato Fruit & Veg. Bread Milk Dessert	28 Pulled Pork Sandwich Salad Baked Beans Bread Milk Dessert	29 Baked Fish Filet Potato Vegetable Bread Milk Dessert	30 Chicken Strips Potato Vegetable Bread Milk Dessert

Let's Talk About It

Do you have a passion for caring for older adults and the elderly? Do you love hearing the stories they have to tell through their decades of their life experiences? Would you love to be able to assist them in their daily activities to give them the opportunity to spend the rest of their days in their home?

The Aging Office of Nebraska is looking for caring individuals who would love to help provide for this population. Let's give back to those that took care of us while we were once young!

Please, call the Aging Office of Western Nebraska to learn more about these fabulous opportunities and let's talk about it!

No experience is necessary.

And as always, if you have a topic you would like shared, don't hesitate to reach out to me. You may remain anonymous.

Email or write to me at AnneMarie.Lauderdale@aown.org or 1517 Broadway, Suite #122, Scottsbluff NE, 69341

"You may remain anonymous!"

ACROSS

- 1. Beloved TV star
- 7. Give approval
- 9. Tic-tac-toe victory
- 10. "See ya!"
- 11. Fee, fi, ____, fum
- 12. Part 1 of an observation by 1 Across (three words)
- 14. Part 2 (three words)
- 18. Baltimore's favorite bird
- 20. Right away
- 24. Part 3 (four words)
- 26. Part 4 (two words)
- 31. You and I
- 32. Layer
- 33. Presidential nickname
- 35. Bygone love
- 36. Part 5 (three words)

DOWN

- 1. Bills home
- 2. In the direction of
- 3. Child's delight
- 4. ___-hoo!
- 5. Lady Byng Memorial Trophy sport
- 6. Catch some rays
- 7. Olive ___
- 8. Shade of green
- 10. Neuwirth of *Cheers*
- 13. Hagar the Horrible's daughter
- 15. Oklahoma's second-largest city
- 16. Prize money
- 17. Fragment
- 19. "Go, team!"

- 21. Slangy denial
- 22. Healthy breakfast
- 23. Overexert oneself
- 24. Traditional church donation
- 25. Paradise
- 27. Bad spell
- 28. Seek political office
- 29. Clamor
- 30. Hit the slopes
- 34. *The Wizard of Oz* aunt

1		2	3	4		5		6			7	8	
		9								10			
11			12										
		13											
14				15				16			17		
18	19							20			21		22
							23						
24		25											
26	27			28					29	30		31	
32									33		34		
35			36										

SENIOR MARRIAGE

There were two elderly people living in a Florida mobile home park. He was a widower and she a widow. They had known one another for a number of years.

One evening there was a community supper in the big activity center. The two were at the same table, across from one another. As the meal went on, he made a few admiring glances at her and finally gathered his courage to ask her, "Will you marry me?"

After about six seconds of 'careful consideration,' she answered. "Yes. Yes, I will."

The meal ended and, with a few more pleasant exchanges, they went to their respective places. The next morning, he was troubled. "Did she say 'yes' or did she say 'no'?" He couldn't remember. Try as he would, he just could not recall. Not even a faint memory. With trepidation, he went to the telephone and called her. First, he explained that he didn't remember as well as he used to. Then he reviewed the lovely evening past.

As he gained a little more courage, he inquired, "When I asked if you would marry me, did you say 'Yes' or did you say 'No'?" (Continued on page 19)

November 2020 ~ What's for Lunch?

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Cooks Choice</p> <p>Bread Milk Dessert</p>	<p>3 Chili W/ meat And Beans Salad Jello Bread Milk Dessert</p>	<p>4 Pork Loin Potato Vegetable Bread Milk Dessert</p>	<p>5 Chicken Supreme Rice Vegetable Bread Milk Dessert</p>	<p>6 Spaghetti w/ meat Sauce Vegetable Jello Bread Milk Dessert</p>
<p>9 Turkey Tetrzzini Salad Vegetable Bread Milk Dessert</p>	<p>10 Smothered Steak w/ onions Potato Vegetable Bread Milk Dessert</p>	<p>11 Pork Chop w/ Mushroom Gravy Potato Vegetable Bread Milk Dessert</p>	<p>12 Crispy Baked Chicken Potato Salad Bread Milk Dessert</p>	<p>13 Parmesan Baked Fish Potato Vegetable Bread Milk Dessert</p>
<p>16 Breaded Pork Cutlet Potato Vegetable Juice Bread Milk / Juice Dessert</p>	<p>17 Vegetable Soup Tuna melt Potato Bread Milk Dessert</p>	<p>18 Turkey and Dressing Potato Vegetable Bread Milk Dessert</p>	<p>19 Egg Sausage Bake Potatoes Fruit Bread Milk Dessert</p>	<p>20 Hamburger Steak w/ mush Gravy Potato Vegetable Bread Milk Dessert</p>
<p>23 Chicken Fried Chicken Potato Vegetable Bread Milk Dessert</p>	<p>24 Beef Stroganoff Noodle Vegetable Bread Milk Dessert</p>	<p>25 Ham and Beans Jello Bread Milk Dessert</p>	<p>26 Closed for Thanksgiving</p>	<p>27 Cooks Choice</p> <p>Bread Milk Dessert</p>
<p>30 Hamburger w/ Trimmings Potato Salad Baked Beans Bread Milk Dessert</p>				<p>Meals are subject to change</p>

Continuation : Directors Letter

It does not have to be heavy or difficult exercises; low-impact ones will do. What's important is the frequency of the activity. The more regular the workout, the better it will be for your loved one.

A proper diet is important, as well.

Aside from regular exercise, strictly following a proper diet is also essential. Seniors need all the nutrients they can get, so preparing healthy meals should be a priority. If you're not sure what to give your elderly loved one, ask your healthcare worker for suggestions. These meals usually include vegetables, protein, fruits, and dairy.

Be strict with the safety rules for your home/your senior family member's home.

If it is necessary to allow visitors to your or your senior loved one's home, strictly implement safety rules. Refuse entry to anyone who does not follow your guidelines. Standard home safety protocols include disinfecting before entering the house, removing shoes, wearing a face mask, washing hands, and social distancing. If possible, ask guests to go straight to the bathroom to wash up and put on clean clothes.

Avail of virtual or online, delivery, or drive-thru services.

Embrace the new normal and avail of the advantages provided by technology. Instead of bringing your senior family member to the doctor's clinic for his regular check-up, go for video conferencing. Many doctors offer online consultations to patients.

When buying food or groceries, use drive-thru and delivery services. These alternatives are safer and prevent your senior loved one and the rest of the family members from Covid-19 risks

Finally, take care of your loved one's emotional and mental health.

Staying home for months can affect anyone's emotional and mental health. While some people are quite comfortable with this, some find it difficult to cope with the isolation.

For seniors and the elderly under assisted care, their caregivers and healthcare workers can provide the companionship they need. For those who are stuck at home, alone, the circumstances are different.

You can help your loved one by regularly talking to him, even if it's just over the phone or through video conferencing apps. If you live in the same house, find time to do activities together, such as watching movies, telling stories, reading, and other fun stuff that do not require you to go out.

Talk to your healthcare worker for more suggestions on what to do.

Cheryl Brunz, Executive Director

I leave you this month with this funny:

A 100-year-old woman was being interviewed by a journalist.

"What's the best thing about being a hundred?" he asked.

"No peer pressure," came the reply.

"When I was a boy,
the Dead Sea was
only sick."

**George Burns

“Insomnia sharpens your math skills because you spend all night calculating how much sleep you’ll get if you’re able to ‘fall asleep right now.’”

—Anonymous

“I walk around like everything’s fine, but deep down, inside my shoe, my sock is sliding off.”

—Anonymous

“Truth hurts. Maybe not as much as jumping on a bicycle with a seat missing, but it hurts.”

—Lt. Frank Drebin (Leslie Nielsen), *Naked Gun 2½: The Smell of Fear*



for seniors...

If you can't afford a doctor,
go to an airport - you'll get a
free x-ray and a breast exam,
and; if you mention Al Qaeda,
you'll get a free colonoscopy.

December 2020 ~ What's for Lunch?

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Minestrone Soup Turkey Cheese Rollup Cottage cheese Bread Milk Dessert	2 Oven Fried Chicken Potato Vegetable Bread Milk Dessert	3 Breaded Pork Chop Potato Vegetable Bread Milk / Juice Dessert	4 Battered Fish Rice Salad Bread Milk Dessert
7 BBQ Chicken Potato Salad Baked Beans Bread Milk Dessert	8 Meatballs w/ Gravy Potato Vegetable Bread Milk Dessert	9 Ham Salad Sandwich Potato Soup Vegetable Bread Milk Dessert	10 Battered Fish Rice Vegetable Bread Milk Dessert	11 Breaded Pork Chop Bread Stuffing Vegetable Bread Milk Dessert
14 Beef Stew w/ meat and Vegetable Salad Bread Milk Dessert	15 Rope Sausage Sauerkraut Vegetable Bread Milk Dessert	16 Baked Ham Potatoes Vegetable Bread Milk Dessert	17 Cooks Choice Bread Milk Dessert	18 Beef Enchiladas Refried Beans Spanish Rice Vegetable Bread Milk / Juice Dessert
21 Swedish Meatballs Noodles Vegetable Bread Milk Dessert	22 Chicken and Rice Jello Vegetable Bread Milk Dessert	23 Egg Sausage Baked Potato Vegetable Bread Milk / Juice Dessert	24 Chicken Fried Steak Potato Vegetable Bread Milk Dessert	25 Closed for Christmas
28 Chicken Cacciatore Rice Vegetables Bread Milk Dessert	29 Pork Roast Potato Vegetable Bread Milk Dessert	30 Beef Macaroni Casserole Jello Vegetables Bread Milk Dessert	31 Chicken Salad Sandwich Potato Bacon Soup Salad Bread Milk Dessert	Meals are subject to change

Sudoku No. 1—Answer

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

Sudoku No. 2—Answer

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

Comics

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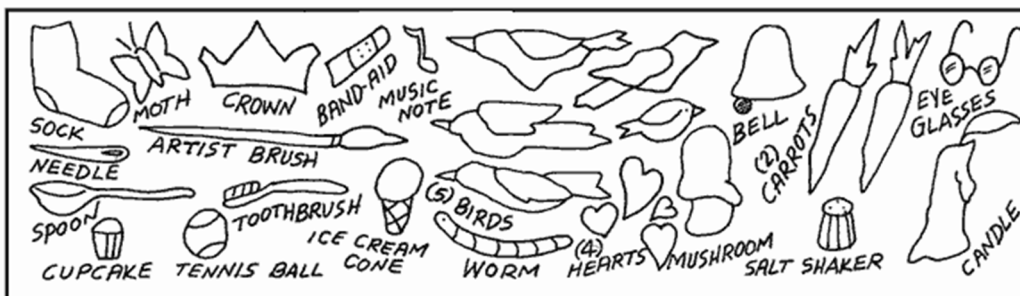


"The walleectomy is noninvasive, Sims. We just electronically remove money from your bank account."

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"I need the technology to tell me which political candidate will offer me the lowest tax rate."



The first person aged 60 and older to find the Salt Shaker in the hidden picture and call our office to tell us where they are in the picture will receive one free meal at the Senior Center of your choosing. Aging Office of Western Nebraska 308-635-0851

Recipe—Fresh Fruit Chiffon Pie

Printed from Cooks.com <https://cooks.com/a85g8692>

1 (9 inch) graham cracker pie shell

1 (3 oz.) box Jello gelatin dessert

1 (8 oz.) container non-dairy whipped topping

Fresh fruit in season: Strawberries, raspberries, etc.

Do not add fresh or frozen pineapple or kiwi fruit as Jello will not set.

Pick gelatin flavor to match your fruit. In large bowl, dissolve gelatin in 1 cup boiling water. Add 1/2 cup cold water. Chill until gelatin is like thick syrup.

Beat in whipped toping, saving some for garnish if desired. Add about 1 cup fruit cut into small pieces. No need to cut up raspberries. Stir until blended.

Turn into pie shell. Chill until firm. Garnish with extra topping and fruit if desired.

Make lemon or lime without fruit in it and garnish with lemon or lime twists

Answer to Crossword

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

(SENIOR MARRAGE CONT.) He was delighted to hear her say, “Why, I said, ‘Yes, yes I will’ and I meant it with all my heart.” Then she continued, “I am so glad that you called because I couldn’t remember who had asked me.”

SENIOR’S LAMENT

A few days ago I was tooling along through a neighborhood on my wheelchair when I noticed a young boy sitting on the retaining wall in front of his house, crying as if his heart was breaking.

I pulled alongside the youngster and asked, “Son, what’s the matter? Why are you crying so?”

“I’m... cry... crying ’cause I can’t do what my 20-year-old brother does,” he said.

So I sat there and cried with him.

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“Sims, I give you a free office, computer, tech support, health coverage. What’s this about you wanting a salary, too?”

amazonsmile
You shop. Amazon gives.

The Aging Office of Western Nebraska is now registered as a participating charity for AmazonSmile! If you already shop on Amazon (even if you don't yet!), this is a simple way to help fund our mission. Simply go to www.smile.amazon.com in your internet browser and choose Aging Office of Western Nebraska as your charity of choice. We will automatically receive a 5% donation of all eligible purchases. Thank you!

Aging Office of Western Nebraska
1517 Broadway Suite 122
Scottsbluff, NE 69361

POSTAGE
INFO HERE

RETURN SERVICE REQUESTED

VISIT US ON THE WEB!

AOWN.org OR facebook

Aging Office of Western Nebraska Governing Board

Sharon Sandberg— Banner County
Susanna Batterman — Morrill County
Webb Johnson — Dawes County
Hal Downer — Sioux County

Larry Engstrom — Kimball County
Phil Sanders — Cheyenne County
Loren Paul — Sheridan County
Terry Krauter - Garden County

Doug Hashman — Box Butte County
Ken Meyer — Scotts Bluff County
William Klingman — Deuel County



Dates to Remember

Columbus Day—Oct 12th
Halloween—Oct 30th
Daylight Savings Ends—Nov 1st
Election Day—Nov 3rd
Armistice Day—Nov 11th
Veterans Day—Nov 11th
Thanksgiving Day—Nov 26th
Pearl Harbor Day—Dec 7th
Christmas Eve—Dec 24th
Christmas Day—Dec 25th
New Year's Eve—Dec 31st