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1973-2023



**The Monthly**



**Hoot**

**JUNE  
NEWSLETTER**

**2023**

**SULLIVAN COUNTY OFFICE FOR THE AGING  
100 NORTH STREET, PO BOX 5012  
MONTICELLO, NY 12701**

**TO:**

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**FLAG DAY**

Source: History.com

In the American Revolution in 1775, colonists weren't fighting united under a single flag. Most regiments in the war for independence against the British fought under their own flags. In June of 1775, the Second Continental Congress met in Philadelphia to create the Continental Army, a unified colonial fighting force with hopes of a more organized battle against its colonial oppressors. This led to the creation of the first "American" flag, the Continental Colors.

13 red and white alternating stripes and a Union Jack in the corner was similar to the British flag. George Washington realized that flying a flag slightly close to the British flag was not a great confidence-builder for the revolutionary effort, so he turned towards creating a new symbol of freedom for the emerging nation.

On June 14, 1777, the Second Continental Congress took a break from writing the Articles of Confederation and passed a resolution stating that "the flag of the United States be 13 stripes, alternate red and white," and "the union be 13 stars, white in a blue field, representing a new constellation."

In 1916, President Woodrow Wilson marked the anniversary by officially establishing June 14 as Flag Day.

**SULLIVAN COUNTY OFFICE FOR THE AGING**

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# In The Know...

## National Safety Month

Keep your environment safe and free from any danger. Identifying safety risks around the home, at work and in your community protects everyone. Whether increasing first aid and emergency awareness through drills or providing water safety tips for summer recreation, we're taking steps to provide a safer neighborhood. Things that can be done to increase safety awareness are:

- Report repairs as they are needed
- Conduct drills at home to help everyone know what to do in the event of a fire, medical event or natural disaster
- Participate in community emergency preparedness events
- Update your first aid kit
- Take a CPR class
- Teach someone to change a tire properly and safely
- Learn about proper storage and disposal of medications
- Take a defensive driving course
- Learn how to identify fall hazards at home
- Test your fire alarms
- Practice self-defense

Nationaldaycalendar.com

## "Eat Healthy Be Active"

**\*\*Nutrition Workshops (No Cost 4-Part Series)**

"Enjoy Healthy Food Choices that Taste Great" "Quick, Healthy Meals & Snacks" "Eating Healthy on a Budget" & "Making Healthy Eating Part of Your Lifestyle"

**Livingston Manor Congregate Meal Site**

Wednesdays in June: **6/7, 6/14, 6/21, & 6/28**

**11:30 am**

Reinforcement items will be provided ☺

Provided by NY State Office for the Aging

Sullivan County Office for the Aging

Join us for any 1 or all 4!!!!

Questions? Call us:

(845) 807-0244



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06-5379

## Nutrition News

Sonia Grant is a graduate of Lehman College and New York University. She has been a Registered Dietitian for the past 30 years working at various places in the greater New York. Some of the places she worked are: North Central Bronx Hospital as a Clinical Dietitian, East Haven Nursing Home where she was the Food Service Manager and Clinical Dietitian. God's Love We Deliver - a Home delivered meal program where she was the senior nutritionist on staff. She then worked at Heritage Health and Housing where she managed the meal program for people who were in transition back into society after serving time in jail. She currently works with Caring Therapy Services of New York. At Caring Therapy, she coordinates with the life coaches to implement the appropriate nutrition recommendations for consumers. She will be working with the Sullivan County Senior Meal program to ensure that the consumers receive wholesome meals that will help them maintain good health. We welcome Miss Grant to the team here at Sullivan County Senior Meal Program.




## How To Stretch Your Food Dollar

### Supermarket Tips:

- Make a list and stick to it. Do this in your kitchen while planning meals, so you will know what items you need.
- Look for coupons for items that you need. Compare brands. Other brands maybe on sale and cheaper even without a coupon.
- Don't buy something that you don't need just because you have a coupon.
- Try store or generic brands. Often big brand companies make these, so they generally taste the same but cost less.
- Choose fewer "convenience" foods that cost more. Convenience foods include frozen meals, cut up vegetables, and sauces. You can make these yourself at a much lower cost.
- Buy large bags of frozen vegetables or fruits on sale. You can use what you need and then reseal and save the rest for up to three months. Bags are easier to reseal than boxes.
- Take advantage of large family packages of meats. They too can be split up and frozen in smaller packages.
- Buy fresh fruit in season when it is less expensive. Use farmer's markets to find fresh produce at reasonable prices.
- Look for canned (in natural juices or light syrup) or frozen fruit on sale.
- Higher and lower shelves tend to have bargains. More expensive items are placed at eye level where we are more likely to see them.
- Displays on the end of the aisles are not always bargains. Tempting impulse buys are usually placed near the checkout lanes.
- Use food labels as you shop. Remember that information on food labels can help you find foods that match your needs, provide the facts for comparison-shopping, and help you get the most nutrition for your food dollar.
- Compare prices using unit pricing on supermarket shelves. To make comparisons easier, especially for similar foods in different size containers, prices are given as cost per unit, rather than price per package or container. The unit might be an ounce, a quart, or some other measurement. If the foods themselves and the units being compared are the same, the best values are the lowest price per unit.
- Check the expiration date on sale items. Expiration dates that fall within the following week are still safe to buy if used immediately.

Some Supermarket Staples: Bread, Eggs, Sugar, Cheese, Margarine, Milk, Condiments (ketchup, mustard, mayonnaise, salsa, etc.), Spices (salt, pepper, garlic, basil, oregano, all-spice, cinnamon), Non-stick cooking spray, Cooking oil (canola and/or olive), Pasta, Vegetables and fruits - see suggestions on produce, Purchase canned kidney, black, pinto, or great northern beans, tomatoes, and tomato sauce for easy meal preparation.

# SHOPPING BUS SCHEDULE AND JUNE MENU 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Two Congregate Sites are open! Please call 24 hrs in advance for reservations at (845) 807-0254. Transportation available. Lunch at 12:00pm. Livingston Manor Site- Wednesday / Mamakating Site-Monday &amp; Wednesday Menu subject to change.</b>			1) <b>ROUTE 5</b>	2) Macaroni & Cheese Stewed Tomatoes Cauliflower Whole Wheat Bread Peaches
5) Turkey Sandwich Lettuce & Tomato Whole Wheat Bread Potato Salad Cole Slaw Pears	6) <b>ROUTE 1</b>	7) Chicken Cacciatore Spaghetti Mixed Vegetables Italian Bread Mandarin Oranges	8) <b>ROUTE 2</b>	9) Cheeseburger on a Bun Oven Roasted Potatoes Corn Fresh Orange
12) Roast Pork Loin Gravy Sweet Potatoes Green Beans Rye Bread Applesauce	13) <b>ROUTE 3</b>	14) Stuffed Shells Side Salad Broccoli Italian Bread Fruit Cocktail 	15) <b>ROUTE 4</b>	16) Tuna Salad Lettuce & Tomatoes Macaroni Salad 3 Bean Salad Whole Wheat Bread Fresh Apple
19) Breaded Fish Tartar Sauce Baked Potato Diced Carrots Dinner Rolls (2) Mandarin Oranges	20) <b>ROUTE 5</b>	21) Sausage Sandwich Peppers & Onions Baked Beans Hoagie Roll Diced Pears	22) <b>ROUTE 1</b>	23) Cheese Tortellini w/Sauce Peas Dinner Rolls (2) Peaches
26) Chicken Tenders (3) Oven Roasted Potatoes Cauliflower Side Salad Dinner Rolls (2) Fruit Cocktail	27) <b>ROUTE 2</b>	28) Hot Dog on a Roll Baked Beans Mixed Vegetables Applesauce	29) <b>ROUTE 3</b>	30) Ham & Cheese Sandwich Lettuce & Tomato Pasta Salad 3 Bean Salad Wheat Bread Banana

## Route 1: June 6<sup>th</sup>, June 22<sup>nd</sup>

**A. Town of Fallsburg**- Woodridge, Mountindale & South Fallsburg.

**B. Town of Rockland**- Livingston Manor & Roscoe.

## Route 2: June 8<sup>th</sup>, June 27<sup>th</sup>

**A. Highland Area**- Narrowsburg, Eldred, Barryville, Glen Spey, etc. \* and some surrounding areas, not all areas included

**B. Town of Thompson**- All of Monticello, Mongaup Valley

## Route 3: June 13<sup>th</sup>, June 29<sup>th</sup>

**A. Town of Bethel**-Smallwood, Cocheton, Bethel Senior Housing and White Lake.

**B. Town of Neversink** -Neversink, Grahamsville, Foxcroft Village.

## Route 4: June 15<sup>th</sup>

**A. Town of Liberty**- Liberty – Golden Park, Barkley Gardens & White Sulphur Springs

**B. Town of Mamakating**- Summitville, Wurtsboro & Bloomingburg.

## Route 5: June 1<sup>st</sup>, June 15<sup>th</sup>

**A. Town of Delaware**- Fremont, Callicoon, Hankins, Jeffersonville, etc.

**B. Liberty Village & Fallsburg**- Liberty Village Apts., Hurleyville, Loch Sheldrake & Kiamesha Lake.



# Elder Abuse

## Types of Abuse:

Physical abuse- inflicting physical pain or injury.

Sexual abuse- touching, fondling, intercourse or any other sexual activity, when the older adult is unable to understand, unwilling to consent, threatened or physically forced.

Emotional abuse- verbal assaults, threats of abuse, harassment or intimidation.

Confinement- restraining or isolating, other than for medical reasons.

Passive neglect- a caregiver's failure to provide life's necessities, including but not limited to, food, clothing, shelter or medical care.

Willful deprivation- denying medication, medical care, shelter, food, a therapeutic device or other physical assistance and exposing that person to the risk of physical, mental or emotional harm—except when the older competent adult has expressed a desire to go without such care.

Financial exploitation- the misuse or withholding of resources by another.

**\*If an older adult is in immediate, life-threatening danger, call 911.**

Elders who have been abused have a 300% higher risk of death when compared to those who have not been mistreated. While likely under-reported, estimates of elder financial abuse and fraud costs to older Americans range from \$2.6 billion to \$36.5 billion annually. Financial exploitation is self-reported at rates higher than emotional, physical and sexual abuse or neglect.

Warning signs of elder abuse are:

- Physical abuse, neglect, or mistreatment: Bruises, pressure marks, broken bones, abrasions, burns
- Emotional abuse: Unexplained withdrawal from normal activities; a sudden change in alertness or unusual depression; strained or tense relationships; frequent arguments between the caregiver and older adult
- Financial abuse: Sudden changes in financial situations
- Neglect: Bedsores, unattended medical needs, poor hygiene, unusual weight loss
- Verbal or emotional abuse: Belittling, threats or other uses of power and control by individuals

If an older adult is in immediate, life-threatening danger, call 911. Anyone who suspects that an older adult is being mistreated should contact a local Adult Protective Services office, Long-Term Care Ombudsman or police. Educating seniors, professionals, caregivers and the public on abuse is critical to prevention. If you're an older adult, you can stay safe by:

Taking care of your health.

Seeking professional help for drug, alcohol and depression concerns and urging family members to get help for these problems.

Attending support groups for spouses and learning about domestic violence services.

Planning for your own future. With a power of attorney or a living will, you can address health care decisions now to avoid confusion and family problems later. Seek independent advice from someone you trust before signing any documents.

Staying active in the community and connected with friends and family. This will decrease social isolation, which has been connected to elder abuse.

Posting and opening your own mail.

Not giving personal information over the phone.

Using direct deposit for all checks.

Having your own phone.

Reviewing your will periodically.

Knowing your rights. If you engage the services of a paid or family caregiver, you have the right to voice your preferences and concerns. If you live in a nursing home, call your Long Term Care Ombudsman. The ombudsman is your advocate and has the power to intervene.

## CONCERNED ABOUT THE MISTREATMENT OF AN OLDER ADULT?

### Elder Abuse Helpline for Concerned Persons



Support and assistance for family, friends, neighbors in the lives of mistreated older adults



Concerned Persons live anywhere in the world



The mistreated older adult they care about lives in New York State



# 844-746-6905

In an emergency call 911

1 in 10  
older adults are mistreated in the U.S.

73M  
adults have had personal knowledge of a victim

44M  
became involved in helping



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The Elder Abuse Helpline for Concerned Persons is made possible with a grant to the New York City Elder Abuse Center, Weill Cornell Medicine, from the New York State Office of Victim Services. Funded by New York State Office for Victim Services, Grant No. 2018-VA-GX-0047, Office for Victims of Crime, Office of Justice Programs, U.S. Department of Justice. This material does not necessarily reflect the opinion of the funder.

Elder Abuse Helpline for Concerned Persons | 844-746-6905 | [www.nyceac.org](http://www.nyceac.org)

## More Information

### National Migraine And Headache Awareness Month

Source: [Nationaldaycalendar.com](http://Nationaldaycalendar.com)

A debilitating condition that affects 1 in 7 Americans. Migraines and headaches wreak havoc on a sufferer's daily life. While a migraine is a headache, a headache isn't always a migraine. Headaches cause pain in the neck, sinuses, face and head. Migraines cause debilitating pain, visual disturbances or both. They can last for hours or days and are often chronic. Without relief, migraines can cause other symptoms such as nausea, vomiting, muscle weakness and can also lead to depression. Migraines come in many forms.

#### Migraine with Aura (Complicated Migraine)

About a quarter of migraine sufferers experience an aura before or during a migraine. An aura comes in several forms and can impact vision, touch, speech and even smell. Many consider their auras to be a warning sign that a migraine is imminent.

#### Migraine without Aura (Common Migraine)

Most migraine sufferers experience migraines without aura. This type of migraine is often accompanied by severe pain along one side of the head, light and sound sensitivity. These migraines don't come with an aura and no warning that one is imminent.

#### Hemiplegic Migraine

A Hemiplegic migraine is rare and doesn't always include pain when it does, its severity and other symptoms compare with stroke symptoms. They are sudden, severe and cause weakness on one side of the body. Like other migraines, it can last for hours or weeks.

#### Retinal Migraine

A migraine that causes temporary vision loss is a retinal migraine. While the symptoms may not last, it's important to see a specialist if you suffer from this kind of migraine.

#### Chronic Migraine

Sufferers usually experience migraine pain more than 15 days a month.

#### Cluster Headaches

Affecting approximately 1 million Americans, cluster headaches are often seasonal, include pain around the eyes, temples and radiates toward the neck. This type of headache impacts fewer people, however, they are severe and occur in clusters.

Migraine requires a diagnosis by a physician. Treatments are available for migraines, it can take time to find one that works for you. Migraine sufferers often face stigma. Nearly everyone has had a headache, a migraine is a different type of pain. Combined with variable duration and symptoms, migraines are more than "just a headache." Missing work or events due to migraine adds to the stress of the condition.

Encourages education, research and improved treatments. If you suffer from migraines, discover more about treatments or track your triggers. Triggers might include food, sleep habits, or dehydration but there are many other migraine triggers.

## Pride Month

Source: [Today.com](http://Today.com)

June is when the world's LGBT communities come together and celebrate the freedom to be themselves. Pride gatherings are rooted in the difficult history of minority groups who have struggled for decades to overcome prejudice and be accepted for who they are. It was originally chosen to pay tribute to the Stonewall uprising in June 1969 in New York City, which helped spark the modern gay rights movement. Pride events are for anyone who feels like their sexual identity falls outside of normal – many straight people join in, too.

LGBT is an abbreviation for lesbian, gay, bisexual and transgender and is sometimes extended to LGBTQ, or even LGBTQIA, include queer, intersex and asexual groups. Queer is an umbrella term for non-straight people; intersex refers to those whose sex is not clearly defined because of genetic, hormonal or biological differences and asexual describes those who don't experience sexual attraction. These terms also include gender fluid people or those whose gender identity shifts over time or depending on the situation.

In the early hours of June 28, 1969, police raided the Stonewall Inn, a gay bar in New York's Greenwich Village and began dragging customers outside. Tensions quickly escalated as patrons resisted arrest and a growing crowd of bystanders threw bottles and coins at the officers. New York's gay community, fed up after years of harassment by authorities, erupted in neighborhood riots that went on for three days.

The uprising became an incitement for an emerging gay rights movement as organizations such as the Gay Liberation Front and the Gay Activists Alliance were formed, mimicked the civil rights movement and the women's rights movement. Members held protests, met with political leaders and interrupted public meetings to hold those leaders accountable. A year after the Stonewall riots, the nation's first Gay Pride marches were held.

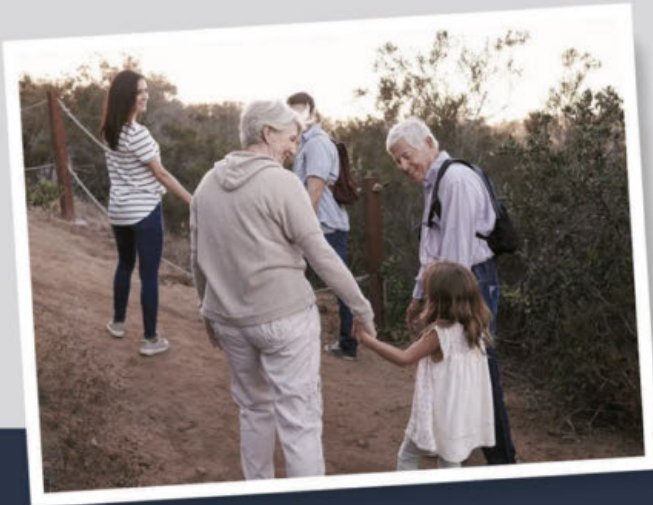
In 2016 the area around the Stonewall Inn, still a popular nightspot today, was designated a national monument. It's credited to Brenda Howard, a bisexual New York activist nicknamed the "Mother of Pride," who organized the first Pride parade to commemorate the one-year anniversary of the Stonewall uprising.

In 1978, artist and designer Gilbert Baker was commissioned by San Francisco city supervisor Harvey Milk – one of the first openly gay elected officials in the US – to make a flag for the city's upcoming Pride celebrations. Baker, a prominent gay rights activist, gave a nod to the stripes of the American flag but drew inspiration from the rainbow to reflect the many groups within the gay community. A subset of flags represent other sexualities on the spectrum, such as bisexual, pansexual and asexual.





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## In The Know...

### ALZHEIMER'S ASSOCIATION

#### 10 Warning Signs of Alzheimer's Disease



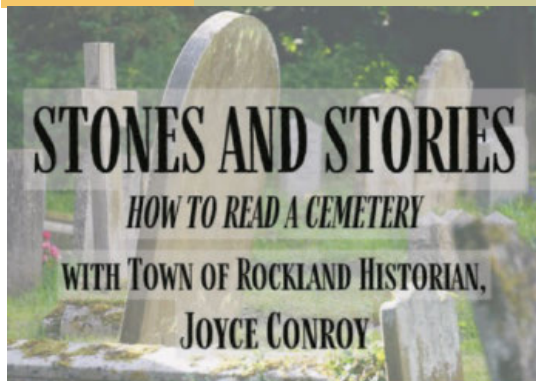
Learn about 10 common warning signs and what to watch for in yourself and others, typical age-related changes, how to approach someone about memory concerns, early detection, the benefits of a diagnosis, the diagnostic process and Alzheimer's Association resources.

2pm on Wednesday, June 28th  
Cornell Cooperative Extension  
64 Ferndale Loomis Road, Liberty  
or via Zoom

To register for the program, contact the Alzheimer's Association at 800-272-3900 or email Nicolette Pezzullo at [npezzullo@alz.org](mailto:npezzullo@alz.org)



**Cornell Cooperative Extension**  
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## STONES AND STORIES

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## Alzheimer's and Brain Awareness Month

Did you know that June is Alzheimer's and Brain Awareness Month? It's a month to honor people living with Alzheimer's disease and other dementias and their caregivers, to use your brain, and to raise awareness of this disease for others.

Today, there are more than 6 million Americans living with Alzheimer's. As the size of the U.S. population age 65 and older continues to grow, so too will the number of Americans with Alzheimer's or other dementias. By 2050, the number of seniors aged 65 and older with Alzheimer's is projected to double to nearly 13 million. Although there are no current medications to cure Alzheimer's, there are two recently approved treatments by the U.S. Food and Drug Administration (FDA) that have been shown to slow down the progression of the disease when taken in the early stages of Alzheimer's.

During Alzheimer's & Brain Awareness Month, the Alzheimer's Association would like to encourage you to take action in a few different ways!

We encourage individuals who are experiencing cognitive issues to schedule an appointment with their doctor. An early diagnosis of Alzheimer's provides a range of benefits, including access to new treatments, emotional and social benefits, and the benefit of time to plan for the future and identify your choices for legal, financial, and care decisions.

Share your story! Wear purple, the color of the Alzheimer's movement, take a photo, and be a part of our gallery by sharing your photo on Instagram or Twitter using the hashtag #ENDALZ. Follow us at @alzassociation to stay tuned in to all the ways you can take action in June.

Use your brain! Attend our "Alzheimer's Research Update" hybrid in-person and Zoom program led by Meg Boyce, Research Champion and Vice President of Programs & Services for the Alzheimer's Association's Hudson Valley Chapter. This program, hosted by Cornell Cooperative Extension of Sullivan County, and the Sullivan County Office for Aging, will be Tuesday, June 6<sup>th</sup> at 2:00pm at Cornell Cooperative Extension, 64 Ferndale Rd., Liberty. You can register by calling 800-272-3900.

Get active and raise funds for Alzheimer's on The Longest Day. The day with the most light is the day we fight! On June 21<sup>st</sup>, the summer solstice, people all over the world fight the darkness of Alzheimer's through a fundraising activity of their choice. You can participate at home, online, or in person, and we have plenty of ideas to engage your family and friends. Call us at 800-272-3900, or visit us at [alz.org/tld](http://alz.org/tld).

We are here for you. To learn more about Alzheimer's or other related dementias, the benefits of early diagnosis, and resources that can help, visit [alz.org](http://alz.org) or call the Alzheimer's Association's 24/7 Helpline at 800.272.3900.

# Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

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

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DIFFICULTY: ★☆☆☆☆

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

- |           |             |            |             |           |
|-----------|-------------|------------|-------------|-----------|
| CROW      | KESTREL     | ROBIN      | WOODPECKER  | CRANE     |
| SPARROW   | HUMMINGBIRD | FALCON     | LOON        | BLACKBIRD |
| WARBLER   | ORIOLE      | THRUSH     | MOCKINGBIRD | HAWK      |
| SANDPIPER | EAGLE       | BANANAQUIT | PIGEON      | CONDOR    |
| SWALLOW   | OWL         | GOOSE      | KINGFISHER  | EGRET     |
| WREN      | FINCH       | TERN       | VULTURE     |           |
| MAGPIE    | CUCKOO      | CHICKADEE  | GULL        |           |
| PARAKEET  | BLUETHROAT  | GRACKLE    | BOBOLINK    |           |

## WORD SCRAMBLE

Can you unscramble these words?

1. RECA \_\_\_\_\_
2. THHAEL \_\_\_\_\_
3. TNPRYA \_\_\_\_\_
4. TYCNOU \_\_\_\_\_
5. ASEYTF \_\_\_\_\_
6. ALLEG \_\_\_\_\_
7. PRERSAI \_\_\_\_\_

## TRIVIA

How many pairs of fathers and sons served as President of the United States?

## RIDDLES

1. What can you put in a bucket to make it weigh less?
2. What tastes better than it smells?
3. Two fathers and two sons are in a car, yet there are only three people in the car. How?

## BRAINTEASER

A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it?

Answers on Page 12





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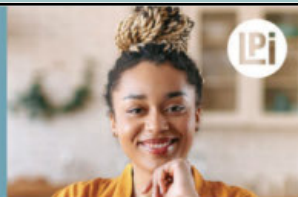
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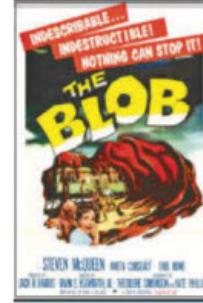
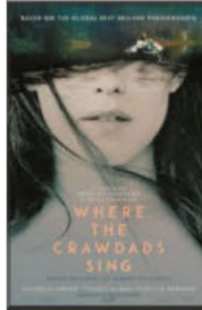
# Senior Cinema

Enjoy movie magic at the Hurleyville Performing Arts Centre! Only \$5 per ticket includes a great movie and a coffee & cake social. **Sign up now!**

- June 8 - The Italian Job
- July 13 - Where the Crawdads Sing
- August 10 - West Side Story
- September 14 - 80 for Brady
- October 12 - The Blob
- November 9 - Coda
- December 14 - Miracle on 34th Street

*Held on the 2nd Thursday of every month. Movies start at 2pm and will be followed by a coffee/tea and cake social. Over before 5pm.*

**The Film Selections Are Subject To Change.**



**Here's how to register:**

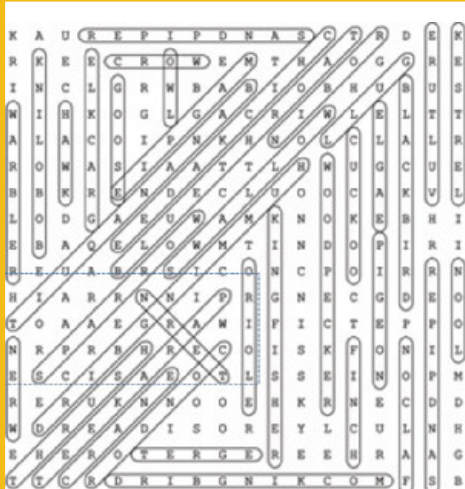
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There will be limited tickets available for purchase in-person at the HPAC Box Office or online at [www.hurleyvilleartscentre.org](http://www.hurleyvilleartscentre.org)



Senior Cinema is a partnership between the Hurleyville Performing Arts Centre, Sullivan county Human Rights Commission, and the Sullivan County Senior Alliance, with support from New York State Council on the Arts.

## Answer Key



### Answer to Sudoku

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

**WORD SCRAMBLE:** 1. CARE 2. HEALTH 3. PANTRY 4. COUNTY 5. SAFETY 6. LEGAL 7. REPAIRS

**TRIVIA:** TWO- The Adamses (John Adams (1797-1801) and John Quincy Adams (1825-1829) and the Bushes (George H.W. Bush (1989-1993) and George W. Bush (2001-2009)).

**Riddles:** 1. A hole 2. Your tongue 3. They are grandfather, father, and son.

**BRAINTEASER:** The river was frozen