



The

Senior Informer

Volume 18

Issue 1/2

JANUARY/FEBRUARY 2021

ABINGTON COUNCIL
ON AGING

441 Summer Street, Abington, MA 02351
781-982-2145

Website:
ABINGTONSENIORCENTER.COM
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sdjusberg@abingtonma.gov
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9AM to Noon Fri.

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—SNAP Benefit for Face
Masks (see p.3)

—Circuit Breaker Tax Credit
(see p.4)

—Griffins Farm (see p.4)

—Pickle Ball (see p.4)

—Lunch Menu (see p.5)

—Outreach by Amy (see p.6)

—Puzzles (see p.6)

ACTIVITIES— CENTER CLOSED TO THE PUBLIC. STAFF IS AVAILABLE BY APPOINTMENT ONLY.

Blood Pressure Screening
Chair Yoga Class
Cribbage, Exercise Room
CrisFit Balance/Aerobics
Hearing Tests
Knitting & Crocheting Group
Pickleball, Quilting Class
Senior Lunches, Tues. & Friday
Tai Chi, Zumba
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*Life is a gift,
don't waste it—Fortune
Cookie*

A FAREWELL TO POLICE CHIEF DAVID MAJENSKI FROM THE ABINGTON SENIOR CENTER

As most of you may know at this point in time, Police Chief David Majenski is officially retired from the Abington Police Department. We wish to recognize and acknowledge his kindness and interest in the lives and well being of seniors in Abington.

Chief Majenski has made regular visits to the Senior Center at either the Tuesday or Thursday luncheon, which are usually well attended (pre Covid). Sometimes he came alone and other times with the Town Manager or another officer he wanted to introduce.

David would go table by table, asking questions that concern seniors and their livelihood, warning of possible "senior" scams. The Chief never ignored a question or concern. In many instances he brought department promotional items, such as mugs, hand totes, hats, stuffed animals, and other inventory from the Abington Police Department. He was always spreading goodwill.

By way of background, David Majenski advanced through the ranks at the Abington Police Department and, for the last 16 years, has served as the Chief of Police. Before joining Abington, he worked for the Plymouth County Bureau of Criminal Investigation as an Identification Officer. He holds a Bachelor's Degree in Criminal Justice from Westfield State University, a Master's Degree in Public Administration from Suffolk University, and has attended thousands of hours of specialized training in both police science and management.

Police Chief David Majenski was raised in Abington so he's familiar with the town, its people and environs. He started his police career as a patrolman, then rose through the ranks to Sergeant, Deputy Chief, and eventually was appointed Chief in 2004. His background included working for the Bureau of Criminal Investigation and attending the FBI Academy. He also holds degrees in Criminal Justice and Psychology.

Chief Majenski, we will miss you and wish you health and happiness in the future.



BOOK RECOMMENDATION

WHO IS ALEX TREBEK? —by Lisa Rogak
Biography—Copyright 2020



After a contestant wrote, “We love you, Alex!” as his Final Jeopardy! answer; fans around the world quickly chimed in to pro-

claim their own love and support for beloved *Jeopardy!* host Alex Trebek In the wake of his devastating cancer diagnosis, the moment provided the perfect opportunity to reflect on what the show—and the man—meant to them.

It was no surprise because millions of devoted viewers have long considered Alex Trebek to be a part of their daily lives, ever since he began hosting the show in 1984. Best selling biographer Lisa Rogak gives readers a look at Trebek’s early life, his career, and his personal life throughout the years. There are many surprises, such as the fact that Trebek was almost fifty when he discovered that he had a half-brother, as well as the fact that for a short time he actually dreamed of becoming a priest. The native Canadian also struggled with depression after the failure of his first marriage, and for years afterward he despaired of ever having a family of his own, until he met the woman who would become his second wife and soulmate.

Who is Alex Trebek? is the first biography of the much-loved game show host, and as such, celebrates the man who has created a remarkable legacy that will live on in popular culture for generations to come. Alex and his wife Jean eventually had two children, Matt and Emily, both now grown and college graduates with degrees in Philosophy and Environmental Design & Architecture. —Alex Trebek 1940-2020.

Preparations are being made for a pop-up food pantry at the Senior Center. Donations of non-perishable food and personal care items will be gratefully accepted. Drop off donations at the Abington Senior Center Monday –Thursday 9AM—2PM.



Informer NEWS DEADLINE

Place in Newsletter inbox by 7th of previous month (i.e., 7th of February for the March 2020 issue). E-mail- foasnewsletterteam@yahoo.com.

SENIOR TRANSPORTATION—Call 781-982-2145
(24 Hour Advance Notice REQUIRED)

Council on Aging Van is door-to-door service to medical appointments, and other needs, \$3 round trip - suggested donation. Call the COA at 781-982-2145 to book rides in advance. **Dial-A-BAT** vehicles travel a bit further out, to Brockton and the Bridgewater between 9:30 and 4:30 and to Boston Wed. & Fri. BAT rides must be booked thru the COA. Fees vary. Door-to-door-pay driver. **Wednesday Morning Shopping Van. Seating limited!** We will pick you up starting at 9:15 or shortly after. Cost for round trip is \$3.00.

SENIOR NUTRITION—Call 781-982-2145

Meals on Wheels delivered to homebound Seniors, lunchtime Mon-Fri, \$3.00 per meal. Our wonderful volunteers deliver nutritious meals right to your kitchen table. Although anyone can apply for this service, approval must be given by the recipient’s doctor. In winter months, when there is inclement weather and there is no school that day, there will be no prepared meals delivered.

Senior Lunches: GRAB & GO, Call 24 hours in advance—Tuesdays and Fridays, 11:30 pickup—cost \$3.00 each. Pick up at kitchen/back door. Please drive around building.

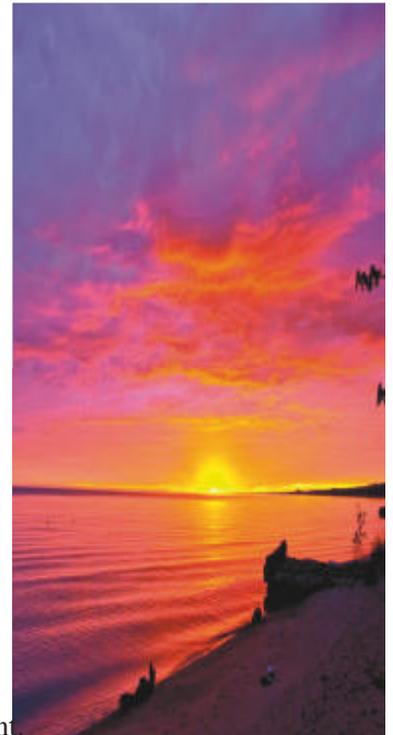
MEDICAL EQUIPMENT

Wheelchairs, walkers, and other medical equipment are available at the Senior Center. Call 781-982-2145 for availability.

POETRY CORNER

I’ll tell you how the Sun rose –

*I’ll tell you how the Sun rose –
 A Ribbon at a time –
 The Steeples swam in Amethyst –
 The news, like Squirrels, ran –
 The Hills untied their Bonnets –
 The Bobolinks – begun –
 Then I said softly to myself –
 “That must have been the Sun”!
 But how he set – I know not –
 There seemed a purple stile
 That little Yellow boys and girls
 Were climbing all the while –
 Till when they reached the other
 side –
 A Dominie in Gray –
 Put gently up the evening Bars –
 And led the flock away .
 —Emily Dickinson • 1830-1886*



THINGS TO REMEMBER

1. The past cannot be changed.
2. Everyone’s journey is different.
3. Overthinking will lead to sadness.
4. Happiness is found within.
5. Kindness is free.
6. You only fail if you quit.
7. What goes around, comes around.
8. Smiles are contagious.

FRIENDS OF ABINGTON SENIORS, INC. MEMBERSHIP & DONATIONS

The Friends of Abington Seniors, Inc. would like to thank both past and present members for their support and contributions. **JUNE 2020 started a new membership year good until JUNE 2021. Please make checks payable to: "Friends of Abington Seniors, Inc." and mail to P.O. Box 2035, Abington, MA 02351**
Many thanks to families selecting "Friends of Abington Seniors" for memorial gifts.

Friends of Abington Seniors Membership for 2020-2021: \$7.00 per person or \$100 for lifetime membership.
 Please send donations to this address: P.O. Box 2035, Abington, MA 02351

Name _____

Address _____

In Memory Of _____

Send Acknowledgement to _____

THE BIRTHDAY GIFT THAT KEEPS ON GIVING

Do you have a birthday coming? Can't think of anything you want or need?
 Suggest a donation in your name to the **Friends of Abington Seniors, Inc.**

- Memberships:** Carol Joubert Berneice Conway Marion Tisdale Elena Swain Barbara Tower
 Pat & Dick McKenna Valerie & Barry Barry
- Lifetime Member:** Mary Kelly
- Donations:** Berneice Conway
- In Memory of:** Peggy Whalen Ellie Hutcheons Rita Estey by Marion Tisdale

Special thanks to everyone who contributed in any way to the Friends of Abington Seniors.

JANUARY / FEBRUARY RECIPES



Polish Potato Pancakes

(latkes) They are a simple dish of a Polish peasant cuisine. At times of poverty, potato pancakes became a good alternative to bread. A flourishing Jewish community strengthened these culinary traditions with some pancakes known as latkes.

Latkes are shredded (large hole)

Polish pancakes are grated (next smaller hole on grater plus a small hole to mix in the onion). Drain off potato juice in bowl by squeezing.

2 large russet potatoes, 1 half of small onion, 1 egg, 1 Tblsp. flour 1/2 tspn. salt, 1/4 tspn. pepper, 1/4 cup veg. oil for frying
 —Grate potatoes and onion into bowl, drain off potato juice by squeezing, add egg, flour, salt and pepper, mix well

Heat 2 Tblsp. of oil in med/high heat frypan, place 1/4 cup portions of batter 3-5 minutes/side (turn once) or until golden brown. Drain on paper towel lined sheet pan. Keep warm in 200 degree oven while cooking more batches and adding oil as needed. Serve with apple sauce or sour cream

Grab 'N Go meals are available on Tuesdays and Fridays. Cost is \$3.00. A 24-hour advance reservation is required. Meals may be picked up at the kitchen door in the back of the center. Please drive around building. Pick up times are 11:30—12:30. During Lent, Friday meals will consist of seafood or other meatless selections.

Polish Coffee Cake

Cake ingredients: 1/2 cup shortening, 1 cup sugar, 2 eggs, 1 tsp. vanilla, 2 cups sifted flour, 1/2 tsp salt, 1 tsp baking soda, 1 tsp baking powder, 1 cup sour cream

Filling: Mix together and set aside: 1/2 cup sugar, 1 tsp cinnamon, 1/2 cup chopped walnuts

—Fill bottom of pan with half of cake mix. Sprinkle half of filling and repeat with remainder of cake mix and filling. Bake at 350 for 45 minutes.

—Kathy Dunbar, Lorraine Leventuk
Taste for All Seasons

TIPS TO HELP WITH AN ANXIETY ATTACK
Look around you and find *five* things you can see, *four* things you can touch, *three* things you can hear, *two* things you can smell and *one* thing you can taste. This is called *grounding*. It can help when you feel like you have lost all control of your surroundings.

SNAP BENEFIT UPDATE

Thanks to the advocacy of the Mass Senior Action Council, the Department of Transitional Assistance has agreed that the cost of face masks can now be claimed for SNAP medical expense deduction to boost your monthly SNAP benefit. Application assistance is available at the COA by appointment. Ask for Amy 781-982-2145 X2.



GRIFFIN DAIRY FARM – Carolyn Bates

During the difficult 2020 year, the Griffin Dairy Farm Committee we was pleased to be able to keep the trails, the Community Gardens, the Little Free Library, benches, and tables open to all. In early December the Cub Scouts, with their parents, held a delightful contest at the Pattison St. area. The boys had made sling shots and used them to fire tennis balls at a target out in the field. We thank Ann Reilly for all of her work and invaluable assistance during her years on the committee and wish her well going forward. We look at 2021 as a busy year. Continuing old projects and beginning new ones. As usual, please do come and enjoy the open space and fresh air!

After a long month of January we are now looking to February for some nice days of a bit warmer weather. However, the trails have been much used – some snow shoe tracks are visible here and there. Beginning back in October Mother Nature began replenishing ground water, through rain and snow. Boots are definitely a necessity, both along the trails and across the wet fields. If you look closely you may see a plant shoot poking its head up. As always, a reminder to watch for patches of ice under foot, while perhaps also looking up to catch a bird on the wing. Peace and beauty surround us! Happy February!



PICKLEBALL NEWS —Ann Reilly

Happy New Year to one and all! Wishing and hoping the new year brings us many blessings, hugs, and seeing family and friends again.

The Pickleball courts will remain open throughout the winter for all the Abington Pickleball Association members to enjoy when the weather allows!

Many non-members have asked where they can take lessons through the winter. Check out the Weymouth Club, Ellison (Hanover) YMCA, or Starland in Hanover. Abington Pickleball will be accepting new members in April but lessons are suggested before you join.

Stay safe, wear your masks, socially distance, and stay healthy!

Congratulations to the new Abington Board of Directors for the Abington Pickleball Association. —Ann Reilly

CIRCUIT BREAKER TAX CREDIT

Many seniors qualify for the Circuit Breaker Tax Credit on your state Income Tax Return. This credit is for homeowners and for people who rent. Renters qualify for this if 25% of your rental payments exceeds 10% of your gross annual income. Homeowners qualify if you have paid more than 10% of your gross annual income for your real estate taxes. Talk to your tax advisor for more information on this tax credit.

VIRTUAL HAPPENINGS

Did you know that you can experience all kinds of wonderful places even in the middle of a pandemic? You can get away to far-away places, explore the cultural archives of wonderful exhibits, or maybe even listen to music that will soothe your soul. All of this and more is awaiting you virtually. Take a look at the enclosed link and enjoy!

<https://mcoonline.com/virtual-programs/arts-cultural-travel/>



Three Ways to Avoid COVID-19 Vaccine Scams

While vaccination details are getting worked out, here's what you can be sure of:

You can't pay to put your name on a list to get the vaccine. That's a scam.

You can't pay to get early access to the vaccine. That's a scam. Nobody legit will call about the vaccine and ask for your Social Security, bank account, or credit card number. That's a scam.

Ignore any vaccine offers that say different, or ask for personal or financial information.

Learn more at ftc.gov/coronavirus/scams

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JANUARY/FEBRUARY 2021 MEALS

JANUARY ALMANAC

1/1 New Year's Day
 1/3 New Moon
 1/17 Benjamin Franklin's B-day.
 1/18 Martin Luther King Day
 1/20 **Inauguration Day**
 1/24 Change A Pet's Life Day
 1/28 Full Wolf Moon
 1/30 Raccoons mate now

FEBRUARY ALAMANAC

2/2- Groundhog Day
 2/11- New Moon
 2/12- Lincoln's Birthday
 2/12- Chinese New Year
 2/14- Valentine's Day
 2/15- President's Day
 2/17- Ash Wednesday
 2/22- Washington's Birthday
 2/27- Full Snow Moon

COMING IN FEBRUARY!!

During Lent (February 24th thru March 3rd), the Senior Center will be offering home cooked fish meals for our seniors. These meals will of course include potatoes, veggies and dessert, all for the cost of \$3.00 per person. The meals will continue to be on a "Grab & Go" basis due to Covid guidelines. The meals will be ready at 11:30 a.m. If interested, or if you have any questions, please call to order at 781-982-2145.



JANUARY MENU

TUESDAYS:

1/12: Shepherds Pie
 w/roll and dessert

1/19: Pork Loin
 w/potato and vegetable

1/26: Country Fried Chicken
 w/mashed potato and dessert

FEBRUARY MENU

2/2: Chicken Caesar Wrap, Chips

2/9: American Chop Suey

2/16: Chicken, Broccoli, Ziti

2/23: Chicken Parmesan, Ziti

FRIDAYS:

1/15: Ham
 w/hash and French toast

1/22: Baked Chicken
 w/rice, vegetable, and dessert

1/29: Salisbury Steak
 w/mashed potato & vegetable

2/5: Sheet Pan Pizza w/salad

2/12: Chinese Food w/Veggie

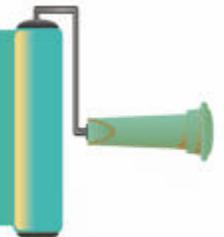
2/19: Bkd. Haddock, Gr.Beans

2/26: Shrimp Scampi, Veggie

THE GIVING TREE

Thanks to the generosity of Abington residents, members of the staff of the Council on Aging distributed extra large gift bags to our homebound seniors. Volunteers from the Abington Town Hall (thanks to Sue Moquin, Leeanne Adams, Jolanta Briffett, Mary Rodgers, Adam Gunn & Marty Golightly) assisted in the delivery of these bags to more than 50 Abington seniors. The bags were filled with items such as shampoo, toothpaste and other personal hygiene items, hats, socks, scarves, gloves, stationery, cards and stamps, puzzle books as well as non-perishable food items. Our sincerest thanks to all who participated, donors as well as those who delivered. Each bag contained a beautiful handmade card and greeting from the Abington Girl Scouts,

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 THAT SUPPORT OUR COMMUNITY**





OUTREACH—JANUARY 2021

With the winter months upon us, even though we have had a gloriously warm start to the winter, the weather will be getting colder and ice and snow will be becoming problematic for all, here are a few reminders and tips for your safety and well being!

Always be mindful of how dangerous icy situations can be. Unfortunately falls and injuries from the ice are common occurrences among senior citizens causing multiple injuries such as head trauma and bone fractures and serious lacerations. While young people can recover quickly from these types of injuries that is not the case for elderly people. Be sure to wear shoes with good traction and non-skid soles and be sure to check the tip of your canes and replace them in the winter if they are

worn. Lastly, make sure to remove wet shoes when you are in the house as tracking water throughout can make for yet another dangerous situation.

Cold temperatures can lead to frost bite and hypothermia...always dress in layers and dress for warmth. It is a good idea to wear a scarf lightly covering your mouth to protect your lungs from breathing in frigid air.

During the winter months because it may be more difficult for a senior citizen to get out socially and see other people...winter blues can be an issue. No one—no matter your age or demographic—likes feeling lonely and isolated, so it is critical that you check in on your elderly loved ones, a quick visit or a phone call could make all the difference.

Driving during the winter can be dangerous for anyone. However, for seniors who may not have quick reflexes or they may not get out driving as often, it can be particularly dangerous. Make sure to have emergency supplies in your car. Flashlights and jumper cables, a cell phone, and water are a few helpful things. Also AAA membership is worth its weight in gold!!

In the home you should always be prepared for emergencies and power outages. It is important to have candles, flashlights, and lots of batteries and—if at all possible—a battery operated radio. You want extra blankets accessible and be mindful of the food in the refrigerator as you may need to put perishable food in a cooler, this is for safety as much as it is so you're not wasting food.

Lastly, please check your carbon monoxide detectors and make sure the batteries are new, and take good care of yourself. Eat a healthy diet (lots and lots of vitamin D needed this time of the year!!) and stay as active as possible. Make sure to ask for help if you need it and try not to isolate yourself. It takes a village and we at the COA are here for you!

Thank you all for the amazing donations we collected all through the month of December! We were able to deliver gift bags to many seniors who don't have family close. It is just incredible to see what can happen when people work together for the community! *All of my very best and take good care! Amy Barrett*

JANUARY PUZZLE

A cryptogram is a message in substitution code. Example: A GOOD DAY could be coded as C NLLT TCQ .Here the A is replaced by the C, the G is replaced by the N, the O is replaced by the L, the D is replaced by the T, and the Y is replaced by the Q.

AKLLKOB L VOK LBOKLLKA
LUKMMKA GVIXPVOAL

Hint: The L replaces the S in this cryptogram.



FEBRUARY PUZZLE

Find seven animals in the sentences below.
Example: We feel good when we do good.
(hen, dog)

She can't elope with her millionaire beau.
He's an author seeking fame while she is into advertising and must ask unknown people to be aroused by her fantastic attention to detail.
(See answers to puzzles on Page 8.)



JOKES

—Nursing can be a dirty business, as I discovered while helping my grumpy patient change his colostomy bag. You can imagine the smell. Still, I soldiered on, telling myself to think about the patient's feelings and not let my queasiness show. That all changed when he turned to me, scrunched his nose, and said, "God, you've got bad breath." —*Reader's Digest*

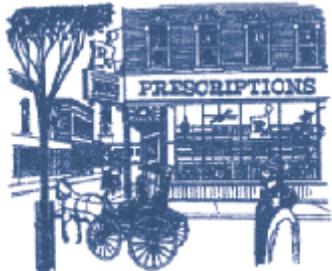
—A plant has been discovered that works against Corona virus! Plant your fanny on the couch and don't leave the house. —*Newsbreak from Ireland.*

Giving back moves our community forward.



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***HAPPY
VALENTINE'S DAY***

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Permit #26**

Miscellaneous

Food Pantry: St. Vincent dePaul Food Pantry is open on Tuesday evenings from 5:30 to 7:00 p.m. at the old Friary/Convent at St. Bridget's, 781-878-1194.

Supporters of the Abington Seniors

Abington Elderly Services, Inc.

Lois Kelley, President; Ann Reilly, Vice President/Van Account Liaison; Mary Graham, Treasurer; Tricia Force; Evelyn Drew; Atty. Edward Reilly

Friends of Abington Seniors, Inc.

Sheila Lambert, President; Karen Tracey, Vice-President; Thomas Bates, Treasurer; Beverly Hartery, Asst. Treasurer; Peggy Keating, Clerk; Mary Cordeiro, Secretary

Informer Newsletter Staff: Marie Brown, Joanne Curtis, Pat Jackman, Carol Najarian, Betty Slinger, Maureen Wall

Answers to puzzles on page 6: January answer: Desserts are stressed spelled backwards.

February answer: antelope, lion, horse, toad, skunk, bear, cat.

WHO WAS BUFFALO BILL CODY?

Born near LeClaire in Scott County, Iowa, on **February 26, 1846**, William F. Cody worked for a freight company as a messenger and wrangler before trying his luck as a prospector in the Pikes Peak gold rush in 1859. The next year, at age 14, Cody joined the Pony Express, fitting the bill for the advertised position: "skinny, expert riders willing to risk death daily." Cody later served in the American Civil War, and in 1867 he began buffalo hunting (to feed construction crews building railroads), which would give him the nickname that would define him forever. His own assessment puts the number of buffalo he killed at 4,280, in just over a year and a half. In 1868, Cody returned to his work for the Army as chief of scouts (and his ongoing work with the military garnered him the Congressional Medal of Honor in 1872 (which was subsequently stripped and then reinstated), all the while becoming a national folk hero thanks to the dime-novel exploits of his alter ego, "Buffalo Bill."

