

# THREE BUNS and a Hurricane®

BY ALISON NELSON



## Old quirks

I've recently started humming to myself. Not a song, just two or three short "hmm hmm hmm"s as I walk around, and I can't control it. It happens when I'm looking for something, or when somebody asks me a question I need to think about, or just when I exhale. My grandma Lorraine used to do this. She did it so much that when she passed away two years ago I spoke about it in her eulogy. It was quirky and endearing, because I don't think she knew she was doing it. I wonder if it started after she turned 40 like has happened to me?

My other grandma, Dot, passed away when I was nine, but I still remember the way her hip joints cracked when she came up the stairs from the basement and turned the corner. I can hear it very clearly and it still makes me smile like it did back then. What does not make me smile is the way my knee joints crack when I squat down. It sounds like I have crinkly candy wrappers in there. What other old lady quirks are in my future? I already wash and reuse some Ziploc bags and love watching Wheel of Fortune. I'm on my way!

As we were working in our yard last weekend to get it shaped up for the year, we realized we needed a new lawn sweeper. Some parts of our grass just grow really fast, and it looks like a hay field, so we sweep it up and put it on the garden between the plants. What a genius concept that is – hardly any weeding.

Anyway, Jesse and I decided to head into Willmar after church and get one. As we do sometimes, we considered leaving the kids at home and having a nice quick outing ourselves. Then we thought that they would definitely just sit on their butts and watch TV while they were at home, so they might as well sit on their butts in the car and join us. After asking everyone where they wanted to grab a quick bite to eat and realizing they would never agree, I told Jesse we were just going to choose and go, and he drove us to Arby's.

We've been faithful mask wearers when required, but with the signs not on the door anymore we didn't bother. This is not a story about masks, but it is a significant point. I pulled each kid up next to me at the counter to order his food, then shoved him past so we could get to the next one, as quite a few people were waiting

behind us in line. We got our drink cups and headed to the fountain while Jesse paid.

He came over smiling with the receipt in his hand and said, "You know how they ask what your name is to put on the order?" I nodded. "Well, I said 'Jesse' and spelled it, J-E-S-S-E, and this is what they put." Flashing the receipt, he showed me the name Chester. "I spelled my name and they still put Chester!" The kids were dying laughing. "Okay, Chester, you can sit by me," one of them said, hardly keeping it together. We sat close to the counter so we could hear our order being called. Soon the person handing out the prepared food hollered "Chester!" We cracked up again.

Chester is a fine name, not making fun of that. It is just so comical that he said and spelled his name and they still called him something else. Even with no mask on and a booming loud voice he was hard to understand. Must be very stressful running the till at Arby's, with all the people waiting to order food. The fingers just type whatever they can muster.

We might have given Jesse a new nickname now (Thank you, Arby's!) – maybe I should get an old lady nickname to go along with it, and my quirks.



by Jordan Almen

Happy (early) Memorial Day! Here's an appetizer to try while you celebrate.

## Loaded Sweet Potato Nachos

- 3 lg sweet potatoes
- 1 Tbsp olive oil
- 1/2 tsp garlic powder
- 1/2 tsp paprika
- 1/4 tsp chili powder
- Salt and pepper to taste
- 1 C black beans, drained and rinsed
- 1 C shredded cheddar cheese
- 1/4 C red onion, diced
- 1 jalapeno, sliced
- Fresh cilantro leaves, chopped, optional
- Salsa and guacamole

Preheat your oven to 425 degrees and line a large baking sheet with parchment paper, or spray it lightly with cooking spray. Set aside.

Peel the sweet potatoes and slice them into 1/4-inch rounds. Place them in a bowl and add the olive oil, garlic powder, paprika, chili, salt and pepper, using your hands to ensure each round is evenly coated.

Place the rounds in a single layer on your baking sheet and bake for 20 minutes. Remove from the oven and top with the beans and cheese, then return to the oven for an additional five minutes.

# Recipe of the Week!



Once the cheese is melted, remove the baking sheet from the oven and top with the diced onion, jalapeno and cilantro. Serve immediately with salsa and guacamole.

## "Let's Talk About Caregiving" online presentation

The Minnesota River Area Agency on Aging (MNRAAA) is hosting a free, online event called "Let's Talk About Caregiving" on Tuesday, June 15, starting at 6:30 PM. This interactive session offers an opportunity to understand the value of caregiving, discuss the benefits and challenges of caregiving and receive information on resources available to Minnesota residents. Knowledge

about resources and supports is critical in enabling people to remain healthy and safe at home.

Caregiving can be an emotionally stressful time that can have detrimental effects on a person's physical and mental health. Factors that contribute to high caregiver stress include a lack of resources and social support. At some point we have been, are or will be a

caregiver and this is a journey one does not need to travel alone.

Register online at <https://bit.ly/3vrhcBs>, as space is limited.

To learn more about this and other presentations and trainings MNRAAA has to offer, visit <https://mnraaa.org/calendar/>

## What's for lunch? May 31-June 4

KMS Elementary & KMS High School  
**Monday:** No school - Memorial Day.  
**Tuesday - Thursday:** Breakfast & Lunch: Cook's choice.  
**Friday:**

Happy summer vacation!  
**Breakfast served daily with milk and fruit or juice.**  
**Lunch served daily with milk and bread.**  
**Menu subject to change.**



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# ALL GAVE SOME, SOME GAVE ALL.





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