

COMMUNITY & FAMILY

See MOORE from page 2

As the years went by, I'd look for specific years of coins. Ones from each birth year of my family members. Graduation dates. The Bicentennial year.

I also began looking for foreign coins. A clerk who wasn't paying attention would accept a Canadian quarter or a Mexican peso, and in turn, I didn't pay attention and found it when I went through all of the coins in my pocket at the end of the day. I've even received a British 3-pence.

It used to be more common to get a 50-cent piece in change. That almost never happens these days. But, the person who cashed it in likely received it in their Christmas stocking 50 years ago and either cashed it in or also received it when someone passed. Either way, their loss is my gain.

Regarding 50-cent pieces, one game you can play by yourself if you like is to

go to your local bank and buy several rolls of 50-cent pieces. It takes awhile to go through all of them, but many times you'll find old ones that are almost uncirculated and are worth far more than a half-dollar.

Some of the coins in the collection he bought, but many of them just showed up in change we received. It's rare, but I've picked out coins from the 1800s from change. Some were worth taking to a coin shop and having graded and put in a protective holder.

My father passed, and I now have the entire coin collection. Every now and then, I'll take the coins out and look at them. I wonder if the coin I'm holding is one he obtained or one I found.

Either way, I'm still adding to it by going through my coins each night when I empty my pockets. And that isn't going to change.

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The success of our CSUs and the growth in the number of providers allows us to give more Arkansans a chance to improve their life. With the launch of the Mental Health and Addiction Services Support line, my hope is that our reach will expand faster and farther.

Our goal is to help Arkansans who are in distress to navigate their obstacles rather than add to their load with an

arrest record or leave them to face their trouble alone.

As I have toured the state during natural disasters, I have seen over and over that we show up in huge numbers to rescue our neighbors. In that same spirit, we are showing up to help those who are suffering through a crisis of a different kind.

See HICKEY JR. from page 2

Xanax and Valium. More than 1.7 million prescriptions, equaling 86 million pills, were sold.

Stimulants ranked third in the top-selling list. This category includes drugs such as Adderall and Ritalin, which are used to treat attention deficit hyperactivity disorder and narcolepsy. In 2018, more

than 762,000 prescriptions were ordered, totalling 26 million pills.

From 120,000 to 130,000 Arkansans were considered chronic users of opioids in 2018 because they received 90 days' worth of medication in a 180-day period, with gaps between usages of less than 30 days.



It can be a challenge to create healthy lunch options for our kids. It's even more challenging to know they will eat the lunch you pack. A healthy lunch would include something from all five food groups.

Preparing lunch in the evening can become a special memory making activity. Spend important time with your children doing this nightly routine. Including your children will insure they actually eat their lunch.

Have readily available options from the five food groups for your children to choose from and make it a fun game for them.

Allow your children to make shopping lists in advance for their school lunches and take them shopping. Get them involved the process of making healthy food choices at the grocery store.

We can also allow our children to plan healthy dinner options. Yummy leftovers can be used for next days lunch. When we can get our children involved in positive life choices today we are securing a healthier future for them.

Try Sandwich Skewers:

SANDWICH SKEWERS

DESCRIPTION

Try this this funky finger food lunch idea to encourage kids to eat more salad with their sandwiches!

INGREDIENTS

- 6 pieces french baguette
- 1/2 little gem lettuce
- 3 slices ham
- 3 slices chicken
- 3 slices cheese
- 3 cherry tomatoes
- 6 slices cucumber
- 6 red grapes

INSTRUCTIONS

This is so easy it doesn't need instructions. Simply thread the ingredients onto 3 wooden skewers in whatever order you like. Be careful as the skewers can be very sharp for little hands.



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Sir Loin



BAXTER BLACK

ON THE EDGE OF COMMON SENSE

Do you have any friends named James Roberto, Barnard or Elizabeth who don't go by Jim Bob, Barney or Liz? If you do, they are no doubt a hangover from parents who insisted that their children be addressed by their legal name.

Unfortunately, some who are so named don't quite fit the image. Like a Terrier-Possum cross who goes by the moniker "King".

Names engender certain expectations..."So, what do you do, Elizabeth?...Oh. A professional wrestler, I see..."

History tells us that an ancient king liked the haunch of beef so well that he knighted it. It was thereafter call Sir Loin.

It is my opinion that, like some of my friend's appellations, Sir Loin is misnamed. Because of its regal sounding name it is often touted by restaurants, supermarkets and fast food steak houses as their specialty. I am occasionally served a sirloin steak in good faith by folks. I gnaw and tear my way through the six-ply slab, gritting my teeth and trying to smile.

But no more! In the name of Sir Rib Eye, true heir to the throne, I proclaim the Sirloin steak is the most overrated piece of meat on the carcass. Its next-door neighbors, the Rump and Round, make no pretense of being tender. They accept being pounded with a ballpeen, cut thin or roasted for hours as part of

their lot in life.

But Sir Loin has let his name go to his head. He forgets sometimes that he comes from a working class neighborhood. Hangin' around the hip bone, developing his muscles by driving 1,100 pounds of beef around for two years. He looks up the block at the T-bone and the Tenderloin and envies their popularity.

This is not to say that the Sirloin is a bad cut of meat. But it should not pretend to royalty. I think with proper counseling it could seek a niche where so much was not expected of it. Like the Brisket and Flank steak have done. It could have a future in fajitas, hamburger or kabobs.

I am aware that from a marketing standpoint the name Sirloin on the menu commands a higher price. Then somewhere down the line we carved off the Top Sirloin to market to people with less stamina. But you cannot make a silk purse out of a gluteus medius muscle.

We have unfairly saddled a journeyman piece of meat with a name it can never live up to.

Had we named it properly, Sir Loin wouldn't feel so inadequate. He would need no need to put on airs. After all, he is not a Reginald or Montgomery. He is a Mo or a Bubba. Sir Loin could learn a lesson from Chuck.

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