

HOMEFRONT

A Fort Hood Herald publication | November 29, 2017



Food for families P7 | Thanksgiving baskets P8 | Wreaths for vets P9-10

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On the cover: Soldiers load turkeys at the Food Care Center on Nov. 22, part of Thanksgiving baskets for military families at Fort Hood. | Photo by Julie A. Ferraro.

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The importance of reading with children during the holidays

BY KAYLA BOUCHARD

FORT HOOD HERALD

The most wonderful time of the year has arrived. You know what that means: Candy canes, stuffed stockings, trees trimmed with tinsel and lots of shopping. As the holiday season arrives, so do hectic times. Making time for family during the festive frenzy is especially important, considering the fleeting nature of this time of year.

What better way to unwind with the kids than cozying up and reading a good book together?

According to the U.S. Department of Education, when parent involvement is low, the classroom mean average (reading score) for fourth-graders is 46 points below the national average. Where involvement is high, classrooms score 28 points above the national average — a gap of 74 points. Even after controlling for other attributes of communities, schools, principals, classes and students, that might confound this relationship, the gap is 44 points. If children take extended time away from books, they often miss out on crucial reading improvement and, in turn, have a more difficult time upon returning to school. Here are four tips you can use to open up your schedule, help children polish and expand their reading skills and create more time to bond with family during the hustle and bustle of the holidays.

1. SELECT FROM YOUR HOLIDAY ROSTER

Get kids in the Christmas spirit by reading a holiday-themed book or two. There are many classic holiday stories to choose from including “How the Grinch Stole Christmas” by Dr. Seuss, “The Polar Express” by Chris Van Allsburg and “Too Many Tamales” by Gary Soto and Ed Martinez. If you are looking beyond the classics, try some newer releases such as “Extra Yarn” by Mac Barnett and Jon Klassen, “Snowmen at



A WAY
WITH WORDS
Kayla Bouchard

Christmas” by Caralyn Buehner and Mark Buehner, and “The Toymaker’s Apprentice” by Sherri L. Smith just to name a few. Visit your local library and ask about their

holiday selection or encourage your children to check out a book from the school library before coming home for break.

2. INCORPORATE READING INTO REGULAR ACTIVITIES

Believe it or not, the holidays provide abundant opportunities for reading. While you are cooking or baking, have children read the ingredients and directions for the recipe to you. When you receive cards in the mail, have children read them aloud. Then, have them create their own holiday cards and show them how to address them. On the way to a relative’s house, read billboards and signs. Kids won’t even realize that they are gaining invaluable skills in reading and writing while they perform everyday tasks.

3. DON’T PUSH IT

According to Ernest H. Johnson and Mattie Perry-Johnson with The North Carolina Center for the Advancement of Teaching, reading just one hour per day in your chosen field will make a young adult an international expert in seven years. While it is extremely beneficial to keep kids reading during the holidays, it is important not to force the idea. It is easy for children to get burnt out if they are made to juggle too many tasks, so keep reading present but make it a relaxed, joyful experience between you and your children. Make some cocoa and alternate reading paragraphs with one another. Keep them on their

WHILE YOU ARE COOKING

OR BAKING, HAVE CHILDREN

READ THE INGREDIENTS AND

DIRECTIONS FOR THE RECIPE TO

YOU.

toes by reading a chapter or two so they will look forward to tomorrow night, when you will open the book again.

4. USE A READING LOG

Usually, schools will be sending home a reading log to help kids catalogue their holiday reading experience. If your school doesn’t send one home, see if your local library posts one or print one out online. Mark

down the books your child reads and the time they spent on reading for the day. When the reading log is filled, present a reward for children like a trip to the bookstore or making a special treat from a story they enjoyed, like gingerbread people after the “Gingerbread Baby” by Jan Brett. Having a reading log encourages children to pick up a book every day and read different material.

As we move into the holidays, give the gift of a book to your children. Find books about a topic they enjoy and kids will be encouraged to read even more on their own. Or make holiday reading a tradition from a book or tale for the whole family. Keep your mind sharp and your heart warm: bring the joy of reading into your home this holiday season.

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5 simple steps to stop overspending today

BY CONNIE MEI

USAA

You probably have the best intentions when it comes to saving money. You likely start off strong every month but then, inevitably, your friends ask you to go out for a drink. A drink turns into two, and before you know it, you're sitting down at a full-blown three-course dinner complete with dessert and a bottle of wine. There goes your budget.

With all the temptations out there, it can be hard to keep your finances in line. Of course, splurging here and there every once in awhile is okay. After all, money isn't just for hoarding. But the habit of overspending can become a much bigger problem if you don't keep things in check. Take these five steps to stop overspending today before everything gets out of hand:

UNDERSTAND YOUR TRIGGERS

Overspending is often caused by impulse shopping. When you're out shopping, those little knickknacks in the checkout aisle can really get you. For whatever reason, some of us always pick something up while we are waiting at the checkout line, even though we don't actually need any of those goodies. But why? Ask yourself that question. It's important to understand what your triggers are. Do you spend because it gives you a thrill? Then maybe you should figure out some other way to be content. Or do you overspend simply because you're bored and have nothing else to do? Perhaps you may want to start looking at your smartphone to keep you occupied. Understanding exactly why you overspend will help you get to the root of the problem and find lasting and realistic solutions.

TRACK YOUR BUDGET

The most important thing you can do to stop overspending is to actually have a budget and track your expenses.

It's not enough just to have a rough idea of how much you're spending. You need to know exactly where your money is going and how much you're spending on everything. Start logging the expense in the budget as soon as you can whenever you buy something or pay a bill. At the end of the month, sit down and analyze your spending habits. You might be surprised at what you find out, and even more surprised when you realize you can cut so much fat out of the budget without feeling much of a sacrifice.

LEARN TO SAY NO

Overspending has a lot to do with societal pressures. Sometimes it's just really hard to say no. You might be trying to keep up with the Joneses, or maybe your friends are just constantly nagging you to go out. Whatever the reason, the pressure to conform can weigh heavily on all of us, and eventually it can affect your finances. Think about your priorities before you agree to anything. Is the decision going to hurt your finances, and should you really be making that commitment? Learning to say no is a big part of life and also a big part of being financially responsible. The sooner you learn the art, the closer you will be to financial independence.

LIVE WITHIN YOUR MEANS

Here's a simple thing you can do to improve your finances: don't spend more than you have. Getting into the habit of spending every paycheck is dangerous even if you never get into debt, because emergencies do happen and you need savings to fall back on during those terrible times. It's even worse if you overspend and fall into debt to make purchases. Once you owe money, you not only have to pay for what you buy but you also need to pay interest on what you owe, effectively making your paycheck smaller for the foreseeable future. Learn to live within your means. It's certainly not easy at the beginning, but scaling

ERIC J. SHELTON |
HERALD

Shoppers take advantage of sales at Target in Harker Heights on Friday.

back little by little will set you up for long-term success.

ALLOW SMALL REWARDS

Personal finance is serious business, and most of the time it may not seem very fun. That doesn't mean you can't enjoy yourself in the process, though. Don't forget to budget for

a YOU fund. Allow yourself small rewards by having a no-questions-asked amount of money to spend on yourself every paycheck. You work so hard to accomplish your goals and you deserve to splurge here and there. Just make sure the YOU fund doesn't cause you to go over budget, and you'll be fine over the long term.

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Life insurance 101: Why and when you need it

BY ERIN MCHUGH

USAA

Life insurance: It can be a daunting topic. Most people don't particularly enjoy thinking about the worst-case scenarios where life insurance can really shine, but for a lot of folks — especially younger generations — the subject is also intimidating because it brings up a lot of questions.

So, let's review the basics of life insurance starting at the very beginning: What is life insurance and why do we need it?

Ultimately, life insurance is the foundation of financial security because it allows you to ensure that the people you care most about will be taken care of, no matter what happens. Life insurance helps protect your family should something happen to you by providing cash to reduce financial anxiety during a time when they will be more preoccupied with grief. This cash can be used as a replacement for income you would have otherwise provided, paying for your kids' college educations or ensuring taxes aren't inherited along with an estate you plan on passing down.

TERM LIFE INSURANCE

There are two broad categories of life insurance. One is term life insurance, a type of temporary insurance that provides coverage for a specific period of time — otherwise known as a term (hence the name). Examples of uses for term life would be income replacement while you're still earning an income or making sure your children can still be put through college if something happens to you. Term life insurance is best for young families, thanks to how affordable it may be, who want to make sure their loved ones can financially manage a major life transition in the event of an unforeseen tragedy.

PERMANENT LIFE INSURANCE

Permanent life insurance — also

known as whole life, variable universal life or universal life — provides coverage you can have for the rest of your life. This is important not only when it comes to making sure final costs and funeral expenses will be covered, but also by providing a cushion if you have a shortage in savings later in life, which makes it a great tool as part of your overall estate planning. Permanent life insurance is more expensive, but offers more flexibility for households with more sophisticated financial plans.

When asked about the difference between the two types of insurance, USAA Advice Director Sean Scaturro summed it up this way: "Permanent life insurance is great to help cover your wants. Term life insurance helps cover your needs."

WHICH KIND OF LIFE INSURANCE SHOULD I GET?

Talk to an advisor. If you're young and can't afford a lot of health insurance, get term life insurance. Once you're financially stable, you can explore permanent life insurance. Everyone's situation is different, so consult a financial advisor or contact USAA Life Insurance Company to help determine what your needs are.

WHEN DO I REALLY NEED TO GET LIFE INSURANCE?

As soon as you can, because when you're younger and healthy, you can lock in a premium at a much cheaper rate than when you're older and may have more health issues, which makes you more expensive to insure. For example, military members with PTSD may face higher premiums if they get life insurance coverage after, not before, a diagnosis. So even if you're young and have other financial priorities, like saving up for a car or building up an emergency fund, term life insurance is so affordable at this point in your life that you should add that to your priority list and take care



COURTESY OF USAA

Knowing the different kinds of life insurance is very important.

of it while you can get a good deal. According to Scaturro, life insurance is simply forward thinking.

"Don't avoid taking action because you're confused by it or because it's overwhelming," he says, recommending that you treat life insurance like building blocks when first starting out. "It's important to review it annually and increase your coverage as your financial needs call for it."

Certain life events should prompt you to review what you have and

make necessary adjustments to your plan, like an increase or decrease in coverage: marriage or a divorce, the birth of a child or transitioning into retirement. When you have children, you'll want to make sure you have the right amount of coverage in place for yourself, but you'll also want to consider getting coverage for them. Permanent life specifically makes a lot of sense for kids, because the rate will be so low at their age and they can have that coverage for the rest of their lives.

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Is a debt-free life possible? (The answer is: Yes!)

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Maxed out credit cards. Payday loans. Cash for titles.

Are these some terms you're all too familiar with these days? If so, you're like many Americans, dealing with a pile of debt that keeps getting bigger. It may not be the best feeling in the world, but believe this: your situation is not hopeless.

While many factors like unemployment and poor health can contribute to debt, a large portion of personal finance is determined by human behavior. In other words, your habits and mindset have also contributed to debt, whether you're aware of it or not.

If you're in debt, here are eight ways to get your finances back on track:

YOU ARE THE MOST IMPORTANT BILL YOU PAY

With every paycheck or form of income you receive, pay yourself first. Whether it's 10 percent or \$100 per paycheck, systematically set aside money into a savings account — no matter what. That way you have the cash set aside to cover true emergencies so you don't have to resort to high-interest borrowing (like credit cards) to cover the cost. (While setting aside enough cash to cover 3-6 months of living expenses is ideal, build a starter fund of \$1,000 before paying extra towards your debt.)

SET UP AUTOMATED BILL PAY

After paying your most important bill (you), automating bill and debt payments may boost your credit score since you will be paying on time each month. Not only that, paying bills on time reduces late-payment fees and the potential for increased interest rates which makes clearing your debt even more achievable.

PAY OFF YOUR HIGH-INTEREST LOANS SYSTEMATICALLY

Make sure you're steadily paying down your debts no matter what, but there are a few debt-reducing strategies you may want to consider trying. Some people like to pay off a loan with the smallest balance first for a boost of motivation. Others prefer to focus on paying down debts with the highest interest rate first, which can result in paying less interest (aka profit to your debtors) when all's said and done. Whichever route you go, make sure you're committed to your pay down plan of choice.

SLASH SPENDING

Say adios — for now! — to new clothes, the latest electronic gadgets, big meals at fancy restaurants, and frequent trips to the movies. Find new ways to trim those grocery bills: Can you swap out steak for ground beef? Can you cook at home instead of picking up a pizza pie? Saving \$7 a day by packing a lunch adds up to \$49 a week, which can work toward getting you out of debt sooner. (Just remember: When you save money by sacrificing certain indulgences, make sure you don't overspend in other categories as mental compensation — pay down your debts!)

CONSIDER A ROOMMATE

Splitting the cost of rent and utilities can make a huge impact, as housing tends to be the largest budget item for most people. If the thought of sharing a space with a stranger is unappealing, look into moving in with family or friends. Maybe downsizing to a studio apartment is an option. Get creative: You stand to save a lot more money by reducing big budget items.

TRACK YOUR EXPENSES REGULARLY

You might be surprised to learn that it's the tiny expenses that you don't even think about that get you into the most trouble and feed your debt habit.

Lunches and vending machine snacks add up! Writing down everything you spend money on every day — yes, everything, every day — can open your eyes and reveal behavior that might be crippling your ability to pay off debt quickly. (Bonus: If you're more digitally oriented, log in to check your bank and credit card balances every day so you can do a quick scan on all your spending while looking out for potential fraudulent charges in case you've been hacked.)

INCREASE YOUR INCOME

Increasing your income is always a good thing! It provides you an opportunity to put extra money toward your debt at an accelerated rate. Lots of task-oriented jobs (including delivery or ride-sharing) let you set your own hours, so you're earning extra money when it's most convenient for you. If you have a skill that's

marketable online, look for freelance job websites where you can post your experience, job availability and hourly rate. Selling clothing, toys or other items which no longer serve you is easier (and more profitable) than ever, thanks to the Internet.

KNOW YOUR CREDIT SCORE — AND RESOLVE ANY ERRORS

A great credit score opens the doors to some of the things or experiences you want in life: a new home rental or purchase, buying or leasing a car, getting a new smartphone or even opening your very own business. A poor credit score can result in high interest rates on credit cards or loans (which means even more debt down the road). Plus, monitoring your credit report can help you spot any errors that may be costing you more money in the long run.



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Soldiers lend a hand with Food for Families

BY JULIE A. FERRARO

FORT HOOD HERALD

KILLEEN — Dozens of 1st Cavalry Division soldiers and others from Fort Hood converged on the Killeen Special Events Center on Nov. 17 to help unload and weigh donations toward the 28th annual Food for Families drive.

Some of the soldiers drove light medium tactical vehicles back and forth from H-E-B and Walmart stores in Killeen and surrounding communities, bringing loads of canned goods and other non-perishable items to be unloaded and weighed.

Raymond Cockrell, executive director of Killeen's Food Care Center, appreciated all the extra hands. "We couldn't do this without them," he said.

Food for Families is sponsored by the Boy Scouts of America Longhorn Council, KWTX Channel 10 and H-E-B. It is the largest one-day food drive in Texas.

The statewide goal for the drive was 2 million pounds, according to Cockrell. Locally, the hope was to collect

175,000 pounds.

"That 175,000 pounds sounds like an awful lot of food, until you realize that we distribute about 200,000 pounds each month and 2,500,000 pounds of food annually."

The need for such donations is great, Cockrell said. "We usually help 60,000 people a year. We've served 20,000 in the last three months."

Capt. Julie Cothorn sat at a computer near the open garage door, tracking incoming shipments. "This is awesome," she said.

In the process of transferring, Cothorn was stationed in Germany and has been at Fort Hood less than two months. "It's great everyone can come together in all their different capacities."

Besides the Fort Hood soldiers, teachers and students from area schools, Boy Scouts and Girl Scouts, employees of area businesses and retirees joined in sorting the foods into boxes, which were later reloaded into trucks to be taken to the Food Care Center.

Cockrell was especially pleased with




JULIE A. FERRARO | HERALD

Volunteers sort food donated to the Food for Families drive on Nov. 17 at the Killeen Special Events Center.


the final total of 233,525 pounds. "It's the first time we've ever exceeded 200,000 pounds," he said. "The old

high was 185,000 pounds."

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JULIE A. FERRARO | HERALD

Members of Fort Hood's 1st Cavalry Division unload a truck filled with donations to the Food for Families drive at the Killeen Special Events Center on Nov. 17.

Fort Hood families receive Thanksgiving baskets

BY JULIE A. FERRARO

FORT HOOD HERALD

KILLEEN — “I haven’t had many chances to volunteer,” said Master Sgt. William Partin as he loaded food into a vehicle at Killeen’s Food Care Center on Nov. 22.

Partin just took over as noncommissioned officer in charge of the Command Financial Specialists of III Corps.

He was up early, working with other soldiers to load and transport 700 turkeys and food to Fort Hood for distribution to military families in time for the Thanksgiving holiday.

Sylvia Gavin, Command Financial Specialist coordinator, watched as the food was being loaded.

“This is our way to say thank you to the soldiers,” she said.

“It’s sad so many military families need help,” said Raymond Cockrell, executive director of the Food Care Center.

For religious affairs specialist Staff Sgt. Adam Ward, “We take care of our own.”

Some soldiers are deployed, so providing their families with all the fixin’s to have a traditional Thanksgiving meal is important, according to Ward. “It helps make ends meet.”

Ward directed traffic as a line of cars, vans and pick-up trucks passed the loading dock, filling every available space with boxes of turkeys, bags of food, desserts or stacks of bread.

Fort Hood’s Chaplain Corps helped fund the Thanksgiving baskets through a designated offering from religious organizations on post, Ward said.

“The need is much greater than we had,” Ward added.

In addition to the 700 baskets from the Food Care Center, another 500 turkeys were distributed to Fort Hood families the previous week.

Despite the chilly temperatures, despite the need, spirits ran high



JULIE A. FERRARO | HERALD

Soldiers load boxes of turkeys onto a trailer at the Food Care Center on Nov. 22, part of Thanksgiving baskets which were distributed to military families at Fort Hood.

among the soldiers and civilian volunteers loading the food.

“After 25 years in the Army, this helps,” said Staff Sgt. James Vineyard, command financial specialist, as he hoisted boxes of turkeys onto a trailer.

Cockrell has made note of the additional need. “Next year, we’ll be doing 1,000 baskets for military families,” he said.

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Deceased veterans honored with wreaths

BY JULIE A. FERRARO

FORT HOOD HERALD

KILLEEN — When it comes to honoring deceased veterans, Central Texas knows how to step up.

Hundreds of volunteers gathered at the Killeen Special Events Center on Nov. 18 to prep more than 7,000 wreaths for placement on graves at the Central Texas State Veterans Cemetery.

"They're from all over," said Jean Shine, president of the Friends of the Central Texas State Veterans Cemetery, which organizes the annual Wreath for Vets event. "They're here from Temple, Belton, Copperas Cove."

The volunteers were all ages, as well.

Shine firmly believes it's important for children to be

involved in honoring, respecting and remembering the military.

Julie Fitzpatrick brought her daughter, Shaelie, 6, to fluff the wreaths, which had been stored on trucks since January. Jacob Moomaw, 9, of Boy Scout Pack 210, carried one of the poles loaded with wreaths along with his father, Jacob Moomaw.

The Ellison High School cheerleaders not only welcomed volunteers with their waving pompoms, but lent a hand with the fluffing of the wreaths and tying on red bows.

A week later, wreaths were laid on the graves at the Central Texas State Veterans Cemetery on Saturday.

Nearly 1,000 volunteers of all ages participated in the event,

PLEASE SEE **WREATHS, 10**

JULIE A. FERRARO | HERALD

The Friends of the Central Texas State Veterans Cemetery float announced the wreath laying as it drove through Killeen on Saturday.

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WREATHS: Hundreds remember fallen service members

FROM PAGE 9

which has been organized by the Friends of the Central Texas State Veterans Cemetery for the past 11 years.

Maj. Gen. J.T. Thomson III, deputy commanding general of III Corps and Fort Hood, was the featured speaker during the ceremony.

"Those we honor today put themselves in harm's way on our behalf," Thomson said. He reflected on the 6,191 veterans and 1,764 family members who "lay in repose on this sacred ground."

Thomson added, "They displayed the highest character and commitment. Because of them, the gates of freedom remain open."

Austin-based songwriter Darden Smith sang the original composition "Angel Flight" before Spc. Phillip Smith of the 1st Cavalry Division Band raised his trumpet to play Taps.

Thomson led the procession of military personnel and veterans carrying wreaths to the main monument, then family members of deceased veterans were given time to place their wreaths. The remaining wreaths were placed by other volunteers.

Naomi Roupe of the Gold Star Wives worked in conjunction with the Friends of the Central Texas State Veterans Cemetery this year to ensure family members would have a chance to place the wreaths on their relatives' graves. "We're trying something new to get Gold Star families to come out," she said.

Another Gold Star wife, Diane Slape, lost her husband, Sgt. First Class Frederick Slape, to brain and lung cancer in 2015 after he was exposed to toxic fumes from the burn pits in Afghanistan. "We're losing a lot to the burn pits."

A Gold Star mother, Beverly Norman appreciated the chance to place a wreath on her son's grave before someone else did. Capt. Michael

Norman died in 2008 as a result of a roadside bomb in Iraq. "We've been here every year," she said. "I think it's the best thing that's happened to us."

Beverly reflected on how some people congratulate her for being a Gold Star mother. She hopes to bring awareness that being a Gold Star family member means a loved one has been lost. "That's not something to be congratulated for."

Hundreds of veterans attended the wreath-laying to honor their fellow service members. Many participated in the motorcycle escort which accompanied two semi trucks loaded with the wreaths from the Killeen Special Events Center to the cemetery.

Marcelline Potter, known as "Paper" in the Combat Veterans Motorcycle Association Auxiliary, was riding a motorcycle in the escort. Her children were meeting her at the cemetery. "It's a family event," she said. "It's tradition for us."

Army veteran Ralph Pitts drove his 2015 Corvette in the procession as part of the Mid Texas Corvette Club. "Most of us are veterans," he said. "We do this every year."

Another Army veteran, Barbara Pressley, rode a Slingshot three-wheeled cycle as part of the escort. Her step-daughter, Daniela Anders, died in 2011 and is buried at the Central Texas State Veterans Cemetery.

"It's sad, because we're losing a lot of veterans and family members," she said of the growing number buried at the cemetery.

She sees the deep meaning to having the wreath-laying each year. "Hopefully, this tradition will continue so someone will place a wreath on my headstone when the time comes," Pressley said.

The wreaths will remain on the graves through the holidays. They will be retrieved by volunteers on Jan. 13.

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JULIE A. FERRARO | HERALD

Wreaths are carried in procession to the memorial at the Central Texas State Veterans Cemetery on Saturday.

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Local Music

Blends Wine Bar presents Jazz Fridays 8:30 to 11:30 p.m. today with Blaine Smith Quartet playing live music. Blends Wine Bar is at 208 N. Penelope Street, Belton. Dirty Harry's presents live music on Wednesdays at 9 p.m. For ages 21 and older, no cover. Dirty Harry's is at 206 W. Veterans Memorial Blvd., Harker Heights (next to King Pin Tattoos). Call 254-680-6557.

Arts & Theater

The Mayborn Museum Complex presents "Off the Range: The Art and Architecture of the Trail" exhibit provides a glimpse into the Wild West of the late 19th and early 20th centuries through Frederic Remington's bronze sculptures and architectural drawings of the Suspension Bridge in Waco. The exhibit offers a nostalgic look at a rapidly disappearing western front, which underwent dramatic transformation in the face of transcontinental transportation, Native American confinement to reservation land, immigration and industrialization. "Find a Way, Not an Excuse: Women in STEM" is showing through March 25. The exhibit presents the lives of 19 women and their contributions to the science, technology, engineering and math fields, including five from Baylor University. The exhibit focuses on pioneering innovations in STEM with the hope of inspiring a fierce desire to learn continuously and encourage curiosity to lead to discovery. The museum offers free admission from 1 to 5 p.m. the first Sunday of each month. The museum is at 1300 S. University Parks Drive in Waco. For information, call 254-710-1104.

The Lampasas County Museum is open from 10 a.m. to 4 p.m. Fridays and Saturdays and admission is free. The museum is at 303 S. Western Ave., Lampasas. For information, call 512-556-2224.

Dancing

Bo's Barn Dancehall at 4984 W. Farm-to-Market 93 in Temple offers free dance lessons every first Thursday of the month from 6:30 to 8 p.m.

Bars, Clubs

Pan American Club, 575 Pan American Drive, Harker Heights, features Tejano, Norteno and Cumbia music. Call 254-690-2882.

Family Fun

The Bell County Museum is open to the public from noon to 5 p.m. Tuesday through Friday; and from 10 a.m. to 5 p.m. Saturday. Call 254-933-5243 or go to www.bellcountymuseum.org.

Temple's Railroad and Heritage Museum's fall exhibit, "Requiem for Steam: the Railroad Photographs of David Plowden" is on display through Dec. 9. The museum, at 315 W. Avenue B, in downtown Temple, is open from 10 a.m. to 4 p.m. Tuesday through Saturday. Go to www.templerrhm.org or call 254-298-5172.

Free guided tours of the Lampasas County Courthouse are offered each Saturday. Tours start at 11 a.m. and 2 p.m., except for major holiday weekends. Tour attendees will see the water level mark of the 1957 Mother's Day flood, as well as the stately second floor courtroom and clock tower works on the third floor. The courthouse is on the downtown square, 501 E. Fourth St. Take the Loop 257 exit off of U.S. Highway 190. Contact Linda Moore-Lanning at 512-564-5122 or Jim Rutland at 512-556-5302, during regular business hours.

For Children

The Cultural Activities Center invites all preschoolers to Tot Spot, an art class for children ages 2-6 every third Monday from 10 to 11 a.m. Cost is \$5 per child. Any siblings younger than 2 years are free. November's program will find inspiration from Eric Litwin's "Pete the Cat" books. For more information, go to cacarts.org or call 254-773-9926.

Clubs, Meetings

The Copperas Cove Bass Club meetings are held at the Lil Tex Restaurant in Copperas Cove on the first and third Tuesday of each month at 7 p.m. Call 254-661-9274.

The Bell County Writers Guild meets from 6:30 to 8:30 p.m. on the first Monday of each month at the Lena Armstrong Public Library, 301 E. 1st Street, Belton. Call 254-231-1843.

The Mystery Book Club meets every first Tuesday of the month at 1:30 p.m. at Barnes and Noble in Harker Heights. The club is free and open to all mystery lovers. Contact Marcene at 830-357-8314 for more information.

Book Signings

Author Janice Watts will be releasing and signing copies of the book, "Honor," from 7 to 8:30 p.m. Dec. 1 at the Killeen Civic Center. For more information contact Feliciawilliams167@yahoo.com.

Festivals, Events

The Central Texas College (CTC) Student Nurse Association will host a community blood drive from 10 a.m. to 2 p.m. today. The Carter BloodCare bus will be parked at the CTC Nursing Center (Bldg. 155) to accept donations from

the public. To reserve a donation time slot for the CTC Student Nurse Association blood drive, email ctcsnaevent-coordinator@gmail.com. Donors are advised to come hydrated and having eaten a healthy meal. Identification will be required. Donors must be over 16 years old and weigh a minimum of 110 pounds to qualify for donation.

Harker Heights Senior Recreation Program Holiday Craft Fair is from 10 a.m. to 2 p.m. Thursday at the Activities Center, 400 Indian Trail, Harker Heights.

Planetarium

Several films are now showing at the Mayborn Science Theater at Central Texas College. Matinee shows are \$5 per person and the Saturday evening shows are \$7 for adults and \$6 for children younger than the age of 12. Discounts are offered to active-duty military, senior citizens and members. For show descriptions, full schedule and ticket prices, go to www.starsatnight.org or call 254-526-1800.



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Review: A lovely, delicate romance in 'Call Me By Your Name'

BY LINDSEY BAHR
THE ASSOCIATED PRESS

The hours move slowly in "Call Me By Your Name."

It's summertime in Northern Italy in 1983 on a secluded 17th century villa, where life among the antiques is beautifully tranquil and nothing is ever pressing. There is time to read the paper in the morning, while delicately picking at a soft-boiled egg. There is time to dally around with the locals at the lake for endless stretches or pop into a card game while in town "running errands." Shirts are optional, shoes are too, bathing suits are a wardrobe staple and naps are a way of life. No one is ever making grocery runs or stressing about what to have for dinner (that's the cook's job). Even the flies are serene.

This is life for a precocious 17-year-old, Elio (Timothée Chalamet), his Greco-Roman professor father (Michael Stuhlbarg) and translator mother (Amira Casar) in Luca Guadagnino's unabashedly beautiful and subtly powerful adaptation of Andre Aciman's novel of first love and burgeoning sexuality. His father has enlisted, as he always does, a research assistant for the summer. This year's model is Oliver (Armie Hammer), a 24-year-old American graduate student who is comically sculpted and handsome, preternaturally confident and disarmingly intelligent.

Oliver doesn't look 24, however. He looks like a grown man, which makes Elio, whose skinny, stretched frame can barely fill out his denim shorts and polo shirts, look even younger.

The exaggerated physical incongruities only highlight the rift in emotional maturity between Elio and Oliver, whose flirtation intensifies from imperceptible to full flung over the course of Oliver's time with the Perlman family. Oliver teases, Elio resists, and the desire eventually manifests itself into a beautiful and tastefully sensual physical relation-

ship.

Chalamet, with his sleepy eyes and gawky-confident gait, gets the role of a lifetime in Elio. His performance is one that is so lived-in and naturalistic that its impact almost catches you off guard. Hammer is very good too as an effortlessly charming specimen who knows how to use his inherently charismatic presence to make everyone fall in love with him.

"Call Me by Your Name" can be a bit of a sleeper at times. Knowing conversations about the curves of Greek statues or the origins of the word "apricot" can feel indulgent and obvious in James Ivory's script. And there is that ever-present fog of the enormous wealth of everyone involved — the "good" kind of wealth, a Platonic ideal of Persol sunglasses, rumpled Ralph Lauren t-shirts, and the daily pursuit of leisure, sport and knowledge. It can be a little much, but, like all of Guadagnino's films ("A Bigger Splash," "I Am Love"), it is certainly pretty to look at.

And it's an aesthetic journey that pays off in a stunning third act when the endless summer quickens to light speed and is gone in a flash.



SONY PICTURES CLASSICS VIA AP

This image released by Sony Pictures Classics shows Timothée Chalamet in a scene from "Call Me By Your Name."

"We wasted so many days," Elio says to Oliver, finally recognizing that life will not always be languid afternoons by the lake, and regretful of how long it took for him to realize what he wanted. And, just like that, you start to feel wistful along with the characters — mourning the moment as it's happening.

It's all building up to the two scenes of the movie, the ones that will contextualize and poeticize everything that came before it. First, an all-timer monologue from father to son that serves as a kind of thesis for the film, and, really, life.

Then, the final shot, which will stop you cold and gnaw at your heart for days (and probably longer), until you pick yourself up and take yourself back to the movies to spend the summer again with Elio and Oliver. The characters might not be able to go back and relive those idle days, but we can.

"Call Me By Your Name," a Sony Pictures Classics release, is rated R by the Motion Picture Association of America for "sexual content, nudity and some language." Running time: 132 minutes. Three and a half stars out of four.

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DAILY HERALD
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Review: Oldman gives us a human Churchill in 'Darkest Hour'

BY JOCELYN NOVECK
THE ASSOCIATED PRESS

Words matter. That's one of the key messages of "Darkest Hour," in which Gary Oldman embodies — fiercely and memorably — the legendary Winston Churchill, who rallied his country with soaring oratory when Britain's very survival was at stake.

But the same man who uttered indelible phrases like "I have nothing to offer but blood, toil, tears and sweat" — and many others — was also a human being, the film argues, with fears and doubts and insecurities and flaws. "Just be yourself," Churchill's wife, Clementine (a briskly effective Kristin Scott Thomas) advises him as he heads off, full of jitters, to meet the king and become the wartime prime minister. Later, he raises a glass with Clementine, with a fervent wish: "Here's to not bugging it up."

"Bugging it up" was certainly a risk — both for Churchill, and for Oldman or any actor attempting to embody the great man. It's hard enough to portray a revered real-life figure — and harder yet with such a larger-than-life persona, physically and otherwise. It won't be a surprise to fans of the skilled Oldman that he avoids mimicry or caricature, and it's an even better treat that he's able to so adeptly balance conviction with doubt, courage with fear, and gravity with humor. (Kudos are due as well to the superb makeup by Kazuhiro Tsuji, jowls and all.)

"Darkest Hour," directed by Joe Wright and written by Anthony McCarten, focuses on one month in 1940 that saw Churchill rise to office and face down his political foes and a wary British monarch as he navigated the threat of looming war against Adolf Hitler's forces. Though Wright is known for his sweeping filmmaking in another war film, "Atonement," here he focuses not on the beaches of Dunkirk but on dimly lit interiors like the underground



JACK ENGLISH/FOCUS FEATURES VIA AP

This image released by Focus Features shows Gary Oldman as Winston Churchill in a scene from "Darkest Hour."

war rooms at Westminster Palace, the halls of Parliament and Churchill's own bedroom.

The film is, in a sense, a companion piece — by way of timing, at least — to Christopher Nolan's "Dunkirk," released in the summer. While Nolan focused on the action, Wright focuses on the talk — specifically how Churchill, in the words of one frustrated opponent, "mobilized the English language and sent it into battle."

He wasn't the first choice to be prime minister — not of his party, and certainly not of a skeptical King George VI (an excellent Ben Mendelsohn). But Parliament, as we learn at the beginning of the film, had lost confidence in the ailing Neville Chamberlain and Churchill was a compromise solution.

He enters office as France and Belgium are on the brink of falling to the Nazis and most of the British Army is stranded at Dunkirk. The new prime minister is forced to make an agonizing decision: try to negotiate a dubious peace, as Chamberlain desired, or fight — and risk the deaths of a generation of young British men. He's hated by Chamberlain and his sidekick, Lord Halifax, and doubted by the king, who (initially) finds him scary and unpredictable.

It's fun to watch the lunch meeting between the restrained king and Churchill, a man of great appetites — and a famous thirst. When the king asks how he can drink during

the day, the prime minister replies: "Practice."

There are many such moments of humor; including when Churchill first meets his new young secretary, Elizabeth Layton (Lily James), and inadvertently flashes his privates under his nightshirt. Or when he warns her as he exits the shower: "I'm coming out in a state of nature!" He's also shown on the toilet, shouting out that he cannot speak to the Lord Privy Seal because he is "sealed on The Privy."

Despite such comic moments, which Oldman attacks with gusto, the film's mood is urgent and dire. The United States cannot help because of neutrality agreements; in a dispiriting phone call with Franklin D. Roosevelt, the U.S. president notes: "It must be late there." Churchill replies: "In more ways than you can possibly know."

Ultimately — as we all know

— Churchill decides to fight on, and to declare "We will never surrender." What gets him there? Partly, a ride on the London Underground. The prime minister decides to ditch his aides and take the Tube to Westminster; and on the way, to chat with some commonfolk. To a person, they agree with him that the country must never surrender to the forces of evil.

There are two problems with this scene. First, it's rather corny. The second is that it never happened. The filmmakers do warn that some material has been fictionalized. But some may be disappointed to learn that one of the most pivotal scenes in the film was manufactured.

Oldman's performance, though, which has launched him to the forefront of awards season chatter, triumphs over any such qualms. The last few years have seen a number of notable Churchill interpretations. Oldman has set the bar higher still.

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This creamy squash soup has kick, and a few surprises, too

BY BONNIE S. BENWICK
THE WASHINGTON POST

Even though this is a simple recipe, it has a lesson or two that you can apply to the creamy soups you make down the road.

The first has to do with pre-cut butternut squash chunks you can find in most supermarkets these days. The trade-off in using them is that they can have less moisture and flavor than squash you cut fresh. Here, ginger and the sly heat of a small chile pepper do the heavy lifting, flavor-wise; the squash adds texture and a satisfying bulk. So take advantage of this prep shortcut.

The other takeaway has to do with the serendipity of grocery shopping — as in, a recent trip to a well-stocked Asian market yielded canned bamboo shoots cut to resemble thick, round noodles. This soup is thick enough to keep them afloat, and they offer a low-carb, high-fiber way to add a tender chew. (I should have grabbed a couple of cans, as I can see how they'd be nice in a stir-fry, too.)

If you can only find the shoots that are cut into thin planks, try cutting those into thin strips for the same effect.

Squash, Spinach and Coconut Soup With Ginger

6 servings (makes 8 cups), Healthy
Serve with warm flatbread.
Canned bamboo shoots that are already cut into thin, noodlelike strips are available at large Asian markets. Based on a recipe from "Itsu the Cookbook: Eat Beautiful - 100 Recipes for Health and Happiness," by Julian Metcalfe (Mitchell Beazley, 2014).

One 3-inch piece fresh ginger root
1 cup canned bamboo shoots (see headnote)
4 1/2 cups no-salt-added vegetable broth
3/4 cup coconut milk, preferably Aroy D brand



Squash, spinach and coconut soup with ginger.

JENNIFER CHASE | THE WASHINGTON POST

1 small red Thai chile pepper
1 tablespoon low-sodium soy sauce, or more as needed
1 tablespoon Thai fish sauce, or more as needed
Half a lemon
1 teaspoon cornstarch
3 cups peeled butternut squash chunks (see headnote and NOTE)
About 9 cups spinach leaves

Peel and mince the ginger to yield about 3 tablespoons. Drain and rinse the bamboo shoots. Cut them into thin strips, if desired. Heat the broth in a large saucepan over medium-high heat. Once it begins to boil, stir in the coconut milk, chile pepper, ginger, soy sauce and fish sauce. Squeeze 2 teaspoons of juice from the lemon half into a small bowl, then whisk in the cornstarch. Stir this slurry into the saucepan; cook for about 5 minutes or until it helps thicken the soup. Meanwhile, cut the chunks of butternut squash into 1/2-inch pieces (so they will cook more quickly and evenly). Add them to the saucepan; cook for 7 to 10 minutes, stirring occasionally. Stir in the spinach; cook for a minute, or just until it has wilted. Reduce the heat

to medium-low.

If you want to keep the chile heat to a minimum, pull out the pepper before you use an immersion (stick) blender to puree the soup just enough to make it creamy. (We kept the chile in.) Alternatively, pull out some of the squash and spinach along with the pepper, mash those two with a fork and stir them back in. Taste and add more soy sauce or fish sauce, as needed.

Stir in the bamboo shoots. Once they are warmed through, divide the soup among individual bowls. Serve right away.

NOTE: It will take an extra 5 to 8 minutes to break down a butternut squash for this recipe. To do so, cut away the cylindrical neck, which is the part you will be working with. Stand it on one end, use a sharp knife to cut away the peel, and then cut the flesh into 1/2-inch thick planks. Cut those down further into 1/2-inch pieces. You'll need the same yield as above — 3 cups.

NUTRITION PER SERVING: 110 calories, 3 g protein, 16 g carbohydrates, 5 g fat, 3 g saturated fat, 0 mg cholesterol, 370 mg sodium, 2 g dietary fiber, 6 g sugar

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A humble yet glorious way to eat your P's

BY BONNIE S. BENWICK
THE WASHINGTON POST

You might be All About Thanksgiving at the moment, and here I am offering you what looks like a humble mash-up. But it has relevance because its inspiration is all about leftovers — something that you may have lots of, soon enough.

To service the community soup kitchen that began in 2015 in Milan, chef Massimo Bottura asked some of the world's most talented chefs to take turns creating meals from whatever truckload of restaurant scraps came in.

He has collected some of his and their recipes in the new cookbook "Bread Is Gold" (Phaidon). In it, Ferran and Albert Adrià of the late el Bulli in Spain make a chicken croquet-flavored soup. Daniel Patterson of Coi in San Francisco makes a vegetable loaf. Cristina Bowerman of the Glass Hostaria in Rome pairs carrot puree with puffed millet and a poached egg.

Bottura admires a dish by Italian chef Gennaro Esposito for its ability to coax flavor out of seemingly little: rinds of Parmigiano-Reggiano turn water into a broth, and a bit of pancetta plus potato, onion and various pasta shapes transform that into a hearty and surprisingly healthful soup.

With a few tweaks, those ingredients also can become this tasty goulash in about half-hour's time. The components were all on hand for me; the exercise helped empty the dregs of dried penne and gemelli boxes.

Make it, and you will eat well, learn something and use what you have — all hallmarks of nourishing body and soul. It's a good time of year for doing so.

Pasta, Potato and Parm

6 servings, Healthy
The original recipe called for grating

Parmigiano-Reggiano rinds, which you might normally save for flavoring soups. The rinds are edible and can be grated, but it is tough going. So feel free to grate any leftover pieces of Parm you have on hand.

Leftovers taste great cold, or folded into an omelet.

Serve with a salad.

Adapted from "Bread Is Gold: Extraordinary Meals With Ordinary Ingredients," by Massimo Bottura and friends (Phaidon, 2017).

1 medium onion
1 rib celery
1 carrot
2 tablespoons extra-virgin olive oil
3 1/2 ounces diced pancetta
About 10 (5 ounces) cherry tomatoes
About 4 medium Yukon Gold or other yellow-fleshed potatoes (1 pound 5 ounces total)
10 ounces mixed dried pasta shapes, preferably about the same size
4 1/2 cups boiling water, or more as needed
Kosher salt
Freshly ground black pepper
10 ounces Parmigiano-Reggiano rinds (may substitute 1/2 cup freshly grated Parmigiano-Reggiano cheese; see headnote)

Cut the onion, celery and carrot into small dice; gathering them together is okay.

Heat the oil in a large saute pan or saucepan over medium heat. Once the oil shimmers, stir in the pancetta and cook for 2 minutes, then add the diced vegetables, stirring to coat. Cook for about 5 minutes, or until they are just starting to brown.

Meanwhile, cut the tomatoes into quarters. Stir them into the pan; cook for 10 minutes, reducing the heat to medium-low to avoid scorching, as needed.

While they are cooking, peel the potatoes, then cut them into 3/4-inch chunks. Add them to the pan along with the pasta, stirring to coat.

Increase the heat to medium; pour in about half the boiling water, stirring to incorporate. Once it begins to bubble, cook for about 10 minutes, stirring often. As soon as the mixture begins to thicken



JENNIFER CHASE | THE WASHINGTON POST

Pasta, potato and parm.

a bit, pour in the remaining boiling water; cook for about 10 minutes, stirring occasionally. The potatoes should hold their shape but be just soft and the pasta should be al dente. Season generously — a good four-fingered pinch or two — with salt and pepper.

Grate most of the cheese from the Parmigiano-Reggiano rinds into the pan, then stir until the consistency becomes a little creamy. Taste and add salt and/or

pepper, as needed. Add more water by the 1/4 cup, as needed. Transfer to a large serving bowl and let everyone dig in, or divide among individual bowls. Grate remaining Parm over each portion. Serve right away.

NUTRITION PER SERVING: 400 calories, 14 g protein, 56 g carbohydrates, 13 g fat, 4 g saturated fat, 20 mg cholesterol, 520 mg sodium, 3 g dietary fiber, 4 g sugar

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