



Amy Kitchener's Holiday Think About It Challenge: CAN YOU READ THIS

Thanks to Bernard Hall, who sent the following challenge via e-mail. Since it focuses on a subject of concern to all seniors, we are sharing it as a holiday ho ho ho—hoping you laugh, and hoping it gives you hope that you are far from the feared A word: Alzheimer's. Read it out loud and then--only if you answer the question "Can you read this?" with a resounding YES to one or both passages--pass it on. May the muse be with you.

7H15 M3554G3
53RV35 7O PROV3
HOW OUR M1ND5 C4N
D0 4M4Z1NG 7H1NG5!
1MPR3551V3 7H1NG5!
1N 7H3 B3G1NN1NG
17 WA5 H4RD BU7
NOW, ON 7H15 LIN3
YOUR M1ND 1S
R34D1NG 17
4U70M471C4LLY
W17H 0U7 3V3N
7H1NK1NG 4B0U7 17,
B3 PROUD! ONLY
C3R741N P30PL3 C4N
R3AD 7H15.
PL3453 F0RW4RD 1F
U C4N R34D 7H15.

If you can raed this, you have a sgtrane mnid, too. Can you raed this? Olny 55 plepoe out of 100 can. I cdnuolt blveiee that I cluod aulacly uesdnatnrd what I was rdanieg. The phaonmneal pweor of the hmuan mnid, aoccdrnig to a rscheearch at Cmabrigde Uinervtisy, is that it dseno't mtaetr in what oerdr the ltteres in a word are, the olny iproamtnt tihng is that the frsit and last ltteer be in the rghit pclae. Tihs is bcuseae in a wrod the olny iproamtnt tihng is that the frsit and last ltteer be in the rghit pclae. The rset can be a taotl mses and you can still raed. Mnid deos not raed ervey lteter. Azanmig huh? Yaeh and I awlyas tghuhot spleling was ipmorantt! If you can raed this forwrad it

VERNA LEE HINEGARDNER 1919 -- 2012

Former Arkansas Senior Poet Laureate dies at 93

Verna Lee Hinegardner, our 2011 Arkansas Senior Poet Laureate, who was appointed by Gov. Bill Clinton as Poet Laureate of Arkansas in 1991, a term she held for twelve years, died Oct. 4, 2012 in Conway after a long illness.

A prolific poet, Verna Lee was author of thirteen books of poetry and held the distinction of being the inventor of a highly popular poetic form, the 60-syllable "Minute," featured in contests around the world.

It captures a slice of life in 12 lines of iambic tetrameter and dimeter. Syllables are 8-4-4-4-8-4-4-4-8-4-4-4. The rhyme scheme is a-a-b-b-c-c-d-d-e-e-f-f.



In honor of Verna Lee Hinegardner, we are sharing this example of a Minute that appears in Lee Ann Russell's guidebook to poetic forms, *How To Write Poetry—Ballad to Villanelle*. Copies are available for \$20 from Lee Ann Russell, 1004 N. Rogers Ave., Springfield, MO 65802. Lee Ann was winner of the Golden Pen Award for Living Poet in the 2012 Senior Poets Laureate contest.

QUIET TIME

A place behind the old garage
a warm mirage
with window seat
and things to eat.
The dolls that shared my time alone
were often prone
upon my lap
where they could nap.
The playhouse filled my life with
charm
wherein no harm
would dare intrude
on solitude.

Lee Ann Russell