



Saline County Aging News

Volume 2, Issue 8

March 2017



Nebraska Turns 150!

How well do you know our beloved state?



Date of Statehood: March 1, 1867
Capital: Lincoln
Population: 1,826,341 (2010)
Size: 77,349 square miles
Nickname: Cornhusker State
Motto: Equality Before the Law

Tree: Cottonwood
Flower: Goldenrod
Bird: Western Meadowlark
State insect: Honeybee.
State Gem: Blue Agate
Nebraska's Name: Oto Indian word for 'flat water'

INTERESTING FACTS

Nebraska was once called "The Great American Desert".

The territorial capital of Nebraska was Omaha, when it achieved statehood it was moved to Lincoln.

The state nickname used to be the "Tree Planter's State", but became the "Cornhusker State" in 1945.

In Nebraska in 1986 for the first time two women ran against each other for governorship of a state.

The cost of the Nebraska Capitol building was \$ 9,800,440.07 in 1932. The construction job came in under budget and the building was paid for by the time it was completed.

Nebraska is the only state in the union with a unicameral (one house) legislature.

Nebraska was the first state to complete its segment of the nation's mainline interstate system, a 455 mile stretch of four lane highway.

Nebraska is both the nation's largest producer and user of center pivot irrigation.

The Ogallala Aquifer, which lies beneath 174,000 square miles of eight states extending from South Dakota down to western Texas, provides almost all of the water for residential, industrial and agricultural use in the High Plains region.

Two-thirds of the Ogallala's total supply comes from Nebraska.

Nebraska has more miles of river than any other state.

Weeping Water is the nation's largest limestone deposit and producer.

Mutual of Omaha Corporate headquarters is a public building built with 7 floors underground.

Hebron, is home to the largest porch swing in the world which seats 25 adults.

Cont.. on page 2

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Saline County Aging Services

Improving and enriching the quality of life and independence of older persons in Saline County

PO BOX 812, 109 W. 3rd Wilber, Ne 68465 402.821.3330



Saline County Aging Services is dedicated to providing programming to all Saline County individuals over 60 and their caregivers.

Saline County Aging Services is committed to ensuring that no person is excluded from participation, denied benefits, or otherwise subjected to discrimination under any program or activity, on the basis of race, color, national origin, sex, age, or disability.



Cont. from page 1

The world's largest hand-planted forest is Halsey National Forrest near Thedford, Nebraska.

Chevyland USA near Elm Creek, Nebraska is the only museum dedicated to a single line of cars.

Buffalo Bill Cody held his first rodeo in North Platte, Nebraska July 4, 1882.

In 1950, Omaha became the home of the College World Series.

Nebraska has five army forts open to the public: Atkinson, Kearny, Hartsuff, Sidney, and Robinson.

Sidney, Nebraska was the starting point of the Black Hills Gold Rush.

Kearney, Nebraska is located exactly between Boston and San Francisco.

Father Edward Flanagan founded Boys Town in Omaha, Nebraska in 1917.

The world's largest exhibited mammoth skeleton was found on a farm in Lincoln County in 1922. "Archie" is on display at the University of Nebraska State Museum.

Bailey Yard in North Platte is the world's largest train yard, situated on 2,850 acres of land spanning eight miles. It manages as many as 10,000 rail cars each day.

The Naval Ammunition Depot located in Hastings was the largest U.S. ammunition plant providing 40% of WWII's ammunition.

The Lied Jungle located in Omaha is the world's largest indoor rain forest.

Nebraska's Chimney rock was the landmark most often mentioned in the journals of Oregon Trail travelers.

Marlon Brando's mother gave Henry Fonda acting lessons at the Omaha Community Playhouse.

Famous Nebraskans

Nebraskan Inventions

Fred Astaire, Omaha 1899
Henry Fonda, Grand Island 1905
President Gerald Ford, Omaha 1913
Marlon Brando, Omaha 1924
Dick Cavett, Gibbon, 1936
Swoosie Kurtz, Omaha, 1944
Marg Helgenberger, Fremont, 1958
Nicholas Sparks ,Omaha, 1965
Hilary Swank, Lincoln, 1974

The Reuben Sandwich
Vise Grip Locking Pliers
Butter Brickle Ice Cream
Frozen TV Dinners
The McRib
Arbor Day
Bakers Candies
The Chair Lift (AKA Ski Lift)
Eskimo Pie
Duncan Hines Cake Mix

Kool-Aid
Dorothy Lynch Salad Dressing
Runza
Collapsible Voting Booths
911 emergency system
Spam
Union Pacific Railroad
Weaver's Potato
Butter-Nut coffee

Note from the Director

Hello All!

I am so happy and excited to welcome the newest member of our team! Katie Keller! Get to know her in this month's 'Get to Know' segment. If you find yourself in town, come in and say hello to Katie and make her feel welcome!

I am excited about what the future will bring, and Katie's accomplishments to come! Upward and onward we go!

Have a safe, happy, healthy March!

Yours in Service, 

Do you want the Saline County Aging Services Newsletter sent to your door?

Cut this slip out, fill the information in below, and mail it to

Saline County Aging Services– PO Box 812– Wilber, NE 68465

or bring it into our office at 109 W. 3rd Street in Wilber
or call us at 402-821-3330.



Name:

Mailing Address:

If you would rather have it send via email, please provide your email address, printing carefully:

DON'T FORGET HOMESTEAD EXEMPTION DEADLINE

Homestead Exemption (HE) is a property tax relief program for homeowners who occupy their residence or mobile home and up to one acre of land surrounding it.

Exemption applications need to be filed every year. Filing deadline is June 30th.

If you have questions or need assistance filing for HE, call the County Assessor's office (402-821-2588). The following volunteers can help you fill out your HE forms, **but please call ahead for an appointment:**

- Saline County Aging Services, Wilber, (402-821-3330),
- Georgene Eggebraaten, Crete, (402-826-3829),
- Anita Meyer, Friend, (402-947-2301).

LIST of 2017 HOLIDAYS that SCAS WILL BE CLOSED

Saline County Aging Services will be closed in observance of the following County holidays.

If in doubt, please call 402-821-3330.

Jan. 1 New Year's Day
Jan. 16 Martin Luther King Day
Feb. 20 Presidents' Day
Apr. 29 Arbor Day
May 29 Memorial Day
July 4 Independence Day

Sept. 4 Labor Day
Oct. 9 Columbus Day
Nov. 11 Veterans' Day
Nov. 23 Thanksgiving
Nov. 24 Day after Thanksgiving
Dec. 25 Christmas Day



Service Spotlight

FOOT CLINICS

As a person ages, they may find toenail trimming a difficult task to accomplish themselves. Whether it is because their feet are hard to reach, or their nails have thickened, or for safety concerns because of diabetes.



Saline County Aging Services has five foot care clinics each month in Saline county: Two in Wilber and one each in Crete, Dorchester, and Friend. Registered nurses provide the services for these clinics.

It is a popular service and each clinic has had a waiting list at one time or another. The reason for the waiting is list is because there are only so many appointment times at each clinic, and when a person comes, they usually want to return on a regular basis.

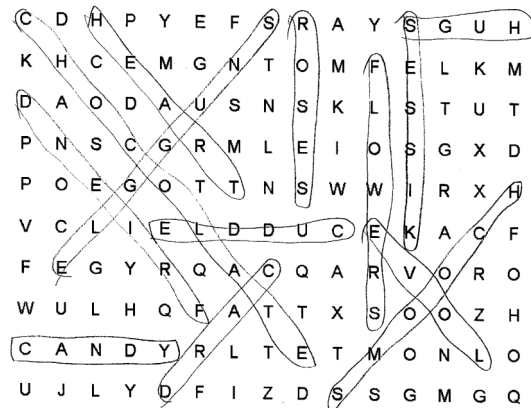
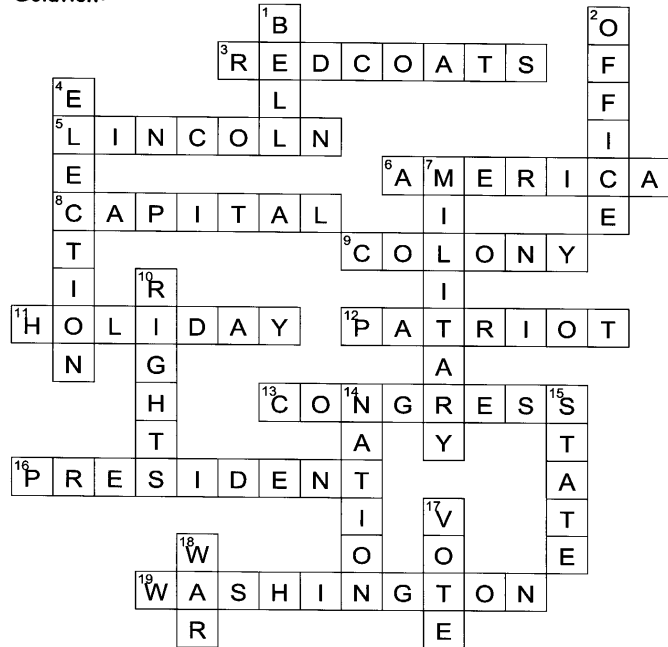
If your preferred clinic has a waiting list, you could start receiving services at another clinic/town. This will give you priority, so when an opening occurs in your town/area, you will have the opportunity to attend that clinic before others on the waiting list.

We currently have openings at our Wilber and Dorchester clinics. If you are from the Friend or Crete area and would like to have your nails trimmed, please call 402-821-3330 or 800-778-3309 to get your name on the waiting list. There is a *suggested contribution* of \$10.00 for this service.



Answers to Last Month's Puzzles

Solution:



9	4	2	6	1	7	5	8	3
6	8	7	5	3	2	4	9	1
3	1	5	8	9	4	6	2	7
2	5	8	7	6	1	3	4	9
4	3	6	9	2	8	7	1	5
7	9	1	3	4	5	2	6	8
8	2	3	1	7	6	9	5	4
5	7	4	2	8	9	1	3	6
1	6	9	4	5	3	8	7	2



Caregiver's Corner

The (Unexpected) Joys of Caregiving

Giving care to someone can take a lot of responsibility, planning, and effort. The person you are giving care to is relying on you for a variety of things that they cannot accomplish themselves anymore. Sometimes you may start to feel overwhelmed and may even lose confidence that you are doing things right. In midst of all of those feelings it is important to remember that you are doing your very best and that there are joys that can come with caregiving!

Yes, caregiving can be confusing, stressful, and exhausting. But it can also bring you unexpected joys, experiences, and relationships. A handout from pbs.org talks about all of the good that comes from caregiving.

Caregiving can bring you closer to the elder in your care.

Whatever your relationship was in the past, caring for an elder can bring a new perspective for each of you, resulting in newfound respect, admiration, and understanding.



Caregiving can help you spend more quality time with an elder.

You may be able to slow down and do things you may never have had time for before—talk, laugh, reminisce, watch TV or movies together.

Caregiving can get you in touch with your family history.

Encouraging the elder in your care to talk about the past can bring new understanding to the events that helped shaped you and your family. Bring out those boxes of old photos and dive in.

Caregiving can sharpen your organizational and multitasking skills.

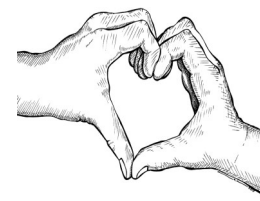
Despite the burdens of caregiving, you may find that you are more competent than you thought.

Caregiving can bring you a deeper sense of your own values.

As you talk about and experience end-of-life issues, you'll be able to better define what you believe in.

Caregiving may help you recognize your own support systems.

Friends, relatives, coworkers, and health professionals who cheer you up, comfort you, and show concern may unexpectedly enrich your life.



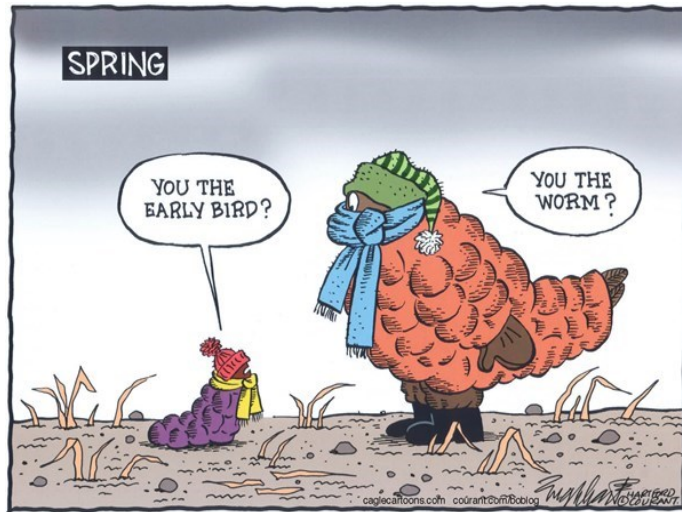
Caregiving can make you more compassionate and loving.

You may think you don't have the patience or the personality to care for an elder—but you do. Rising to the challenge of caregiving helps you recognize your own strengths and abilities.

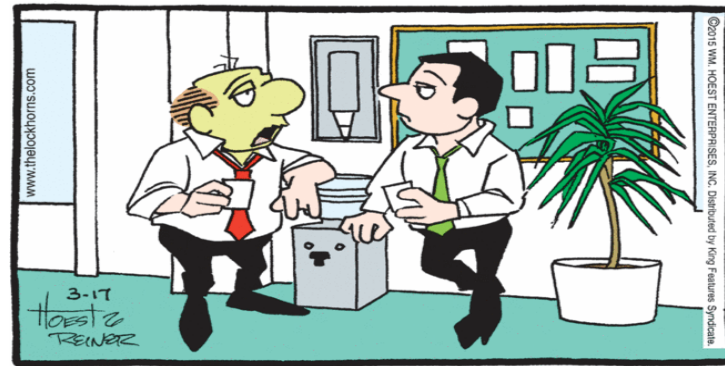
Caregiving can help you plan for your own future.

Your experience with aging and caregiving issues will make you better prepared to think and plan ahead for your own needs.

So the next time you find yourself stressed out and thinking nothing is going right, take a step back and realize all of the good that has come from you giving care to another. It may not seem like it right now, but you are doing so much good for another person and you are appreciated!



Just for laughs.....



"I'M NOT LOOKING GREEN FOR ST. PATRICK'S DAY... I ATE SOME OF LORETTA'S BEEF STEW."



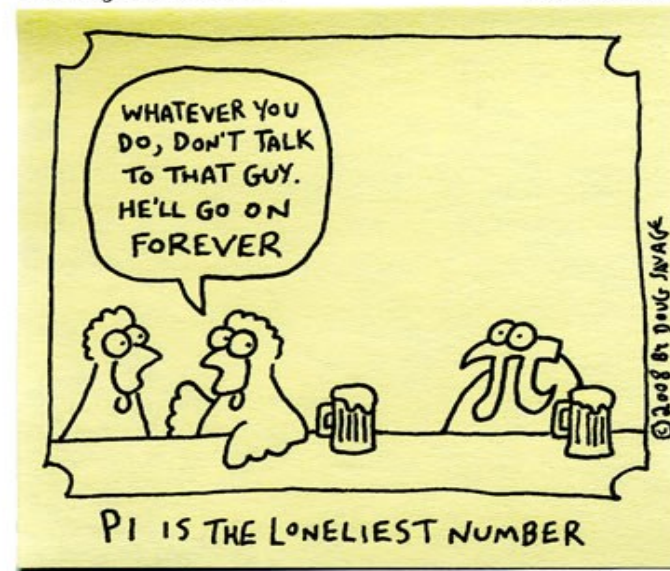
St. Patrick driving the snakes out of Ireland.



"Okay... if you're a leprechaun then let's see you Riverdance."

Savage Chickens

by Doug Savage



PI IS THE LONELIEST NUMBER

What's Happening Near You

<p>DeWitt Senior Center Meal Schedule</p> <p>For meal reservations, call Bev at 683-6475 or 520-0873</p> <p>WEDNESDAY, March 1st</p> <p>Program—What is Esperanto? by June & Ted Menu—Spaghetti Bridge & Cards</p> <p>WEDNESDAY, March 8th</p> <p>Program—TC El Student Council Menu—Vegetable beef soup & Egg Salad Cards & Dominos</p> <p>WEDNESDAY, March 15th</p> <p>Program—Happy Birthday, NE! Menu—Swiss Steak & Scalloped Potatoes Bridge & Cards</p> <p>WESNESDAY, March 22nd</p> <p>Program—Now You Know Nebraska Menu—Cream Chicken Over Biscuits Cards or Dominos</p> <p>WESNESDAY, March 29th</p> <p>Program—Odetta Lintz on Accordion Menu—Pork Loin Celebrate Birthdays!</p>



Winner of February's riddle:

Pat Hudecek
of Wilber

received a \$5 gift card to Subway!
Get your answers in for this month's riddle so you can be the next winner!

The answer to February's riddle was CASTLE.



★HAPPY★
BIRTHDAY!

A special wish to all of the March birthdays out there from Saline County Aging Services!

COMMUNITY SUPPER: Join community members of all ages and walks of life at United Methodist Church in Wilber every Monday at 5:30 p.m. for a meal and fellowship. No cost, open to everyone regardless of age.

SENIOR CITIZENS DINNER: Come to the noon dinner on Thursday, March 23, 2017, in the Wilber Care Center's Activity Room. Please RSVP by March 17th to one of the following numbers: 821-2014, 821-2271 or 821-3259.

Important Dates to Remember

FULL CIRCLE—in Friend. Celebrate Pi Day on March 14! See page 7

FULL CIRCLE—in Wilber. Celebrate St. Patrick's Day on March 17! See page 7

Homestead Exemption—must be filed by June 30!

March 2017

SUN	MON	TUE	WED	THU	FRI	SAT
Interested in Home Delivered Meals?	For DeWitt, call: 402.683.6475	For Wilber & the rest of Saline County, call 402-821-3330.	1  Peanut butter day!	2 @ DeWitt Tai Chi 9 AM Quilting 1-5	3  LOVE YOU THIS MUCH Caregiver Appreciation Day	4
5	6  Oreo Day!	7 @ DeWitt Tai Chi 9 AM Quilting 1-5 Line Dancing 5p	8	9 @ DeWitt Tai Chi 9 AM Quilting 1-5	10	11  Johnny Appleseed Day
12  SPRING AHEAD Daylight Savings	13	14 Pi Day! π @ DeWitt Tai Chi 9 AM Quilting 1-5 Line Dancing 5p	15	16 @ DeWitt Tai Chi 9 AM Quilting 1-5	17 Happy St. Patrick's Day!! 	18
19	 FIRST DAY OF Spring MARCH 20	21 @ DeWitt Tai Chi 9 AM Quilting 1-5 Line Dancing 5p	22 Goof Off Day! 	23 @ DeWitt Tai Chi 9 AM Quilting 1-5 ***** @ WCC Senior Citizens Dinner	24 	25 Medal of Honor Day
26  Epilepsy Awareness	27 Rolls & Coffee @ DeWitt Sr. Center @ 9 AM WORK DAY 9:45–noon	28 @ DeWitt Tai Chi 9 AM Quilting 1-5	29	30 @ DeWitt Tai Chi 9 AM Quilting 1-5	31  Crayon Day!	

MARCH IS NATIONAL NUTRITION MONTH!!

Nutrition Needs as We Age*



March is National Nutrition Month®! The campaign is designed to focus attention on the importance of making informed food choices and developing good eating and physical activity habits. Overall, good nutrition benefits older adults in many ways. It delays the onset of some diseases; improves management of some existing diseases; hastens recovery from many illnesses; can increase mental, physical, and social well-being; and often promotes healthful eating in later life.

Protein

Adults 50 and older should consume 1.0 gram of protein for every 1.0 Kilogram (2.2 pounds) of body weight. This extra protein aids stop loss in lean body mass as we age.

Calcium and Vitamin D

Older adults need more calcium and vitamin D to help maintain bone health. Have three servings of vitamin D-fortified low-fat or fat-free milk or yogurt each day. Other calcium-rich foods include fortified cereals and fruit juices, dark green leafy vegetables and canned fish with soft bones. If you take a calcium supplement or multivitamin, choose one that contains vitamin D.

Vitamin B12

Many adults over 50 need higher levels of vitamin B12. As we age there is a decreased absorption of B12 caused by a drop in gastric acid produced in the digestive system, so older adults need to consume higher amounts of B12. Fortified cereal, lean meat and some fish and seafood are great sources of vitamin B12.

Fiber

Eat more fiber-rich foods to stay regular. Fiber also can help lower your risk for heart disease, control your weight and prevent Type 2 diabetes. Eat whole-grain breads and cereals, and more beans

and peas — along with fruits and vegetables which also provide fiber. Adult women need around 25 grams of fiber each day and men need 38 grams each day.

Potassium

Increasing potassium along with reducing sodium (salt) may lower the risk of high blood pressure. Fruits, vegetables and low-fat or fat-free milk and yogurt are good sources of potassium! Also, select and prepare foods with little or no added salt.

Know Your Fats

Foods that are low in saturated fats and trans fat help reduce heart disease. Most of the fats you eat should be polyunsaturated and monounsaturated fats. Check the Nutrition Facts labels on foods for total fat and saturated fat.

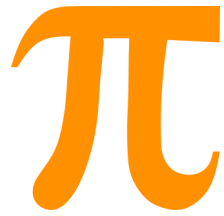
So do this....

- ◆ Enjoy a variety of different foods to meet these special nutrient concerns by following the MyPlate diagram: Make 1/4 of your plate grains, 1/4 protein, 1/4 vegetables, 1/4 fruits.
- ◆ Have three servings of dairy each day.
- ◆ Drink plenty of water—see last month's article.
- ◆ Fruits and vegetables can be fresh, frozen or canned. Eat more dark green vegetables like leafy greens or broccoli and orange vegetables like carrots and sweet potatoes.
- ◆ Vary your protein choices with more fish, beans and peas.
- ◆ Aim for half of the grains you eat to be whole grains.



*Info in this article is from Aging Partners in Lincoln.

10 pi facts for the most irrational day!



Celebrated in countries that follow the month/day (m/d) date format, because the digits in the date, March 14 or 3/14, are the first three digits of π (3.14). Physicist Larry Shaw founded Pi Day in 1988.

What is Pi? Pi (π) is simply the ratio of any circle's circumference to its diameter. Its value is approximately equal to 3.14159265. Pi is an irrational number, which means that it cannot be expressed as a ratio of whole numbers and its decimal representation never ends or repeats.

Some fun facts about the day:

1. Pi day is celebrated on March 14 at the Exploratorium in San Francisco at 1:59 a.m. PST which is 3.14159.
2. There are no occurrences of the sequence 1234567 in the first million digits of pi, which makes this Pi Day one million times more special than any other sequential date ever. Ever ever. Ever ever ever.
3. In the Greek alphabet, pi is the 16th letter. In the English alphabet, p is also the 16th letter; further proving pi is the same in every language.
4. Pi has been studied for 4,000 years.
5. Some people believe pi contains the answers of the universe.
6. Albert Einstein was born on Pi Day. The fact that people find this mind-blowing is completely relative.
7. Pi has 6.4 billion known digits that would take approximately 133 years to recite without stopping. Even if they do manage to make it to the next Super Pi Day (thanks to advances in medical science, we're just guessing), they'll probably be too old to enjoy it.
8. It is more correct to say that a circle has an infinite number of corners than to say a circle as corner-less. Many heads have exploded thinking about this concept.
9. Some scholars claim that humans are programmed to find patterns in everything because it's the only way we can find meaning in our work. But obsessing about math is infinitely better than obsessing about Kim Kardashian's hair.
10. In the Star Trek episode "Wolf in the Fold," Spock foils the evil computer by commanding it to "compute to last digit the value of pi." Spock is the only being who can rationally solve a problem using an irrational number.

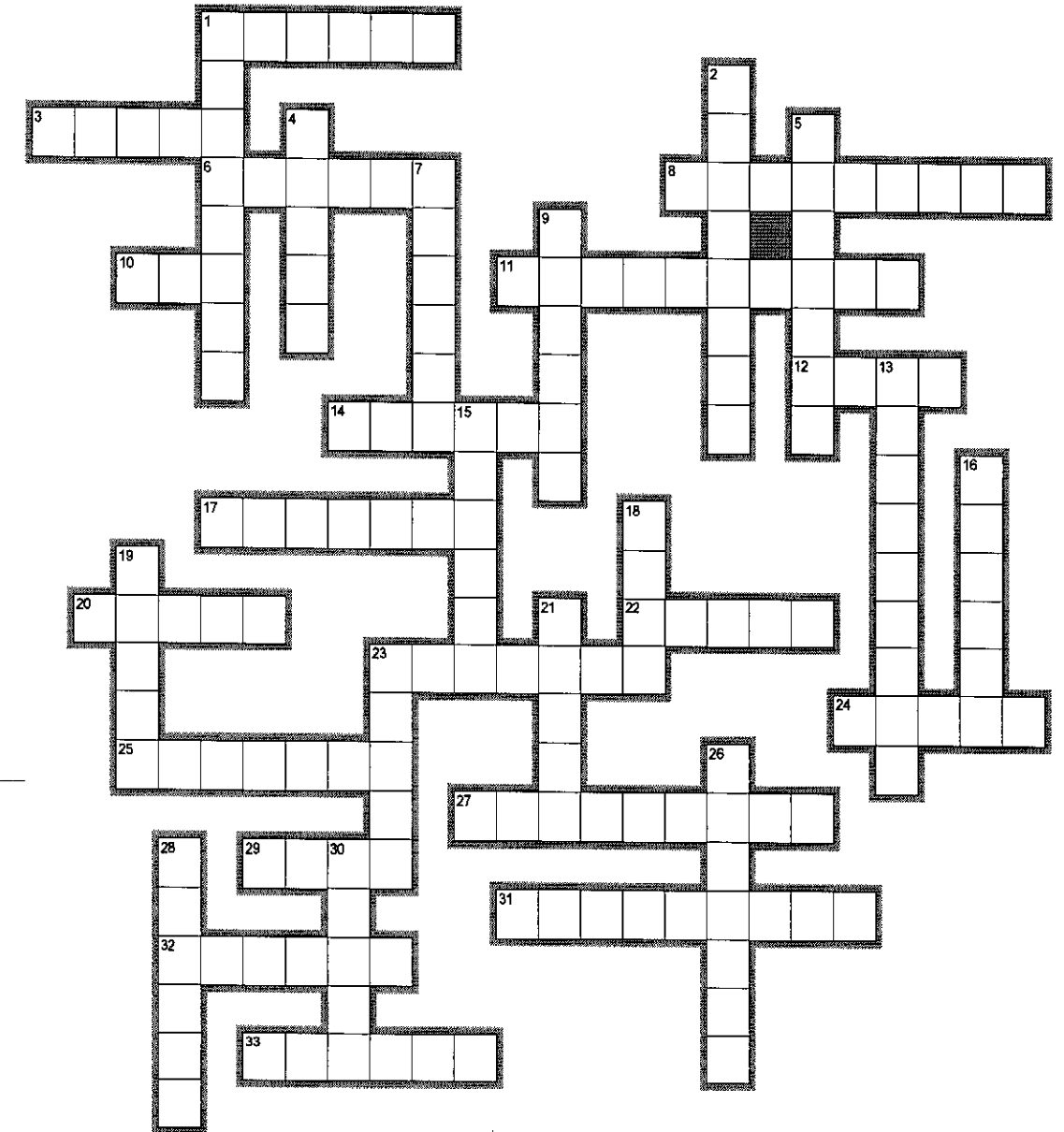


Now that you are in the know, come join us March 14th, for Pi day! Details on the Full Circle Page!

INCOME TAX FILING ASSISTANCE

There are several programs that offer free income tax filing assistance in Beatrice, York, Lincoln, Tecumseh, and Marysville. We have a list of the sites, dates, and times. If you need help filing your income tax, please call us (402.821.3330).

Famous Pairs Crossword puzzle



Across:

1. Macaroni & _____
3. Chips & _____
6. Table & _____
8. Anthony & _____
10. Adam & _____
11. Rocky & _____
12. Bacon & _____
14. Ken & _____
17. Ozzie & _____
20. Batman & _____
22. Bert & _____
23. Peas & _____
24. Peanut butter & _____
25. Laverne & _____
27. Snoopy & _____
29. Beans & _____
31. Chicken & _____
32. Paper & _____
33. Hugs & _____

Down:

- | | | |
|--------------------|-------------------------|--------------------|
| 1. Cheese & _____ | 13. Simon & _____ | 23. Bonnie & _____ |
| 2. Gilbert & _____ | 15. Bread & _____ | 26. David & _____ |
| 4. Laurel & _____ | 16. Hansel & _____ | 28. Salt & _____ |
| 5. Milk & _____ | 18. Currier & _____ | 30. Fish & _____ |
| 7. Cup & _____ | 19. Shoes & _____ | |
| 9. Romeo & _____ | 21. Lone Ranger & _____ | |

EclipseCrossword.com

Saint Patrick's Day Word Search



- CELTIC
- IRELAND
- LEPRECHAUN
- POTOFGOLD
- SHAMROCK
- DUBLIN
- IRISH
- LIMERICK
- RAINBOW
- SNAKES
- GREEN
- LEGEND
- PATRICK
- SAINT

V G D H V C T Z K Q W P V A R
 X Z L U S I F O S Y O C Q D Q
 Y C E Q B P A N O T B N B R Z
 L E P E H L A H O Q N J V A K
 N L R U K K I F S E I X C C O
 A T E J E C G N E I A M I L I
 N I C S X O I R P Y R R T U D
 F C H M L N G R V R T I N A S
 A A A D J S I H E A H E I N N
 N T U X Z M D F P M W P A V L
 N D N E G E L W N B I U S U P
 N T J W W K L Q U C H L Y U P
 J B Q A P F Z O K U N Q O J X
 I W I N B I R E L A N D G S Y
 J D C K C O R M A H S Y B Z X

Riddle of the Month!

I am multi-coloured.
 I appear after a storm.
 People always point at me.
 Everyone takes my picture.
 Legend says there is gold at
 the bottom of me.

What am I?

Answer the riddle correctly to Saline County Aging Services and get entered into a drawing to win a prize at the end of the month!

Please include your phone number with your answer!

SUDOKU

			9		8			2
			3		2	4	6	7
	1		4					8
		6			3	7	8	
		4				9		
	3	8	5			1		
2					1		7	
3	6	1	7		4			
5			2		9			



Did you know..... Full Circle is for everyone!?!

You don't have to live in the town it is hosted in. Besides our Friend and Wilber friends, we have friends from DeWitt, Dorchester, and Clatonia who come and participate. **We serve all of Saline County!!**

Join us



Tuesday March 14th for a Pi Day Celebration!

Come nosh on:
 Chicken Pot Pie
 & Dessert Pie

in the cafeteria at Friend Community Healthcare System at **noon**.
 Followed by a Well Rounded Nutritional presentation and games!

For those over age 60: \$4.50 suggested contribution for the meal.

For those under age 60: \$5.00 fee

Please RSVP to 402.821.3330 by March 10th

to attend this event. (or both events!)



Join us

Friday March 17th for Leprechaun Bingo!

at 'The Back Room'- SCAS 1:30 PM

Come for snacks, bingo, and fun!

Please RSVP by March 15th to attend this event.

402.821.3330



Get To Know Saline County Aging Services!

What's your full name?

Caitlin 'Katie' Ann Keller

How long have you been with Saline County Aging Services and what is your position?

I just started working here in February as the Community Outreach Coordinator.

What's your favorite color?

Pink or gold

What is your favorite time of the year?

Summer. I love to be outside and just enjoy the beautiful weather! Everything is green and the flowers are all blooming!

Where do you most want to travel, but have never been?

Greece or Bora Bora

If you won the lottery what is the first thing you would do?

I would take my family on a wonderful vacation!



What is your favorite part of Saline County Aging Services?

All of the wonderful people that I get to meet and interact with on a daily basis!

What is something interesting about you?

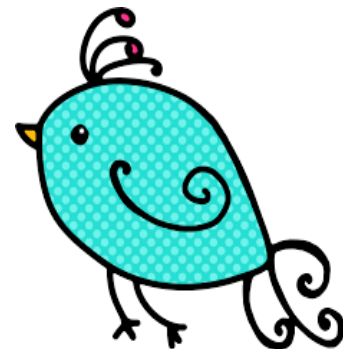
I am a huge dog lover!!! We have a 2-year-old Great Dane, named Maggie and an almost 4-year-old German Shorthaired Pointer, named JD.

What 3 things would you bring with you if you were stranded on a desert island?

My husband, because he's very handy, matches to be able to start a fire and a fishing pole to be able to fish for food!

What is your best/favorite piece of advice?

"Don't dwell on that which you can not control."



Exercise of the Month—Upper Back

This exercise is good for your shoulders and upper-back muscles.

1. Sit in a sturdy, armless chair with your feet flat on the floor, shoulder-width apart.
2. Hold arms in front of you at shoulder height with palms facing outward.
3. Relax your shoulders, keep your upper body still, and reach forward with your hands. Stop when you feel a stretch or slight discomfort.
4. Hold position for 10-30 seconds.
5. Sit back up.
6. Repeat at least 3-5 times.



Tip: As you progress, cross your arms and interlace fingers .

This exercise is part of Go4Life from the National Institute on Aging.

RECIPE OF THE MONTH

Irish Soda Bread From allrecipes.com

Ingredients

- ◇ 4 cups flour
- ◇ 4 T. white sugar
- ◇ 1 tsp. baking soda
- ◇ 1 T. baking powder
- ◇ 1/2 tsp. salt
- ◇ 1/2 c. margarine, Softened
- ◇ 1 c. buttermilk
- ◇ 1 egg
- ◇ 1/4 c. butter, melted
- ◇ 1/4 cup buttermilk

Directions

1. Preheat oven to 375 degrees. Lightly grease a large baking sheet.
2. In a large bowl, mix together flour, sugar, baking soda, baking powder, salt and margarine. Stir in 1 cup of buttermilk and 1 egg. Turn dough out onto a lightly floured surface and knead slightly. Form dough into a round and place on prepared baking sheet. In a small bowl, combine melted butter with 1/4 cup buttermilk; brush loaf with this mixture. Use a sharp knife to cut an 'X' into the top of the loaf.
3. Bake in preheated oven until a toothpick inserted into the center of the loaf comes out clean, 40 to 50 minutes. Check for doneness after 30 minutes. You may continue to brush the loaf with the butter mixture while it bakes.

