the virus — even if he or she doesn’t feel sick — it can easily spread to others. A safer way to celebrate is to have a smaller Thanksgiving meal just with family members who live together. You can connect with others by coordinating and enjoying your mealtime over a group phone call or video chat. Record it for those who can’t take part. It won’t be the same, but you can still show you’re thinking of them.

Other safety guidelines and ideas from the Centers for Disease Control and Prevention are at bit.ly/HolidaysCDC and bit.ly/ActivitiesCDC.

CHECK IN ON YOUR FAMILY’S HEALTH

“The holidays are a time when we check in with extended family members, even if we can’t be together in person,” said Bettina Drake, associate director of community outreach and engagement at Siteman Cancer Center at Washington University School of Medicine in St. Louis. Part of that can be catching up on their health and well-being. Drake suggests three ways to do that:

Ask relatives (and friends) how they’re doing, especially if they live alone, and see if there’s anything they need.

If some have missed doctor’s appointments or screenings because

SCENIC REGIONAL
LIBRARY SCHEDULE

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday, Nov. 4</td>
<td>10 a.m.</td>
<td>Virtual Event: Lil OWL’s Storytme</td>
</tr>
<tr>
<td></td>
<td>4 p.m.</td>
<td>Virtual Event: Zoom Escape Room (teens)</td>
</tr>
<tr>
<td>Thursday, Nov. 5</td>
<td>5 p.m.</td>
<td>Virtual Event: Take &amp; Make Acorn Craft (adults)</td>
</tr>
<tr>
<td>Monday, Nov. 9</td>
<td>4 p.m.</td>
<td>Virtual Event: Cardboard Box Adventures (kids)</td>
</tr>
<tr>
<td>Wednesday, Nov. 11</td>
<td>10 a.m.</td>
<td>Virtual Event: Lil OWL’s Storytme</td>
</tr>
<tr>
<td>Thursday, Nov. 12</td>
<td>5 p.m.</td>
<td>Virtual Event: Missouri’s Forgotten Heroes (adults)</td>
</tr>
</tbody>
</table>

* Virtual programming is found at facebook.com/owensvillebranch and youtube.com. Supplies for events are available at the library.

OWENSVILLE LIONS CLUB
Drive Thru BBQ
@ Lions Club
• Krausetown Road

Friday, Nov. 13TH
Serving:
10:30AM – ‘til Sold Out

Deliver Available

(Palates include 2 Sides: Slaw, Potato Salad, Baked Beans)

• Pork Steaks $5.00 (plate $10)
• Brats $4 (plate $7) • Sides $1.75 ea.

Drive-Thru, Carry-Out, or Delivery!

Call Ahead for Pick-Up or Delivery! 437-5486