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Volume 4, Issue 3
June-July 2011

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Get out the grill: Best Burgers

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Letter from the Editor

Fourth of July...why I care



I know it is fashionable to criticize our country
We have been bigots
We have suppressed some in our society
We have been insensitive
We have not been intolerant of new acceptable standards
We have owned slaves, made people second class citizens, looked down on immigrants
We have taken land from others and been unfair to Native Americans

Yet for all of our sins, we have been able to live in a country where we can express our differences

Yes, we can change our behavior, admit our errors
Freely and with passion we help others around the world
Our citizens enjoy a good standard of living...even with the recession
Changes are something we deal with and still rise to the ideals that have others in awe
Yes, we are Americans and we can be proud of our nation and still aware of our imperfections
There is a lot to be done to handle our problems and we will debate, argue and access our options
America was formed out of tremendous challenge and turmoil
Bring it on! We are up to it!
Nothing should shake our faith in what we can accomplish....nothing

- The Editor

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The Uncluttered Mind

By Kathleen Israel



Is it the cluttered space or the cluttered mind? Or is it the cluttered space in your mind? Do you find yourself with too many activities to handle effectively? Does your mind wander from one thing to another and you never seem to get anything done? Do your lists seem to get longer, and longer and the more you cross out the more you add? Are the lists you make in your mind keeping you from sleeping?

My responsibility today was to write an article about un-cluttering the mind. However, I found that my mind was too cluttered with a million thoughts and was unable to find a way to approach this topic helpful. Thoughts in my mind were like a plane circling in mid-air trying to find a place to land.

For days, we have been experiencing lots of grey skies and wondering whether we would ever see sunshine again! Today I awoke with blue skies and white clouds, praying that the sun would consider shining for an entire day. It was a miracle. The sun acquiesced!

I took the opportunity to sit out on my front porch to absorb the rays and to ponder my article. As I sat quietly in the sun, I was hopeful that I would become inspired and brilliant suggestions for my readers would begin to percolate.

As I was basking in the sunshine and thinking of what to write, my husband came to me and asked if I would like to go for a bike ride. I hesitated for just a brief moment considering whether I should write or ride. It was easy. I decided to ride.

Bottom line, I was skeptical about the next day's weather and I didn't want to miss out, besides I thought that the wafts of fresh air would clear my over-thinking brain.

For the next two hours we road our bikes discovering urban trails that we didn't even know existed. It was a peaceful as well as an exhilarating ride. I came home with a clear head and sat down at my computer to compose this article.

Everything is choice and very subjective. What makes the difference is what you consider a priority in your life. When everything becomes a priority then nothing gets done! You become overwhelmed and motivation seems to take a plunge. So what's the strategy? Make a plan!

Make a list of all of the responsibilities/activities (routine or non) of the time-consuming things you do each day/week. Next make a list of all of the mundane things that occupy your day or week that leave you no time for what you would really like to do. Take a moment to review the lists and decide what it is that you: have to do, want to do, don't have to do and don't want to do.

Sorting your responsibilities/ activities gives you the information you need to give you perspective about what is important to you in your daily life. Putting those thoughts on paper allows you to really see how well you are managing your time and accomplishing what you would like to accomplish.

Perhaps you need to find more time for what you love. Become mindful of the time that you devote to others. Set boundaries for yourself. Sometimes creating boundaries are necessary to let others know that your time is also valuable.

If these suggestions don't work for you, then I would strongly encourage you to take time for a walk or get out your bike and go for a spin. It's YOUR time! Enjoy the ride!

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The Waterfront Blues Festival, July 1 to 4, in Portland, Oregon, is truly magical.

- It attracts more than 100,000 people from throughout the nation and throughout the world.
- It features more than 100 performances on four stages in four days, six blues cruises on the Willamette River, workshops, dances, interviews – and more.
- It's affordable for retirees, and you'll see many retirees at the festival. It's best entertainment value of the summer -- \$10 + 2 cans of food per person per day
- The 2011 festival promises to be our best ever – with blues legends such as Buddy Guy, Robert Cray, Lucinda Williams, Chubby Carrier and more.
- It takes place in a drop-dead gorgeous setting
- It's the largest blues festival on the West Coast
- 4th of July fireworks – largest display in Oregon
- It has something for everyone – from young to old and in between.
- And it performs magic.

It raises funds to support Oregon Food Bank's mission to eliminate hunger and its root causes throughout Oregon and southwest Washington ... and need has never been greater. In fact, it's our largest fundraiser of the year.

Festival announces 2011 headliners

Join blues fans from around the world at Safeway Waterfront Blues Festival Portland, Ore., July 1-4, 2011

benefitting Oregon Food Bank

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www.waterfrontbluesfest.com

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and the stunning Portland skyline to the west – all the while smiling at the thought that you are helping Oregon Food Bank fight hunger.

Entry

Entry is a suggested donation of \$10 (or more) plus two cans of food (or more) per person per day, making this festival one of the great entertainment bargains of the summer.

The Safeway Waterfront Blues Festival also offers four levels of passes with special perks and access: Blues Patron, Blues Benefactor, Blues Buddy and Four-Day Festival Pass. All festival passes as well as Delta Music Experience (DME) Blues Cruise tickets will be available to the public March 21, 2011, at www.waterfrontbluesfest.com or www.ticketsoregon.com.

Donors who purchase special passes in advance receive a special collectors' button to wear. Those who donate at the gate receive a special sticker.

100 percent of gate donations help Oregon Food Bank's mission to fight hunger and its root causes ... because no one should be hungry.

Subscribe to Blues E-News at www.waterfrontbluesfest.com

Like the festival on Facebook and follow the festival on Twitter:

[facebook.com/waterfrontbluesfest](https://www.facebook.com/waterfrontbluesfest)

twitter.com/waterfrontblues

About Oregon Food Bank

Oregon Food Bank distributes food from a variety of sources through a statewide network of 20 regional food banks and 947 partner agencies serving Oregon and Clark County, Wash. OFB also works to eliminate the root causes of hunger through public education and advocacy.

Festival sponsors:

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- Adlai Stevenson

“Courage is a moral quality; it is not a chance gift of nature like an aptitude for games. It is a cold choice between two alternatives, the fixed resolve not to quit; an act of enunciation which must be made not once but many times by power of will.”

- Charles McMokrkan Wilson



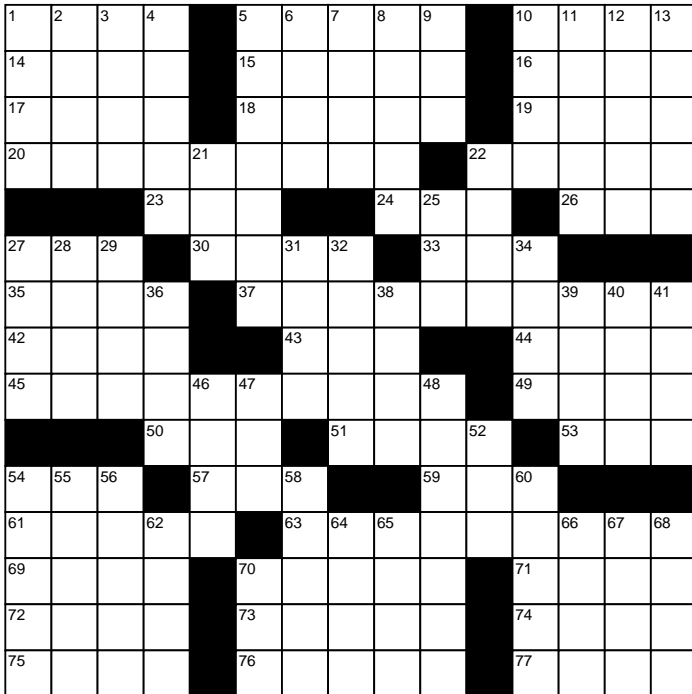
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ACROSS

- 1 Prick
- 5 Enthusiasms
- 10 Volume
- 14 Fizz drink
- 15 A vacation (2 wds.)
- 16 Speck
- 17 Far away
- 18 Filler
- 19 U.S. Department of Agriculture
- 20 Aqua
- 22 Urgent requests
- 23 Concord e.g.
- 24 Fish eggs
- 26 Tree
- 27 Movie 2001's talking computer
- 30 Signet
- 33 United States
- 35 Scent
- 37 Former anesthetic
- 42 Heroic tale
- 43 Hearing part
- 44 Canal

45 Formulates instructions

- 49 Beckon
- 50 Part of a min.
- 51 Land mass
- 53 Rent
- 54 Halloween mo.
- 57 Lawyer's title
- 59 Imbue
- 61 Sniff
- 63 Places of learning
- 69 Before ten
- 70 Coral reef
- 71 Omen
- 72 Adjoin
- 73 Long, skinny boat
- 74 Pitcher
- 75 Marsh grass
- 76 At bay
- 77 Citizen of Denmark

DOWN

- 1 Leave now!
- 2 Meat alternative
- 3 Winged
- 4 Root beer brand

- 5 Southern Mexican Indian
- 6 Decorative needle case
- 7 Branch of learning
- 8 Cubic decimeter
- 9 Engage in espionage
- 10 Mangle
- 11 Afloat (2 wds.)
- 12 Carbonated drinks
- 13 Ruin
- 21 Ship initials
- 22 Shekel
- 25 Possessive pronoun
- 27 Hospital (abbr.)
- 28 Jewish calendar month
- 29 Company symbol
- 31 Excuse me!
- 32 South American animal
- 34 Not many (2 wds.)
- 36 Tatters
- 38 Mined metals
- 39 Voiced
- 40 Divide
- 41 Contest
- 46 Shallow area
- 47 American Cancer Society (abbr.)
- 48 Spread throughout
- 52 Positive vote
- 54 Possessor
- 55 Scold
- 56 Tinct
- 58 Asian country
- 60 Plant
- 62 Eat
- 64 Pointed cylinder
- 65 Healing plant
- 66 Midwestern state
- 67 Paradise
- 68 Dry
- 70 Parody

Answers on Page 18

CURMUDGEON'S CORNER

Cartoon by Ethan Van Diest



“If you keep doing things like you’ve always done them, what you’ll get is what you’ve already got.”

~Author Unknown

So I pulled up in the parking lot of the pub on Monday, May 2nd to enjoy my afternoon libations and noted that the lot was full. Upon entering the pub it seemed everyone was focused on the television where talking heads were providing more detail of the previous day’s events. Every guy in the room had a smile on his face with the news of Osama bin Laden swimming with the fish. Almost ten years has passed since 9/11 and each of us remembers where we were on that morning and the grim determination to exact justice. However, not many ever thought it would take this long. Still, we all felt some satisfaction that the last image UBL had in this life was that of an American.

The room full of 60, 70 and 80 year old guys that were engaged in friendly banter regarding which military branch had the lead in the “mission of justice”. But without exception, all felt a sense of pride in mission accomplished with great respect for this generation of our military.

“A hero is born among a hundred, a wise man is found among a thousand, but an accomplished one might not be found even among a hundred thousand men.”
- Plato

About this time one guy at our table brought up the fact that since the draft had been suspended we have a volunteer military and that from a nation with a population of some 300 million there is only 1% that has any skin in the game! Wow! That is an alarming statistic that sheds light and contrast on our culture with the focus upon the “me generation”. Think about that statistic a moment, it means that 99% of us don’t have any skin in the game and that a very small number carry the burden and responsibility for the safety of the majority of us. What’s wrong with that picture?

Now it has only been a few weeks since that hated April 15th tax day and many of us remain raw on the subject. So another guy segued into the “disproportionate share” discussion of tax burden and the President’s speech of April 13th on tax reform and rejection of entitlement reform.

“I won’t allow the half of Americans who pay no taxes to bear the burden of the other half who aren’t paying their fair share.”

~ Chip Bok political cartoonist,
Creators.com published 4/21/11

“In any war, the first casualty is common sense, and the second is free and open discussion”.

~ James Reston

Now if there is any question regarding common sense going out the window of reason one needs only to hear the rhetoric of Nancy Pelosi and the “Starving Seniors” that would be the consequence of passing entitlement reform (do word search Pelosi’s starving seniors). Or how about Rep. Louise Slaughter (D-N.Y.) allegation that those elected last November came to Congress “to kill women” and action to limit funding for abortion was like that of the Nazis. (Do a word search). Please give me a break here! What are these folks smoking? In almost 73 years on this planet I have never seen any starving U.S citizen ever and that includes the period before welfare or food stamps or after Congress passed these programs and that includes the homeless in every city of the nation! The closest were images on the television from Bangladesh or war torn Africa.

Regarding the “the killing of women” issue, I am at a loss in how to respond to the “deranged” (note, the language I used was edited out by the publisher) Representative from New York, other than to say we are parents of two daughters, grandparents of three

and great-grandparents of one and all are wonderful girls. I hope all of them will make good decisions in their lives but if they should make bad ones, well I don’t know of anyone that wants to foot the bill for their choices in life and the consequences.

“I am able to say that while I am not ruggedly well, I am not ill enough to excite an undertaker”.

~ Mark Twain

So while UBL was dominating the news of May2, the Pulitzer Prize winner, George Will turned 70 on May 4th. We decided at the pub that George has an open invitation to join us “fellow intellectuals” at any time and we are confident that the bartender knows how to make a martini.

Anyway, George wrote a wonderful essay worthy of your time on reaching his 7th decade of life and the following is an excerpt from his column:

“The Bible, with thumping certitude for which it is famous and sometimes tiresome, asserts that “the days of our years are threescore years and ten.” If so, after turning 70, one has, ever after, the pleasure of playing, as it were, with house money. For what, exactly, would one give up red meat and dry martinis?”

“Finally, to be 70 is to have lived 30 percent of the life of this nation, which is almost enough time to begin to fully appreciate the inestimable privilege of being a legatee of those who first unfurled the republic’s sails and steered it to the present.

Continued on Page 11

Manage Caregiver Stress by Caring for Yourself

By Frank Bailey, Director, Health, AARP Education & Outreach



What a week! How did I forget to give my mother-in-law the anti-nausea pill before eating? What could I have done that would have kept her from falling in the bathroom? I am exhausted.

Do thoughts like these ever cross your mind? There are approximately 43.5 million adults providing unpaid care to someone age 50 or older, nearly 19% of all adults.

We've turned to the experts and other caregivers like you to get some tips on how to manage stress while you're caring for others.

1. **Put your health first** - You can't do a good job of caring for someone else if you don't take care of yourself. Be sure to eat nutritious meals, get enough rest, see your doctor regularly, and exercise. "I wish that at the beginning I had been told to put my health and sanity first. Just like on an airplane where they tell you to put on your air mask first then help others. I learned the hard way that if you don't look out for yourself, you put your loved ones health/life in jeopardy along with your own," says one member of "AARP's Caregiving Online Community." Check out the group at www.aarp.org/online-community/groups/index.action
2. **Stay Connected** - Getting together in person—or virtually—with friends and relatives can improve your spirits.
3. **Ask for help** - Make a "to-do list" and recruit relatives and friends to pitch in.
4. **Use community resources** - Most communities have services that can help coordinate your loved one's care and provide help with meals, housekeeping, grooming or transportation. Check your community's services at the U.S. Department of Health and Human Resources' Eldercare Locator by calling 1-800-677-1116. Or try the AARP Foundation's online resource tool at www.aarp.org/quicklink "There are so many services out there now to help caregivers keep on keeping on," says another member of "AARP's Caregiving Online Community." More at www.aarp.org/online-community/groups/index.action
5. **Take a break** - Ask friends, relatives or volunteers to relieve you for an hour or two. For a longer break, turn to an adult day center, or agency that provides respite services.
6. **Deal with your feelings** - Forgive yourself for feelings of anger. Consider joining a support group or making an appointment with a professional counselor.
7. **Find time to relax** - Whether it's reading, yoga,

prayer, or cooking—do something you enjoy to recharge. And laugh. Reading a funny book or watching a comedy can provide a much-needed break.

8. **Get organized** - Calendars and a journal can help you prioritize your responsibilities. Carry a list of your loved one's medications. Find a form at www.aarp.org/medicationrecord
9. **Just say no** - Accept the fact that you simply can't do everything! Resist the urge to take on more than you can handle.
10. **Stay positive** - Instead of dwelling on what you can't do, pat yourself on the back for how much you are doing.

Remember, caregivers are people with needs too. For more resources, visit www.aarp.org/caregivers.

Frank Bailey, Director of Health at AARP, leads the Association's member and consumer health education and outreach program, which includes work on issues such as Medicare, prescription drug affordability, long term care, prevention and wellness, wise use of medications and the new health care law (the Affordable Care Act).



Henderson Nevada...a bargain for retirees

Just a few miles from the Las Vegas strip there is a beautiful residential community where one can purchase a 2100 square foot home with a swimming pool for under \$200,000. The tree-lined streets and close-in shopping and restaurants make all areas of Henderson, Nevada a pleasant place to live and retire.

Henderson is the 2nd largest city in Nevada and was incorporated in 1953. It is just 7 miles from the Las Vegas strip and just minutes away from Lake Mead and Boulder City. The city is 51% residential and has one of the first large master planned communities in Southern Nevada: Green Valley. The more than 7 public golf courses and 40 developed parks add to the livability of the city.

Henderson has 25 master planned communities some specifically for the over 55 demographic. A bird viewing preserve in the city is home to over 200 species of birds. Cultural events throughout the year include the annual Shakespeare in the Park festival and "Made in Nevada Art fair and Artfest to name a few of the many entertainment opportunities. There are concerts at Henderson Pavilion, the largest outdoor amphitheater in Nevada and of course Boulder Dam and the Grand Canyon are great sight-seeing vacations nearby.

Henderson enjoys warm weather most months of the year with low humidity and little rain. The population is 269,657 and the population over 55 is 23.3%. With 300 days of sunshine each year and 4.5 inches of rain each year with an average temperature of 68.1 degrees the city is the choice for many retirees. In July and August temperatures may get up in the triple digits but the humidity is low and the dry climate is great for those with Arthritis or Asthma.

For information on buying homes in Henderson, Nevada or if you would like to attend a seminar later this year on retirement in Henderson, please call Diane Turner at 360-927-3991 or email to Nwretirement1@gmail.com.



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- Albert Schweitzer*

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- Future Shock, Random House 1970



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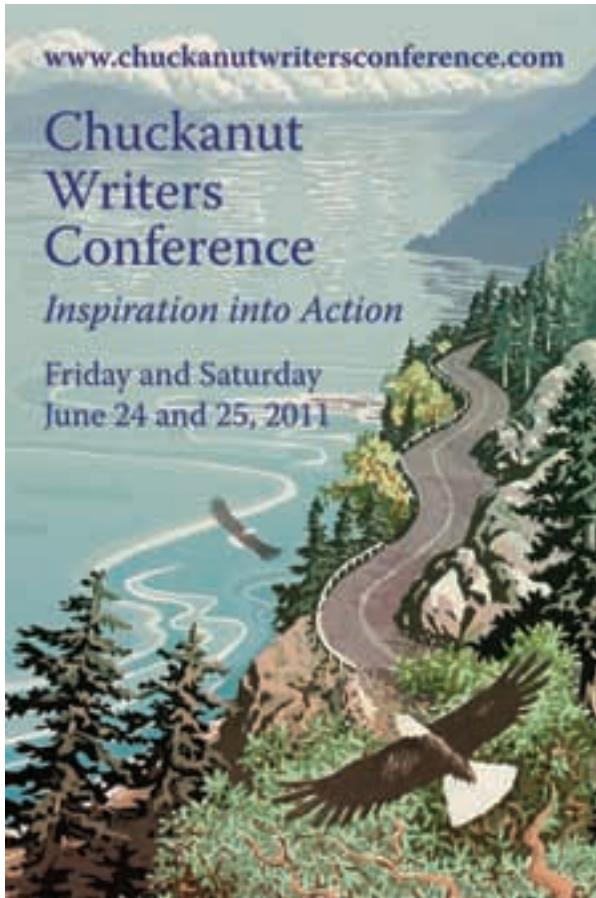
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Chuckanut Writers Conference: Inspiration into Action, June 24 and 25, 2011



Original serigraph titled "Along Chuckanut Drive" by Nancy McDonnell Spaulding, commissioned by Chuckanut Bay Gallery, www.chuckanutbaygallery.com

An award-winning lineup of authors including Nancy Rawles, Gloria Burgess, Samuel Green, Alex Kuo, Nina Laden, Priscilla Long, Jim Lynch, Brenda Miller, Tom Robbins, Glenn Rockowitz and more will be featured at the inaugural Chuckanut Writers Conference, June 24 and 25, 2011. Located at Whatcom Community College's scenic campus, the conference with the theme Inspiration into Action is a joint venture of WCC's Community Education and Village Books of Bellingham. Writers can visit www.chuckanutwritersconference.com or contact WCC Community Education at 360-383-3200 to register. Entry fee will be \$215 if registering before June 1, 2011 and \$245 thereafter.

Aligned with WCC Community Education's and Village Books' shared vision of giving back to the community, the two-day craft-centered, cross-genre conference is designed to welcome emerging and experienced writers, with a portion of the proceeds earned by the conference going to the Whatcom Literacy Council.

"Whatcom County has such a rich literary tradition that it makes it the perfect place to have a writers conference. Those of us at Village Books are very pleased and proud to be able to partner with Whatcom Community College in bringing the Chuckanut Writers Conference to life—I just can't believe it's taken so long for us to get around to it. Over the years we've been part of a number of writers conferences and have seen how important they are in encouraging and supporting writers and in connecting them with those who can help them publish. We're excited about the writers, agents and other presenters who will be involved here. This is turning out to be a first



class conference and we look forward to it thriving and growing," said Chuck Robinson of Village Books.

"When I hear writers talk about their turning points they often mention conferences where they suddenly learned something valuable about craft or discipline. And it's not always what they heard so much as how it felt to be surrounded by other determined writers for a couple days. So I'm honored to take part in the first Chuckanut Writers Conference and have high hopes that it will inspire, at least comfort, writers of all ages, talents and interests," said Jim Lynch of Olympia, award-winning author of *Border Songs* (published by Alfred A. Knopf), *The Highest Tide* (Bloomsbury Publishing), which has been translated in 10 languages, and the Whatcom READS! 2011 featured author. Lynch will be a keynoter at the conference and also will be featured in a Q&A session on the craft and business of writing.

"With opportunities ranging from small, hands-on writing workshops to one-on-one conversations with writers and agents, to readings/performance, this conference promises to be one of the best the Northwest will offer this summer," said Alex Kuo of Anacortes, award-winning author of *Lipstick and Other Stories* (Soho Press) and many more titles including the recently released *The Man Who Dammed the Yangtze* (Haven Books) and *A Chinaman's Chance: New and Selected Poems 1960-2010* (Wordcraft of Oregon). Kuo will lecture on Writing Across Cultures and also will be featured on the distinguished authors panel.

"With writers on budgets and students in mind, the conference is very reasonably priced. Not long ago our talented WCC Community Education writing instructors gathered to brainstorm how we could better serve our community—a region so rich with writers and readers, nationally and internationally recognized authors and active writing groups. At that meeting, the idea of hosting a writers conference featuring distinguished authors and agents was born, leading us to where we are today—inviting writers of all levels to join us on June 24th and June 25th, 2011 to experience all we have prepared for them," said Linda Howson of Bellingham, conference chairperson and program coordinator for WCC Community Education.

Literary agents including Amy Burkhardt of San Francisco Bay Area-based Kimberley Cameron & Associates, Andrea Hurst of Coupeville-based Andrea Hurst & Associates and Kate Folkers and Bree Ogden of Seattle-based Martin Literary Management will attend the two-day conference to mingle with writers, hear pitches, offer advice and present on the contemporary agents panel.

The conference will launch at noon on Friday, June 24, with featured speakers, panels and multiple breakout craft sessions, extending through an evening of readings by author presenters at WCC's state-of-the-art Heiner Theater. The program will continue Saturday, June 25, with a full day of author presenters and sessions, including additional readings and book signings. The conference will conclude with concurrent open mics for the participants at venues in Bellingham's historic Fairhaven district.

Contact:

Linda Howson, Chuckanut Writers Conference Chairperson
lhowson@whatcom.ctc.edu or 360.383.3203
www.chuckanutwritersconference.com

That is why – with homage to F. Scott Fitzgerald – as we beat on, boats against the current, we should be borne back ceaselessly into the American past: It is impossible for the young to know, but never too late to learn, that America truly is something – perhaps the only thing – commensurate with our capacity to wonder”.~ George Will

**“Mediocrity in politics is not to be despised.
Greatness is not needed”.**

~ Hans Magnus Enzensberger

“Media, the plural of mediocrity”.

~ Jimmy Breslin

So one guy at our table asked if we had heard of “The Cowboy Libertarian”, Patrick Dorinson. We all pleaded ignorance at which time he quoted liberally from a recent essay titled **“What if our politicians had to wear logos like NASCAR drivers”.** Dorinson pointed out that NASCAR racing cars and the drivers suits themselves are clearly marked with the name and/or logo of the sponsors and “In cowboy parlance they are “ridin’ for the brand”. So he continues that all politicians need sponsors and though all claim while campaigning they are working for the little guy, the middle class family or fighting for you, “their campaign treasure chests come from the big money pockets of labor unions, Wall Street big shots, corporate PAC’s and special interest groups. Each of these has unique logos”.

So Dorinson proposes “When politicians are campaigning or introducing a bill.....they should wear jackets with all the logos of their sponsors just like a NASCAR driver”.

“It would help the voters back home know who has bought and paid for their representative and it is much easier than having to research all their campaign records on the internet to find out who supports them”.

“I can picture Majority Leader Harry Reid wearing a bright purple SEIU union jacket debating parliamentary points of legislation

with Minority Leader Mitch McConnell decked out in a black and gold NRA jacket. Hey, it might just get some of those NASCAR fans interested in politics”.

Later I would go to the web site www.cowboyleftarian.com to review Dorinson’s biography and his “cowboy code” which I will write about another time. He is a very interesting guy with some traditional (read “old fashioned”) values similar to those of “The Greatest Generation”. A couple of examples of the “Cowboy Code” are “If you’re looking for a helping hand, start by looking at the end of your own arm”, and “The responsibility of the government is to guarantee equal opportunity not equal outcomes”.

So before heading home I gave an update on efforts on “The Curmudgeon’s Jobs Program”. First I attempted to open a manufacturing plant for burial caskets through my corporation, Kasket King but I became threatened by all of the government regulations, employee protections, threat from litigation and frivolous law suits, union organization, environmental protection, etc., etc . But I found there was no agency advocating for me. So I abandoned that idea and considered smuggling incandescent light bulbs when I heard the government was banning them next year. However, there is a rumor that the ban may be repealed just like prohibition so I am delaying that project for the time being. It really ticks me off when politicians mess up business planning.

Anyway, I will keep you posted because there may be an opportunity for some of us to invest in the “entertainment industry” as there is a pole dancing club available near a military base and it holds great promise on ROI.

So readers, remember to support the advertisers in this magazine for no advertising, no magazine! Drop me a line at nwretirement1@gmail.com



The advertisement for Artful Stitches is presented in a black and white format. On the left, there are two embroidered items, possibly aprons or towels, with the text "B & K Doggy Day Care" and a small dog icon. In the center is the Artful Stitches logo, which consists of a decorative, symmetrical flourish above the brand name "Artful Stitches" in a cursive font. On the right, there is a pile of white fabric items, likely towels or aprons, with various embroidered logos and designs. Below the images, there is a promotional message: "Let artful stitches create a memorable gift for your loved ones this holiday season or all through the year. We specialize in embroidery for all occasions." To the right of this message, the contact information is provided: "Phone: 1-888-556-3720" and "Website: artful-stitches.com".

Outdoor Sports

By Earl and Erica Erickson

Earl: I asked my youngest daughter Erica what she would like for her birthday, she replied "nothing dad". Then quickly said "I am going to do a 5k race soon, Dad would you please join me?". What she meant was to watch. I asked where and when is it. It was at Fort Worden State Park in Port Townsend, WA. She said this was a special place for her, and she would drive me over there. Why not go and see something else in my 79 years of life?

Erica: When I was a teenager, my best friend and I went on a bike hike of the islands. We stopped and had lunch at Point Wilson Lighthouse, which is in Fort Worden. It was so peaceful there. I watched Orca whales, submarines and sunshine here. It became my "sacred" space. I would return here many times to find myself when life got hard. In my early twenties, I had broken up with a boyfriend and needed to sit in my sacred space. While I was there, I made a promise that I would only share this space with people who truly love me and I fully trust. The only men I would share this space with would be my dad, brother, nephews, and the man I marry. Then I found the race information and learned that the money from the race would go towards maintaining the park and the lighthouse I've grown to love so much. I felt this was the perfect time to invite my dad, family, and my closest friends. I told them that I didn't want anything for my birthday, other than donations for the lighthouse, so that I can always have my sacred space.

Earl: She handed me the race flyer to study. The race circled around the top of a hill called "Artillery Hill". It had been a primary defense fortification with big guns at the inlet to inner Puget Sound Area. The guns had been removed, but the powder bunkers and gun placements remained. A chance to see history of a bygone era could make a good story. Not intending to compete in the race, I called the race organizer to ask if an old guy with a cane could walk the race course. I explained that I just wanted to see the sights of the historical fortifications. He said most of the race was on paved roads with some grassy spots. There was two tunnels that the racers have to pass through. Now this encouraged me to enter the race. I have done more crazy things in my life than walk up and around a hill. I told my daughter that I am going to give the "Tunnel Vision 5k Race" a try. I would take my time and go as far as I could. My daughter encouraged me by saying - you can do it!

Erica: I was really nervous that he was so adventurous. I knew that with my training that I really wanted to try and run this course, but didn't want to leave him behind. My sister Sheila and friend Mark said they would join dad so that we both could try to do our best. I couldn't believe he wanted to participate, but encouraged him to do it!

Earl: We left at 3:30am the day of the race to catch the first ferry at 7am from Whidbey Island to Port Townsend (reservations required as only one ferry was in service). We arrived in time to stop and get hot cocoas before heading to Fort Worden. The day was cold and misty. But by registration time at 9 am and most of the race the weather was sunny and warmer. I was joined by Sheila which just had shoulder surgery and Mark who had a previous kidney transplant. I told them about all of my surgeries and we became "The Surg Team".

The other race participants warmed up by stretching. I peeled off my warmer clothes and grabbed my camera. The race organizers gave the "Surg Team" a special map which was shortened from 3.1 miles to 2 miles.

100 participants lined up at the starting line and was blasted off by an air horn. The Surg Team was immediately behind. As we rounded the first turn the running pack was rounding the second turn. As the "Surg Team" started up a ¼ mile uphill grade, the pack was nowhere in sight. We soon learned the hill was a mountain as we were several hundred feet above the Fort Worden Buildings. What an awesome sight! The native Cedars and Madrona trees were beautiful.



Erica: I wasn't prepared to run up that hill, and it was harder with tears in my eyes. I was at peace being in my space, but to have so many people that love me that much to get up early, stand in the cold rain, and now participate in their first 5k, I was overwhelmed and proud of them at the same time!

Earl: We came to the first huge gun emplacement and power bunkers just as the lead pack of runners had made a loop and was headed on a downward trail. "High Fives" to them. We entered the first large tunnel, which headed downward with a tricky surface to walk on. Around the next turn we came to a smaller tunnel, Above the entry arch was the word "Heaven" in faint letters. This tunnel had a steep incline and was dark requiring you to feel your way through. It was maybe 20 yards long. I was breathless at the top. I now know why it is so hard to get to "Heaven".

Earl: We came out to a beautiful plateau and started on our downward travels. We followed the race course markings and the special race map the "Navigator" Mark carried. The other race people were nowhere in sight or sound. The "Surg Team" was enjoying the beautiful scenery and solitude. Finally we arrived at the area where we started. A crowd of people greeted us. Most race people had completed the race course in 40 to 60 minutes. The "Surg Team" came in at one hour and 23 minutes for a 2 miles special course. The "Surg Team" promises to be better next year.

Erica: We were worried when time ticked away and dad wasn't done with the race and friends of mine went running back to look for him. They loved the fact that my dad raced with his hat backwards like a young guy. The smiles on their faces when dad rounded to the finish line, made my heart smile and I tried for the second time not to cry. Then my friends approached my dad.....

Earl: One of the guys in our group rushed up to this Ol' Jalopy guy to present him with a blue ribbon. I said please hold it, I will be right back. It was time to take a potty break. But when I got back the man with the "Pabst Blue Ribbon Beer" was gone.

Erica: Thank you, Pop for joining me.. it meant so much and will always be one of the favorite times we ever spent together.

Earl: I hope he enjoyed the Blue Ribbon as much as I enjoyed the day of my first 5k race. This was fun!

The next day I was surprised that I was not stiff as a board. In fact I felt great! I encourage older people to get outside for exercise and sunshine. Exercise helps to build muscles, oxygenate blood, decreases depression and you get to enjoy the beautiful area we live in.

Earl and Erica are already discussing which 5k they would like to do together next.

All American Grilled Burgers

Juicy Sour Cream Burgers

Ingredients:

- 2 pounds ground beef
- 1 cup sour cream
- 1 (1 ounce) envelope dry onion soup mix
- ½ cup dry bread crumbs
- 1/8 teaspoon pepper

Directions:

1. In a large bowl, mix together the ground beef, sour cream, onion soup mix, bread crumbs and pepper using your hands. Refrigerate while you heat up the grill so the flavors have a chance to blend
2. Preheat a grill for medium heat. Form the ground beef into 8 balls and flatten into patties.
3. Grill the patties for 6 to 8 minutes per side or until well done.
4. Serve on buns with all your favorite toppings.

(You can make these ahead of time and freeze them...the flavors really blend well)



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The Great Spicy Burger

Ingredients:

- 1 pound ground beef
- 4 teaspoons hot pepper sauce (Or to your taste)
- 4 tablespoons salsa
- 4 slices Cheddar cheese
- 4 slices Monterey Jack cheese

Directions:

1. Preheat an outdoor grill for high heat and lightly oil grate
2. Form the ground beef into 4 individual patties
3. Grill patties over high heat for 2 to 4 minutes, and then flip over
4. Top the cooked side of each patty with a dash of hot pepper sauce, a teaspoon of salsa, a slice of Cheddar cheese and a slice of Monterey Jack cheese.
5. Grill for 2 to 4 minutes or to desired doneness.

La Conner Quilt & Textile Museum

703 South 2nd St., PO Box 1270, La Conner, WA 98257
General Admission
\$7; Military & Students w/ID
\$5; Members
under 12 free

Open Wednesday-Sunday 11-5 (Open 7 days a week in April)
Call or check our website for complete details:
360-466-4288 or www.laconnerquilts.com

Events & Workshops:

Innovation/Restoration Challenge Quilts Fifteen talented quilt/fiber artists agreed to participate in the Museum's Capital Campaign "Innovation/ Restoration" Quilt Challenge, and the stunning original works of art are now available for purchase. 100% of the funds raised through sale of these pieces will benefit the repair and restoration of the historic 1891 Gaches Mansion, home of the La Conner Quilt & Textile Museum. The Mansion is listed on both the Washington State and National Registers of Historic Places.

Art Quilts & Poetry: Saturday, June 11 - 1pm \$12 includes admission to Museum. Artists Margaret Chula and Cathy Erickson will lead a discussion of their book, "What Remains: Japanese Americans in Internment Camps," including a slide presentation and also poetry reading by Chula. The book is a culmination of seven years of collaborative work between Erickson, an art quilter, and Chula, a poet.

Call for Entries: June 15, 2011 Deadline. We invite you to enter our first International Juried & Judged Show, sponsored by the La Conner Quilt & Textile Museum, to be held September 30-October 1, & 2, 2011. We are looking for pieces in the following categories: Traditional, Non-Traditional, Wearable Art, and Eco-Green. Winning entries will be featured in a special exhibit at the La Conner Quilt

& Textile Museum titled "AWE: Award Winning Entries" from October 5 -December 30, 2011. Deadline for entry is June 15, 2011. Please check our website to download an entry form for our 2011 Quilt Fest. www.laconnerquilts.com

Current Exhibits: Through Jun 26

"What Remains: Japanese Americans in Internment Camps" with Quilt Artist, Cathy Erickson and Poet, Margaret Chula. In the 1940's over 120,000 Japanese Americans were imprisoned in internment camps. From the newborn baby to the aging grandfather, all their lives were changed dramatically. Now only photos, stories, and rock rubble remain of the time. The art quilts and poetry in this series attempt to capture the spirit of what remains over sixty years later.

"Story Quilts" by Mary Lou Weidman. Mary Lou discovered Story Quilts quite by accident. It was through this discovery that she realized that quilters have the opportunity to tell the world who they are and what and who they love. These quilts will surely be the ones to be studied in the future as they tell about people today and the details of their lives.



"Falling Blossoms" by Cathy Erickson.
From the "What Remains" exhibit.

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We've Made Promises, We Need to Keep Them

By AARP State President John Barnett

As Members of Congress work out an agreement to pay the nation's bills, health care and financial security for seniors in Washington State and all across America must not be dismissed as collateral damage. In the white heat of budget negotiations, it is tragically easy for some in Washington D.C. to reduce Medicare and Social Security to simple numbers on a balance sheet.

They are not. They are, on the contrary, peace of mind for real people – 47 million of them, including millions of AARP members. Cutting Medicare and Social Security for today's seniors through arbitrary spending limits will adversely impact real lives. And balancing the budget on the backs of seniors reneges on a trusted American promise.

In these uncertain economic times, seniors need promises they can count on. They need to know that Medicare will guarantee affordable health care. They need to know that they can count on a Social Security check that will keep up with rising prices. And they need to know that a lifetime of hard work and hard-earned benefits will always be honored. What seniors do not need are broken promises from their government that leaves them worried about whether they can afford to pay their rent or go to the hospital.

Older Americans recognize the urgency of reducing the deficit and the growing debt. They also understand that Medicare and Social Security need to be strengthened. But imposing arbitrary spending limits is not the way forward. Placing such limits on how much care Medicare will provide could force seniors to pay higher premiums and co-pays. It could cause seniors to go without necessary care. And trimming Social Security payments would deny seniors the critical income security they need.

On top of this, cutting Medicare and Social Security would break our nation's promise to protect the benefits seniors have rightfully earned. Spending limits would change the rules, contradict that promise, and leave seniors to foot the bill.

What political leaders must bear in mind is that to most people, especially seniors, Medicare and Social Security are much more than line items in the federal budget. They are pillars of stability. They offer millions of seniors health coverage and a stream of income to live on in retirement. They represent down payments on the American Dream.

Recent proposals to adjust Medicare and Social Security are unfair to America's seniors who have earned the peace of mind these programs guarantee. It is simply not right to ask hard



working Americans to sacrifice a benefit they've already earned and depend on.

So, rather than eyeball Medicare and Social Security as a budget balancing tactic, Congress would be wise to engage Americans in a national conversation about how to strengthen these programs for future retirees. AARP understands that the deficit and long-term debt require attention, and we know that Medicare and Social Security need to be strengthened to meet the needs of 21st century older Americans. To these ends, AARP supports balanced policies that address the nation's long-term fiscal challenges.

The goal should always be to improve Medicare and Social Security, not to weaken them, because they are critical to our health and financial security. And ultimately, they belong to us here in Washington State; they belong to the American people.

To find out more, visit www.aarp.org/protectseniors.

Also take a moment to call your members of Congress toll free at 1-888-722-8514 and urge them to protect Medicare and Social Security from harmful cuts.

***A True Patriot: "The unknown, steadfast citizen who year after year quietly and unselfishly benefits his nation."
- Albert Carr***

Hoagland Pharmacy and Drive Medical to host event at Mt Baker Theatre

Hoagland Pharmacy has been serving the health care needs of Bellingham and surrounding communities for over 30 years. They continually work with health care providers to find custom solutions tailored to their customer's individual medication needs. A staff of over 70 employees is available to provide a variety of health, educational and veterinary medication services. Molly Greenleaf, Durable Medical Equipment Specialist and Marketer shared, "Our goal is to offer service and expertise customized to fit individual needs while providing the highest standard of service. We are excited about celebrating our 30th anniversary this year and encourage you to come and see what we are about!"

Hoagland Pharmacy, in celebration of their 30th anniversary, along with Drive Medical, an industry leader in durable medical equipment manufacturing are proud to announce an event being held at the beautiful Mt Baker Theatre on Thursday August 18th at 7:30 pm. Mike Serhan, Executive Vice President of Product Development for Drive Medical will be providing information on innovative products designed to help maintain and gain individual mobility independence. Hoagland Pharmacy will be discussing current Medicare payment criteria related to these items. This will be a fun and informative evening and will be open to the public, RSVP is requested.

Molly Greenleaf shared: "We are thrilled to have Mike Serhan available to provide his knowledge and insight on individual mobility. The opportunity to hear from a leading expert in the mobility market is incredible. Drive Medical has continually brought innovative and exciting products to the forefront and truly has the end user in mind when designing these products."

Hoagland Pharmacy where "Your Health Matters" is a locally owned and operated pharmacy located at 2330 Yew St in Bellingham. The pharmacy offers a wide variety of products and services including: retail and compounding pharmacy, over the counter medications, durable medical equipment, compression stockings, respiratory supplies and services, diabetic shoes and insoles and much more. Steve Bunney; Durable Medical Equipment Manager shares: "We feel superior customer service is a lost art and we invite you to come visit us and receive the service you deserve."

Drive Medical maintains its principal corporate offices in Port Washington, NY. Drive manufactures a complete line of durable medical equipment including mobility products, beds, bariatric products, wheelchairs, sleep surfaces and pressure prevention products, patient room equipment, personal care products and electrotherapy devices. Currently Drive has corporate offices and distribution facilities in the USA, Canada, United Kingdom, Germany, Romania, China and Taiwan. Drive Medical is widely regarded as one of the fastest growing major manufacturers and distributors of durable medical equipment.

For Further information or to RSVP: Please call Molly Greenleaf at 360-685-5004 or e-mail mgreenleaf@hoaglandpharmacy.com



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The Library Book

Romance can bloom anytime, at any age

She found the old library book in the bottom of a storage box as she packed to leave her home of twenty years. It was an old copy of J.D. Salinger's *Catcher in the Rye*. It was one of her favorites...the mumbblings of a teen-age heart; that was the theme of the book. After all these years, she had kept it, unreturned to the high school library where she had checked it out in....she opened the book to the page where the dates and names were listed.

The date was there...45 years ago. Her name was not there. She had not checked out the book. The name there startled her and then brought back a rush of memories. The name was Fred Scarpelli. Oh, yes...Freddy. She pictured a shock of dark curly hair and a mocking smile. That was her high school friend. He was never a boyfriend, just a friend. She gave him the answers in their Spanish class and he helped her with Algebra. They worked in the same retail store where she helped him fold men's sweaters and match ties with shirts. He was color-blind and had trouble helping pick out colors that blended.

In the same box where she found the book, her high school year book was wrapped in a plastic cover. Slowly, she took it out and easily found her picture on the same page as Freddy's. Her face, unlined and firm smiled at her older self. Her name was Maria Miller then. Her last name had changed twice...Maria Phipps and now Maria Taylor. She was Maria Taylor, a widow about to leave her home of twenty years and move to a retirement community.

Wondering where Freddy Scarpelli could be, she picked up the book and took it with her into the family room where she sat by her warm fireplace and slowly turned the pages of the book. Freddy was a member of the Coin Club and she had been a member of the Spanish Club. Her brother had once exchanged coins with Freddy and attended some Coin Shows where both Freddy and her brother had explained what made some coins so priceless. She had been bored. Freddy was nice. They laughed at the same jokes, saw the world in the same way, but there had been no chemistry there.

He had probably loaned her the library book and she had forgotten to return it. It would have been like Freddy to casually drop the book into her lap and say, "You like this kinda stuff, don't you?" She would have grabbed it, laughing and pointing to his chest. "You have no heart, Freddy Scapelli." She could hear her younger self.

Freddy did not attend their 20 year reunion years ago. Actually, Maria had not thought he would. He was not the type to live in the past. She didn't even remember missing him or looking for him. He was not even a best friend...just a passing acquaintance. She looked around her comfortable family room. A room with no family. Kids were all gone...husband gone too.



Wouldn't be fun to actually return the book to Freddy? Maria smiled to herself as she went to the kitchen to make a pot of tea. She had a week to get packed and out of her sold home and she was thinking about a library book and someone she had not seen in 45 years! What a positively silly idea. What was she thinking? Then again, it had changed her mood. She now felt upbeat and inspired. It was better than moping about wondering what the future held when more than half of her life was over.

As her water boiled, she looked across her kitchen to the small desk that held her laptop computer. You could just find just about anybody nowadays on the computer. Well, for all she knew he could be gone...he was almost the age of her deceased husband. There was a good chance he would not even remember her. They were just two young kids in high school fooling around after all.

A year ago, her daughter Meg had shown her how to get her own profile on facebook. That was right before her husband Matt had gone to the hospital...that was before the sadness and the sudden change in her life. The loss of a partner was a stunning and life-changing disaster. Her thoughts now turned to finding Freddy as she sat at her desk and logged into her facebook account.

A few weeks later, Maria was waiting impatiently at a restaurant not far from her sold property. She clutched the library book in her hands and pressed it to her chest. She was just returning a book, nothing more. She looked down into the depths of her steaming cup of tea. It was her second cup. She had arrived early. She touched her short, brown hair compliments of her hair stylist and looked at her watch. Freddy was late, but she remembered he used to be late for work. She used to make excuses for him. She told the manager his car was unreliable.

Continued on Page 18

She had found him on facebook; what a wonder that was. She contacted him. He did not live far from her. Imagine that? He had been divorced for years. Well, he was a little hard to get along with. She remembered that. He was funny, though and he had a nice smile. They talked about their families, their lives, and their pasts and then she told him about the book. They arranged to meet at the small neighborhood restaurant with the great chicken fried steak and well-known banana cream pie.

She had been watching the door. She hoped she would recognize him. She could feel her heart beating quite rapidly. She took deep breaths. The doors opened and a man with a tumble of curly grey hair walked in. He had a cane and that same mocking smile. In his hands was a dozen pink roses in a beautiful basket that he set down on the table. She put out her hand and he pushed it away and gave her a big hug.

“Maria, give me that darn library book! Do you know what kind of a fine I had to pay?” They both laughed until the tears came streaming down.

Solution:

S	T	A	B		Z	E	A	L	S		M	A	S	S
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Larry W. Boone

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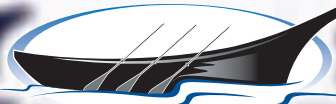
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