

*The Senior*  
**VOICE**

Published Locally Since 1980

March 2011



**A Woman on  
the Frontier**

**The Great  
Potato Hoax**

**Cover Photo:  
Mesa Arch**

# Low Vision Optometrist Helps Legally Blind to See Again

**Dr. Rob Stamm uses miniaturized binoculars or telescopes to help those with vision loss to keep reading, writing and driving.**

By Elana Lombardi  
Freelance Writer

Just because you have macular degeneration or other eye diseases like diabetic retinopathy doesn't mean you must give up life's pleasures like reading, watching your grandchildren across the room, or seeing signs at a distance.

"People don't know that there are doctors who are very experienced in low vision care," says Dr. Stamm, a low vision optometrist.

Macular Degeneration is the most common eye disease amongst the senior population. As many as 25% of those over 65 have some degree of degeneration. Macular degeneration leaves a blind spot right in the center of vision making it impossible to recognize faces, read a book, or pass the driver's vision test.



**Bonnie Dimuth with  
Bioptic Telescopes**

"These telescopic glasses make driving much easier," says Bonnie, a low vision patient. "The best part is I can now see my grandchildren's faces so much more clearly."

Bonnie was helped with two pairs of glasses: Special \$500 prismatic glasses let her read the newspaper and bioptic telescopes to continue driving.

"Without these telescopic glasses I could have never taken care of my wife", states, Carl Lee, patient. "We would have had to move her into a nursing home."

Libbie Schroeder, also a patient states, "I can't believe these glasses Dr. Stamm made for me. I thought I was going to lose my license, but now I can still drive myself to the store and to church."

Another patient wrote, "With these glasses I am able to enjoy riding my horses again. These glasses have made all the difference in my life."

Every case is different because people have different levels of vision and unique desires. "Our job is to figure out everything and anything possible to keep a person functioning visually," says Dr. Stamm. The special glasses cost between \$500 - \$2,300. It is a small price to pay for better vision and more independence.

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# Controversial Bill

By John Kefalas  
State Representative

Colorado Senate Bill-126 would allow undocumented students to pay in-state tuition if they meet certain criteria.

The issue of illegal immigration is controversial; so I want to summarize this bill and offer some viewpoints for and against.

The bill would require such students to attend a Colorado high school for at least three years and graduate or receive a GED. Students must also apply and be admitted to a college within 12 months of graduating or getting a GED.

Students must also seek legal status. No public funds such as the College Opportunity Fund or federal/state financial aid will be available for these students. They will be paying in-state tuition out of their own pockets.

Those opposing this policy say such students came to this country illegally and they should not be rewarded. U.S. citizens are being

denied access to higher education and we should be helping them, not illegal immigrant children. Jobs are being taken away from Americans, and tax dollars should not support undocumented students.

Those supporting the policy say many such students are in the process of becoming citizens, and having them pay in-state tuition helps our Colorado economy by providing an educated and contributing workforce once they become citizens. Since there are no state funds involved, this will create revenue for our colleges and universities. College graduates are more productive and pay taxes, and there is a moral case to be made.

I will engage in rationale discourse and make an informed decision.

You can email Rep. Kefalas at [jkefalashd52@frie.com](mailto:jkefalashd52@frie.com), or call him in Fort Collins at 970-221-1135. ■

## Retiree Programs

By Eileen Doherty

Funding for several retiree programs is being targeted by the Colorado legislature starting July 1, 2011.

The loss of the senior property tax exemption will continue in the future. The legislature is also considering elimination of the Old Age Health and Medical Fund, as well as the Supplemental Fund that provides about \$14 million to cover the cost of primary and acute care services for recipients of Old Age Pension. The elimination of that program would require a vote of the people to amend the constitution.

Many retirees benefit from utility assistance through the winter months from the Low Income Energy Assistance Program (LEAP). Since much of the LEAP money comes from the federal government, the state money that supplements the federal grant is targeted for elimination. Additional state money for the Energy Assistance Foundation to help with utility emergencies during the summer months is also targeted for elimination. These cuts represent about \$7 million.

Legislators are looking to save an additional \$7.5 million by eliminating the Property Tax, Rent and Heat Credit program. Eligible low-income individuals currently can receive a maximum of \$600 in tax and rent rebates and \$192 in heat rebates.

Targeted to lose \$2 million is the Older Coloradans Fund, which provides grants to community agencies through the local Area Agency on Aging for meals on wheels, legal services, transportation, vision, hearing and dental services, home care, and many other programs that help to keep retirees in their own homes.

Eileen Doherty, M.S., is Executive Director of the Colorado Gerontological Society, email [doherty001@att.net](mailto:doherty001@att.net). ■

# Woman on the Frontier

By Bill Lambdin

In 1879, Greeley resident Flora Ellen Price was captured by a band of Utes immediately after they had killed all the white men at the White River Indian Agency in western Colorado.

She, her two small children, and Nathan Meeker's daughter and wife spent several frightening days with the Indians before being rescued and returned to Greeley.

Flora later gave an account of the massacre and her captivity:

"I had just begun washing some clothes when the Indians fired...I rushed in, took my baby and ran to my room.

"We ran to Josephine's room (Meeker's daughter). In a few minutes, after 20 or 30 shots crashed through our windows, we crawled under the bed.

"The Indians were shooting all around! I could hear reports of guns in all directions and glass falling from windows.

"Josephine said the milk room was the safest place, and we ran there...We remained there all the afternoon till nearly sundown and until they set the buildings on fire.

"The shooting had ceased, and we began to see the smoke curling through the cracks.

"I said, 'Josephine, we have to get out of here. You take Mary; I'll take the baby and we'll try to escape in the sage brush'...

***"The Indians were shooting all around!"***

"The Indians saw us and came toward us on the run, firing as they ran...We then came out, as it was of no use to run, and gave ourselves up.

"My baby boy was with me, and Mary (daughter) was with Josephine...We arrived at the (Indian) camp that night.

"All I could understand was



*Flora Price. Hazel Johnson Collection.*

when they repeated the soldiers' names and counted what number of men they had killed at the agency.

"They spread some blankets for me to lie on, but I could not sleep...I sat there weeping—I could not help it—with my little boy in my arms.

"The next day, we moved to another camp.

"In the afternoon, they cut a lot of sage brush, piled it up and spread over it the clothes they had stolen from the soldiers. Four of the Indians then began to dance around (the clothes) and at intervals thrust their knives into them and went through a mimic massacre of the soldiers.

"Other Utes kept joining the party that was dancing...They wanted Josephine and me to dance with them. We told them we could not..."

"One put a gun to my forehead and told me he would kill me. I said, 'Shoot away. I don't care'.

"He laughed then and said, 'Brave squaw'.

"We rode all day in the thick dust without water. We reached the Grand River about sundown where we camped in the sage

brush...

"The meanest thing they did (to Josephine) was to frighten her with their knives and horrible grimaces and bad stories. They tried to scare us out of our wits.

"At last, one evening, we heard that white men were coming from the Uncompaghe Agency of Chief Ouray to treat for our release. The next day, the men came.

"The journey over the lofty mountains for three days brought us out of the San Juan country...The Indian reservation was 70 miles behind us. Two ranges of mountains lay between us and that captivity of terror."

Flora and her children returned to Greeley. But her husband was far across the mountains, lying dead on the cold ground of the Meeker Massacre site.

**COVER PICTURE.** *Mesa Arch in Canyonlands National Park west of where Flora was rescued. Taken by Fort Collins photographer Gregory Mayse, who has published two coffee-table books of photos: "Colorado: Rocky Mountain Magic" and "Rocky Mountain Wild." See [www.gregorymayse.com](http://www.gregorymayse.com).* ■

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**William and Peggy Lambdin**  
Founders, 1980

# A Pioneer in Fort Collins

By Wayne Sundberg

## In Memory of Arlene Ahlbrandt

The name City Drug Store has been a part of Fort Collins' heritage since its early days.

Frank P. Stover was one of the city's more colorful pioneering citizens, and he was "the City Druggist." Born in Indiana in 1852, he came to Fort Collins in 1874, following in the footsteps of his brother, William C.

Frank purchased City Drug from Hocker & Co. shortly after his arrival in town. The business occupied the rear of the Yount Block, still standing at the south-east corner of Linden and

Jefferson.

He moved the drug store across the intersection to the Tedmon House in 1880. It was his next move that turned out to be initially disastrous.

In 1882 he purchased the former fort sutler's store, Old Grout, which was across the street. It was razed and his new "modern" building was built on the site. Just as he was ready to move, in September, 1882, the structure burned to the ground, leading to the building of a water system for the town.

It was not fully insured, so it took five years for him to build a new store, which he moved into November 19, 1887. The business



*Frank Stover, right, in front of his City Drug.  
Photo courtesy of Wayne Sundberg.*

showcased an elaborate soda fountain and gas lights, in addition to selling drugs and patent medicines.

When the town went "dry" in 1896, Stover occasionally made the

about 70 proof!

Stover was very active in the community, serving as recorder for the city's Board of Trustees, as well as County Treasurer for several years. He was on the board

*Many women back then were quite dependant on their "Lydia Pinkham Vegetable Compound."*

*It was about 70 proof!*

news for selling "liquor." Mostly there were citations without convictions. He was actually selling patent medicines, which in the 1800s were 20 to 40 percent alcohol.

Many women back then were quite dependant on their "Lydia Pinkham Vegetable Compound" for "woman's problems." It was

of the Poudre Valley Bank and a member of several civic clubs. He shows up prominently in many early photos of Fort Collins.

The "City Druggist" died on July 1, 1924, a well-loved local figure.

You can email Wayne Sundberg at: [sundayres@msn.com](mailto:sundayres@msn.com). ■

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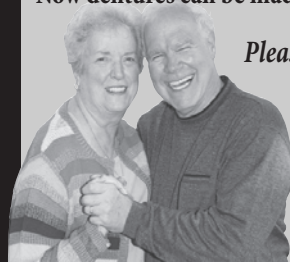
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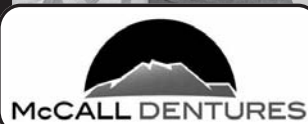
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# Women's Health

## Morning Sickness

It's not necessarily a bad thing. Pregnant women who have it are less likely to miscarry, said researcher Dr. Ronna Chan at the University of North Carolina.

## Ovarian Cancer Screening

Many women with early-stage ovarian cancer don't get lymph node biopsies to determine if the cancer has spread, and that nearly doubles the risk of death for those women. That's according to University of California researchers, who said they don't know why some doctors fail to do the screening.

## Pelvic Disorder

Possibly 20% of women will need treatment for pelvic organ prolapse sometime in their life, said researcher Fiona Smith in a report for the journal *Obstetrics & Gynecology*. The disorder occurs when the bladder or another organ moves from its normal position

and protrudes into the vagina. It can cause pain in the lower back or lower abdomen, or pressure in the vagina.

## Breast Implants

Women generally prefer silicone implants over saline implants after breast removal due to cancer, according to a survey done by Dr. Colleen McCarthy at the Memorial Sloan-Kettering Cancer Center in New York.

## Miscarriages

Pregnant women who smoke 20 or more cigarettes a day are twice as likely to have a miscarriage in the first trimester, said a report in the journal *Human Reproduction*.

## Beer

It can cause scaly skin (psoriasis) in women who drink five or more regular beers a week, said researchers at Brigham Women's Hospital in Boston. But light beers do not have the same effect. ■



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- Pablo Picasso, artist

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# Now That Was a Big Potato



*The Maggie Murphy Potato.  
Loveland Public Library.*

By Lois Hall

It was called the "Great Potato Hoax of 1895," and it happened in Loveland.

A local farmer named Joseph Swan grew more than 70 varieties of potatoes one year and received much publicity for his success with the crop.

Loveland newspaper editor W.L. Thorndike decided to take the publicity even further and have a little fun. He published a photograph of the farmer holding a giant potato weighing over 86 pounds.

The spud was named the "Maggie Murphy Potato," and the story soon spread across the United States. Scientific American and many other publications carried the photograph, and it appeared in Ripley's publication "Believe It

or Not."

Thousands of people wrote the Loveland newspaper asking for pieces of the potato so they could plant them and grow their own giant crop.

The local editor realized the joke was getting out of hand

*It appeared  
in "Ripley's Believe  
It or Not."*

and finally admitted that he had asked the farmer to carve a giant potato out of wood for the photograph.

People thought the hoax ended then in 1895. But years later, when Ripley's "Believe It or Not" became a television show, the TV producers used the photograph on their opening segment. ■

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# Question on Inheritance

By Ron Rutz, Attorney

**Q:** My mother's "roommate" apparently received the bulk of her estate by being designated as the beneficiary of certain assets even though I was named the sole beneficiary in her Will. Doesn't the Will control estate distribution?

**A:** This problem usually arises in second marriages; but as in your case, a third party can also be involved.

Typically, a couple will come to my office and each will outline for me what he or she intends to do, usually in light of what the other is doing. Normally only Wills are executed, even after the need for other documents is discussed. The necessity to coordinate beneficiary designations is also discussed because those proceeds are not controlled by the Will.

Some couples will also sign a

contract agreeing not to change their Wills and beneficiaries. Other couples will occasionally put similar clauses in their Wills. However, a successful enforcement of either a Will provision or side memoranda prohibiting changes may be very difficult and expensive to enforce.

Occasionally a marital (nuptial) agreement is put in place. But unless the assets (in this case those with beneficiary options) are identified in the document and the desired disbursement is specifically mentioned, the nuptial agreement may not help either, if beneficiaries are later altered.

In your case, where the Will was not changed but perhaps the beneficiary designations were changed, the usual grounds for attacking a change would be fraud, undue influence by the roommate, lack of capacity, etc.) But it might

be a long and expensive row to hoe. The argument by the survivor almost always is that the deceased changed her mind or the designations were what was intended in the first place.

Thus the Achilles heel of any distribution plan is the coordination of the beneficiary designations and

joint ownership with the provisions of the Will so that it will fit into the overall desired distribution plan.

Attorney Ron Rutz will answer questions sent to [rutz@ronaldrutz.com](mailto:rutz@ronaldrutz.com), phone 970-223-8388, write 2625 Redwing Road, Suite 180, Fort Collins, CO 80526. ■

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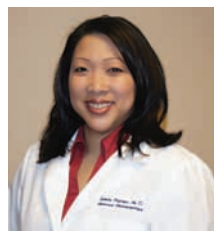
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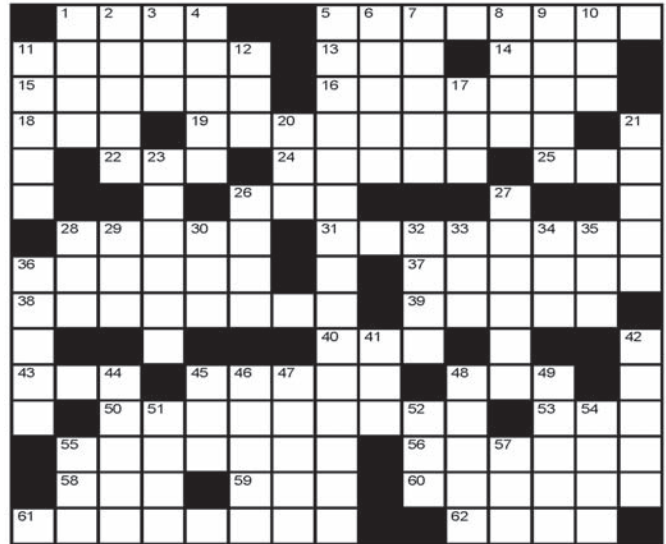
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# Colorado Crosswords

By Tony Donovan



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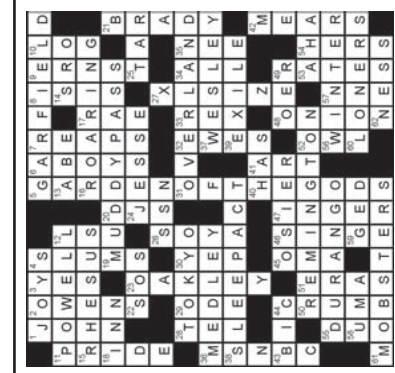
- Frazzled mom's plaint: "Oh, the \_\_\_ of motherhood."
- County named for assassinated president
- With # 1 down and # 37 across, one-armed cartographer who was first to climb Long's Peak as well as first to navigate the Colorado River
- Presidential nickname
- Hit sign?
- Monkeys used in medical research
- \_\_\_ Fork River near Aspen
- Estes Park's Baldpate \_\_\_
- John C. Fremont traversed this landmark between Kremmling and Steamboat Springs in the mid-19th century.
- Help!
- James or Jackson
- According to Uncle Remus, Brer Rabbit encountered a "baby" made of this substance
- IRS identifier
- Jimmy Doolittle target for about one-half minute, according to Hollywood
- Word before "trail" or "stage"
- Musical mixture
- See # 1 across
- Possum player's specialty
- Separate from one's homeland
- Owens
- Inexpensive pen, lighter or razor
- Willow used in wickerwork
- Anthem contraction
- Artist referred to as the "Rembrandt of the West"
- Sherlock Holmes utterance, perhaps
- Ft. Lewis College is located here
- \_\_\_ Park
- Thurman of films
- Option for some who don't finish high school
- Non-social types
- Capone and others
- Eliot who fought #61 across

- Ritter's predecessor
- Survey response
- Blighted urban areas
- This park, of nearly 1400 acres, was a gift to Colorado Springs in 1909.
- "\_\_\_ Life" was the title of a 500 piece jigsaw puzzle distributed by the Boy Scouts of America to celebrate 100 years of scouting.
- Harvests
- Egyptian fertility goddess
- German painter who founded the Surrealist group
- Cabin component
- Lions, en masse
- Tigers of the SEC
- Sally Field played the title role in this 1979 film: Norma
- Record players?
- Quinn of the Broncos
- Rodeo performer and trick shot artist who performed with Buffalo Bill
- Milk or bean type
- Common label on athletic ware
- \_\_\_ Aviv
- Keats' specialty
- Gary Cooper's version of #3 down
- Rams' gals
- Tyrannosaurus or Oedipus follower
- Wash day brand
- Society page word
- Cable channel which features Olbermann, Matthews and Maddow
- Carney or Garfunkle
- Otto who became known as "The Pathfinder of the San Juan" for all of his rood building
- Small morsel
- Med. suffix used with some cancers
- Burn briefly
- Swedish actress \_\_\_ Stevens who played in "The Farmer's Daughter" and "The Buccaneers"
- Vegetable cash crop of eastern Colorado
- Mortgage lenders' say
- Significant periods
- Area north of Ft. Collins which features the most northern grove of pinon pine on the east slope as well as other trees 100s of years old: \_\_\_ Canyon
- Towel word
- Dynamic \_\_\_ {think Cargo and Tulo}
- Pueblo to Sterling dir.

**DOWN**

- See # 11 across

**ANSWERS**



Colorado  
Crosswords

are created exclusively  
for The Voice by Tony  
Donovan, who lives in Loveland.

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# About Men's Health

## Mature Athletes

Those who ski and exercise vigorously can have twice the oxygen capacity and ability to be active as those who do not exercise, said researcher Scott Trappe at Ball State University. This applies to people even in their 80s and 90s.

## Prostate Cancer

It doesn't stay the same. It changes and sometimes becomes more deadly, sometimes less serious, said a report in the journal Genome Research. Researchers at Cornell Medical College hope to determine which prostate cancers need aggressive treatment and which do not.

## Testosterone Supplements

They usually are not helpful for men's sexual problems. Obesity, diabetes and other things are more likely to be the problem, said a report in the British Journal of Urology International. "We need a lot less testosterone for

sexual function than people used to think," said researcher Dr. Michael Marberger.

## Effects of BPA

The chemical BPA (Bisphenol-A) causes poor quality sperm in men, according to a report in the journal Fertility and Sterility. BPA is a chemical commonly used in plastic containers, some bottles and the linings of food and beverage containers.

## Achilles Tendon Problems

Exercise therapy alone might be as effective as medicines or surgery for inflammation of the Achilles tendon, said a report in the American Journal of Sports Medicine.

## Extreme Running

It can impair the body's immune function and cause muscle loss, said researchers at the University Hospital at Ulm, Germany. They studied runners who ran in a 64-day race in Italy.

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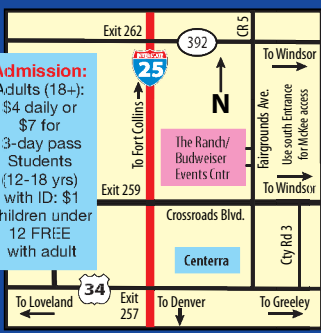
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# Wyoming Bone War

By Peggy Hunt

One of the world's first and largest dinosaur fossil sites was Como Bluff northwest of Laramie, Wyoming, between the two small towns of Rock River and Medicine Bow.

In 1878 railroad workers discovered some very large bones and notified paleontologists, who excavated 247 dinosaur remains, some with complete skeletons. Included was the huge skeleton of Diplodocus, which when living was 72 feet long, 22 feet high, and weighed over 50 tons.

That skeleton was placed in the New York Museum of Natural History. Other skeletons went to the Smithsonian and numerous world famous museums.

Como Bluff was so important that it prompted what was called the "Bone Wars" between two leading paleontologists—Edward

Cope with the Philadelphia Academy Museum, and Charles Marsh with the Peabody Museum at Yale University.

Each man was eager to enhance his reputation and wanted to use Como Bluff to do that. They competed for access to the site.

Marsh made it difficult for Cope to hire local field assistants. Cope had a trainload of bones Marsh found sent to a wrong destination.

The men continued to squabble until each had spent all of his money and lost credibility in scientific circles. Marsh, incidentally, was the first paleontologist to pose the theory that birds are descended from dinosaurs.

Como Bluff is on private property; so there is no access. But you can see an old cabin built entirely from local dinosaur bones in 1933 seven miles east of the town of Medicine Bow on Highway 30. ■



The cabin built of dinosaur bones. Wyoming Tourism Office.

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# Family Health Guide



## Hot Flashes

They might be much less severe and occur less often for women who take the antidepressant drug Lexapro, said a report in the Journal of the American Medical Association. Elsewhere, researchers at the Fred Hutchinson Cancer Research Center say women who have hot flashes and other menopausal symptoms are less likely to develop the most common forms of breast cancer.

## Babies Delivered Early

It's dangerous for the baby, and it's done too often for non-medical reasons, said Maureen Corry with Childbirth Connection. Some women think 34 to 36 weeks is full term, but it's 39 to 40 weeks. Some doctors, hospitals and women deliver early just for convenience and that's risky, said Corry.

## Defibrillators

More than 20% of these heart devices may be implanted in patients who should not have them, according to a report in the Journal of the American Medical Association. That's about 25,000 a year in the U.S. Why? Apparently many doctors are not fully aware of the guidelines for the devices, said researchers.

## Removing Kids' Tonsils

It should be done only in severe cases when repeated throat infections don't respond to antibiotics, said a report in the journal Otolaryngology: Head and Neck Surgery. Too many unnecessary tonsillectomies are done in the U.S., said researchers.

## Anti-psychotic Drugs

Far too many are used for things they're not approved for and for which there is no evidence they are appropriate or effective—such as bipolar disorder, depression and autism. That's the conclusion of several researchers, including Dr. Caleb Alexander at the University of Chicago.

## Birth Control Pills

They probably do not cause weight gain, said a report in the journal Human Reproduction by researchers at the Oregon Health and Science University.

## PSA and Prostate Cancer

Rapid rises in PSA levels do not mean prostate cancer is present, said a report in the Journal of the National Cancer Institute by Andrew Vickers at the Sloan-Kettering Cancer Center in New York. Too many men get unnecessary biopsies based on PSA tests, he said.

## Premature Births

A new drug, Makena, has been approved by the FDA to help prevent premature births in women who have already had one such birth. They can be dangerous and even deadly for infants.

## Underarm Lymph Nodes

It's not necessary to remove them for all women with breast cancer, said a report in the Journal of the American Medical Association by Dr. Monica Morrow and others at Sloan-Kettering Cancer Center. For certain women, removing the

nodes makes no difference in cancer outcomes. Leaving them avoids a painful procedure that can cause infections and other problems.

## Alternative Medicines

They can be dangerous for children, said a report in the Archives of Disease in Childhood. Also called "complementary medicines" (CAM), they include herbal remedies, homeopathy and other treatments instead of traditional medicines prescribed by doctors.

## Knee Implants

Their success depends more on the skill of the surgeon than on the device, said researchers at Henry Ford Hospital. Women get most of the nearly 600,000 knee replacements done each year in the U.S.

## Drug Tests

Most drug companies fail to do the follow-up tests they promised the FDA they would do in

exchange for early approval of their drugs, said a Wall Street Journal report. FDA cancer division director Richard Pazdur said, "These confirmatory trials are as important—if not more important—than the initial trials." But they're not being done.

## Drug Research

Much of it is done by universities and other taxpayer-funded groups, not by the drug companies that claim they have to charge high prices to cover research. That's according to a report from Boston University in the New England Journal of Medicine. ■

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# Social Security

By Lauren Eitel

Greeley Social Security Office

There are a number of reasons you might need written verification of your Social Security benefit amount.

You may need to provide it to an energy assistance program or for subsidized housing. Perhaps you're ready to make a major purchase and you're trying to get a loan from a bank or financial institution. Or maybe you're applying for state benefits or moving into a new apartment or home.

Whatever the reason, if you need verification of your income from Social Security, obtaining it is easy and convenient. Go to [www.socialsecurity.gov](http://www.socialsecurity.gov). Then look in the left column under "Top Services," open the "Services for people currently receiving benefits" section, and select "Request a Proof of Income letter" to get a letter that verifies your Social

Security benefit information.

You can use this letter for any reason that someone requires proof of your income. In addition to offering proof of your income, the letter is an official document that verifies your Medicare coverage, retirement or disability status, and age.

From the time that you complete the online request, it will take about 10 days for you to receive the proof of income letter in the mail. If you need one sooner, you'll want to call us at 1-800-772-1213 (TTY 1-800-325-0778) or visit your local Social Security office.

For most people, requesting the proof of income online is the most convenient way to get what you need.

*Lauren is the Assistant District Manager of the Greeley Social Security office. Email questions to: [lauren.eitel@ssa.gov](mailto:lauren.eitel@ssa.gov).*

# Johnson's Corner

*Editor's Note: Northern Colorado historian Arlene Ahlbrandt wrote the following story years ago.*

Johnson's Corner is something of a landmark on Interstate 25 south of the Loveland exit, built in 1951 by Joe S. Johnson.

At one time, there were three Johnson's Corners, two in Longmont and one in Sedalia. Today the surviving place is still going strong.

Years ago, when Joe Johnson planned to build a cafe and gas station in the middle of farm land between Denver and Cheyenne, people thought he was out of his mind. Maybe had a hint that the new interstate highway would be constructed nearby. I-25 was built in 1954.

Johnson's Corner became a full-service truck stop and cafe. The business also played an integral part in the farming communities. It became a haven for weary drivers and travelers who needed a rest stop, a good meal or fill-up for autos and trucks.

In 1998, "Travel and Leisure Magazine" selected Johnson's Corner as one of the "best breakfasts in the world." Their large, delicious cinnamon rolls are famous, as well as their big hamburgers and prime rib.

In 1995 a Hollywood movie, "Larger Than Life" starring Bill Murray, used Johnson's Corner as a location for a scene.

Since the cafe was located near the dog track, many of the racing crowd came in late in the evening. Other late-night customers stop by for coffee.

Joe Johnson was a restaurant pioneer with insight and a friend to all his customers. He died in 1981, and family members carried on the business. ■

# Alzheimer's Information

The Northern Colorado Alzheimer's Association is increasing its efforts to reach people in the early stages of Alzheimer's, according to regional director Emmalie Conner.

Association officers will do a study of services needed for families and individuals facing early stage dementia and determine a guide for the most effective programs.

They will also help families with planning, education and

enrollment in early stage strategies programs.

Conner said Colorado is projected to have the second highest percentage increase of Alzheimer's diagnoses in the U.S. in the next 20 years, from 72,000 to 140,000. One out of every eight baby boomers will have Alzheimer's; that's 10 million Americans.

For information, call Emmalie Conner at 970-472-9798 or email her at [Emmalie.Conner@alz.org](mailto:Emmalie.Conner@alz.org). ■

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# About Breast Biopsies

Too many women who have breast biopsies are still getting them done surgically instead of with a needle, and that's wrong, said a report in the American Journal of Surgery.

Researcher Dr. Stephen Grobmyer at the University of Florida was the senior author of the study and said needle biopsies are safer and less invasive, and should be the standard procedure.

Some surgeons probably do

the surgical biopsies, said Grobmyer, because they lose money when they refer a woman to a radiologist for the needle biopsy. Other surgeons may do them because they do not keep up with medical advances and guidelines.

A surgical biopsy requires an inch-long incision, stitches and sometimes general anesthesia. It leaves a scar. A needle biopsy avoids those. ■

# Psychiatric Drugs

Over 25 percent of the people who take anti-depressants have never been diagnosed with any of the conditions the drugs are intended to treat. Which means a huge misuse of the drugs and side effects from them, said researchers at the University of Manitoba in Canada.

Elsewhere a report in the Journal of Clinical Psychiatry says the trials that test drugs for bipolar disorder are flawed. Researchers examined 105 drug trials and found only six could be trusted. "One could question whether doing trials with thousands of patients was really worth if you cannot use the data," said researcher Dr. Daniel Strech.

And a study published in the Archives of General Psychiatry said several anti-psychotic drugs can increase the risk of heart disease. ■

## Selected Local Events

The Larimer Chorale presents Dr. Joel Bacon, March 4, 7:30 pm, and March 6, 3 pm, First Presbyterian Church, Fort Collins, call 377-1975.

Register for the annual Community Classic Bike Tour to be held May 15 through the foothills of Larimer County, fundraising event for McKee Stepping Stones program, call Sara Quale, 310-3749.

University of Northern Colorado jazz combo night, March 22, 6 pm, Kress Lounge, 817 8th Avenue, Greeley, 351-2993.

Rockhounds Gem and Mineral Show, March 25-27, 4 pm, McKee Building, The Ranch, Loveland, 493-6168.

Colorado State University jazz combos concert, April 6, Griffin Hall, 7:30 pm, Ft. Collins, 1491-2787.

Giddyup Kitty Bluegrass Band, March 27, 2 pm, Stanley Hotel Estes Park, 586-9519. ■

## Caregivers Meeting

Mountain Valley Health Care and Hospice will present free support group meetings each Wednesday morning in April from 10 to 11:30 am at their office in Windsor, 1180 Main Street, suite 9.

The free meetings will provide information on home health care and hospice, according to coordinator Sandy te Velde. The information will include coverage provided by Medicare, Medicaid, private insurers, and long-term-

care insurance.

Mountain Valley provides both home health care and hospice services, said te Velde. Most companies provide one or the other, but Mountain Valley combines them so patients can conveniently receive both services from a single provider.

That makes for a consistent approach using caregivers familiar to patients, said te Velde. For information, call 970-346-900 or email stvelde@accentcare.com. ■



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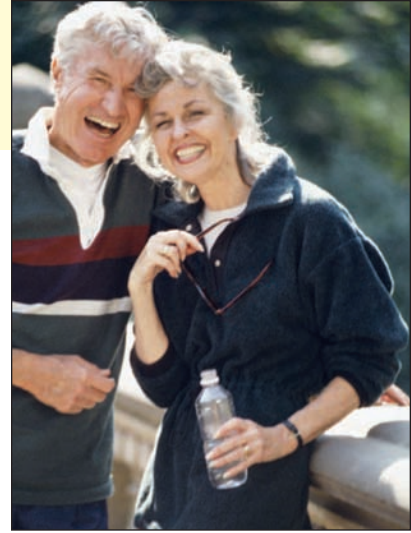
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# Laughter: the Best Medicine



A man saw a traffic camera flash as he drove past it. He knew he wasn't speeding; so he went around the block and drove past the camera again.

It flashed again. He did this two more times, driving slower each time and laughing at the silliness.

A week later, he got four tickets for driving without his seat belt on.

An old cowboy said to his grandson, "If you want to live a long life, sprinkle a pinch of gun powder on your cereal every morning."

"Will it make you strong?" asked the boy.

"Yep."

"Will it make girls like you?"

"They'll love you."

The grandson used the gunpowder every day and lived to

be 103. He left 14 children, 30 grandchildren, and 45 great-grandchildren.

He also left a 50-foot hole where the crematorium used to be.

Three male dogs saw a pretty female poodle and rushed over to get her attention.

She said, "If one of you can use the words 'liver' and 'cheese' imaginatively in a sentence, I'll go out with you."

The bulldog said, "I like liver and cheese."

"That shows no imagination," said the poodle.

The collie said, "I hate liver and cheese."

"No imagination."

The little chihuahua from Taco Bell walked up to the other dogs and said in his accent, "Liver alone. Cheese mine."

Remember the old TV show Hollywood Squares? Here are some of the questions and answers.

Q: According to Ann Landers, what are two things you should never do in bed?

A: Paul Lynde: Point and laugh.

Q: Which of the five senses diminishes most as you get older?

A: Charley Weaver: My sense of decency.

Q: As you grow older, do you gesture more with your hands while talking?

A: Rose Marie: You ask me one more question about growing older and I'll give you a gesture.

Q: Why do Hell's Angels wear leather?

A: Paul Lynde: Because chiffon wrinkles too easily.

Q: If you were pregnant for two years, what would you give

birth to?

A: Paul Lynde: Whatever it is, it would never be afraid of the dark.

Q: According to Ann Landers, is there anything wrong with kissing a lot of people?

A: George Gobel: It got me out of the army.

Q: Who stays pregnant for a longer period of time, your wife or your elephant?

A: Paul Lynde: Who told you about my elephant? ■

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# Remembering Kate Hepburn

By Peggy Hunt

Actress Katharine Hepburn reportedly said, "Acting is a minor gift and not very demanding. Shirley Temple could do it at age four."

True, but Hepburn was good at it. She won four Academy Awards for best actress, plus many other awards. The American Film Institute ranked her as the greatest actress of all time.

She was born in 1907 at Hartford, Connecticut, to Dr. Thomas and Katharine M. Hepburn. She was a descendant of the famous Mayflower Compact author and pilgrim William Brewster.

Young Katharine was a liberated woman long before it was fashionable. She excelled in golf, tennis, swimming and other sports. She reached the semifinals of the state women's golf championship and won a bronze medal for figure skating from the Madison Square Garden skating club.

*At one time, she was called "box-office poison."*

Throughout her life, when she undertook something, she expected to succeed at it. If she did not, she lost interest. That's what happened with her marriage to Ludlow Ogden Smith, a wealthy businessman she met while attending Bryn Mawr. They were married in 1928 and divorced by 1934.

She acted in plays at Bryn Mawr and continued to do so after graduation. In her first leading role at a local theater, she flubbed her lines and talked so fast the audience could not understand her.

She was fired from that job but soon got work in a Broadway play that required her to wear a very short costume. Most actresses would have been embarrassed to wear the costume, but not Hepburn. She soon became well

known in New York theater circles.

And soon she was offered a movie role in Hollywood. She accepted but only after the studio agreed to her demand for a \$1,500 a week salary—an outlandish amount for a beginning actress then.

The movie was "A Bill of Divorcement," released in 1932, and she starred alongside the legendary John Barrymore. In one of his many attempts to seduce her, Barrymore pinched Katharine's behind on the set. She said, "If you do that again, I'm going to stop acting." He replied, "I wasn't aware that you had started, my dear."

The very next year, she won her first Oscar for "Morning Glory." She also played Jo in "Little Women," which broke box-office records.

The following year, she returned to Broadway and starred in "The Lake." The play was a flop and prompted a comment from famed writer Dorothy Parker, who said Katharine's performance "ran the gamut of emotions from A to B."

Katharine returned to Hollywood and continued to make movies. But she disliked much of what she had to do to maintain her position as a star, especially press interviews.

Sometimes she was so rude to people that she earned the nickname "Katharine of Arrogance" and was branded as "box-office poison" after audiences began to stay away from her movies.

But things changed when she was paired with Spencer Tracy. Katharine's haughty characters got what they deserved, and audiences liked it.

Their first movie together was "Woman of the Year" in 1942. When director Joseph Mankiewicz first introduced Hepburn to Tracy, she was wearing unusually high heels that added inches to her

already tall frame. She said to Tracy, "I'm afraid I'm too tall for you, Mr. Tracy." Mankiewicz remarked, "Don't worry, he'll cut you down to size."

And he did. Their love affair off screen lasted for the rest of Tracy's life and was the one true love Hepburn found. Before Tracy, she had affairs with eccentric millionaire Howard Hughes and several other men.

When she was in Africa filming "The African Queen" with Humphrey Bogart, she went big-game hunting with him and director John Huston. The director later said she was an excellent shot and "utterly fearless."

Katharine made many more films, including "Rooster Cogburn" with John Wayne, but retired from acting in 1994. When she died in 2003 at age 96, the lights of Broadway were dimmed for an hour in her honor.

Late in her life, she said,



*Hepburn in "Philadelphia Story."*

"Everyone thought I was bold and fearless and even arrogant, but inside I was always quaking." ■

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