

Word Search:

C L E I O B N E S N W W N A S L L W L M
 N D B L S E B O L M P D R E I L E N U I
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 W R B S U E R E T N E P R A C E F E D T
 G L S B K B O X I N G R E L S R S L B E

FIND THE FOLLOWING: Adventurer, bait, baseball, basketball, best man, bouquet, boxing, bride, bridesmaid, builder, businessman, camping, canoeing, carpenter, celebrations, creel, cricket, diamonds, financier, fishing, flies, flower girl, football, groom, hero, hockey, June, Mr. Fix It, navigator, negotiator, oar, pearls, picnics, politician, reel, river, rod, roses, running, scientist, soccer, soldier, sports, spy, stream swimming, tackle, ties, track, tuxedo, vest, wedding dress, weddings, white.

What’s Your Cybercrime IQ?

Brigham City Corporation’s IT department recently presented a great training on Cybercrime in the 2000s. Cybercrime is out to steal money, your identity, and passwords and *you* are their targeted victim. Business is better that all the known drug trafficking in the world combined.

You need to be aware of some of the tactics used to get you to fall for their traps. Internet *phishing* is designed to look like something you are familiar with but something doesn’t look just right. You might think it’s from your bank, or a trusted friend. Such ecommunications don’t use your given name—it’s more likely to say “Dear Customer.” Banks communicate deals on the internet. *You* contact them. When you click on these criminal sites, they send a vi-

(Cybercrime on page 3)

an act stating “That the Flag of the thirteen United States be 13 stripes, alternating red and white, that the union be thirteen stars, white in a blue field, representing a new constellation.”

Flag Day, the anniversary of the Flag Resolution of 1777, was officially established by the proclamation of President Wilson on May 30, 1916. While Flag Day was celebrated in various communities for years after Wilson’s proclamation, it was not until August 3, 1949, that President Truman signed an Act of Congress designation June 14 of each year as National Flag Day.

1. Who made the first American Flag?
2. When were stars representing new states added?
3. What do the red, white, and blue colors of the flag represent?
4. What is the origin of the stripes on the flag?
5. Was the flag changed during the Civil War?
6. Have any changes been made to the original Pledge of Allegiance?
7. What is the national march of the U.S.?

(Answers on page 9)



June 14 Is Flag Day

During the early days of the Revolutionary War, a variety of flags were used by the different colonies and military commands. Prominent among these were the Pine Tree and Rattlesnake flags with various arrangements and mottoes.

Late in 1775, a committee of Congress with Benjamin Franklin at the head, after consulting with George Washington (then in command of the army at Cambridge), decided upon the form of a new flag. This flag consisted of 13 stripes red and white, with the cross of St. George and St. Andrew on a blue field in the canton our union. This preceded the Declaration of Independence and indicated that the colonies had not wholly broken from the mother country. This flag was first unfurled by Washington on January 2, 1776. It was probably this flag which was raised by John Paul Jones on his vessel and carried by the American Fleet which sailed out of Philadelphia in February 1776.

During 1776 and 1777, some flags with 13 stripes came into use, and the need of a national emblem was realized. On June 14, 1777, Congress passed



Days Gone By

with Doug Thompson

Remembering Dad

My dad, Marvin Calvin Thompson, was born in a little village in southwest Missouri. I'm not sure you could call it a town in 1913. Lanagan was just a puddle in the road then. I don't know the reason that caused him to drop out of school, but he only went to the third grade. He was from a poor family, struggling to get by and when the great depression came along it only made things worse. He was only 16 then. What a world he faced.

He was the second oldest of two brothers and two sisters. He worked in the CC camps that president Roosevelt set up to create jobs. They built roads and bridges, and whatever else would keep them busy. They made it through that time when WWII started. Dad was drafted into the army and went into the combat engineers. He had learned to work with cement in the CC camps. The army gave him charge of several work crews that had projects going at the same time. He told me that his sergeant wanted him to go to Hawaii to help rebuild Pearl Har-

bor. He could have sat out the war there, but it was voluntary and he was afraid the Japanese would come back. He went to Europe instead. Along with thousands of others he took part in the Normandy invasion, landing at Omaha beach.

There were many struggles to take part in both during and after WWII. I would never go through anything like that in my life. The first time he held me close to him and cried, was the day I left home to go to Marine Corp. boot camp. I know that he was reliving in his mind all the things he went through in the war.

I was preparing to leave home for college in Houston, Texas. Dad asked me, if he were to come and see me, would I be ashamed of him? Even though he didn't have much formal education, I was so proud of my dad. I told him, of course I wouldn't, he was my dad, and I could never be ashamed of him.

He died in 1986 at the age of 73 and I still miss him. To all those dads who came home from WWII, and all those who were a part of that generation that saved the world, may God bless you for your efforts.

P.S. It was a struggle for me to write this much. I've kept my feelings for my dad hidden away for a long time, but I guess that you never really get over losing someone you love.

Life Line Screening

Life Line Screening can help you avoid a stroke. The company has screened over 6 million participants and has partnered with hospitals across the country. They offer ultrasound screenings that can help save your life.

Life Line will be at Aldersgate United Methodist Church on Wednesday, August 1, 2012. Pre-registration is required. Call 1-800-690-6313 to sign up or for more information.

Screenings offered are for:

- Stroke/Carotid Artery Screening that screen for build up of fatty plaque—the leading cause of stroke.
- Heart Rhythm Screening (Atrial Fibrillation).
- Abdominal Aortic Aneurysm Screening is used to screen for the presence of an aneurysm in the abdominal aorta that could lead to a ruptured aortic artery.
- Peripheral Arterial Disease Screening evaluates for peripheral arterial disease in the lower extremities. It is 4-5 times more likely you will die from heart disease if you have PAD.
- Osteoporosis Risk Assessment. An ultrasound measurement of the heel bone to determine abnormal bone mass density. Osteoporosis is painless and silent in its early stages.

Achieving a Healthy Diet

Altering your diet can be very difficult. After years of eating a certain way it may seem nearly impossible to change your nutrition. This is especially true for those of us who don't restrict ourselves from any foods. This article reveals a few easy steps which can help just about anyone move a few steps closer towards healthy nutrition.

Switch to whole grains. As far as bread, pasta, and other flour products are concerned, you should always choose whole grains.

1. Make the switch to low fat dairy. Dairy can help you shed some of those unwanted pounds, just make sure that you choose the low fat variety.
2. Instead of your usual fatty meats, opt for a healthier source of lean protein. Beans, fish, low fat yogurt and skinless chicken breast are just some of the best choices.
3. Remember to pay attention to your beverages. Watch what you eat and what you drink.-+

(Eight Steps continued on page 9)

(Cybercrime Continued from page 2)

rus that attacks your computer and downloads all of your information including your contacts list and that will infect their computers as well.

Scared to death? There are some tactics that you can take. First of all create a *strong* password. It should be 8-10 characters in length and use upper and lowercase letters, special characters and numbers. Don't use the same password for all of your online sites. **Never** let the internet browser store your pass-

(Cybercrime Continued on page 4)



Travel Destinations & Activities

Bowling for Splits with Peach City June 5, 2012; 10:30; NC

Last month's bowling for posies resulted in a lot of splits and not so many strikes. That gave us the idea that a split is much more difficult to pick up sometimes than a strike. Join us as we bowl for splits and we will sweeten the pot with Peach City ice cream splits as your reward. Kevin and his crew will join us for this sure to be fun event. Sponsored by Sunshine Home Health & Hospice.

Lunch & Learn June 7, 2012; Noon

Alpine home health care will resume the Lunch and Learn for this month. Topic TBA.

Dessert with Beehive Homes of Perry

June 12, 2012; Noon; NC

Beehive Homes of Perry is sponsoring dessert for lunch and will present information on their services. Join us and meet with the nice folks from Beehive. Sign up for lunch and enjoy dessert on them.

Speed June 14, 2012; \$20

Speed — The Art of the Performance Automobile is showing at the Utah Museum of Fine Arts. The exhibit will showcase 19 of the world's finest and fastest automobiles. The exhibit will feature a century of legends on wheels that exemplify premier aerodynamics, engineering, art and design of their era. From the ultra-cool 1957 Jaguar XK-SS Roadster once owned by Steve McQueen to the 1938 Mormon Meteor III—the famous Bonneville racer that holds more long distance speed records than any other automobile in history—this exhibition is sure to get your art-loving engines revving.

Space is limited to only one bus so sign up early to ensure your place. Time of departure will be an-

nounced as we get closer to the date. This is a scheduled tour. We will stop at *In and Out Burger* for Dutch lunch or shake after the exhibit.

Father's Day Lunch June 15, 2012

Men, it's your turn. Let's celebrate our fathers as well as being a father. Share photos and stories of your fathers or a meaningful experience you have had as a father. We will copy your photo for display and have the seniors guess whose father it is. There will also be forms at the reception desk to write down some of your favorite memories. For sure, expect a sweet treat. The way to a man's heart is through his stomach!

Wedding Week June 18-22, 2012

June is wedding month and we are going to take a week to celebrate it. We will kick it off on Monday with Gillies Dollar Day and "Love" karaoke. Prepare your favorite love song to perform for your sweetheart or perform a song together. We would like to display wedding photos through the week. We would like to display wedding gowns, share memories, hold a bachelor party, a wedding shower and who knows, maybe even hold a wedding. Watch the bulletin board for a daily schedule.

Wendover with Integrity June 25, 2012; \$20.00; 7:30 a.m.

Integrity Home Health and Hospice will sponsor our Wendover trip this month. Sign up early and reserve your seat for a fun-filled adventure to Wendover.

Lunch and a Movie June 28, 2012; \$10.00; Time TBA

We have been so busy we haven't had time for our lunch and movie trip. Join us as we go to the Junction

to see Brave. We will eat before, or after, depending on the show time, at Costa Vida. Time for some R & R, don't you think?

July

We will be spending a lot of time away from the Center during the month of July due to the seismic upgrade to the building. Lunch? Trips? Outings? We don't know where the month of July will take us. Where's Gary B? . . .Perhaps lunch will be in the great outdoors...of our parking lot...Marble Park...your guess is as good as ours. As we have information we will share.

Travel Program Reservation Policy

The City's Accounting Policy for Senior Center trips has changed the way trips are organized. **Payment in full is required within three (3) days of registering to guarantee your seat.** Delays in payment will result in your name being moved to a waiting list, or dropped from the roster.

(Cybercrime Continued from page 3)

word. Change the default password. If you want to check out your password for security, go to <http://howsecureismypassword.net>.

When you are making online purchases, use the following guidelines. Only purchase from trusted sites that use inscription (lock symbol will show up somewhere on the toolbar). **Never** store credit card numbers and information on a website. **Never** use your debit card. Always check your bank account for fraudulent charges.

In general, **don't** click on pop-ups. Never download free screen-savers. **Don't** send online greeting cards to friends. Immediately delete emails from untrusted sources. **Don't** use Peer-to-Peer applications of any kind. Stay out of all online gaming and gambling sites. And finally, when in doubt don't click on any link.

Here's to good computing...



Marge's Meanderings, or I've been thinking. . .

by Marge Small

Dad loved children, and he loved to hold them on his knee. When all of us got too old to hold, he welcomed all the grandkids. His knee was a favorite spot to sit upon when I was growing up. I can see us now in my "mind's eye"—it plays the memory just like it was yesterday.

Dad was usually gone by the time we all piled up to the breakfast table, but he seemed to always be there when my birthday came around. I'd come sleepily into the kitchen, see him sitting by the table. He would he would scoot his chair away from the kitchen table turning it just a bit kitty-cornered from leaving just enough room between him and the table to boost me up onto his knee. I knew what was coming next. I waited with sweet anticipation. Dad would pat his knee and say, "Pouge, (his nickname for me) come here a minute," and then he would hoist me up on his knee. He'd reach into his pocket and pull out one of those glorious, gigantic, silver dollars and give it to me. I felt like a millionaire! He wasn't teaching me about money; he was teaching me about love.

I miss my father's knee, just as I missed those silver dollars when I got old enough for "real presents" like the croquet set that called to me from the large window of the Western Auto store in our home town. I wanted that set with a hunger that any one of the brightly painted mallets could have driven away. I would go downtown and stare at the set through the store window. I'd even venture in and ask the store owner about it, then run over to my dad's car dealership and tell him all the wonderful things about that set. I went so far as to beg him to get it for me as a birthday present. I was too old for silver dollars, and too young to hide my enthusiasm and play coy games. I just came right out and pestered my dad for that set.

Every day when I went to town I would run to see if the set was still in the window, and there it would be.

What a disappointment! Surely by now, I thought, my dad would have purchased it for my birthday.

Then one day it was gone! Dad had done it! The set was as good as mine! My birthday came and my hopes were high. When my father told me that he had gone to get the set, but it was already sold. My stomach sank to my toes. What a blow! He only let me suffer for a minute before he retrieved that beautiful croquet set. It was mine after all!

I spent many wonderful hours with my family and friends playing croquet. The only bad times were when I would forget to get all the hoops out of the lawn and while running through the grass--I would catch my foot in one of them. It didn't take long to learn the lesson of putting things away when we were through playing the game.

One of the great joys that I have as a mother is to see many of my dad's qualities mirrored in my children. Dad loved to write, serve in the community, be involved in politics, visit with and help people, work, tell a joke with a twinkle in his eye, respect law enforcement, be a leader, avoid contention, was a peacemaker, and give mom wonderful gifts. There are many other things he did that I recognize in our children. I am happy to see them following in some of the footprints made by their exemplary grandfather, Burton Moroni Almond.

Since I was the 9th child of 10 children, there were a lot of grandchildren on his knee before I had children to bring home to him. I remember one Thanksgiving when we went home with our first child, and barely a year old. She had been fussy all that morning in the car, and I was exhausted when we arrived in Idaho. Finally, just before the big Thanksgiving dinner, I got her to sleep in my parents' bedroom. What a relief! I was going to get to eat the feast without a fussy baby to care for. All the family sat down at the long table. Dad took his place at the

I Still Can't Say Goodbye

By Chet Atkins



"You know, every time I look in the mirror I see my Dad. I think that's why this song means so much to me." Chet

When I was young, my Dad would say, "Come on Son, let's go out and play." Sometimes it seems like yesterday.

And I'd climb up the closet shelf
When I was all by my-self
Grab his hat and fix the brim
Pretending I was him.

He always took care of Mom and me.
We all cut down a Christmas tree.
He always had some time for me.

Wind blows through the trees
Street lights, they still shine bright
Most things are the same
But I miss my Dad to-night.

I walked by a salvation Army store
Saw a hat like my daddy wore
Tried it on when I walked in
Still trying to be like him.

No matter how hard I try
No matter how many years go by
No matter how many tears I cry
I still can't say good-bye.

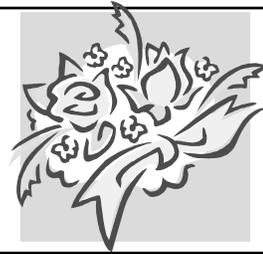
head of it ready to call on someone to say the blessing on the food. Then in that moment void of noise, I heard dad say, "Where's the baby. She can't miss Thanksgiving dinner." I looked up and quietly said, "She is asleep in the bedroom. She'll be fine." He left his chair, got the sleepy baby, and returned to his place at the head of the family. As he turned his chair kitty-cornered to the table and placed the baby on his knee, I knew I would still have a peaceful meal. Dad would see to that.

I can still hear Eddie Fisher crooning, "Oh, my Pa Pa," I thought that it had been written just for me, especially the part that says, "Gone are the days when he would take me on his knee, and with a smile he'd change my tears to laughter." It never fails to bring a rush of warm memories flooding over me. Deep in my heart I miss him so today." I know just how Eddie felt.



June 2012 Activity Calendar

Subject to change.



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Today, fathers pray their kids will soon come home from college long enough to teach them how to work the computer and set the VCR. ~Unknown Never meddle in the affairs of dragons, for you are crunchy and good with ketchup! ~Unknown				1 Becky Kimball EZ Listening 11:30 ZUMBA 1:00
4 Kelly Warren & His Guitar 11:30	5 Banana Splits Bowling 10:30 ZUMBA 1:30 *Note new time.	6 Bead Class 10:30 Integrity Dollar Days Birthday Party 12:00 Integrity Foot Clinic by appt 723-9000 Crystal Springs 1:15 Tuachan Trip	7 Lunch & Learn with Encompass Tuachan Trip	8 Odell Summers and His Xylophone 11:30 Tuachan Trip
11 Advisory Council 9:15 Kelly Warren & His Guitar 11:30	12 Integrity Foot Clinic by appt 723-9000 Beehive Homes Pres- entation & Dessert *ZUMBA 1:30	13 Memory Club 10:00 Crystal Springs 1:15	14 Chiropractic by appt. 723-2311 Myers Sponsors Lunch Caregivers 6:00 Shred Fest 10-1 "Speed" UFA	15 Father's Day Lunch 16 Heritage Arts Festival
18 Wedding Week Begins Karaoke Love Songs with Kelly Warren 11:30 Gillies Dollar Day	19 *ZUMBA 1:30	20 Crystal Springs 1:15 CTAC 10:00	21	22 Red Cross Blood Drive 2:30-7:30
25 Wendover 7:30 a.m. Happy Feet Foot Clinic Kelly Warren & His Guitar 11:30	26 *ZUMBA 1:30	27 Memory Club 10:00 Crystal Springs 1:15	28 Commodities Lunch & Movie	29

DAILY

Lunch M-F 12-1
 Hall Walking 8-10 a
 Library M-F 8-4
 Pool Room M-F 8-4

WEEKLY

Advanced Spanish M 10:00 a
 Bunka M 9:00
 Tai Chi M 10:00 a
 Beginning Spanish **Summer Break**
 Intermediate Spanish T 10 a
 Watercolor T 9:45-12

Zumba Gold T 1:30 *New Time*
 Woodcarving T 6:00 p
 Square Dance T 7-10 p
 Line Dancing M/W 1:00 p
 Yoga Tu/Th 4:00 p
 Pinochle Th 1:00
 Oil Painting Th 9:30
 Sit & Be Fit W/F 10:00
 Chimes F 1:00

Computer classes as scheduled. Contact Nancy to enroll.

GENERAL INFO: Telephone Reassurance, Friendly Visitor, Info. and Referral; Senior Transit M-W-F 226-1456; MOW Hot meals M-F Frozen Sat-Sun.; **Please make lunch & To Go reservations one day in advance.**



June 2012

Menus Subject to Change Without Notice
Milk served with meal.
226-1454



<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
<p>NOTICE</p> <p>Congregate lunch contributions are anonymous and confidential. Suggested donation per meal is \$2.75 for those 60+ and \$4.60 for those under 60.</p> <p>Please sign up for lunch one day in advance, especially on those days when the meals are sponsored by a local business. The staff appreciates your cooperation.</p>				<p>1</p> <p>Parmesan Chicken Baked Potato California blend Whole Wheat Roll Tropical Fruit Peanut Butter Bar</p>
<p>4</p> <p>Cook's Choice Soup Club Sandwich Pickled Beets Fresh Veggies/Dip Cookie</p>	<p>5</p> <p>Turkey Steak Mashed Potatoes/Gravy Spinach Tossed Salad/Beans Biscuit Melon</p>	<p>6</p> <p>Birthday Party Roast Beef Mashed Potatoes/Gravy Chef's Cut Pacific Blend Whole Wheat Roll Fruited Cole Slaw Cake and Ice Cream</p>	<p>7</p> <p>Tuna Casserole Mixed Vegetable Fruit Cocktail Muffin Pudding</p>	<p>8</p> <p>Beef Stroganoff Noodles California Blend Stewed Tomatoes Roll Peach Cobbler</p>
<p>11</p> <p>Spaghetti/Meat Sauce Italian Blend Cottage Cheese/Pear Salad Bread Stick Lemon Pudding</p>	<p>12</p> <p>Combination Burrito/ Chicken Green Chili Chips and Salsa Country Blend Vegetable Tossed Salad Corn Muffin Fresh Fruit</p>	<p>13</p> <p>Shrimp Pasta Salad Pickles/Olives Carrot and Celery Sticks Muffin Cookie Bar</p>	<p>14</p> <p>Myer's Day Chicken Tenders Mashed Potatoes/Gravy Cook's Choice Vegetable Carrot Raisin Salad Roll Rice Krispie Treat</p>	<p>15</p> <p>Father's Day Luncheon Meat Loaf Baked Potato/Sour Cream Peas and Carrots Whole Wheat Roll Sunshine Salad Upside Down Brownie A la Mode</p>
<p>18</p> <p>Gillies Dollar Days Chicken Fried Steak Mashed Potatoes/Country Gravy Parisian Blend Veggie Pineapple Slaw Biscuit Orange Cream Cake</p>	<p>19</p> <p>Beef Tips Mashed Potatoes Mixed Vegetable Fruited Jello Salad Whole Wheat Roll Cinnamon Roll</p>	<p>20</p> <p>Chicken Paella Oregon Bean Medley Stewed Tomato Garlic Bread Fresh Fruit</p>	<p>21</p> <p>Chicken Paprika Mashed Potatoes/sour Cream Gravy Mixed Vegetable Tossed Salad Roll Frosted Banana Bar</p>	<p>22</p> <p>Wedding Luncheon Chicken Cordon Bleu Rice Pilaf Key Largo Veggie Roll Fruit Salad Wedding cake</p>
<p>25</p> <p>Shepherd's Pie Peas and Carrots Tossed Salad Biscuit Cookie</p>	<p>26</p> <p>BBQ Chicken Au Gratin Potatoes Mixed Vegetable Chinese Cabbage Salad Roll Ginger Pear Cake</p>	<p>27</p> <p>Swedish Meat Balls Rice Mediterranean Blend Fruit Salad Muffin Spicy Peach Crisp</p>	<p>28</p> <p>Cod Baked Potato/Sour Cream Mixed Vegetable Creamy Cucumbers Roll Fresh Fruit</p>	<p>29</p> <p>Ham Scalloped Potatoes Mixed Vegetable Marinated Carrots Biscuit/Honey Butter Éclair Dessert</p>



Month's Birthdays— Happy Birthday to You...

Pam Allen, Verle Allred, Mildred Anderson, Jessie Baker, Robert Bambrick, Virginia Barnard, Melva Baron, Doris Baugh, Marilyn Bennion, Lyle Bird, Glenna May Bowen, Roger Bowman, Jean Brown, Donald Bryson, David Buck, Merlene Buck, Lee Clement, Diana Cook, Fred Curtis, Linda Davis, Wayne Davis, Barbara Desrosier, Alan Dumling, Ellen Edwards, Faye Ellgen, Donald Ellis, Blaine Fisher, Bonnie Fodnes, Gary Fredrickson, Dianna Grunig, Renee Hadley, Carol Hansen, Patricia Hansen, Leah Hardenbrook, Maxine Harlow, Maria Hernandez, Clarence Hewlett, John Hildreth, Hal Himes, Helen Holman, Marion Horrocks, Wayne Hunt, Janice Hyatt, Namiko Ishii, Joe Jaramillo, Carolyn Jensen, Stan Jensen, Alice Johnson, Deloy Johnson, Matthew Johnson, Charles Jones, Gerry Jorgenson, Lucille King, Shirley Kolts, Suresh Kulkarni,

Nola Larsen, Bliss Law, Lee Lawrence, Sharon Leishman, Lenora Lemon, Donna Lewis, William Lichfield, Marion Lopez, Gary Loveland, Bryan McDougal, John Merrell, Beverly Miggin, Helen Money, Reed Munns, Irene Mustos, Jaye Poelman, Yvonne Poulin, Norma Price, Eusebio Quintero, Noreen Randall, Ted Reeder, Paul Roberts, Marion Robertson, Ray Roubidoux, Barbara Rowe, Robert Rushton, Mabel Sato, Geri Scivally, Clint Searle, Royce Searle, Loni Sehrgosha, Charles Shoun, Barbara Shurtleff, Roberto Solis, D. Jay Spiers, Walt Summers, Les Taylor, Alene Thompson, Marilee Thornock, Ella Louise Tingey, Alene Uriona, Jackie Vail, Robert Wagner, Lorraine Watts, Charles Whitaker, June Whitaker, Phyllis Whitaker, Fernard Wood, Fred Woodyatt, Shirley Wright, and Grant Young.

Literacy Program Needs You

The Brigham City Library Box Elder Literacy Program needs volunteers during the summer months. The purpose is to help kids stay on track with their reading. This summer program is for elementary-aged students who could use extra help improving their reading.

The program emphasizes a one-on-one summer tutoring agenda that utilizes qualified, trained and highly motivated volunteers. Tutor training is June 6 from 10-11 a.m. or 7-8 p.m. Call Lynda at 435-723-5850 for more information.

The mission of the Literacy Program is to provide basic literacy and English as a second Language instruction for all ages throughout Box elder County.

The services are free and confidential and build a foundation to enhance the individual's personal dignity and quality of life.

Purging Documents—What should I shred?

Shredding advice is never a bad idea to make sure that you don't destroy documents that need to be kept on a permanent basis. Shredding the unnecessary cuts down on storage space.

Start by shredding junk mail and old papers that carry your Social Security number (but don't destroy your Social Security card), birth date, signature, account numbers, passwords or PINs.

Shred deposit slips and ATM and credit card receipts immediately after you get your monthly statements. Shred used airline tickets, unneeded medical bills, pre-approved credit card applications and expired IDs such as driver's licenses, medical insurance cards and passports.

Hold on to bank statements and canceled checks (or copies) for one year, but keep checks needed for your tax returns—such as charitable donations or tax payments for 7 years.

Papers and checks related to a home purchase or sale, or improvements, and contributions made to an IRA, should be kept indefinitely.

Shred paycheck stubs after the income is noted on a W-2 or other tax form (this is one reason why community shredding events often occur in the spring, after tax season).

Shred monthly retirement and investment account statements after you get the annual statement for the entire year. Keep the annual statement indefinitely.

Keep utility bills for one year if you want to compare that month's costs to the previous year. Otherwise, shred them sooner.

Don't shred original Social Security cards, birth certificates, mortgage paperwork, deeds or wills. However, some experts recommend shredding un-

Lower Your Medicare Prescription Drug Costs!

If your monthly income is not more than \$1,396 for singles (\$1,891 for couples) and your assets are not more than \$13,000 for singles (\$26,120 for couples), you may be eligible for **Extra Help**, a federal program that helps you pay some or most of the costs of Medicare prescription drug coverage (Part D). Assets include such things as bank accounts, stocks, and bonds.

Nancy and Vickie are Senior Health Insurance Information Program (SHIP) counselors will be happy to help you with your needs. Please call for an appointment for free assistance applying for **Extra**

needed photocopies of those documents.

There will be a shredding truck at the Senior Center on June 14 from **10-1**. Gather up all your shredding articles. There is no cost for this service.

WANT ADS

The following ads are provided as a service for our seniors.

Disabled Man Wants Good Working Computer. Can afford to pay a small amount. Call Joe Sams at 435-239-8269.

Meals On Wheels Needs You! Drivers are needed M-F. Contact Rocheal at 435-226-1454..

HOUSE CLEANING One time or on a regular basis. References available. Lorraine Sippel at 435-720-3990.

LOLA'S LOVING CARE Respite Care/Companion Service. Reasonable rates. No personal care or lifting. Will stay with your loved one while you take a much needed break. References on request. 435-740-4648.

Need Fuller Brush? Please call Lola at 435-740-4648.

Shirley J. Products are a universal cooking base for cream sauces. Low calorie, flavorful, economical. Comes in gluten free products too. Contact Linda at 435-279-9965 for more information.

SHELLED WALNUTS FOR SALE Ready when YOU need them. Two pounds for \$8.00. Call Bonnie or Joe at 723-1769.

ALTERATIONS Reliable, excellent seamstress. Call Karen at 723-7119.

NEED HOUSEKEEPING? Contact Gail Diane at 723-8894. Licensed. References available.

BENCHMARK SERVICES Window cleaning, yard recovery/care, handyman. Senior Center approved. Call Mark Folkman at 435-695-3739 for an estimate.

Some people try to turn back their odometers. Not me, I want people to know "why" I look this way. I've traveled a long way and some of the roads weren't paved.

Unknown

Comfort Club

Jilenne Gunther, J.D. Legal Developer, Division of Aging and Adult Services, will present "Legal Resources, Financial and Medical Power of Attorney" at the next meeting of Comfort Club on June 14, 2012, at 6:00 p.m. Jilenne has done a lot of research on Senior Law issues and is an expert in her field. Please RSVP to Vickie or Nancy at 226-1455 to join us for a light supper and this informative meeting.

Memory Club

Memory Club will meet on June 13 and 27 from 10:00 to Noon in the craft room. Memory Club is sponsored by the Alzheimer's Association, BRAG, CNS-Love Hospice, and Access Homehealth & Hospice. Caregivers meet in the lounge to support each other and learn coping skills, while those experiencing memory loss meet in the craft room and participate in activities to improve their memory.

(Eight Steps continued from page 3)

4. Make sure that you eat at least 5 servings of veggies per day.
5. 4 servings of fruit is a must.
6. Minimize your intake of sugar and salt. These two condiments are your enemy.
7. Don't overeat. You should consume a single portion meal every 3 to 4 hours. A lot of people eat only twice a day. The result is overeating. So make sure that you check the nutrition facts label on every product in order to familiarize yourself with proper serving sizes.
8. Kicking the sugar habit is like withdrawal from an addiction. Be prepared to cope with it. Reach for a piece of fruit instead of candy, cookies, and other such tempting snacks. In the long run you'll be glad you did.

Healthmad.com

Don't corner something meaner than you. ~ Unknown ~

Heritage Arts Festival Beckons

The Annual Heritage Arts Festival will take place Saturday, June 16, at the Bill of Rights Plaza from 11-5. This free event has some thing for the entire family.

There will be artisans demonstrating their crafts including stone cutting, wood carving, basket weaving, wood turning, saddle making, and more. A variety of entertainment that covers the Beatles, Rock-n-Roll era, Bluegrass music, and more will be performed. For the men, there will be a car show featuring the Bonneville's Rod & Custom Car Club. The ladies will enjoy the quilt show in the old courthouse. Lest we forget the children, there will be turn of the century games, face painting, and a scavenger hunt.

Come on down for a good time and reminisce about earlier days in our community.

(Flag continued from page 2)

Answers:

- 1) Many historians believe it was Francis Hopkins, not Betsy Ross. He was a delegate to the Second Continental Congress in 1776, signer of Declaration of Independence, inventor, composer, and artist.
- 2) Next Fourth of July after the state's admission.
- 3) Red-hardiness and valor; white-purity and innocence; blue-vigilance, perseverance and justice.
- 4) Historians think the idea came from the flag of the Sons of Liberty which had 5 red stripes and 14 white stripes.
- 5) No. The flag remained unchanged as a result of an informal order by Pres. Lincoln.
- 6) Yes. (in 1923, the original phrase "my flag" was changed to "the flag of the United States," in 1924, the words "of America" were added, and in 1954, the words "under God" were added.
- 7) The Stars and Stripes Forever. First performed in 1897. Pres. Reagan signed a bill making it a law in 1987.

Volunteer Corner

David Grimley is in the volunteer spotlight for the month of June. David started out as a driver for transportation when it was known as "The Blue Goose." He held that position for three and a half years. Now he volunteers as instructor for the intermediate Spanish class. He states that continuing to be a teacher is a lot of fun and enjoyable. During his career, he taught Spanish and English at Bear River High School for 9 years and at Box Elder High School for 23 years.

The most enjoyable part of teaching is seeing when students begin to put their own personality into what has been learned. You see the payoff of learning, and that they are beginning to make it their own.

David has been surprised about how many older adults want to learn Spanish. A number of students have come into class showing a need for the language, whether it is for a

church calling, or because they have been to a foreign country and now have a desire to learn more.

The most interesting place David has been was Washington D.C., visiting the monuments and government buildings. He was a representative of the Teachers Association, President of the Box Elder Education Association, and on the Utah Education Association Board of Trustees for several years.

He served an LDS church mission to Northern Mexico. He has traveled Mexico extensively, and visited Nicaragua twice in recent years to visit friends he has there. He accompanied student trips to Mexico for several years with other Spanish teachers. Spanish was his major in college and he states that he has always used the language outside of the classroom. As a volunteer, he uses the language when there is a need.

David has been married for 44 years to Venetta and has 2 sons and a daughter, with 2 grandsons. He

We're Wishin'



Laundry Detergent
Flour sack/bar dish/bar towels
45¢ or Forever Stamps
36" or larger flat screen TV

keeps track of the politics of Mexico, Venezuela and Nicaragua, reading several daily newspapers from these countries. It's the politics in these semi-democratic countries that keep him interested. Over this period of time, he has gained a greater appreciation for our own system of government. He is also more sensitive to political trends in the U.S. In his spare time, he enjoys reading some fiction as well as books on Mexican history.

We appreciate David's dedication to teaching our seniors who want to learn a new language. Congratulations.

Change is the law of life. And those who look only to the past or present are certain to miss the future. — JFK



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