

The News-Review

Encore

Formerly The Senior Times

DRAWING POWER

*Oakland-area instructor
has artful knack for
putting students at ease*

June 2012





MICHAEL SULLIVAN/The News-Review

Instructor Shane Slayer demonstrates a shading technique for Roseburg's Shannon Davis, right, as fellow student Donna Scully, also of Roseburg, tries her hand at the lesson in a recent beginning drawing class at Umpqua Community College.

TRICIA JONES
Encore

DRAWING POWER

*Oakland-area instructor
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She's not sure, but Ronda McClure thinks it was a dragon. McClure had walked into her office at Umpqua Community College and found a card sitting on her desk with a vivid illustration. That and the artist's contact information. Nothing else.

Whether it was a dragon or some other creature depicted, the subject wasn't a particular favorite of McClure's. That didn't matter. She'd decided she wanted to hire the man who drew it.

"I could tell right away he was a talented artist," said McClure, UCC's community education class coordinator. "I called him up and it went from there."

That's how Shane Slayer started teaching community ed art classes at UCC four years ago this summer.

It was a new chapter for Slayer, who has been making a living as an artist since the late 1970s. Yet in many ways, his classroom goals parallel

what he seeks to accomplish through his creations.

"When I get up in the morning, I say, 'OK, I'm going to do something today that makes more beauty in the world and try to be of service in some small way to make at least one person happy,'" said Slayer, 57. "If I do that, at the end of the day, I feel I've completed my mission."

Often that ambition is applied to a drawing, poem or other artistic product of Slayer's brain, eye and hands. But it's also a feature of his teaching style.

That was evident on a late May afternoon in Slayer's beginning drawing class in Snyder Hall. A handful of students watched the screen ahead as an overhead projector displayed Slayer's series of strokes during a lesson on perspective.

They, in turn, sought to reproduce roses, butterflies and some simple rabbit forms crouched on knolls.

The mood was relaxed, and it was clear that whatever stressors people had brought into the

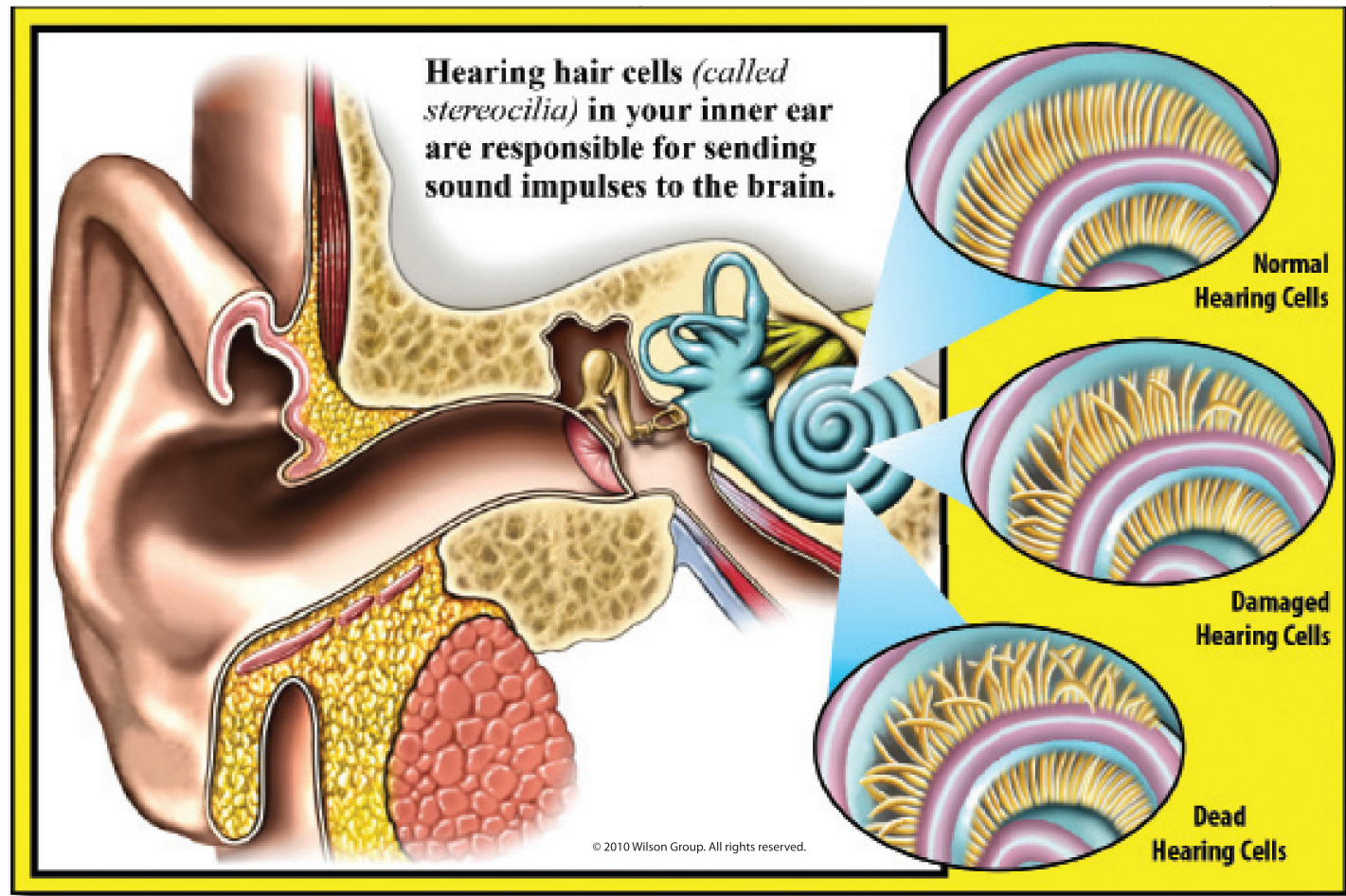
WHY DO I HEAR... BUT DO NOT UNDERSTAND?

Study by Cambridge University In England Reveals Key Answer

Until recently, there was no practical way to identify dead regions of hearing cells in the ear. However, a new British-developed procedure using standard test equipment now allows for identification of dead hearing cell regions. The study suggests that the presence or absence of dead regions may have serious implications in the fitting of hearing aids.

This research reveals that amplifying dead cells is a mistake which will result in poorer speech understanding in noise. A new type of digitally programmable microcircuit is now being released from Starkey—the world leader in nanoScience technology—that can be programmed to bypass the dead cells. As a result, the patient's usable hearing cells receive amplification, thereby improving speech understanding in noise.

"We are employing a like method in our diagnostic sound booths using

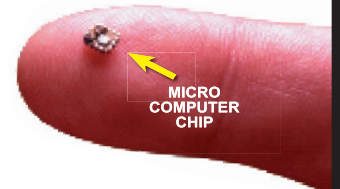


a sound field speech in noise procedure," said Linda Knisley of All American Hearing. "This test simulates hearing in a noisy crowd. We are able to determine maximum speech understanding by frequency shaping

this new hearing aid." The results have been phenomenal. For the first time, a patient is able to actually realize the exact percentage of speech understanding improvement in noisy listening environments.

These new products come in all shell sizes, including the smallest digital models. During its release, Starkey is offering this new frequency shaping hearing instrument on a 30 day satisfaction trial.

Call All American Hearing for a no-obligation appointment.



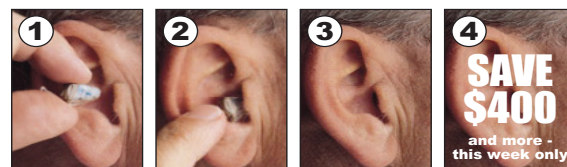
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Slayer:

CONTINUED FROM PAGE 2

room were receding as surely as the railroad tracks seen headed into the distance on one sketch.

“For a first one, that’s pretty darn good,” Slayer said of one student’s rosebud as he walked around offering tips. “Let’s just make this one alteration ... your shading is making that look a lot better.”

As another woman sketched a line of telephone poles parallel to railroad tracks, Slayer stooped over and took a closer look. “Very nice — you’ve got the clearest-looking work so far,” he said.

Student Donna Scully of Roseburg said before the lesson that Slayer’s coaching on light, perspective and other subjects has changed the way she views objects around her.

“My perception of trees is changing; I’m really looking at them,” she said. “I took a trip to the California redwoods and saw that they aren’t just shapes. I spent a lot of time noticing the limbs.”

Classmate Judi Danielson of Winchester said she appreciates Slayer’s instructional style, not only because he’s so encouraging, but also because of the stories he tells as he draws.

Certainly on that day the anecdotes were multiplying as rapidly as the rabbits that inspired them. As Slayer showed students how to size the rabbits in their sketches, he talked about how guilty he felt after tasting one years ago (“much more flavorful than chicken, but I’ve never eaten one since”), rabbits in literature (“has anyone read the novel ‘Watership Down’ by Richard Adams?”) and the way rabbits showed up in early love notes between him and his wife (“in her drawings, she was always a cute bunny and I was always something hideous and weird”).

Slayer says he’s always enjoyed exchanging stories over the years.

“There is a human level where we all connect, and it’s pretty easy to zone in on that,” he said. “I look for the best in people and try to make them aware that I do respect who they are and what they’ve done.”

McClure said Slayer’s welcoming attitude to students puts them at ease. She knows this not only from students themselves, but also from having taken a beginning drawing class from him.

“Having no artistic talent whatsoever, I just thought, ‘This is going to be embarrassing, and I won’t be able to do this at all,’” McClure said. “And I could watch what he’s doing and could draw things, and I was so excited and so proud.”

Other UCC community education courses Slayer has taught include portraiture, landscapes and drawing animals. He said he gets plenty of inspiration on the latter subject from the wildlife around his Oakland-area home.

Though his interest in art has been life-



Dragons and other mythical creatures are a frequent subject of illustrations by Oakland-area artist Shane Slayer. Lately, he’s been branching out by sketching various dog breeds.

So you know...

Umpqua Community College’s community education department has scheduled two art classes taught by Shane Slayer for the summer term. Both will be on Tuesdays from June 19 through July 24. Beginning drawing will be

from 3:30 to 5:30 p.m.; portrait drawing is set for 6 to 8 p.m. Cost for each class is \$49. Some supplies will be required. For a list and other class information, call Slayer at 541-459-4850.

Classes will be held if enough students sign up to take them. To register, call 541-440-7744.

long, Slayer earned a bachelor’s degree in history through the University of the State of New York while serving in the U.S. Coast Guard. He said he’s particularly drawn to the cultures of ancient Greece and Rome. That motif has shown up in his depictions of various mythological figures.

Much of his income over the years has come from selling copies of his compositions of dragons, unicorns and surrealistic fusions of human bodies with the natural world. His work can be viewed at Magic Mushroom/Oregon Gifts in Sutherlin. He also appears frequently at the Eugene Saturday Market.

Though he’s serious about what he regards as his artistic mission, Slayer doesn’t hesitate to find the humor in some of his less-than-stellar attempts at creating beauty. He enjoys telling how he awoke one morning with an idea he spent all day perfecting — an iridescent fountain embel-

lished by graceful butterflies in motion.

“In my mind, it was a magnificent, gorgeous piece of art,” he said. “I remember I drew and drew and drew and drew, with the sweat actually coming off my brow, but I just knew it was going to be worth it.”

After hours of toil, Slayer stood back eight to 10 paces to admire the piece — then recoiled in horror. Instead of butterflies against a fountain, Slayer found he was looking at something that resembled flies coming out of a toilet bowl.

Asked if he sought a second opinion before abandoning the work, Slayer said there was no use. The magic was gone.

“This was so different from what I had in my mind, so obviously hideous, I didn’t need any help making the decision,” he said.

As he advances into his 50s, Slayer said he’s fortunate that he’s felt few physical effects of aging. Nevertheless, he said he’s become more introspective now than in his youth. He finds himself drawn to meditation, as well as other forms of mental development and spiritual enlightenment.

“I find there are no limits to those frontiers, and I find that aging is actually a beautiful process,” he said.

• You can reach *Encore* Editor Tricia Jones at 541-957-4216.

ENCORE BRIEFS

ROSEBURG

Booths, visitors sought for fair

The Active Life Fitness Center is planning a Senior Health & Well-being Fair to take place June 15 in Roseburg’s Stewart Park.

The fair is set to take place from 11 a.m. to 3 p.m. at the park’s pavilion. It’s co-sponsored by Roseburg Parks and Recreation Division.

Active Life Fitness Center is a nonprofit group that seeks to promote senior health and fitness. The purpose of the fair is to provide information to people to help them stay active and get involved in community volunteering opportunities.

Organizers say they have invited numerous participants, including Wildlife Safari, local car clubs and representatives from the Roseburg, Sutherlin and Winston senior centers. Also expected to attend are representatives of local health agencies and volunteer groups and programs.

Admission is free, although canned food donations are encouraged and will be given to the United Community Action Network Food Bank.

A walkathon has been set for 10 a.m. to raise money for the Active Life Fitness Center.

Information: Holly Locke, 541-464-2812.

ROSEBURG

Diabetes education group gathers

The group Living Well With Diabetes will meet from 1 to 2 p.m. June 5 in Room 1 of the Mercy Community Education Center, 2459 Stewart Parkway.

There’s no fee to participate. The group meets the first Tuesday of each month.

Information: 541-677-2102.

Fire Season Is Coming

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Ferocious fuel costs needn't mean a dull summer

Do you grimace every time you go to the gas pump these days? You are possibly thinking there is no way you can afford a vacation this year. You aren't alone — but you are also not left without options for summer fun close to home.

We live in one of the most scenic parts of the world with dozens, no hundreds, of enticing things that cost little or nothing to do and are easy on the gas tank.

The North Umpqua Trail has hiking options for all levels of ability, as well as camping, horseback riding, mountain biking, photography, fishing and twenty-four spectacular waterfalls. Many of the trailheads include picnic tables, and functional, clean restrooms.

When you are in the neighborhood, be sure to stop at Illahee Restaurant, Bakery & Inn in Glide just off Highway 138. The lunch and dinner menu items are delicious

and the home-baked goods are not to be missed.

If you want company when you are hiking, check out Friends of the Umpqua hiking club. The group has a well-maintained website loaded with trail updates and the club hiking schedule, all at www.friendsoftheumpqua.org. I have recently begun hiking with the club and am not only getting exercise, but also making new friends with hikers of all sizes, shapes, abilities and ages.

One of my favorite things to do on an early summer morning is to go kayaking on the river with my pal D'Ann Shaklee. While nature is just awakening to a new day, we paddle along quietly or laugh ourselves silly, grateful for our longtime friendship and that we live in one of the most beautiful places in the world.

Stewart Park is high on our grandchildren's list when they come to visit. They love to dip their toes in the river and frolic on safe top-notch, safe play equipment. Picnic tables are plentiful, there is lots of lawn to spread out a blanket and relax, and, of course, Music on the Half Shell concerts on Tuesday evenings are not to be missed.

Speaking of keeping children happy at no cost, a big favorite of our own children when they were small, and now our grand-

children, is simply a big empty box. Stop by a furniture or appliance store and pick up a large box or two. Kids get a kick out of making a "fort." If you provide paint or markers, they can spend hours decorating their new digs.

Sidewalk chalk is another art form kids enjoy. If you stop by The News Review's front circulation desk, there are often newsprint roll ends available, ranging from \$2 to \$8. Yards and yards of paper can turn into hours and hours of creativity.

While today's tech-savvy children may think some of the old-fashioned things we used to do, like run through the sprinkler, are lame, trust me. Whatever you do with them, it won't take long before you are all having the time of your life and making memories.

Local theater offers a summer full of entertainment. Shows at The Grand Victorian Dinner Theatre in Myrtle Creek are worth the drive. The comedy "Virgil's Family Reunion" runs June 21 through July 8. Grand Victorian shows are fun and the food is excellent.

"Sullivan and Gilbert" at UACT (staged through June 17) is a clever show: part docudrama, part period comedy, and part Gilbert and Sullivan's hit plays.

Anyone for locally grown produce, trees, shrubs, perennials, vegetable starts, honey, free-range eggs, baked goods and high-quality, handcrafted items? A comfortable festive community atmosphere abounds at the Umpqua Valley Farmers Market, held from 9 a.m. to 1 p.m. each Saturday through October at 2082 Diamond Lake Blvd.

Would you prefer to frequent local farms personally to buy or pick produce? My friend Jennifer Coalwell, local food enthusiast, reports U-pick peas and strawberries are ready and very soon raspberries and cherries will be ripe. Jennifer has an exceptionally informative blog full of information about what is currently in season, where to get the best deals, and recipes for using local foods. Visit it at www.flavorsoftheumpqua.blogspot.com.

Not a lot to do on a staycation close to home, you say? I am just getting started with ideas of things to do locally and nearby for a sensational summer. Stay tuned, there is more to come.

Gloria Johnson is a tour conductor and world traveler. Her next group trip is Cheap Thrills: New York City, set for spring 2013. Information: gloriousideas@hotmail.com.



Gloria Johnson
Around the World



Another Strike Against Amputation

Local resident, Joan Kemp could barely walk. Her leg pain was so bad she was having to consider a trip to Eugene and an amputation.

Now she is back doing the activities she loves most thanks to a procedure performed at Mercy's Shaw Heart and Vascular Center to relieve the often debilitating and dangerous effects of peripheral artery disease (PAD).

People with diabetes and other conditions, whose PAD has caused gangrene or devastating sores on their feet are being wheeled into Shaw Heart and Vascular Center, and walking out on their own two feet.

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Courts may grant visitation rights to grandparents

Oregon law provides a procedure whereby grandparents may establish visitation rights with their grandchildren. Oregon law also provides other grandparent rights that are beyond the scope of this article, including rights in adoption proceedings, rights to petition for custody of grandchildren, and rights to petition for guardianship of grandchildren.

A child's grandparent may petition the circuit court to be granted reasonable

rights of visitation with the child if the grandparent has established or has attempted to establish ongoing contact with the child. This would follow a condition in which the custodian of the child has denied the grandparent reasonable opportunity to visit the child.

Under Oregon law, for these purposes, a grandparent does not include a step-grandparent. A child means a natural child younger than 18.

The petition may be filed during a pending dissolution suit between the parents of the child, or as a separate petition by the grandparent after the completion of the dissolution.

Oregon law also provides that the court may allow attorney fees to a grandparent seeking visitation rights.

If the grandparent petitioned for visitation during the dissolution, but was denied

such visitation, the grandparent may not thereafter petition again for visitation, with an exception. That would be owing to a change in circumstances relating to the custodial parent or the child, circumstances that are sufficient to require the court to reconsider the visitation provisions.

The power of the court under these laws to grant visitation rights to grandparents is discretionary. It will be exercised only when the court determines that it would be in the best interests and welfare of the minor child.

When a proper petition is filed, the court will conduct a hearing to determine whether visitation rights should be ordered. The hearing may be conducted as part of the trial of the parents' dissolution or as a separate proceeding. The order creating visitation rights, if one is issued, may

be incorporated in and made a part of the dissolution decree.

The court, prior to ordering visitation rights, may order an investigation into to the character of the grandparents, family relations, past conduct and other relevant factors. The court may also take testimony from or confer with the child, with or without the grandparents and parents being present during the conference.

Any order creating visitation rights shall include such conditions and limitations as the court deems reasonable. In making or modifying such an order, the court is required to be guided by the best interests and welfare of the child.

Bruce R. Coalwell has been an attorney in Roseburg since 1981. He is with the law firm of Dole, Coalwell, Clark, Mountain-spring & Mornarich.



Bruce Coalwell
Elder Law

Attention-arresters needed to produce healthy action

Jack is my friend Jenny's companion. He's a big bear kind of guy, handsome, but with dangerously high blood pressure, and he carries an extra 40 pounds.

If it weren't for the hazards to his life and independence, it would be amusing the way Jack dismisses his hypertension. He'll say it's white-coat syndrome, meaning the blood pressure reading reflects the anxiety of seeing a doctor, but which away from the doctor's office is "just fine." Or he'll excuse it as the consequence of the salty meal he had had the night before his appointment.

Until his latest checkup, Jack had

brushed off both his doctor's and Jenny's clearly stated concerns, and he'd not been at all interested in diet modifications or medication.

Jenny told me that Jack saw a new doctor in the practice who, without muss or fuss or many words, brought out a graph that showed the direct correlation between rising blood pressure and the increased risk of strokes, heart attacks, and kidney failure.

Then the doctor dropped a zinger. "Jack," he said, "I can safely predict you'll have one of these 'events' within five years if we don't get this hypertension and weight under control."

Now, Jack's a man with an engineering background, so visual representations are what he's comfortable with, what he understands. Jenny said he studied the graph for a moment, and then to everyone's surprise, said, "OK. What do I need to do?"

Is that all it took, for heaven's sake? A graph? Or was it the one-sentence fore-

cast? Or the combination?

Perhaps so, if you think this is merely an isolated incident of one man finally getting the picture. But maybe not.

At a recent conference of heart doctors in Chicago, two studies were presented that showed similar phenomena: Patients who were shown detailed pictures of their hearts and arteries (done by a heart CT scan) were two and a half times more likely to take their medication as directed. And by the way, those who needed to lose weight were more than three times more likely to do so than those who were merely told.

The underlying concern for these docs at the meeting was that between 50 and 80 percent of patients who have been prescribed cholesterol-reducing medication fail to take it. And as far as losing weight and embracing a diet lower in saturated fat, just look around. What do you think?

There is an abundance of evidence that indicates that visual communication is more effective than verbal, but the most

effective style combines the two. In other words, we understand more if we see it; we understand the most if we can both see it and hear about it.

Is this the future of patient education? Don't be surprised if your next doctor's appointment includes a PowerPoint presentation. After all, it does make sense. Instead of trying to decipher all the medical language, why not show pictures, charts, graphs, images — whatever it takes to drive the point home and helps motivate patients to make necessary changes.

Gloria May is a registered nurse with a master's degree in health education and a certified health education specialist designation.



Gloria May
Nurse News



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Frill-free provisions came from Midwestern stores

Each summer my mother's grocery list reflected her need to preserve food for us in preparation for the Iowa cold winters. The need was critical during the late 1920s and 1930s, when unemployment and scarcity of money were prevalent.

After our seven-block walk to her favorite home-owned food store, a white-aproned male sales clerk greeted us from behind a long counter. He wrote my mother's dictated order on a sales slip, totaled the cost on a cash register and she paid him. Since we lived in town, we knew it would be delivered the following day. We, and thousands of others, did not own an automobile and had no plan to purchase one.

I was not aware if my mother paid a service charge, yet I heard that cus-

tomers of some food stores paid a dime to the drivers of a delivery wagon pulled by a pair of mules. Women were apt to inquire of another, "Where do you trade?" This was a way of asking which store was preferred.

Mother would order a lug of seasonal ripened tomatoes and peaches to be put up in her reusable Mason quart glass jars. From several dozen ears of sweet corn she cut and dried the kernels. Saved in a jar, they were cooked later when added to a meal.

We could pick cherries or pears from the neighbor's trees. The expensive citrus fruits were never on the average woman's list unless Santa Claus planned to leave an orange in a child's stocking. We had little knowledge of vitamins. Each winter day I swallowed a tablespoon of cod-liver oil.

Our own summer backyard garden provided us with the basic vegetables. I was fascinated to see asparagus and rhubarb appear spontaneously each spring. Every fall my mother requested a gunnysack of potatoes and a basket of apples be transferred from the store to

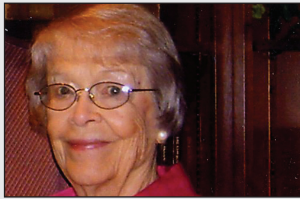
our cool basement. She always baked our cracked wheat flour bread and the dairy delivered a glass quart of milk to our front door.

Within the store, the sales clerk turned to the shelves behind him to fill a customer's order of cans and boxes. The dry breakfast cereals were unflavored cornflakes or shredded wheat biscuits. Graham crackers, soda crackers and popcorn were the snack choices. Mexican food, salad dressing, liquid soap and Kleenex were not yet on the shelf, although the unique cans of pork and beans were popular. The frozen section and delicatessen did not exist.

I was unaware that in the following years, artichokes, broccoli, Brussels sprouts, cauliflower, leeks, lentils, okra, zucchini and avocados would become known and familiar to the public.

I was also unaware that unemployment and scarcity of money would occur again throughout the years, and that the friendly, home-owned food store would be considered old-fashioned.

Laura Kruse shares her reminiscences with Encore readers.



Laura Kruse
Memory Moments

ENCORE

BRIEFS

DOUGLAS COUNTY

AARP offers driver safety classes

The Douglas County AARP Driver Safety Program Team is offering one class for the month of June.

The course is designed for drivers aged 50 and older; however, it's open to younger people as well. You do not need to be a member of AARP to take the course.

Course fees are \$14 per person. AARP members will receive a \$2 discount.

Oregon law requires all auto insurance carriers to offer a discount on premiums to qualified graduates, age 55 and older, of approved programs such as this one.

Courses are arranged in six hours of instruction during one session. Participants must complete the six hours to graduate and receive the benefit.

All classes will be held between 9 a.m. and 4 p.m. Each participant is encouraged to bring a sack lunch.

This month's class will be held at the following date and location:

- June 26 — Linus Oakes, 2665 Van Pelt Blvd., Roseburg. Instructor: Steve Barfield. Call 541-677-4800 to register.

You can also register for the above class online at www.aarp.org.

For information about future classes, or to request a class for your organization, call Pete Benham, district coordinator, at 541-672-1016.

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— Paula McMillen, Tenmile, Oregon

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Give food temps third degree as summer warms up

Summertime eating means outdoor eating. Pack up the picnic basket, spread a blanket under a shady tree and enjoy your meal in the fresh air. Eating from a picnic basket can be fun, and following a few guidelines will ensure a healthy dining experience.

The greatest danger to outdoor eating is letting food sit at room temperature too long. Bacteria in food grows quickly at temperatures between 40 degrees and 140 degrees. And it is bacteria and the toxic byproducts of the bacteria that cause stomach distress — nasty symptoms of nausea, vomiting and diarrhea.

That's why the rule "Keep cold food cold and hot food hot" is so important. Cold foods must be thoroughly chilled and hot



Nancy Goodale Graham
Nutrition

Classic Potato Salad
1-1/2 pounds baking potatoes
1/4 to 1/2 cup finely chopped red onion (to taste)
1/2 cup finely chopped celery
1/4 cup sweet pickle relish
2 hard-cooked large eggs, coarsely chopped
1/3 cup light mayonnaise
2 tablespoons cider vinegar
1 tablespoon Dijon mustard
1/4 teaspoon salt
1/4 teaspoon black pepper
Cook potatoes in boiling water until ten-

der; drain and cool completely (overnight in the refrigerator works well).
Slip the peel off the potatoes with a knife and cut them into about 1/2-inch cubes. Combine potatoes, onion, celery, relish, and eggs in a large bowl. Combine mayonnaise and remaining ingredients in a small bowl; stir with a whisk. Pour over the potato mixture, tossing gently to coat. Cover and refrigerate at least eight hours.
Makes 6 servings.
Per 3/4 cup serving: 200 Calories; 6 gm Fat; 5 gm Protein; 35 gm Carbohydrate; 2 gm Fiber; 387 mg Sodium.

foods heated through before packing for travel. Don't put foods into a cooler and expect them to chill on the way to the picnic, and never pack hot and cold foods together. You can pre-chill your cooler before packing it by filling the cooler with ice or ice water and allowing it to stand for an hour.

There are a number of ways to keep hot foods hot. Insulated casserole dishes or casseroles with a snap-on quilted cozy are quite convenient. You can also insulate any

hot dish, such as a Dutch oven or other hot casserole, for several hours by wrapping it in heavy foil and then in six to eight layers of newspaper, tying it with string, and carrying it in a closed box or refrigerator bag. This technique can also be applied to hot sandwiches or any other hot food.

Many of us are careful about dishes with meat and eggs, but health experts warn us that vegetable- and fruit-based dishes can also harbor harmful bacteria. If possible, refrigerate fruits and vegetables overnight

at 40 degrees or lower before preparing them. Rinse whole fruits and vegetables in cold running water before eating, slicing, or packing them. In most but not all cases, the only place bacteria can live is on the surface of the food, unless it has been cut. Simple washing should eliminate any serious risk. Before handling any food on a picnic be sure to wash your hands. Also, make sure that your knife and cutting boards are clean.

Any food that has been sitting at room temperature for more than two hours should be thrown out. And if the air temperature is more than 90 degrees, food becomes unsafe after only one hour.

I know that many of us are hesitant to throw out perfectly good-looking food, but you and I cannot see the bacterial growth that happens during those hours of sitting. Be safe, and toss any food that has been on the table for more than two hours.

Nancy Goodale Graham is a registered dietitian with Sacred Heart Medical Center's Oregon Heart and Vascular Institute in Springfield. You can contact her at nancyg323@comcast.net.

Chicanery could be a chick's best strategy for a clean house

Dear Reader,
There's a "For Sale" sign in my friend's yard. Obviously the housing market is challenging, but that's not what my friend was frustrated about when we ate lunch together the other day.

When your house is on the market, you have to keep it neat and tidy 24/7, just in case the Realtor calls, breathlessly announcing a showing in 30 minutes. And it's that neat and tidy part of selling a home that's driving my friend crazy.

"Suzanne, it's killing me. I've been getting up every morning at 4 a.m., before I go to work, to clean my house, just in case the Realtor calls."

Getting up at 4 every morning? Why wasn't my friend rallying the troops and getting the other members of her family to help her clean?

"It's my own fault my son won't lift a finger to clean," she confessed, "and my husband — well, he just never has."

I thought she was kidding, but when I realized she wasn't, I suggested maybe she should lie. Tell her husband and son the Realtor called and there's a showing scheduled later in the day. So the troops would be forced to pick up a dust cloth and turn on the vacuum.

"That's not a bad idea, Suzanne, but it would be even better if you actually called the Realtor and scheduled a time to see the house. Then after my husband and son helped clean, and my house was sparkling again, you could call the Realtor back and cancel."

Two women, figuring out a way to get two lazy guys to help clean. We were lovin' this idea, so we took it a step farther.

"Sounds good to me — and when I call to cancel the appointment, I'll simply tell the Realtor I've developed a hangnail, and it looks like it could develop into something serious, so I'll call back to reschedule."

A hangnail. I fell off the porch and sprained my ankle. Out-of-town guests suddenly showed up. The power is out in

our neighborhood and it won't be fixed till next week. If we played this right, we could keep this going for months.

"And how about this idea?" my friend suggested. "It takes three weeks for my house to get messy enough to qualify for one of those reality TV shows to send a team in to declutter and clean, so if you called the Realtor every three weeks, with a different name and back story: 'My husband and I did a drive-by and we think this house would be a winner.' Then my house would always stay clean."

I was laughing at the idea, but then my friend pulled out her Daytimer. "Tuesdays

work best for me. Can you call then? Because then my husband and son would both be home to clean house, while I was at work.

"So, how long do you think we can keep this ruse going?"

Thanks for reading with me. It's so good to read with friends.

Suzanne Beecher, author of "Muffins and Mayhem: Recipes for a Happy (if Disorderly) Life," invites you to read at her online book clubs, found at www.Dear-Reader.com. She can be reached at Suzanne@EmailBookClub.com.



Suzanne Beecher
Footnotes

Encore

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ON THE COVER:
Umpqua Community College art instructor Shane Slayer works with student Judi Danielson of Winchester at the school in a May 15 drawing class.

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The future of Medicare program warrants concern, not panic

RON POLLACK
Families USA

There's been a lot of scare-mongering lately about the future of the Medicare program. Is Medicare really going broke? How serious is the Medicare "crisis"?

Here are some facts to help you decide. First, you should understand that this is all a bit like the boy who keeps crying "wolf." The Medicare trust fund — which covers hospitalization and which is financed by the Medicare payroll taxes we all pay during our working years — was previously predicted to run short of funds in 1972. And in 1993. And in 2003. It never did go broke, of course, because each time, Congress made small adjustments to the program to resolve the problem.

Now the latest report from the Medicare trustees has projected that the trust fund will run short in 2024. So, yes, there is reason for concern about Medicare's future, but no cause for panic.

This report is like the maintenance reminder light on your dashboard, not a red alarm bell. Just because you need to

change the oil in your car, it doesn't mean you need to junk it. Similarly, this new projection doesn't require a radical transformation of Medicare. Once again, Congress could make small adjustments that would extend the life of the program — adjustments like a modest increase in the payroll tax, for example. All they need is the political will.

Second, you may have heard the news that the House of Representatives passed a budget plan that would transform Medicare into a voucher program (supporters call it "premium support"). Under the House plan, everyone born after 1957 would no longer get a guaranteed set of Medicare benefits. Instead, they'd get a voucher to purchase insurance. If that voucher was insufficient to purchase good coverage, they would have to pay the difference out of their own pockets.

At the same time, the House-passed budget would repeal the health care law, thereby making prescription drugs and preventive care more expensive for today's seniors. And, because the health care law extended the life of the Medicare trust fund from 2017 to the mid-2020s, Medicare's finances would actually be

worse off, not better.

But whatever you think of this proposal, it's unlikely to become law any time soon. It probably couldn't get enough votes to pass in the Senate and, if it did, President Obama would certainly veto it.

Third, the people who tell you we have to destroy Medicare in order to save it are people who have never supported the program. The proposal they are pushing, whether they admit it's a voucher or insist on calling it "premium support," is a way to put an end to the Medicare program as we have known and depended on it. The voucher was brought up last year, too — and it was defeated last year.

There's no question we can and should make Medicare fiscally stronger for today's seniors and future generations. But that requires an honest conversation about priorities — and an end to fear-mongering, to scaring seniors simply to promote a radical ideological agenda.

Ron Pollack is the executive director for Families USA, a nonprofit, nonpartisan national organization for health care consumers.

ENCORE BRIEFS

ROSEBURG

Grief support groups meet

Groups that seek to help people deal with mourning have the following meetings scheduled for the month of June. There's no admission charge to participate.

The Grief Support Group meets from 10 to 11:30 a.m. each Monday in Conference Room C at Mercy Medical Center, 2700 Stewart Parkway.

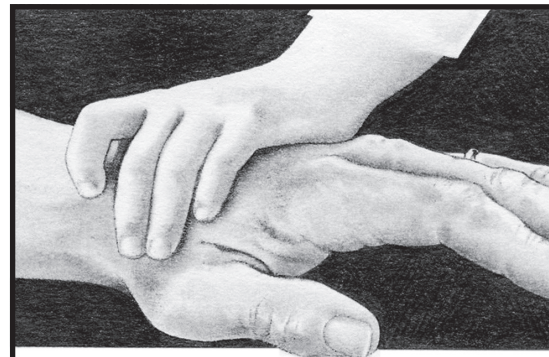
Information: 541-677-4810.

The Bereavement Support Group will meet from 5 to 6:30 p.m. June 12 and 26 in the Main Building Chapel of Linus Oakes, 2665 N.W. Van Pelt Blvd.

In addition to meeting the second and fourth Tuesdays of each month, the Bereavement Support Group has a monthly luncheon at Karen's Coffee Cup, 2445 N.E. Diamond Lake Blvd. This month's meeting will be from 11:30 a.m. to 1 p.m. June 20.

Information: 541-677-2384.

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The News-Review



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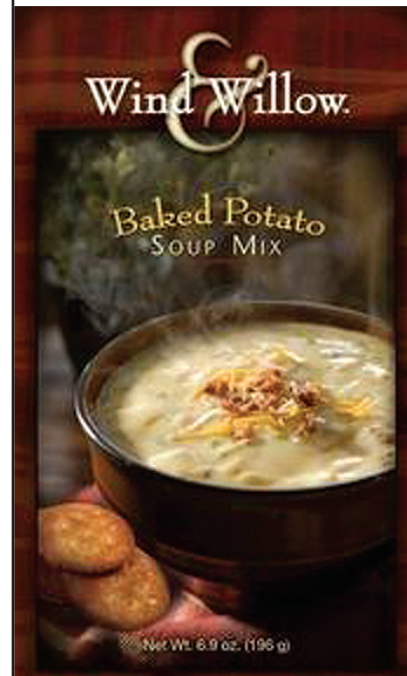
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- 4 c. cubed French bread
- 16 oz. sausage
- 6 eggs
- 1 1/2 c. cheddar cheese

Preheat oven to 350 degrees. Spray 9x13" pan with oil. Add Baked Potato Soup Mix to water in a 2 qt. saucepan; heat to boiling then reduce heat and simmer 15-20 minutes, stirring often. Cook sausage in medium skillet. Drain and crumble. Place bread cubes into the prepared pan. Top with the sausage. Beat the eggs well and pour over sausage and bread. Spoon soup over the top of the other ingredients. Cover with foil and bake 25 minutes. Remove foil. Top with cheddar cheese and continue to bake until cheese is melted and casserole is set in the middle, approximately 10-15 minutes.

SERVES 8



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Tales from the days before boards were smart

After teaching in the classroom for the past 35 years, I have seen and used many innovative technologies. Last month was an opportunity to put old school and new school to the test.

Admittedly, I come from an age of chalk dust flying, erasers clapping and writing endless lines on blackboards. Detention assignments ranged from cleaning chalkboards and clapping erasers, filling chalk trays and writing 100 times about something you would not do again. Assignments were written in perfect penmanship on the blackboard and hopefully didn't vanish with an enthusiastic swipe of the long eraser bar before you had a chance to write it down in your notebook.

Then came the whiteboard. A blackboard variation introduced in the 1990s, the white, glossy surfaces came in a variety of sizes and colorful markers. Dry erasers replaced chalkboard erasers with less dust being inhaled by students. Assignments were written in a less-than-perfect penmanship, since that particular art was left behind for cursive.

It is 2012, and welcome to the Smart Board. Used as an interactive whiteboard, the Smart Board uses touch for user input, such as scrolling, clicking or typing on a keyboard. A projector is connected to a computer for a visual display and serves as a large touch screen.

The Smart Board comes with color pen tools that use digital ink, which means they do not have electronic components or ink. The pen tray control panel can change the color of the ink or change the pen tools to colored highlighters.

Once the pen is taken from the slot in the tray, the user can write with the selected color or even a finger. When the eraser is removed from the tray, any erasing action, even if with a finger, makes the virtual ink disappear from the screen. To change colors, the pen must be removed or replaced in the corresponding slot in the tray.

Cool! Images can be brought up from the Internet and displayed as the teacher circles, highlights or writes on the interactive board. Unfortunately, these intelligent technologies have a tendency to either think for you or disregard your efforts all together. On several occasions, the outlines and timelines we had written

on the Smart Board disappeared with a hiccup in the projector unit or a bump of the computer.



Eularee Smith
Wise Grandma

All week we were plagued with different technological glitches from the Smart Boards (I was beginning to think Smart was a misnomer). I had the good sense (or years of vast experience) to bring a hard copy of the work as a backup. Yes, archaic devices called paper and pencil saved the work several times over the course of the instruction hours.

Then it happened. A regionwide black-out. No Smart Board, no computer and more important, no lights! In an instant we were plunged into the Dark Ages. It was interesting to witness the chaos that ensued. The students were beside themselves as to what would happen next.

There was no way to signal the end of recess, so the teachers began yelling out the classroom doors for the children to come back in. The cafeteria had to shut down and staff members had to figure out how to prepare lunch for the onslaught of non-brown baggers. Clocks stopped, although this seemed the least of concerns as multiple cellphones came out of back packs.

And there I sat with my pencil and paper. I told the students that I lived in a time of blackboards and chalk. I had never heard the word "remote" until I was in college. A calculator was our brain or an abacus. We went to school from 8 to 3 every day, because there was so much to learn. We had encyclopedias, not Wikipedia. We surfed on the ocean, not on Google. In the darkness of the classroom, I had 30 students spellbound with the tales of the ancient classrooms of the 1950s and '60s.

I wonder if they learned more in that day than they had all week with the Smart Board. Technology, whether it be friend or foe, is here to stay. Adapt or die, as they say.

But here's a tip for survival in the Technology Jungle. Always carry a pencil and paper ... and if you want to know what time it is, bring a cellphone.

Eularee Smith is the grandmother of six, a teacher and executive director of UpStart Crow children's theater in Eugene. Visit her blog site at www.eularee.com.

Simple steps allow for close ties with faraway grandchildren

Knowing our grandchildren in meaningful ways, especially when they live hundreds or thousands of miles away, is a true challenge.

How do we build continuing rapport with grandchildren who are strangers, or could become so, if we don't grab chances to stay close?

Facebook offers photographs, words, even videos, and emails do, too. Skype presents face-to-face, vibrant contact over electronic waves if it is within your desire and financial reach. Long-distance phone conversations, particularly via land lines, can be unaffordable for as long and often as even cellphonedesire. Many children are too shy to do more than listen for mere moments, and to some, unseen means nonexistent. What else can grandparents do?

Of most importance is keeping touch with grandsons and granddaughters from the time they are toddlers, and keeping up on their interests constantly via their parents.

Begin by mailing each child a colorful postcard every month. Take photos of your home, garden, vehicles, pets. Have friends take photos of you, close-ups as well as shots of your daily activities. Use these to make postcards with special kits or print color photos on thick cards.

Write one-sentence messages using short words in large print, so the children can read lines for themselves. As the children grow, write text that's smaller in size and greater in volume. Postcard postage costs less than letters, and young children love receiving their own mail. Your grandchildren will get to know you and your life, seeing it for themselves, and will be emotionally and intellectually involved with you.

Most children receive more gifts than they need or can ever use on their birthdays, at Christmas and other holidays. Do send birthday cards, but with a cash gift or a store credit card enclosed. I usually send \$1 for each year of their lives, plus \$1 "to grow on."

By planning ahead, you can arrange for a surprise box from Grandma or Grandpa to arrive in the mail during the winter doldrums of January through May with its few holidays, or as summer vacation palls from late July to mid-August, or in early October before Halloween costumes are planned.

Every box contains something intriguing

for each family member. Because you've taken the time to learn each child's activities and interests, you've provided something pleasing to all — educational toys, craft or art materials, books, unusual items.

Because I'm interested in fostering my grandchildren's creative pursuits, love of nature and quests for knowledge, I enclose such a book for each child, according to their learning abilities at that time. I've also sent colored pencils made from small tree

branches (found at the local museum's gift shop), craft paper made from white birch bark and tooled leather journals with homemade paper leaves. I buy these at local craft shops or art fairs and may include feathers or acorns collected on my walks.

Sometimes I don't wrap the gifts, allowing grandchildren to reach into the carton and choose what most appeals to each. For children ages 2 and younger, it's best to not give their siblings items containing small parts that could cause choking. Be wary of toxic materials also.

Each child also receives a subscription to a magazine: National Geographic's Kids, National Wildlife Association's Baby Animals, Highlights, etc. It's planned so no two of any magazine is sent to the same household, and all the magazines can be shared within each family.

Knowing the magazines and gifts sent to the children and having updates from their mothers and fathers on grandkids' sports and hobbies inspires what I write in my monthly postcards. I also glean material from my infrequent telephone conversations with my grandchildren. These communications return them to reading their magazines, and to being creative with their gifts in each package.

My circular intent brings pleasure, curiosity, culture, knowledge — and builds connection with me, Grandma!

KatSue Grant taught writing, English literature and psychology courses at California State University at Stanislaus and several community colleges. She's a professional manuscript editor and is a member of several writing groups in Douglas County and statewide.



KatSue Grant
Everyday Inspiration

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Boomers' love of pets could change as both age

Associated Press

Hazel the schnauzer and Wrigley the Lab mix mean everything to Harriet Buscombe. The dogs protect her on her pre-dawn runs around her Champaign, Ill., neighborhood, but mostly they make her feel great.

"My children are grown now and having dogs around keeps me 'still a mom' in many respects," Buscombe said in an email interview. "I always feel a lot better — like all of my problems have lessened — because I have spent times with my dogs."

The loving link between baby boomers like 49-year-old Buscombe and their pets is well documented. Boomers — typically defined as the generation born from 1946 through 1964 — are a major reason why Americans' spending on the likes of food, grooming, kennels, surgery, even souvenirs, is expected to top \$52 billion this year.

"Boomers are different, for the most part," said Bob Vetere, president of the American Pet Products Association. "What did they call us? Helicopter parents, because we were constantly hovering over the kids. The kids left home and now we're looking to hover over something else. And so we wind up doing it over pets."

But will the beautiful relationship last?

Pet ownership rates tend to drop among people in their golden years. And boomers



The Associated Press

Harriet Buscombe is seen with her two dogs, Hazel the schnauzer and Wrigley the Lab mix recently in Champaign, Ill. The two dogs protect her on her pre-dawn runs but are also great companions.

are starting to hit retirement age, with the oldest boomers turning 66 this year. The pet industry is already looking years ahead to when aging boomers eventually could be tempted — or forced — to give up high-maintenance dogs and cats because of fixed incomes, smaller homes or physical limita-

tions. Routine veterinarian care alone can run \$248 a year for a dog, according to an industry survey.

"I'm in a bit of a conundrum. I want to own a dog until the day I die, but it haunts me to think of dying and leaving a dog I've bonded with without a best friend," said Mike Lewis of Anchorage, Alaska.

At 55, Lewis is healthy, but he is thinking ahead. Lewis and his wife have three dogs now, but he says given his age, he probably has bought his last puppy. If he gets another new dog, it will be an older rescue.

It's estimated that about 73 million Amer-

ican households keep pets. A report last month from the market research company Packaged Facts found that the generation after the boomers, Gen X, actually has higher pet ownership rates. But the spending habits of boomers — a generation that represents about a quarter of the population — is significant. And boomers do spend a lot, particularly "empty nesters" with children gone from the home, Vetere said.

Boomers — with their desire for flexibility and mobility — are sinking money into products and services previous generations never considered, like automatic feeding devices and litter boxes or pet-sitting services, Vetere said. They often treat their pets like humans, purchasing gluten-free dog food and heated kitty beds. The Nielsen Co. reported in 2010 that boomer households spent \$211 a year on pet food, more than any other age group.

In suburban Detroit, Donna Blain has purchased comfy beds for her Yorkshire terrier-Pomeranian mix, Lola, as well as a wicker bike basket with a cage on the top and about 20 dresses.

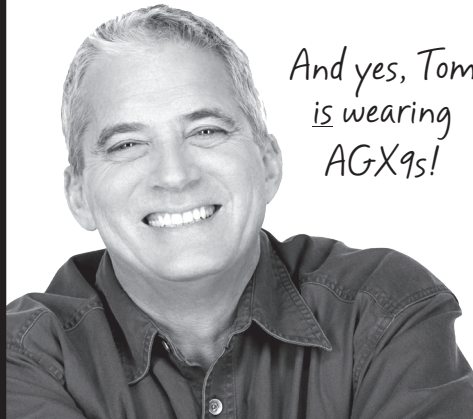
"Lola likes the attention. Believe me, she likes going anywhere," said Blain, 56. "Does she like getting dressed up? Probably not."

Packaged Facts in its report noted that

Please see **PETS**, page 12

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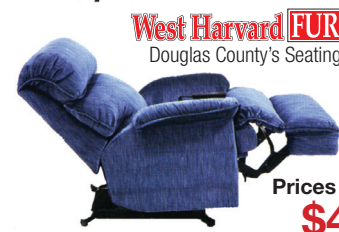
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Sister displayed writing skills years before her brother took on column

My sister, Allene, had a natural talent for writing. I got this from a friend after Allene's death; she died four years ago from cancer. The story is one Allene wrote years before. She lived in Baker half her life before moving to Pendleton, where she worked in the courthouse. I didn't get started writing until I was 69. I had some difficulty at first, then I got the hang of it. Here's a sample of my sister's storytelling.



Ronald Culbertson
Musings

Allene Culbertson Hunt The Tent Meeting

In the early 1930s there was a religious movement to rally people into the latest church gathering. This was called a tent meeting. They became popular after the stock market crash of 1929.

Times were tough and just about anyone who desired to carry a Bible and call himself a preacher could promote one of these gatherings.

Our little town of Baker fell prey to these

people every so often. We were off the beaten path, and all anyone had to do was find a vacant lot and get permission from the local mayor to pitch a tent.

One summer, a few trucks moved onto the vacant lot located just behind our house on Seventh Street. The big, old circus-like tent was pitched and ready to go with folding chairs, a rostrum for the preacher and an old-fashioned pump organ for the preacher's wife to play.

Grandma Culbertson decided to go the Tent Meeting and take my sister, Frances, and me to the services. I recall Gram taking our hands and walking out the back door of our house to the tent.

Both Sis and I were excited and could hardly wait for the program to start. We both loved music, and somehow, this had a little of the glamour connected with a stage show. Boy, were we in for a surprise.

As people arrived, the heat hit the top and radiated down inside the tent. It was like being in a sauna, only worse, because of the dust stirred up by people's feet. Several men went outside and lifted the sides of the tent to let in some air.

The program started out with a hymn and a prayer. The preacher then started his sermon with his arms waving and pounding the pulpit. I recall it being scary to hear and just knew

everyone in that place was going to hell, and probably that afternoon.

By this time I was wishing I'd stayed home and began squirming in my chair. Gram nudged me to "sit up!" I tried to, but I could taste dust in my mouth, and the preacher's words were so full of doom that I just wanted to run back home. I remember slipping down in my chair and Gram grabbing the back of my collar and pulling me back up with a look that let me know I'd had it. That look has stayed in my memory all these years. She was such a quiet, gentle person that it took me by surprise.

The preacher finally stopped with the passing of the offering plate. I don't know if we stayed to the end of the service or not, but I remember the cool breeze hitting my sweaty body as we left the place. Gram never asked us to go again.

I remember seeing Gram read her Bible many times, usually just before she went to bed, sitting at her oak library table with the oil lamp turned up. I never pick up my Bible to read that it doesn't bring back a few memories of Gram.

Ronald K. Culbertson, a retired Umpqua Bank CEO, shares his musings from time to time with Encore readers.



Hunt

Pets:

CONTINUED FROM PAGE 11

"pet product makers cannot afford to take Boomers for granted."

Already, the industry is promoting the benefits of pets for older people. The pet association is a founding sponsor (along with Petco and Pfizer Animal Health) of the Human Animal Bond Research Initiative, a nonprofit dedicated to promoting the positive role animals play in people's health.

The group's website touts the role animals have in lowering blood pressure and

reducing anxiety.

The pets-have-a-benefit message applies to people of all ages, but the argument might strike a deep chord with older people.

"For us, they bring a really a tremendous amount of joy, you know, because after your kids are gone your house is kind of empty and they're just a lot of fun, good company," said 70-year-old Phyllis Singler, of Philadelphia. She and her 61-year-old husband lead an active retirement with boating and trips to Florida and Europe.

The couple owns two biewers, Natty and Gio, that go almost everywhere they do. And when they can't, they hire a sitter. There's a

provision in their will to set aside money so their children can care for the dogs, if need be.

Some researchers caution that the good of pet ownership has to be weighed against the bad. Hal Herzog, a professor of psychology at Western Carolina University, said there are so many studies on the "pet effect" with conflicting results that it remains an "uncorroborated hypothesis." Herzog, author of "Some We Love, Some We Hate, Some We Eat" noted, for instance, that the Centers for Disease Control estimated there are almost 87,000 falling injuries each year related to cats and dogs.

ENCORE BRIEFS

DOUGLAS COUNTY

Caregiver support groups to meet

Family caregiver support groups are meeting in four sites again this month. There's no charge to participate.

Schedules are as follows:

Roseburg — 1:30 to 3 p.m. June 6, Room 2, Mercy Community Education Center, 2459 Stewart Parkway.

Sutherlin — 10 to 11:30 a.m. June 14, Sutherlin Community Center, 10 S. Willamette St.

Canyonville — 2 to 3:30 p.m. June 21, Chapel, Forest Glen Senior Residence, 200 S.W. Frontage Road.

Winston — 2 to 3:30 p.m. June 27, Wooley Board Room, Winston Community Center, 440 Grape Street.

Information: Nancy Hudson, 541-440-3677.

ROSEBURG

Blood pressure screenings set

Mercy Medical Center Auxiliary will provide free blood pressure screenings at the following sites in June:

- Tuesdays, 11:30 a.m. to 2:00 p.m., Roseburg Valley Mall, 1444 N.W. Garden Valley Road

- Wednesdays, 10 a.m. to 1 p.m., Central Douglas County Family YMCA, 1151 Stewart Parkway, Roseburg

- Thursdays, 11 a.m. to 2:30 p.m., Walmart (depending on construction schedule), 2125 N.W. Stewart Parkway

Information: 541-677-4464.

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Matchmaking can hitch you to perfect volunteering spot

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Are you dreaming of faraway places? Are you looking for exotic surroundings away from the humdrum? Do you enjoy God's creatures, big and small? Consider spending some of your volunteer time at Wildlife Safari and you'll have it all.

You can help prepare food for the animals or be part of the crew that tends to the grounds. You can drive the train encircling the park or be a docent on a walkabout as you listen to the "oohs" and "ahs" of adults and children as they venture into the wild kingdom. The choice is yours. If you're interested in this extraordinary volunteer station, call Barbara at 541-530-1582.

Other places that need your helping

hands include:

The Roseburg Veterans Affairs Medical Center needs ten van drivers to transport veteran patients to doctor's appointments. The logistics department is looking for seven new volunteers. Six require standing for extended periods and lifting up to 25 lbs., two will need to have computer skills. Training and supervision will be provided. Call 541-440-1000 and ask for voluntary services or Sam at 541-492-3917.

Douglas County Cancer Services wants volunteer greeters at the Community Cancer Center. Duties include assisting patients with financial and personal needs. Dodie will be happy to take your call at 541-680-5396.

Community Cancer Center needs drivers for its van to bring in patients on Fridays for

treatment as needed. Schedules are issued weekly. Give Sam a call at 541-492-3917 or send email to her at sam.likens@ucanap.org to get more details.

Mercy Medical Center has openings for volunteers in the emergency room. Duties are to escort patients to their car, assist those in wheelchairs and give directions when needed. Mercy's Family Birthplace needs volunteers to assist staff and provide information to visitors. Pick the day and shift that's convenient for you. Shifts are from noon to 4 p.m. from 4 to 8 p.m. or 8 p.m. to midnight. If you can help, call Mercy Volunteer Services at 541-677-4465.

United Community Action Network's medical transportation is looking for volunteers willing to use their own vehicles to take Translink clients to and from medical

appointments in Douglas County. Mileage reimbursement will be provided. Hours and days vary. If you're interested, call Sam 541-492-3917 or send email to her at sam.likens@ucanap.org.

Manor House Memory Care needs the following: two volunteers to help with bus trips on Mondays and Wednesdays, two volunteers to help with ball toss and two volunteer helpers for simple gardening. Manor House also can use chair yoga instructors and anyone who would like to share their music or craft talents. Call 541-464-5600 for more details.

Senior Services' Meals-on-Wheels is looking for volunteers at any of the seven dining sites in the county. For more information, call Sam at 541-492-3917 or send email to her at sam.likens@ucanap.org.

Ringling in ears could herald loss of brain function

All of us of a certain age have them: senior moments. We will stride purposefully into a room then freeze and stand there,

as if lost in time and space, wondering why we ventured here from our previous location.

Sometimes, like an image captured by a periscope emerging from the deep, our intent will come to us and we will carry on with our business, unfazed by our brief brain snag. Other times, we will accept defeat and retrace our steps, hoping to awaken from an annoying, but presumably transient, bout of amnesia. In either case, the thought is always there beneath the surface: "Am I slipping?"

The answer probably is "yes and no." While modern neurological research indicates that brain function begins to decline as early as age 40 and continues to decline with advancing age, an occasional episode of forgetfulness by seniors is considered normal.

Furthermore, according to experts cited by Gini Kopecky Wallace in an article in the Jan. 8 issue of Prevention magazine, "Nine Reasons You Can't Concentrate," fuzzy-mindedness can be caused by factors not necessarily related to advanced aging. These factors are:

1. Vitamin or hormone deficiency
2. The onset of menopause
3. Changes in medications
4. Nicotine withdrawal
5. Poor eating habits
6. Physical inactivity
7. Anxiety
8. A lengthy to-do list
9. Inherent attention deficit.

So that occasional lapse of memory you

experience, or that feeling you get sometimes that your mind is not as sharp as it should be, may have more to do with who you are and how you live than how long you have lived.

The good news here, as Wallace points out in her article, is that each of these causes of mental sluggishness is identifiable and can be improved by lifestyle changes.

Then again, there are those mental lapses that force you to question what toll the years of use have taken on your brain. Here is one of mine:

It was late morning. I was home. I wanted to make a phone call but couldn't find the handset to the cordless phone, which should have been sitting on its base in my office. No problem, I thought. I'll just use the locator button on the base, which, when pressed, causes the handset to ring a distinctive tone.

So I pressed the button and was pleased to hear the locator ring tone. The phone was obviously close by, certainly in the office with me. I glanced around the room but didn't see the handset. I searched my desktop, scanned bookshelves high and low, looked under clutter, in corners. I found no phone.

The locator ring tone continued to sound. It jangled in my ears, taunting me like spook-house noises, and I began to think it was my ears that were deceiving me and not my eyes. If the phone had been in the room, I would have seen it.

I walked down the hallway and into the family room. Aha! I had been defrauded. The handset was in this room. I knew it to be so because I could clearly hear the locator ring tone. I searched the room but, to my astonishment, discovered no cordless phone.

I stood there listening sharply to the beating of the locator ring tone. I perceived a distinctive echo, as if the walls of the house had absorbed the ringing and were now transmitting it in stereo.

At once perturbed and fascinated by this phenomenon, I went from room to room throughout the house and listened to the reverberations of the ring tone. The sound

was similar in each room, but there was no phone to be found there.

Confused, I went to consult with my wife on this mystery.

"This is crazy," I told her.

"When did you last use the phone?" she asked.

"Earlier this morning, when I called — "

Up periscope.

I reached down and slapped my side. Hidden underneath the tail of my sweatshirt,

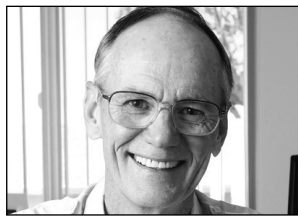
attached to my belt, there it was — the handset to the cordless phone.

My wife laughed. I laughed. But it was a painful laugh.

Was I slipping?

The answer probably was "yes and no."

Bob Mayo is a retired public schools employee who has lived in Douglas County since 1990. His passion is writing. You can reach him at bkmayo.author@gmail.com.



Bob Mayo

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Langley Hall made his mark on early Douglas County

Learning about our family's past can give us a greater understanding of history. We find that our ancestors lived the history we learned in school.

Often we can find stories about our ancestors in history books, diaries and letters. Such is the case with my great-great-grandfather, Dr.



Patricia Gausnell
Family Tree

Langley Hall, from Mansfield Park, England. His large family came to America in several groups in the 1830s, settling in Illinois.

Most family members sailed to the port of New York. Their journey from there to Illinois — by river, canal, lake, canal again, river again, and last by wagon — is described in the book, "Stark County and Its Pioneers."

Hall sailed by way of New Orleans, that he might, at less expense, bring with him purebred greyhounds and Leicestershire sheep. He suffered through a shipwreck off the Florida coast, but after being reduced to great straits of hunger and fatigue, was rescued with his shipmates. Steaming up the Mississippi River, he finally arrived in the Osceola settlement in Illinois.

The last group of Hall siblings to arrive in Illinois was made up of John, George and Fanny, accompanied by Miss Sarah Ligo, who soon became Mrs. Langley Hall.

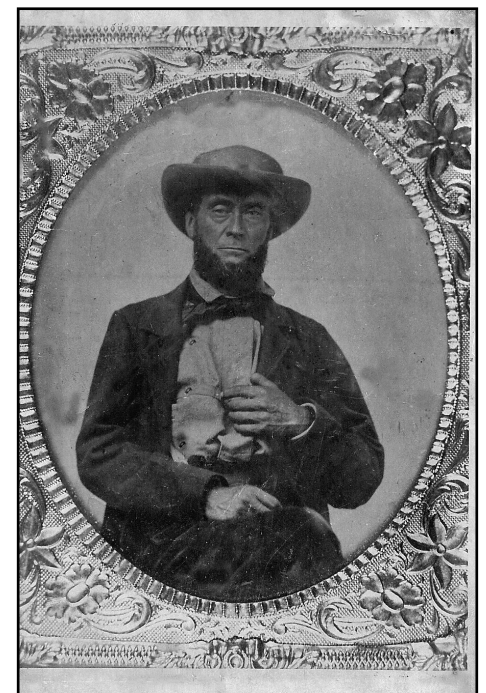
In 1853, Hall and his family, with brothers John and George, again took up the line of march westward on the Oregon Trail, lured by the promise of free land and mild winters.

At the Malheur River near Vale, the wagon train was met by a man named Elijah Elliott, who told them of a new road through the Cascade Mountains that would shorten the difficult journey by many miles. Elliott told them that he was taking his family back over the new trail and would lead any other outfits that wished to go with him.



PhotoS courtesy of Patricia Gausnell

Patricia Gausnell of Melrose stands beside a historical marker near Sunriver in October. The marker describes the Lost Wagon Train of 1853, which passed near the site and which carried some of Gausnell's ancestors.



Dr. Langley Hall, a native of England who emigrated to Douglas County, is seen in middle age. Patricia Gausnell, a descendant of Hall's, says the physician was on good terms with American Indians.

So you know...

The following free classes will be held this month at the Family History Center in Roseburg:

"Genealogy for Children," 7 p.m. June 14 and 10 a.m. June 15
"Internet Genealogy," 7 p.m. June 21 and

10 a.m. June 22.
All classes are at 2001 W. Bertha Ave. Reservations are requested as the space is limited.
The center's hours are 9 a.m. to 9 p.m. Tuesday and 9 a.m. to 5 p.m. Wednesday and Thursday.
Information and reservations: 541-672-1237.

One thousand people with their wagons and livestock chose to follow him, only to learn that the promised road was little more than a blazed trail. This party became known as the Lost Wagon Train of 1853, and nearly became another Donner Party. The little-known story of their toil and suffering and eventual rescue is a fascinating one.

December 1976 through March 1978. The other book is "Our Wagon Train is Lost" by Pete Peterson. Both books are available through the Douglas County Library System.

The Hall brothers, after resting briefly from their ordeal, settled on donation land claims in English Settlement, seven miles east of Oakland.

Dr. Hall continued to practice medicine as well as farming and raising livestock. Unlike many settlers, he became a champion among the American Indians. He treated

ed them when they were sick and fed them when they were hungry. They called him "King George Man," apparently because he was English. As he looked after the sick as far south as Medford and north to Salem, no Indian ever bothered him.

A few years ago, my husband and I backpacked from Lake Timpanogos down the Middle Fork of the Willamette River. Part of the trail was on the Emigrant Road first traveled by the Lost Wagon Train.

Last year we were staying with some friends in a vacation rental in Sunriver. While walking in the neighborhood, I was surprised to find a historical marker saying that the wagon train had gone through there.

Once again, I was thrilled to walk where my ancestors walked.

Patricia Gausnell is a volunteer in the Roseburg Family History Center. For more information about the center, call 541 672-1237.

CDC recommends baby boomers get tested for Hepatitis C

ATLANTA (AP) — For the first time, the government is proposing that all baby boomers get tested for hepatitis C.

Anyone born from 1945 to 1965 should get a one-time blood test to see if they have the liver-destroying virus, the Centers for Disease Control and Prevention said in draft recommendations issued Friday.

Baby boomers account for more than 2

million of the 3.2 million Americans infected with the blood-borne virus. It can take decades to cause liver damage, and many people don't know they're infected.

CDC officials believe the new measure could lead 800,000 more baby boomers to get treatment and could save more than 120,000 lives.

"The CDC views hepatitis C as an

unrecognized health crisis for the country, and we believe the time is now for a bold response," said Dr. John W. Ward, the CDC's hepatitis chief.

Several developments drove the CDC's push for wider testing, he said.

Recent data has shown that from 1999 to 2007, the number of Americans dying from hepatitis C-related diseases nearly

doubled. Also, two drugs hit the market last year that promise to cure many more people than was previously possible.

The virus can gradually scar the liver and lead to cirrhosis or liver cancer, and is the leading cause of liver transplant. It can trigger damage in other parts of the body. All told, more than 15,000 Americans die

Hepatitis:

CONTINUED FROM PAGE 14

each year from hepatitis C-related illnesses, according to the CDC.

The hepatitis C virus is most commonly spread today through sharing needles to inject drugs. Before widespread screening of blood donations began in 1992, it was also spread through blood transfusions.

Health officials believe hundreds of thousands of new hepatitis C infections were occurring each year in the 1970s and 1980s, most of them in the younger adults of the era — the baby boomers. The hepatitis C virus was first identified in 1989.

Today, about 17,000 infections occur annually, according to CDC estimates.

About 3 percent of baby boomers test positive for the virus, the CDC estimates.

Of those, some manage to clear the infection from their bodies without treatment, but still have lingering antibodies that give a positive initial test result. That's why confirmatory tests are needed.

Still, only a quarter of infected people are that lucky. Most have

active and dangerous infections, Ward said.

The agency's current guidelines recommend testing people known to be at high risk, including current and past injection drug users.

But as many as a quarter of infected baby boomers say they don't recall engaging in a risky behavior.

It's possible some people were infected in ways other than injection drug use or long-ago blood transfusions. Some experts say tattoos, piercings, shared razor blades and toothbrushes, manicures and sniffed cocaine may have caused the virus to spread in some cases.

Those kinds of experiences might not raise flags in the minds of many patients or their physicians, experts said.

A recent Harris Interactive survey of 1,000 baby boomers found other forms of ignorance about hepatitis C. Fewer than 20 percent knew they belonged to the generation most likely to be infected, and only a similar percent were aware it can be cured in many patients.

Also, only about 25 percent said they had been tested, according to the survey, done on behalf of the American Gastroenterological Association and Vertex Pharmaceuticals, which makes one of the hepatitis C medications.

Summertime's the right time for electronic payments

When you are away from home, one thing you don't want to worry about is how you will receive your next monthly Social Security payment. That is why it is important for everyone receiving Social Security or Supplemental Security Income benefits to sign up for electronic payments.

These days, almost everyone gets benefit payments electronically. Today, about 90 percent of all Social Security and SSI beneficiaries receive their payments electronically. That number is increasing because the law requires that by March 1, 2013, all federal benefit payments, including Social Security and SSI payments, be made electronically. Whether you receive Social Security or SSI, you can depend on your payment arriving in your account on time, every time.

If you don't already receive electronic payments, there are many good reasons to sign up. For one, it can mean less money and less time spent driving to the bank to cash your check, which helps you save. Second, fewer paper checks, envelopes, and stamps, and less fuel to deliver the checks all mean savings for the government.

Hurricane season is here for some areas of the country. Other regions bear the brunt of flooding. Some areas of the nation are plagued by tornadoes,



Alan Edwards
Social Security

and still others must deal with wild-fires, severe thunderstorms, or even earthquakes. If you are unfortunate enough to be in the path of a natural disaster, the last thing you want is for your income to be interrupted because of an evacuation or a missing mailbox. With electronic payments, you know your money will be in your account on time, no matter what.

When you're on vacation, an electronic payment ensures deposits will be made into your account on time, so there's no reason to worry about the safety of your benefit or to ask a neighbor to look out for your check when you are away.

As an added bonus, many banks offer free checking accounts for people who use direct deposit, because it saves the bank the cost of processing paper payments.

Skip the line at the bank, save money, get your payment faster, and know you can depend on your payment being in the bank no matter what happens or where you are. You can do all of this with electronic payments. Learn more about it at www.socialsecurity.gov/deposit.

Alan Edwards is an information specialist with the Social Security Administration.



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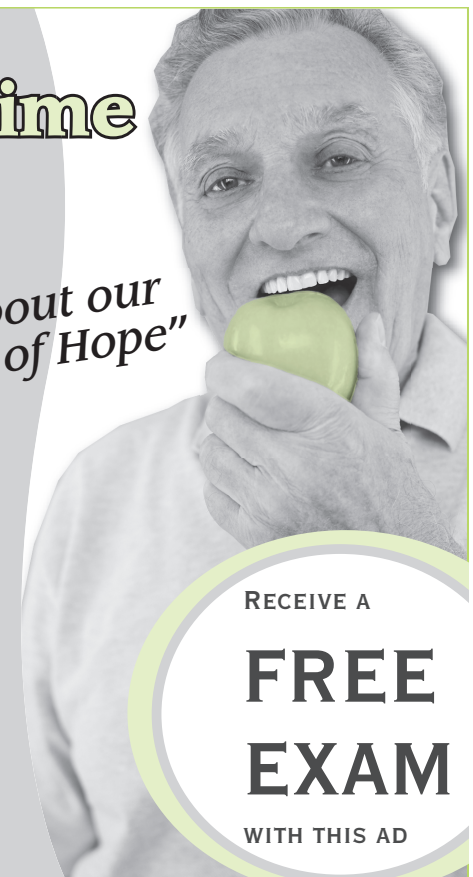
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After the Surgery

“I no longer need glasses to read or drive. I can read street signs a long way off now. It has just been amazing! I even have to go get my drivers license changed because it says I have to use corrective lenses and now I don't have to!”



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