



# Crest Lines

## Inside this Issue

Hillcrest Neighbors	2
Skiing Without Fear	3
Spiritual Offerings	4
Department Updates	4
Handmade Cards	4
It Happened in February	4
Wise & Well	5
February Calendar	Center
Hillcrest Staff	8
Remembering Railroads	9
Good Morning	10
Hillcrest Choir	10
Hallways' Art Mysteries	10
Just for Laughs	11
February Birthdays	11
Word Search	12
<b>Coming up in March:</b>	
Annual Tea Party	



## Thoughts from Senior Services

by Rachel Clemens, Senior Services Director

Yesterday I found myself second guessing how long we have been in this “unprecedented time.” It has truly been two years of ups and downs with COVID. And now we find ourselves in a national staffing crisis on top of the daily precautions we all have to take due to the disease. We have all felt these challenges first hand in various different ways.

You’re probably asking yourself why I bring up the obvious. I would like to refer back to an article I wrote for the April 2020 newsletter at the beginning of COVID. I mention the well-known quote from Mr. Rogers, “When I was a boy and I would see scary things in the news, my mother would say to me, ‘Look for the helpers. You will always find people who are helping.’” I reference this for two reasons.

First, we can choose our perspective. I would challenge the old idea that in the face of conflict or challenge one fights or takes flight. There is a middle ground. And in that middle ground we can face the challenge and consider our options on how to respond, work with a team to communicate the needs. Neither fight nor flight will help us. So we look at what is in our control; what we can change; what we can do more efficiently; what can we put to the side temporarily.

***“When I was a boy and I would see scary things in the news, my mother would say to me, ‘Look for the helpers. You will always find people who are helping.’”***

And secondly, we have a team of dedicated helpers. Our leadership team has been working together for years, decades for some of us. And without a doubt, I can say we work here because of the residents and the work we do for them. We will do whatever needs to be done to continue to care for and serve our residents.

I would choose no other team to be going through these times with. We keep each other going, keep each other positive, help each other, and remind each other to have faith and hope. Positivity is contagious and we have no room for the alternative. I thank the staff for their dedication and long hours. And I thank the residents for their calls and words of support and understanding.



**BOZEMAN HEALTH**  
HILLCREST SENIOR LIVING

## Hillcrest Neighbors

By Tony Garcia, Resident

Chuck was born in 1946 in the backwoods of West Virginia. Frangee, born in 1946, was from Lebanon, IL. Just 25 miles east of St. Louis.

Chuck spent 3 years at West Virginia University playing bridge and sleeping through classes which got him “excused” for a semester. The draft board got wind of this so before he was drafted, he quickly joined the Air Force. He was trained in computer programming and systems analysis. Frangee, went to the University of Illinois and then became a secretary to the Deputy Chief of Staff at Scott AFB.

That’s where she met Chuck. They both worked in the same office with about eight people. They didn’t get along well at first. In fact, when Chuck asked her for a date, Frangee turned him down three times. Finally, Frangee agreed and they went on their first date to a musical in an outdoor municipal theater. They were married two years later and moved to Belleville, IL where their son Kevin was born.

When Chuck was discharged from the Air Force, they moved to St. Louis where Chuck had taken a job as a consultant. The company moved them to Philadelphia. They bought their first house in Mt. Laurel, NJ. Their second son, Dane, was born and that’s when Frangee became a full time mom. Frangee sewed clothes for herself and the two boys. She also gardened and worked for the PTA.

In 1978, Chuck took a job in Rhode Island. Chuck worked for a large accounting firm, traveling a lot to Silicon Valley and northern California. He became interested in Optometry and went to the University of California at Berkeley School of Optometry. That meant that Frangee who was raising two boys, with a husband who had become a full time student, had to become the breadwinner and go back to work after 10 years. She went to work for Dover Elevator, working her way up from receptionist into the sales department,

selling maintenance contracts with a large territory. She put 99,000 miles on her company car in less than 3 years. Chuck thought it was turning her into a zombie.

After managing a real estate office for two years, Frangee managed their optometry office. They lived in St. Helena, in the Napa Valley area for 24 years and still have many friends in the area. They sold their optometry practice and moved to the Berkeley/Oakland hills area since Chuck had accepted a job to work for the university for the next 5 years.

Seven years later they moved to Paradise, CA where Dane and his wife, and their two grandchildren lived. Soon after, Dane and his family moved to Alaska.

They had awakened one morning at 6:30am and saw what they thought was a beautiful sunrise. It was the famous Camp Fire about to destroy the whole town. They got their important papers and laptop, and made a harrowing escape with the clothes on our back, their

dog, Buddy, and one of their two cars. They could not get a hotel room anywhere, since 14,000 homeowners from Paradise, CA were also looking for rooms. They rented a house back in St. Helena. There, friends and the community, were unbelievably generous with clothing, furniture, household items and so many other necessities.

Son, Dane and his wife urged them to come to Palmer, AK, so off they went. Chuck and Frangee built a home on Dane’s property. As luck would have it, two years later, Dane moved to Bozeman to become principal and administrator of Mt. Ellis Academy. So, Chuck and Frangee packed up and moved again for their 11<sup>th</sup> move in about 54 years of marriage. They arrived at Aspen Pointe in June 2021. They thank everyone at Aspen Pointe for the warm welcome they have been receiving and especially for the new friends they are making.



## *Skiing Without Fear* By Renata Scheder-Bieschin, Resident

Before becoming hearing impaired, I lost my husband to cancer. My children, after finishing college, left home. Suddenly, there was nobody to ski with me, and I was scared to do it alone without the sense of hearing.

Helen Keller once said, "Hearing impairment is a handicap that separates people from people, whereas blindness is a handicap that separates people from things." Hearing loss not only separates, it also isolates and makes many people withdraw from activities they previously enjoyed. A tremendous amount of energy and courage is needed to fight that strong desire to withdraw. So, learning to cope with my new handicap was not easy. It still is a continuous battle. But the more battles I win, the stronger I become and the better I can cope with it.

One big battle was won in the 1990/91 ski season when I took up skiing again. What had held me back was the fear of not hearing other skiers should they yell vital information such as "passing on your right" to avert a collision. I knew that with the fear in me, I would not be able to ski, and I had to deal with it before hitting the slopes again. What were my options? First, I had to make my disability visible to others. I decided that a bib with the words DEAF SKIER on the front and back would give the necessary visibility while skiing. Friends informed me that a number of ski resorts in Colorado already provided bibs for people with handicaps. Since my destination was the Snowmass ski area, I was curious to see if they would have such a bib for me. But the Aspen/Snowmass Skiing Company did not have a special bib for deaf skiers—only for

blind skiers. Deafness had not been considered a handicap. Didn't some skiers wear headphones to listen to music while skiing? They were deaf to the world too.

There is a big difference between a young, aggressive skier whose decision is to listen to music and a skier who is deaf. A skier with headphones can take them off if the need arises; a deaf

skier is not in control of his hearing. Wearing a bib identifying one's deafness puts the deaf skier in control of the situation.

The day I decided to go back to skiing was a beautiful one: sunny, with temperatures in the thirties. My first stop was one of the many

rental stores at the Snowmass mall where I was fitted with the right boots and skis. After I had identified myself as a deaf person, the clerks not only spoke slowly and clearly, but went out of their way to be helpful to me.

My next stop was the Aspen/Snowmass Skiing Company with my request for a bib. It was at this point that I was informed that there were no bibs for deaf skiers, only for blind skiers. After seeing my crest-fallen expression—and my determination to ski with something that

identified my disability the resourceful person who was helping me changed the inscription of the available bib from BLIND SKIER to DEAF SKIER by taping the word deaf over the word blind. Now I had an orange bib with big letters announcing my deafness! I had won my first battle. That was the easy one.

The difficult battle was the one within myself, the one that would allow me to go out and ski without feeling ashamed or less of a person

*Continued page 11*





## Spiritual Offerings

Sunday worship service is at 9:00am in the Birchwood Activity Room and 10:00am in the Aspen Pointe Commons.

February 6      February 13

February 20      February 27

**Spiritual Care:** Wednesday's from 10:00am - 2:00pm Chaplain Allen Jones is available for individual companionship and can be reached at 907-460-8109.

**Bible Circle:** Thursday's from 10:00-10:30am in the Birchwood Activity Room.

## Department Updates

### MARKETING—Linda Jo Simkins

New residents joining us in February are:  
Joyce & Dan McQueary in A-306  
Michaela Shyne in A-304

### CULINARY—Tina Stensrud

Welcome to our newest employees!

Braeden Hellenga—Dishwasher  
Meske Bradford—Salad Prep  
George Kittrell—Dishwasher

## Handmade Cards

Kay DeMeritt has been making greeting cards for years. This past December, she was able to sell them at our Christmas Boutique and they were quite popular!

If you are looking for a beautiful, one of a kind card, consider buying one of Kay's, you won't be sorry. She can make cards for any occasion and in any color you would like for only \$4. Give her a call at 599-2493.



## It Happened in February

By Tony Garcia, Resident

**Feb. 1, 1790:** The Supreme Court met for the first time in New York City.

**Feb.2, 1653:** New Amsterdam, later to become New York City, is incorporated.

**Feb.3, 1950:** Frank Sinatra debuts with the Tommy Dorsey Band in Indianapolis.

**Feb.4, 1913:** The 16<sup>th</sup> Amendment was ratified authorizing an income tax.

**Feb.5,1789:** The Electoral College chose George Washington as the first U.S. President.

**Feb.6, 1883:** Southern Pacific Railroad begins service from New Orleans to San Francisco.

**Feb.7, 1862:** The Union wins its first big victory capturing Ft. Hood on the Tennessee River.

**Feb.8, 1964:** The Beatles arrive in New York for first tour and appear on *The Ed Sullivan Show*.

**Feb.9, 1910:** The Boy Scouts of America are founded in Washington, D.C.

**Feb.11,1752:** The first hospital in the U.S., The Pennsylvania Hospital, opens in Philadelphia.

**Feb. 12,1973:** Hanoi begins to release American POW's at the end of the Vietnam War.

**Feb.13, 2000:** Charles Schultz's Peanuts appears for last time, the day after Schultz died.

**Feb 14, 1946:** ENIAC, the first general purpose computer was unveiled at the Univ. of Penn.

**Feb 15, 1898:** USS Maine blows up in Havana harbor triggered the Spanish-American War.

**Feb.16, 1817:** The first gas street lights are lit in Baltimore, MD.

**Feb.17,1885:** Mark Twain's *Adventurers of Huckleberry Finn* was published.

**Feb.18, 1945:** U.S. Marines begin the Battle of Iwo Jima.

**Feb.21, 1972:** President Nixon became first President to visit China.

**Feb.22, 1980:** U.S. Olympic hockey team beat Russians at Lake Placid, NY.

**Feb.25,1901:** J.P. Morgan formed U.S. Steel, a billion dollar company.

**Feb.26,1993:** Islamic terrorists exploded a bomb in the garage of the World Trade Center.

**Feb. 28, 1849:** Regular steamship service began between the East and West Coast.

## Wise & Well: Heart Health

By Nick Valera, Exercise Specialist/Activity Assistant

I love the month of February. Snow is on the ground, skis are on my feet, and it's American Heart Month! We get to celebrate that our ticker is still ticking! As we are all aware, we only have one heart and we can't live without it. Luckily, in 2022 we know a lot about how to keep it healthy and even fix a variety of problems. But we didn't always know what a healthy way of living was for one of our most vital organs. Organizations like the American Heart Association (AHA) and the National Heart, Lung and Blood Institute (NHLBI) have been researching and teaching for decades to help inform the public. Let's rewind to see how far our medical field has come just in the microscope of cardiovascular disease (CVD).

**1924: AHA is founded**

**1948: NHLBI is founded**

**1950: AHA publishes its 1<sup>st</sup> scientific journal**

**1956: Smoking and diet 1<sup>st</sup> connected to CVD**

**1957: 1<sup>st</sup> pacemaker implanted**

**1963: American Heart Month was established by President Lyndon B. Johnson**

**1967: 1<sup>st</sup> heart bypass performed**

**1969 Smoking ads banned on TV and radio**

**1994: Healthy Meals for Healthy Americans Act which changed requirements for school meals**

I am sure we have all heard before about what we can do to help prevent CVD; have a healthier diet, sleep well, don't smoke, and exercise. What we will talk about in this article is how this will take effect internally.

Our diet plays an important role in many things within our body. We do not want to place unneeded stress on our heart. Therefore, some of the foods we put in our body might not be helping, even though it might taste delicious. Too much sodium, bad fats, and sugars can lead to a buildup in fat mass on the heart, thicker blood, elevation in blood pressure and effectively resting heart rate. The heart takes blood that returns to it and runs it through the lungs to get oxygen and then through the heart again before it's delivered



to the rest of the body. A poor diet could lead to a higher viscosity in your blood making it move slower. This slows the return to the heart and now not enough leaving the heart per beat, as a response the heart pumps faster. A healthy diet full

of heart healthy foods can help our body operate at a more efficient level. Luckily for all of us here at Hillcrest, we have the best kitchen staff in the Bozeman! They do a great job of giving us the healthy foods and variety we need while making it taste amazing!

Did you know sleep has been correlated with CVD? This does not mean you are sleeping wrong, but the efficiency of our sleep could be having an effect on our heart. Vice-versa, things like our blood pressure could give us hints that our sleep patterns could be improved. For example, poor sleep could keep your blood pressure elevated at night when it should be near its lowest for the day. This could be a sleep apnea problem, whether you know it or not. So ask your spouse, or even your neighbor, if you're snoring and making funny sounds all night. A CPAP machine just might be the answer to lowering your blood pressure, getting better sleep, and lowering your risk of CVD. Proper sleep also helps regulate hormone balance such as glucose and blood sugar levels. This makes a good sleep a high importance for people with diabetes or obesity.

I am most certain that by now you have heard that smoking is bad for you. As we discussed earlier, the blood is sent to the lungs to gather oxygen, which means the unnatural chemicals and byproduct get into your blood, heart, and arteries. It can cause plaque buildup that increases your risk for strokes and other CVDs. Within the past few years vape pens or e-cigarettes have been the popular smoking item. Although it takes away a lot of the harsher chemicals compared to a regular cigarette, it still contains nicotine and other harmful chemicals that will elevated blood pressure and the risk of CVD.

Lastly let's talk about exercise. This is when  
**Continued page 10**

Sun	Mon	Tue	Wed
 <b>February 2022</b>		<b>1</b> 9:00am Yoga in LC <u>9:00am Shopping Bus to Walmart/Town &amp; Country</u> 11:15am Tai Chi in ARC 3:30pm Singing Souls Choir in Commons 6:30pm Bridge in FSR	<b>2</b> 10:00am Chair Exercise in Commons <u>11:30-12:15 Book Meeting Loop (The bus is back)</u> 2:00pm Catholic Mass in Chapel
<b>6</b> 10:00am Worship Service in Commons	<b>7</b> 10:00am Chair Exercise in Commons 2:00pm Timely Topics in ARC 3:30pm Great Courses	<b>8</b> 9:00am Yoga in LC <u>9:00am Shopping Bus to Walmart/Town &amp; Country</u> 11:15am Tai Chi in ARC 3:30pm Singing Souls Choir in Commons 6:30pm Bridge in FSR	<b>9</b> 10:00am Chair Exercise in Commons 2:00pm Catholic Mass in Chapel <u>3:00pm Book Club Floor Lounge</u> <u>3:15pm Indoor Commons</u>
<b>13</b> 10:00am Worship Service in Commons  <u>1:30pm Superbowl Pre-Game (Kick off at 4:30pm) in Commons</u>	<b>14</b> 10:00am Chair Exercise in Commons 2:00pm Timely Topics in ARC <u>NO GREAT COURSES TODAY</u> <u>3:00pm Wine &amp; Cheese in Commons</u> <u>3:30pm Chrysti the Wordsmith in Commons</u> <u>7:00pm Cliff &amp; Edis in Commons</u>  Happy Valentine's Day 	<b>15</b> 9:00am Yoga in LC <u>9:00am Shopping Bus to Walmart/Town &amp; Country</u> 11:15am Tai Chi in ARC 3:30pm Singing Souls Choir in Commons 6:30pm Bridge in FSR	<b>16</b> 10:00am Chair Exercise in Commons 10:00am-2:00pm Sp... <u>11:30-12:15 Book Meeting Loop (The bus is back)</u> 2:00pm Catholic Mass in Chapel <u>3:00pm Lutheran Church in Commons</u> <u>3:15pm Indoor Commons</u>
<b>20</b> 10:00am Worship Service in Commons	<b>21</b> 10:00am Chair Exercise in Commons 2:00pm Timely Topics in ARC 3:30pm Great Courses	<b>22</b> 9:00am Yoga in LC <u>9:00am Shopping Bus to Walmart/Town &amp; Country</u> 11:15am Tai Chi in ARC 3:30pm Singing Souls Choir in Commons 6:30pm Bridge in FSR	<b>23</b> 10:00am Chair Exercise in Commons 10:00am-2:00pm Sp... 2:00pm Catholic Mass in Chapel <u>3:15pm Indoor Commons</u>
<b>27</b> 10:00am Worship Service in Commons  <u>1:45 Bozeman Symphony at Willson Auditorium</u>	<b>28</b> 10:00am Chair Exercise in Commons 2:00pm Timely Topics in ARC 3:30pm Great Courses	<div> <b>Abbreviations:</b>            BW: Birchwood            AP: Aspen Pointe            FSR: Fireside Room            LC: Learning Center         </div>	

ed	Thu	Fri	Sat
Exercise in Commons <u>Mobile in Front</u> <u>(Back!)</u> Mass in AP Chapel	<b>3</b> 9:00am Yoga in LC 9:30am-12 Nail Care 3rd Flr A-Wing Lounge 10:30-12pm Open Wii Bowling in Commons <u>1:30pm Shopping Bus to Target/Costco</u> 3:00pm Knit & Stitch AP Fireside 3-4:00pm Beer:30 in FSR	<b>4</b> 10:00am Chair Exercise in Commons 1:30pm Cribbage in FSR 1:30pm Bingo in ARC	<b>5</b>  2:00pm Movie in Commons
Exercise in Commons  Communion in AP  <u>in A-Wing 3rd</u> <u>Conditioning Class in</u>	<b>10</b> 9:00am Yoga in LC 9:30am-12 Nail Care 3rd Flr A-Wing Lounge 10:30-12pm Open Wii Bowling in Commons <u>10:30am Resident Council Mtg in ARC</u> <u>1:30pm Shopping Bus to Target/Costco</u> 3:00pm Knit & Stitch AP Fireside 3-4:00pm Beer:30 in FSR	<b>11</b> 10:00am Chair Exercise in Commons 1:30pm Cribbage in FSR 1:30pm Bingo in ARC	<b>12</b>  2:00pm Movie in Commons
Exercise in Commons Spiritual Care <u>Mobile in Front</u> <u>(Back!)</u> Communion in AP  <u>Communion in</u> <u>Conditioning Class in</u>	<b>17</b> 9:00am Yoga in LC 9:30am-12 Nail Care 3rd Flr A-Wing Lounge <u>NO WII BOWLING TODAY</u> <u>10:00am Hillcrest Memorial Service in Commons</u> <u>1:30pm Shopping Bus to Target/Costco</u> 3:00pm Knit & Stitch AP Fireside 3-4:00pm Beer:30 in FSR	<b>18</b> 10:00am Chair Exercise in Commons 1:30pm Cribbage in FSR 1:30pm Bingo in ARC	<b>19</b>  2:00pm Movie in Commons
Exercise in Commons Spiritual Care Communion in AP  <u>Conditioning Class in</u>	<b>24</b> 9:00am Yoga in LC 9:30am-12 Nail Care 3rd Flr A-Wing Lounge 10:30-12pm Open Wii Bowling in Commons <u>1:30pm Shopping Bus to Target/Costco</u> 3:00pm Knit & Stitch AP Fireside 3-4:00pm Beer:30 in FSR	<b>25</b> 10:00am Chair Exercise in Commons 1:30pm Cribbage in FSR 1:30pm Bingo in ARC <u>3:30pm Bill Edwards Novel Presentation in Commons</u>	<b>26</b>  2:00pm Movie in Commons

#### Abbreviations:

ARC: Act/Rec/Crafts Center  
 BW Act: BW Activity Room  
 BW DR: BW Dining Room  
 BW NS 1 or 2: Nurses Station



Aspen Pointe



## About Our Hillcrest Staff

By Edis Kittrell, Activities Assistant

Meet Keith Flaget, Hillcrest's new shuttle bus driver. Keith was born in the small community of Ronan, MT, but grew up on a hundred acre ranch outside of Eureka, just 9 miles south of the Canadian border. He enjoyed a rural upbringing as the youngest of five children on the family ranch. He even had his own horse named Piute. Throughout school, Keith excelled at wrestling and also competed in cross-country and long distance running. Actually, he and his brother were the only two Eureka wrestlers to take first place at the Cut Bank tournament, which included all school sizes. Another favorite memory was his fourth grade class in Eureka Elementary. His teacher, Ray Jacobs, had invented and developed the Rocky Mountain Dulcimer (check it out on YouTube for a real treat). Keith was one of the students who made dulcimers for a class project, and he was able to keep his creation. Unfortunately, that treasured dulcimer burned in a house fire, something Keith calls, "Both terrible and exciting at the same time." He had come home from school when in 8<sup>th</sup> grade to find the family home burning from a chimney fire. Fortunately, no one was hurt, as no one was home at the time, and no animals were in the house, either. Keith recruited his neighbors to get the needed help. His family then spent the next winter rebuilding the house in frigid temperatures, often 30 below. Here, Keith learned useful competence in carpentry, which became a lifelong skill.

Keith joined the Army right after high school and was stationed in Germany for three years, during which time he enjoyed traveling in Spain, Austria, and France, as well as scuba diving in the Mediterranean. He then served in Desert Storm (1991). He supported the Multiple Launch Rocket Systems (MLRS), which required attention to detail as these weapons could destroy huge expanses of land. Keith's job was to run the

ANTPQ37 radar and send target location information to the field infantry.

Once home, he worked for three years on a 165 foot fish processing boat in Alaska. He would work four month shifts, with two weeks off, during which time he would visit his brother, who was stationed in Tacoma, Washington, at Fort Lewis. Eventually, Keith joined the National Guard in 1999 and was shipped off to stage in Saudi Arabia and then on to Iraq from 2003-2004.

While in Iraq, he worked a variety of jobs, including driving a fuel truck, operating a front end loader in the staging yard of a warehouse, and being in charge of the Iraqis who came on post to help rebuild the city that had been destroyed in the bombing. Keith enjoyed working with the local Iraqis. He "treated them as human beings," and they would often ask him to join them for lunch. Keith found the Iraqis to be hard, dedicated workers. After leaving the service, Keith worked a variety of jobs, including doing cement work, framing, and truck driving.

Keith has raised three children: one son, now in Indiana, with whom Keith has two grandchildren; a daughter who recently graduated with Honors from Montana State University Missoula and who has started her own graphic design business; and an eighteen-year-old daughter here in Bozeman whom he raised as a single parent since she was a three-year-old. He also helps care for his 92-year-old father who lives in Kalispell near one of his brothers. Keith considers himself a caring person who tries to set a good example for his children.

Keith has also enjoyed volunteering at the Food Bank, giving food out on the holidays. His hobbies include hiking, four-wheeling with his truck, and smoking cheese and meats. Keith has enjoyed driving for Hillcrest and getting to know the folks here. So far, his favorite activity is taking individuals for a ride in the country or a special trip, such as to the Fish Hatchery. He says he likes to bring a smile to their faces. A big welcome to Keith!





## Remembering Our Railroads

By Tony Garcia, Resident

Do you remember your first train ride? Mine was from New Rochelle, NY to New York City in the late 1930's. I remember the loud screeching of the wheels, and stood in awe, expanse and beauty, of Grand Central Station. Little did I know then that I would commute there for 27 years, and never did I give much thought to how railroads began. So, here's the story of how our railroads began and grew.

The first railways were introduced in England in the seventeenth century. It was a way to reduce friction for moving heavy wheeled vehicles. In 1764 Captain John Montresor, a British engineer built a railway car which rolled by gravity in 1764. It was created for the military at the Niagara portage in Lewiston, NY.

American early settlers moved inland by way of boats on rivers and by horse drawn wagons on Indian trails. Those settlers needed supplies, so a demand grew for a better way to move goods. An early survey map dated October 1809 by John Thomson shows a railroad contemplated by a Thomas Leiper from his sawmill and quarry on Crum Creek to his landing on Ridley Creek. Leiper was a wealthy tobacco grower in Philadelphia and a friend of Thomas Jefferson who owned stone quarries near Chester, PA. Using his survey map, Thomson helped Reading Howell, the project engineer and a well known map maker construct the first practical wooden tracks for a tramroad. Thomson was also a land surveyor who earlier had worked the Holland Company. He was the father of the famous civil engineer and long-time present of the Pennsylvania Railroad. John Edgar Thomson, who was also a mapmaker.

In 1873 the younger Thomson donated his father's 1809 map to the Delaware County Institute of Science to substantiate the claim that the map and Leiper's railroad were the first such work in North America. In 1826 a commercial tramroad was created by Gridley Bryant, to haul granite to build the Bunker Hill Monument from quarries at Quincy, four miles to the wharf on the Neponset River.

These early endeavors gave hint of a revolution to come. James Watt's improvement in the steam engine were adapted by John Fitch in 1787 to propel a ship on the Delaware River. John Stevens is considered to the father of American Railroads. He built demonstrated the feasibility of steam locomotion on a circular track he built on his estate in Hoboken, N.J., three years before George Stephenson perfected a practical steam locomotive in England. Stephenson was granted the first to be charter to build a railroad, called the Granite Railway of Massachusetts. It ran about 3 miles, in 1826. The first regular carrier of passengers and freight was the Baltimore and Ohio Railroad, completed on February 28, 1827. It was not until Christmas Day, 1830, when the South Carolina Canal and Railroad Company completed the first mechanical passenger train. The modern railroad industry was born.

By 1835, dozens of local railroad networks had been put into place. Each one of these tracks only went a few miles, but it's value was realized. By 1850, over 9000 miles of track had been laid. The cooperation between railroad companies continued through the rest of the nineteenth century. By 1850, the New York Central Railroad was formed and ran between New York and Buffalo.

Between 1851 and 1857, the federal government issued land grants to Illinois to construct the Illinois Central railroad. That set a precedent to foster the growth of one of the largest companies in the nation.

With the onset of the Civil War, railroad growth fell, but use was significant. The Battle of Bull Run was won by a group of reinforcement shuttled in a railway car. At the conclusion of the war, the need for more growth was apparent. The Union Pacific Railroad Company started building from east to west, and the Central Pacific began building from west to the east. They met at Promontory Point, Utah, May 10, 1869 to drive the last spike, a golden spike, marking a new age. Slowly smaller railroad companies were absorbed by the larger ones.

Continued page 11

## Good Morning By Chaplain Allen Jones

Ah, February, Ground Hogs Day, Valentine's Day, Washington and Lincoln's Birthday too! Usually Lent starts in February but Easter is late this year so Lent won't start till March 2. With only 28 days in February's short month, we have to hurry and get a lot into a few days. Hopefully Punxsutawney Phil of Pennsylvania will not see his shadow so spring will come early. (In Montana we hope he does see his shadow, we need all the snow we can get!) In Alaska both the famous Iditarod and the Yukon Quest Sled Dog races will take place in February with temperatures hovering far below zero. (-40 to -60) Those races are each 1,000 miles, so prepping, planning, money and logistics are so important. So, take a deep breath, that's a lot going on!

February is the morning month of the year when the light begins to come back into our bones. In December and January we hunker down. It's dark when we get up and dark when we go to bed, but in February mornings start coming earlier, days last a little longer. We're more inclined to stick our head out the door and see what's going on. In South Carolina they plant the gardens this month. We won't plant our gardens till Memorial Day, but about 2 million calves will be born on Montana's 2,000 ranches this month. New life reaching for food from mom and greeted by the morning's sun. It's an exciting month. What are your plans for summer? Oh, and Happy Valentine's Day to all of you.

### Hillcrest Vitality Choir

As we "mature," we adults may be finding it harder to communicate, much less sing. As we age, vocal cords tend to gradually atrophy. To stop this process, I try to drink plenty of water, limit caffeine and alcohol, and most importantly, use my voice in social interaction...and yes, sing!

So, join us on **Tuesday afternoons at 3:30pm in the Commons** as Kate Bryan leads us with her trusty guitar. We sing old favorites and may have informal performances too. So, guys and gals, give it a try! -Leslie Egloff, Resident

## Hallways' Art Mysteries

By Bill Edwards, Resident

Most of us like a good mystery. Especially if we can solve it with a hint or two. There are at least two mysteries associated with the hall art at Hillcrest.

The first mystery involves four wall pictures hanging in a row on the first level of building A. The key to solving this mystery was recognizing that these illustrations were probably Asian in origin. After some research it was discovered that these illustrations symbolize the four seasons and were of Chinese origin. These hangings have now been placed in the order of the seasons: Spring, Summer, Fall and Winter.

The second mystery concern a rumor that one of the wall hangings contains two black flies and two butterflies. After many trips along the hallways it was discovered that indeed such a picture does exist along one of the halls.

Why not visit the Chinese seasons and look for the flies and butterflies on the same trip?

### Wise & Well from page 5

we have a chance to train our heart to be stronger and more efficient. We want to place it through some higher stress levels so that we can get positive adaptations in the muscle. Aerobic exercise is one of the best for our population. A minimum of 2 days per week of 30 minutes or more of aerobic exercise has been shown to be the minimal stress needed to have improvements. The important thing I want to get across in this section is the right choice of intensity. Most people do not challenge themselves enough or long enough to have an effect. I like to base things off of a Rate of Perceived Exertion scale (RPE), example being that if your activity wasn't a 6/10 in difficulty, it wasn't exercise. For some people a 20 minute walk is enough, but for others you might need to search for a way to reach a higher intensity. The fun part for me is that there are so many different ways to do this! But like with everything, start slow and progress up!

For further information on CVD visit the AHA or NHLBI websites.

### Just for Laughs

A judge glared at the defendant and said, "So you admit to breaking into the dress shop?" "Yes, your honor." The defendant replies. "And why was that?" the judge asked. "My wife wanted a dress." The judge checked his notes and said "But it says here that you broke into that shop four times." "Yes, your honor, she made me exchange it three times."

#### Skiing from page 3

because of my hearing loss. Years of learning how to cope through positive thinking, assertiveness training, relaxation and meditation had prepared me well for that second battle. Wearing the bib did not bother me; on the contrary, it made me feel in control—a control I needed to enjoy my skiing like everybody else.

I had not skied for seven years. It was natural to feel a little bit apprehensive about my capability. Would I remember how? The first slope down from the Snowmass mall to the lift looked like an easy one. Although there were many people on that particular slope, I didn't mind; the bib was alerting them to my deafness, so I was free to concentrate on skiing. When I reached the lift, I was ready to go to the top.

At first, I kept surreptitiously checking to see if people were staring at me with my very visible bib. But nobody did. Lift attendants often talk to skiers and give them brief instructions on how to get on the lift or when to be ready to move. Wearing a bib alerted attendants to my handicap which made it safer for me. It surprised me to see how well attendants made themselves understood through signs or by speaking slowly. I was often touched by the solicitude and caring that people showed toward me, especially older attendants. They never failed to say—slowly and clearly—"Have a nice day!"

I know that I was lucky to be able to ski on such a beautiful mountain, with good snow conditions, and uncrowded slopes. Skiing is such a beautiful sport, uplifting and invigorating. No person should be deprived of it because of the fear of not hearing. I hope that all ski resorts will soon have special bibs available for their deaf skiers.



### Birthdays

Gayle Eidson	2/2
Sue Benson	2/2
Lee Wagner	2/12
Doug Dybvig	2/14
Peter Thatcher	2/14
Jo Hudson	2/16
Shirley Thatcher	2/16
Pat Monger	2/17
Nancy Edwards	2/17
Dori McTigue	2/19
Michael Paglia	2/25
Maury Dornberg	2/26
George McClure	2/26
Wilma Olson	2/27

#### Remembering Railroads from page 9

Several more transcontinental railroads were built before the end of the century. In addition, labor unions were created to protect the rights of the workers. Soon, large trusts were formed that controlled many aspects of both the economy and society. As more areas became controlled by the octopus of the industry, it became apparent that regulation was imperative.

Short range, intercity railways were not developed in the rural areas of the U.S. as they were in Europe. In many areas of Europe you can board a train in your village and ride 2 or 3 miles to go shopping. In Montana, at least we can dream about it.



# VALENTINE'S DAY

## ♥ WORD SEARCH ♥

Q Q R N F U R Z F K Y M F X D E L C L D  
R Z C U C E P N R A I R A L I I H E Q R  
Y W F H R I G L O X L S A O O O P X N G  
F D K I G U H D H D B L S U C W Q U R U  
F H M U W B V B R D F I I O R P E D C O  
C D I B X S T T Z N T B L N G B Y R O Y  
A G G A S W Y B J Q E A R O L T E Y S E  
K S P Q W E Q X R M T F T U S O D F D V  
E F A L M E W S I E S X A W O W V S J O  
L T N M G T T N R W R T Z B C Z I E M L  
O V X J D H E W E B O U Q U E T R O T I  
V R W L H E G J Q B D I I L V Y O N R T  
E M D P R A E N I T N E L A V P M E A K  
I L I E J R Y V Z V L U W A S R A J E J  
N N Y Q R T S R M P E U C A M N N B H V  
K B T W K E O S R E I W G J Y P C O G I  
M Z E Z S M N G F W N Y A W I G E B Y Q  
X T E O J W U T V B U D X O Y D N A C I  
W V R P C G V H G I F T H X G I N M Y Y  
M C V J J N R Z H U F M U I K Q E V E R

ADMIRER  
CANDY  
FALL IN LOVE  
GIFT  
I LOVE YOU  
PINK  
ROSES

BE MINE  
CHOCOLATE  
FEBRUARY  
HEART  
KISS  
RED  
SWEETHEART

BOUQUET  
CUPID  
FLOWERS  
HUG  
LOVE  
ROMANCE  
VALENTINE

