

The Senior

VOICE

Family Magazine

June 2010

WILD WEST

Famous Stagecoach Ride

Scenic Drives

Telluride

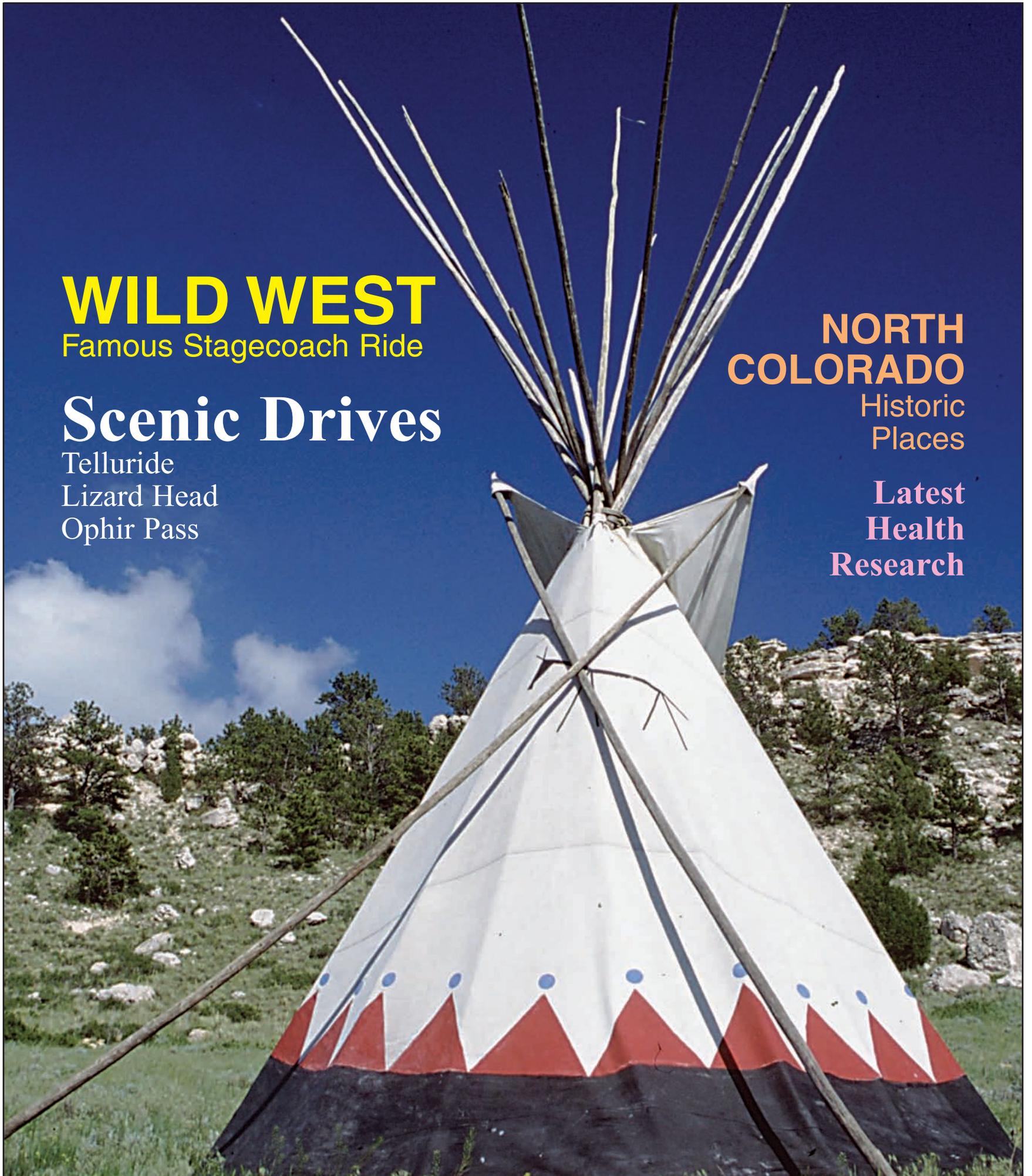
Lizard Head

Ophir Pass

NORTH COLORADO

Historic
Places

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Scenic Drives at Telluride

By Bill Lambdin

The drive south of Telluride on Highway 145 over Lizard Head Pass is one of the finest scenic routes in Colorado. Some people say it is the best.

It takes you through lush mountain valleys, near 14,000-foot peaks and along the Dolores River in a beautiful red-rock canyon.

The town of Telluride sits in a glacier-formed valley. In 1884, outlaw

Butch Cassidy robbed his first bank at Telluride. He was only about 18 years old, handsome, and a man people described as “good natured and likable.”

He was also crafty. He arrived in town a month before he robbed the bank and spent time training a horse he said he was going to race. Three other men joined him, pretending to be miners interested in horse racing.

Cassidy became friends with the local sheriff—paying him off, it was



Telluride sits below these high mountains in southwestern Colorado. Telluride Tourism Office.

later learned, to be out of town on the day of the robbery.

Sheriff Jim Clark even admitted that later: “They told me their plans and said if I made a point of being out of town at the time of the robbery, they would give me a fair share of the take...They were true to their word.”

The sheriff was never held accountable for this, which showed how lawless and rough the place was at the time. That’s one reason some people pronounced Telluride as “To hell you ride!”

The town’s mining died out in the early 1900s, and it almost became a ghost town. When I first went there in 1960, the town was only two blocks long, and most of the buildings had been boarded up for years. There was one gas station open and a small cafe. It looked much as it did when Cassidy was there.

That changed in the 1970s after tourists and skiers discovered the town. The ski area’s 3,000-foot vertical drop and steep moguls made it a favorite with expert skiers.

At the 10,222-foot summit of Lizard Head Pass, you have magnificent views of surrounding wilderness areas and snow-capped mountains. Lizard Head Peak, named for its shape, is a 13,113-foot volcanic cone rising abruptly above the pass summit.

Its steep vertical sides make it the most dangerous climbing peak in Colorado. Albert Ellingwood and Barton Hoag were the first to ascend it in 1920. They believed then it was the

most difficult climb in America.

As you drive south of Telluride, you pass near the little town of Ophir, one of Colorado’s highest early mining camps, next to 11,743-foot Ophir Pass. Norwegian Swan Nilson carried mail from Silverton to this

Outlaw Butch Cassidy robbed his first bank at Telluride.

camp in the late 1800s, climbing the high pass in deep winter snows when avalanches were a serious threat.

A pioneer newspaper described the job of mailmen like Nilson: “He straps the mail sack on his back, puts on his Norwegian snowshoes and, with a long guiding pole, starts on his climb over the range...Usually there is a crowd to wish him good luck.”

Unfortunately, the luck was often bad at these treacherous winter altitudes. Swan Nilson set out for Ophir with the Christmas mail on December 23, 1883. He was caught in an avalanche, and his body was not found until the following August. A newspaper reported:

“At the bottom of a snow bank, the picks and shovels of the search party uncovered the body of Swan Nilson. Still strapped to his back was the pouch with the Ophir Christmas mail.”

Today four-wheel-drive vehicles can make it over Ophir Pass, following the trail Swan Nilson used long ago. ■

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Dr. William and Peggy Lambdin

Founders, 1980



One of the actual Cheyenne-Deadwood stagecoaches. A woman sits inside on the right.
Wyoming Historical Department

By Peggy Hunt

If you drive Highway 85 north from Cheyenne to the Black Hills or Deadwood, South Dakota, you closely follow the old Cheyenne-Deadwood stage route that was established in 1875 when gold was discovered at Deadwood.

Wild Bill Hickok, Calamity Jane and other famous Westerners rode stage coaches over this route. It was known for robberies and Indian attacks because it went through such isolated country.

The route was also known for its difficulty. In winter, passengers nearly froze riding through blizzards. In summer, they choked on dust or spent hours pushing a coach out of mud holes. The 350-mile one-way trip took 48 hours in good weather but up to three days in rain or snow.

One enterprising man learned that the dance-hall girls in Deadwood liked to have cats as pets but couldn't find any. He bought several for 25 cents in Cheyenne, took them to Deadwood and sold them for 25 dollars each.

On the stage route about 50 miles north of Lusk is a marker for the location of Robber's Roost. Here a bandit robbed a stagecoach of a gold brick.

A few miles down the road, the stagecoach driver saw the bandit watering his horse and shot him. The

gold brick was never found. So it might still be along the Cheyenne-Deadwood Trail.

So may some other gold bricks and jewelry from a robbery at the Cold Springs stage station near a place now

The gold brick might still be along the Cheyenne-Deadwood Trail.

called Four Corners, about 35 miles southwest of Deadwood. That loot was valued at \$40,000 in 1878.

At the Rawhide Buttes stage station near present-day Lusk, a prostitute called Mother Featherlegs had a brisk business in a cabin. She hid her money in a nearby cave.

One day, someone found her lying dead near the cave. She had been shot in the back several times, and her money was gone. Today a monument along Highway 85 south of Lusk marks her cabin location.

Some pioneers said Featherlegs got her name from cowboys who saw her riding her horse with her skirts flying in the wind. Others said she got her name from something polite cowboys didn't want to explain.

Other people told stories of pretty school teachers occasionally being

taken from the stage by outlaws, or the young wives of army officers headed for Cheyenne. Less respectable women were more frequent passengers, plying their trade in Cheyenne and Deadwood.

The stages on this line were probably robbed more often than any others in the West because they went through such desolate, lawless country. Wyoming historian Margaret Laybourn recalled:

"The stage line tried to outwit robbers by designing bullet-proof strongboxes. Once they built a coach reinforced with steel and iron, but that one was robbed also."

The Black Hills gold rush didn't last long, and the Cheyenne-Deadwood stage operated only about five years. But it became one of the most famous lines in the West.

A marker was placed one block south of the Wyoming state capitol building at the location where passengers were loaded onto the stages. For a while in the late 1800s, Cheyenne was one of the wealthiest towns in the nation—and one of the wildest during the days of the Deadwood Stage.

COVER PICTURE: *A tepee like those seen in Wyoming in the 1800s. Photo courtesy of the Cheyenne Tourism Office.* ■

Estate Planning Tips

By Ron Rutz, Attorney
Legal Correspondent

Q: What estate planning advice do you have for people in their 40s or 50s?

A: First, do something. As many as two-thirds of all people under the age of 50 either have nothing in place or possess inadequate documents.

Do not plan your estate based upon the expectation of future inher-

itances or the hope that laws will change. Put in place what is needed now and then adjust documents as circumstances change.

A Will containing a trust to protect children or provide support for parents can be set up for less than \$300. Don't be dazzled by all the hype that is out there from stock brokers, bank officers, etc.

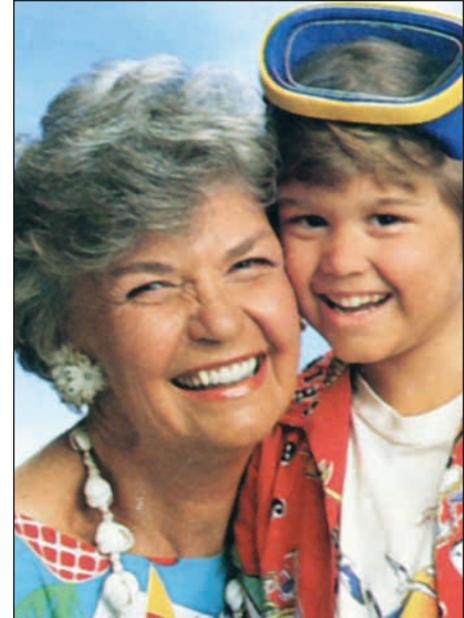
Remember that the unexpected can happen. Think back to the

1970s. A plan and documents constructed to fit into that time would be inappropriate today. I consistently run into documents that cannot be changed, or the cost to do an adjustment appears prohibitive, even though change is needed.

Do a Will and Durable Powers of Attorney. There are three Will choices. For a couple with a net estate worth less than \$1 million and no minor children, all that is necessary is a standard Will for less than \$200 for each Will.

For a couple with a net worth of less than \$1 million but with minor children, or with children who need financial guidance beyond 21, or beneficiaries who need financial help or protection, then a testamentary trust Will, for less than \$300, should be in place. For a couple with a net worth of more than \$1 million, Tax Wills, each costing \$600 or less, should be considered.

Durable Powers of Attorney also need be done—the kind that are all



inclusive and provide authorization so that any decision can be made whether medical, personal, business, financial, etc. The format I prefer for a set of four usually runs around \$95 for each set of four.

Attorney Ron Rutz will answer questions sent to 2625 Redwing Road, Suite 180, Fort Collins, CO 80526. Phone: 970-223-8388. Email: rutz@ronaldrutz.com. ■



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Healthcare Scams

By Luanne Kadlub
Better Business Bureau

State and federal regulators have issued warnings about a surge in health care scams.

Nearly 60 percent of state fraud bureaus report a higher incidence of health insurance fraud last year compared to 2008. The increase was largely attributed to “unauthorized entities selling fake coverage” and “the rise of medical discount plans.”

Additionally, the new health care reform bill quickly sparked new scams. Shortly after it was signed into law, the U.S. Department of Health and Human Services issued a warning to consumers to beware of health insurance offers claiming to be part of new federal regulations.

To avoid getting ripped off, the Better Business Bureau recommends taking the following steps when shopping for health insurance coverage:

Research the company with the BBB. Always check out the insurer's BBB Reliability Report online at wyncobbb.org. Reliability reports are free and tell you if the business has received any complaints and if so how many, if any government actions have been brought against the business, and its BBB rating.

Confirm the company is licensed with the state insurance commissioner. Each state has a department devoted to regulating insurance companies. Make sure the insurer is licensed to operate in your state.

Read the fine print carefully. Make sure all verbal commitments are in the fine print. Also confirm with your pharmacist and doctor that they accept the plan you're considering.

Recognize the difference between insurance and discount medical cards. Some consumers purchase what they think is health insurance but is actually a discount medical card that can only be used to get reduced rates at limited doctor's offices and pharmacies.

Beware of copy cats. Some phony insurers go by a name that is similar to a trusted company.

For more information, contact the Better Business Bureau at wyncobbb.org, 970-484-1348 or 800-564-0371. ■

Great Cow Ponies in Early Greeley

(Editor's Note: Greeley historian Hazel E. Johnson wrote the following story years ago.)
By Hazel Johnson

Some people said Muggins was the most famous cow horse in America.

He was foaled in 1891 in eastern Oregon and driven, with his mother and a band of horses, over the Oregon Trail to a ranch at Hat Creek, Wyoming.

He later was used at a ranch near Greeley.

Hired gun Tom Horn claimed to have hackamore trained him, but there is some question as to whether Horn did that.

When Muggins was saddle broke, he was owned by Sam Moore, roundup foreman for the Swan Land and Cattle Company in early Colorado and Wyoming.

Later Charles Camp of Greeley became his owner. Camp was a

representative of the Gale Brothers outfit.

According to Camp, who had ridden many classy horses, Muggins topped them all. He was superb at any part of the work on the range, such as roping, cutting and loading cattle.

Camp lived in Greeley from about 1910 to 1926. When he retired, he moved to California, taking Muggins along to live out his days.

Muggins died in 1928 and his funeral was attended by newsmen from all over the U.S.

Another famous horse was Old Blue. He was a working cow pony on the Warren Ranch south of Cheyenne and north of Greeley.

One writer said of Blue's long years on the range:

He felt the howling breath of the winter blizzard. He stumbled in the drying mud of spring thaws. He heard the gentle summer wind blowing the grasses. When he died, cattlemen from many distant ranches

Hired gun Tom Horn claimed to have hackamore trained the horse.



Charley Camp on Muggins. Hazel Johnson Collection.

rode to the pioneer Warren Ranch and honored him."

There used to be a marker where

Blue was buried, where the old highway north of Fort Collins crossed the Wyoming border. ■

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Origins of Places in Poudre Canyon

By Peggy Hunt

Several of the small resorts and places you see driving up Poudre Canyon west of Fort Collins were established by early settlers.

Ted's Place, where you start up the canyon from Highway 287, was opened in 1922 by Ted Herring. His parents had homesteaded nearby in 1887, and Ted was born in 1893.

Ted later served several terms in the Colorado legislature. The old Ted's Place building was torn down in 1989 and replaced by the current building. For many years in the early 1900s, Ted's Place was a favorite gathering spot where fishermen got information about what flies and lures were hot on the Poudre River.

Mishawaka, a few miles up the canyon, had a long history as a dance hall. Walt Thompson and his wife, Alma, came to Fort Collins in 1907 and opened a music store.

They liked the Poudre Canyon so much that in 1916 Walt built several cabins and a store with a dance hall. He called the place Mishawaka, from an ancient Indian word.

Walt, his wife and two daughters all played musical instruments; so they held square dances at Mishawaka nearly every night in the summers for many years. Early canyon residents enjoyed that, and a few still have fond memories of the

good times at Mishawaka.

Glen Echo, also at Rustic, opened about 1924 in a little store building that was pulled there by two teams of horses and set down directly across the road from where the present store is located.

In 1921, John and Carrie Cook bought the property from a mining company and built a few cabins. They lost the business, however, during the Great Depression.

Herman Welter bought it in 1931, added more cabins and offered an enticement to guests: He guaranteed they would take home their limit of fish. Early residents said Herman was an excellent fisherman himself and often

caught more than his limit—just to make good on his guarantee, of course.

Bighorn Cabins, immediately west of Glen Echo, were built by Herman Welter in 1949 after he sold Glen Echo in 1946. He also built a

fine home for himself there. Apparently the fishing remained good.

Mountain Greenery Resort, just west of Glen Echo, was opened in 1957 by Robert and Margaret Lewis. They had owned a doughnut shop in Greeley in the 1950s and delivered their pastries to canyon businesses on weekends when they came to their cabin at Kinikinik a few miles west.

They enjoyed the canyon so

They remembered when visitors stayed for weeks in the little log cabins and fished in the quiet eddies of the river.



Juanita and Alton Jarrett at Ted's Place in 1943. Photo courtesy of Juanita Jarrett.

much that they decided to build a small store, cafe and a few cabins. They ran the business for many years, until 1975.

Poudre Canyon Chapel, west of Mountain Greenery, was built in 1957 with native stone gathered by local volunteers. The community effort in this small, mountain place inspired an anonymous traveler from Florida to donate \$500 toward the building. The man was simply driving by, saw the church going up and decided he wanted to be part of something in the canyon.

Arrowhead Lodge, which became a Forest Service visitor center west of Poudre Canyon Chapel, was built by the Carl Brafford family in 1936. My own family stayed there years ago when it was owned by Stan Case and his wife, Lola.

The Cases bought it in 1946 and operated it for 39 years, making it one of the premiere resorts in the canyon. The main building, a fine log structure, still stands and is included in the National Register of

Historic Places.

Stan Case wrote "The Poudre: A Photo History," the definitive book on Poudre Canyon, published in 1995. If you want a complete history with hundreds of photographs of the canyon, this is the book to have.

Sportsman's Lodge west of the fish unit was originally part of an 1887 homestead. In 1956, H.J. Mac and Bernedene (Bernie) McIsaac bought the resort, added to it and operated it for many years. When Mac died in 1972, Bernie continued to run it alone until 1992. She also wrote a book about the resort titled "Sportsman's Lodge."

The Cases, McIsaacs and others were longtime residents of the canyon and saw it change from a quiet, backcountry area to today's busy scenic byway. They remembered when visitors stayed for weeks in the little log cabins, fished in the quiet eddies of the river, and returned with their families year after year to enjoy the grandeur and solitude of the mountains. ■

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Family Health Guide

Radiation and Breast Cancer

Substantial doses of radiation can cause breast cancer, according to a report in the online journal Breast Cancer Research. In fact, CT scans “represent sources of concern,” said researcher Paul Yaswen at the Berkeley National Laboratory. In that study, “radiation promoted the growth of pre-cancerous cells,” he said. But the researchers are not concerned about low doses used for things like mammograms.

Weight Loss

People who lose weight quickly instead of gradually are more successful at taking weight off and keeping it off, said a report in the International Journal of Behavioral Medicine. The University of Florida study involved obese women.

Diabetic Eye Problem

Lucentis is a new drug treatment for diabetic macular edema (DME), an eye disease experienced by about

half of the people with diabetes, according to a report in the journal Ophthalmology. The drug works best when combined with laser treatment that is already used for DME. Lucentis is also used successfully to treat macular degeneration.

Varicose Veins

The FDA has approved Asclera, an injectable solution that makes large varicose veins and small spider veins collapse in size. It has been used successfully in Europe for decades. To avoid problems, be sure the person giving the injection is experienced, say experts.

Breast Cancer Drugs

Tamoxifen (former brand name Nolvadex) appears to work better than raloxifene (Evista) for preventing breast cancer in high-risk women; but tamoxifen also has more side effects, said a report in the journal Cancer Prevention Research. Tamoxifen can cause uterine cancer,

dangerous blood clots and other problems not found with raloxifene.

Anti-psychotic Drugs

They increase the risk of pneumonia in people over age 65 who use them, according to a report in the Annals of Internal Medicine. In fact, anti-psychotic drugs double the risk of pneumonia in such people, said researchers.

Birth Control Pills

They may diminish a woman’s sexual desire, said a report in the Journal of Sexual Medicine. Though safe and effective in preventing pregnancy, hormonal contraceptives appear to affect desire, arousal and satisfaction for many women. Other studies have reached similar conclusions.

Viagra and Hearing Loss

Men who use Viagra and similar erectile dysfunction drugs may be twice as likely to develop hearing loss as men who do not use the



drugs, according to a report in the journal Archives of Otolaryngology: Head and Neck Surgery.

Processed Meats

They’re more likely to cause heart disease than unprocessed meats, says a Harvard study reported in the journal Circulation. They are bacon, sausage, hot dogs, salami, luncheon and deli meats. They contain 50 percent more sodium and nitrate preservatives than hamburger or steak, and that’s the problem. ■

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Early Cheyenne

By Margaret Laybourn



Cheyenne's first airport was just a farmer's field flattened from the sage-covered prairie. From the beginning, local folk were thrilled by the young dare-devils who did their wing walking and barrel rolls in the thin air over Cheyenne.

The chamber of commerce and the Frontier Days Committee welcomed every exhibition and air race they could get. In 1916 Frontier Days advertised a "fly-over" before the rodeo. But the local pilot and his home-made plane had to cancel



Amelia Earhart, right, in Cheyenne. Courtesy Margaret Laybourn.

because the motor was too small to sustain the plane.

In 1925 Wyoming Governor Nellie Tayloe Ross turned the first spade of earth for a hanger and an asphalt landing strip. Charles Lindbergh landed his Spirit of St. Lewis here, wheeled her into the hanger and returned to speak to a crowd of 500 who were delirious with excitement.

After World War I, the government sold hundreds of the military planes to civilians. Amelia Earhart often stopped here on her cross-country races.

In 1919 air-mail service began with government pilots. Cheyenne was a stop

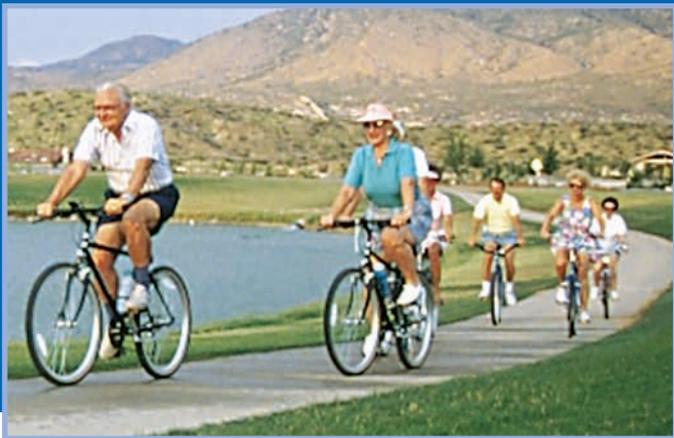
between Chicago and San Francisco.

In 1926 Boeing won the contract to carry mail along with their passengers. They introduced the Boeing B-80 tri-motor carrier.

Boeing soon hired stewardesses to make passengers more comfortable. This turned the bare-knuckle, fly-by-the-seat of your pants experience into a pleasurable trip.

In the 1930s United Air Lines took over the operation at Cheyenne and ran a stewardess training school. Celebrities galore stopped on their coast-to-coast flights. It was the glory days for Cheyenne's airport. ■

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Social Security

By Lauren Eitel
Greeley Social Security Office

Tens of thousands more people will benefit from a faster and more efficient process when applying for disability benefits, thanks to an expansion in Social Security's Compassionate Allowances.

Compassionate Allowances are a way of quickly identifying diseases and other medical conditions that clearly qualify for Social Security and Supplemental Security Income (SSI) disability benefits — allowing for faster decisions in the most obvious cases.

Michael J. Astrue, Commissioner of Social Security, announced 38 more conditions that are being added to the Compassionate Allowances list. This expands the original list of 50 conditions (25 rare diseases and 25 cancers) that was announced in October 2008. The new conditions range from adult brain disorders to rare diseases that primarily affect children.

"The addition of these new conditions expands the scope of Compassionate Allowances to a broader subgroup of conditions like early-onset Alzheimer's disease," Commissioner Astrue said. "The expansion we are announcing today means tens of thousands of Americans with devastating disabilities will now get approved for benefits in a matter of days rather than months and years."

"The diagnosis of Alzheimer's indicates significant cognitive impairment that interferes with daily living activities, including the ability to work," said Harry Johns, President and CEO of the Alzheimer's Association. "Now, individuals who are dealing with the enormous challenges of Alzheimer's won't also have to endure the financial and emotional toll of a long disability decision process."

"We will continue to hold hearings and look for other diseases and conditions that can be added to our list of Compassionate Allowances," said Commissioner Astrue. "There can be no higher priority than getting disability benefits quickly to those Americans with these severe and life-threatening conditions."

Lauren Eitel is the Social Security assistant district manager in Greeley. You can send questions to her at lauren.eitel@ssa.gov. ■

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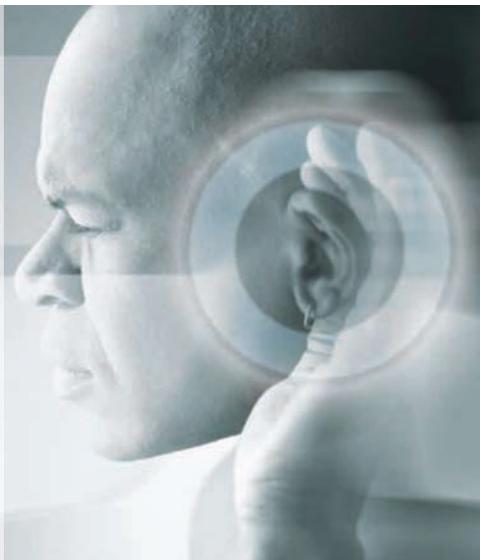


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Little Boy Lost

By Arlene Ahlbrandt



Part of the Grey Rock trail. Courtesy Arlene Ahlbrandt.

On April 30, 1978, nine-year-old Chris Vigil disappeared while hiking on the Grey Rock trail in Poudre Canyon west of Fort Collins.

The boy hiked ahead of his family to follow the trail. Halfway up, he met a man named Allen, who was resting on a rock.

The boy asked Allen which way the trail went because it seemed to vanish in a field of rocks and boulders. Allen said he wasn't sure but shared a candy bar with the boy and suggested he return to his parents.

Instead Chris went on alone. The weather was changing; dark and rain made the rocks slippery. Several times Allen heard the boy call out, trying to keep in contact with his family.

Late in the afternoon, Allen called out for the boy, but there was no answer. Allen turned back and found the boy's family anxiously waiting for Chris.

It was getting dark; sleet and snow began to fall. The Larimer County Search and Rescue Team was called. They searched through the night and for days after.

Over 130 people combed the mountain, and divers delved into the waters of a small lake, but with no success. On May 20th the search was suspended.

Friends and relatives offered a reward, but the little boy never returned to his family or his third-

grade class at Cache la Poudre Elementary School. ■



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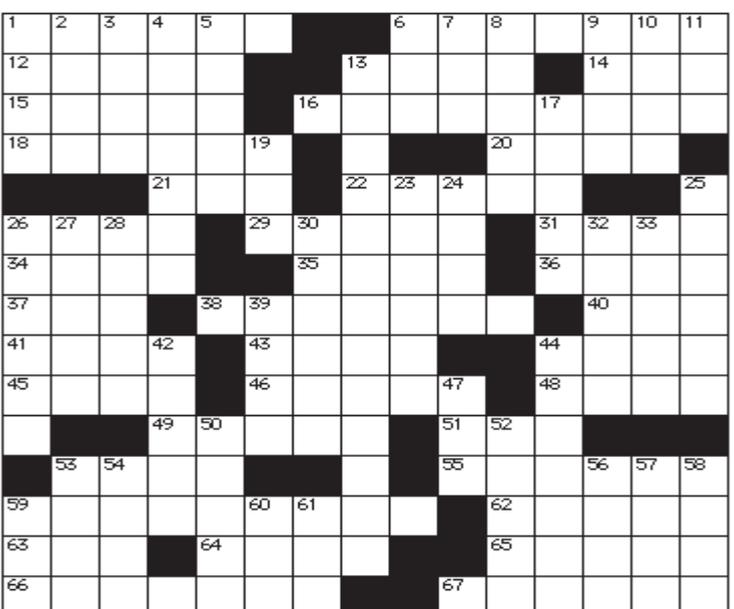


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Colorado Crosswords

By Tony Donovan



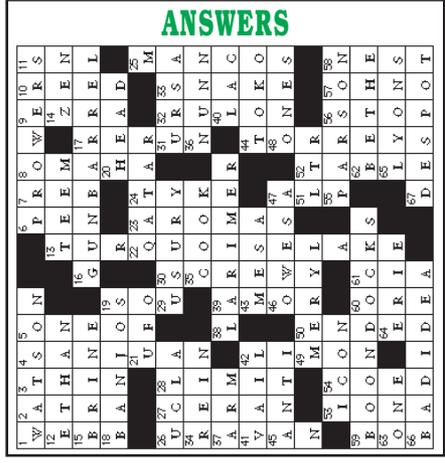
ACROSS

- 1. Holmes' confidant
- 6. Colorado county named for cattle rancher who married the Ute, Amache, for whom the WWII Japanese relocation camp in Colorado was named
- 12. Allen who headed the Green Mountain Boys during the Revolutionary War
- 13. Be in abundance
- 14. Form of Buddhism
- 15. Simple marinade for people who grill which tenderizes the meat
- 16. Boulder neighbor
- 18. Bluegrass instruments
- 20. Follower of "Diamond" or "Hilton"
- 21. Roswell sighting
- 22. Arab emirate
- 26. Where John Wooden established his legacy
- 29. The practice of charging outrageous interest rates
- 31. _____ Major
- 34. Horse holder?
- 35. Aaron of the Rockies
- 36. Weld County town between Greeley and Cheyenne
- 37. The "law" has a long one
- 38. County separating Weld and Jackson counties
- 40. Varnish ingredient
- 41. Where Lindsey Vonn calls home
- 43. Name of a Colorado town or its county near the Utah border
- 44. Michener novel or a movie based on the book: The Bridges at _____ ri
- 45. Not "pro"
- 46. It could be said that "Bernie Madoff _____ debt to society."
- 48. Wallet stuffers
- 49. Clint's co-star in "The Bridges of Madison County"
- 51. U.S.P.O. should handle it?
- 53. You might click on "this"
- 55. Brown's occupation in the song, "Winter Wonderland"
- 59. Rural setting

- 62. "You could _____ lucky winner!"
- 63. The number who flew over the cuckoo's nest
- 64. Name of a Great Lake or town in Colorado
- 65. Town on the St. Vrain River
- 66. Crossing the Rockies in winter as did Alferd Packer, e.g.
- 67. Iran's Mahmoud Ahmadinejad, for one

DOWN

- 1. Former Denver mayor, Wellington _____
- 2. Gillette brand
- 3. Model description, often
- 4. Range in southwestern Colorado
- 5. _____ a kind (unique)
- 6. It's mightier than a sword
- 7. Johnny _____ (Civil War combatant)
- 8. Buffett's Nebraska home
- 9. Pound of poetry?
- 10. An oboist needs two of this item
- 11. Satirical comedy show on Sat. night, briefly
- 13. Body of water near Leadville
- 17. Summer TV offering, often
- 19. Old French coin
- 23. Oven scents
- 24. Small child
- 25. Town near Mesa Verde
- 26. Montrose County locale' which takes its name from two minerals found in the area
- 27. St. Vrain of trading post fame
- 28. What a highway sign might indicate
- 30. Doesn't make sense, slangily
- 32. Former Bronco pass rusher Jones
- 33. Idaho's _____ River Canyon near Twin Falls
- 39. Cupid's alter ego
- 42. I-70 locale' about halfway between Denver and Burlington
- 44. _____ Peak is a Colorado 14er near Gray's Peak in Clear Creek County
- 47. Mt. Blanc, for one
- 50. Stopped
- 52. _____ Mesa (redundant name) near Boulder
- 53. College in New Rochelle, New York
- 54. Descriptive word for many college dorms
- 56. Bus or rest follower
- 57. Apollo of Winter Olympics fame
- 58. Egg holder
- 59. You might do this to get an apple
- 60. Matchless product?
- 61. Agency headquartered in Langley, Virginia, briefly



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

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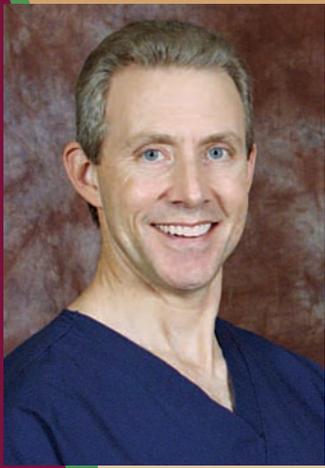
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State Legislation

By John Kefalas
Colorado Representative

As I reflect on the 2010 Colorado legislative session that ended May 12, I think about the New York City Marathon, which I ran twice some 15-plus years ago. To succeed, one has to prepare, work hard, and remain disciplined and focused in the face of serious challenges.

We represented the public interest by continuing to stand up for communities, families, small businesses and regular folks. We leveraged federal, state and local resources to create and save jobs as we rebuild our economy, and now we are seeing the fruits of our labor—economic activity and job growth in the public and private sectors.

We balanced the state budget and made government more efficient by implementing the necessary cuts, targeting our limited public resources more effectively, suspending certain tax credits and exemptions, and doing our utmost to preserve the social safety net that protects our most vulnerable neighbors.

None of this work was easy, and we often had to make decisions with no good choices, but we did it.

As your public servant, I ran this marathon race as best as I know how, thoughtfully and with due diligence. I prepared, worked hard, considered diverse viewpoints, maintained civility, anguished over hard decisions, all the while staying focused on the common good.

As one measure of success, I carried ten bills this session, all of which were signed into law and several that garnered bi-partisan support. These bills offered solutions to expand economic opportunities, promote good governance, protect and inform consumers, keep children safe, strengthen families, lower health care costs and improve health care outcomes and create jobs.

I held many community meetings in order to be available and accessible. Please contact me with any questions or to schedule a time to discuss the issues in person.

Call Rep. Kefalas at 221-1135 in Fort Collins. ■

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Sylvandale Ranch

We certainly enjoyed seeing Bill Lambdin's "History of the Sylvandale Ranch" in the May issue of Senior Voice. It pays tribute to the vision and courage of Maurice Jessup and his beloved wife, "Tillie," in making their "Sylvan Dale dream" come true.

Coincidentally, there are Sylvan Dale connections to two other stories in the same Voice issue.

While James Michener was a young professor at Colorado State College of Education (now UNC) in the late 1930s, Maurice Jessup was a student; and Michener and Jessup were the tennis doubles team to beat! The tennis court at Sylvan Dale was the first new construction after the Big Thompson flood devastated the Main Ranch in 1976.

As Josephine Clements noted, English traveler Isabella Bird reached Estes Park via the then established trail from Longmont up the North Saint Vrain Canyon in September of 1873.

The previous week, however, she was at today's Sylvan Dale Ranch (then as now a "sylvan dale" —a wooded valley). Her goal was to find Estes Park.

Her hosts and would-be guides were the Alexanders (in A Lady's Life in the Rocky Mountains, Miss Bird called them "Chalmers"), who were squatters, cutting timber and living on the site of today's Jessup Lodge (as pictured on page 9).

Their apparent route to find Estes Park was up Sylvan Dale's Sulzer Gulch and into Cedar Park. From the slopes of Spruce Mountain they could see Longs Peak but got thoroughly lost and discouraged trying to find a route down to the North Fork of the Big Thompson.

*Susan Jessup & David Armstrong
Sylvan Dale Guest Ranch
Loveland*

Write The Voice at 1471 Front 9 Drive, Fort Collins, CO 80525; or email thevoice@frii.com. ■

LARIMER COUNTY 2010 CHIPSEAL SCHEDULE (STARTS TUESDAY, JUNE 22ND)

All roads and streets are primarily located from Larimer County Road 18 (SH-402) south of Loveland, Colorado north to Larimer County Road 30.

Our 2010 program is planned to start on Tuesday, June 22nd. Roads and Subdivisions are listed in the order that the work is scheduled. Watch for signs and or fliers with dates and details for the work.

LARIMER COUNTY ROAD OR SUBDIVISION (PARTIAL LIST)

CR 20C at Great Western RR crossing between CR 3 and County Line
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CR 18 at EAST FRONTAGE RD TO County Line Road
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CR 11H (Boise Ave.) from SH402 TO LVL

CR18E (8th St. SE) from US 287 TO ST. LOUIS

CR 18H (4th St. SE) from ST. LOUIS TO MADISON

CR 13C (St. Louis) from SH402 TO Loveland City Limits

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CR 20 from CR29 TO 23H (LVL)

CR 23E from CR 18 north to CR 20

CR 22B (WILD LANE) from CR23H(GLADE RD) TO US34

CR 23H from US 34 TO CR25

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Visit our website at www.larimer.org/roads/road_closures for updated work schedules. Or call our project hotline at (970) 498-5666 for the next weeks schedule.

Pills for Chemotherapy

Some chemotherapy is now available from pills that are not only less invasive but, in some cases, life savers for cancer patients. However, the pills are so expensive that most people cannot afford them—and insurance companies don't want to pay for them.

Rep. Brian Higgins (D-N.Y.) and others report that the new oral chemotherapy drugs often cost over \$75,000 a year. Insurance companies typically consider the pills to be part of a patient's drug plan, not medical treatment, and provide very limited coverage for them. That includes Medicare patients.

In some cases, there are no IV alternatives to the pills; and people will die without them. Myeloma patients have two choices, "an oral drug or death," said oncologist Brian Durie at Cedars-Sinai Hospital in Los Angeles.

Some states are working on legislation that would require better insurance coverage for the pills, but the states are up against insurers and drug companies. ■

Cancer-Causing Hormones

Millions of post-menopausal women take hormone therapies using estrogen and progestin although several studies have said those hormones can cause breast cancer.

The latest study at the University of Missouri says progestins can cause a cancer to spread to the lymph nodes (metastasize), making the hormone even more dangerous than previously thought by some researchers.

"Progestins increase the number of blood vessels that are responsible for transporting existing cancer cells," said researcher Salman Hyder. "The

more the blood vessels increase, the higher the chance of cancer cell metastasizing."

Researchers compared the effects of several kinds of pregestins and found that all of them increased the risk of metastasis. Researchers hope to find a type of progestin that can protect the uterus but not cause cancer progression.

In the meantime, many women are left in a difficult position of wondering what to do. Hyder said those with a family history of breast cancer probably should not take progestins. ■

Photography For the Mind and Soul

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Historic Places Near Estes Park

By Peggy Hunt

If you're driving or hiking in the mountains above Estes Park, you will encounter places that have interesting histories associated with them.

• **Fall River Road.** It was the original road west of Estes Park to Grand Lake, built years before Trail Ridge Road. It was named for the river it follows, which falls rapidly in elevation from the high mountains in what is now Rocky Mountain National Park. The road was started in 1913 and finished in 1920. Trail Ridge Road didn't open until 1932.

Fall River Road was so steep that Model-T Fords and other early cars had to back up parts of it, because reverse gears had more power than forward gears. In 1923 heavy rains washed out several miles of the road, stranding tourists in Rocky Mountain National Park.

Anna Dickinson was one of the first women to climb Longs Peak.

• **Mount Dickinson.** Named for Anna Dickinson, who in 1873 was one of the first women to climb Longs Peak, though Indian women might have climbed it long before. Anna was a beautiful, influential Easterner who spoke before Congress in favor of women's suffrage and against slavery during the Civil War.

She climbed Longs Peak with several men and a boyfriend, Ralph Meeker, the son of

Greeley founder Nathan Meeker. After the climb, Anna and her group named Mount Meeker (next to Longs Peak) for the Greeley founder.

• **Mount Chapin.** Named for one of the early mountain climbers in Estes Park. Several places were named Chapin, and no one is sure which man the name came from. It might have been the one mentioned in the following story from an early inn keeper:

"Mr. Chapin...was a guest one



An 1877 painting of Estes Park. Colorado Historical Society.

summer and occupied one of the little bedrooms. He always kept his window open, and every day a hen would come in through the window and lay an egg on his bed...

"Mother didn't want Mr. Chapin to know about the hen laying an egg on his bed, so she would listen carefully for the hen's cackle, then hastily remove from Mr. Chapin's bed the egg and any feathers the hen might have lost. Each morning Mr. Chapin had a fresh egg for breakfast without ever suspecting where the egg had been laid."

• **Rowe Glacier.** Named for Israel Rowe (rhymes with 'how'), who came

to Estes Park in 1875 to help build a road. He was a poor man whose wife and two small children lived with him in a tent. She cooked for the road gang over an open fire, trying to earn enough money to keep the family together in this hard country.

Rowe was hunting bear one summer day when he came upon what he thought was a big snowfield. He told friends about it, and scientists who then visited the place were ecstatic to find such a large glacier this far south in the Rockies. Rowe Mountain and Rowe Peak were also named for this man and, possibly, his hard-working wife. ■

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New Breast Cancer Test

A new way of predicting whether the most common form of breast cancer will spread should keep many women from having unnecessary treatments, according to a report in the Journal of the National Cancer Institute.

DCIS (ducta carcinoma in situ) is the common form of cancer. Researchers at the University of California believe they can determine if it will develop invasive tumors by measuring whether a woman has high levels of certain biomarkers (p16, cyclooxygenase-2, and Ki67) in DCIS tissue.

The study involved over 1,100 women who had a lumpectomy (surgical removal of a tumor). Researchers wanted to determine which of those women were most likely to develop more invasive tumors later in life.

Measuring the biomarkers helped researchers to determine the women who were most at risk. Only about 1 or 2 percent of women with DCIS die of breast cancer, but many receive aggressive treatments unnecessarily, said the researchers. ■

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Fort Collins

Live music each Tuesday and Friday downtown. Live music at Avagadro's Number, June 9-10 and other dates. A Chorus Line at Carousel Dinner Theater, June 11-12 and other dates. Lend Me a Tenor at Bas Bleu Theater, June 11-13 and other dates. Car show, June 12. Taste of Fort Collins, June 12-13. Historic Avery House special lace exhibit, June 13.

Father's Day 5k run walk, June 20. Brewers' festival, June 26-27. For information, call 970-484-6500.

Greeley

Greeley Stampede, rodeo and major country music performers, June 25-July 4. Blues Jam, live music downtown, June 11-12. Friday Fest, live music, June 18. The Lady with All the Answers, play based on columnist Ann Landers presented by the Little Theatre of the Rockies at the University of Northern Colorado Norton Theatre, June 24-26, July 9, 14-15. Annual gardens tour, June 26. Call 352-3572.

Loveland

Car show, June 6. Theater for Kids, June 15. Foote Lagoon music concerts, June 17 and 24. Musician Jesse Winchester, June 18. Local dance troupe, June 19. Local dance recital, June 19. Musician Iona, June 20. Gardens tour, June 26. Missoula Children's Theatre, June 26. Hazel Miller jazz and blues, June 27. Kids' music and theater, Ben Rudnick, June 29. Call 962-2120.

Phony Insurance Plans

Many states are trying to deal with "discount health plans" that appeal to uninsured people and promise benefits they often do not deliver.

They are not traditional insurance plans, though they often pretend to be. They advertise savings of up to 60 percent and claim to have large networks of doctors.

But "oftentimes these are just schemes to commit fraud," said Kansas Insurance Commissioner Sandy Praeger. Many of the plans have very few doctors in their network; so people who join find they cannot get services. People also discover that coverage for medicines, eye glasses, and other things does not exist—except in advertising promises.

State officials have trouble regulating the plans because they aren't insurance companies and don't fall under state regulations. "The marketplace has become a kind of Wild-West frontier," said James Quiggle with the Coalition Against Insurance Fraud.

The plans have proliferated in the current economy that has left millions of people unemployed and without health insurance. ■

Psychotic Drugs Misused

Drug maker Astra Zeneca will pay over \$500 million in government fines for illegally marketing the antipsychotic drug Seroquel to children and mature people.

The U.S. Food and Drug Administration said the company used kickbacks to convince doctors to prescribe the drug for illnesses it had not been tested for, such as attention-deficit disorder, aggression, depression, dementia, and other behaviors. The drug is approved for treatment of schizophrenia and bipolar disorder in adults.

"Illegal acts by pharmaceutical

companies and false claims against Medicare and Medicaid can put the public health at risk, corrupt medical decisions by healthcare providers, and take billions of dollars directly out of taxpayers' pockets," said U.S. Attorney General Eric Holder.

Other lawsuits concerning Seroquel are pending. Company officials refused to admit any wrongdoing or illegal actions, said government investigators. But company officials said they would pay the fine and resolve the case because it was in the best interest of the company. ■

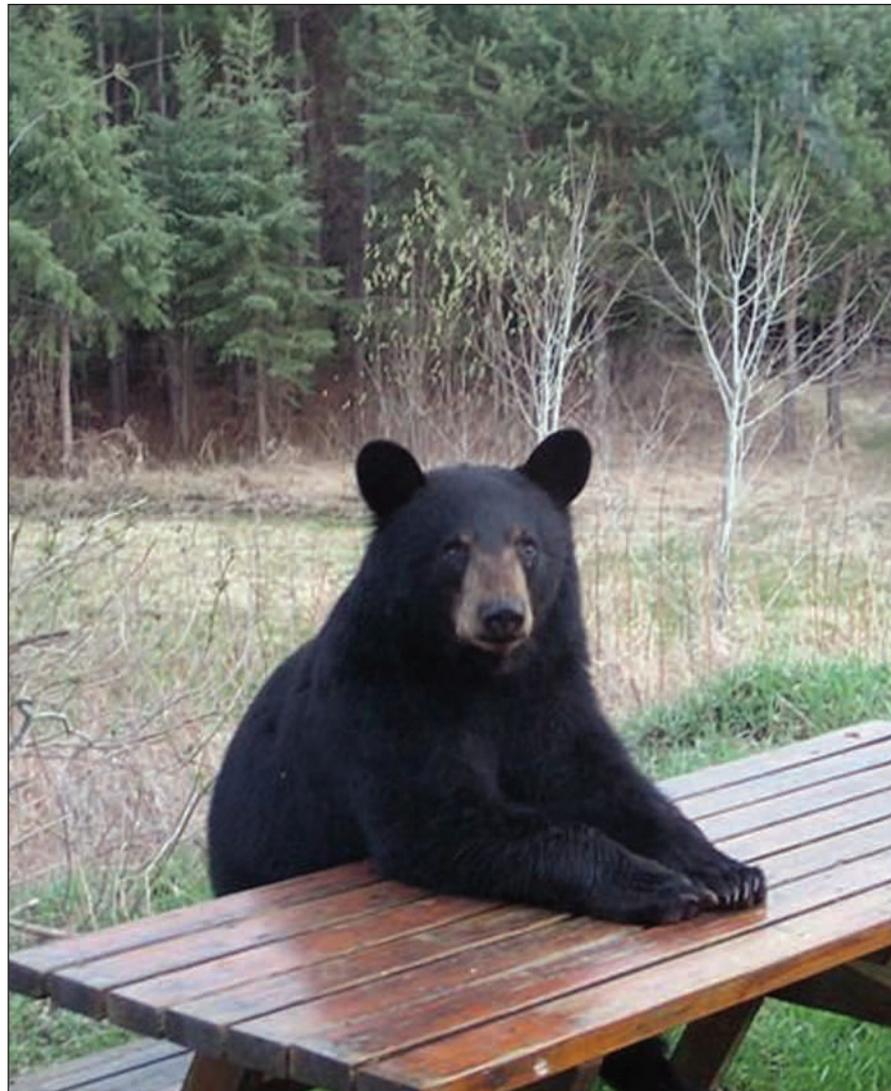
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Laughter Is the Best Medicine



This sign should be above the entrance to Congress:

"The only difference between this place and the Titanic is that they had a band."

A little girl was struggling to get the cap off an aspirin bottle. Her mother explained, "That's a child-proof cap. I'll have to open it for you."

The girl's eyes got big with wonder and she said, "How does it know it's me?"

A little boy asked his grandmother how old she was, and she replied, "I'm so old I don't remember my age."

The child said, "You can find out by looking on the back of your undershirt. Mine says five to six."

Little Sally looked at the wrinkled face of her grandmother for a long time and asked, "Grandma, why doesn't your skin fit?"

A woman went to a drug store and told the pharmacist, "I want to buy some cyanide."

The pharmacist said, "That's a deadly poison. How do you plan to use it?"

"To kill my husband."

"What! I can't sell you cyanide for that!"

She reached in her purse and handed him a picture of his wife in bed with her husband.

"Well," he said. "You didn't tell me you had a prescription."

A duck went into a bar and told the bartender, "Give me a beer and a ham sandwich."

"Wow!" said the bartender. "A duck that can talk! Where did you come from?"

"I work on the new building across the street. I'm a dry-waller."

The next day, a circus manager came in, and the bartender told him about the duck.

"It talks, drinks beer, eats sandwiches, hangs drywall, and does all

kinds of things."

"Very interesting," said the circus manager. "Have him call me."

When the duck came in the next day, the bartender said, "I might have a good job for you with the circus."

"I'm always looking for a better job," said the duck. "Is the circus that place with the big tent?"

"Yes."

"With all the animals that live in metal cages?"

"Yes."

"And the tent has a hole in the top with canvas sides that roll up?"

"Yes."

"Why would they want a dry-waller?" ■

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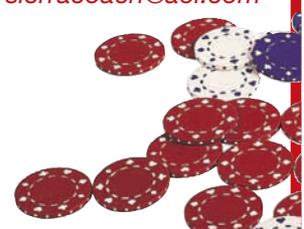
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