

SENIOR Goldmine



Canyon County Edition **AMERICA'S 250TH BIRTHDAY** July 2026

Nuggets of Fun and Nostalgia for Treasure Valley Golden-Agers

AMERICA



Paul Revere's Ride

By Henry Wadsworth Longfellow



Listen, my children, and you shall hear
Of the midnight ride of Paul Revere,
On the eighteenth of April, in Seventy-Five:
Hardly a man is now alive
Who remembers that famous day and year.

He said to his friend, "If the British march
By land or sea from the town tonight,
Hang a lantern aloft in the belfry-arch
Of the North-Church-tower, as a signal-light,
One if by land, and two if by sea;
And I on the opposite shore will be,
Ready to ride and spread the alarm
Through every Middlesex village and farm,
For the country-folk to be up and to arm."

Then he said "Good night!"
and with muffled oar
Silently rowed to the Charlestown shore,
Just as the moon rose over the bay,
Where swinging wide at her moorings lay
The Somerset, British man-of-war:

A phantom ship, with each mast and spar
Across the moon, like a prison-bar,
And a huge black hulk, that was magnified
By its own reflection in the tide.

Meanwhile, his friend,
through alley and street
Wanders and watches with eager ears,
Till in the silence around him he hears
The muster of men at the barrack door,
The sound of arms, and the tramp of feet,
And the measured tread of the grenadiers
Marching down to their boats on the shore.

Then he climbed to the tower of the church,
Up the wooden stairs, with stealthy tread,
To the belfry-chamber overhead,
And startled the pigeons from their perch
On the sombre rafters, that round him made
Masses and moving shapes of shade,—
By the trembling ladder, steep and tall,
To the highest window in the wall,
Where he paused to listen and look down
A moment on the roofs of the town,
And the moonlight flowing over all.

Beneath, in the churchyard, lay the dead,
In their night-encampment on the hill,
Wrapped in silence so deep and still
That he could hear, like a sentinel's tread,
The watchful night-wind, as it went
Creeping along from tent to tent,
And seeming to whisper, "All is well!"
A moment only he feels the spell
Of the place and the hour,
and the secret dread
Of the lonely belfry and the dead;

For suddenly all his thoughts are bent
On a shadowy something far away,
Where the river widens to meet the bay,—
A line of black, that bends and floats
On the rising tide, like a bridge of boats.

(Continued on page 2)

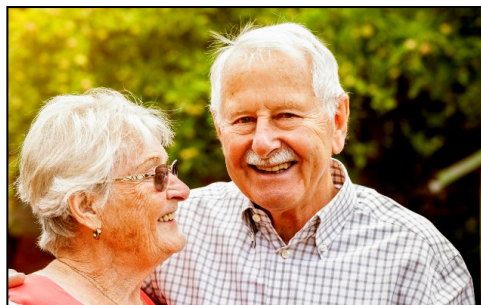
July 4th and Our Presidents



John Adams, the second president of the United States, and Thomas Jefferson, the third president, were old rivals who had their share of political disagreements on the nature of the new American democracy. In fact, Jefferson had defeated Adams in the election of 1800. But their friendship had mellowed in their golden years.

On his deathbed, John Adams spoke of his old friend and rival, noting that "Thomas Jefferson still survives." But ironically and unbeknownst to Adams—Jefferson had died five hours earlier on the same day, July 4, 1826, exactly fifty years after they had ratified the passage of the Declaration of Independence.

James Monroe, the fifth president of the United States, also died on July 4—in 1831, five years later.



**ASSISTED
LIVING WAS
THE ANSWER
FOR US**



Spring Gardens
—MERIDIAN—

An Avista Senior Living Community

Call or visit us online today
SpringGardens.com/Meridian
(208) 584-5393

GREENLEAF MEAT PACKING

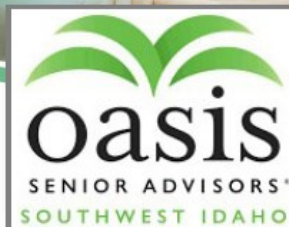


Family Owned and Operated Since 1981
21342 Main St., Greenleaf, Idaho
(208) 454-0164



A FREE SERVICE that guides seniors through customized living solutions.

OasisSeniorAdvisors.com/SW-Idaho



For Information, call Jennifer Smith **208.901.7428** OR Kathy Lacina **208.573.4658**

4th of July Dad Jokes

What kind of tea did the American colonists really want? Liber-tea!

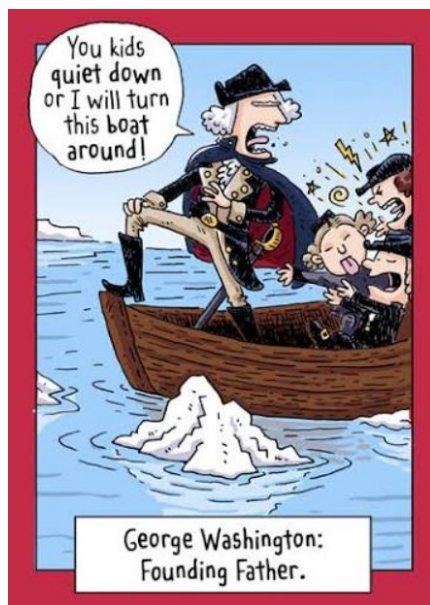
What dance did the colonists do in 1776?

The Indepen-dance!

Why are there no knock-knock jokes about America?
Because freedom rings!

What did the ghost say on the Fourth of July?

Red, white, and boo!



(Paul Revere's Ride—Cont from page 1)

Meanwhile, impatient to mount and ride,
Booted and spurred, with a heavy stride,
On the opposite shore
walked Paul Revere.
Now he patted his horse's side,
Now gazed on the landscape
far and near,
Then impetuous stamped the earth,
And turned and tightened
his saddle-girth;
But mostly he watched
with eager search
The belfry-tower
of the old North Church,
As it rose above the graves on the hill,
Lonely and spectral
and sombre and still.

And lo! as he looks,
on the belfry's height,
A glimmer, and then a gleam of light!
He springs to the saddle,
the bridle he turns,
But lingers and gazes,
till full on his sight
A second lamp in the belfry burns!

A hurry of hoofs in a village-street,
A shape in the moonlight,
a bulk in the dark,
And beneath from the pebbles,
in passing, a spark
Struck out by a steed that flies fearless
and fleet:

That was all! And yet,
through the gloom and the light,
The fate of a nation was riding that night;
And the spark struck out by that steed,
in his flight,
Kindled the land into flame with its heat.

He has left the village and mounted the steep,
And beneath him,
tranquil and broad and deep,
Is the Mystic, meeting the ocean tides;
And under the alders, that skirt its edge,
Now soft on the sand,
now loud on the ledge,
Is heard the tramp of his steed as he rides.



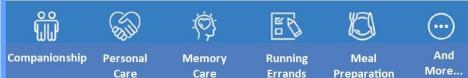
It was twelve by the village clock
When he crossed the bridge into
Medford town.
He heard the crowing of the cock,
And the barking of the farmer's dog,
And felt the damp of the river-fog,
That rises when the sun goes down.

It was one by the village clock,
When he galloped into Lexington.
He saw the gilded weathercock
Swim in the moonlight as he passed,
And the meeting-house windows,
blank and bare,
Gaze at him with a spectral glare,
As if they already stood aghast
At the bloody work they would look
upon.

(Continued on page 7)

Seniors Helping Seniors In-Home Care Services for Seniors by Seniors

We are here to pair you with a fellow senior caregiver who can assist you in your day-to-day life — someone who shares your interests and can lend a hand.



SouthernIdahoSHS.com 986-204-0063

"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness."

— **Thomas Jefferson** (Declaration of Independence)

Serving the Greater Treasure Valley



We are here to help you maintain your health and independence

208.342.1222 ♦ www.addus.com




Locally-owned and serving the valley for over 25 years
(208) 887-7719

Alone Didn't Last

Paul Callahan was 82, and for the first time in his life he was completely alone.

His wife had passed away just months earlier. He was the last of his siblings still living. The house that had once been full of people was quiet now, and the days stretched out long and empty.

Then a new family moved in nearby.

When Wilson and Sharaine Caraballo arrived with their five kids, Paul did what good neighbors do. He came over with a ladder and offered to help the couple fix up their new place. Soon he was bringing screwdrivers, teaching Wilson how to patch up the garage, turning up with little trinkets and bubbles for the children.

It did not take long for the kids to start running to the door every time he appeared. To them he was not the man from down the street. He was Grandpa.

Now Paul is at nearly every cookout, every holiday, every ordinary afternoon. The children climb all over him and beg for his stories, and he has stories for days.

He once thought the rest of his life would be lived out in a silent house. Instead, he found five kids, two parents, and a home that is never quiet anymore.



Independence Day

In the year of 1776
That paper was decreed -
They were tired of oppression
And wanted to be freed

They wrote a Declaration
So the whole world would see -
This was, "the home of the brave
And the land of the free"

They signed that piece of parchment
The leaders of this land -
Knowing, divided they would fall
But, together they could stand

A new world lay before them
Untamed from shore to shore -
They swore they would protect it
If it meant going to war

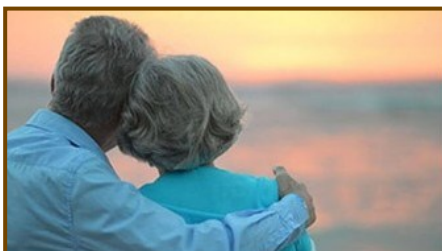
Battles have been fought -
And many lives have been lost -
So sad something so basic
Has such a high, high cost

'Seems freedom is a luxury
There's some would bind us all -
Like then, together, we can stand
But divided, we will fall

More than two hundred years
Have past by since that day
That each of us celebrate
In our own different way

We should be proud and thankful
Pay our share of the cost -
Not take freedom for granted
For it easily could be lost

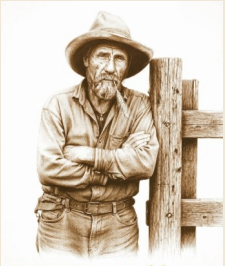
- Author Unknown



**Honoring Memories
and Celebrating Lives
since 1907**

Alsip[®] and Persons
FUNERAL CHAPEL

404 10th Ave. S., Nampa, Idaho 83651 ♦ (208) 466-3545 ♦ www.alsippersons.com



Older Than Dirt Quote of the Day:

Thomas Jefferson once said, "The tree of liberty must be refreshed from time to time with the blood of patriots and tyrants."

THE EXTRA TICKET

I had two tickets for the World Cup match: USA vs Australia. One for me. One for my dad.

Dad died a week before the game. A sudden shock.

Everyone said sell it. "That's ticket's worth \$3,000!" Couldn't do it.

I went to the stadium with both tickets and a cardboard sign that said: "Free Ticket. Must sit with me and tell Dad jokes."

People walked past. Thought I was crazy.

Then he walked up. Older guy. Faded USA t-shirt. Kind eyes. Looked just like my dad.

"I don't have a ticket," he said. "I just came to listen to the crowd. My son loved soccer—I mean football. He died in a car wreck last year."

I handed him the ticket. "Section H, Row K, Seat 101. It's yours."

We sat together. Stood together for the national anthem. Ate hot dogs. Traded bad jokes. Cried a little when no one was looking. Screamed our heads off when USA scored.

For three hours I had a dad. He had a son. Hated to hear the final whistle sound. Best match of my life.



There is a surgical procedure in cardiology where the surgeon stops the heart they are working on, does the necessary process, then shocks the heart to start it again.

I can imagine they discovered the process when one day nothing was working, the doctors were standing around scratching their heads, and one of them said, "Should we try shutting it off and starting it again?"

America's Choice in Homecare

**Visiting
Angels.**
LIVING ASSISTANCE SERVICES

Serving the Treasure Valley

208.888.3611

www.visitingangels.com/boise/home



Word Play

If "tomb" is pronounced "toom," and "womb" is pronounced "woom," why isn't "bomb" pronounced "boom?"

"Almost" is the longest common English word with all the letters in alphabetical order.

"Strengths" is one of the longest words with only one vowel.

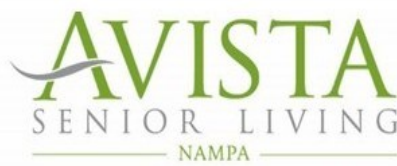
"Pronunciation" is often mispronounced—and "misspelled" is often misspelled.

Keystone
hospice

You have a better choice for hospice care!
Offering expert, individualized care, time and attention to each person we serve.

PHONE (208) 996-8181 • FAX (208) 616-1626

www.keystonehospice.org



EXCEPTIONAL ASSISTED LIVING CARE



715 W. COMSTOCK AVE. NAMPA, IDAHO 83651 ♦ (208) 244-6753

Success Story

There once was a small boy named Bruce.

None of his classmates liked him, he was the slowest in his class, and he frustrated his teacher, who was always telling him, "You're driving me mad, Bruce."

One day Bruce's mother came to school to check on how he was doing. The teacher told her that, honestly, her son was simply a disaster, getting very low marks, and never had she seen such a slow boy in her entire teaching career. She had done everything she could, but admitted she had given up hope for Bruce.

The mother was shocked at such negative feedback, and was so furious with the teacher that she withdrew her son from school and moved away to the next county.

Twenty-five years later, the same teacher was diagnosed with acute heart disease. All the doctors strongly advised her to have heart surgery, which only one surgeon in the next county could perform.

Left with no other options, the teacher decided to have the difficult operation, which fortunately was successful. When she opened her eyes after the surgery she saw a handsome doctor smiling down at her.

She wanted to thank him but couldn't talk. Her face started to turn blue, she raised her hand, trying to tell him something, but passed out. The surgeon acted quickly and was able to revive her. He had saved her life twice in the same day!

The doctor was shocked and was trying to figure out what went wrong. He turned around and saw our friend Bruce, working as a janitor in the hospital. He had unplugged the lady's oxygen equipment in order to connect his vacuum cleaner!

Don't tell me you thought Bruce became a heart-surgeon?



Amazing Facts!

- ♦ Australia is wider than the moon—by about 600 kilometers.
- ♦ There's a town in Alaska where everyone lives in one building.
- ♦ Vatican City is the smallest country in the world.
- ♦ Sudan has more pyramids than Egypt - nearly double.
- ♦ China has only one time zone—even though it should have five.
- ♦ The biggest desert in the world is Antarctica—not the Sahara
- ♦ The Philippines has over 7,000 island, and many disappear at high tide.
- ♦ In Indonesia there is an island where only women can live.
- ♦ Canada has the largest coastline in the world.

People under 30 probably have never seen, let alone never owned a record player.

They don't know what it sounds like.

...what it sounds like.

...what it sounds like.

...what it sounds like.



**Providing EMS and
Non-Emergency Transportation**
• Ambulatory • Wheelchair • Stretcher
(208) 321-1703



For home care beyond compare,
we're the resource.

familyresourcehomecare.com / 541.254.8280

family
resource
home care

Mobility Plus®
go where you want to go

- Scooters • Wheelchairs • Ramps • Walkers/Rollators
- Sales • Repairs • Rentals • Installation

339 N. Milwaukee St., Boise 83704
(208) 617-5200

WE DIDN'T HAVE:

- Cell phones
- WiFi
- GPS
- Airbags
- Participation trophies

But we had:

- Respect
- Manners
- Imagination
- And moms who could hear a whisper from 3 rooms away

And somehow... we survived.

★ A.J. LOMBARDI ★
COWBOYSPOST ★★ ★



Livestock Giveaway

A farmer was retiring and planning to sell off his land. But first he needed to get rid of all his farm animals.

So he decided to visit all the surrounding farms to give away his livestock. At the farms where the man was the boss, he gave a horse. Where the woman was in charge, he gave a cow.

Approaching one farmhouse, he saw a couple gardening. He called out, "Who's the boss around here?"

"I am," said the man.



The farmer said, "I have a black horse and a brown horse. Which one would you like?"

The man thought for a minute and said, "I'll take the black one."

"No, no, get the brown one," said his wife.

"OK, I'll guess I'll take the brown one."

The farmer replied, "Here's your cow."

AGING STRONG
programs by JANNUUS



CHANGE A LIFE—MAYBE EVEN YOUR OWN! BECOME A RESPITE COMPANION VOLUNTEER

Aging Strong connects compassionate volunteers with older adults and family caregivers. We ease isolation with companionship so family caregivers can recharge. Do you have 2 to 4 hours a week to volunteer? Would you like to provide companionship or help with errands or outings?

Get started at agingstrong.org, or Scan the QR code or call 208-947-4282.

This project is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$13,261,685 with 75 percent funded by ACL/HHS and \$3,285,728 with 25 percent funded by non-government source(s). The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.



WANTED

People to Demo the All New Oticon Zeal™

The world's most discreet, complete hearing aid



HearingLife

Schedule Your FREE Hearing Test

2635 Caldwell Blvd., Suite 102, Nampa, ID 83651

Terry Jones, Hearing Instrument Specialist Lic. #7471747

Edwin Lamm, Hearing Instrument Specialist Lic. #9161671

(Paul Revere's Ride—Cont from Page 2)

It was two by the village clock,
When he came to the bridge
in Concord town.
He heard the bleating of the flock,
And the twitter of birds among the trees,
And felt the breath of the morning breeze
Blowing over the meadows brown.

And one was safe and asleep in his bed
Who at the bridge would be first to fall,
Who that day would be lying dead,
Pierced by a British musket-ball.

You know the rest.
In the books you have read,
How the British Regulars fired and fled,
How the farmers gave them ball for ball,
From behind each fence
and farmyard-wall,
Chasing the red-coats down the lane,
Then crossing the fields to emerge again
Under the trees at the turn of the road,
And only pausing to fire and load.

So through the night rode Paul Revere;
And so through the night
went his cry of alarm
To every Middlesex village and farm,—
A cry of defiance, and not of fear,
A voice in the darkness,
a knock at the door,
And a word that shall echo forevermore!

For, borne on the night-wind of the Past,
Through all our history, to the last,
In the hour of darkness
and peril and need,
The people will waken and listen to hear
The hurrying hoof-beats of that steed,
And the midnight message
of Paul Revere.

Our 50-Star Flag

In 1958, a high school history teacher in Ohio gave his class an assignment: with two new states joining the country, they needed to design a new American flag.

Seventeen-year-old Robert Heft took the project seriously. He spent 12 1/2 hours hand-sewing his 50-star flag. Bob created the 50-star flag by cutting up a 48-star flag his parents had received as a wedding present. "I'd watch my mom sew, but I had never sewn...and since making the flag of our country, I've never sewn again."

But his teacher was unimpressed and gave him a B-minus. Normally a quiet student, Heft said he had to confront the teacher.

"I approached him thinking, 'Are you kidding me?'" Heft recalled years later.

After their discussion, Heft's teacher told him that IF he got the flag accepted nationally — THEN would give him an A.

So Heft sent the flag to a state representative, and in 1960, his design became the country's official symbol.

That's right: President Dwight D. Eisenhower chose HIS design from more than 1,500 submissions...and Heft's teacher promptly bumped up his grade.

Heft's prestigious status resulted in 14 trips to the White House. He met every commander-in-chief from Eisenhower to Obama.

Heft died in 2009, but his flag will forever fly on



NEED CASH?

- ♦ We Buy/Sell Gold
- ♦ Old Coins
- ♦ Gold Jewelry & Rings

(208) 859-7168

Disloyalty "Rewarded"

Richard Stockton of New Jersey was the only signer of the Declaration of Independence to recant his support. After being captured by the British and thrown in jail, he recanted his loyalties—only to be released years later to find all his property destroyed by the British.



994 W Corporate Lane, Nampa, ID 83651
www.allegiantcareidaho.com
 CALL (208) 466-0987



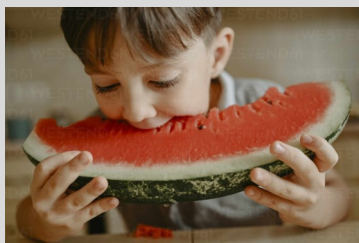
Mouth Watering

A couple country boys were sitting on the porch of a general store. A man came by with a huge watermelon.

He laid the melon down and said "I'll bet one of you boys twenty dollars you can't eat the entire watermelon in one sitting."

One of the boys said, "Hold on a few minutes. I have to run down to the house. I'll be right back."

He came back with twenty dollars and said the bet is on. He ate the entire watermelon in just a few minutes. The other boy asked why he had to go home first. The boy said there was a melon at home just about that size. "I knew if I could eat that one I could eat this one."



Want to have Senior Goldmine mailed to your home or to a friend as a gift each month?

Send this form and a \$25 check for 12 issues to **Senior Goldmine, 11626 W Cross Slope Way, Nampa, ID 83686.**

Send to: _____

Phone _____

St. Address _____

City, State, Zip _____

Your Name _____

Phone _____

St. Address _____

City, State, Zip _____

Can May 2026

Milestones



Dorith Pennington
 June 9, 1941—85 years
 Parma Senior Center



Susan Grant
 June 23, 1951—75 years
 Parma Senior Center



Josefina Dominguez
 July 31, 1951—75 years
 Caldwell Senior Center



Discover Your Next Chapter



Enjoy the freedom of independent living and the support of assisted living, all in a community designed for you. **Contact our team.**

KARCHER
 SENIOR LIVING

208-205-8568
KarcherSL.com

1127 Caldwell Blvd, Nampa

For advertising info or to submit milestones, email terry@seniorgoldmine.com or call (208) 615-1948