

At The Center of It All

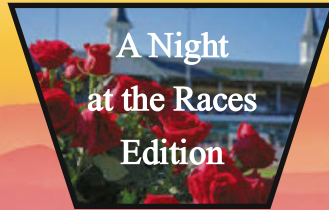
Central Wyoming
Senior Services, Inc.



"The Heart of Natrona County"

1831 4th Street
Casper, Wyoming 82601
307-265-4678

MARCH 2024



QUESTIONS OR SUGGESTIONS?
CONTACT RAE
raea@casperseniorcenter.com

Time to Saddle Up so we can Giddy Up!

The Senior Center is prepping the paddock, exercising the equines, wrangling the riders, arranging appropriate attire (meaning moseying to the milliner), and selecting a scrumptious spread for our guests!

Please join the coolest crew for the fanciest function
this side of Churchill Downs!

4th Annual 'A Night at the Races'

Friday, April 26, 2024

Doors to open at 5:30PM

Ramkota Hotel & Convention Center
800 N. Poplar St | Casper WY



Try to Find These!

Let the front office know the answer for entry into the drawing for a free week of lunches!!



Each Hidden Once,
Find Both for Both Entries!

INSIDE THIS ISSUE

Central Wyoming Senior Services Mission Statement

Our mission is to enrich the lives of individuals aged 60 and older by providing Community services and resources to maintain their dignity and independence.

| | |
|-------------------------|----|
| Center Information..... | 2 |
| From the President..... | 3 |
| Misc. Info..... | 4 |
| Around the Center..... | 5 |
| Donations..... | 6 |
| Kitchen Notes..... | 8 |
| Meal Calendar..... | 9 |
| From our Partner..... | 11 |
| Spotlight..... | 12 |
| Thank You..... | 13 |
| Activities..... | 14 |
| Finance..... | 15 |

WHO'S WHO AROUND THE CENTER

Board of Directors

Linda BlackstonePresident
Bob Carpenter..... Vice President
Kim LatkaTreasurer
Kate Maxwell.....Secretary

Members

Gloria Fuhrer *Errol Miller*
Ray Bila *Debera Siems*
Susan Burk *Grace Becker*
Lori Spearman

City Council Liaison

Michael Bond

Executive Director

Aimee Fleming

Director of Operations

Tom Lebahn

Assistant Director

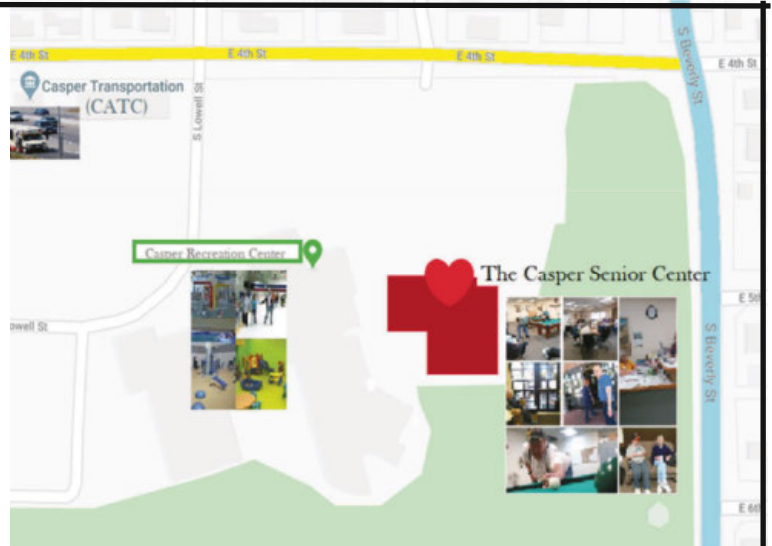
Rachel Brown

Community Programs Director

Lacey Kidman

Dietary Director

Kimberly Cooper



Locations

CASPER (MAIN)

1831 East 4th St.....(307) 265-4678

MILLS

401 Wasatch (307) 237-1317

EVANSVILLE

71 Curtis St (307) 315-6719

Connect with us:



www.casperseniorcenter.com



[Facebook.com/pages/Casper-Senior-Center](https://www.facebook.com/pages/Casper-Senior-Center)

ALL ABOUT US

Central Wyoming Senior Center was established in 1975 to provide nutritious meals, companionship, program support, and activities for the senior citizens of Natrona County. We began serving meals in a church basement and eventually moved into our current facility,

where we provided more than 29,000 meals last year. All of our programs are designed to enhance the ability of the over-60 population of Natrona County to stay active, healthy and independent by offering activities and nutritional support & services to meet their changing

needs. We were established as a 501(c)3 in 1976 to provide low cost, nutritious meals to the over-60 population of Natrona County. Many of our programs are administered by the Wyoming Department of Health Office of Healthcare Financing.

A Letter from the Desk of the President:

Several things are happening at the Center in March. St Patrick's Celebration lunch is March 17, 2024. The Cow-Belles will sponsor lunch on March 21, 2024. Technology training provided by Casper College Occupational Therapy students is on March 28, 2024 from 1:00-3:00 pm at Déjà Brew. Work one on one with a student with one of your electronic devices.

The staff in collaboration with Edgewood Park Place and Casper Senior Network will have the Casper Police Department present information on scams currently targeting seniors. Learn how to be on the lookout for such scams on March 8, 2024, 1:00pm.

As always, if you have ideas for improvements, activities or events, please let me or a staff member know. During our New Member Coffee in February, a couple new members agreed to start cribbage again. This will be Tuesday at 10:00 am in the Activity Room. We are always willing to accommodate interests of members.

Best wishes,

Linda Blackstone

Lblackstone7@gmail.com or 307-262-1028

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



Visit www.mycommunityonline.com

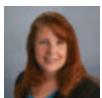


Casper Mountain
REHABILITATION & CARE CENTER

Serving to provide holistic care
to our community.

4305 S. Poplar St., Casper, WY 82601
307-237-2561
<https://caspermountainhc.com>

Local help with your Medicare questions.





Sandra Skinner
Licensed Sales Agent
307-262-1498, TTY 711
sandra.skinner17@outlook.com
myuhcagent.com/sandra.skinner

 **UnitedHealthcare**

St. Anthony Manor

NOW TAKING APPLICATIONS
HOUSING SENIORS 62 & OVER
& DISABLED REQUIRING
FEATURES OF ADA UNIT

RENT IS 30% OF INCOME

 **307-237-0843** 
211 East 6th St. • Casper WY 82601



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Central Wyoming Senior Services, Casper, WY

A 4C 05-0641

MISCELLANEOUS INFORMATION

WAYS TO



GET HELP:

Wyoming Home Services is a program that provides assistance to an individual in their home.

Services include housekeeping, personal care, respite, and care coordination.

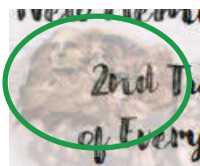
National Family Caregiver Program provides assistance to caregivers who are taking care of a loved one.

Services include homemaking, personal care, respite, and care coordination.

Any questions? *Come see Lacey or Christine!*

Or give us a call at (307) 265-4678.

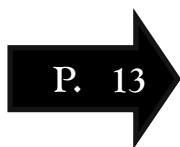
Last Edition Answers:



P. 5

Board Meeting Schedule:
(All meetings are public)

Fourth Monday of each month at 3:00 pm in the Conference Room.



This is the perfect time for the public to attend and find out about what is happening within the Agency.

Answer to the February Riddle:
The Letter "E"!



RIDDLE

Heard, not seen, I signal a chase,
Begin the rush and set the pace,
In this noble quest for speed,
Where my role is key,
My sound sets racers free.

What am I?

Let the front office know the correct answer for your chance to win a 5-punch lunch ticket!!

Meal Prices:

Suggested donation for a senior meal is \$6.00. We do offer 10 and 20 count punch tickets. As an incentive, we will offer one bonus meal with every 20 punch ticket donation.

Remember that our guests under the age of 60 need to purchase a single meal ticket at the reception desk for \$9.00. (See the notices posted.) When you invite a non-senior guest, please stop by the front desk to purchase their meal ticket

Thank you for your support of our meal program!.

Meal Times:

Casper: 11:00 AM to 1:00 PM

Evansville: Noon to 1:00 PM

Mills: Noon to 1:00pm

Reservations Required at the Mills and Evansville Sites

MENU IS SUBJECT TO CHANGE

Casper College Tech Assist

Thursday, March 28th
1PM–3PM

PRESENTATION:
**Understanding and
Responding to
Dementia Related
Behaviors**

Tuesday, March 26th
3PM in Conference Room

 **ALZHEIMER'S
ASSOCIATION**

Happening Around the Center

New Member Coffee

*2nd Tuesday
of Every Month
10AM in Déjà Brew*

NEXT DATE:
March 12th

Saturday Dances

March 9th

&

March 23rd

Starting at 6PM

Potluck Dinner

\$6.00 Cover

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



ADT Authorized
Provider

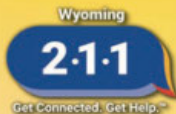
SafeStreets

833-287-3502

Need help looking for information?

Wyoming 211 can help!

- Food Pantries
- Mental Health Services
- In Home Assistance
- Prescription Expense Help
- And much more!



Call 211

Visit www.wyoming211.org

Text your ZIP code to 898211

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Bill Clough

wclough@lpicommunities.com

(800) 950-9952 x2635

STIFEL

Murphy Henriksen Wealth
Management Group



Kevin C. Murphy

Senior Vice President/Investments
Branch Manager

(307) 232-9450

123 West First Street, Suite 500
Casper, Wyoming 82601

Stifel, Nicolaus & Company, Incorporated | Member SIPC & NYSE | www.stifel.com



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Central Wyoming Senior Services, Casper, WY

B 4C 05-0641

Gifts & Memorials

Note: This is a list for Gifts or Memorials given between January 22nd—February 21, 2024.

If donations were made between those dates and not recognized, please see the office.

Memorials

Zibby Kelley

Ron & Rachel Brown

Joe & Dianne Luck

Kimberly Cooper

Alice Palmer

Mary C Moler

Chair Exercise Group

Jan Harshman

Harold & Debera

Siems

Gifts

Frank C Stofflet

Wayne Clements

John Savage

Joyce Coleman

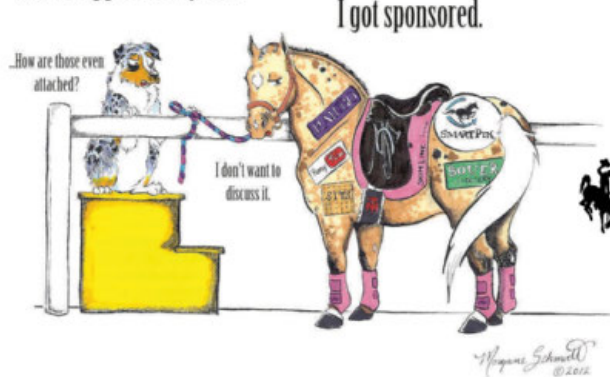
Les & Michelle Holladay

Natrona County

Cow-Belles



"What happened to you?!"



Telehealth Booths available for telemedicine provider visits. PATHS booth located in Natrona County Library.

Soundproof, private booth with computer, speakers, internet connection, and library support staff.

Use this QR code or the website below to schedule!

QR Code to schedule a booth.



<https://library.wyo.gov/services/wyoming-residents/telehealth/>

If you are 60 or older with a birthday in March, bring this coupon to the front office for your meal ticket.

Name: _____

Birthdate: _____

Courtesy of C.W.S.S.

What Your Memorial Does

The Board of Directors has directed that memorial gifts are to be spent only on items of lasting value, not general operations. When we last expanded the Center, we used memorial gifts to match One Cent and other money. Just note on your check that the gift is a memorial and the person you wish to be remembered.

At Grass

by Philip Larkin

<https://allpoetry.com/At-Grass>

The eye can hardly pick them out
From the cold shade they shelter in,
Till wind distresses tail and mane;
Then one crops grass, an moves about
-The other seeming to look on-
And stands anonymous again.

Yet fifteen years ago, perhaps
Two dozen distances sufficed
To fable them : faint afternoons
Of Cups and Stakes and Handicaps,
Whereby their names were artificed
To inlay faded, classic Junes—

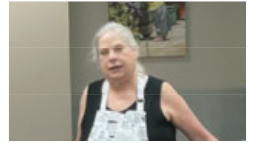
Silks at the start : against the sky
Numbers and parasols : outside,
Squadrons of empty cars, and heat,
And littered grass : then the long cry
Hanging unhushed till it subside
To stop-press columns on the street.

Do memories plague their ears like flies?
They shake their heads.

Dusk brims the shadows.
Summer by summer all stole away,
The starting-gates, the crowd and cries—
All but the unmolested meadows.
Almanacked, their names live; they

Have slipped their names,
and stand at ease,
Or gallop for what must be joy,
And not a fieldglass sees them home,
Or curious stop-watch prophesies :
Only the grooms, and the grooms boy,
With bridles in the evening come.

The Zibby Zone



You may have noticed a blonde dynamo bustling between Déjà Brew and Deals on Wheels over the last couple of years. Elizabeth "Zibby" Kelley joined our volunteer force in 2021 after re-opening from our closure for COVID. She quickly became a fixture in the Center, learning members' names, drink orders, and where her help was needed the most. She sweet-talked her husband, Kacee, into helping with fundraising and anywhere else she saw our need. Her energy and sunshine were eagerly shared with any who came into her orbit. She became one of those people you immediately feel like you know and instantly appreciate. She brought so much life and humor to us all. Sadly, our dear Zibby was taken from us rather suddenly and tragically in January. We miss her greatly!

| | | | |
|--|--|--|--|
| <p>SUPPORT OUR ADVERTISERS!</p> | | | <p>FREE AD DESIGN with purchase of this space</p> <p>CALL 800-950-9952</p> |
|--|--|--|--|

HILLTOP BANK

WEALTH MANAGEMENT

- TRUST & ESTATE ADMINISTRATION
- CUSTOMIZED INVESTMENT MANAGEMENT
- CONSERVATORSHIPS
- RETIREMENT PLANS

(307) 577-3470 or (800) 473-0615 • www.hilltop.bank

Wealth management products are not FDIC insured, may lose value, and have no bank guarantee.

Hoffman Monuments and Stoneworks, LLC

Specializing in Monument and Natural Stone Designs and Engraving

MONUMENTS • NATURAL STONE
VASES • VAULTS • PORCELEIN PHOTOS
HEADSTONE CLEANING - CEMETERY LETTERING

307.577.6314
1205 South Melrose | Casper
www.hoffmanmonuments.com



The 3 Reasons You Should Rinse Your Canned Beans

Why you should rinse your canned beans, according to a chef-instructor at the Institute of Culinary Education.

BY MEGAN O. STEINTRAGER | Published January 23, 2024 | <https://www.simplyrecipes.com/why-rinse-canned-beans-8547205>

I'm a fan of canned beans—they're convenient, affordable, and most importantly, delicious. At least once a week, I use canned beans and legumes like chickpeas, black beans, pinto beans, and white beans in chilis, stews, salads, and more. And though I'm not always one to follow recipes to a T, when the instructions call for draining and rinsing canned beans, I dutifully dump them into a colander, run cold water over them, and drain them.

It turns out there are several good reasons that recipes call for rinsing canned beans. One commonly known reason is that rinsing can remove up to 41% of the sodium (i.e. salt), according to [The Bean Institute](#), a website managed by the Bean Growers Association of North Dakota and Minnesota. To learn more about why you should take those "drain and rinse" orders seriously—plus when you might want to skip rinsing—I spoke to Richard LaMarita, chef-instructor of Plant-Based Culinary Arts at the [Institute of Culinary Education](#). Here's what I learned.

"Rinsing does three things besides reducing salt content," says LaMarita.

1. **It impacts the flavor of your food:** "[Rinsing] gives the beans a cleaner mouthfeel and prevents the gel-like coating from altering the flavors of the surrounding ingredients." This is why you might want to rinse canned beans, even if you are making a dish that calls for additional liquid, as tempting as it might be to use the liquid from the can.
2. **Get consistent dishes every time:** LaMarita says another good reason to drain and rinse beans is so you can consistently replicate dishes. "If you rinse your beans thoroughly, you will have a consistently flavored product, but if you do not rinse them, different amounts of salt will remain in the dish each time you cook it, and it will be hard to cook consistently," he says. So if you want your chickpea curry or black bean tacos to taste the same every time you make them, go ahead and give those beans a rinse.
3. **It may mean you'll be less gassy:** "The reason the juice has a gel-like texture is that it is full of soluble fiber," says LaMarita. "A significant and sudden increase in fiber can cause bloating and gas. The fiber in the beans might do that anyway, but rinsing the beans helps." LaMarita adds that for people who normally have a high-fiber diet, the difference between using unrinsed

and rinsed beans might not be that noticeable and that symptoms generally go down over time, but if you are cooking for people who don't eat a lot of fiber, they may feel bloated afterward.

Is It OK To Eat the Liquid?

"The liquid is viscous, and tastes pretty good," says LaMarita. "It is also perfectly healthful to consume, so from a flavor perspective, there is nothing wrong with *not* rinsing."

Indeed, unrinsed canned beans can be great from a culinary standpoint in dishes like white bean soup, where the liquid adds a "starchy richness," as the recipe developer Sheela Prakash notes. Draining but not rinsing canned chickpeas can also make for very creamy homemade hummus. Still, LaMarita comes down on the side of rinsing most of the time. "It depends on how much fiber you want to ingest, and who you are cooking for," he notes.

What if You're Using No-Salt-Added Canned Beans?

If your biggest concern with canned beans is the sodium, you can certainly use no-salt-added or low-sodium canned beans, but LaMarita still recommends rinsing in most cases for the same culinary and gas-reducing reasons you'd rinse canned beans with salt. Regardless of the amount of salt added to the canned beans, LaMarita says, "You still have to taste them and ask—is it the correct amount [of salt] to create a balanced dish?" and adjust for salt accordingly.

The Takeaway

Even if you are not concerned about sodium, in most cases it's a good idea to rinse canned beans. Rinsing beans can improve the flavor and texture of the final dish and can help cut down on how much gas they produce. So, for your culinary success and intestinal comfort, give those canned beans a rinse unless your recipe specifically says not to.

How to Rinse And Drain Canned Beans





Central Wyoming
Senior Services Inc.

"The Heart of Natrona County"

307.265.4678-1831 East 4th St, Casper, WY 82601

MEAL CALENDAR

March 2024

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|--|---|--|--|
| | | | | | 1 Baked Tilapia Sweet Potatoes Herb Roasted Tomatoes Mandarin Spinach Salad Honey Wheat Biscuit | 2 |
| 3 Swiss Steak Garlic Fettuccine Spinach Wheat Roll Apricots | 4 Chicken Fajitas Lettuce Tomatoes Beans Rice Pepper Slaw Baked Apples | 5 Ham & Beans Baby Carrots Green Salad Corn Bread Ginger Peas | 6 Meatballs In Mushroom Gravy Rice Pilaf California Vegetables Mixed Green Salad | 7 BLT Wrap Pasta Salad Fresh Vegetables Broccoli Craisin Salad Spiced Peach Parfait | 8 Tuna & Noodles Peas with Pearl Onions Creamy Slaw Sunflower Bread Black Cherries | 9 MEALS INCLUDE MILK & BREAD |
| 10 Turkey & Noodles Sliced Carrots Green Salad Cranberry Sauce Honey Wheat Roll | 11 Beef Cottage Pie Steamed Cabbage Mandarin Oranges Tossed Vegetable Salad Apple Walnut Muffin | 12 Biscuits & Gravy Scrambled Eggs Potato Hash Browns Sliced Tomatoes Sliced Peaches | 20 Broccoli Cheese Soup Chicken Salad Sandwich On Wheat Bread | 14 Goulash Catalina Mix Caesar Salad Garlic Bread Stick Fruit Whip | 15 Glazed Salmon Creamy Risotto Winter Mix Garden Bounty Salad Chocolate Pudding | 16 |
| 17 <i>St Patrick's Day</i> Corn Beef & Cabbage Potatoes Carrots Pistachio Fruit Salad Cake | 18 Smothered Chicken Garlic Pasta Braised Cabbage Dill Cucumbers Orange Jello Whip French Bread | 19 Soft Shell Tacos Lettuce & Tomatoes Black Beans Spanish Rice Brownie | 20 Ham & Scalloped Potatoes Green Beans Carrot Raisin Salad Tropical Fruit | 21 Natrona County Cow-Belles Roast Beef Mashed Potatoes Roasted Cauliflower Cottage Cheese Salad Wheat Roll Peach Crisp | 22 Happy Birthday Lunch! Oven Fried Chicken Mashed Potatoes Stewed Tomatoes Whole Wheat Roll Strawberry Shortcake | 23 MENU SUBJECT TO CHANGE |
| 24 Pork Medallions Brown Rice Asparagus Bean & Tomato Salad Apple Pie | 25 Beef & Noodles Golden Corn Russian Garden Salad Whole Wheat Roll Oatmeal Cookie | 26 Chicken Pot Pie Roasted Broccoli Tomato Basil Salad Brown Bread Red Grapes | 27 Split Pea Soup Egg Salad Sandwich On Croissant Fresh Vegetables Cantaloupe Chunks | 28 EASTER DINNER Glazed Ham Or Roast Lamb Cheesy Potato Bake Green Bean Casserole Hearty Tossed Salad Carrot Cake | 29 CLOSED: Good Friday | 30/31 CLOSED: Happy Easter! |

Everything you need to know about the 2024 Kentucky Derby: Date, time, and how to watch

by Jack McKessy | USA Today | Published Feb. 14, 2024

<https://www.usatoday.com/story/sports/horseracing/2024/02/14/kentucky-derby-2024-date-time-how-to-watch/72471867007/>

The most exciting two minutes in sports is nearly here.

The 2024 Kentucky Derby is set to get underway in May, and when it does, it will be the 150th edition of the annual horse race. It's the first leg of horse racing's Triple Crown along with the Preakness Stakes and Belmont Stakes in the late spring/early summer months.

The event is the most-watched and highest-attended horse race in the United States. Each year, hundreds of thousands of people head to Louisville, KY's Churchill Downs for the race as well as the two weeks of festivities at the Kentucky Derby Festival.

Here's everything you need to know about this year's Kentucky Derby.

When is the 2024 Kentucky Derby post-position draw?

Each year, Churchill Downs decides the starting post position of each horse with a draw. One official will pull a piece of paper with a horse's name out of a pile while another draws a paper with a gate number out of a separate pile. In years past, this draw occurred on the Monday before the race, five days ahead of time. This year, the post-position draw will occur on Saturday, April 27, a full week before race day.

How many horses race in the Kentucky Derby?

Each year's Kentucky Derby features 20 horses. They qualify from the United States as well as the "Japan Road to the Kentucky Derby" and European Road to the Kentucky Derby," according to the official race website.

How long is the Kentucky Derby?

The annual Kentucky Derby is 1 1/4 miles of racing, or 10 furlongs. It is about two kilometers.

What is the Kentucky Derby record?

Secretariat set the record at Churchill Downs in 1973 with a time of 1:59.4.

When (and what) is the Kentucky Oaks 2024?

The Kentucky Oaks, the Derby's sister race, is a stakes race for three-year-old Thoroughbred fillies, or female horses. This year's Kentucky Oaks will take place one day before the Kentucky Derby—Friday, May 3, 2024.

How to watch 2024 Kentucky Derby

Date: Saturday, May 4, 2024

Time: Around 6:45PM ET

Cable TV: NBC

Streaming: Peacock/YouTube TV/fuboTV

Leaderboard of Top Contenders for the 2024 Kentucky Derby

| Position | Horse | Owner | Trainer |
|----------|--------------------|--|-----------------|
| 1 | Fierceness | Repole Stable | Todd Pletcher |
| 2 | Track Phantom | L & N Racing LLC & Clark o., Caroom, Jerry and Breeze Easy LLC | Steven Asmussen |
| 3 | Locked | Eclipse Thoroughbred Partners & Walmac Farm | Todd Pletcher |
| 4 | Timberlake | Siena Farm LLC & WinStar Farm LLC | Brad Cox |
| 5 | Liberal Arts | Evan & Stephen Ferraro | Robert Medina |
| 6 | Nash | Godolphin, LLC | Brad Cox |
| 7 | West Saratoga | Harry L Veruchi | Larry Demeritte |
| 8 | Honor Marie | Ribble Farms LLC | Whit Beckman |
| 9 | Otto the Conqueror | Three Chimneys Farm | Steve Asmussen |
| 10 | Dornoch | West Paces Racing LLC R.A. Hill Stable Belmar Racing & Breeding LLC Two Eight Racing LLC & Pine Racing Stables | Danny Gargan |



Central Wyoming Senior Services Presents

4th Annual

A NIGHT AT THE RACES

April 26th, 2024

Doors Open at 5:30pm

Ramkota Hotel and Conference Center | 800 N. Poplar St.

Food, Drink, Fun and a Wager or 2

- Plated Dinner
- Cash Bar
- Fantastic Prizes and Packages
- Jockeys are Members of the Community
- Derby Hat Contest
- Raffles and Auctions

Reserve your seat today!
Tickets \$50 per person, dinner included.

For more information or to purchase tickets
Call (307) 265-4678 | Or visit www.caspseniorcenter.com

A Word from our Partner:

MEDICARE STATEMENT RED FLAGS

Look through claims and watch for words like:

- ✗ Diabetic supplies
- ✗ Hospice
- ✗ Glucose monitors
- ✗ Urinary catheters
- ✗ Genetic tests

Report suspicious claims to the SMP.



Not sure what you are looking for when reviewing your Medicare statements? That's okay! When you get your statements in the mail or through Medicare.gov, go to the claims area and just look for these few key words. If you find anything referencing diabetic supplies, hospice, glucose monitors, urinary catheters, genetic tests, or even COVID-19 tests, these are often the most common scams and could be red flags. Call the Wyoming Senior Medicare Patrol at 800 856-4398 or fill out a Report Suspected Fraud form to report these concerns.

<https://smpresource.news/report-fraud>



Preventing Medicare Fraud



Stay curious in the new year.

The love of learning doesn't end at 50.

OLLI at Casper College is the place where you can **Stay Curious.**



Join today!
307-268-3401

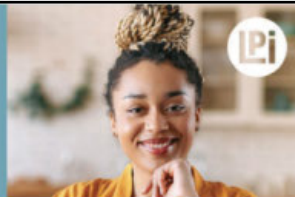


WE'RE HIRING!

AD SALES EXECUTIVES

BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community

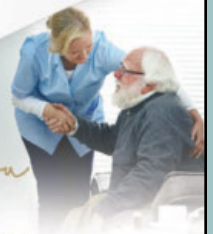


Contact us at
careers@4lpi.com or
www.4lpi.com/careers

CENTRAL WYOMING
HOSPICE
& TRANSITIONS

With you

CALL FOR PROGRAM INFORMATION
307-577-4832 CentralWyomingHospice.org



SPOTLIGHT

The Kentucky Derby's 1933 'Fighting Finish'

Pete Monaco | The Eighth Pole | Updated Nov. 12, 2018
<https://www.thespectrum.com/story/sports/mesquite/2018/11/12/eighth-pole-kentucky-derby-1933-fighting-finish-and-other-early-races/1835918002/>

What happened in 1933?

Year in Review

Major News:

- ✦ January 30—President Paul von Hindenburg appoints Adolf Hitler as Reich Chancellor of Germany
- ✦ February 26—Golden Gate Bridge groundbreaking ceremony held at Crissy Field
- ✦ March 4—Franklin D. Roosevelt inaugurated as 32nd US President, pledges to pull US out of the Depression
- ✦ April 17—Chicago Bears win their 1st NFL game, beat NY Giants 23—21
- ✦ May 6—Don Meade aboard Brokers Tip wins 59th Kentucky Derby in 2:06.8
- ✦ May 13—Charley Kurtsinger aboard Head Play wins 58th Preakness in 2:02
- ✦ June 10—Mack Garner aboard Hurryoff wins 65th Belmont in 2:32.6
- ✦ July 12—US Congress 1st minimum wage law: \$0.33/hr
- ✦ August 23—Mahatma Gandhi unconditionally released from Indian jail due to his serious health condition
- ✦ September 14—2 billion board feet of lumber destroyed in Tillamook Oregon fire
- ✦ October 17—Albert Einstein arrives in US as a refugee from Nazi Germany
- ✦ November 11—"Great Black Blizzard," the 1st of the great dust storms that created the Dust Bowl, rips through South Dakota
- ✦ December 5—Prohibition ends in the US when the 21st Amendment to the US Constitution is ratified, repealing the 18th Amendment

Prior to the 1930s, the Derby and Preakness were often run on the same day, or only one week apart. Therefore, few horses ever raced in both contests. But in 1930, Gallant Fox shocked the racing world by winning The Preakness (which was run before the Derby then), The Kentucky Derby, and The Belmont Stakes back to back. In 1931, the racing establishment set the current Triple Crown schedule in stone, so that the Derby would always precede The Preakness by two weeks and be followed by The Belmont Stakes three weeks later.

Rough riding

Racing was just plain rough in those days—and there is no better example than the 1933 Kentucky Derby, also known as the "Fighting Finish." But as rough as the riding was in that era, I doubt the crowd on hand expected to see 18-year-old jockey Don Meade and 22-year-old rider Herb Fisher street fighting atop two horses down the length of the stretch during the big race.

As the horses straightened out off the final turn, Meade sent Brokers Tip through a narrow seam on the rail and got on even terms with the leader, Head Play, with Fisher aboard. Fisher tried to make it tough for Brokers Tip and pinned him on the rail. The jockeys grabbed and tussled with each other, and Fisher even whipped Meade after the foursome crossed the wire only noses apart.

There were no cameras on the wire to determine a close finish in those days. The winner was determined by the stewards, who announced that Brokers Tip had won the race by a nose. But Fisher was sure he and Head Play had won the race and he also thought he was fouled. His claim was disallowed and the rider was in tears at the decision.

By the time the riders got back to the jockeys room, their emotions boiled over and a fistfight ensued. It was eventually broken up by fellow jockeys and news reporters. Both riders were suspended for 30 days and Fisher received an extra five for starting the fistfight.

Meade would speak of the drama many years later: "I couldn't push him away from me because he had a hold of me, so I had to get a hold of him," he told *The Courier Journal*. "So, from there down to the wire, that's what it was, grab and grab and grab. ... It was more or less everyone for themselves in those days."

As for the top-two Derby finishers, they met up again in The Preakness. Head Play proved superior while romping in the race, and Brokers Tip ran dead last. Head Play would go on and have a productive career and was named 3-year-old champion of 1933. Brokers Tip would never win another race and remains the last maiden to win The Kentucky Derby.

Wallace Lowery, a *Courier Journal* photographer, managed to snap the only head-on picture of the melee, while laying under the rail. Like the race, the photo is known as the "Fighting Finish" and is one of the most famous in horse-racing history. The picture was developed and later printed in *The Courier Journal*. The publication was out on the street within one hour and 40 minutes of the race ending.





United Way
of Natrona County

CASPER AREA
CHAMBER OF COMMERCE

"If passion drives you, let reason hold
the reins."

- BENJAMIN FRANKLIN

Rotary
District 5440



FIRST WORLD HORSE PROBLEMS



HILLTOP BANK
MEMBER FDIC



Reveille
Rotary
meets on
Wednesday
mornings
at 7 A.M.



Annual Enrollment Period
October 15-December 7
Call for your complimentary Medicare
benefits review appointment!

Licensed Insurance Consultants
307-333-4324

Are you going to be **NEW** to Medicare, retiring, or
have questions on your current Medicare coverage?

**Let us be your Medicare Advocates. We are working
for YOU, not the insurance companies.**

- Prescription Drug Coverage (Part D)
- Medicare Advantage Plans
- Medicare Supplement Plans



SUPPORT OUR
ADVERTISERS!

Wyoming's Local Choice for Seniors!

Smartt

Insurance made simple.

Medicare
Supplements
& Annuities

[844] 989-5263

www.smarttins.com

Wyoming Owned for more than 15 years
with 4 Locations Across OUR great state

ERIC
SMARTT



Casey
Grisham



THRIVE
LOCALLY



For ad info. call 1-800-950-9952 • www.lpicomunities.com

Central Wyoming Senior Services, Casper, WY

E 4C 05-0641

ACTIVITIES FOR EVERYONE

If you don't see your activity, please check with the office!

Key: AR=Activity Room | CNF=Conference Room | DR=Dining Room | DF=Dance Floor

| Activity | Day(s) | Time(s) |
|-------------------------------------|--|--|
| Afternoon Tai Chi | Tuesday/Thursday | 3:00PM—4:00PM (AR) |
| Bible Study | Monday | 1PM—3PM (AR) 3PM—4PM (Déjà) |
| Binding Friends | Monday | 6:00PM—8:00PM (CNF) |
| BINGO! (\$0.50/card) | Thursday | 12:30PM—2:00PM (AR) |
| Bridge | Tues/Wed/Fri | 12/12:30PM—4PM (DR/CNF) |
| Canasta | Friday | 12:00PM—4:00PM (DR) |
| Caps for Kids | 2nd/4th Wednesday | 12:30PM—4:00PM (AR) |
| Casper Antiques Collectors Club | 3rd Thursday | 5:15PM—8:30PM (CNF) |
| Casper Cut-Ups | 2nd Saturday | 9:00AM—2:00PM (CNF) |
| Casper Needle Guild | 3rd Tuesday | 7:15PM—9:15PM (CNF) |
| Chair Exercise | Mon/Wed/Fri | 10:00AM—11:00AM (DF) |
| Chair Yoga | Tues/Thurs | 9:15AM—9:45AM (AR) |
| Chess Club | Tuesday | 7:00PM—10:00PM |
| Clogging | Monday (Easy) Thursday (Intermediate) | 10:30AM—11:45AM (AR) 10:30AM—11:30AM (DF) |
| Craft Class | Thursday (Main) | 10:00AM—12:00PM (AR) |
| Dance Club | Monday | 6:00PM—8:00PM (DF) |
| Doll Club | 2nd Saturday | 2:00PM—4:00PM (CNF) |
| Grief Support Group | 2nd/4th Monday | 5:00PM—7:00PM (AR) |
| Line Dancing | Tuesday | 10:00AM—11:00AM (DF) |
| Mexican Train Dominoes | Sun/Mon/Thurs | 1:00PM—?4PM? (DR) |
| Pinochle | Thurs/Fri | 12:30PM—4:00PM (DR) |
| Poker | Mon/Wed/Fri | 1:00PM—4:00PM (DR) |
| Qigong | Thursday | 6:00PM—7:00PM (AR) |
| VA Caregiver (<i>Please call</i>) | 2nd Tuesday | 11:00AM—12:00PM (CNF) |
| Wellness Clinic | Tues (Main) Thurs (Sites) | 10:00AM—2:00PM (DR) 12P—1P (Sites) |
| WY Dementia Support Group | 1st/3rd Thursday | 10:00AM—11:00AM (CNF) |

Financial Opportunities

Welcome To:

Déjà Brew

Volunteers Baristas available:
Monday—Friday, from 9:00 AM—1:00 PM

Support the Senior Center and get the delicious drink you didn't know you needed!

5-drink punch cards cost \$15 AND save you \$1/drink!



© Brian Crane. Dist. by The Washington Post Writers Group

VITA

Free VOLUNTEER INCOME TAX ASSISTANCE

2024

January 30– April 6

WHAT TO BRING

- Government issued photo ID
- Social security cards or ITIN letters for taxpayers & dependents
- All W-2 & 1099 forms for the tax year
- Bank account numbers for direct deposit
- Evidence for deductions, such as mortgage interest, property taxes, charitable contributions, & medical expenses
- Receipts for child care expenses & the provider's tax ID number
- Prior year tax return

HOURS OF OPERATION

Tuesday-Friday | 10 am – 3 pm
Saturday | 9 am – 1 pm
Closed Sunday & Monday

LOCATION

Aspen Creek:
800 Werner Court, Suite 130-150
Casper, WY 82601
Casper Area LINK: Green Route

CONTACT 307.315.6310

FILE YOUR TAXES AT HOME
MyFreeTaxes.com



GW MECHANICAL INC

YOUR PLUMBING & HEATING SPECIALISTS SINCE 1988

- Water Softeners Installed
- Water Heaters • Tankless Water Heaters
- Hot Water Boilers
- Shower • Toilets • Sinks • Faucets

CALL US FOR YOUR PLUMBING NEEDS!
307-472-2081 • GWMechanical.com

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO

lpicommunities.com/adcreator

Are you ignoring the signs?

Can you read the signs correctly to determine if your heartburn is just that, and something more serious?

For more than 3 million people in the U.S. chronic heartburn has turned into Barrett's Esophagus, a pre-cancerous condition. Many don't even know they have it.

Take control of your health and ask your doctor about your risk for developing Barrett's Esophagus and treatment options. Gastroenterology Associates has the latest technology to diagnose and treat this condition, before it has the opportunity to progress to cancer.

GA

GASTROENTEROLOGY ASSOCIATES, P.C.

To learn more call Gastroenterology Associates
(307) 233-2700 or Toll free (800)380-1820 to speak to
Dr. Krmpotich, Dr. Joubran, Dr. Cooper, Dr. Fahed
The doctors have treated the most Barrett's Esophagus patients in Wyoming.
You may also visit www.curebarretts.com to learn more online

1441 Wilkins Circle • Casper, Wyoming 82601



Central Wyoming
Senior Services, Inc.
1831 East 4th St, Casper, WY 82601
(307) 265-4678
"The Heart of
Natrona County"



Photo by K. Mitch Hodge on Unsplash

PARTING THOUGHTS

"The essential joy of being with horses is that it brings us in contact with the rare elements of grace, beauty, spirit, and freedom."

~ Former "Horse Illustrated" Editor Sharon Ralls Lemon ~

NOTICE: The weekly puzzles are intended for individual use and to be turned in by clients coming into the center for activity sign in purposes. Please help us continue to keep such activities free by taking only one or making a donation for additional copies.

Thank you!

We would like to extend
a huge **THANK YOU** for the
support from our amazing
community and members!

Volunteer

Opportunities:

If you are interested
in giving your time,
please see the office.



We cannot stress enough
how much we depend on
our volunteers.

YOU keep the Senior Center
running and allow us to
continue providing
vital services
to members and
our community!

Thank You Always!