

Voters will go to the polls Nov. 4 to decide a number of races. On Aug. 15, local mayoral candidate James Ditsch talked to MCE voters about the importance of voting. Ditsch did not move on to the General election.

Ditsch educates MCE voters

BY HEATHER RAIMONDO-O'BRIEN

On August 15, 2008, James Ditch provided education to people with developmental disabilities on their rights to vote. Mr. Ditch ran in the primary election for Mayor of Cheyenne. He currently works at the Wyoming Department of Transportation. Mr. Ditch is a person with disabilities and is a great

mentor and spokesperson for people with disabilities.

As disabled persons, our MCE participants have the right to vote and need all the information they can get to make an informed decision. Many times our population of participants are overlooked as a place for candidates to campaign.

Mr. Ditch was able to explain the reason it is so important for us all to vote.

He was able to describe voting in terms that was meaningful for the audience. Many participants and their staff had questions in which Mr. Ditch was able to answer for us. We thank Jim for his time and efforts and for expressing his desires to make the world of the disabled individuals in Cheyenne better.

Residents rave over new air conditioners

BY NICOLE M. DAVIS

I sat down with Mia Patterson and asked her about the new air conditioners put in group homes.

Air conditioning has been something that Magic City has been trying for a long time to get put in our group homes. Mia and Jack talked about it due to the complaints from group homes and staff about the heat. Some staff around MCE believed that a part of the participants' behaviors as well as staffs, had to do with the heat!

Each home had several window AC's that participants had owned because they wanted to buy their own for their bedroom to stay cool. Mia started getting bids which did take awhile, but once the final bid was in Mia and Jack took the bids to the Board of Directors who gave Magic City the authorization to have the AC's put into all the shared family homes.

Mia said that the installation went on right on time. The installers said it would take two weeks from the day they started to install the AC's. All the group homes had one AC except Wills, Ridge and Cleveland which have two AC's due to them being split homes. The Greenview apartments will continue to use small portable units. In the process of getting the AC's installed,

"I love the air conditioning. It has kept me cool!"

-R. McIntyre

Magic City was able to get all the furnaces updated, checked and replaced so the shared family homes would be set for the winter. Mia stated, "Doing this now will be cost effective during the winter. Each thermostat is programmed in the summer it is set at 74 degrees and come this winter it will be set between 70-73 degrees." All of the thermostats have a locked box on them and can only be changed by Steve our maintenance man. He will only do this if the group home has done a work order that is signed by their manager.

I asked a few participants what they thought of the new Air conditioning in their homes and here are what a few of them had to say:

R. McIntyre at Lampman says, "I love the air conditioning. It has kept me cool!"

Ja. Andazola at Independence says, "The air conditioning is working good!"

H. Chastain at South 4th says, "Sometimes it gets too cold for me now."

T. Reher at South 4th says, "I love it!!!"

ECO Center breaks record

BY MAC MCCRACKEN

A lot recyclable material comes through the ECO Center each month. The last two months we have had record amounts come through. We average about 550,000 pounds of material per month. WOW! That is a lot of stuff to recycle.... We send out between 12 and 15 truck loads a month. The majority is newspaper (ONP). This is sent to Mountain Fiber in Utah and they use our paper to make insulation for houses. We send our cardboard to Oklahoma to be made into cardboard again.



The ECO Center has averaged 550,000 pounds of material per month for two months.

RICH'S WEATHER CENTER



I predict that it will be a dry October, but look out come Halloween. Make sure that your costume will allow a coat underneath; we'll have snow for the trick-or-treaters.

Forget stereotypes; we are people first

BY REGINA MEENA

There isn't a day that goes by that I don't have someone ask me a question about people with Developmental Disabilities. Mostly, people are uncertain how to interact with them. They find chance meetings to be "awkward" or "uncomfortable." The reason for this is that inevitably, people focus on the Developmental Disability instead of the individual who happens to have it.

Over the past twelve months, I have written a series of articles giving the reader a glimpse inside the very active lifestyles of people served in Magic City Enterprise's programs. They live independently or with roommates in Shared Family Homes, hold jobs through competitive employment opportunities, travel on vacations, and develop loving relationships. They have great attitudes, really rotten days and hard earned accomplishments. They volunteer, vote, drive, and advocate for their needs. When it comes down to it, we have more in common with each other than not. So, here are some general guidelines used in communicating dignity and respect to people with Developmental Disabilities. They incorporate People First Language. Its main premise is that language is used to tell what a person has, not what a person is. Make no doubt about it, words matter.

Never equate the person with the disability. A person who has epilepsy is not an epileptic. Do not refer to a person's disability unless it is relevant to the conversation. Use "Disability" rather than "handicap" to refer to a person's disability. Use "handicap" to refer to a barrier created by people or the environment. For example, "People with disabilities who use wheelchairs are handicapped by stairs." Avoid referring to people with disabilities as "the disabled, the blind, the epileptic, the retarded." Avoid negative or sensational descriptions of a person's disability. Don't say "suffers from, a victim of." Don't use "normal" or "able-bodied" to describe people who do not have disabilities, say "people without disabilities." Do not use the word "special" such as "special schools, special bus." Avoid cute euphemisms such as "physically challenged", "inconvenienced by" or "differently abled." The following terms are more examples of People First Language you may find helpful.

Person with a disability, not the handicapped

A person, not the disabled

Person with mental retardation, not "retard or retarded"

Person who has autism, not an artistic

Person who has Down Syndrome, not "Downies" or Mongoloid

Person with a Mental Illness, not "psycho, crazy, wacko"

Person who is deaf or has hearing loss, not the deaf

Person who has a speech disorder, not the mute

Person who is blind or has a visual impairment, not the blind

Person who has epilepsy or a seizure disorder, not an epileptic

Person uses a wheelchair, not confined to a wheelchair

Person who walks with crutches, not a cripple

Person who has quadriplegia, not a quadriplegic

He/she is of short stature, not "a dwarf or midget"

People without disabilities, not normal people

Accessible uses, bathrooms, parking, not handicapped buses, bathrooms, parking.

You can substitute a person's name in any of the above examples. "Martin has quadriplegia." "Denise uses a wheelchair." Speaking of wheelchairs, people without disabilities are uncertain whether or not to open doors for someone using a wheelchair. A good rule of thumb is to ask them if they would like assistance, but don't be surprised if they pass. By following these guidelines, not only will you gain disability awareness, but I am sure you will have an enjoyable interaction with these extraordinary people, and be reminded that we are much more alike than different.

MCE EMPLOYEE OF THE MONTH

Timberlake supports participants

BY REGINA MEENA

At Magic City Enterprises, we believe our employees are our most important asset. Magic City is a non-profit organization whose mission is to help people with disabilities live and work in the Cheyenne community. Our employees support participants through life skills attainment, health care management, service coordination and employment opportunities. Most find their work is deeply rewarding.

Kim Timberlake is Direct Care Professional of the Year. She worked as a Direct Care Professional for the last six years at various Shared Family Homes. She supports the participants who live in the homes to achieve their personal goals to participate fully in community life. Her



commitment and dedication to the individuals she works with is greatly appreciated by them and throughout Magic City.

On behalf of all those we serve, Magic City Enterprises thanks Kim Timberlake for her quality work and dedication to our participants. Congratulations Kim, on being Magic City's Direct Care Professional of the Year.

MCE NEW ADMINISTRATION MEMBERS

BY REGINA MEENA

Magic City Enterprises would like to introduce three members of our management team, Mia Patterson, Chief Finance Officer/General Manager, Heather Raimondo-O'Brien, Program Director and Regina Meena, Development Director. Mia has a Bachelor Degree in Accounting with experience in financial and operations management. Heather holds a Bachelor's in Administration of Justice with a Masters Degree in Psychology. Her experience is in the rehabilitation and program development fields. Regina's background includes Bachelor degrees in Elementary Education and Psychology and a Master's in Public Administration. She has experience in education, health care planning and employment. MCE is pleased to have them join our outstanding staff in serving people with developmental disabilities.

What's holding you back?



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Cindy, Jena and Bernie show their potato-cutting spirit the night before the picnic.

What's a potato salad get together?

BY NICOLE DAVIS

What do you do with 15 energetic women, 120 pounds of cooked potatoes and several dozen hard boiled eggs? Lots and lots of potato salad! Well that's exactly what the ladies of Westland did on July 31st. Our hostess, Pat Camillo invited us to use her kitchen to prepare the potato salad for our company picnic. The idea was to make our own recipe and add it all together to make enough for 400 people the next day at the picnic. It was a fun time for all, not only did we make potato salad for 400, we also got to know each other outside of the office. We had good food, libation, conversation, lots

of laughs, some tears, bonding plans for more great times and we are going to start a book club beginning in the fall. Pat was giving a hostess diary and here are just a few comments that were made about the gathering.

Nancy Gordy, "The Ya Ya Sisterhood of making potato salad!"

April Carter, "Great Party!"

Cindy Koenig, "Great fun, and I enjoyed the company."

Bonnie Martens, "WE Rock!"

Sharon Tennant: "Great Teamwork!"

Nicole Davis, "Best time I've had being away from kids, enjoyed the adult company."

COMMUNITY EMPLOYMENT EMPLOYEE OF THE MONTH, JULY 2008

BY LINDA J. TORRES

Lydia Rivera was voted Employee of the Month for July 2008. This is the second time this year that Lydia has been voted Employee of the Month for community Employment, she was first here in January 2008 as employee of the Month. This goes to show just what a good person and great co-worker Lydia is to get this honor twice in six months.

Lydia was nominated because of her positive attitude and understanding of participants needs and wants. Lydia is a wonderful co-worker willing to help in any way she can. Lydia, Community Employment thinks, "You Rock!"

Lydia was asked a few questions about her life and these were her answers:

Who has inspired you and why? "My mom was my big inspiration because she has overcome so many bad things in her life and always has a smile and a hug for everyone no matter what she's going through."

When you were young what did you want to grow up to be and why? "I wanted to be a lawyer, Melvin Belli was my hero. He was a great defense attorney. I wanted to help people."

If there was one thing you could change in the world what would that be and why? "I would want there to be more compassion in the world. I think life would be easier to deal with if people truly cared for each other."

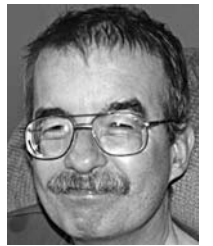
What is the funniest thing that has ever happened to you? "In the seventh grade I was supposed to play a flute solo on stage and I got on stage and froze and all I could do was giggle and I had the entire auditorium laughing. I never did the flute solo!"

Lydia's comment when told that she was Employee of the Month was, "Wow! Thanks guys." Lydia also wanted to tell the Community Employment team that it is a wonderful team to be a part of and she really appreciates the personal recognition and thinks her team ROCKS!

MEET KELLY

BY BIBI ATWELL

Kelly Schwartzkopf has always loved history. He can recite the Presidents of the US throughout history, in order from George Washington. He can tell you anything you want to know about each president. He reads a lot of historical books, loves to collect videos, and has a very large collection of books and videos. He works at Videos, Hits, and Games. It was his goal in life to work at a video or book store and he loves his job.



Kelly

Kelly likes to travel to Indiana to visit his family once a year. He is getting involved in People First and enjoys getting together with everyone there. He loves to bowl and spend time with his girlfriend Ida. He has a great sense of humor and jokes with everyone. He is a pleasure to spend time with.

MARK RYNES – "ABSOLUTELY WONDERFUL"

BY PAULI DURAN

In a recent Monthly Employer Follow Along, Mark Rynes' employer, Circuit City gave a glowing report of Mark's work. Adriene stated, "Mark is absolutely wonderful! His productivity is \$20,000 in computers alone and \$18,000 in cameras. Mark is second ranked in selling merchandise and the only person over him is the computer manager.



Mark Rynes

Congratulations Mark!

SPECIAL OLYMPICS NOTES

BY JENNIFER ELLIOT

Congratulations to Debbie Bagley who took second place in the golf tournament on August 4th in Douglas!

The following MCE athletes went to the softball tournament in Casper on September 6th, 2008: Sheldon Sheen, Daniel Brent, Mike Davis, James Mitchell, Charla Kline, Helen Nicodemus, Dena Mason, and Crystal Garvin. The soccer, cycling, equestrian and bowling tournament will be October 15-17th in Casper. Athletes will be leaving Cheyenne around 1 PM on the 15th and will spend the nights on the 15th and 16th in Casper. They will return to Cheyenne the evening of the 17th. Good Luck to our MCE participants and have fun!

Soccer practices are held at Miller Field on Tuesdays from 6-8PM, Cycling is Thursday from 6-8PM at Preston University parking lot, equestrian practice is at Singletree Stables on Sundays at 4 PM and bowling practice is at the Two Bar Bowl on Saturdays starting at 1 PM. The cost is \$6.75 per week for bowling but if anyone does not have the money, let Wanda know (via Jennifer Elliot if you don't know Wanda) and they will work it out for you.

GREEN TEAM

BY HEATHER RAIMONDO-O'BRIEN

The Green Team is meeting monthly. This past month we

decided to implement recycling at each of our shared family homes. So, each home needs to go down to the ECO Center and get paper recycling bags. Our Staff Photographer Dena Mason is showing us in this paper what it looks like. ALL READERS of this paper and the PUBLIC may come down to the ECO Center and get their bag too. Please fill with paper- newspaper and white paper and bring back to the ECO Center. This will help our environment and help MCE Recycling. Stay tuned for the next steps in our "Green Process."



Dena Mason holding recycling bag

This will help our environment and help MCE Recycling. Stay tuned for the next steps in our "Green Process."

FOOD

Garden recipes

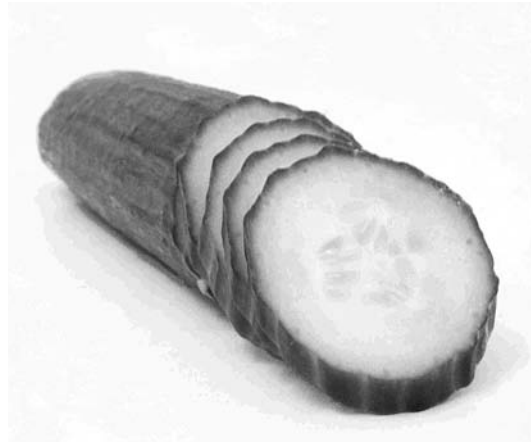
BY KATHY GOOD

I have a couple of good recipes for you. The first recipe is refrigerator pickles, which can be made any time of the year. I have made these the last couple of years for both Lummis and Trailways. They will last for a year but they never seem to be in the fridges longer than a day or two! The recipe says to use a glass jar, but we learned from experience it works just as well in large plastic containers. The first year one of the participants dropped the jar of pickles and it took forever to stop our shoes from sticking to the floor. Quent was not too happy with us for that one! And how can I forget, Dill Green Beans, since that is what started this article!!

Refrigerator Bread and Butter Pickles

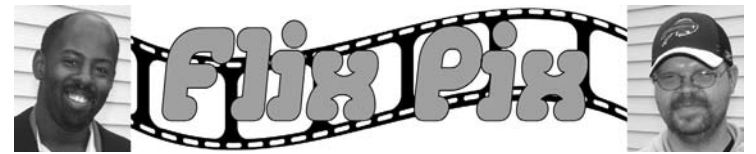
3 qt sliced cucumbers
1 lg sweet onion, sliced
1 lg green pepper, sliced
3 cups of sugar
1 small jar pimentos
1/3 cup salt
2 cups white vinegar
1 tsp celery seed

Mix all of the ingredients together. Put in 1 gallon jar with a tight lid. Shake well to mix. Refrigerate, shake jar once a day for about a week. Pickles are ready to eat in about 3 weeks. You can try different thinly sliced veggies for variety.

**Dilly Beans**

2 pounds trimmed green beans
1/4 cup salt
4 heads of dill
4 cloves of garlic
1 Teaspoon of cayenne pepper
2 1/2 cups of vinegar
2 1/2 cups of water

Pack beans lengthwise into hot pint jars, leaving head space. Into each jar add 1/4 teaspoon of cayenne pepper, 1 clove of garlic and 1 head of dill. Combine the remaining ingredients and bring to a boil. Pour boiling hot water over the beans, leaving 1/4 inch of head space. Remove the air bubbles. Adjust the caps. Process the pints in a boiling water bath for 10 minutes. When you remove them from the boiling water bath, set upside down on a towel on the counter to cool.



James Mitchell – Dark Knight “I loved Dark Knight but hated the way it ended.”

Thomas and James — House Bunny “we shouldn’t be able to pick Movies, it was a

chick flick without any direction!”

Bangkok Dangerous – “lots of blood and a crummy ending, I think we should take a rest from the movies for a while.”

AKTION CLUB NEWS

BY JENNIFER ELLIOT

The Aktion Club held a memorial on Patriot Day (9-11) by the flag outside the Westland offices at 7 AM. Janice Isaac, Helen Nicodemus and Wendy Davis were the faithful members who attended. The South Fourth Ladies drove by, but didn’t realize we had gone inside since it was chilly out that morning. Thanks Amanda Green for bringing the Cleveland Ladies over.

Several Aktion Club members came to the Greenway clean up at Optimist Park on Spet 13. Present were: Jasmine Andazola, Helen Nicodemus, Sheryl Knapp, Theresa Reher, Stephanie Ziegler, Lori Williams and Heidi Chastain. This group cleaned up the Greenway and then enjoyed doughnuts in the park.

Aktion Club meetings are held the first and third Fridays of the month in the Cottonwood Room at the public library. If you are interested in becoming a member, or would like to help out, contact Jennifer Elliot at 637-8869, ext 292 or just come to one of our meetings!

Burrows not miniature on love, fun

BY SHARRON KELSEY

Bo and Fred are miniature borrows; they have lived with Sharron Kelsey for the last 4 years. Bo likes to tell his own story.

Bo: Hi.. I am the good looking fellow in the grey suit. The other guy is my friend, Fred. Well, for quite

a few years Fred and I went from one home to another. People would move us in, then decide they didn’t want us anymore and we would be sent off somewhere else. Then, Fred and I 3ended up together at a nice woman’s house and things were good for awhile. Then the nice woman decided to get a divorce.

Fred: What’s a divorce?

Bo: It is a legal term that means burros lose their home. Anyway, the nice woman looked for a good home and decided that HER(our person) was the most suitable place.

Fred: “Most suitable” is a relative term.

Bo: What!? You don’t like it here?

Fred: It’s okay... just some things irritate me.



Bo: Like What?

Fred: Well, it irritates me when that big horse prances around acting like she’s so special carrying our person on her back and going off for days and then coming back and bragging about all the places she goes and things she sees.

Bo: She is special- she is an Appaloosa!

Fred: Bit Whoppity Do... I’m a Mediterranean Burro!

Bo: And besides, I like to hear her stories. My favorite is the one about running with buffalo in Yellowstone Park.

Fred: You don’t even know what a buffalo is.

Bo: I know they are big and hairy and you have to be very brave to run with them!

Fred: Oh. Well, I don’t like those cats sleeping on my hay.

Bo: The cats are good... they keep the mice away.

Fred: Yikes! There are mice here?

Bo: No. The cats eat them all.

Fred: Good. I’m afraid of mice.

Bo: you’re afraid of everything.

Fred: Well those dogs barking sure irritates me.

Bo: The dogs barking keeps the bears away.

Fred: Yikes! Are there bears here?

Bo: No, but there might be if the dogs didn’t bark. IS there anything you like about living here?



Jill gets a pooch

BY BIBI ATWELL

Jill Hooker has recently retired from her job at the Fairfield Inn. She has always wanted to have a poodle.

She adopted a poodle from the animal shelter that was house trained and goes by the name of “Rupert”. Jill likes to do word search puzzles, jig saw puzzles, bowl and go to the library. She spends time with her mom and brother in Rawlins a few times a year. She likes to take walks with Rupert while the weather is still very





Andrew T. interacts with participants during his set at the Magic City Jam. While weather may have kept some at home, it couldn't cool the crowd that made it to the park Sept. 5.

MAGIC CITY JAMS

BY HEATHER RAIMONDO-O'BRIEN

On September 5, 2008, MCE rented the amphitheatre and were entertained by the music of several area musical groups. It was our first "cold snap" so there were not too many folks out there, but we were able to entertain a small crowd as well as a few passers-by.

This whole thing could not be possible without Nick Barker who set up the sound system and ran it for the different acts. One of the acts was "Andrew T" who you see in the picture above entertaining our participants.

Andrew gave CDS to the participants and was a fun act for us all. We also had different folk groups and guitar players

who are regulars at the Phoenix Book Store.

On Thursday nights, the Phoenix Book Store has jam nights wherein many different local artists come to enjoy each others' music.

Thanks to all of the help and entertainment, it was a fun night!

MAGIC CITY VOICES

BY HEATHER RAIMONDO-O'BRIEN

Magic City Voices has now met twice. This is MCE's self advocacy group. In a traditional style, MCE Voices participants get in a circle and pass a rock around to take turns talking about what they do and do not like about their services. This has been great insight for us to improve things around MCE that we may not normally know about. Some of our suggestions include fixing a water fountain that sprays people in the face, to adding more large group activities to our schedule. It was a treasure to experience the participants advocate for themselves and let us know directly what they want. I feel this group will lead us to an even better MCE for all.

WHAT DOES IT MEAN TO GIVE 100%

BY DARCY FOURNIER

What if: A B C D E F G H I J K L M N O P Q R S T U V W X Y Z Is represented as 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26?

And ... H-A-R-D-W-O-R-K, represents $8 + 1 + 18 + 4 + 23 + 15 + 18 + 11 = 98\%$

And ... K-N-O-W-L-E-D-G-E represents $11 + 14 + 15 + 23 + 12 + 5 + 4 + 7 + 5 = 96\%$

Then ... A-T-T-I-T-U-D-E MUST REPRESENT $1 + 20 + 20 + 9 + 20 + 21 + 4 + 5 = 100\%$

HUB BUZZ

BY KASANDRA PEARSON

A special thank you to Harry and the cleaning crew for donating the last batch of popcorn for the Hub. You are everyone's hero over here at Hub. We wanted to say we enjoyed the company picnic and are already ready to dunk "me" in the booth again (the bride).

The group went to the Terry Bison Ranch recently and made close friends with a very cute lama that slobbered all over me (KaSandra). There were pigs that played in the mud and made a mess. The participants enjoyed watching this.

Currently, Hub is working hard on crafts for the up and coming craft sale. Everyone is welcome to come down and help. We're making all kinds of wonderful crafts.

Recently, Hub conducted a Random Act of Kindness to Life Care. The staff and participants crocheted several lap blankets for the residents there. It was a fun project for us all to be part of.

Ask Jeana: Does yellow really depress?

Dear Jeana,
I am thinking of repainting my bedroom and also my bathroom. I am stuck between some popular colors, but what I really want to know is that if yellow really makes people sad. I heard this from a relative but I love the color. Do you have any advice?

Colorful in Cheyenne



a warning. In heraldry, yellow indicates honor and loyalty. Later the meaning of yellow was connected with cowardice.

Use yellow to evoke pleasant, cheerful feelings. You can choose yellow to promote children's products and items related to leisure. Yellow is very effective for attracting attention, so use it to highlight the most important elements of your design. Men usually perceive yellow as a very lighthearted, 'childish' color, so it is not recommended to use yellow when selling prestigious, expensive products to men – nobody will buy a yellow business suit or a yellow Mercedes. Yellow is an unstable and spontaneous color, so avoid using yellow if you want to suggest stability and safety. Light yellow tends to disappear into white, so it usually needs a dark color to highlight it. Shades of yellow are visually unappealing because they lose cheerfulness and become dingy.

Dull (dingy) yellow represents caution, decay, sickness, and jealousy. Light yellow

is associated with intellect, freshness, and joy." This pretty much sums up the color yellow! Hope this helps.

Dear Jeana,

I was on a ride out on Terry Bison Ranch Road and on the bottom of the three telephone or electric wires they had these diamond shaped pieces of metal clipped on only on the bottom wire. I have never seen them before and wondered what they are.

Inquisitive in Cheyenne

Dear Inquisitive,

Those are on the lines to keep them from getting tangled in the wonderful Wyoming wind. The reason you may not have ever seen them is that they are a new type. My dad is a master electrician and said that there are many different kinds and that these are a very aggressive type since there is no protection from the wind out there on the prairie by Terry Bison Ranch.

Dear Jeana,

How can I have fun at work without joking or teasing with the participants?

Fish Fan

Dear Fish Fan,

Dena brings joy to job

BY THE RIDGE GALS

What do we say about Dena? (Dena Mason) Dena has been with MCE for 24 years. She worked at the Eco Center for years sorting papers for Magic City. Dena volunteered at the animal shelter and recently worked in the license plate department. Now you can see Dena's photos throughout the MCE Newspaper as the staff photographer. She and



M. Harrington

her staff are very helpful in putting this paper together for everyone to enjoy.

Dena's housemates say that they love her giggle. Dena loves to laugh and thinks everything is funny. She has always had quite a good sense of humor. A story that Dena loves to tell is about when she was little she didn't want her dad to go to work, so she hid his clothes.

Later, Dena's family found his clothes under Dena's bed. This

is just one of Dena's favorite stories to tell.

Dena loves ham burgers and diet coke. Her favorite store is Wal-Mart and she loves shopping there. On Dena's down time, she enjoys during cross word puzzles, puzzles, and word finds. Dena participates in Special Olympics every year in the wheel chair races, softball games and bowling. She looks forward to this and loves doing it. Dena's staff and housemates think she is great and we are glad to have her at the Ridge Shared Family Home.

Mary, Mary, Quite Contrary

BY KATHY GOOD

You never know when an idea for an article for the MCE News will come to you, or Heather, who always has on her thinking cap for one. This one came about, after Kim Shaw and I were reminiscing about our "younger years" in Indiana and Michigan, respectively, and how we both loved dilled green beans! As I am typing, I can hear a few chuckles from some of you. Don't laugh, I f you have never tried them! When my three picky eaters were young, making dilled green beans was the only way, I could get them to eat their beans.

This is a favorite time of the year for both Kim and I, the hard labor of love, you have put into your gardens, now paying off and the REAL work begins preparing for the long Midwest winters by canning and freezing. Growing seasons are much longer and one of the best things is the "pick you own" fields and orchards. These are terrific, you go to these places and you pick what you want and pay by the pound. You can pick everything from cherries, apples and blueberries to asparagus, tomatoes and green beans. You can go into the farmers' potato fields after they have taken the harvesting machines through, and get the potatoes that were missed for free. I still enjoy getting gout the pressure cooker and jars, but, it is not quite the necessity, it was, in the days when the pantry was stocked with about 300 quarts and the freezer was full.

DO YOU KNOW WE HAVE FOUR GARDENS GROWING IN THE BACKYARDS OF MCE SHARED FAMILY HOMES? Though, none are big enough to get out the jars and pressure cooker, the participants are enjoying the fruits of their labor by eating fresh veggies.

Ridge: "Charla's Garden" Charla started out a few years ago with just a couple of tomato plants, then a couple of yeats

ago, on e of our staff built her some raised beds so she could expand the garden and work in it from her wheelchair. She loves to garden, and keeps the house supplied with fresh tomatoes and cucumbers.

South Fourth and Lampman have also has their gardens for a couple of years. According to the staff, Mike Moyer is the "bomb" and the miracle grow KING. They all appreciate him for taking the time to re-work their gardens with a roto-tiller and prepare the dirt for planting this spring. The ladies at South Fourth are doing a great job at working in their garden and are now eating the things that are ripe. At Lampman, Mike and John are keeping their garden weeded and the word is that Mike not only has a green thumb, but all ten fingers! Charles and Ray hit the garden when it is time to pick the veggies. The pumpkins are getting bigger and they are waiting anxiously for frost to settle on them, and if they ripen enough maybe they can make pumpkin pies with them to share with all of us.

Lummis had its first year with a garden. Thanks to Mike it got roto-tilled, which was quite a job I am sure since the ground has never been worked up before. Mike YOU ROCK-!!!, but be prepared because the participants want the garden to big LARGER next year. The Lummis garden has been a team effort by all the staff and the participants. Everyone has participated from the planning, planting, weeding and eating.

Brandon goes out to check it every morning. If no one has turned on the water, Daniel makes sure it is turned on. The ladies are great weeders and no one needs to be reminded to take care of the garden. We discovered that the rabbits think they need the strawberries more than we do and our plans for salsa have come to an end because Emma loves the jalapenos right off the plant.

THE ECO CREW

BY MAC MCCRACKEN

We've had a very productive summer at the Eco Center. Egveryone has been working very hard. We added a new member to the team. His name is John Lomax. He is a machine, WOW! This guy can shred paper like nobody's business! Ricky Romero is the MAN when it comes to bailing cans. Brien Brown helps out the driver on his Base runs and downtown runs. Terry Brown makes sure all of our steel is baled up. Donald Graham is working 3 days a week and helps out on the shredding. These guys RULE!



Photo by Dena Mason

= FUN

Turkey Bowling is COMING on November 8, 2008 from 2 - 4 PM at the Taco John's Event Center. Please come and bring your game on and have a soda with us!



If you aren't, you may be after our Annual Spook House at MCE. This year it will be held at our newly renovated Deming Facility on October 24, 2008 from 2 PM- 7 PM. This time will allow the many different participants with jobs and other things going on to make the event. We are looking for volunteer staff, volunteer participants and family members who would be available to help us either decorate, run, scare or help tear down the décor afterwards. Please call Bibi Atwell at 637-8869 if you have some spare time or scary items that we can borrow.



MAGIC CITY ENTERPRISES
1780 WESTLAND ROAD
CHEYENNE, WY 82001