Social Activity Highlights This Month

**Out of Club:**
- Tues., Mar. 5th – Go Out to Eat
- Tues., Mar. 12th – See Movies Out
- Tues., Mar. 19th – Go Bowling
- Sat., Mar. 23rd – Watch NCAA B-Ball at Passageway
- Tues., Mar. 26th – Visit State of Iowa Historical Museum
- Mon. & Wed., 3 - 4 – Attend YMCA FREE!!! (min. 3 ppl.)

**In Club “Late Night” Highlights**
- Mon., Mar. 4th – Put Up Spring Decorations
- Wed., Mar. 6th – Play Board Games
- Mon., Mar. 11th – Play Cards or Wii Games to Get Active
- Wed., Mar. 13th – Play BINGO
- Mon., Mar. 18th – Watch Movies In
- Wed., Mar. 20th – Hearts (Cards) Tournament
- Mon., Mar. 25th – Board Games or Wii Games to Get Active
- Wed., Mar. 27th – Play Charades
- Every Fri., 9:30 – 10:00 – Coffee & Conversation

Inside the March Newsletter

- Regular contributor Daina Elberts does an interview with member Dan Balzer to explore his great weight-loss and health story. Daina also talks about a favorite song, with some of its history.
- Poet Julie Bird has two new offerings to share with us.
- Long-time member Gano Whetstone gives us an update on her volunteer work and also addresses some myths and facts about people with mental illness and crime.
- Gamer Josh Isley gives us an excellent history of one of the most popular games, Super Mario Brothers.
- The upcoming seasons and holidays are on the minds of members Don Carstensen and John Rutt.
- Writer-member Troy Gordon talks about 4H and his experiences in the organization growing up, plus shares his review of a recent movie.
- Friends and members Stacey Barnard and Bev Baysinger describe how they met and got to be friends.
- Sports fan Vanya Clark tells us about our recent Super Bowl party.
- Writer John Knudsen shares some new Sci-Fi stories.
Contributors to the March Newsletter

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Stacey Barnard

**March Anniversaries**
(Years as Passageway member in parentheses.)
- Bonita Sheets (24)
- Charlotte Cleveland (21)
- Melvin Flying-Nice (20)
- Mark Van Atta (20)
- Julie Joyce (19)
- Marilyn Rae (19)
- Carolyn Smith (19)
- Joanne Hayner (18)
- Terry Hochmuth (18)
- Marsha Myers (18)
- Steve Ramirez (18)
- Allan Schuetz (18)
- Paula Robbins (17)
- Duane Wallace (17)
- James Chaplik (15)
- Sherry Jones (15)
- John Madden (15)
- Tina Spagnolo (15)
- Tonia Kalinich (15)
- Joe Power (14)
- Gini Newton (13)
- Anastasia Phillips (13)
- Patricia Thompson (13)

- Charles Loy (12)
- Ajit (Andy) Acharya (11)
- Pamela Clark (11)
- Jeff Daley (11)
- Chad Garrett (9)
- David Nodse (9)
- James "Jeff" Patch (9)
- Todd Reinders (9)
- Paula Willey (9)
- Rose Neighbors (8)
- Barbara Buzzard (7)
- Dwight Evans (7)
- Eric Livingston (6)
- Mynette Logan (6)
- Raymond Perry (6)
- Michael Tomlinson (6)
- Kirk Williams (6)
- Theda Wilson (6)
- Carl Brush (5)
- Jodi Driesen (5)
- Allan McCravy (5)
- Kevin Novak (5)
- Tim Reffett (5)
- Maurice English (4)
- Kelly Gee (4)
- Linda Johnson (4)
- Patrick Dilworth (3)
- Connie Lane (3)
- Aaron Minor (3)
- Jason Rose (3)
- John Dautremont (2)
- Jacquie Ketelsen (2)
- Geralyn Powe (2)
- Dorothea Scott (2)
- Brenda Signs (2)
- Tim Underwood (2)
- Janet Payton (1)

**March Birthdays**
- James Adams
- Larry Bagley
- Katrina Beeston
- Teresa Bennett
- Cal Bish
- Shauna Brummer
- Karl Calkins
- Buddy Carson
- Jassen Cummings
- Sherry Currie
- Christina East
- Mary Emble
- Daniel Feeney
- Jacqueline Ferguson
- Nancy Gates
- Rita Glenn
- Phillis Gue
- Mark Hall
- Paula Hanke
- Laura Hanlon
- Rae J. Hansen-Longnecker
- DeRonn Harris
- Josh Isley
- Judy Jensen
- Robin Larson
- Richard Lessenger
- Charles Loy
- John Madden
- Allan McCravy
- Gene McKinnis
- Iver Mohler
- Harold Moraine
- Jennifer Mundell
- Felix Naranjo
- Pedro Phrasany
- Mark Pieper
- Jim Randolph
- Mario Schafer
- Vicki Schutt
- Paul St. John
- Judy Storer
- Naomi Tennyson
- Patricia Thompson
- Brian Toom
- Rebecca White
- Rhonda Wood
Passageway holds in club “late night” social activities Monday and Wednesday evenings, typically from 4 to 5 p.m. Those activities are free. They are listed on the calendar in **Bold & Italic**s. Dinner is served on Monday and Wednesday, typically at 5 p.m. for $1.00. Out of club activities are typically each week on Tuesday afternoon/evening, and are listed in **Bold & Italic**s. (When scheduled on a different day, the calendar will note that on the Tuesday of that week.) Cost, if any, and times, are listed with the event. Each month’s activities and menu are planned on the first Wednesday of the month, based mostly on member suggestions.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tr>
<td>4</td>
<td>Job Club—3 p.m</td>
<td>YMCA 3-4</td>
<td>Put Up Spring Decorations (Take Down Valentine’s)</td>
<td>5</td>
<td>Member Advisory Council Mtg. 1:30 pm</td>
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<tr>
<td>6</td>
<td>YMCA 3-4</td>
<td>Play Board Games</td>
<td>7</td>
<td>Gateway to Independence Breakfast 7:30 am</td>
<td>PASSAGEWAY OPENS AT 9:30 am</td>
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<tr>
<td>11</td>
<td>Job Club—3 p.m</td>
<td>YMCA 3-4</td>
<td>Play Card Games or Wii Games to Get Active</td>
<td>12</td>
<td>See Movies Out</td>
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<tr>
<td>13</td>
<td>Board Meeting—noon</td>
<td>YMCA 3-4</td>
<td>Play BINGO</td>
<td>14</td>
<td>Coffee &amp; Conversation 9:30–10 am</td>
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<td>18</td>
<td>Job Club—3 p.m</td>
<td>YMCA 3-4</td>
<td>Watch Movies In</td>
<td>19</td>
<td>Member Advisory Council Mtg. 1:30 pm</td>
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<td>20</td>
<td>House Mtg. 1 pm</td>
<td>YMCA 3-4</td>
<td>Hearts (Card) Tournament</td>
<td>21</td>
<td>Coffee &amp; Conversation 9:30–10 am</td>
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<tr>
<td>22</td>
<td>Watch NCAA Men’s Basketball Tourney</td>
<td>Be here by 1 p.m. FREE Bring snacks to share</td>
<td>23</td>
<td>Closed</td>
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<tr>
<td>25</td>
<td>Gateway to Clubhouse—noon</td>
<td>Job Club—3 p.m</td>
<td>YMCA 3-4</td>
<td>Play Board Games or Wii Games to Get Active</td>
<td>26</td>
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<tr>
<td>27</td>
<td>House Mtg. 1 pm</td>
<td>YMCA 3-4</td>
<td>Play Charades</td>
<td>28</td>
<td>Coffee &amp; Conversation 9:30–10 am</td>
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<td>29</td>
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Passageway Recipe of the Month: Sesame Salmon with Green Onions and Lemon

Simple yet radically sophisticated, this dish comes together in less than 30 minutes. If you have access to fresh ramps or baby leeks, use them instead of green onions, and sub pea shoots (or your favorite baby lettuce or microgreens) for the arugula. Black sesame seeds lend lovely contrast to the vibrant red-orange fish, but regular will do the job, too.

Yield: Serves 4, Total: 24 Minutes

**Ingredients**

- 4 (6-ounce) sustainable salmon fillets (such as wild Alaskan)
- Cooking spray
- 2 tablespoons sesame seeds
- 2 tablespoons black sesame seeds
- 1/2 teaspoon salt, divided
- 1 tablespoon butter
- 1 tablespoon extra-virgin olive oil
- 2 cups (1-inch) slices green onions
- 5 thin lemon slices, halved
- 1/4 teaspoon black pepper
- 1 cup baby arugula

**Preparation**

1. Preheat oven to 400°.
2. Arrange salmon in a single layer on a jelly-roll pan coated with cooking spray. Combine sesame seeds and 3/8 teaspoon salt; sprinkle evenly over flesh sides of fillets, pressing gently into fish. Bake at 400° for 14 minutes or until desired degree of doneness.
3. Melt butter in a medium saucepan over medium heat. Add oil to pan; swirl. Add green onions; cook 2 minutes, stirring occasionally. Add lemon slices; cook 2 minutes. Sprinkle green onion mixture with remaining 1/8 teaspoon salt and pepper. Place 1 fillet on each of 4 plates. Place arugula in a medium bowl. Add green onion mixture to bowl with arugula; toss. Divide arugula mixture evenly among servings.

Rozanne Gold, Cooking Light, MARCH 2013

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Passageway Monthly Food and Nutrition Tip: Maintaining Your Cutting Board

It's not just your hands that need washing during food preparation. To prevent food poisoning, it's also important to properly wash your cutting boards. When juices from raw meats or germs from unclean objects accidentally touch cooked or ready-to-eat foods (such as fruits, salads or bread), cross-contamination occurs. If not cleaned correctly, cutting boards can harbor harmful bacteria.

It doesn't matter if you use acrylic, glass, marble, plastic or solid wood cutting boards, make sure to use two: one strictly to cut raw meat, poultry and seafood; the other for ready-to-eat foods, like breads and vegetables.

Follow these guidelines for cleaning cutting boards:

- After each use, clean cutting boards thoroughly in hot, soapy water.
- After cutting raw meats on your board, wash in the dishwasher. If you prefer cleaning by hand, scrub thoroughly with hot, soapy water, rinse thoroughly and then sanitize with a bleach solution (1 tablespoon bleach in 1 gallon of water). If using a dual purpose product, such as a commercial cleaner/sanitizer combination, follow manufacturer's instructions for application.
- Discard cutting boards that have cracks, crevices and knife scars.

For more information on preventing food poisoning, consult a registered dietitian in your area and visit www.homefoodsafety.org.
SO, ROBIN? YOU WOULD RATHER ATTEND AN ART PREMIER IN ROXBURY THAN YOUR OWN PREP SCHOOL BALL?

IT'S AN ONCE IN A LIFE TIME EXHIBIT OF VAN GOGH MASTERPIECES ON LOAN TO THE BOSTON METROPOLITAN MUSEUM.

HE'S LIKE A SECOND COUSIN TWICE REMOVED; HIS NAME ISN'T EVEN KENNEDY.

BUT THAT KENNEDY BOY WILL BE AT THE BALL, HE'S AN UP AND COMING LAWYER WITH POLITICAL POTENTIAL.

I WILL NOT STAND BY TO WATCH YOU THROW YOUR LIFE AWAY.
Continued next month...
The Incredible Shrinking Man!
by Daina Elberts & Dan Balzer

Member Dan Balzer has been shrinking lately. Quite a bit.
Over the past year he has lost 90 pounds. The weight drop is dramatic and can be seen in an earlier photo from Passageway and one taken recently. Dan’s secret? A vegan diet, one that excludes meat and all animal products, including fish, dairy, bread, and fat.

Here is my interview with Dan, given in question and answer format.

Q: So what inspired you to start losing weight?
A: I saw my doctor, he said my potassium was high, and I was on the road to a heart attack. My therapist recommended a documentary called “Forks over Knives.” In it was information about cancer in China. Hot spots showed up where people ate meat. The information was impressive. The documentary showed it was healthier to just eat plants.

So in March 2012 I went vegan. I dropped all meat, dairy, bread, oil, and sugar (mostly) and started eating lots of leafy greens, carrots, fruits, and oatmeal. I started losing 6-7 pounds per week.

Q: I’m not a nutritionist, but isn’t your diet very restricted? Are you concerned about missing a lot of vitamins and nutrients?
A: There are many recipes on the web that are delicious fat-free vegan. I also take a multivitamin once a day. Concerning protein, the doctors in the documentary “Forks over Knives” say people don’t need as much protein as we think we do, and a little is better than a lot. Most plants have enough protein to live on.

Q: What results did you see besides weight loss?
A: I stopped taking blood pressure and cholesterol meds, and am slowly decreasing my diabetes meds. My psych meds work better, too. I have tons more energy now.

Q: Last question: when you come to Passageway, what do you eat?
A: Bananas and peanuts.

Black and White
by Julie Bird

Slow and white, feathers of white trees and apricots
amber grass and of that night
The sound of green wind in your hair.

Volunteer Work: Day Care
by Gano Whetstone

I was well enough to return to the Foster Grandparents Program on January 1st of this year. I got assigned to the Day Care at Methodist hospital. They are the employees’ kids, and I have the 4- and 5-year-olds. I work 15 hours a week and I help the teachers.

Easter
by Don Carstensen

On March 31st, 2013, we will be celebrating Easter Sunday in the United States. There will be Easter egg hunts at different places all over the world. They will be at different places like churches, farm implements, peoples’ back yards, homes, and the White House. Hopefully the weather will be cooperating.

Easter is also a wonderful time for the children to enjoy the fun of Easter. It is also a church-affiliated holiday. A lot of people enjoy going to church on this holiday.

And as for myself, I want to wish everybody a Happy Easter Day.

Game Time
by Josh Isley

I have been playing videogames since I was a little boy. My first memory was the Nintendo Entertainment System (NES). I played Super Mario Brothers. all the time. Mario has gone long and far in his career, doing things from stomping Goombas to playing sports to driving, even going into Space!
There are many characters in the Mario universe, I am only going to talk about Mario and his history. Mario is the eldest of 2 brothers, yet he is the shortest. Mario is a plumber, but he was not always a plumber. His original name was "Jumpman" and he was a carpenter. He first appeared in an arcade game called "Donkey Kong." The object of Donkey Kong was to get Mario to the top of a tower to save his first girlfriend, Danela, from D.K. Jump forward a few years; he has a new love named Peach. Peach lives in the Mushroom Kingdom and has been kidnapped by the evil "King Koopa," also known as Bowser. Mario must go through eight worlds to save her. He gets the help of his brother "Luigi." This game is the most loved and played.

Fast forward to "Marioland 2," or "Doki-Doki Panic" in Japan. In this game, you play as 1 of 4 characters: Mario, Luigi, Toad (a mushroom-headed citizen of the Mushroom Kingdom), or Princess Peach. This game was a challenge, yet the ending was the most hated, mainly because it was all a dream! Marioland 3 has been a favorite because Mario gets many suits in this game, one of which Nintendo brought back in "Mario in 3D Land" called the "Tanuki Suit."

Mario’s history has been a long one, to say the least, and I can’t tell it all in one go. So I will say this: if you ever wonder how such a plumber could be so famous, think of this: has any plumber you met gone into space to save the galaxy?

Next month I’ll talk about Megaman.

What a Wonderful World – Really?!
by Daina Elberts

When you’re depressed, you don’t feel like listening to songs such as What a Wonderful World. During the last year or so I’ve played it on the piano, however, I have grown quite fond of it.

Recorded by jazz legend Louis Armstrong in his inimitable gravelly voice, the song was released in 1967 and has since become a standard. When I play it on Passageway’s piano, I enjoy hearing clubhouse members, especially David Burkett, chime in on the chorus. The song has a flowing melody, and the lyrics are simple but profound: the world can be a beautiful place. People can show love.

I see skies of blue, and clouds of white
The bright blessed day, the dark sacred night,
And I think to myself, What a wonderful world.

I see friends shaking hands,
sayin’ "How do you do?"
they’re really sayin’, "I love you."

The composers, George David Weiss and Bob Thiele, saw Armstrong as "the perfect ambassador to restore race relations between white people like them and the African-American community." At the time of song’s release, the U.S. was rocked by race riots and the growth of militant groups like The Black Panther Party.

Some people criticized Armstrong as “Uncle Tom,” because his smiling visage and the song’s sanguine message contradicted the stormy civil rights struggle of the 1960s. He replied: "Seems to me it ain’t the world that’s so bad but what we’re doing to it, and all I’m saying is: see what a wonderful world it would be if only we’d give it a chance. Love, baby – love. That’s the secret.”

Unfortunately, the head of the U.S. record company distributing the record did not love “What a Wonderful World,” and so the song was not promoted in the U.S. It wasn’t as popular here as overseas, where it rose to number 1 on the British charts. Still, it became Armstrong’s signature song. A few years after its release, he died.

The last verse of What a Wonderful World points optimistically to the future:

I hear babies cry, I watch them grow,
They’ll learn much more than I’ll ever know.

I’m sure Armstrong would have been pleased that his song was used as a tribute to the people of his hometown, New Orleans, following Hurricane Katrina.
Victims, Not Perpetrators 
by Gano Whetstone

Linda Oleson- King emphasizes to guests at our Gateway to Clubhouse “Lunch and Learns” that many people with a mental illness are victims of violent crimes. In fact, compared with “normal” people, people with a mental illness are no more likely to commit violent crimes. However, they are far more likely to be victims of violent crimes than people without a mental illness.

President Obama also made that statement on the national news when talking about gun violence. Dr. Larpook, the doctor on CBS national news, also stated that 95% of people who commit a violent crime are not mentally ill.

These facts are important because of the unfair negative stigma attached to people with mental illness.

My Experience in 4H 
by Troy Gordon

From ages 8 to 15 I participated in a rural community club called 4H, which stands for “head, hands, heart, and health.” It is an organization for youth who live on farms and rural acreages.

The club is for learning valuable understanding in how to budget money, creativity, healthy competition, and whatever project may be chosen by a member. This also includes responsibility for completing the project.

Members work on projects they select from categories presented by the people who run the organization. The members meet monthly at a member’s home and discuss the selection of their project, its development, and entering the project in competition. Every year 4H projects are entered into the county fair to be judged, and the winners go on to compete at the state fair.

If you go to the county and state fairs, you can see 4H projects displayed and sometimes you can buy the project. Projects range from growing vegetables, canning preserves, and raising farm animals to fixing up old cars. There are numerous other projects, too many to list, but they generally have to do with rural living. Members pay for all expenses involving their projects.

4H home meetings attract young people ages 8 to 17, and all age categories attend the same meeting. Seniority in running the meeting is based on age and years of membership. When I was a member, girls and boys had separate club membership.

During the meeting, minutes are taken, and at the end of the meeting a pledge is stated by all the members in unison. The pledge is as follows: “I pledge my head to clearer thinking, my hands to larger surface, my heart to greater loyalty, and my health to better living for my county, my state, and my country.”

The meeting lasts about an hour, and afterward the members eat a snack provided by the parents hosting the meeting.

This description of 4H is from the years when I was involved with the group, 1977 to 1984. When I was in 4H, I did photography and raised two cows per year for three of the years I was a member. The club provides a good way to learn responsibility and gives members a good opportunity to socialize with others. In my opinion 4H is a healthy and good opportunity for its members.

The Story of the Rope Salesman 
by John Christen Knudsen, Jr.

There was a man who wanted to start a business, but had no discernible skills. He and his brother had a bit of a falling out. His brother was sending him rope in the mail with a note saying “Kill Yourself.” The man saw a business opportunity. He began selling the rope his brother would send, and became a successful businessman.

The End

For G.H. (not sugar) 
by Julie Bird

I can’t figure out why I like you. Is it because you play sex-y early morning blues on your trombone?
Or is it because you like catsup on your cottage cheese? No, not that one either. It's certainly because of your taste in music. I can't forget the time when you voted to have Guy Lombardo play at senior prom.

**Thoughts on March, 2013**

*by John Rutt*

March will be upon us before we know it! I always feel that by the time March gets here in Iowa, that Spring is not that far away.

Depending upon the weather in March, sometimes here in Iowa the snow will start melting, and the temperature rises to almost the 30’s. Sometimes! Hurrah!

I don’t really know why I complain about the weather here in Iowa. I’ve lived here all my life. Oh, well: it is like Benjamin Franklin said: Everyone complains about the weather, but nobody does anything about it!

So, until Spring really is here, be sure and stay bundled up!

**My Review of The Hobbit**

*by Troy Gordon*

Recently I saw a film I really enjoyed. It was called *The Hobbit: An Unexpected Journey*. It is a movie based on the book by J.R.R. Tolkien called *The Hobbit*. It is the predecessor of *The Lord of the Ring* trilogy, also written by Tolkien.

*The Lord of the Rings* preceded *The Hobbit* in becoming a series of movies. *The Lord of the Rings* was made into three movies, one for each book of the trilogy. *The Hobbit* movie, however, only covers part of the single book and then ends. The filmmaker plans to make further movies to cover the single book, to be released later.

*The Hobbit* is a fantasy movie which takes place in an imaginary world called Middle-earth. The movie has wizards, dragons, and elves. It could be compared to similar fantasy stories such as the Harry Potter series, *The Lion, the Witch, and the Wardrobe* by C.S. Lewis, and even perhaps Snow White. The movie is not animated but instead uses actors, many of whom repeat their roles from the earlier *Lord of the Rings* film series.

*The Hobbit* uses great special effects, and the characters closely follow their depiction by Tolkien in his book. The hobbit, Bilbo Baggins, is the main character, and a young actor replaced the former actor who appeared in the trilogy, since the story takes place much earlier.

The hobbit is a small, pointed-eared fantasy character similar to a gnome. Hobbits are smaller than dwarves and characteristically never wear shoes on their large, hairy feet. The storyline concerns the mission of twelve dwarves who are out to reclaim their kingdom and its treasures from a gigantic dragon named Smaug. During this journey, Bilbo accompanies them and acquires a magical ring that provides the wearer with the power of invisibility.

This magical ring becomes the basis of the plots in the *Lord of the Rings* trilogy. A lot of detail to the book was evident, because the movie is two hours and 45 minutes long and only covers a third of the book. The subsequent movies will cover the rest of the book to its ending.

I will not explain too much, so as not to spoil the movie or book for those who are interested in either. Some of the main characters in this movie are Thorin Oakenshield, the Dwarf prince, and Gandalf Stormcrow the Grey, a wizard who mentors Bilbo and who is played by the same actor as in the *Rings* trilogy movies.

Other characters who are repeated from *The Lord of the Rings* are Elrond the Elf King; Saruman the wizard; and Sméagol or Gollum, who is a character produced by special effects.

The story is entertaining for those who like fantasy. The author is well known and his
books are great books which have achieved high acclaim. The include The Hobbit, The Fellowship of the Ring, The Two Towers, The Return of the King, and other stories such as Farmer Giles of Ham, and Smith of Wootton Major. If you see The Hobbit: An Unexpected Journey, I hope you like it as well as I did.

Super Bowl Party at Passageway!!
by Vanya Clark

The Super Bowl was held on Sunday, February 3, 2013, and Passageway held a party to watch the game. Oh, it was the game of games! You will not forget the Super Bowl when the lights went out! When the lights went out, it seemed like it took an hour for them to get fixed, but it was really only 30 minutes. And when the San Francisco 49ers looked like they were going to come back after being behind, it came down to the last 2 minutes. And I was praying they would come back.

So it was a good game. The Ravens held on to the lead and won the game. This Passageway party was the best Super Bowl party I’ve ever been to. I was yelling so much that I lost my voice!

Star Wars: Purchase of a Hero
by John Christen Knudsen, Jr.

Owi Ben was walking down the streets of Coruscant. He looked down to see a lost credit chip. It was worth 25 credits. As he picked it up, he was teleported to Tatooine with the snap of Darth Vader’s fingers. He landed in the dirt. After a nap, he walked into the Night Bar. A woman was serving drinks to some Wookiees. Her name was Val Varg. They got to talking. He purchased a meal and his favorite holovid. An R2 unit was there. He sat down with the Wookiees and watched the holovid.

Afterwards, a Gamorean entered the bar. He was high on death stick and had a blaster. His name was Gamor. He was the pride of his people. Owi defended the bar telling him never to use death stick. Meanwhile, outside, a TIE fighter pilot was requisitioning a stock light freighter from someone. Owi Ben, Val Varg, and Gamor decided to take it back. They ran at the pilot firing their blasters. The pilot put up a good fight, but ultimately died. The team boarded the stock light freighter, naming it Lone Star.

The TIE fighter belonging to the pilot launched towards them. Val Varg ran to the ship’s blaster cannon. The fighter was getting closer. And, at the last moment, its guts were splattered all over the Lone Star. They launched. In the sky, Gamor spotted a 3P0 unit below. It was attempting to communicate with a busted landspeeder. He wanted it. They landed. They landed right on the landspeeder crushing it. The droid tried to run, but Gamor claimed it for his own. In orbit, Owi Ben was getting used to the controls. Val Varg had never seen space before. Gamor was just getting off his death stick kick. The team in the damaged stock light freighter decided to live out their lives at Cloud City. They gently entered hyperspace….

The End
March 2013 Newsletter

While everybody is Irish on St. Patrick’s Day, Mary Fitzpatrick (from St. Patrick’s Day in 2011) is Irish every day of the year!

Has your contact information changed? If so, you can call us (515-243-6929), e-mail us (info@passagewayiowa.org), or send us this form.

Name: _______________________________________________________
Address: _______________________________________________________________________
City: _______________________ State: _______ Zip Code: ___________
Home Phone: _________________ Cell Phone: ____________________
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