

# — SENIOR CORNER —

## SARATOGA THRIFTSHOP

Joining in the pre Fourth of July festivities of the business community, the Saratoga Thriftshop at 4825 Saratoga Avenue is having a grand **SIDEWALK SALE**, July 2 & 3 from 10 a.m. to 4 p.m. Proceeds from the Thriftshop maintain the center for seniors in our community, i.e. the programs in the lounge, the Thriftshop and the cottage in the back; all but one person, Betty Mallard, our social services facilitator, are volunteers from the Peninsula.

If you have never been to the Thriftshop, come by during the Sidewalk Sale and see for yourself the variety of things available at great prices. Donations of clothing and other household articles are always needed.



Fran, B.A.C. Volunteer checking Shorty's blood-pressure.

## HEALTH CLINIC

The Peninsula Health Clinic, held every second Tuesday of the month at the O.B. Baptist Church, corner of Santa Monica Ave. and Sunset Cliffs from 9:30 to 11:30, provides health maintenance and early detection of more serious health problems. This free service in no way replaces seeing a physician but offers routine checks of blood-pressure, hearing and glaucoma testing and urinalysis. Nearly every month a physician from Sharp/Cabrillo offers lectures and screening in his specialty.

This year alone the clinic has seen over 400 seniors. The clinic is made possible through the relentless dedication of volunteers from the Saratoga Senior Center, the O.B. Kiwanis, the Beach Area Clinic and the Visiting Nurses. Donations are accepted.

For more information, please call 223-2653, 10 a.m. to 4 p.m. Monday-Friday.

## JUSTICE IS DONE IRENE GUNNER

Well known, longtime Ocean Beach resident Irene Gunner is loved by scores of residents of Ocean Beach. She has lived in O.B. for fifty years, and is often known as "the lady with one arm". Her friendly, wonderfully warm smile charms all comers as she sweeps out the front of the Jack-in-the-Box at Sunset Cliffs and Voltaire every morning, in exchange for coffee and some friendly talk.

Since 1954 Mrs. Gunner has owned an old, converted gold mining claim with a caved-in gold mine, in Ranchita, a small settlement north of Julian, some sixty miles east of O.B. Not much to write home about, except that there is also a prospector's cabin on the claim and the area is far from city life.

A year and a half ago Irene Gunner signed over her entire interest in the claim, mine and cabin — to certain young people, mistakenly believing that she was signing a document hiring these people to do the government-required "annual labor" on the property. In reality she signed a quit claim deed, cleverly disguised as a "Proof of Annual Labor Form", granting her entire interest to her newfound "friends".

On June first, Judge Alfred Lord of the San Diego Superior Court held that Irene had been tricked into signing the papers, and he ordered her mine and cabin be returned. Her attorney, Robert C. Coates, called the case a "sadly typical example of the preying on older people that still goes on in our society". Coates took the case on a contingency, so he now owns 20% of the mine, with his partner, Irene Gunner!

## SENIORS MARKETING

Don't forget Senior Marketing, on Tuesdays 11 to noon at Holy Trinity, corner of Brighton and Sunset Cliffs.

The vegetables and fruits are better than ever, you can not beat the price of shopping there.

Seniors, 65 and over receive a discount of 50% at Livingston's Chicken. 2296 Bacon (at the entrance of Robb Field). The chicken is broasted, the fish is moist and you have not tasted potatoes until you have tasted their Jo-Jo Spuds.

## SWEET and SOUR



*A most enthusiastic response to this new monthly column indicates some fine down-home cookin' talent in our town. Don't be discouraged if your recipe is not printed this month. Keep them recipes comin'. HOW ABOUT A "COOK-BAKE-OFF"?*

### SHEPHERD'S PIE

by: Nick Hunt

- 1 cup leftover meat, minced
- 1 onion, minced
- pepper and salt
- leftover gravy or stock
- 2 cups leftover boiled or mashed potatoes

Mix the meat and onion and season. Moisten with gravy or stock. Put the mixture in the bottom of a pie dish and cover with a thick layer of mashed potatoes. Cook at 375°F for 45 minutes. Simple, cheap and nourishing.

Shephards pie can be served as a meal in itself or with a green vegetable, like cabbage or spinach. It is a favorite dish in many British pubs, where it is cooked in big trays and kept warm on a hot plate.

### CHUNKY GAZPACHO

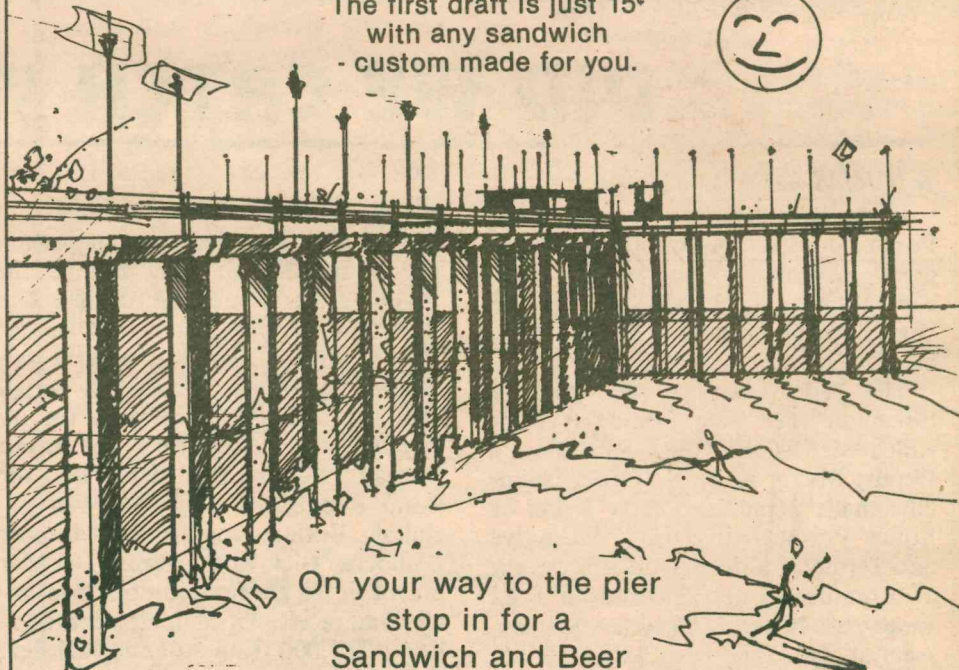
by: Lynda Daniels

- 6 tomatoes (cut into chunks)
- ½ cup thinly sliced cucumbers
- ½ cup chopped green pepper
- ½ cup sliced celery
- ¼ cup onion chopped
- 1½ cup tomato juice
- 1 can (10½ ob.) beef bouillon
- 2 Tbls. oil
- 2 Tsp. red wine vinegar
- 1/8 tsp. each of garlic salt, chili peppers, black pepper
- Parsley

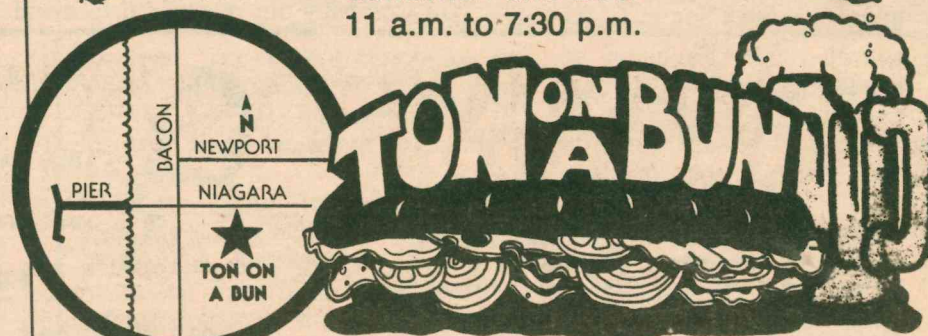
Add all ingredients and chill. Serve with lemons or limes cut into wedges; optional- dollop of sour cream in each bowl.

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