



# Reeling "Holiday Film Preview"

by Film Critic Betty Jo Tucker, Pueblo

## HOLIDAY FILM PREVIEW

Moviegoers should be pleased over the lineup of theatrical releases this December. Starting out with THE NATIVITY STORY on the first of the month and ending with DREAMGIRLS on Christmas Day, the 2006 holiday season promises a wide variety of offerings. THE NATIVITY STORY stars Keisha Castle-Hughes, Oscar-nominee for WHALE RIDER, as Mary -- and the movie's cinematography by Elliot Davis looks quite thrilling in the previews. DREAMGIRLS, adapted

from the hit Broadway musical, will surely treat us to some terrific vocals by Beyoncé, Jennifer Hudson, and Anika Noni Rose as well as to another watchable performance by Jamie Foxx. Other films I'm eager to watch on the big screen this month are listed below.

**BLOOD DIAMOND** (Dec. 8). Leonardo DiCaprio, Djimon Hounsou and Jennifer Connelly appear in this intriguing drama about the stripping of Africa's natural resources, particularly those precious diamonds. All the fast-paced action takes place in Sierra Leone during the 1990s.

**APOCALYPTO** (Dec. 8). Director Mel Gibson follows his highly successful PASSION OF THE CHRIST with an epic about the end of the Mayan civilization. Judging from the trailers for this film, it will be something very different.

**THE HOLIDAY** (Dec. 8). Although I'm worried about Jack Black's miscasting here, this romantic movie goes on my must-see list because it features Jude Law, Kate Winslet and Cameron Diaz in what should be a cute story about house-switching and finding new loves during the holiday season.

**THE PURSUIT OF HAPPYNESS** (Dec. 15). It's about time for another Will Smith movie! In this one, Smith portrays a struggling salesman trying his best to improve life for himself and his son. The misspelling of "happiness" in the title sets the tone for what kicks off the film's plot.

**CHARLOTTE'S WEB** (Dec. 22). I never miss a Dakota Fanning movie, so I'm really looking forward to the film adaptation of E.B. White's popular children's story about a hog named Wilbur and a spider named Charlotte. Fanning plays Wilbur's helpful friend, and Julia Roberts provides the voice for Charlotte.

**THE GOOD SHEPHERD** (Dec. 22). Directed by Robert De Niro and co-starring Matt Damon as a secret agent and Angelina Jolie as his wife, this intense drama depicts the history of the CIA prior to the Bay of Pigs.

**NIGHT AT THE MUSEUM** (Dec. 22). In this Ben Stiller comedy, a security guard at New York City's Museum of Natural History finds out that exhibits come to life after the museum's closing hours. Lots of fun for the whole family should ensue.

Please remember that release dates are always subject to change.

### WHY REMAKE A CLASSIC?

Remaking a great movie like ALL THE KING'S MEN seems almost

sacrilegious to me, but a second movie version of Robert Penn Warren's novel was released earlier this year and will be available on DVD beginning December 19. It tells the story of Willie Stark, a flamboyant Louisiana governor (modeled after Huey Long, a real-life governor of that state), who rose from county politics by appealing to "hicks like himself," as he put it. His main goal was to take control of a state run by the rich and the corrupt in order to use tax money for programs to help the poor. However, along the way, Stark lost his idealism and began to strong arm his opponents -- and even his friends -- while building the same type of corrupt machine he originally fought against.

The 1949 movie won three Oscars -- Best Picture, Best Actor (Broderick Crawford) and Best Supporting Actress (Mercedes McCambridge). Unfortunately, the remake starring Sean Penn, an actor usually very convincing on screen, as Willie Stark may come up short during Awards Season. It's lethargic, ponderous, fuzzy-looking, incoherent and dreadfully miscast -- with almost every actor experiencing bad hair days, but none with as many as Penn, who looks like he's wearing a black, teased floor mop on top of his real locks in most scenes. That's very distracting, but not as off-putting as Penn's constant flailing of arms while yelling out speeches to prospective voters in an unintelligible Southern drawl.

Jude Law, so charismatic in other movies like COLD MOUNTAIN and ALFIE, fades into the woodwork as a journalist who admires Stark when he first starts out, then later comes to work for him, and ends up with an assignment to find dirt on Judge Irwin (played by the wonderful Anthony Hopkins), the man who practically raised him. Kate Winslet, as Jude Law's love interest, just seems listless most of the time. And James Gandolfini, portraying a crooked politician, lacks the intensity he always brings to HBO's "The Sopranos." In fact, there's no energy in this entire remake. It left me wondering why the project was given a green light in the first place.

My advice? Read the book or watch the 1949 film.

Read Betty Jo's movie reviews at [www.ReelTalkReviews.com](http://www.ReelTalkReviews.com). Autographed copies of her two books, CONFESSIONS OF A MOVIE ADDICT and SUSAN SARANDON: A TRUE MAVERICK, are available in Pueblo at Barnes & Noble Booksellers and at Waldenbooks.




# Senior Beacon

IF YOU ARE 50 OR OLDER YOU SHOULD READ IT!!

December, 2006 Vol. 25: No. 5 Established Aug., 1982 293 Consecutive Months!

## Pianist Roger Williams Performs In Pueblo In December

by Glenn Ballantyne

On Sunday, December 17th Roger Williams will perform at Memorial Hall in Pueblo. Roger is 82 years old and just last week broke his own record of playing the piano for 14 continuous hours in Las Vegas.

Roger will step on stage at 7:30 pm. He and his band will be in concert in Memorial Hall for the benefit of Junior Achievement in Southern Colorado. "The greatest concert I will play will be in Pueblo, Colorado. The next greatest will be the next place I visit" says Williams. "I believe that the performer creates the mood for the audience. If the performer is good the audience is good. I like to go out into the audience before a performance to meet people and shake their hands, then by the time I get on stage my hands are warm and I am playing to many new friends."

Roger knows 10,000 songs by memory and can play them in any key. During his concert he takes requests from the audience. "The audience doesn't stump me very often unless it's a brand new hip-hop song that I haven't yet heard" he quips. Roger loves to perform the great melodies of America's Golden Era that includes composers as George Gershwin, Cole Porter, Irving Berlin, Duke Ellington, Hoggie Carmichael and George Cohen.

Roger is an exciting, seasoned performer who dazzles and entertains audiences of all ages. He is also a magical storyteller who delivers inspiring

messages of hope, self-confidence, kindness and dreaming big. His life is a story of challenge, uncertainty and victory that everyone every age relates to. His music is a toe-tapping, romantic songbook of generations of Americans.

Jill Linck, Vice President / Executive Director Junior Achievement of Southern Colorado, Inc. is thrilled that Roger Williams agreed to come to Pueblo on behalf of Jr. Achievement. "Mr. Williams is a national treasure who plays America's music and also lives America's values". "We are launching a new program the first of the year and Roger wants to help us get it to the children as soon as possible" explained Ms. Linck. The new JA Economics for Success is a middle school program developed with a primary emphasis on personal finances including decision-making, credit, financial risk, budgeting and also education and career options.

"Roger is a professional musician and a successful American businessman. His long history with traveling the world, entertaining and inspiring children, and his life as a musician and businessman fit him perfectly with the goals of Junior Achievement" continued Ms.

Linck. "He knows how to help children look into his or her heart and identify their true interests, values and aptitude to make better decisions. He helps them relate to personal finance and to understand the difference between needs and wants which always results in better personal financial management, regardless of income".

Pianist Roger Williams burst on the music scene when he recorded "Autumn Leaves". His version became an American classic and still stands as the highest selling piano recording to have reached #1 on the charts. Roger's biggest hits include, "Born Free", "Lara's Theme" from "Dr. Zhivago", "Till", "The Impossible Dream", "Maria", "Almost Paradise" and "Somewhere in Time". Mr. Williams is the best selling pianist of all time with 18 gold and platinum albums to his credit.

Mr. Williams served in the Navy, has an engineering degree, a Masters in Music from Drake University, a post-graduate degree at Juilliard, plus 4 Honorary Doctorates. He was the first pianist to receive a star on the Hollywood Walk of Fame, the first (and so far the only) artist to receive the Steinway Lifetime Achievement Award. Two years ago he was presented with Governor Schwarzenegger's "Champion for Youth 2004" award, and



Roger Williams plays a tune on the piano as Puebloan Greg Ballantyne looks on.

Roger is honored in the Hall of Heroes at the Hall of Pride Center in Des Moines, Iowa.

His 2:30 pm dress rehearsal is open and free to children between 7 and 17 years old, when accompanied by one adult. During this rehearsal Roger will perform America's hit songs from the Golden Era, tell inspiring personal stories of triumph and heartbreak of his life as a musician and businessman. He will interact with the audience and answer questions from the children.

Tickets for the Roger Williams concert on December 17th at 7:30 pm at Memorial Hall are available at the Sangre de Cristo Arts Center box office 210 N. Santa Fe Ave or by calling 295-7200. Prices range from \$15 to \$40. To take a child to Roger's free dress rehearsal on the 17th at 2:30 pm contact Junior Achievement at 546-9506.

## Overlooked Seniors: "Santa Claus Is Coming To Town!!"

by Hope Verro - Director of Marketing 719 545-0293 - Home Instead

A local senior care company, along with area retailers and seniorcare agencies, are bringing Santa to the lives of seniors who may have been overlooked in the hustle and bustle of the holiday season.

The area office of Home Instead Senior Care®, the world's largest provider of non-medical home care and companionship for seniors, has teamed with Belmont Senior Care, Meals on Wheels, Life Line, Minnequa Medcenter, Physi-

cians Home Health Care, Praise Assembly of God, Social Services and Sam's Club, Johnny Carino's, Safeway, Kmart, Wal-Mart, and Ferguson Auto to provide presents to seniors who otherwise might not receive a gift this holiday season.

"In addition to supplying gifts, Be a Santa to a Senior® is also designed to help stimulate human contact and social interaction for seniors who are unlikely to have guests during the holidays," said Robin Mosey, owner of the Home Instead Senior Care office serving Pueblo.

"Since children are often the focus of holiday festivities, we'd like to help brighten the holidays for some area seniors as well."

Here's how the program, which runs from Nov. 17 through Dec. 13, works: Prior to the holiday season, the participating local non-profit organizations will identify financially challenged and lonely seniors in the community and provide those names to Home Instead Senior Care for this community service program.

Christmas trees, which will go up in Sam's Club, Safeway, Johnny Carinos, Fazoli's, Kmart, Wal-Mart, and Ferguson Auto on November 17 will feature ornaments with the first names of seniors and their respective gift requests.

Holiday shoppers can pick up an ornament, buy the items on the list, and

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leave them at the store along with the ornament attached. Home Instead Senior Care will enlist the volunteer help of its staff, senior care business associates, non-profit groups and others in the community to collect, wrap and distribute the gifts to these seniors. A citywide gift-wrapping day, when hundreds of the presents will be wrapped, will be held on December 14.

Joe, 86, is one area senior who will benefit from Be a Santa to a Senior. Joe's wife passed away last fall, so Joe will spend this Christmas all alone. Joe is blind, so he spends his time listening to books on tape and would enjoy some new tapes to listen to.

"This program is a way that we can give back to our community by providing gifts to some of our most treasured residents," Mosey said. "Our hope is that the presents also can help these seniors recapture some of the excitement of their childhood."

If you know the name of a less fortunate senior, or are interested in volunteering to help on the citywide gift-wrapping day, contact Hope Verro at 719 545-0293 or visit [santatoasenior.com](http://santatoasenior.com) to find a participating location near you.

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# Just One Guy's Opinion

by James R. Grasso, Chief Cook & Bottle Washer of "Your" Senior Beacon!



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As you all know, *Senior Beacon* and *V.C. King Stamp Company* has volunteered their time and money to produce some unusual gifts for the Christmas season or anytime for that matter, so as to raise money to fight the war on Crohn's & Colitis Disease research through its Foundation (CCFA). These gifts are handmade and special-ordered to your tastes and the suggested donations on these mounted used and mint stamps start at just \$5.95. In some cases that is the cost of the frame itself. Every bit of your donation goes directly to CCFA research and, in fact, your checks for these gifts are made out to CCFA by you and CCFA will send you a nice thank-you and receipt for tax purposes.

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## Thankful That's Over

The elections are over and we've done it again. We've shown the "world" (that will make all you Leftists happy) that we can settle our differences at the ballot box instead of behind some barricaded pillbox loaded with explosives.

For the record, the Republicans got exactly what they deserved because they didn't have the moxie to stand up to the naysayers and do what was right for the country. They should have confronted the opposition, and who obstructionists in so many ways, not for the benefit of the country as the so like to profess, but to benefit their own power hunger. Well, it worked, and they didn't even have to explain their intentions once they reached their goal.

So where do we go from here? GWB will now be gummed up with so much lawyerly stuff that his next two years will be even more lame ducked than the usual..... another reason why I thought it would be a good idea to have the President be president for one six-year term and that's it.

Nancy Pelosi, who is the new Speaker of the House, says she has a "first 100 hour plan" which includes raising the minimum wage (which many states have already done), investigating several pet projects her party wants to investigate to further eviscerate GWB and putting into action the plan that Jim Baker III (former Republican Secretary of State) and Lee Hamilton (former House member and big-wig of the Democrat Party) come up with to solve the Iraq problem and how to handle the War on Terror.

It's the last part of her first 100 hours routine that is most troublesome. The Founding Fathers put forth a great Constitution. It was anvil beaten from the scars of their past under the tyranny of King George. They knew that tyranny was not the answer so they came up with the three branches of government idea. 1). The Legislative Branch including the House of Representatives which was supposed to be populated by everyday citizens for two year-at-a-time stints so as to constantly refresh the country with new and pertinent ideas; and, the Senate, which was to be a deliberative body given six years to check things out and make proper decisions for the well-being of the United States. 2). The Executive Branch which gave the elected President certain powers so as to run the country in the way he saw fit according to his vision and his standing as the President of the United States. 3). The Judiciary Branch, which was set up to interpret the laws made by the Legislative Branch and monitor the Executive and Legislative Branch so as to not let them become, well, all powerful. Their idea was these three branches would police each other so *the people* would never again be placed under tyrannical rule.

With that said, we must be careful as a nation as the Left sets out to utterly destroy the Bush Administration just because they have a hatred for him. We must be careful to leave the power of the Executive Branch of government with the same abilities that were given him/her by the Constitution.

Bypassing the Executive Branch can make for huge problems down the road for both parties and especially, *we the people!*

The most pertinent issue to keep in mind is that GWB is, and was not, the enemy. It is beyond me how so many of my fellow Puebloans and Americans still don't understand the threat posed by our enemies. To take them lightly will invite more mayhem just like in the Clinton Administration and a world-wide depression wouldn't be far behind in that scenario.

As the days and months progress, it is hoped that the American populace will realize that the nasties will continue to be the nasties and their final goal is our annihilation. GWB will be eviscerated by the "new" powerbrokers, a fact known far and wide by the nasties. It will be open-season on the United States if what is being said by the Democrats soon-to-be in control, really is what they plan to do.

The nasties wanted to kill us throughout the Clinton Administration and they took a beating for it the past 4-5 years, but if we let up like the Democrats are saying, well, perhaps then we'll finally realize they truly want us dead. The killing hasn't stopped, ladies and gents just because GWB is powerless. Stay tuned! Godspeed!

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# Fashion: Looooking Gooood!

by Patricia McLaughlin - Mature Market Media Services

## DO GRAY-HAIRED PERSONS HAVE LESS FUN?

If gray hair makes you look old, how does dyed-looking hair make you look?

I'm having a problem with my hair. Lately the color has gotten sort of peculiar and splotchy and really blah and washed-out looking. It looks bad and, worse, it looks weird.

I'd managed to avoid noticing it until this week, when I saw the photos from my brother's wedding. A few of them featured this big, scary, frizzy, grayish-brownish blob that turned out to be... yes, me. My hair looked witchy. Finally I could see what my mother's been complaining about all this time.

Maybe it's some kind of bizarre self-protective response, but it doesn't look that gray to me when I look in the mirror. It looks more of an indeterminate light brown. In fact, I'd been imagining I must be an exception to the general rule that people go gray as they age. With a little chemical assistance, I was going gracefully beige instead. And I would've been fine with that.

Friends did their best to rescue me from this comforting delusion. For a while there, I was using an Artec marigold-color rinse, theoretically to produce golden highlights in the supposed natural beige. I thought they were lovely; my friend Julia said they were invisible. "Your hair is gray," she said flatly.

Somehow I couldn't see it. Maybe we need better lighting. Maybe it's our mirrors -- which, come to think of it, also make me look about 20 pounds lighter than mirrors in store dressing rooms and other people's houses. (I'm not complaining; I'm grateful.)

At first, way back, when it was

just a matter of the occasional strand of white, I'd tried the same kind of temporary hair color my mother used, which was fine unless you happened to get caught in a rainstorm while wearing a white shirt, as once happened to me. Also, it left an orangey film on my white shower curtain. Other than that, it was great: I had dark hair, I used a light color, my hair still looked like my hair.

Then I used Body Shop Henna Creme Shampoo for a couple of years. It made my hair shiny and gave the emerging gray streaks just the slightest overall gray-brown tone that sort of blended everything in. They stopped making it.

Then, for a few years, I used Clairol Color Hold Conditioner in a mouse-brown shade that had a similar blending-in effect. They stopped making that, too.

Next I tried several kinds of more permanent color. Most were too dark: My hair looked like it belonged to somebody else. You don't want to walk around with some stranger's hair on your head -- anyway, I didn't. Then there was the one I must've mistimed, because it turned sections of hair a peculiar dusty orange.

Also, in time, the permanent kinds made my hair feel like Brillo. As you may know, even the shiniest, healthiest-looking hair is in fact dead protein, dead as doornails. But you don't want it to look that way.

And anyway, who wants to hang around the house for 45 minutes with your head in a plastic bag and brown streaks trickling down your face?

So I tried salon color. The first time it was too dark -- not as dark as it used to be, actually, but still darker than I was used to by then. So again, it looked like some stranger's hair had

landed on my head by mistake.

The next time we went lighter: My hair looked exactly the same to me when I left as it had when I'd arrived. But why pay \$50 for no difference at all? I wanted subtle, not nothing.

I tried several shades of color-refreshing shampoo. This prompted questions like: "Is your hair pink?" (That was the Red Clover.)

I tried a professional kind that was supposed to fade out gradually, so you didn't have visible roots, but it didn't fade, or didn't fade enough, so after a while the first inch or two of hair was one color and the rest was a different color, which looked sort of pathetic.

The problem, I see now, was that I didn't want my hair to look gray, but I didn't want it to look colored either.

I wanted to finesse the whole issue, skip out on coping with all the ensuing ghastly cultural and emotional baggage. And who wouldn't? Sure, there are cultures where gray hair is venerated as a sign of seniority achieved and wisdom accumulated, but ours is emphatically not one of them. Ours is a culture where people pay to have needles stuck into their faces repeatedly so that the nerves that allow them to frown can be poisoned and paralyzed lest frown lines make them look older -- not necessarily older than they actually are, just older than they're willing to look. Old, in our culture, means weak, passe, dispensable, irrelevant, out of touch. Nobody loves you, nobody cares about you, nobody even tries to sell stuff to you. (Well, except for drugs and Depends.) You never see anybody who looks like you on TV. It's like you don't exist.



This hair is gray, delusions to the contrary notwithstanding photo: Paulsen Photography

It's probably even worse for baby boomers: We were the Youthquake, the Pepsi Generation. We grew up on the right side of a yawning generation gap. We were advised not to trust anybody over 30 -- as if we would have. Our elders didn't understand us. They liked Lawrence Welk! They wore slips and girdles and gloves and embarrassing golf clothes! We could never be like that.

Maybe as a result, many of us never entirely grew up -- or anyway, ever felt entirely grown up. Getting old, it turns out, is vastly less avoidable.

And the thing is, much as you don't want to look old, it's worse to look like you're trying hard not to look old and failing at it -- which is how you look when you have an inch of gray hair and three inches of beige hair. Or when your hair is a single flat unvarying shade of chemical brown, a look you see now on lots of TV talking heads, along with the ubiquitous TV teeth that are way too white for real. And that's just the guys. The women are more likely to have prominent streaks, and bangs to disguise the way their faces don't move at all above the eyes.

It's almost enough to make me want to flaunt my gray hair. Especially now that the beige thing pretty clearly isn't working.

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# New Low-Cost Medicare Health Plans May High Out-Of-Pocket Costs

by **Eileen Daugherty**  
Denver, CO. Medicare beneficiaries are receiving invitations on a daily basis to join new Medicare Advantage Plans, known as Private Fee For Service Plans or PFFS or HMOs. PFFS plans are similar, but very different from a Health Maintenance Organization or HMO.

A PFFS, just like an HMO, is required by Medicare to provide the same coverages as Medicare fee-for-service for hospital care, physician visits and other health care. However, there are some major differences that Medicare

beneficiaries should consider in making purchasing decisions.

Some PFFS and HMO plans offer a zero monthly premium; some offer limited coverage for vision and dental services; and some offer prescription drug coverage which may be very attractive to some individuals. Other plans charge a very high premium with similar out-of-pocket costs to those offered in the zero premium plans. Some plans cap the out-of-pocket costs for some procedures.

Other PFFS and HMO plans charge a monthly premium, cap some of

the out-of-pocket costs, and charge the 20% co-pay allowed by Medicare for such things as nursing home coverage on days 21-100 which is \$124 per day in 2007.

HMOs require Medicare beneficiaries to see physicians and other health providers who are in the plan's network (except Rocky Mountain Health Plans which allows individuals to go outside the network for an additional fee).

PFFS plans, unlike HMOs, allow Medicare beneficiaries to seek care from any physician who is willing to accept the payment from the PFFS. The physician can elect to accept the payment at the first visit and elect not to accept the payment on the next visit. Medicare beneficiaries may find themselves without a physician (or other health care provider) or having to change physicians. The rules allow any "willing physician or provider to participate" in the program, but the physician does not have to participate on every visit. The physician is not required to accept the payment from the PFFS.

The deductibles are determined by the PFFS and the HMO plans. For example, several of the PFFS and HMO plans with a zero premium require the individual to pay as much as \$225 per day for the first five days of a hospitalization, whereas, fee-for-service Medicare requires \$992 per hospital visit per 60 day benefit period, regardless of the length of stay.

PFFS plans may require individuals to notify the plan if medical care is used. For example, if an individual purchases a \$750 wheelchair and fails to notify the insurance company, the indi-

vidual will have to pay 50% of the cost. Other plans have different restrictions depending on the company.

For many procedures offered by PFFS and HMOs, the individual is required to pay 20% of the cost for such services as outpatient procedures, ambulance services, and radiation treatments.

Individuals who enroll in a PFFS or an HMO may elect to change plans one time between January 1, 2007 and March 31, 2007. Enrollment or disenrollment is considered "the one-time option". To exercise the "one-time" option, the Medicare beneficiary should first enroll with the new plan. If the individual disenrolls from the existing plan before enrolling in the new plan, the individual will have exercised their "one-time" option through the disenrollment from the first plan and will only be able to receive coverage through original Medicare. Depending on health conditions, the individual may be able to qualify for a Medicare supplement.

Medicare beneficiaries have more choices and less time to make decisions regarding health care decisions for 2007. For assistance in making decision, call 1-800-Medicare or 303-333-3482.

Eileen Doherty, M.S. is the Executive Director of Senior Answers and Services and the Colorado Gerontological Society. She has 30 years of experience in gerontology in administration, research, training and education, and clinical practice. She can be reached at 303-333-3482 or at doherty001@att.net.

## ON THE RIGHT: "THE INSIDE STORY"

We aren't supposed to make any generalities based on race, color or creed, just to begin with. Invidious comparisons can be made, and indeed are every day made, by individuals. Still, institutions go to extraordinary lengths to avoid remarking differences. Indeed, many super-cautious universities even forbid applicants to submit photographs, on the basis of which an official at the Department of Admissions might say -- or whisper, or just think quietly -- that this applicant is black/Indian/Chinese ...

So what I want to know is: How is it that on page P-7 of The New York Times for Nov. 9, 2006, I can find out how many people voted Democratic and how many Republican, nationwide, among: whites, blacks, Hispanics, Asians; men, women; 18- to 29-year-olds, 60 and older; didn't complete high school, did, some college, college graduate, postgraduate; Protestants, white Protestants, Catholics, white Catholics, Jews, white evangelicals;

### The Writer's Art

# Sometimes Less Is Certainly More

by **James J. Kilpatrick**

Robert Browning said it first, but the architect Mies van der Rohe made it famous: "Less is more." It's a fine rule for writers -- let us use only necessary words -- but "less is more" is not a rule to be followed blindly. Often an extra syllable or a supposedly redundant word will perk up our pearly prose. Consider:

A couple of years ago (I've lost the date) The New York Times Magazine carried an article on coal mining. It began: "Twenty-five miles south of Charleston, W.Va., the Appalachians look as they must have a thousand years ago, rapturously folded against each other ..." It was a good lead, but let us tinker.

Suppose we insert a single word. Now the lead sentence begins, "Twenty-five miles south of Charleston, W.Va., the Appalachians look as they must have "looked" a thousand years ago."

family income under \$15,000, under \$30,000, under \$50,000, under \$75,000, under \$100,000, over \$100,000; Easterners, Midwesterners, Southerners, Westerners; gays, lesbians, bisexuals.

Begin with truly sensitive questions, bearing on race, ethnicity, color.

What about Jewish voters? It is assumed, is it not, that cosmopolitan experience and education wipe out traditional tribal allegiances? Well, no group could be better educated and more cosmopolitan than the Jews, but they voted 88 percent Democratic.

Is it as easy as that Jews are especially well educated, and would incline to do the ... intelligent thing? No. The least educated (did not complete high school) voted mostly (64 percent) Democratic. But the college graduates voted 50-50.

Surely we can assume a correlation between income and political affiliation?

Once again: Not quite. The poorest (family income under \$15,000) did indeed go Democratic (69 percent). Those with incomes between \$75,000 and \$99,999 also went Democratic, though narrowly (52 percent). Only in the highest bracket (\$100,000 and over) did Republicans edge out Democrats, 52 to 48 percent.

Suppose we look in on the black voters. They are right there with the Jews, 89 percent Democratic to 11 percent Republican. Compare Hispanics, 70 percent Democratic to 30 percent GOP, and Asians, 62 percent Democratic, 38 percent GOP. Only whites gave more votes to Republicans, 52 to 48 percent.

Another presumed great divide, age. There is a division, but it is not as deep as the divisions along racial and ethnic lines. The young people (18-29) voted Democratic, but only by 61 percent. That Democratic plurality reduced to 54 percent for voters 30 to 59 years old; and to just a couple of

by **William F. Buckley**

points (52 percent) among those who have attained or are approaching senior citizenship.

So then, with a couple of exceptions (Jews, blacks and Hispanics -- oh yes, and gay, lesbian or bisexual, who went 75 percent Democratic), you can get away with saying that the voters are pretty well mixed. This is so even geographically. The Democrats prevailed in the East by 64 percent, Midwest by 53 percent and West by 56 percent. In the South, Republicans led by 54 percent.

You can pick and ponder as you will, with discrete findings, e.g., Catholics went 56 percent Democratic, Protestants 55 percent Republican. There presumably exists somewhere a table that gives you the progression of these different groups over the past 50 years. But if so, it is hard to find. We have walked back into see-no-evil land.

improved? Suppose that after "storm-swept coast" we cut one word and add three. Thus we summarize the book: "... much of it is fascinating, and much of it is junk." All right! The sentence begins to get giddyup. (The sentence could have been further improved by finding a three-syllable adjective to replace the four-syllable "fascinating," but nothing but "laudable" came to mind, and it had minimal zing.)

We're talking cadence today. It is not a concern of poets only. True, it is not much of a concern for the author of the day's Dow Jones report, but it should be an abiding concern for the writer who writes in some degree for the ear. Sunday-morning sermons come to mind -- and children's stories, and political speeches, and editorial exhortations to the laggard voter.

In an editorial in Time magazine two years ago, the writer voiced revulsion at the way in which the horrors of Abu Ghraib have been

defended: "When we are reduced to insisting that our depravity isn't as bad as the other guy's, we have fallen deep into a pit of moral equivalence." Suggestion: Let us sharpen the edge of that sentence by repeating a single word, e.g., "that our depravity isn't as bad as the other guy's depravity." Sarcasm is such a lovely tool!

Good writers are good fiddlers. Let us play our metrical measures one more time! Two years ago the Times carried a piece about the secrecy that surrounds the CIA. Only a few members of Congress get even a tiny insight into what the agency is doing, and their briefings are treated "like chummy conversations at a well-heeled men's club." The phrase starts with some pretty iambs -- like-CHUM-my CON-ver-SAT-ions AT a WELL-heeled -- but then the cadence collapses. It could have been improved by a single stroke, e.g., "at a club for well-heeled men."

Very well. Substance will always be more important than style. It's finally the fish that matters, not the parsley on the plate.

(Readers are invited to send dated citations of usage to Mr. Kilpatrick in care of this newspaper. His e-mail address is [kilpatj\(at\)aol.com](mailto:kilpatj(at)aol.com).)

## FINANCES

from page 18.

the more our income needs increase. So, if you're in no rush and have no immediate need for income it often pays to wait. Remember that the payment amount is based on life expectancy, so the shorter the life expectancy and the older you get, the larger your income payments become. Also, keep in mind that payment amounts are based on current interest rates, which are still relatively low. Waiting just a few years can make a significant difference.

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outlived can be particularly comforting in these uncertain times.

### Endnotes:

- 1 Fidelity and Guarantee Life Insurance Company, SPIA, 10/18/06. California State premium taxes of 2.35% are included in calculating the above payments. Many other states don't charge this fee. If you reside in a non-premium tax state you can expect even more income than stated above.
- 2 Fidelity and Guarantee Life Insurance Company, SPIA, 10/18/06
- 3 Based on 15% tax bracket. Guarantees are based on the claims paying ability of the issuer.

One final note: If you're looking for the best immediate annuity quote I recommend utilizing an independent financial advisor. They're not tied to any one specific company, they can search a number of quality "A" rated companies without bias, and find you the most competitive immediate annuity rate that will meet your needs.

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# news of the weird

COMPILED BY CHUCK SHEPHERD FOR SENIOR BEACON



### LEAD STORY

**Celebrity Trademark News:** The gruff, former Chicago Bears player and coach Mike Ditka recently teamed with a California winery to sell a signature line of wines, including a premium taste retailing for \$50 a bottle. And actor Andy Griffith filed a lawsuit in November demanding that the former William Fenrick change his legal name back from "Andy Griffith," which he admitted he acquired only to help himself get elected sheriff of Grant County, Wis. (he lost). And a man in China's Fujian province applied to the government in November to sell female sanitary pads under the trademark "Yao Ming" (China's superstar pro basketball player), catching Yao's agents dumbfounded at the man's audacity.

### Cultural Diversity

Among the indigenous rituals that survive today in Madagascar is the quinquennial (or so) "turning of the bones," when families dig up their ancestors' remains, polish them, show them around the village (so the departed can see how things have changed), and re-dress and re-inter them. Not to partake is to show disrespect, bring bad luck, and risk one's own unsatisfactory afterlife, according to an October Wall Street Journal dispatch from Antananarivo.

**Asia's Game:** According to an October report in the Asian Wall Street Journal, golf camps in China, Japan, South Korea and Singapore teach kids as young as 2, in many cases merely because parents are awed by the financially successful pro golfer Michelle Wie, who started at age 4. Some adult golfers in Thailand understand the obsession, such as those who play the Kantarat course in Bangkok, whose fairways are between

active runways of Don Muang airport, with the "smell of kerosene on the first tee" and the occasional need to dodge planes to play a tough lie. And China's Xiamen University recently began requiring that students majoring in management, law and software engineering take a course in golf, to round out a "socially elite" education.

### Latest Religious Messages

**Bad Water/Good Water:** Some churches in Canada have begun actively condemning commercial bottled water (except where no other sanitary water is available), either as environmentally destructive or as the commercialization of God's gift of life (according to a September report in Toronto's Globe and Mail). At the same time, in Mumbai, India, as many as 1 million Hindus once again this year ritually dunked hand-made idols of the elephant-headed Ganesh, thus worsening the hopelessly polluted waters around the city.

**New York City Episcopal priest Timothy Holder** ("Poppa T"), whose HipHopEMass and "Hip Hop Prayer Book" have turned south Bronx youth into parishioners over the last two years, issued a music CD in November featuring Bible stories in street language. For example, the 23rd Psalm: "The Lord is all that / I need for nuthin' / he 'lows me to chill."

### Questionable Judgments

Frank Williams, 48, filed a lawsuit in Pittsburgh in August, accusing the state Department of Corrections of improperly punishing him four years ago when he was immediately ordered back to prison for missing a parole appointment. Williams said he was not able to contest the decision then because he was hospitalized, unconscious, having

been shot on his way to the appointment, and in the intervening years, his medical condition has worsened because of inadequate medical care in prison.

### Election Roundup (continued)

Dead candidates continued to enjoy electoral success, with at least four winning hard-fought races in November. Katherine Dunton tied in an Alaska school board race but, though dead, won the coin toss and was elected. Glenda Dawson won her Texas state House seat, thanks in part to a colorful campaign mailer that went out a month after her death, touting her achievements (but making no campaign promises). And Sam Duncan won a seat on a North Carolina county soil and conservation board, which was such a low-key race that even some of his backers were surprised to learn after the election that he had died in September.

**Smashmouth Politics:** Barbara Cubin barely won re-election to the U.S. House from Wyoming after she angrily threatened to slap her wheelchair-confined opponent over a comment about campaign finance reform after an October debate. And former Texas state House member Rick Green took a swing at the man who beat him in 2002 when both arrived at the polls to vote at the same time.

### But for Alcohol, There'd Be Little News of the Weird

Twice in October, motorists were arrested for DUI after driving up to the security guard house at the nuclear power plant in Braidwood, Ill., by mistake. According to police, Lloyd Kuykendall, 38, drove up and handed the guard \$1, thinking it was a highway toll booth, and 10 days later, Stanislaw Drobrzawski, 51, tried to align his car with the guard house, thinking it was a gas station pump. And in Des Moines, Iowa, in October, customer Michelle Marie Engler, 45, was arrested for public intoxication at the Big Tomato Pizza restaurant after boisterously demanding to know why her food was taking so long. (An employee explained

that she hadn't ordered yet.)

### Updates

Since 1999, News of the Weird has reported stories of perhaps the same man who, posing as a cop, made periodic phone calls to managers of fast-food restaurants in several states demanding that a young female employee be interrogated about a crime while he listened in and steered the questioning to sex. Last year, police finally made an arrest after identifying the purchaser of a calling card used to phone a Kentucky McDonald's as David R. Stewart, 39, of Fountain, Fla. (The caller had demanded that the employee undress and jump up and down so that the manager could sniff her sweat for traces of drugs.) However, a jury in Shepherdsville, Ky., acquitted Stewart in October. The employee still has a lawsuit pending, and authorities in other states want to talk to Stewart.

### Bright Ideas

**Sarasota, Fla., dermatologist Michael Rosin** was sentenced to 22 years in prison in October for subjecting numerous patients to unnecessary, frightening cancer surgery so that he could bill them (and Medicare) for millions of dollars. An FBI investigation had revealed that Rosin had once detected aggressive cancer from a slide that contained not a skin sample but chewing gum and another time from a slide that contained plastic foam.

When oil prices rose in the summer, Steve Jordan began drilling what would be an 8,500-foot oil well under his house near Lake Charles, La., because prices were finally high enough for him to recover the \$2 million he thought the operation would cost. (Crude oil, which peaked in July at about \$77 a barrel, had fallen to \$65 by the time Jordan gave his last reported interview, on CNN in September, and at press time was about \$56 a barrel.) (Visit Chuck Shepherd daily at <http://NewsoftheWeird.blogspot.com> or [www.NewsoftheWeird.com](http://www.NewsoftheWeird.com).)

## SENIOR CLASSIFIEDS

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**33% SAVINGS** on three cemetery plots at Imperial Gardens. Sale price on two plots in "Garden of Devotions" is \$780.00 each. Sale price on one plot in Mount Olivet is \$527.00. Call Pat at 544-4623. #1206

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**HOME-BOUND LADY** needs someone to sew for her. Please call (719) 542-2883. #1106

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**FOUR SPACES** Lot 254-6, Lot 255-4,5,6. Calvary at Imperial Gardens. \$1300 ea. OBO. 564-7221. #1106

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**FAMILIES OF VETERANS** may purchase two cemetery lots in "Veteran's Court of Honor," Imperial Gardens. \$750.00 each. Call 545-3215. #1006

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# Senior Community Update

## OLDER, WISER, LIVELIER, SENIORS

Join the OWLS. We're a HOOT! Bridge: Party Bridge 547 1822. Duplicate Bridge 562-0937. Christian Singles (PW): 547-9787. Creative Writing 547-0250 or 583-2885. Creature Comforts 671-2030 or 543-4750. Day Trips 547-8181. Dominoes 543-6926. Dream Appreciation 583-2885. Fine Dining 546-6189. Genealogical Society 545-6326. Theater...Music 545-2803. Movies 543-6657.

### OVER THE HILL GANG

Don't Think of Us as Being Over the Hill.. Think of Us as Picking Up Speed! Camping, 545-3787; Cycling, 545-3787; Fishing, 545-2803 or 647-6479; Hiking 545-3787 or 547-8181; Riverwalking, 545-3787; Trail Cleaning 545-3787; Call Caroline Luellen 545-3787.

### SRDA TRIP

SRDA Senior Center Trip; December 7th to the Denver Art Museum; Bus leaves SRDA parking lot at 8 am and will be returning at 4pm. The cost is \$45.00 per person which includes transportation and museum entrance. Reservations must be made. Call 545-8900 ext. 133 for more information. Karen Macaluso, SRDA Recreation Supervisor

### PUEBLO STEPUP WELLNESS CLINICS FOR DECEMBER

Monday, Dec. 11. McHarg Park - 409 2nd St., Avondale - 9-11:30 a.m.  
Tuesday, Dec. 12. Vail Hotel- 217 S. Grand - 9-10:30 a.m.  
AND  
Hyde Park Comm. Ctr. - 2136 W. 16th 1-2:30 p.m.  
Wednesday, Dec. 13 - Joseph Edwards Ctr, 230 N. Union - 9:45 - noon

## BIG BURGER WORLD

Best Burgers In The Business

We will be closing December 23 and open again January 4

Have a safe and Happy Holiday!

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1205 S. 9th St.  
Cañon City,  
CO 81212  
275-8097



Thursday, Dec. 14 - Mineral Palace Towers, 1414 N. Santa Fe - 9:11:30 a.m.

AND  
Memorial Rec. Ctr., 230 E. George, Pueblo West - 8:45 - 10:45 a.m.

Monday, Dec. 18 - Park Hill Christian Church, 1404 E. 7th St. - 10 - noon

Tuesday, Dec. 19 - Minnequa Park, 1400 E. Orman - 9-11:30 a.m.

Wednesday, Dec. 20 - Mesa Towers, 260 Lamar, - 9-11:30 a.m.

Thursday, Dec. 21 - Ogden Apts., 2401 Ogden - 9-10:30 a.m.

AND  
Fulton Heights Comm. Ctr, 1331 Santa Rosa - 1-2:30 p.m

### AIR MUSEUM

WHO: The Pueblo Weisbrod Aircraft Museum

WHAT: The "Centennial of Flight Plus 3"

WHERE: At the Pueblo Memorial Airport

WHEN: On 9 December 2006 9 AM to 4 PM

DETAILS:

1. There will be Hands-on FREE Activities for the kids including: Fantasy of Flight, Computer Flight Simulators
2. Model Rocket Building (Make 'n Take)
3. Aviation Models Display
4. Scavenger Hunt
5. Styrofoam Airplane and Rocket (Make 'n Take)
6. Paper Airplane Contest

7. Tabletop Landing Simulators
8. Admission Charges for anyone 10 years of age to 17 years of age will be paid by The Mel Harmon, Chapter 128 of the Air Force Association. There is never a charge for anyone under 10

## Landscaping

from page 13.

chance to hear the client's reaction, make adjustments and thus personalize the plans, Duncan says. It also makes a big project more manageable and spreads out the cost.

Duncan grows the plants she recommends in her own garden so she can tell clients how they perform.

"It makes it more real for people," she says. Sometimes a plant

years of age.

9. Sponsored by the Mel Harmon, Chapter 128 of the Air Force Association in conjunction with: The Pueblo Historical Aircraft Society, the Colorado Department of Transportation, Experimental Aircraft Association, National Association of Rocketry, Centennial IPMS, and sponsored in part by the City of Pueblo.

10. For more information contact: Teresa Taffy, VP/Leadership Development, Mel Harmon Chapter 128, Air Force Association, (719) 252-1916 OR Pueblo Weisbrod Aircraft Museum at (719) 948-9219 or phas@pwam.org

### LIFE LINE SCREENING

Residents living in and around the Pueblo, Colorado community can be screened to reduce their risk of having a stroke. Life Line Screening will be at the St. Pius X Parish Hall on December 5th. The site is located at 3130 Morris Avenue in Pueblo. Appointments will begin at 9:00am.

A stroke, also known as a "brain attack," is ranked as the third leading killer in the world, and the second among women. Through preventive screenings, the risk of having a stroke can be greatly reduced.

Screening are fast, painless and low-cost. They involve the use of ultrasound technology and scan for potential health problems related to:

- blocked arteries which can lead to a stroke
- aortic aneurysms which can lead to a ruptured aorta
- hardening of the arteries in the legs which are a strong predictor of heart disease. Also offered for men and women is a bone density screening to

assess their risk for osteoporosis.

All four screenings take less than an hour to complete.

For more information regarding the screenings, cost of screenings or to schedule an appointment, call 1-877-237-1287. Pre-registration is required.

### PUEBLO SYMPHONY

The Pueblo Symphony Orchestra, under the direction of Dr. Jacob Chi, will present their third concert of the 2006-2007 season on Saturday, December 2, with a program featuring *The Broadway Baritones: Douglas Webster, Gregg Busch and Sal Viviano.*

The concert begins at 7:30 pm in Hoag Recital Hall on the campus of Colorado State University-Pueblo. Selections will include holiday music and music from Broadway shows.

Tickets (\$20.00 & \$25.00) are available at the Pueblo Symphony Box Office. For more information, please call 719-545-7967.

PS! Friends will host a luncheon to meet the guest artists on Friday, December 1st at Noon. The luncheon will be held at Bellissimo's Ristorante, 4206 N. Elizabeth. The cost is \$15. For reservations, call 719-545-7967.

PS! Friends will also host a dinner before the concert on Saturday, December 2, 2006, at 5:30 pm. A complete dinner will be served in the Aspen Leaf Room (second floor, Occhiato Center, Colorado State University - Pueblo campus).

The dinner includes wine, tax and gratuity. The cost is \$30 per person. For reservations, please call 719-545-7967.

"It's never too early to start talking with a landscaper," Duncan says. "Let's do the plan when we all have time, and we can do the installation when it's best for the plants."

### SIDEBAR: GETTING IT RIGHT

When you're ready to talk with a garden designer about plans for your garden, don't be intimidated, says Kathy Duncan, a designer with Custom Gardens Inc. (www.customgardens.com) in Yorktown, Va. Remember, you can start with a small project and proceed from there.

"I'd rather do a little bit every year than one big job and then you never hear from the client again," Duncan says.

This is the time to talk about money, Duncan says. You can give the designer a budget or a price range, or, if you aren't sure what landscape work costs (and it varies tremendously according to the garden, region, plans and plants), ask the designer to break down costs for you.

"Some people get sticker shock," Duncan says, "but I try to be realistic with clients. Most of them are professionals, and I am a professional, too."

Hiring a garden designer is a big step with big rewards, she says.

"It makes a difference in your life. When you come home and your yard looks good, it sets the tone, it's relaxing," she says. A lot of people don't realize it, but then, when they think about it they say, 'You're absolutely right.'"

## THE AREA'S MOST ADVANCED IMAGING DEPARTMENT IS CLEAR.

When choosing an imaging department, it's critical to select one with advanced technology and the most highly trained radiologists and specialty registered technologists.

At St. Mary-Corwin Medical Center, our Imaging Department prides itself on offering the very latest in diagnostic care. In fact, the most comprehensive in southern Colorado. Here, we recognize that better imaging, combined with better diagnosis, leads to better results. Our highly skilled diagnostic team uses state-of-the-art technology for the most precise diagnosis. We're currently affiliated with several Mayo-trained radiologists, who bring an unprecedented level of talent and professionalism to the entire imaging team. And we're home to the region's newest 64-slice CT Scan, plus we offer PET/CT technology—and much more.

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St. Mary-Corwin Medical Center  
Centura Health.



## AARP SCHEDULE FOR DECEMBER 2006

PHONE: (719) 543-8876

1117 Prairie Avenue  
HOURS: Mon-Sat 10-3pm  
Pueblo, Colorado 81005

### SAFE DRIVING CLASSES

13 and 14th December 2006 NOON-4pm-NOTE: \*\*\*Classes may be full, however there could be cancellations, or call to sign up for future classes

### BENEFITS CHECK-UP AARP: SRDA and THE NATIONAL COUNCIL ON AGING

Confidential and free! Call for appointment. S.H.I.P. Counselor available by appointment for MEDICARE Rx. questions

### TAI-CHI-SUN

Last classes of the year 2006 to be held Tues and Thurs, finishing up the 15th. December until January 2007 SPONSORED BY Pueblo STEP-UP Instructor is Jo Stinchcomb: Certified Exercise and Health Promotion Specialist: CALL FOR A SPOT IN THE CLASS!

CALL 560-5886 for further information of classes to be held at the Center.

CALL FOR APPOINTMENT WITH SHIP COUNSELOR FOR HELP WITH MCR RX. OPEN ENROLLMENT 543-8876

Dec. 1st., FRI-MEDICARE Rx. Workshop-10am

Dec. 5th., TUE-TC, 9am and 10am

Dec. 6th., WED - Back-up team, 3pm

Dec. 7th., THU-TC, 9am and 10am

### 12/08/2006 THE DATE MCR GIVES AS A SURE DATE TO GET COVERAGE WITH PLAN D FOR JANUARY 1ST, 2007

Dec. 12th., TUES.-CALICO QUILTERS (Members Only)-6pm

Dec. 13th., WED-Day 1 SAFE DRIVING CLASS, Noon-4pm

Dec. 14th., THU-Day 2 SAFE DRIVING CLASS, Noon-4pm

Dec. 15th., FRI-TC, 9am & MEDICARE Rx. Workshop, 1pm

Dec. 19th., TUE-BETTER BREATHERS, 1pm - topic:

"EXERCISE FOR THOSE WITH LUNG DISEASE" - Joan Bryant-Kennedy, RRT

### 12/25/2006 HAVE A SAFE AND HAPPY CHRISTMAS...INFORMATION CENTER CLOSED

Dec. 28th., TUE - MEDICARE RX. WORKSHOP. Final date for open enrollment 12/31/2006, 10am

RESERVATIONS MUST BE MADE.....719-543-8876

MAY THE CLOUDS NEVER BURST AND THE SON ALWAYS FIND YOU!

## HE HAS A HARD ENOUGH TIME MOVING OFF IT. WHAT MAKES YOU THINK HE'LL MOVE IT ACROSS TOWN?

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# Special Gifts? Why Not Try Gift-Basket Breads

by Annette Gooch

A gift of homemade bread is a thoughtful present any time of year. As a gift for folks who already have everything or simply to surprise someone for no special reason, a free-form loaf you've shaped and baked yourself will never fail to please.

To add to the enjoyment and usefulness of your home-baked gift, present it in a basket or box to which you've added something extra: a jar of honey or preserves, a favorite cheese, a container of homemade soup or stew, or an attractive kitchen towel.

**SUCCESS TIP:**

-- The ideal temperature for yeast dough to rise at an optimum rate is about 80 degrees. If the room temperature is cooler than that, use a thermometer to check the temperature of a cupboard or shelf above the refrigerator or stove, since heat rises. Alternatively, turn on the oven at its lowest setting (generally 175

degrees) for two to three minutes and then turn it off before putting the bowl of dough inside to rise.

This elegant braided egg bread (the challah of Jewish cuisine) is speckled with sesame or poppy seed. An excellent sandwich bread, it also makes delicious French toast.

**BRAIDED EGG BREAD**

- 1 package active dry yeast
- 1 1/4 cups warm (105 degrees to 115 degrees) water
- 2 teaspoons sugar
- 1 teaspoon salt
- 2 tablespoons cooking oil
- 4 1/2 to 5 cups unbleached flour
- 2 eggs
- 1 egg yolk, beaten with 1/2 teaspoon water
- 3 tablespoons sesame or poppy seed

1. Sprinkle yeast over 1/4 cup of the water in large bowl of a heavy-duty electric mixer. Add sugar. Let stand until yeast is soft (about 5 minutes). Add

remaining 1 cup warm water, salt and oil.

2. Add 3 cups of the flour. Mix to blend, then beat at medium speed until smooth and elastic (about 5 minutes). Beat in eggs, one at a time, then gradually stir in by hand about 1 1/2 cups more flour to make a soft dough.

3. Turn dough out onto a board or pastry cloth coated with some of the remaining flour. Knead until dough is smooth and small bubbles form just under surface (12 to 15 minutes), adding more flour to prevent dough from being sticky.

4. Turn dough in a greased bowl. Cover with plastic film and a kitchen towel. Let rise in a warm place until doubled in bulk (about 1 hour). Punch down, cover again, and let rise a second time until doubled in bulk (about 45 minutes). Punch dough down and divide into three equal portions.

5. On a lightly floured surface,



*Homemade bread and something special to go with it are welcome gifts at any time of year; shown here are a loaf of braided egg bread, store-bought preserves and an elegant serving dish. photo: Lifestyle Media Group*

## FREMONT/CUSTER County Menus

Penrose(372-0892) - Canon City(275-5524)  
Florence(784-6493) - Silvercliffe (783-9508)

**CUSTER SENIOR CTR**  
Call 719-783-9508 for reservations before 9:30am Mon, Tues & Thurs-Noon Meal

**DEC. 4:** CHILI CON CARNE, Wheat Crackers, Sliced Yellow Squash, Fresh Apple, Cornbread w/ Margarine.

**DEC. 5:** ROAST TURKEY WITH GRAVY, Cornbread Stuffing, Cauliflower Broccoli Mix w/Cheese Sauce, Cranberry Mold, Pumpkin Bar

**DEC. 7:** HUNGARIAN GOULASH, California Vegetable Medley, Spinach w/Malt Vinegar, Banana.

**DEC. 11:** EGG SALAD SANDWICH, Lentil Black Bean Soup, Sliced Tomato on Lettuce, Banana.

**DEC. 12:** SCALLOPED POTATOES & HAM, Chopped Spinach, Hard Boiled Egg, Perfection Salad, Apple.

**DEC. 14:** FISH CREOLE, Cheesy Potatoes, Squash & Onions, Sliced Peaches, Dinner Roll.

**DEC. 18:** CHICKEN NOODLE SOUP, Wheat Crackers, Chopped Spinach w/ Malt Vinegar, Sliced Yellow Squash, Orange.

**DEC. 19:** BEEF & SWEET PEPPERS, Steamed Brown Rice, Orange Spiced Carrots, Grapefruit Half.

**DEC. 21:** SWISS BROCCOLI PASTA, 5-way Vegetables, Sliced Peaches, Plums, Sweet Potato Roll.

**DEC. 25:** MERRY CHRISTMAS  
**DEC. 26:** CHICKEN CORDON BLEU, Rice Pilaf, Seasoned Asparagus, Apricots.

**DEC. 28:** CHICKEN FRIED STEAK w/Country Gravy, Roasted Garlic Mashed Potatoes, Cauliflower Broccoli Mix, Apple.

**FLORENCE CENTER**  
100 Railroad St. - Florence Tue/Th/Fri

**DEC. 1:** HUNGARIAN GOULASH, California Vegetable Medley, Spinach w/Malt Vinegar, Banana.

**DEC. 5:** CHILI CON CARNE, Wheat Crackers, Chopped Spinach w/ Malt Vinegar, Sliced Yellow Squash, Orange

**DEC. 7:** ORIENTAL PEPPER CHICKEN, Steamed Brown Rice, Cut Broccoli, Pineapple Tidbits.

**DEC. 8:** TURKEY SANDWICH, Provolone Cheese, Sliced Tomato on Lettuce, Waldorf Salad, Orange.

**DEC. 12:** CREAM OF ASPARAGUS SOUP, Roast Turkey with Gravy, Cinnamon Applesauce, Carrot-Raisin Salad.

**DEC. 14:** HAM AND BEANS, Cut Broccoli, Parslied Carrots, Orange Juice, Cornbread.

**DEC. 15:** BEEF STROGANOFF, Orange Spiced Carrots, Ruby Beet Salad, Mixed Fruit.

**DEC. 19:** BEEF STEW, Wheat Crackers, Whole Kernel Corn, Herbed Green Beans, Diced Pears.

**DEC. 21:** SWISS STEAK w/Mushroom Sauce, Whipped Potatoes, Seasoned

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**Byron Beard DMD PC**  
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Pueblo West, CO 81007 719-547-3737

Greens, Fruit.  
**DEC. 22:** HOT TURKEY SANDWICH, Whipped Potatoes, Asparagus Amandine, Pineapple Mandarin Orange Compote.

**DEC. 26:** OPEN FACE BBQ BEEF SANDWICH, Chicken Rice Soup, Wheat Crackers, Creamy Coleslaw, Almond Peaches.

**DEC. 28:** CHICKEN FRIED STEAK w/Country Gravy, Roasted Garlic Mashed Potatoes, Cauliflower Broccoli Mix, Apple.

**DEC. 29:** BEEF & SWEET PEPPERS, Steamed Brown Rice, Orange Spiced Carrots, Grapefruit Half.

**GOLDEN AGE CENTER**  
728 N. Main St.-Canon City M-W-F

**DEC. 1:** SPAGHETTI W/MEAT SAUCE, Tossed Salad w/Italian, Seasoned Green Beans, Orange.

**DEC. 4:** ROAST CHICKEN w/ Mushroom Sauce, Steamed Brown Rice, Cauliflower Broccoli Mix, Apple Pear Salad.

**DEC. 6:** BEEF STEW, Wheat Crackers, Whole Kernel Corn, Herbed Green Beans, Diced Pears.

**DEC. 8:** TURKEY TETRAZINI, Italian Green Beans, Cottage Cheese Peach Salad, Strawberry Applesauce.

**DEC. 11:** CALIFORNIA VEGGIE BAKE, Spinach Salad w/Egg, Fresh Pear, Citrus Cup, Oatmeal Raisin

Cookie.  
**NOV. 13:** CHICKEN & NOODLES, Seasoned Green Beans, Baked Acorn Squash, Apricot Pineapple Compote.

**NOV. 15:** BAKED HAM with Raisin Sauce, Candied Sweet Potatoes, Green Beans Amandine, Cranberry Mold.

**NOV. 18:** ENCHILADA PIE, Sliced Tomato on Lettuce, Sliced Yellow Squash, Mixed Fruit.

**NOV. 20:** HONEY BBQ CHICKEN, Oven Browned Potatoes, Chopped Spinach, Diced Pears.

**NOV. 22:** HOT BEEF SANDWICH, Wheat Bread, Roasted Garlic Mashed Potatoes, California Vegetable Medley, Confetti Slaw, Pineapple Tidbits.

**NOV. 25:** MERRY CHRISTMAS  
**NOV. 27:** CHILI CON CARNE, Whole Wheat Crackers, Cut Broccoli, Raisin Nut Cup, Apple.

**NOV. 29:** ROAST PORK, Whipped Potatoes w/Gravy, Parslied Carrots, Strawberry Gelatin Salad, Dinner Roll.

**PENROSE CENTER**  
1405 Broadway-Penrose (Tues/Thur)

**DEC. 5:** BEEF STEW, Wheat Crackers Whole Kernel Corn, Herbed Green Beans, Diced Pears.

**DEC. 7:** SWEET & SOUR PORK, Steamed Brown Rice, California Vegetable Medley, Diced Pears.

**DEC. 12:** CHILI CON CARNE, Whole Wheat Crackers, Cut Broccoli, Raisin

Nut Cup, Apple.  
**DEC. 14:** ROAST PORK, Whipped Potatoes w/Gravy, Parslied Carrots, Strawberry Gelatin Salad, Dinner Roll.  
**DEC. 19:** ROAST CHICKEN w/ Mushroom Sauce, Steamed Brown Rice, Cauliflower Broccoli Mix, Apple Pear Salad.  
**DEC. 21:** BAKED HAMw/Raisin Sauce, Candied Sweet Potatoes, Green Beans Amandine, Cranberry Mold  
**DEC. 26:** TURKEY TETRAZINI, Italian Green Beans, Cottage Cheese Peach Salad, Strawberry Applesauce.  
**DEC. 28:** SPAGHETTI WITH MEAT SAUCE, Tossed Salad w/Italian, Seasoned Green Beans, Orange.

**SALIDA CENTER**  
(Tues/Thur/Fri) - 539-3341

**DEC. 1:** FRENCH DIP SANDWICH WITH AU JUS, Oven Browned Potatoes, Mixed Vegetables, Strawberry Applesauce.

**DEC. 5:** CREAM OF ASPARAGUS SOUP, Roast Turkey w/Gravy, Cinnamon Applesauce, Carrot Raisin Salad Dinner Roll.

**DEC. 7:** TACO SALAD, Salsa, Lettuce, Tomato, Strawberry Applesauce, Fruit Cup, Cornbread w/ Margarine.

**DEC. 8:** SALMON PATTIES with Cream Sauce, Steamed Brown Rice, Mixed Vegetables, Tangerine ~ Raisin Nut Cup.

**DEC. 12:** EGG SALAD SANDWICH, Lentil Black Bean Soup, Sliced Tomato on Lettuce, Banana.

**DEC. 14:** COMBINATION BURRITO w/Chicken Green Chili, Lettuce & Tomato & Salsa, Black Beans w/Cilantro Diced Pears.

**DEC. 15:** STEWED CHICKEN WITH OLIVES, Greek Spaghetti, Greek Spinach Rice, Salata ~ Karidopita.

**DEC. 19:** VEGETABLE SOUP, Wheat Crackers, Tuna Salad on Lettuce w/Tomato, Baked Acorn Squash, Almond Peaches ~ Fresh Pear.

**DEC. 21:** SPAGHETTI WITH MEAT SAUCE, Tossed Salad w/Italian, Seasoned Green Beans, Orange.

**DEC. 22:** CHRISTMAS HOLIDAY  
**DEC. 26:** OPEN FACE BBQ BEEF SANDWICH, Chicken Rice Soup, Wheat Crackers, Creamy Coleslaw, Almond Peaches

**DEC. 28:** HAMBURGER, Catsup, Mustard, & Onion, Sliced Tomato on Lettuce, Baked Beans, Potato Salad.

**DEC. 29:** ROAST TURKEY WITH GRAVY, Cornbread Stuffing, Cauliflower Broccoli Mix, Cranberry Mold Pumpkin Bar.

**ALL MEALS SERVED WITH MILK (Coffee or Tea optional).**  
All breads served with margarine.

# Twist And Shout: Peppermint And Chocolate

by Annette Gooch

When the tingling sweetness of peppermint candy and satisfying richness of chocolate come together, the outcome is bound to be sweet, refreshing and colorful. An ice cream torte that showcases these complementary ingredients makes an unforgettable finale for a holiday menu or birthday celebration. The foundation for this easily assembled dessert is a chocolate butter sponge cake (also known as a genoise) you can bake yourself or purchase from a bakery.

**SUCCESS TIP:**

-- To soften a container of ice cream, allow it to stand at room temperature for approximately 10 minutes or microwave it for 15 to 30 seconds on medium (50 percent power).

This torte is far simpler to assemble than it looks. If you don't have the time or inclination to bake the cake for this dessert yourself, purchase a plain (unfrosted) 8-inch round butter sponge cake (also known as a genoise) from a bakery.

**PEPPERMINT TWIST TORTE**

1 single-layered 8-inch chocolate butter sponge cake, unfrosted (see recipe below)

1 pint peppermint ice cream (or vanilla or chocolate ice cream)  
Peppermint Candy Sauce (see recipe below)

Finely chopped peppermint candies or peppermint sticks, for garnish

1. Place cake on a cutting board or clean work surface. Holding the cake in place with one hand, use a long-bladed serrated knife to slice it horizontally into two halves. Transfer the upper half to a work surface covered with a sheet of plastic film or parchment paper; reserve.

2. Place lower half of cake on a small baking sheet. Spread a pint of softened ice cream evenly over the bottom half of cake.

3. Position the reserved upper

half of cake over the layer of ice cream, pressing the cake firmly in place. Wrap the ice cream-filled cake tightly in plastic film and freeze for at least two hours or overnight.

4. Remove cake from freezer and let stand at room temperature about 10 to 15 minutes before serving. Drizzle some of the Peppermint Candy Sauce over top of cake; if desired, sprinkle with finely chopped peppermint candy. Pour remaining sauce into a serving dish or small pitcher to pass at the table. To serve, use a sharp knife to cut the cake into 8 to 10 wedges.

Serves 8 to 10.

This classic cake makes a light, elegant foundation for ice cream tortes and trifles or for serving with fresh summer berries.

**CHOCOLATE BUTTER SPONGE CAKE (GENOISE)**

Butter, for pan  
4 large eggs, at room temperature

2/3 cup sugar  
3 tablespoons unsalted butter, melted

1/2 cup flour  
1/4 cup sifted unsweetened cocoa

1. Preheat oven to 350 degrees. Butter and flour an 8-inch-diameter cake pan and line the bottom with parchment paper.

2. In a large bowl, combine eggs and sugar; break up yolks with a whisk. Set bowl with eggs and sugar in a larger bowl containing hot, not boiling, water; beat eggs and sugar with a hand-held electric mixer until warm, frothy and pale yellow.

3. Remove bowl from water and continue beating at high speed until batter has cooled, tripled in volume and resembles softly whipped cream. Mix about 1/4 cup of the egg mixture into melted butter to lighten the batter.

4. Combine flour with cocoa;

fold into egg mixture in 3 stages, folding in gently but quickly. Just before final folding, fold in butter mixture.

5. Pour batter into prepared baking pan; bake until cake shrinks slightly from edges of pan and top springs back firmly when depressed with your finger (20 to 30 minutes). Carefully turn warm cake out of pan and cool, right side up, on a wire rack.

Makes 1 (8-inch) layer.

Few dessert sauces are easier to make than this simple combination of peppermint candy, water and sugar.

**PEPPERMINT CANDY SAUCE**

1/2 pound hard peppermint candies, crushed

1 cup water  
1/2 cup sugar

In a small, deep, heavy-bottomed saucepan, heat candies and the water over medium heat, stirring occasionally, until candies begin to melt. Boil for 3 or 4 four minutes; add sugar and stir until it dissolves. Remove from heat and cool. Pour sauce into a serving bowl or pitcher and pass at the table.

Makes 2 cups.

This dessert requires neither cooking nor baking and makes an eye-popping presentation. Work quickly when shaping the ice cream into a cylinder. If you prefer, substitute chocolate or vanilla for the peppermint ice cream.

**CHOCOLATE-PEPPERMINT ICE CREAM LOG**

1 quart peppermint ice cream, slightly softened

1 package (8 1/2 ounces) thin chocolate wafer cookies

2 ounces hard peppermint candies, sticks, or candy canes, finely chopped

Peppermint Candy Sauce, optional (see recipe above)

1. Spoon softened ice cream down the center of an 18-inch-long piece of heavy-duty aluminum foil. Lift the short ends of the foil to meet in the center, loosely covering the ice cream.



*Dessert takes a dramatic twist when chocolate cake is slathered with peppermint ice cream and drizzled with peppermint candy sauce.*

Use your hands to press against the foil and form the ice cream into a cylinder about 8 inches long. Wrap the sides of the foil tightly around the ice cream "log," taking care to make the cylinder as uniform and smooth as possible. Freeze at least 4 hours.

2. In a food processor, chop chocolate cookies into coarse crumbs and spread them in a baking pan or tray at least 10 inches long. Remove the ice cream log from the freezer, discard the foil, and roll the cylinder in the cookie crumbs, gently pressing as you roll the log back and forth so that it becomes thickly coated with crumbs.

3. Quickly place ice cream log on a chilled platter, cover with plastic film or aluminum foil, and return it to the freezer for at least 1 hour or overnight.

4. Shortly before serving, remove ice cream log from freezer and sprinkle with chopped peppermint candies.

*NOTE: If ice cream is very firm; allow log to stand at room temperature until it is soft enough to slice. Cut log into slices approximately 1 inch thick; if desired, pass Peppermint Candy Sauce at the table.*

Serves 6 to 8.

## SRDA MONTHLY MENU Call SRDA at 545-8900 for congregate meal site and Meals-On-Wheels Info!

**DEC. 1:** Roast Beef/Gravy, mashed potatoes, zucchini/tomatoes, creamy coleslaw, wheat bread/marg., cherry crisp.

**DEC. 4:** Spaghetti/Meatsauce, cream cuke salad, green beans, wheat bread/marg., choco pudding.

**DEC. 5:** Roast Pork Loin, orange glazed sweet potatoes, creamy coleslaw, wheat bread/marg., graham crackers.

**DEC. 6:** Mexican Bean Stew, california blend, cornbread/marg., strawberries/bananas.

**DEC. 7:** Roast Beef/Gravy, mashed potatoes, cabbage, wheat bread/marg., orange juice.

**DEC. 8:** BBQ Chicken, baked beans, stewed tomatoes, carrot raisin salad, wheat bread/marg., pineapple tidbits.

**DEC. 11:** Beef Stew, saltine crackers, wax beans, wheat bread/marg., diced pears.

**DEC. 12:** BBQ Beef Sandwich, baked beans, peas, mixed green salad/Italian drsg., diced peaches.

**DEC. 13:** Roast Beef/Gravy, mashed potatoes, carrots, wheat bread/marg., pineapple tidbits.

**DEC. 14:** Chicken Cacciatore, linguini, green beans, wheat bread/marg., pineapple upside down cake.

**DEC. 15:** Cpuntry Style Steak,

**When Was The Last Time Somebody Said,**  
"Sorry, Kiddo, But I'm Going To Have To See Some ID." ?

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# Finances: Wealth Creation

## Estate Planning: An Introduction To Your Legacy

by Robert Valentine

Estate planning can be difficult and confusing. Here are the four basic ways to plan.

If the controversy over Terri Schiavo showed us anything, it's that estate planning is more important now than ever before. Regardless of personal opinions, in the end, it was Terri who really mattered. And it is your choices and beliefs that matter when it comes to your own decisions. A Gallup Survey released in June of 2005, showed that 60 percent of Americans don't have living wills.

So how can you ensure that your legacy will be remembered for your entire life and not your final hours or days? The best way to be ready for major life and death decisions is to properly plan your estate. This means an all-encompassing look at the decisions to be made, who makes them, and who gets what.

There are generally four major documents you need to prepare so that your estate is in order.

**The first is the financial power of attorney.**

A financial power of attorney is one of the most important steps in estate planning. Whoever you name as your financial power of attorney makes all of your financial decisions. By specifically picking someone to make those decisions, you help eliminate controversy and stress. You also avoid the costly and lengthy legal process of the court making your decisions.

A will is the central part of your estate plan. Your will simply states who will receive various parts of your estate, including savings, homes, and other assets. By specifically laying out each asset and what person or charity it will be distributed to, you make your wishes clear. Although you won't avoid probate, a will may help reduce much of the court and the government involvement in your estate.

Aside from a will, there is another powerful tool that involves medical decisions while you're still alive, but possibly incapacitated. This is called a living will.

A living will is one of the most crucial documents in terms of medical decisions. Simply stated, a living will spells out what specific medical treatments you do or do not want in the case of a medical emergency that leaves you unable to make medical decisions. Major medical choices, such as whether or not to resuscitate, or whether or not to be put on artificial respiration can be decided within the living will. But a living will is only half of the medical documents you should prepare within your estate planning. The other is a medical power of attorney.

A medical power of attorney is a decision to appoint someone to make medical decisions if you cannot. If you don't have a medical power of attorney (also known as a health care proxy), the decision automatically goes to your spouse. If you are unmarried, then it goes to adult children or parents. By specifically designating someone to make the decisions, you make it clear who you want in charge, and what you want done if the worst happens. While these situations are never easy, by making it obvious who you want to make decisions and what decisions you want them to make, your wishes are clear and it eliminates the opportunity for someone else to claim otherwise.

These are simply the four basic documents you'll need when planning for your estate. There are many details to each document, and many details regarding your overall estate, including taxes. It's usually best to find a financial professional and qualified estate planner to give you advice. By being prepared and educated, and working with a financial professional, you can make sure that your wishes are known.

Most importantly, you can ensure that the legacy that lives on in your name is the one that you choose. Is an Immediate Annuity Right for You?

An income stream that you'll never outlive sounds pretty attractive. We'll see if they're right for you.

### COPING WITH HEALTH CARE COSTS

Americans are living longer

than ever. The idea of living a longer, healthier life appeals to all of us, but for many of us, the tradeoff is outliving our retirement savings. The crippling costs of healthcare and the constant rise of inflation continue to compound this financial predicament. A single premium immediate annuity (SPIA) may help with this dilemma, providing you with an income stream that you will never outlive. We'll take a look at the pros and the cons.

Here's how they work:

While many annuities are designed to build value for retirement, immediate annuities are designed to provide income immediately in retirement. A fixed immediate annuity is a contract between you and the insurance company. They are usually purchased with lump sums of money by conservative investors in order to pay for expenses over a long period of time. In exchange for this lump sum premium the insurance company pays you a monthly income for as long as you live.

Let's take a look at a hypothetical example. We'll assume we have a 75 year old male purchasing a \$100,000 SPIA policy. Based on current interest rates and his life expectancy he'll receive approximately \$725 dollars a month, every month for the rest of his life. Now, if the unexpected happens, and he dies early, his beneficiaries receive the remaining value, less payments received. This is called a "life income with lump sum refund" option and provides the assurance that you or your heirs will get at least the balance out of the policy.

If the cash refund option is not of great importance and maximum income is more of a priority, he could have chosen the "life only" payout option, which would pay a monthly payment of even more, at \$900 per month. This is a common choice for the investor who's not overly concerned with the endowment of these particular funds, rather capturing the income derived from these funds.

### Tax treatment

Thanks to the "exclusion ratio" immediate annuities offer very favorable tax treatment; in fact a large percentage of the fixed immediate annuity income is tax-free. Based on the above example, the income would be 74.02% covered by the "exclusion ratio".<sup>2</sup> This would mean that about only 4 cents on the dollar of income would be lost to taxes, and 96 cents would be kept.<sup>3</sup> This is because a large portion of income is considered a

return of principle. Keep in mind that this represents new money, qualified funds such as IRA's and 401k's are generally taxable because these products represent pre-tax dollars.

### Asset Protection - Medicaid

Utilizing Immediate annuities to shelter assets has become one of the latest "en vogue" planning techniques. Immediate annuities are often purchased for Medicaid planning purposes. By purchasing an immediate annuity you're essentially removing the funds from your estate (for Medicaid purposes), thereby meeting the Medicaid minimal requirements, and qualifying for Medicaid. These minimal requirements are very low and vary depending on your specific state; for most individuals a "Medicaid annuity" is not the answer.

If qualifying for Medicaid is your intent, I suggest you work with a qualified advisor or attorney—proper planning is a must.

Creditor protection is another sought-after benefit of these policies. In most states your fixed immediate annuity cash value is exempt from attachment by creditors. This is especially relevant if things like disability were to loom on the horizon. Florida and New York offer some of the most favorable laws.

### What are the drawbacks of purchasing a fixed immediate annuity?

All of the above information sounds promising but it doesn't mean that immediate annuities are for everyone. Purchasing a single premium immediate annuity is a permanent decision that will last for the rest of your life.

So you should seriously consider the following before selecting an immediate annuity product.

It's important to remember that these products are purchased for a reliable stream of income with an emphasis on security. They are not designed for maximum return. You can typically expect fairly conservative returns that don't often exceed the returns we see in the bond markets, but they'll do so with considerably more security.

The fact that the income derived from SPIA's will never change can be viewed as a double-edged sword.

While the steady stream of payments is often welcomed the downside is the loss of purchasing power to inflation. This is the inherent problem with fixed income investments, in general, and for the most part can't be avoided without delving into equity type investments.

Investors concerned with passing their assets on to heirs should take a close look at the payout options within a given policy. This may sound obvious, but when you select the "life only" income option within an immediate annuity policy the insurance company is only obligated to make payments to you for the rest of your life. If you die a month into the contract the insurance company gets all your money—nothing goes to your heirs. On the other hand if you outlive the actuarial tables you've won. So, it can work both ways, but the important thing to understand is you won't be bequeathing these funds to your heirs.

Generally speaking, immediate annuities are irrevocable contracts. Once you purchase the immediate annuity it is non-refundable, you lose the liquidity and no longer have access to these funds, save for the introductory "free-look" period. This restriction of principle is by far the number one disadvantage with these products. The tradeoff for this loss of liquidity is a lifetime of income. SPIA's are NOT suitable for individual investors with liquidity needs. **Should you wait?**

We know that the older we get  
SEE "FINANCES" PAGE

# For A Healthier You

## Company's Commitment Enables Access To Meds

Merck & Co., Inc. is a global research-driven pharmaceutical company dedicated to putting patients first.

Established in 1891, Merck discovers, develops, manufactures, and markets vaccines and medicines to address unmet medical needs. While research and development are fundamental to our business success, we know it is also critically important to help make our medicines and vaccines available to those who need them. That is why the Company provides its medicines and adult vaccines for free or at discounts to people in the United States who do not have prescription drug or health insurance coverage and who, without our assistance, cannot afford their Merck medicines and vaccines. This is consistent with Merck's long-held values and traditions of putting

patients first.

### The Merck Patient Assistance Program

Merck established the Merck Patient Assistance Program for our medicines 50 years ago, making it one of the first such programs in the industry. In 2005, Merck provided free medicines to fill nearly 7 million prescriptions for uninsured Americans in need. The program has a simple enrollment process and offers free delivery of medicines for qualified applicants to their home or doctor's office for up to one year.

### The Merck Prescription Discount Program

The Merck Prescription Discount Program is intended for patients who don't have prescription drug coverage and are taking a Merck medicine. The

program assists patients with a discount of at least 15 percent off many Merck medicines, regardless of age or income.\*

### The Merck Vaccine Patient Assistance Program

The Merck Vaccine Patient Assistance Program provides free vaccines to uninsured adults age 19 or older who do not have health insurance coverage and cannot afford their Merck vaccines their physicians recommend. The program, launched in September 2006, is the first of its kind in the industry. Merck provides the Company's pediatric vaccines to the federal Vaccines for Children program at significantly discounted prices for use by uninsured children. Merck also offers the Guide to Affordable Medicine, a new health resource for consumers that provides

information on how to navigate the various government and private programs that offer medicines at a discount or for free. The Guide to Affordable Medicine includes information on both public programs — such as Medicaid and Medicare — and private programs, such as patient assistance and prescription discount programs created by companies like Merck.

*This article is reprinted with permission from Your Health Now magazine, a new health magazine from Merck & Co., Inc., enhanced by information and insights from The Merck Manuals. To learn more about other health topics, visit [www.YourHealthNow.com](http://www.YourHealthNow.com).*

## Some Tips When Considering Dietary Supplements

Vitamins and minerals are essential for building strong bones, maintaining healthy eyesight, making red blood cells, and even preventing birth defects, along with other healthful benefits. Few vitamins and no minerals can be manufactured by the body — the majority of these nutrients are found in fruits, vegetables, and other foods. Most people can get the majority of the recommended vitamins and minerals they need from a healthy, balanced diet.

But advertisements and other reports continue to promote the healthful benefits of vitamin C supplements, calcium pills, and other dietary supplements. You also might hear a lot about nutraceuticals — herbal products that often are promoted for some health benefit, such as Ginkgo Biloba for enhancing memory. This leaves many people to wonder: should I be taking a supplement every day?

Before taking a dietary supplement, it is important to consider these five tips:

1. Talk to your doctor or health care provider first: Be sure to mention any and all medicines, including dietary supplements, herbal remedies, and over-the-counter medicines, which you currently are taking. People with late stages of cancer or AIDS are at particular risk of having a vitamin deficiency. Also, certain digestive diseases can affect the way nutrients are absorbed and result in a nutrition deficiency. In these situations, a dietary supplement may be needed to replace the lost nutrients. However, it is wise to talk to a doctor or health care provider before taking a supplement. Some supplements may negatively affect the medicines used to treat these conditions, or cause problems during surgery. People should first talk to a doctor about their illness, the medicines they are taking, and the pros and cons of taking a dietary supplement.

2. Think about the total diet: Dietary supplements, such as a once-a-day vitamin, are not meant to replace a well-

balanced, nutritious diet. People should first look at ways of improving their food choices, such as increasing the amounts of fruits, vegetables, and grains in their diet.

3. More is not necessarily better: There are some dietary supplements on store shelves that offer large dosages (often called mega-vitamins) of certain vitamins and minerals. Anything that offers more than 100 percent of the recommended daily allowance of one nutrient isn't necessarily offering additional health benefits. In fact, too much of any nutrient could be harmful to your health.

4. Be wary of the latest headlines: Advertisements often highlight what seem to be amazing claims about some products. For example, shark cartilage has been hyped as a treatment for cancer. And every winter, many people pop vitamin C supplements to treat the common cold without much evidence to support this practice. Remember that sound advice is based on a body of re-

search, not just one study. Any supplement that claims to treat or cure a disease is likely too good to be true.

5. "Herbal" and "all-natural" doesn't always mean "safe": Be cautious of any product that claims to be "totally safe" or "without side effects." Just because it says it's an herbal or "all-natural" product doesn't mean it is entirely free of risk. Like vitamin and mineral supplements, herbs also can interact with medicine or have harmful effects. For example, while peppermint tea is considered safe to drink, peppermint oil is more concentrated and can be harmful if not taken correctly.

*This article is reprinted with permission from Your Health Now magazine, a new health magazine from Merck & Co., Inc., enhanced by information and insights from The Merck Manuals. To learn more about other health topics, visit [www.YourHealthNow.com](http://www.YourHealthNow.com).*

## Gifts Of Homemade Bread in Baskets Fool Proof

from page 6.  
sesame or poppy seed.

6. Bake until braid is well browned and sounds hollow when tapped lightly (40 to 45 minutes). Slide onto a wire rack to cool.

Makes 1 large loaf.

Flavored with black pepper and parmesan cheese, this appetizing loaf is a natural partner for a soup-and-salad supper. For a fancy gift basket, add a jar of imported olives and a bottle of wine.

### PARMESAN-PEPPER BREAD

1 package active dry yeast

1 1/2 cups warm (105 degrees F to 115 degrees) water  
1 tablespoon sugar  
1 1/2 teaspoons salt  
1/2 teaspoon coarsely ground black pepper  
2 tablespoons olive oil  
3 1/2 to 4 cups unbleached all-purpose flour  
1/2 cup grated parmesan cheese  
1 egg white, blended with 2 teaspoons water

1. Sprinkle yeast over the water in large bowl of heavy-duty electric



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# "Light For The Journey"

By Jan McLaughlin - Director of Prayer Warriors For Prisoners

## THE PRICE OF UNSHAKABLE FAITH - A TALE OF TWO MEN December, 2006

Guest writer: Sonny Neal

*(For some unknown reason, the conclusion of this article was not printed in the September Light For The Journey. Personally, because of its great value, I believe the enemy didn't want you to know the rest of the story. But as always and in every situation, in the end, the devil loses! Please settle down with a steaming cup of tea, hot*

*chocolate or coffee, put your feet up and enjoy ALL of Sonny Neal's wonderful message on unshakable faith. As we celebrate this marvelous season of the birth of our Savior, may you know more and more, how precious you are to our Creator who sent His only Son to live and die among us and for us that we might share in the glory of His resurrection. Have a safe and blessed Christ centered Christmas! I appreciate your feedback and encouraging phone calls and comments. Jan McLaughlin)*

You've read Robin's story and Tracie's story, both testaments of unshakable faith abiding in young girls who trusted God for answers to health problems they could not understand. Each had parents turning to God for answers, but mostly for healing. For Robin and Tracie, God provided healing – but only after a few years of enduring infirmities unknown to most girls, but possessing the knowledge that whatever the outcome of multiple surgical procedures and waiting and wondering, God was in control, providing the means and ultimately expressing His glory through these girls and their parents.

Unshakable faith. What is it? Simply, trusting in the sovereign God - His people waiting patiently and living by faith. Now faith is being sure of what we hope for and certain of what we do not see Hebrews 11:1 (NIV).

This tale is about two men who spent their lifetimes in church. Each received the Word and each understood the Word in their own implement. One is in his seventies, I'll refer to him as Dan, and one in his fifties, I'll call him R.J.. Both are sick. Dan is dependent on outside care for activities of daily living, hooked to tubes and wires and bags, restricted in diet and capabilities. R. J. deals with a rare form of cancer, but is capable of helping himself, of moving about outside his home, is independent of machines and bags and tubes and wires. Due to his weakened condition, R. J. suffers a distressed immune system and is hospitalized several times a year

during the eight years since first diagnosed with cancer. Each time, he rallies, more weak physically, but his faith is steadfast. He seems to live by Hebrews 10:38 & 39: But my righteous one will live by faith. And if he shrinks back, I will not be pleased with him. But we are not of those who shrink back and are destroyed, but of those who believe and are saved (NIV).

The lives of these men are difficult, similar in that they are ill and under continuous doctor care. The lives of these men are vastly different, as different as the desert is from the ocean, as the sun is from the moon: These men see God differently. R. J. believes Isaiah 26:3 & 4, You will keep in perfect peace him whose mind is steadfast, because he trusts in You. Trust in the Lord forever, for the Lord, the Lord, is the Rock eternal (NIV). After several months of hospital care while fighting pneumonia, coming home weakened and aged beyond his years, R. J. always responds, "Oh, I'm fine. My wife had the harder time. I slept through everything." Such calm. Such assurance, that no matter the outcome, life or death, this man is steadfast and trusting, knowing God has a plan and purpose for his illness and he is willing to allow God to work through him, no matter the trial and how much time it requires.

Dan, although having known the same Words from God, is angry. He shouts at his wife as she tends to his needs. He is restricted to home, with trips only to the doctor's office. Home health care will not stay for any length of time as he's adept at ranting and raving. He is unsettled, cantankerous, impatient. Self-willed. He isn't compliant to understand God's plan and purpose for his life. He has no peace. Hebrews 11:6 states: And without faith it is impossible to please God (NIV).

Although prayers are sent on behalf of both men, healing can be prevented by a selfish will and lack of trust and willingness to allow glory to God during the safe times as well as the painful.

Ecclesiastes 7:14 reads: When times are good, be happy; but when times are bad, consider: God has made the one as well as the other (NIV).

R. J. succumbed to the cancer. His memorial service was packed. Not just because he was a likable person, but, as a man dying, he portrayed the person of Jesus Christ in his demeanor: loving, patient, kind, generous. He lived Galatians 5:22 - 26: But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit. Let us not become conceited, provoking and envying each other (NIV).

R. J. was not healed, but he left a legacy that impacted so many lives just by being a gentle and trusting man of God while he was dying.

Dan has not been healed either. His legacy? Who knows? There is still time that he may open his eyes and no longer fight God. God is in control and He knows the hearts of his children. The fruit of righteousness will be peace; the effect of righteousness will be quietness and confidence forever. My people will live in peaceful dwelling places, in secure homes, in undisturbed places of rest Isaiah 32:17, 18 (NIV). R. J., while dying, lived the effect of quietness and confidence.

Regardless of the outcome of your prayers, whether answered your way or not, remember prayer brings rich rewards: needs are met, God hears and answers, we receive courage and confidence, are shielded by God, receive God's power and comfort and are aware of His presence.

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(If you missed the stories of Robin and Tracie, you may request a copy by e-mailing akingskidinco@juno.com or phone 719-275-6971.)

Jan McLaughlin is the director of Prayer Warriors for Prisoners and may be reached by e-mail, akingskidinco@juno.com or phone 719-275-6971



# Grandparenting: .. "The Age Of Anxiety"

**Dear Grandparenting:** If I could give my family one blessing, it would be the gift of peace of mind. Whenever I get together with my kids and grandchildren, it seems everybody is worrying themselves to death.

My son and two daughters talk non-stop about money, and are up to their gills in debt. My grandkids worry about how they look or if they can get into the right college and get a good job. I listen, but don't have much to say.

My son jokes that I'm the only one in the family who doesn't need a tranquilizer to get through the day. The funny thing is, I used to believe old age gave you greater cause for worry and alarm, but I seem to be doing just fine.

I wonder if other grandparents report similar feelings, or if I'm the odd duck? -- Lone Duck, Bay View, Mich.

**Dear Lone Duck:** People experience and handle stress differently, but a recent national Harris Poll survey suggests you are not alone. Those aged 61 and older reported much lower levels of "a lot" of stress (only nine percent) than younger adult age groups, who all exceeded 25 percent.

Among the sources of stress in the survey, seniors were most concerned about rising prices, but reported the lowest level of concern in almost every other

category -- money for necessities and emergencies, work problems, excessive noise, trouble sleeping, "too many things to do," and personal privacy. Somewhat surprisingly, seniors also were the least bothered about being lonely.

Maybe it's not too bad being a senior after all.

**Dear Grandparenting:** My wife and I, both 87, are in pretty good health. Our two children live nearby, both with their hands full with their own problems. Our big question: Should we take the plunge and try to get into a life-care health community? -- "On-the-Fence," Granite Falls, Wash.

**Dear Fence-Sitter:** Your confession of only "pretty good health," and the inevitability of slowly declining health, sparked our interest. The trick is to act before someone acts for you. Get going while the going is good, and start visiting life-care homes in your area. And consult friends who have taken the plunge.

We spoke to Terry Snyder, president of the well-known Roland Park Place, Baltimore, which she calls a "not-for-profit continuing care community." She pointed out, "Many residents admit they should have moved in years ago!"

Dr. Barbara Resnick, also a key staffer at "RPP," is a cheerleader for regular exercises and reasonable goals for each resident, such as, "It might be the goal of walking up stairs, or simply walking with your grandchildren." She leads the way by running three full miles daily.

Arthur W. Machen Jr. recently wrote for the American Bar Association a detailed analysis, "Why I moved to a Retirement Community." It's the best study we've seen. Send us a stamped self-addressed envelope (830 W. 40th St., Ste. 304, Baltimore, MD 21211) and we'll gladly rush you a copy.

We advise our West Coast reader to come down off that fence and get serious about the move. Most continuing care communities insist that you walk in under your own steam. Better late than never!

**Grand Remarks of the Week**  
Dear Grandparents: An elderly grand-

mother, "embedded" in a local hospital, desperately needed a nurse. She pushed the nurse's call button twice, but no one showed up.

Finally, she picked up her bedside phone, dialed 911, and then shouted, "I'm in room so-and-so in so-and-so hospital. I need a nurse!" Within 25 seconds, a nurse ran in, breathlessly, and managed to solve the problem! ... I'd rather not mention the name of the hospital. -- Anonymous, Reading, Pa.

**Dear Grandparenting:** Tristen, my only grandson, almost 5, is very special. For example, when recently spending the weekend with us he came into our bedroom at 6:45 a.m. "to see if I was awake."

When I insisted I wanted to sleep a little longer, he begged me to watch cartoons with him. He noticed two medi-

cine bottles on my dresser and asked what they were for. When I called them my "nighty-night pills," he asked where my "getting-up" pills were. I then told him he was my "getting-up" pill -- and promptly got out of bed, wide awake, to watch cartoons! -- Donna D. Wiles, Mt. Airy, Md.

Dee and Tom, married more than 50 years, have eight grandchildren. Together with Key, they welcome questions, suggestions and Grand Remarks of the Week. Send to 830 W. 40th St., Ste. 304, Baltimore, MD 21211, or [grandparenting@aol.com](mailto:grandparenting@aol.com).



## Where Are They Now?

by Marshall Jay Kaplan  
**Lena Horne**

She was lovely to look at, and even more lovely to listen to. Legendary singer, Lena Horne broke racial barriers to become one of the greatest musical legends of all time. Now, almost 80 years young, Lena still has a gorgeous face and voice.

Lena Horne was born on June 30, 1917 in Brooklyn, New York. Her parents divorced when Lena was very young and she lived with her grandparents as her mother found work as an actress outside of the city. When her mother eventually returned home, they traveled from state to state, until again, returning to New York City. Following in her mother's footsteps, Lena began dancing on stage at the age of fourteen. By age sixteen, she got a job as a dancer at the famed Cotton Club in Harlem – where black dancers and singers performed for white audiences.

It was at the Cotton Club where Lena began singing and was eventually guided and protected through her early career by music greats such as Duke Ellington and Cab Calloway. By age twenty, Lena's talents as a singer were generating sold out shows. Although she appeared in one film during this time, the best was yet to come for young Lena.

In 1942, Lena was placed under contract with MGM. Her on-screen role was to basically provide musical numbers interspersed within a movie. Due to racism in the south, Lena's scenes were placed into films in such a way that they could be easily deleted – when shown in movie theatres in the south. MGM (and other studios) could not afford to lose revenue in the south if they were to highlight a black performer in their films, all due to extreme racism and discrimination.

However, along came Twentieth Century Fox who asked to borrow Lena from MGM for their all-black film, Stormy Weather. Lena performed the title song and it became the highlight of her career and her signature song. Although the film was a huge success (including other numbers performed by black actors and dancers such as Ethel Waters and the amazing Bill 'Bojangles' Robinson), little advances were made in starring roles for African-American performers. Lena continued to 'appear' in films, but left the movies discouraged in 1956.

For the next fifteen years, Lena toured on stage and made albums for fans across the globe. She returned to films only twice, once in 1969 and then again in a starring role as 'Glinda the Good Witch' in the 1978 remake of The Wizard of Oz, called The Wiz (with Michael Jackson and Diana Ross).

By the late 1970's and early 1980's, Lena Horne's status in the music industry was one of a legend. In 1991, she was inducted into the Big Band and Jazz Hall of Fame. The legendary vocalist currently resides in Manhattan.

What is extremely interesting and somewhat sad to note about Lena is that due to the lighter shade of her skin, she tended to photograph even lighter on camera. Studio execs were concerned about her being mistaken as a white woman, and in turn, had make-up applied to her so that she would still come across as a black woman on the screen. This obviously kept her movie career hindered during this time of racism.

May Lena always be remembered not for the color of her skin, but for the beauty of her smile and of her voice. For us, may the weather always be stormy when Lena sings.



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# On The Right: "Tuesday's Ultimatum"

by William F. Buckley Jr.

Partisans (both Democrats and Republicans) grieve especially, on Election Day Plus One, for individual legislators defeated, men and women, however few, who inspired confidence for whatever reason. Tenacity and right-mindedness, in the case of Rick Santorum. Geniality of intellect and an aura of idealism-in-hand, in the case of Jim Talent.

But on the big picture, what should one say, other than that if it hadn't happened, democratic governance would have been guilty of being asleep at the wheel?

Consider the event. A rejection of the policies of an incumbent president in Year Six is habitual. If it can happen to FDR and to Ike, it can happen to, well, anybody. President Bush gave over the last two days of the campaign to a single jibe: "They don't like ( )? Ask them what "their" plan is."

And if the campaign was mostly about the Iraq war, he made a solid point. Is Nancy Pelosi the voice of the opposition in the House? If so, what exactly "is" her plan? She is against the war and was against it from the beginning, but what is she now to do, if the results of Nov. 7 truly reflect national opposition to what we are trying to accomplish in Iraq?

The challenge posed by President Bush bounces back at him. What -- the dissenters at the voting booths were entitled to ask -- is "your" plan? If there is dissatisfaction, it is consummated by the replacement of the executive team. But these things do not happen in off-year elections.

It can hardly be doubted that if Mr. Bush had been up for re-election on Tuesday he would have been defeated.

But inasmuch as he is still in office, what is reasonably expected? Mr. Bush has no "plan" other than a projection of the same plan that has failed. He can attempt to achieve success by more of the same, even if more of the same has given no evidence of a critical new life. If there is ahead of us a true departure from the program the administration has been following up to now, it must satisfy those whose rejection of existing policies was registered on Nov. 7.

It is sobering to remind ourselves that the alternatives open to Congress come down finally to categorical action. When Congress decided to act on the unpopularity of the Vietnam War, it passed a series of resolutions and laws that prevented President Nixon from taking basic tactical steps to thwart the total defeat that lay ahead for us. If comparable laws were passed today, they would forbid American money to be used in Iraq for hostile purposes, which would be tantamount to forbidding armed resistance to the claims of the insurgents.

Merely to suggest such alternatives is to remind ourselves of the inherent inadvisability of contemplating them. The Constitution makes the president the commander in chief. To permit the continuance of his responsibility while stripping him of the means to act is a device for modifying the Constitution, for which critics would be reluctant to accept responsibility. If a crisis is of such a reach, then the orderly procedure is the impeachment of the president.

But the people who went to the polls on Tuesday intending to register opposition to the war are not of revolutionary mettle. Still, they have found the means to make demands that

the president will need to appease. The analysts added, to the Iraq dissent, the wells of dissatisfaction over other executive derelictions. We heard from the solid base of conservatives who identify good government with the Republican Party. They spoke their opposition to a president who has not once used his constitutional power to resist spendthrift measures by Congress. He has not accosted directly, let alone relieved, the problems raised

by helter-skelter immigration laws. And he simply gave up on reforming a Social Security system that cannot fulfill its commitments.

What this has meant is a dissociation from the normal allegiance a democratic republic feels for its duly elected leadership. And that dissociation was written by the voters' feet, making indelible marks on the sand.

# ON YOUR TOES

by Charles E. Schneider, M.D. HEEL TRAUMA

There are many reasons for pain in the heel, but there are three more common reasons: 1) pain at the back and under the heel, 2) pain within the bones and joints of the heel and 3) pain in the heel because of another problem elsewhere causing a change in the pattern of walking or standing making the heel the area of unusual stress.

When pain occurs in the heel, it does not automatically mean there is a heel spur. People who are on their feet a lot, standing or walking, are more commonly the ones who have foot problems. It is even more common for people who have pronated feet or those with a flat arch to experience heel pain. Men seem to be more susceptible to these problems than women because of their employment and activities.

After noting heel pain symptoms, it is not unusual to discover that the pain may be caused by bursitis, trauma to the heel or a spur, although the pain may not initially suggest a spur. All of these problems may be confirmed or eliminated through x-ray. Bursitis is common in women who wear high heels, but ill-fitting shoes can cause this pain for anyone. Pain is generally noted in these cases between the Achilles Tendon and the skin.

A bursa will appear inflamed and will become distended with fluid. If the irritation continues, the skin and underlying area will become thickened. Your podiatrist will advise you as to the treatment plan depending on the severity of the problem. This should not be self-trested since new problems can be brought on and compound the primary painful area.

Severe's Disease is another disease which affects the back of the heel below the attachment of the Achilles Tendon. It usually occurs in both

heels simultaneously. Although this commonly occurs in adolescent boys. I mention this because so many people are familiar with Osgood-Schlatter's Disease and Severe's Disease is classified with this. You may have a young friend or relative who develops pain in the heel and finds this area very tender to the touch and walking on tip-toes or running is painful. A podiatrist should be consulted since this disease is possibly the problem.

Since attention has been focused on the Achilles Tendon, I do want to mention a ruptured Achilles Tendon. Perhaps you did not realize that this can happen.

What causes this to happen and how will you know if it occurred? A rupture may occur in several ways: 1) the tendon is overextended (stretched) while it is extended, 2) the ankle is forcefully flexed while at rest and unaware, 3) there is a trauma to the tendon while it is stretched.

How will you know when this has happened? Total ruptures cause less pain, local tenderness or immediate disability than partial tears or avulsion of muscle fibers. Seeking medical help immediately is important, a complete tear may not be diagnosed until after the swelling and bruising have subsided. There is acute agonizing pain which makes walking impossible. Success of repair decreases as the time increases. If the tendon is partially torn it is quite likely the tendon will completely tear at a later date. Treatment is the key for the injured Achilles.

If you have any questions or comments contact Dr. Charles E. Schneider, 1619 N. Greenwood, Pueblo, 710-543-2476.



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**Q:** I get a sore back now and again, and I've spent a lot of money trying many so-called, "solutions," without success. Often, I have wondered if there was anything I can do to get long lasting relief. My chiropractor fixes me for a few days but before long I'm right back where I started. I feel that surgery should be a last resort. Now, I'm wondering if those **GOOD FEET ARCH SUPPORTS** I've been hearing about really work.

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# Design School: Green Kitchens For Healthy Cooking

by Claire Whitcomb

If you cook healthy food, it stands to reason that you would want a healthy kitchen.

Which means avoiding plywood and particleboard, which give off gaseous formaldehyde, and steering clear of PVC and vinyl, which leach lead, cadmium and phthalate plasticizers. When they burn, they give off dioxin, one of the major byproducts of their manufacture.

But let's skip the bad news. The good news is that healthy kitchens are easy to come by, as demonstrated by Jennifer Roberts in her excellent book "Good Green Kitchens" (Gibbs Smith, \$29.95).

Roberts' book is full of products you'll want to know about. Here are a few that top the eco-friendly list.

-- Linoleum, a mix of linseed oil, saw dust and pine resin, is making a comeback in fresh modern colors and patterns. It's available in sheets, tiles, borders and click-together interlocking panels.

-- Cork is soft underfoot, stain- and moisture-resistant and available in beautiful colors, ranging from tan to black-brown. Made from scraps left after the manufacture of wine bottle corks, it is a natural product, harvested from the outer bark of cork oaks, which continually yield cork for 150 years.

Most cork flooring comes as glue-down tiles or tongue-and-groove flooring. Some varieties use formaldehyde as a binder, and you may wish to choose a healthier alternative.

-- Plywood produced by Columbia Forest Products is made with a soy adhesive instead of formaldehyde.

-- Bamboo is the darling of

the design industry. Beautiful and durable, bamboo replenishes itself in three to five years and needs little, if any, irrigation, pesticides or fertilizers. Solid bamboo flooring can be sanded and refinished just like hardwood. And like wood, it needs to be protected from spills with a sealant.

Quality counts when it comes to bamboo. Manufacturers of inexpensive flooring often use formaldehyde as a binder. Better brands do not.

--If you're pinning for hardwood floors or cabinets, don't hold back. Just consider the origin of your wood. You'll want to avoid over-harvested and often illegally logged woods such as teak, ipe (Brazilian walnut), jatoba (Brazilian cherry) and mahogany.

Look for wood that's sustainably harvested and certified by the Forest Stewardship Council, www.fsc.org. To find certified wood products, search the database at www.smartwood.org.

-- Ceramic and glass tile get eco-kudos because both are made with materials that are abundant and their production has minimal impact on the environment. The best tiles may be ones that have recycled content or are found at salvage yards. Ebay is a good resource, too.

Before you get too excited about the potential of all these products, Roberts suggests asking yourself how much you need to change your kitchen. All renovations, no matter how eco-correct, involve tossing a certain amount of building materials into landfills.

So if your kitchen feels too small, do a thorough decluttering. Get rid of the bread maker and the mugs from your old jobs. Store your grandmother's china in another room.



In the kitchen of this earth-walled, passive solar home in "Good Green Kitchens," cork flooring provides underfoot comfort. The cabinets are fiberboard made with recycled and recovered wood. Counters are trimmed with sustainably harvested wood, and lighting is energy-saving fluorescent. CREDIT: c. Linda Svendsen

Add lazy susans, pot-lid holders and slide-out bins so you can maximize the space you have.

To update your look, change the hardware. Repaint your cabinets, repolish stone or granite surfaces and "slipcover" tired flooring with a painted canvas floor cloth.

If you need a more serious change, try replacing your cabinet doors. Or if you have frame-style cabinet doors, take out the panels and add glass for an airier look.

If it turns out a renovation is in order, consider open shelving, which uses less wood than conventional cabinets. And try incorporating flea market pieces into your design. A hutch

can serve as a pantry, and a stainless steel laboratory bench makes a splendid kitchen island. Freestanding pieces can be reused if you move or decide to change your look in the future.

And don't toss your old cabinets. If you can't reinstall them in a mudroom or a laundry room, donate them to Habitat for Humanity or list them in the free section of www.craigslist.org. Just make sure you tell your builder you want to reuse your cabinets so that he removes them carefully.

Tips like these make "Good Green Kitchens" indispensable. If you love kitchens that are beautiful, healthy and eco-friendly, you'll want to read it from cover to cover.

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 Mailing Address: P.O. Box 7215 -Pueblo West, CO 81007-0215  
 Ph: 719-647-1300 Fax: 719-647-1305 E-mail: news@seniorbeacon.info  
 Physical address 44 E. Spaulding - Pueblo West  
 Publisher/Sales/Production.....James R. Grasso  
 Sales.... Jan McLaughlin, James R. Grasso  
 Contributing writers.. B. J. Tucker, Universal Press Syndicate,  
 Mature Market Editorial Services, Jan McLaughlin

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# Covering The Courts: Protecting Pot Privacy

by James J. Kilpatrick

Once more into the Fourth Amendment breach, dear friends! In the pending case of "Florida v. Rabb", the Supreme Court has a splendid opportunity to affirm the maxim that a man's house is his home -- and that he has a right to grow a passel of pot in his attic.

Well, not exactly. By taking

## Seniors & Insomnia

*New report from RetireSafe's Senior Center for health and Security Tells the Truth about Sleeplessness*  
by Michelle Plesari

When it comes to healthy sleep, no one group of people is in greater than America's senior community. Along with using common sense practices to get a good night's rest, millions of seniors are also turning to doctor-prescribed sleep aids. Americans over age 65 make up about 13 percent of the population but account for more than 40 percent of the prescription sleep aids take nationwide, demonstrating the importance of seniors having factual, science-based information about sleep aids.

A new report by RetireSafe's Senior Center for Health and Security examines the facts about sleep disorders and the unique risks they pose to older Americans. It also discusses common-sense steps that can help improve the quality of sleep and important information for those considering prescription sleep aids.

Over the past year, the news media have increasingly focused attention on rare cases involving people who abuse sleep aids. Rather than reporting the facts of sleep medications, the media often sensationalizes isolated instances of people taking excessive doses or mixing them with alcohol or other drugs. This sensationalism can be misleading and create unfounded concerns for seniors who worry about the safety of these sleep aids.

The safety risks associated with sleeplessness are well documented and most studies point to a good night's sleep being an integral part of an overall healthy lifestyle. Lack of sleep dramatically increases the risk of debilitating falls, and shortened sleep times have been associated with an increased risk of diabetes. One study found that those who slept less were more likely to suffer from deadly heart attacks.

If you have continued trouble sleeping, talk with your doctor. These problems can often be symptoms or early warning signs of other diseases. Sometimes, changes in lifestyle and sleep environment aren't enough to ensure a healthy night's rest.

As a last resort, many seniors are turning to prescription sleep aids in order to get a full night of healthful rest. Advances in medical science have resulted in a generation of sleep medications that allow you to get a good night's sleep without the side effects of older sleeping pills and sedatives. As with all prescription medications, sleep aids do carry a risk of dependence. But when prescribed and used as directed by your doctor, prescription sleep aids can provide needed relief for older Americans coping with insomnia.

Be smart. Be responsible. Use common sense. And always talk to your doctor when using prescription medications. Millions of senior citizens are able to get a good night's sleep thanks, in part, to doctor-prescribed sleep aids. The decision to us a sleep aids. The decision to use a sleep aid should be based on factual, scientific information and what your doctor says is right for you, not what the media says.

To read a copy of the full report, "Seniors and Insomnia: The Truth About Sleeplessness," visit [www.SeniorsForCures.org](http://www.SeniorsForCures.org)

the case -- or better yet, by not taking it -- the high court could strike a blow for strict enforcement of a constitutional freedom as old as Magna Carta. These are the facts:

In April 2002, an anonymous informant advised the Broward County sheriff's office that someone was growing marijuana in a residence on Polk Street in Hollywood. The

informant, obviously well-informed, identified the urban agronomist as a white male, 35 years of age. Thus prepared, the cops went to the specified address, taking a sniffing dog with them. The dog's name was Chevy. His age does not appear in the record.

The posse soon observed a white male exiting the domicile and driving away. The detectives followed in hot pursuit. Ten minutes later they stopped the driver for failing to signal as he changed lanes. The culprit identified himself as "John Brown." He was "visually nervous." His hands trembled. The detectives, skilled at recognizing such indicia of guilt, peered into the vehicle.

There they saw two books on cannabis cultivation. This was suspicious. The suspect explained the books by saying, in effect, that botany was his hobby. Suddenly Chevy alerted the cops to the ashtray. A clue! A palpable clue! Cannabis! The suspect broke down. He looked away as the gendarmes extracted two marijuana cigarettes from Brown's left shoe.

The party returned to Polk Street. Fifty-five minutes had elapsed. More evidence was required. Once more into the breach! The officers looked again to Chevy, the helpful hound. Handlers led him to the front door. Tally-ho! An alert! This did it. Now armed with a search warrant, police entered the house. They found 64 cannabis plants under cultivation and three cigarettes in a safe. It soon developed that "John Brown" was in fact James Rabb. His arrest followed swiftly. Trial seemed imminent.

Rabb's counsel moved to suppress the evidence. A trial court granted his motion, and a divided panel of Florida's 4th District Court of Appeal, speaking through Judge Bobby Gunther, affirmed. Now the case is pending in the U.S. Supreme Court on the state's petition for reversal and remand. We will know before long if Rabb goes free or goes on trial.

In her opinion, Judge Gunther relied chiefly on the Supreme Court's opinion five years ago in the case of another residential farmer, Danny Lee Kylo of Florence, Ore. Using

a thermal imaging device, police scanned his house. Telltale images emerged of unusual heat. These led to a search warrant, and behold! A hundred cannabis plants were growing happily inside.

Kylo protested that the thermal imaging violated his constitutional rights. The lower federal courts turned him down: The imaging was not an "unreasonable search" under the Fourth Amendment. He appealed. In an unusual alignment of justices, the Supreme Court reversed, 5-4. Justice Antonin Scalia spoke for a majority that included Justices Souter, Ginsburg, Breyer and Thomas. In dissent, Justice John Paul Stevens spoke for Justices Kennedy, O'Connor and Chief Justice Rehnquist. It was a lineup never seen before and never to be seen again.

Now, getting back to the pending case in the high court: As a matter of Fourth Amendment law, is James Rabb's house in Florida to be equated with Danny Kylo's house in Oregon? As the admissibility of evidence is weighed, is a dog's nose like a thermal imager?

Dogs' noses first appeared in Fourth Amendment law in "United States v. Raymond Place" in 1983, but as Judge Gunther pointed out in Rabb's case, the canine search in Place was a search in Miami's public airport, not in a private home. Rabb had "a legitimate expectation of privacy." If detectives had not summoned Chevy to the door, they likely "would not have detected the odor of marijuana emanating from the house."

"Thus the use of the dog, like the use of a thermal imager, allowed law enforcement to intrude into the constitutionally protected area of Rabb's house. ... The use of such a technique by law enforcement constitutes an illegal search."

Without evidence from the residence, the Florida cops would be left with a pitiful portion of pot for a federal judge to pass on. Give it up, I'd say. Let us concentrate on crime that truly matters.

(Letters to Mr. Kilpatrick should be sent in care of this newspaper, or by e-mail to [kilpatj@tjao.com](mailto:kilpatj@tjao.com).)

# Social Security & You

by Melinda Minor - Manager, Social Security Administration Office - Pueblo



## DISABILITY STARTER KIT MAKES APPLYING FOR BENEFITS EASIER

Albert Einstein once said, "Everything should be made as simple as possible ...." That wisdom is certainly something with which most of us non-geniuses would agree.

Applying for Social Security disability benefits involves both government regulations and medical evidence. In order to make the application process easier to understand and navigate, Social Security has created a "Disability Starter Kit" that will help people get ready for a disability interview or online application.

The starter kit provides information about the specific documents and the information that we will ask for. The kit also provides general information about the disability programs and our decision-making process that can help take some of the mystery out of applying for disability benefits.

Each Disability Starter Kit contains:

- A fact sheet that answers common questions about applying for disability benefits;
- A checklist of documents and information we will ask you for; and
- A worksheet to help you gather and organize the information you will need.

The fact sheet provides the legal definition of "disability" and explains how Social Security decides if a person's condition is severe enough to meet the eligibility criteria. It also gives tips on steps an individual can take to speed up the decision-making process.

The checklist provides a list of the information we need for most disability claims. That includes documents such as a birth certificate, latest W-2 form and military discharge papers, and information such as the names and addresses of all the doctors and other health professionals who have treated the applicant.

The worksheet gives examples of important questions we ask during the disability application interview, such as a description of impairment(s) and the date that the individual became disabled. It also asks for a list of the medications taken and the medical tests conducted, and requests information about jobs the applicant has held.

Whenever someone requests an appointment to file for Social Security

disability benefits, we will send him or her a copy of the "Disability Starter Kit." Or website visitors can find the kit online at [www.socialsecurity.gov/disability/](http://www.socialsecurity.gov/disability/), or call 1-800-772-1213 (TTY, 1-800-325-0778) and ask that a kit be mailed to them.

## BACK-TO-SCHOOL REMINDER: SUBMIT FORM SO THAT SOCIAL SECURITY BENEFITS CONTINUE FOR ELIGIBLE STUDENTS AFTER AGE 18

If your son or daughter is a high school student turning 18 and collecting monthly Social Security benefits, there is one more item to add to your "Back-to-School" checklist.

To ensure that Social Security benefits continue beyond age 18, eligible students must submit the necessary form to school officials to certify they are still in school. Otherwise, monthly Social Security checks automatically stop when a student turns 18.

About 200,000 students receive Social Security benefits in the United States. Some students receive Social Security survivors benefits because a parent is deceased. Others may get dependent benefits because their parent receives Social Security retirement or disability benefits. Benefits for minor children generally continue until age 18 or 19 if they're still in high school, unless they are disabled and eligible for childhood disability benefits. In that case, a separate application for benefits is required.

For more information about Social Security student benefits, visit [www.socialsecurity.gov/schoolofficials/](http://www.socialsecurity.gov/schoolofficials/). The website outlines how the process works with instructions on what the student and school official must do to ensure benefits continue past the student's 18th birthday. With the appropriate certification, Social Security generally does not stop benefits until the month before the month the student turns 19, or the first month in which he or she is not a full-time student, whichever is earlier.

Social Security's website also includes:

- a downloadable version of the required SSA-1372 form -- Students' Statement Regarding School Attendance -- that must be completed by the student, certified by the school and returned to Social Security;
- answers to Frequently Asked

Questions for school officials and students; and

• a field office locator to find the address of a local Social Security office. If you do not have access to the Internet, call Social Security at 1-800-772-1213 (TTY, 1-800-325-0778).

## KNOW WHAT YOU NEED FOR A REPLACEMENT SOCIAL SECURITY CARD

Each year many Americans will lose or misplace their Social Security card and need to apply for a replacement. If you or someone you know find that you need a replacement card, here are some tips that can make the application process go as smoothly (and quickly) as possible.

Social Security will need proof of your identity and can accept only certain documents. An acceptable document must be current and show your name, age or date of birth, and preferably a recent photo. Examples of such documents would include:

- a state driver's license, or
  - a U.S. passport.
- If you do not have one of these documents and cannot get a replacement for one of them in 10 days, Social Security will accept other proofs of identity, including:
- an employee ID card;
  - a school ID card;
  - a health insurance card;
  - a U.S. military ID card; or
  - an adoption decree.

It is also important to remember that all documents must be originals or copies certified by the issuing agency. Social Security cannot accept photocopies or notarized copies of documents.

For more information about getting a replacement Social Security card, visit our website at [www.socialsecurity.gov](http://www.socialsecurity.gov) or call Social Security at 1-800-772-1213 (TTY, 1-800-325-0778) and ask for the publication, New Rules For Getting A Social Security Number And Card.

## A SOCIAL SECURITY RETIREMENT PLANNING QUIZ

For more than 70 years, Social Security has been the foundation of a secure retirement for most working Americans. The following questions let you test how much you know about the role of Social Security in planning your retirement future.

1. If you are an average wage earner, how much of your pre-retirement earnings will Social Security replace?
  - a. About 20 percent
  - b. About 40 percent
  - c. About 70 percent
2. How many years of earnings will your basic Social Security retirement benefit be based on?
  - a. Your last 10 years of earnings
  - b. Your highest 3 years of earnings

c. Your highest 35 years of earnings

3. If you don't retire at your full retirement age, will your eventual benefit be higher because you continued to work?

a. Yes, your benefit will increase.

b. No, your benefit amount is final once you reach your full retirement age.

4. Is there a maximum Social Security retirement benefit amount?

a. No, there is no maximum benefit amount; it is based strictly on your past earnings history.

b. Yes, The maximum Social Security benefit for a worker retiring at full retirement age in January 2006 is \$2,053.

5. Once you retire, do you have to pay federal income taxes on Social Security benefits?

a. Yes, if you have higher income.

b. No, all Social Security retirement benefits are tax-free.

**ANSWERS TO QUIZ**  
1.b: For the average wage earner, Social Security replaces about 40 percent of pre-retirement earnings.

2.c: The amount of your retirement benefit is based on your age at retirement and on your earnings averaged over most of your working lifetime.  
3.a: Your benefit will increase in two ways. First, each additional year you work adds another year of earnings to your Social Security record, and higher lifetime earnings may result in higher benefits when you retire. Secondly, your benefit increases by a certain percentage when you delay retirement. For example, if you were born in 1936, your benefit increases 6 percent each year you delay retirement, up to age 70.

4.b: The maximum Social Security benefit in January 2006 for a worker retiring at full retirement age is \$2,053.

5.a: Social Security benefits are considered taxable income for beneficiaries whose countable income exceeds certain limits. (Countable income includes adjusted gross income, tax-exempt interest income and part of Social Security benefits.) The amount of Social Security benefits subject to federal income tax is:

- Up to 50 percent, for individual tax filers with incomes from \$25,000 through \$34,000 and joint filers with incomes of \$32,000 through \$44,000; and
- Up to 85 percent, for individual tax filers whose incomes exceed \$34,000 and joint tax filers whose incomes exceed \$44,000.

For more information about Social Security and retirement planning, visit Social Security's website at [www.socialsecurity.gov](http://www.socialsecurity.gov). Or you can call Social Security at 1-800-772-1213 (TTY, 1-800-325-0778) and ask for the publication, Retirement Benefits.

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# Realstyle: Is It Really Okay To Go Gray?

by Patricia McLaughlin

Suddenly, gray hair is great -- as long as it looks premature.

Gray hair -- in case you don't see that many newspaper trend stories, or magazines targeted to women over 40, or how-I-feel-about-my-hair blogs, or Banana Republic ads, or catalogs from the likes of J.Jill and Eddie Bauer -- is the latest thing. It's cool now. It's hip. It's sexy. It's a proud statement of self-acceptance and authenticity -- I Am Woman: See My Hair Turn Gray!

Wouldn't it be nice if it were true? All these years of Cary Grant, Sean Connery and now George Clooney flaunting elegant silver temples with impunity while their leading ladies submitted to the dye pot, it'd be news if, all of a sudden, we decided it's cool for middle-aged women to have gray hair.

It would mean we'd outgrown another double standard. It would mean it's OK for women to get old now -- where, up to now, it's only been OK to

the extent that they could do it without looking old.

The evidence for this new coolth and hipness of gray hair: Beautiful women with gray and silver and white hair are turning up in greater numbers than ever before in ads, catalogs and fashion layouts. A feature on the new currency of gray in the September issue of More, a magazine targeted to women over 40, proclaimed: "Whether you let your hair go gray or just your wardrobe, it's the color to wrap yourself in now: soft, elegant and flattering."

Sounds wonderful, no? Notice how the line implies an equivalency between choosing to have gray hair and choosing to wear a gray cashmere cardigan -- hey, what's the big difference? Get over it! The new gray is just another cool color!

And it's a flattering color, too -- in spite of what your hairdresser probably told you about gray hair draining all the color from your face.

Further in, the story acknowledges that opting for gray hair also has a deeper symbolic dimension: "Aging is so much more sensual and pleasurable than I thought it would be," it quotes one of the models. "The day after I threw out my hair color, I landed my first modeling job." In other words, choosing to let your hair go gray is also momentous: freeing, self-affirming, the prelude to a whole new glamorous chapter of your life.

(If you try this at home, be aware that the speaker, Cindy Joseph,

whose sunny smile and flood of wavy silver-streaked hair may be familiar from ads and catalogs, may be fudging the time element: Ordinarily, you don't magically wake up with perfect, long silvery-gray hair the very morning after you throw away your hair color.)

According to More beauty and fashion director Lois Joy Johnson, the new gray is "a very positive, chic statement." She says, "It's not just saying: 'I'm tired of coloring my hair.' It's not: 'Oh why bother anymore? Forget about it!' It's not that kind of desperate, miserable, I'm-giving-up kind of attitude." The attitude behind the new gray, Johnson says, is: "I think gray is great!"

She says models like Joseph "have created a new way of looking sexy with gray hair. There's a new acceptance that gray hair can be chic, cool, edgy." She says, "We used to think of gray hair as frumpy-dumpy. Now you can have a cool haircut and wear gray hair and skinny jeans and it looks modern."

Wait -- you can only have the cool new gray hair if you wear skinny jeans?

Curiously enough, it turns out that stories about women who decide to quit coloring their hair and go gray often mention their felt need to lose weight at the same time -- "so I wouldn't be fat and 40 and gray," as one said. They watch what they eat, start working out, overhaul their wardrobes. It's as if they have to atone for letting their gray hair show by being thinner, healthier, more stylish, younger-looking.

They worry about "turning into Barbara Bush" -- i.e., the old gray. In an essay on his own gray hair (which, because he's a guy, is the elegant, distinguished kind, not the frumpy-dumpy kind), TV newsman Anderson Cooper refers to a woman friend who started going gray in her 30s and discovered that men "instantly assumed" she was a "Birkenstock-wearing, protest-rally-organizing cat lover." That's the old gray for you.

The more some things change, the more they stay the same: Gray hair is new and cool and hip and trendy now



Models like Cindy Joseph "have created a new way of looking sexy with gray hair." photo: Ford Models

-- as long as you can let your hair go gray without looking old.

Which shouldn't be much of a surprise. The evidence for this supposed new trendiness of gray hair, remember, isn't that zillions of real middle-aged women are tossing out their hair color. Hair color is selling better than ever. The "evidence" is a handful of extraordinarily beautiful women in ads and catalogs -- which exist only to sell you things. When gray-haired women appear in ads, it doesn't tell you anything about how most women want to look. It tells you that the people who made the ad thought photos of gorgeous gray-haired women would do the best job of selling things to the people they think middle-aged customers are more likely to identify with beautiful, crinkly-eyed, silver-haired Cindy Joseph than with some pretty teenager. Maybe it's pure flattery. Maybe it's just their way of telling middle-aged customers: "See, we know you're not turning into Barbara Bush."

The thing is, we might rather turn into Cindy Joseph, but most of us know it'd take more than gray hair.



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## The Public Is Warned About E-Mail Scams... Beware!

Jo Anne Barnhart, Commissioner of Social Security, and Patrick O'Carroll, Jr., Inspector General of Social Security, issued a warning today about a new email scam that has surfaced recently.

The Agency has received several reports of an email message being circulated with the subject "Cost-of-Living for 2007 update" and purporting to be from the Social Security Administration. The message provides information about the 3.3 percent benefit increase for 2007 and contains the following "NOTE: We now need you to update your personal information. If this is not completed by November 11, 2006, we will be forced to suspend your account indefinitely."

The reader is then directed to a website designed to look like Social Security's Internet website.

"I am outraged that someone would target an unsuspecting public in this manner," said Commissioner Barnhart. "I have asked the Inspector General to use all the resources at his command to find and prosecute whoever is perpetrating this fraud."

Once directed to the phony website, the individual is asked to register for a password and to confirm their identity by providing personal information such as the individual's Social Security number, bank account information and credit card information. Inspector General O'Carroll

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recommends people always take precautions when giving out personal information. "You should never provide your Social Security number or other personal information over the Internet or by telephone unless you are extremely confident of the source to whom you are providing the information," O'Carroll said. To report receipt of this email

message or other suspicious activity to Social Security's Office of Inspector General, please call the OIG Hotline at 1-800-269-0271. (If you are deaf or hard of hearing, call the OIG TTY number at 1-866-501-2101). A Public Fraud Reporting form is also available online at OIG's website [www.socialsecurity.gov/oig](http://www.socialsecurity.gov/oig).

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mean avoiding more than one plate of treats, we are more able to keep our balance through the season, avoiding mood swings and blood sugar highs and lows. Maintaining our exercise regime, our body can more easily burn off those few extra calories we do indulge ourselves and we don't have to struggle to get back into the routine once the holidays are over.

The older we get the easier one would think it would be to put all this in it's proper perspective. Yet, it's so easy to get caught up in it all. Having expectations and being disappointed. Knowing someone else has expectations of us that we don't really want to yield to. Having and maintaining a positive attitude can be a challenge. Yet, the rewards make it worth the effort.

For more information about Mindfulness-Based Stress Reduction contact Wendie Stauffer, Reflexologist at the Golden Flower Health Clinic, 719-542-9210. Helping you put your best foot forward.

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# Traveling: There's Nothing Like A Holiday!

## The Hills Make This Florida Town Extra Special

by Jay Clarke

MOUNT DORA, Fla. — It's sort of like the old saying that in the land of the blind, the one-eyed man is king. In flat Florida, any place that's not level stands apart.

That makes Mount Dora

special. It's a hilly town that looks more like it belongs in New England than central Florida -- especially with its Victorian-era buildings, lampposts and oak-lined streets. The town is, in fact, known as the New England of the South.

That's the root of Mount Dora's appeal.

"You don't feel like you're in Florida," says Cathy Hoechst, president of the chamber of commerce.

OK, so the hills aren't much -- certainly nothing to compare with those in New England. The climate also is nothing like New England's, but thank heavens for that. When Down East folks are shivering, Mount Dora is soaking up sun.

Mount Dora, however, has much more than a warm climate to offer.

Situated in a county with 1,400 named lakes, the city is blessed with miles of waterfront and many ways to enjoy it. Do-it-yourselfers can rent boats or kayaks to do their own water exploring on Lake Dora, and downtown strollers are within walking distance of the lakeshore Palm Island Boardwalk.

Many visitors take a popular boat tour that cruises Lake Dora and on to Lake Eustis through the Dora Canal, once called "the most beautiful mile of water in the world" by famed sportswriter Grantland Rice.

Boat passengers may see ospreys nesting in cypress trees, alligators prowling the waters and turtles sunning themselves on logs in this waterway, which is not a canal but a natural river. Parts of the classic film "The African Queen" were filmed here.

Shopping, though, is the major preoccupation of many visitors. Mount Dora's picturesque downtown is full of specialty shops with charming names like Pak Ratz (antiques), Piglet's Pantry (a dog bakery), Walk in the Woods (recyclables only) and When Pigs Fly (folk art and whimsy).

The biggest shopping venue of all -- and a prime attraction for thousands of visitors -- is Renninger's, whose 115 acres on the edge of town house both the largest antiques center in the Southeast and a flea market.

Threetimes a year, in November, January and February, Renninger's stages weekend Extravanzas when as many as 1,400 antique dealers show their wares. Renninger's also holds several good-sized antique fairs during the year, and its permanent booths are open every Saturday and Sunday.

Across from the antique center, bargain hunters peruse the offerings of hundreds of merchants in Renninger's Farmer's Flea Market, which offers everything from seafood and spices to foliage and furniture in indoor and outdoor booths. Special events also are regularly staged here.

Strolling through Mount Dora's compact downtown, with its Victorian ambience, is a treat. A landmark is the Donnelly House, a Queen Anne-style mansion built in 1893. Topped with silver turrets and scrollwork, it is open to the public on certain days.

If walking isn't your thing, frequent trolley tours of downtown start at the chamber of commerce office in the city's former train depot. Also departing from that location are train excursions to the nearby cities of Eustis and Tavares.



Topped with silver turrets and laced with scrollwork, the gingerbread-style Donnelly House is a Victorian icon in downtown Mount Dora. photo: Jay Clarke

A hundred years ago, trains were the way most tourists came to Mount Dora. Many of them stayed at the Lakeside Inn, a venerable hotel that still exudes Victorian charm. Rocking chairs line its long front porch, a cheery fire burns in the lobby fireplace, and high tea is served every afternoon, all reminders of the days when celebrities like former President Calvin Coolidge stayed there.

An hour's drive from Orlando, Mount Dora has a population of 11,424. Visitors stream to Mount Dora for its busy calendar of events. New is Mount Dora Cool, a monthly street festival launched this past fall (2006). Downtown streets are closed off, stores remain open late and live music enlivens the scene during the fetes, which take place on the third Thursdays of each month.

The biggest blowout of all is the annual arts festival during the first full weekend of February (Feb. 3-4 in 2007). Next largest is autumn's crafts show, which takes place the last weekend of October (Oct. 27-28 in 2007). Each draws more than 100,000 visitors.

### INFORMATION

Mount Dora Area Chamber of Commerce, (352) 383-2165 or [www.mountdora.com](http://www.mountdora.com).

# Well-Dressed Garden: Landscapers Interpret Your Vision

by Marty Ross

Successful garden design represents collaboration between people and nature. Professional garden designers specialize in managing that collaboration, and working with a great designer allows you to skip the fumbling and the mistakes and start enjoying a beautiful garden.

Landscape designers make it their job to interpret and realize your vision for your garden. In the hands of a good designer, a front walk isn't just a runway into the house, but a pleasant journey home. A patio becomes a refuge from the busy world, and well-chosen trees, shrubs and flowers turn an unremarkable lot into the prettiest place on the block.

Working with a garden designer calls for candor. You don't have to tell your designer your life story, but to

help him or her come up with a plan you'll love, you have to open up a little. Some designers give potential clients questionnaires to break the ice and to introduce garden-design concepts. Others take a less formal approach.

"I prefer a casual interview," says Kathy Duncan, a designer with Custom Gardens ([www.customgardens.com](http://www.customgardens.com)) in Yorktown, Va. "When you have a form, not all the questions will pertain to everybody."

Duncan usually spends an hour or so with new clients talking about their property and the various uses they make of it. Many clients are not used to articulating their garden ideas and tastes, and she has to coax the information she needs out of them.

She's like a detective, listening for clues that let her know whether clients might like formal hedges or

prefer designs inspired more by nature's randomness, and whether they will prefer flashy colors or respond well to a more subtle palette.

During an interview, a garden designer will study your property, figuring out the path of the sun and the play of the light and looking at the relationships among the house, garage and neighboring houses. While designers listen to your ideas and questions, they naturally line up the views from various angles. They study the architecture of your house and how to relate it to the garden.

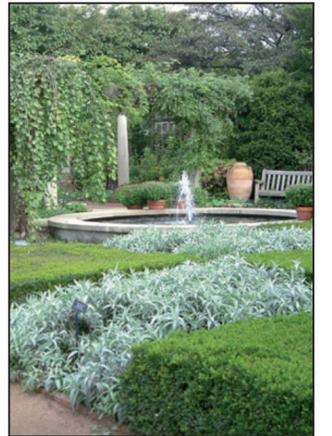
"If they invite me inside, I can learn a lot," Duncan says. She'll notice whether you have antiques, or if your style is overstuffed or retro. Even the pillows on the sofa and the pictures on the walls are telling details.

"The colors a client uses inside, I'm going to want to reflect that outside," Duncan says.

Most garden designers take pictures or make a few sketches during their visit to a site. They'll look at the garden from the street, from the porch or deck, and from the windows of the house.

They'll want to know if you have children or pets, whether you entertain outside and, if you do, what kind of parties you have and how many guests you might entertain at once. An intimate patio with a spot for a bistro table for two simply won't work if you have football parties for the whole neighborhood every Sunday from September until the Super Bowl.

After meeting with a designer, you can expect to receive a garden plan with an estimate of both the time it will take to install a new garden and the cost. Duncan makes her landscape plans on



Turning to a garden designer for help with plans and plants often leads to spectacular results. The romance of the English walled garden at the Chicago Botanic Garden clearly shows the hand of its experienced designer, John Brookes. photo: Marty Ross

a computer using her snapshots and ProLandscape, a program that lets clients see their garden as she has interpreted it.

"I don't do a lot of drawing of circles on paper," she says. "I also try to give the owners some choices, but not too much. If I give them too many, they're overwhelmed and we're back to square one."

Often a designer will divide a garden into sections so the plans can be carried out in several phases. You can decide to start in the front yard, work on the whole back yard, or just do a patio sitting area first.

Working on a garden over several seasons gives the designer a

SEE "LANDSCAPING" PAGE 20.

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