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Senior Beacon

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

JAN., 2010 Vol. 28: No. 6 Established Aug., 1982 330 Consecutive Months!

The \$500 Billion Dollar Elephant Is Still In Room

by *Thair Phillips, president, RetireSafe*

It appears that the Senate will take two positive steps in their march toward health care reform. While nothing is in writing, the rumors indicate that the expansion of Medicare to those age 55 up to and through age 64 will be removed from what will be the final Senate bill. Majority leader Reid has indicated that they are working on a way to close the gap in Medicare Part D coverage, often referred to as the donut hole. We applaud these two steps but warn that the biggest step still needs to be taken, the step to remove almost \$500 billion worth of cuts to Medicare.

While some might think that these two positive steps would divert our attention, we are here to tell everyone that the 500 billion pound (dollar) elephant is still in the room. It's sitting right in front of us, and no amount of effort to get us to focus on another ring in this three ring circus will keep us from shouting as loud as we can that Medicare is in danger if these cuts are allowed to become law. Senator Reid can bring in his financial jugglers and try to convince us that they are making Medicare stronger, but our common sense tells us different. You can't take almost half a trillion dollars out of Medicare and make it stronger. Some might be able to close their eyes to this huge elephant in the room but even with your eyes closed you can still smell it and

it stinks.

Agreeing to remove the plan to expand Medicare to those age 55 through 64 is not a concession. It was an ill-conceived attempt to buy votes in the first place. It was conjured up in the back rooms of the Democratic caucus, and we can't be expected to celebrate the removal of an idea that shouldn't have been considered viable in the first place. While the pledge to close the donut hole completely is a positive step, why is it being done now, at the eleventh hour? Is it being proposed only to buy votes?

This option should have been considered at the very beginning of this debate. When the pharmaceutical companies made a pledge to pitch in to pay half of the donut hole, Congress should have followed their lead and included legislation to close the gap completely right then. If Congress was really concerned with older Americans, they should have made this move as a first step rather than a last ditch effort to buy votes. So far all I've heard is Senator Reid suddenly seeing the light and pledging to close the donut hole completely, no mention that the pharmaceutical companies will be paying half. Politics has once again trumped good legislation that should have been done months ago.

The focus of the discussion should be centered on how to reform health care without cutting Medicare

rather than all of these other amendments that are included to buy votes. The Congressional Democrats and the administration have set a seemingly arbitrary deadline of having a health care reform bill to the President by Christmas. This deadline is not arbitrary at all. They know that if this bill doesn't get finished by then, and the Members of Congress go back to their home states, they will finally be forced to listen to common sense Americans who will be affected by this bill. A new CNN poll found that 61% of Americans don't think the health care reform bill, as it stands right now, should be passed. The Democrats and the Administration know that when Congress hears from their constituents, they just might come to their senses. We need somehow to delay this runaway big government, deficit building, Medicare cutting freight train long enough to let our Members of Congress can get out of the hypnotic clutches of Washington D.C. and back to the mind clearing common sense of real America. They need one more opportunity to talk with America's seniors, who are quite aware of that 500 billion dollar elephant in the health care reform room.

RetireSafe has not given up the

fight. We cannot stand by and watch a bill that will destroy a program that older Americans rely on to be passed without our opposition to the Medicare cuts. The Chairman of the Board of RetireSafe, despite the predictions that the cuts to Medicare would be included in the final bill, looked me

in the eye and said that we can't give up the fight. We will not give up the fight. Call both of your Senators now and tell them that they should focus on getting this right, not just getting it right now. Coming up with hair brained ideas in the back rooms of Congress, ideas that will have decades of impact on almost every American, especially seniors, is not the way Congress should work. Important decisions should be given the time equal to their importance. Tell them you want them to slow down, and tell them that you want them to keep fighting for health care reform done the right way -- without cutting Medicare. Tell them you are watching their votes and to not forget that you vote too! Visit our website and petition congress for your Medicare rights or to provide your input on our health care reform survey. For more information visit www.retiresafe.org



Saving On Heating Costs This Winter Barely Costs A Dime

by *Eileen Doherty*

SAVING ON HEATING COSTS THIS WINTER BARELY COSTS A DIME: HOW FAMILIES CAN SAVE MONEY WITH A FEW SIMPLE TIPS

DENVER – December 2009 – During the holiday season, many families face the added expense of presents, festivities and a noticeable increase in their monthly heating bill. While the holiday season is to be enjoyed, rising bills are never fun and can be avoided with some smart changes. Whether a family lives in a house or apartment, just a few minor alterations can increase energy efficiency and significantly lower energy bills. For example, according to Energy Outreach Colorado, a family can save three percent on their energy bill by turning their thermostat down just one degree. This winter, Colorado's Low-income Energy Assistance Program (LEAP) would like families to know that they have the power to lower their home heating bills.

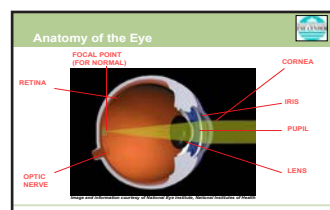
LEAP is a federally funded pro-

January Is Glaucoma Awareness Month

Glaucoma is a leading cause of blindness in the U.S. But, with early diagnosis and treatment, most people can retain their vision for life.

What is glaucoma?

In a healthy eye, fluid is constantly being made and drained through a small drainage canal. When something blocks or prevents this natural drainage, the pressure inside the eye goes up. Glaucoma is often caused by increased pressure inside that can develop when the fluids in the eye are not draining



SEE "GLAUCOMA" PAGE 3.

gram that provides cash assistance to help families and individuals pay winter home heating costs. The program pays the highest benefits to those with the highest heating bills and lowest incomes by family size. Applicant income cannot exceed 185 percent of the federal poverty index, which equals a maximum income of \$3,400.00 per month before taxes for a household of four people.

"Many people think that to lower their heating bills, they will have to significantly change their lifestyle," said Todd Jorgensen, director of LEAP. "Instead, if a family makes a few minor changes to their daily habits and is conscious of energy efficiency, they will save a significant amount of money each month.

According to Energy Outreach Colorado, the following are some no and low cost ways to save money on home heating bills this winter.

No cost:

- Let the sun heat help heat your home. On average, Colorado has 360

days of sunshine, so on sunny winter days, make sure to open blinds, drapes or curtains to let the sun help heat your home. Close them at night to keep the warm air in and cool air out.

- Adjust the temperature on your hot water heater. Water heating typically accounts for 14 percent of your energy bill. Try to keep the temperature at 120 degrees or lower.

- Reduce your use of appliances. Lighting, cooking and using other appliances account for about 30 percent of a home's heating bill. Turn off lights as you leave rooms, microwave foods rather than using the over and wash only full dishwasher loads.

Low Cost:

- Seal leaks and cracks, especially around windows and doors. Poorly sealed homes allow conditioned air to escape through the gaps. Caulking and weather-stripping reduce uncomfortable drafts and high utility bills. Cost \$10-\$25.

- Replace light bulbs with newer compact fluorescent light bulbs (CFLs). By replacing just 25 percent of your lights in high-use areas with compact fluorescent light bulbs (CFLs), you can cut your lighting costs in half. Cost: \$5-\$14 per bulb.

- Check your furnace filter often – replace or clean it as needed, but at least once every two months during the heating season. A dirty furnace filter makes your furnace work harder to push air through it and raises your energy bill. Cost \$10-

\$30.

- Install a programmable thermostat. A programmable thermostat will help save money and keep your home comfortable by automatically adjusting your temperature settings, saving you about \$100 per year. Look for the Energy Star logo. Cost \$20-\$40.

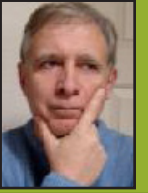
Sometimes, these minor changes to a home's energy efficiency are not enough, and costly repairs are needed to properly keep a family warm. When this is the case, LEAP eligible households may also qualify for the Crisis Invention Program [CIP] and the Governor's Energy Office's Weatherization Program. The CIP operates year-round and provides assistance with a home's primary heating source such as a furnace or wood-burning stove. The Weatherization Program improves the energy efficiency in homes throughout Colorado, permanently reducing heating costs.

LEAP is currently accepting applications and will continue to do so until April 30, 2010. To qualify for LEAP, applicants must be responsible for paying heating costs directly to an energy provider, fuel dealer or as part of rent; be a permanent legal resident of the United States and Colorado or have household members that are U.S. citizens.

For more information about LEAP, please call 1-866-HEAT-HELP (1-866-432-8435) or visit www.cdhs.state.co.us/leap to view the most current program application requirements. *ched at 303-333-3482 or at doherty001@att.net*

I'm Still Above Ground

by James R. Grasso, Chief Cook & Bottle Washer



Leftists, We Despise Ye!

You have sold us out. You have turned the United States upside down! The country you are establishing by fiat is not the country in which we grew up. You are in the process of undoing 200-plus years worth of trials and errors and successes and failures that made America the "Golden Beacon on the Hill!"

To Senator Udall, Senator Bennett, Congressman Salazar and all the rest we have one question. Why? Why would you do this to your own countrymen? We've read much of the healthcare bill and it is a mishmash and open ended disaster. It will tax us through the teeth now but won't give us any healthcare until 2013!?!? You want people who abhor abortion as a murder of the most innocent to help pay for that abomination? What happened to our freedom? Why are you taking our freedom away? Why do you think you have all the answers to our lives? Are ye gods?

Why would you want your countrymen to be fined or jailed if they don't have health insurance? The government can't even get out of its own way when it comes to running most everything it touches and now you are willing to ruin our healthcare as a nation? How dare you allow Harry Reid, Nancy Pelosi and these cut-throat bums that you call the gentleman or gentlewoman from the great state of _____ to make side deals for particular states like Nebraska and Louisiana and God only knows what else or who else so this stinker of a healthcare bill passes?

Oh, we know why. It's because you don't have to take part in this healthcare debacle. That's right, you had a special vote that exempts you from its ravages. How do you look at yourself in the mirror Ms. DeGette? You all should be spearheading a lawsuit against this healthcare bill. How come Nebraska, Louisiana and Florida get sweet deals and other states are exempt? This isn't right. Shouldn't a healthcare bill made by the feds be equitable throughout the land?

You are mocking your fellows throughout the State of Colorado and our once great nation. What this legislation is, is blatantly unconstitutional! You all should be ashamed of yourselves. You've sold out the elderly of this nation. We all will be subjected to the ravages of the aging process and be at the mercy of a bureaucracy that doesn't care. How do you explain the fact that you have cut out \$500 billion in Medicare funding?

We hear, "Well if there is a 7-year-old that needs care and a 76-year-old who needs care, it is only right to care for the 7-year-old." Whatever happened to America? The America I knew said we can take care of both the 7-year-old AND the 76-year-old. What have you done? We all know you are not finished. You want to fleece the country of all its assets and give it to tin-pot dictators to live high off the hog of their particular country's backs. You want to redistribute the wealth all right. From the hard-working people of the United States right directly into the pockets of dictators. Have you all collectively lost your minds?

And what's with our president and all this bowing and cow-towing he's doing? We all know you hate capitalism, but it is capitalism that has put you precisely where you are today. We know how the end game works with what you are doing. We lose our freedom, you keep the spoils and at the end of the day America is a socialist paradise. You have sold out our ensuing generations to, at best, mediocrity and at worst crippled the poor outcasts on the world's stage.

We could say you are all guilty of treason but then that would give treason a bad name. You are to be despised for what you have done, want to do and are doing to our beloved country..... you pathetic excuses for our "leaders."

Other than that, ladies and gents who are reading this, *Happy New Year!* You can also find this op-ed at www.seniorbeacon.info and click on "Blog With Us." Feel free to pass it around.

Senior of the Year Nominations

May, 2010 is Older Americans Month and citizens have the opportunity to nominate and honor a very special senior citizen during the annual Senior Life Festival being held May 7, 2010 at the Colorado State Fair Grounds Events Center.

The Pueblo Area Agency on Aging and the Pueblo Advisory Council on Aging will honor an outstanding Pueblo County senior citizen who has made significant contributions to our community through volunteer services. The nominee must be 60 years of age or older.

Nomination forms are available through the Pueblo Area Agency on Aging 719-583-6120. Nominations will be accepted through March 5, 2010.

From The Desk Of Kathilee Champlin

This Year will be an exciting year for all of us!!!! Here are some changes regarding the 13th Annual Senior Life Festival. As you all know this is the only Senior show of its kind that is free to the Seniors of Southern Colorado. It is the second largest show in Colorado and has seen over 39,000 seniors over the years. This year, although we will still be free we are asking every one that joins us to bring a can of food for Care and Share and a 1 dollar donation for the new Paws for Life animal campus being built in Pueblo. It is very important that everyone does their share in these hard times to help with life changing programs. The Senior Life Festival is also donating a portion of the show to Meals on Wheels for Seniors. This program is in great need of funding and has been a charity that the Senior Life Festival has given to for many years. In fact the Senior Life Festival has given over \$26,000 to various organizations in Pueblo and will continue in the future. We are looking forward to seeing all of you this year May 7th at the Events Center at the State Fair grounds. Happy New Year to all and God Bless.

Something To Remember

Recently I was contacted by a very nice lady who related to me a story she wanted to get out to the readership of this column. Her mother and father live in their home in Pueblo and like many of our readers they have homecare people who come into their house and help them with every day activities.

The story was revolting and ended up with an accusation by the caregiver that the father stole her money. The upshot was that she called the police and the police actually came into the house and strip-searched the gentleman. The police also searched the house for the missing money which the caregiver claims she had in her purse. She had cashed her work check just before she came to her job and insisted that the gentleman stole her money while the caregiver was helping the lady of the house with her bath. The caregiver was frantic and worried that her boyfriend would be furious with her if she didn't bring the money home.

The final result of all this was a suit by the caregiver. The suit was immediate.
See 'Op-Ed' page 20.

Pueblo's
Therapy Specialists



SpringBridgeSM
Physical Rehab & Wellness Center



Left to right: Juhn Gallegos Jr., Rehab Technician; Kim Zerfas, MA, CCC-SLP; Karen Senn, PT, MSW; Tim Gangel, MPT; Shirley Anne Aragon, MS, OTR; Lora Ramos, PTA; Paula Medina, Administrative Assisitant; Michela Caruso, COTA; Linda Reis, COTA; Aubree Adams, LPTA; Deborah Harms, OTR; Lorraine Polchak, PTA; Eddie Valdez, COTA
Jennifer Andrews, COTA
and Romeo Oliva Jr., PT/Rehab Manager

Providing inpatient therapies through Life Care Center of Pueblo and outpatient therapy through SpringBridge Physical Rehab and Wellness Center



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Medicare Assistance: More Seniors May Be Eligible

by Eileen Doherty

Denver, CO. Low income Medicare beneficiaries will have more opportunities in 2010 to receive assistance with prescription drug costs as well as payment for the Medicare Part B payments. This can total more than \$1150 per year in savings. Hundreds more people will benefit from the changes in the amounts of the resources limits and elimination of life insurance policies as a resource to qualify for extra help to pay for prescription drug costs.

Both the prescription drug assistance program better known as the Low Income Subsidy (LIS) or Extra Help and the Medicare Savings Program (MSP) which provides assistance with payments for Medicare Part B premium and for some low income people, help with deductibles and co-payments are affected by these changes.

The LIS program pays for premiums, deductibles, co-payments, and help through the coverage gap for prescription drug coverage for eligible individuals.

Starting January 1, 2010 individuals applying for the LIS program for prescription drugs must have less than \$16,245/year (\$21,855/year for a couple) and \$12,510 in resources plus a funeral allowance for \$1500 (\$25,101/year for a couple plus a funeral allowance of \$3000). The cash value of life insurance policies will no longer be counted as a resource. In addition, individuals living with family members will no longer be penalized if someone else pays for household expenses such as food, mortgage, rent, heating fuel or gas, electricity, water and property taxes.

In addition, due to changes in resource requirements, more individuals will be eligible for the MSP. There are three programs within the MSP, namely

the Qualified Medicare Benefit Program (QMB), Special Low Income Medicare Benefit (SLIMB), and Qualified Individual Program (QI-1).

The QMB program pays for the Medicare Part B premium of \$96.40/month, the co-payments and the deductibles for Medicare Part A and B. The SLIMB and QI-1 program pays for the Medicare Part B premium, only.

The income requirements for the QMB Program are \$903/month (\$1214 for a couple). The income requirements for the SLIMB Program are \$1083/month (\$1457 for a couple) and for the QI-1 Program are \$1218/month (\$1639 for a couple). Starting in January 2010, the countable resource requirements for the QMB program will be \$8,100 for an individual and \$12,910 (couple) for a couple.

Beginning in January 1, 2010, states are prohibited from recovering Medicaid expenditures for Medicare premiums and cost-sharing paid under MSPs from the estates of deceased Medicaid/MSP recipients. Concern over this provision has many people from taking advantage of these programs.

Starting January 1, 2010, individ-

uals who enroll in either the MSP or LIS will automatically be enrolled in the other program. Individuals who have enrolled in the LIS program and are automatically enrolled in the MSP will receive information from the county department of human services to provide verification for income, resources, citizenship and identity.

The income requirements for these programs may change in March 2010. Individuals who are not currently eligible should have their circumstances reviewed for possible eligibility later in 2010.

Individuals needing help with eligibility, enrollment questions, verification requirements or other assistance, can call 303-333-3482.

Eileen Doherty, M.S. is the Executive Director of Senior Answers and Services and the Colorado Gerontological Society. She has more than 35 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.

Glaucoma

from page 1.

properly. This condition eventually damages the nerve that connects the eye to the brain and leads to loss of vision.

Am I at risk?

While the causes for glaucoma are not completely known, we do know that risk factors include family history, race and older age. African-Americans, Hispanics and people with diabetes are also at higher risk of getting the disease.

What are the symptoms?

Sometimes, the condition may come on suddenly; most cases progress so slowly there are often no warning signs before damage inside the eye has already occurred. In most cases, a person's side vision (peripheral vision) is affected.

How is glaucoma treated?

Glaucoma can be treated with any of the following:

- Eye drops that lower eye pressure
- Laser therapy that allows for better drainage of fluids inside the eye
- Eye surgery to create a new drainage canal.

If untreated, glaucoma does lead to total blindness. Glaucoma can be detected with a medical eye exam. Ophthalmologists (medical eye doctors) can measure the pressure inside the eye with a quick and painless office test. EyeCare America offers medical eye services and free information through its national Glaucoma EyeCare Program. This program offers glaucoma eye screenings and care for those at increased risk of glaucoma. Uninsured patients receive the care at no charge.

The Glaucoma EyeCare Program is designed for people who:

- Are US citizens or legal residents
- Have not had an eye exam in 12 months or more
- Are at increased risk for glaucoma (family history, race, age).

People may call the toll-free help line at 1-800-391-EYES (3937) anytime to see if they qualify for a glaucoma eye exam or to request free eye care information. EyeCare America's Glaucoma EyeCare Program is co-sponsored by Pfizer Ophthalmics. Glaucoma doesn't have to interfere with leading a happy, sighted and fulfilling life. Regular eye checkups can help save your sight and for some people they don't cost a thing.

American Association of Ophthalmology. Glaucoma EyeCare Program Article. Retrieved December 2009, from <http://www.eyecareamerica.org/eyecare/news/press> For more information or to find an Eye M.D., visit www.aao.org/eyemd

January is National "Glaucoma Awareness Month." To schedule your next examination at any one of Rocky Mountain Eye Center's eight convenient locations throughout Southeastern Colorado or Northern New Mexico, please contact 719-545-1530 or 800-934-EYES (3937).

Heat Up Your Winter With Festival Fridays At The Sangre De Cristo Arts Center

(PUEBLO) Kick off 2010 and January with Festival Fridays! Starting Fridays, January 8 through Friday, January 29 from 5:30-9:30p.m., enjoy music, food and spirits.


Kicking off the series on January 8 is The Real Deal, performing Motown and R&B jams. On January 15, local band, Bad Habitz, will rock the dance floor with the sounds of Tejano and Funk. Pueblo's hottest band, Martini Shot, will get people moving and grooving on January 22. Playing the last Festival Friday of the winter on January 29, brings back Wallace Cotton & the Royals playing the best of R&B and Funk.

Come early for happy hour specials from 5:30 to 6:30

p.m. Find 2-for-1, 12 ounce beers, wells and wine. Starting at 6:30 p.m., the bands will play until 9:30 p.m. on the Festival Fridays stage where there is plenty of room for partying and dancing on the dance floor below. Enjoy fun, food, drinks and great music throughout the night!

Tickets for this winter's Festival Fridays are \$4 in advance and \$5 at the gate, and can be purchased at the Sangre de Cristo Arts Center box office. Feel free to order tickets by calling 719-295-7222. Thanks to our sponsors: The Pueblo Chieftain, News First 5 and KPHT 95.5. All proceeds benefit arts education programs.

The Sangre de Cristo Arts Center is located at 210 N Santa Fe Avenue, just off of I-25, exit 98b. Galleries and Buell Children's Museum is open Tuesday-Saturday 11a.m.-4p.m.; closed Mondays. Box office is open Monday-Friday, 9a.m.-5p.m., Saturday, 9a.m.-4p.m. Admission is \$4 for adults, \$3 for children, seniors, students and military. For more information call 719-295-7200 or visit us online at www.sdc-arts.org.





Day of Dance celebrates the red shoe as a symbol to inspire action for good health. Bring your friends and family to dance, learn simple ways to stay healthy, enjoy music, and participate in health screenings. ...dance your health out!

Date: February 27, 2010
Time: 9:00 a.m. - 1:00 p.m. (Screenings 9:00 a.m. - 11:00 a.m.)
Location: Pueblo Mall - Dillard's Court
Admission: FREE!
More Information: www.parkviewmc.org (719) 595-SPRT (7778)

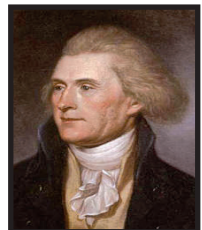
Free cholesterol screenings for first 100 participants... Interactive dance instruction... Fun for everyone!

Your Health
Your Hospital

www.parkviewmc.org

Thomas Jefferson
 3rd. President, Democrat
 Term of Office: January 20, 1777 to
 January 20, 1781



"A government big enough to give you everything you want, is strong enough to take everything you have."

news of the weird

COMPILED BY CHUCK SHEPHERD
FOR SENIOR BEACON



LEAD STORY

In Somalia, which is without a central government to speak of and where very little functions beyond an Islamic resistance and individual warlords' fiefdoms, a robust "stock market" has emerged in the city of Haradheere for "investors" in the seagoing pirate "industry," to raise money and supplies for kidnapers in exchange for a share of the bounty once a ransom is paid. According to a December Reuters dispatch, 72 "companies" are listed on the exchange, enabling "venture capital" to fund greater piracy traffic and more sophisticated looting. There even seems to be a financial "bubble" at work, in that since the "exchange" opened, pirates' ransoms have doubled to about \$4 million per ship.

Cultural Diversity

Afghanistan's national game, buzkashi, is attempting a marketing transformation inspired by pro football's and basketball's growths in the United States over the last several decades, according to a November USA Today dispatch. The main hindrance is that buzkashi is often little more than violent anarchy. A team of 12 men on horseback tries to carry a goat carcass the length of a field, around a goal and back, through an opposing team "defense" that includes almost any tactic short of murder. Spectators are often trampled by riders disregarding boundaries, and horses have dropped dead on the field from abuse or fatigue. The head of the Buzkashi Federation said he aims to present the game for consideration to the International Olympic Committee.

Latest Religious Messages

-- Carried Away: (1) Since March 2008, the Cathedral of Christ the King in Phoenix has been ringing its bells every half-hour, 24 hours a day, enraging neighbors, and a showdown with city officials was looming at press time, according to ABC News. (2) Martina Rabess, 52, was sanctioned by Britain's Sevenoaks Mag-

istrates Court in October after neighbors complained about her loud, continuous recitations of the Lord's Prayer in early morning hours around her apartment house. (3) Atlanta municipal bus driver Leroy Matthews was suspended in November for a recent incident in which he suddenly stopped the bus and refused to open the doors until the alighting passenger joined hands with him in prayer.

-- The Scranton (Pa.) Diocese, Needing Confession: Father Edward Lyman of the diocese was removed as a parish administrator in November after he inadvertently (using his personal computer during early Mass) clicked on photos of four bare-chested young men in provocative poses. Also in November, the diocese disavowed Father Virgil Tetherow's behavior for offering Mass at a breakaway church in York, Pa., and too-aggressively protesting at a Planned Parenthood clinic (incidents on top of Tetherow's 2005 conviction on a charge that was originally child porn possession but downgraded in a plea agreement). And yet another diocese priest, Father Robert Timchak, waived a preliminary hearing in November on charges of having child porn on his computer.

-- Aggressive Christianity: (1) Rev. Marc Grizzard, pastor of the Amazing Grace Baptist Church in Canton, N.C., staged an October book-burning of "Satan's" literature, including works by Mother Teresa and Rev. Billy Graham and any Bible besides the original King James version. (2) In October, Mikey Weinstein, a former military lawyer who served in the Reagan White House, filed a lawsuit against Gordon Klingenschmitt, head of a Dallas chaplains' association, to stop Klingenschmitt from publicly reciting Bible verses implying a smiting of Weinstein, along with Weinstein's family and descendants for 10 generations. Said Klingenschmitt: "I never prayed for anyone's death. All I did was quote the Scrip-

tures."

Karma

(1) Shannon Broome, 15, of Jacksonville, Fla., with her leg in a cast and still laid up from a June rollover accident in an SUV, was hit again in December when another out-of-control SUV came through her bedroom wall and re-broke the leg (among other injuries inflicted). (2) Recently, at the Abergele Hospital in North Wales, Geraint Woolford, 52, was moved into a room to await a partial knee replacement and discovered that his roommate was Geraint Woolford, 77, who was awaiting a hip replacement. According to a December report in the Daily Mail, they are not related, but both are retired police officers.

The Simplest Musical Instrument

Rajeev Kumar of Calcutta, India, is well-known locally for playing the harmonica, specifically, using only his right nostril. For added show, Kumar plays two harmonicas simultaneously, with nostril and mouth. A BBC News reporter watching him (for a December dispatch) said Kumar's strain was obvious. "(T)he veins running through his nose and neck bulge, his eyes pop out, and his face looks red and stretched." And at Britain's West Midland Safari Park, the African elephant "Five" spends portions of almost every day puffing away at a harmonica she found in her enclosure. Said a park spokesperson, "Five was making tunes within a few weeks." (The talented Five also paints on canvas.)

Questionable Judgments

-- Michael Sampson, who was in court in Salina, Kan., in November merely on charges of littering and driving with a suspended license, was arrested after a judge spotted him at the defense table, making threatening gestures to witnesses. Sampson was seen holding his thumb and fingers in the shape of a gun, "firing" at a witness, and making a slashing motion across his neck.

People With Issues

Sara Foss, 39, the mother of 13 in Derby, England, who is scheduled to deliver No. 14 in March, told the Daily Mail in November of her vow to continue getting pregnant until she fulfills her desire to have twins. Her longtime, live-in boyfriend works as a boat-builder, but their main income is government benefits worth the equivalent of about \$80,000 annually. (Foss, apparently also a fan of literature and movies, has kids named Artemus, Morpheus, Voorhees, Baudelaire, Blackbird, Echo, Malachai and Frodo.)

Least Competent Criminals

Not Ready for Prime Time: (1) Andre Stoltzfus, 17, was arrested in Saugerties, N.Y., in October after he allegedly counterfeited a \$1 bill that a family member later used toward the

purchase of a pack of cigarettes. (2) Bandanna-clad Jason Zacchi, 27, was arrested in Dearborn Heights, Mich., in November after, according to police, pointing a shotgun at a Wendy's employee at the drive-in window and demanding money. Moments later, the shift manager angrily approached the window and yelled at Zacchi, "What the hell are you doing?" (The manager had recognized Zacchi through his bandanna. Zacchi is her son.)

Update

Ragnar Bengtsson, 26, the male Swedish student who vowed in September to pump milk from his nipples every three hours for 90 days, drop by drop, to show that it could be done, quit in November, concluding that it can't. Said a TV producer following Bengtsson around, "All he got was sore breasts."

But What If the Device Falls Into the Wrong Hands?

A 55-year-old British man whose bowel was ruptured in a nearly catastrophic traffic accident has been fitted with a bionic sphincter that opens and closes with a remote controller. Ged Galvin had originally endured 13 surgeries in a 13-week hospital stay and had grown frustrated with using a colostomy bag until surgeon Norman Williams of the Royal London Hospital proposed the imaginative operation. Dr. Williams, who was interviewed along with Galvin for a November feature in London's Daily Mail, wrapped a muscle transplanted from Galvin's leg around the sphincter and attached electrodes to tighten or loosen the muscle's grip.

Unreformed Health Care System

The Wisconsin Department of Corrections decided in October that it (i.e., taxpayers) should fund complex facial reconstruction surgery for inmate Daryl Strenke, who is serving 30 years after pleading guilty to murdering his girlfriend. Strenke had shot himself in the face in apparent remorse for the killing, severely disfiguring his mouth and jaw and making it nearly impossible for him to eat or speak normally.

Britain's Safety Weenies

-- (1) In November, the Solihull Council in Britain's West Midlands county ordered a flooring store to remove the festive balloons it had pinned out front to attract business, calling them hazards. One councilor explained that drivers may be distracted by the colors, and another was concerned that if a balloon came loose, it might possibly float into traffic and lure a child to follow it. (2) In October, Britain's Association of Chief Police Officers prepared a guidebook of instructions for bicycle-duty officers on how to ride a bike. The book was 93 pages long, containing such assistance as a diagram on how to turn left or right ("deployment

SEE "WEIRD" PAGE 21.

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Early Detection Key To Prevent Women's Cancer

(NAPSI)-Recent Pap test recommendations and new vaccine approvals have brought cervical cancer screening into the spotlight and may have some women confused about what to do to protect themselves. Experts agree that routine screening is essential in the fight against cervical cancer, which is entirely preventable because it has a known cause - "high-risk" types of the human papillomavirus, or HPV.

According to the American Cancer Society, more than 11,000 women in the U.S. are diagnosed with cervical cancer each year. Eight out of 10 women are estimated to get HPV at some point in their lives, but the virus usually goes away on its own. However, infection with certain high-risk types of HPV may persist in some women and cause abnormal cells to develop into cervical cancer.

"We now have a full range of tools to protect future - and current - gen-

erations of women from developing cervical cancer, including vaccines, the Pap test and the HPV test," says Dr. Marie Savard, ABC News Medical Contributor and author of "Ask Dr. Marie: Straight Talk And Reassuring Answers To Your Most Private Questions." "Each tool has its own distinct function, so it's important to know the age recommendations, differences and how the tools can be used together to prevent cervical cancer."

Advances In Cervical Cancer Prevention

Screening technologies such as Pap and HPV testing allow for early detection of cervical cancer, while vaccines for girls and young women ages 9-26 can prevent future infections with certain cancer-causing HPV strains. Recently, the American Congress of Obstetricians and Gynecologists changed its Pap test screening recommendations to begin at age 21 and continue every other year.

These new guidelines also say that women 30 and over can have a Pap test every three years when the Pap is "normal."

Doctors use Pap and HPV tests to determine a woman's risk for cervical cancer. A Pap looks for abnormal or precancerous cells caused by HPV, while the HPV test detects high-risk strains of the virus itself. HPV testing, performed together with the Pap in women age 30 and older, identifies women with high-risk HPV infections that can cause cervical cancer, enabling diagnosis and treatment to be put in place before cervical disease develops.

For women age 30 and older, who are at the greatest risk for cervical cancer, both tests can be performed at the same time and are covered by most insurance plans. Women with abnormal Pap results or who test positive for high-risk HPV should be monitored more closely by health care professionals so that any

cell changes can be tracked and treated - before they can become cervical cancer.

"I had barely heard of HPV and yet here I was, diagnosed with cervical cancer at age 34," says Lori Stone, a cancer survivor and founder of the Pacific Northwest Cervical Health Coalition. "After years of normal Paps, an HPV test called the digene HPV Test alerted my doctor to do more follow-up, and we were able to catch my cancer at a stage when it was still very treatable."

Early detection of abnormal cervical cells is key so you can be closely monitored and treated accordingly. Take an active role in cervical cancer prevention! Be your own best advocate - ask your doctor what prevention tools are right for you: Pap testing, HPV testing and HPV vaccination.

For more information about HPV and cervical cancer, visit www.theHPVtest.com.

Taking Care Of Your Skin Is A Resolution You Can Keep

(NAPSI)-It's resolution time again, so this year, start a campaign of self-improvement from the outside in. A key first step is having healthy skin-and the best way to keep your resolutions going strong is to have a plan to achieve your goal.

To help your resolve to have radiant skin this year, Dr. Elizabeth K. Hale, Clinical Associate Professor of Dermatology at New York University, offers this simple checklist:

- **Set the Date:** The Skin Cancer Foundation recommends that everyone over the age of 21 should have a full-body skin examination at least once a year. Dr. Hale also suggests that you visit

a dermatologist more frequently if you have a history of skin cancer in your family, have a lot of dark moles on your skin, or have accumulated a lot of skin damage over the years. When detected early, skin cancer is one of the most treatable cancers. Put a recurring yearly reminder into your cell phone calendar on January 1st to keep yourself on track.

- **Don't Be a "Fair Weather" Fan:** One of the biggest skin sins a person can commit is wearing sunscreen only when it's sunny or warm outside. Dermatologists recommend applying a sunscreen with an SPF of at least 30 every day, regardless of the season. UV rays are present all year long and can penetrate

through clouds; plus, in the winter, snow reflects 80 percent of UV rays. Choose a light, oil-free moisturizing sunscreen, like Coppertone Oil Free Faces SPF 30, that can be applied under makeup and won't clog pores. Keep a bottle somewhere that's highly visible (like next to your toothbrush) so you never forget.

- **Don't Ignore Your Nails:** You may not think of nails this way, but, like the rest of your skin, your nails are susceptible to sun damage. According to The Skin Cancer Foundation, sun exposure can weaken the nail bed, damage the area from which new nail grows, and even cause skin cancers to form under or around the nail. To help keep nail beds protected from UV exposure during the winter months, wearing gloves is an easy

fix. When it's warmer out, make sure to use sun protection on your entire hand, including the area over, around and under the nails. Also, if you see anything suspicious, like a dark streak in the nail, bring it to the attention of a dermatologist immediately.

- **Care for Your Hair:** Since the top of your head is the closest part of your body to the sun, it's important to make sure your scalp gets as much TLC as the rest of your skin. According to the National Foundation for Cancer Research, putting sunscreen directly onto your hair and rubbing it into your scalp can help prevent burning. Opt for an oil-free sunscreen to avoid the dreaded "greasy scalp" effect or wear a hat to help protect your part.

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Healthy Ideas

- **(NAPSA)-Mental stimulation improves brain function and actually protects against cognitive decline. Posit Science programs increase the quantity of sensory information the brain takes in and improve the quality with which the brain processes and records this information. To learn more, visit www.PositScience.com or call (866) 599-6463.**

- **Cherries are great for all athletes, not only because the fruit is readily available year-round dried, frozen and as a juice, but because it's portable, too. Visit choosecherries.com for recipes and more information.**

- **Good news for the over 23 million Americans with diabetes: Insulin injections today can be easier and more comfortable than many realize because the needles, such as the BD mini pen needle, can be thin, sharp and short. For more information, visit www.bd.com/goodinjectionpractices/.**

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Jewelry's Timeless Appeal Makes It A Gem Of A Career Choice

(NAPSI)-Think about it. Is there anyone you know--male or female--who doesn't own a single piece of jewelry? Most people have at least one or two favorite pieces, from the simple to the elaborate, and often start wearing it at a very young age. Jewelry has been used for close to 100,000 years to make a statement about who we are and whom we love.

Today's worldwide jewelry industry is conservatively estimated to be a \$140-plus billion business annually. The United States Department of Labor's Occupational Outlook Handbook reports that "the increasing numbers of affluent individuals, working women, double-income households and fashion-conscious men are expected to keep jewelry sales strong. The population aged 45 and older, which accounts for a major portion of

jewelry sales, also is on the rise."

These are compelling indicators that jewelry--and careers in jewelry--won't be going away anytime soon. That's why getting professional training can be a great option for high school graduates not pursuing a four-year degree, or for laid-off workers looking for a career change.

Trained jewelry professionals can pursue a multitude of careers, including a retail store owner or associate, diamond and coloredstone buyer, lab and research professional, auction house specialist, diamond manufacturer, coloredstone dealer, bench jeweler, jewelry designer and jewelry buyer. According to the Department of Labor's report, there is a growing need for highly skilled bench jewelers particularly.

"Demand for repair workers should remain strong even during economic slowdowns because maintaining and repairing jewelry is an ongoing process," the report states. "In fact, demand for jewelry repair may

increase during recessions, as people repair or restore existing pieces rather than purchase new ones."

More reasons a career in the jewelry industry is a smart choice:

Jewelry is often acquired by someone, for someone, for a special reason. People will always celebrate birthdays, anniversaries and engagements, regardless of the economy or retail environment. A piece of jewelry is often the go-to gift to mark these occasions.

Jewelry is made by people. Jewelry, like art and music, begins as someone's creative idea and will likely always require the talent and hands-on skills of designers and craftsmen to bring it to life.

Jewelry is accessible. Nearly everyone can own a piece of personal jewelry at an affordable price. Just about everyone is a potential jewelry customer and many are repeat customers.

Jobs in the jewelry industry are

accessible, too. If you're interested in knowing more about the industry, talk to a jeweler you respect and find out how he or she got into the field. Most will have a Graduate Gemologist (G.G.) or an Accredited Jewelry Professional (A.J.P.) diploma from the Gemological Institute of America (GIA), the nonprofit research and accredited education organization long regarded as the world's foremost authority in gems and jewelry.

To learn more, visit www.gia.edu or call (800) 421-7250.



Take Care Of Your Skin During The Colder Months

(NAPSI)-During the colder months, you may no longer remember to apply SPF every day. But did you know a few minutes of incidental sun exposure over time can add up to skin damage?

"Incidental sun exposure occurs daily over many years when you may not think about wearing sun protection," says dermatologist Diane Berson. "Examples of these times are sitting in your car, taking your dog for a walk and running across the street to grab lunch. Over time, this gradual unprotected exposure to ultraviolet light can lead to premature aging of the skin, including wrinkles, brown spots, roughness and blotchiness. To keep your complexion looking young and healthy, wear broad-spectrum sun protection daily."

If you're already noticing dark spots and fine lines there are still steps you can take to repair the look of your skin as the weather turns colder.

1. To prevent any additional skin damage, consider a product that contains Helioplex, which is designed to provide long-lasting and photostable UVA/UVB protection.

2. To fade the look of existing dark spots, look for products with Stabilized Vitamin C, which will help to even skin tone. Neutrogena Tone Correcting Moisture SPF 30 from Ageless Intensives does double duty to protect skin and fade dark spots with both Helioplex and Stabilized Vitamin C.

3. Dry winter air can make fine lines and wrinkles look even more apparent. For a quick fix, plump up skin with moisture to diminish the appearance of lines and wrinkles. Neutrogena Deep Wrinkle Anti-Wrinkle Moisture SPF 20 from Ageless Intensives will not only provide a quick fix with hyaluronic acid, to plump up skin, but it will also smooth the look of wrinkles over time with the help of Retinol SA.

An active form of Vitamin A, Retinol has long been praised by dermatologists as an anti-aging gem. Retinol SA is a stabilized version of Retinol that will not break down when exposed to light.

4. Exfoliate. Exfoliation is one of the most effective ways to refresh cells on the surface of the skin, leaving skin looking smoother and more even toned.

Incorporated into a regular skin care regimen, exfoliation can help improve the appearance of fine lines, wrinkles and age spots.

To add exfoliation in an existing regimen, try the battery-powered Neutrogena Healthy Skin Rejuvenator device every three days. Using the device while also using a product containing Retinol SA has been shown to be 50% more effective at improving deep wrinkles in two weeks' time than using the device alone.

You can find more skin care advice and information online at www.neutrogena.com.

Babying Baby Skin Naturally

(NAPSI)-Few things are more delicate than a baby's skin. Such ultra-sensitive skin requires all-natural, gentle cleansing products to provide routine care and deal with problems such as acne and eczema.

Many soaps strip sensitive young skin of its natural protective oils. They may also contain strong, irritating fragrances. Many parents prefer to use all-natural products that are specially formulated to be effective yet extra gentle, such as Li'l Goat's Milk by Canus.

The pure, vegetable-base bar soap, tearless shampoo, body butter, lotion and wipes all feature moisturizing,

vitamin-rich fresh goat's milk.

No matter how many times a day you have to wash a sticky face, scrub behind a pair of ears or bathe away an extra layer of dirt (or two), Li'l Goat's Milk by Canus all-natural products treat skin with extra gentle care.

For more information, visit <http://canusgoatsmilk.com>.





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Social Security & You

by Melinda Minor, District Manager - Pueblo



LESSON PLANS AND RETIREMENT PLANS

If you're a teacher, chances are you know the lessons you're going to teach like the back of your hand, inside and out. That's because you took some time and prepared ahead with lesson plans.

But how much time have you devoted to your retirement plan?

Whether you're 30 years in, or in your freshman year as a teacher, it's important to spend time learning your retirement plan.

You may be a teacher or other government employee covered by state or local government retirement plans instead of Social Security. And, even if you do work at a second job and pay into Social Security, your benefits would most likely be affected by your other retirement plan. So take a lesson from us and learn about two important provisions that may affect you: the Government Pension Offset (GPO) and the Windfall Elimination Provision (WEP).

Who is affected by GPO and WEP?

Government employees who didn't pay Social Security taxes on their government earnings are affected. The Government Pension Offset (GPO) reduces the potential Social Security spouse's/widow's/widower's benefit amount someone could receive if he or she also receives a pension from a federal, state or local government for work on which no Social Security taxes were paid. The Windfall Elimination Provision (WEP) can reduce a worker's monthly Social Security benefit amount, if he or she also receives a pension from

work not covered by Social Security. **What is the purpose of these provisions?**

GPO and WEP are designed to ensure that all American workers are treated equally under the Social Security program. GPO generally requires that Social Security spouses' or surviving spouses' benefits be reduced by two-thirds of the entitled person's government pension. Why? Because GPO removes an advantage that some government workers once had. Before GPO, a person who worked in a government job that was not covered under Social Security could receive, in addition to a government pension (based on his or her own earnings), a full Social Security spouse's or surviving spouse's benefit. No other workers had this option because Social Security benefits payable to a person as a spouse or surviving spouse must be offset, dollar for dollar, by the amount of that person's own Social Security benefit.

Similarly, WEP takes away an advantage that the regular Social Security benefit 'formula' would give people who have substantial pensions from non-Social Security covered jobs. Without WEP, a worker who spent most of his or her career in employment not covered by Social Security and who worked for a short time to get Social Security coverage would end up with much higher benefits than if all of his or her work were done under Social Security. This is because we calculate Social Security benefits using a formula that gives proportionately higher benefits to workers with low lifetime earnings. Want to learn more? You can dig deeper, and see some examples of just how the

two provisions work in real-life situations, at www.socialsecurity.gov/gpo-wep. Or you can call toll-free, 1-800-772-1213 (for the deaf or hard of hearing, call our TTY number, 1-800-325-0778) and ask for Social Security publications on the Government Pension Offset or the Windfall Elimination Provision.

There's no pop quiz now, but the real test will come when you're ready to retire. A little time preparing for your retirement now can help you ace your final exam: retirement. To learn more about Social Security, visit www.socialsecurity.gov.

QUESTIONS AND ANSWERS

GENERAL

Question:

I lost my Social Security card and am afraid someone else could be using my number. Should I report it to Social Security?

Answer:

If you think someone is using your number to work, call Social Security at 1-800-772-1213 (TTY 1-800-325-0778). But reporting a lost or stolen card to Social Security will not prevent its misuse. That is why you should take further action. If you think someone is using your number, there are several other actions you will want to take:

- Contact the Federal Trade Commission online at www.ftc.gov/bcp/edu/microsites/idtheft or call 1-877-ID-THEFT (1-877-438-4338);

- File an online complaint with the Internet Crime Complaint Center at www.ic3.gov

- Contact the IRS Identity Theft Hotline by calling 1-800-908-4490 Monday-Friday, 8 a.m. to 8 p.m.; and

- Monitor your credit report.

RETIREMENT

Question:

How much can I earn and still get Social Security retirement benefits?

Answer:

Starting with the month you reach your full retirement age, you will get your full benefits with no limit on your earnings. Social Security uses the formulas below, based on your age, to determine how much your benefit may be reduced:

- If you are under your full retirement age: when you start getting your Social Security payments, \$1 in benefits will be deducted for each \$2 you earn above the annual limit. For 2009, that limit is \$14,160. The earliest age you can receive Social Security retirement benefits remains 62, even though the full retirement age is rising.

- In the year you reach your full retirement age: \$1 in benefits will be deducted for each \$3 you earn above a different limit, but only counting earnings before the month you reach full retirement age. For 2009, this limit is \$37,680.

Keep in mind that although your benefits may be reduced due to earnings, you may receive a higher benefit later. After you reach full retirement age, we will recalculate your benefit amount to give you credit for any months in which you did not receive a benefit because of your earnings. In addition, as long as you continue to work and receive benefits, we will check your record every year to see whether the additional earnings will increase your monthly benefit. Find out your full retirement age at www.socialsecurity.gov/pubs/ageincrease.htm. Learn more by reading our publication, How Work Affects Your Benefits, at www.socialsecurity.gov/pubs/10069.html.

Question:

Do I have to pay income tax on my Social Security benefits?

Answer:

You will have to pay federal taxes on your benefits if you file an individual federal tax return and your total income is more than \$25,000. If you file a joint return, you will have to pay taxes if you and your spouse have a total income that is more than \$32,000. For more information, call the Internal Revenue Service (IRS) toll-free at 1-800-8

Question:

Is it true that if you have low income you can get help paying Medicare premiums?

Answer:

Yes. If your income and resources are limited, your state may be able to help with your Medicare Part B premium, deductibles, and coinsurance amounts. State rules vary on the income and resource limits that apply. Contact your state or local medical assistance, social services or welfare office, or call the Medicare hotline, 1-800-MEDICARE (1-800-633-4227) and ask about the Medicare Savings Programs. If you have limited income and resources, you also may be eligible for help paying for prescription.

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How To Keep Your Weight-Loss Resolution

by Sherry Torkos, B.Sc., Phm.

(NAPSI)-Many people make the same promise to themselves every year: to finally lose those unwanted pounds. Fortunately, it may be easier than they think once they realize some of the barriers to success. For one thing, it's unfortunate that many make that pledge in winter, when activity levels are low. They wind up falling short of weight-management goals and then start eating even more because of yet another diet failure.

To avoid this vicious cycle, keep your spirits soaring and weight gain at bay:

1. Change your exercise routine with the change of seasons. If you're into biking, swimming or gardening during the summer, switch to running, tennis or soccer in the fall. Then in winter, try skiing, Pilates or ice skating. Join a club. Take a class. Walk a dog.

2. Pay close attention to foods high in sugar and refined starches because they cause sharp increases in blood sugar. Reach for complex carbohydrates (whole wheat, brown rice, oats, flaxseed, legumes, vegetables) because they are broken down more slowly and evenly, which helps to control blood

sugar levels. Boost your fiber intake, eat smaller portions and don't skip meals.

3. Don't forget your hormones, especially insulin. Insulin and blood sugar levels should be a concern for everyone, not just people with diabetes. When insulin levels are high, the body stores more fat and is unable to use fat as a source of energy.

Stabilize blood sugar and promote weight management with Phase 2 Carb Controller. This white kidney bean extract, found in Carb Intercept from Natrol, reduces the breakdown and absorption of starch calories, thus reduc-

ing blood sugar and promoting fat loss.

4. Take a good-quality multivitamin and fatty acid supplement. You need antioxidants, B vitamins and vitamin D when you may not be eating enough fruits and vegetables. Fish oil supplements are good for heart health and emotional well-being. New research suggests that omega-3 fatty acids can help fight fat by increasing fat oxidation.

• Ms. Torkos is a nationally recognized pharmacist, author, lecturer and certified fitness instructor. You can learn more online at www.livesowell.com.

Ann Coulter: "Too Immoral For Kennedy's Seat?"



MARTHA COAKLEY: TOO IMMORAL FOR TEDDY KENNEDY'S SEAT

In Tuesday's primary election, Massachusetts Democrats chose as their Senate nominee a woman who kept a clearly innocent man in prison in order to advance her political career.

Martha Coakley isn't even fit for the late Teddy Kennedy's old seat. (What is it about this particular Senate seat?)

During the daycare/child molestation hysteria of the '80s, Gerald Amirault, his mother, Violet, and sister, Cheryl, were accused of raping children at the family's preschool in Malden, Mass., in what came to be known as the second-most notorious witch trial in Massachusetts history.

The allegations against the Amiraults were preposterous on their face. Children made claims of robots abusing them, a "bad clown" who took the children to a "magic room" for sex play, rape with a 2-foot butcher knife, other acts of sodomy with a "magic wand," naked children tied to trees within view of a highway, and -- standard fare in the child abuse hysteria era -- animal sacrifices.

There was not one shred of physical evidence to support the allegations -- no mutilated animals, no magic rooms, no

butcher knives, no photographs, no physical signs of any abuse on the children.

Not one parent noticed so much as unusual behavior in their children -- until after the molestation hysteria began.

There were no witnesses to the alleged acts of abuse, despite the continuous and unannounced presence of staff members, teachers, parents and other visitors at the school.

Not one student ever spontaneously claimed to have been abused. Indeed, the allegations of abuse didn't arise until the child therapists arrived.

Nor was there anything in the backgrounds of the Amiraults that fit the profile of sadistic, child-abusing monsters. Violet Amirault had started the Fells Acre Day School 18 years before the child molestation hysteria erupted.

Thousands of happy and well-adjusted students had passed through Fells Acres. Many returned to visit the school; some even attended Cheryl's wedding a few years before the inquisition began.

It's one thing to put a person in prison for a crime he didn't commit. It's another to put an entire family in prison for a crime that didn't take place.

In the most outrageous miscar-

riage of justice since the Salem witch trials, in July 1986, Gerald Amirault was convicted of raping and assaulting six girls and three boys and sentenced to 30 to 40 years in prison. The following year, Violet and Cheryl Amirault were convicted of raping and assaulting three girls and a boy and were sentenced to 8 to 20 years.

The motto of the witch-hunters was "Believe the Children!" But the therapists resolutely refused to believe the children as long as they denied being abused. As the police advised the parents: In cases of child abuse, "no" can mean "yes."

To the children's credit, they held firm to their denials for heroic amounts of time in the face of relentless questioning.

But as copious research in the wake of the child abuse cases has demonstrated, small children are highly suggestible. It's surprisingly easy to implant false memories into young minds by simply asking the same questions over and over again.

Indeed, the interviewing techniques in the Amirault case were so successful that the children also made accusations against three other teachers, two imaginary people named "Mr. Gatt" and "Al" and even against the child therapist herself -- the one claim of abuse that was provably true.

But only the Amiraults were put on trial for any alleged acts of abuse.

Coakley wasn't the prosecutor on the original trial. What she did was worse.

At least the original prosecutors, craven and ambition-driven though they were, could claim to have been caught up in the child abuse panic of the '80s. There had not yet been extensive psychological studies on the suggestibility of small children. A dozen similar cases from around the country had not already been discredited and the innocent freed.

Of all the men and women falsely convicted during the child molestation

hysteria of the '80s, by 2001, only Gerald Amirault still sat in prison. Even his sister and mother had been released after serving eight years in prison for crimes that never occurred.

In July 2001, the notoriously tough Massachusetts parole board voted unanimously to grant Gerald Amirault clemency. Although the parole board is not permitted to consider guilt or innocence, its recommendation said: "(I)t is clearly a matter of public knowledge that, at the minimum, real and substantial doubt exists concerning petitioner's conviction."

Immediately after the board's recommendation, The Boston Globe reported that Gov. Jane Swift was leaning toward accepting the board's recommendation and freeing Amirault.

Enter Martha Coakley, Middlesex district attorney. Gerald Amirault had already spent 15 years in prison for crimes he no more committed than anyone reading this column did. But Coakley put on a full court press to keep Amirault in prison simply to further her political ambitions.

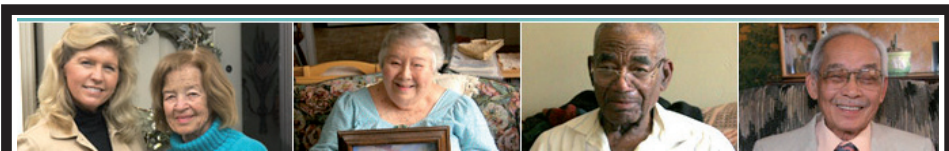
By then, every sentient person knew that Amirault was innocent. But instead of saying nothing, Coakley frantically lobbied Gov. Jane Swift to keep him in prison to show that she was a take-no-prisoners prosecutor, who stood up for "the children." As a result of Coakley's efforts -- and her contagious ambition -- Gov. Swift denied Amirault's clemency.

Thanks to Martha Coakley, Gerald Amirault sat in prison for another three years.

Remember all that talk about President Bush shredding constitutional rights? Overzealous liberal prosecutors and feminist do-gooders allowed Gerald Amirault to sit in prison for 18 years for crimes that didn't exist -- except in the imaginations of small children under the influence of incompetent child "therapists."

Martha Coakley allowed her ambition to trump basic human decency as she campaigned to keep a patently innocent man in prison.

Anyone with the smallest sense of justice cannot vote to put this woman in any office. If you absolutely cannot vote for a Republican on Jan. 19, 2010, write in the name "Gerald Amirault."



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Active Living Is The New Retirement

(NAPSI)-According to the U.S. Census Bureau, over 50 million Americans are currently over 60, and by 2030, nearly one in five U.S. residents are expected to be 65 or older.

If you are one of the many Americans looking forward to retirement, you may be contemplating a place to spend the years ahead. Recently, Forbes magazine ranked Dallas, Texas, as one of the most desirable areas to retire. The climate is pleasant, the taxes are low and the population is friendly. These may be among the many reasons prospective retirees are

looking into Robson Ranch, a community just south of historic Denton in the Dallas/Fort Worth area.

The Best of the Best

Robson Ranch was named one of the top 100 Best Master Planned Communities in the country by Where to Retire magazine. It offers manicured greens, sparkling lakes, innovative home designs and world-class amenities to provide active adults a luxurious yet affordable resort lifestyle.

These amenities include:

- Championship golf at the Wildhorse

Golf Club, designed by golf architect Gary Stephenson

- Robson Ranch Grill & Lounge
- Indoor and outdoor pools
- Tennis complex
- Fitness center and salon
- Clubhouse with ballroom and auditorium
- Social organizations and activities of all sorts, whether you enjoy bike rides, books, cards or choral singing.

Sample the Lifestyle

It's generally a good idea to visit a community to help you decide to relocate. Robson offers an inexpensive guest program that allows potential residents to sample the lifestyle. Before you go, make a list of what you want and don't want in an active adult community. For instance, do you want an active lifestyle, multiple amenities, a new and growing community or a well-established one?

When you get there, check out available services, the helpfulness and



friendliness of the staff, transportation, and costs and financing. Consider whether the community appears to be well maintained, clean and safe. Review the design and features of the homes. Finally, ask yourself, could I be happy and comfortable in a place like this?

Learn More

To learn more about Robson Ranch, Texas, call (888) 988-3927 or visit www.robson.com/texas.

Where Are They Now?

by Marshall Jay Kaplan

TIPPI HEDREN

It has been nearly forty years since actress Tippi Hedren was attacked by angry birds, and now, her life is basically for the birds — and all other wildlife as well. Today, the still beautiful Miss Hedren is now a 'den mother' to sixty big cats — lions, tigers, leopard and cougars — in The Roar Foundation's Shambala Preserve Near Acton, California in the Santa Monica mountains.

Alfred Hitchcock's leading lady was born in Lafayette, Minnesota in 1928. Like many of today's actresses, Tippi first started out as a model until she was discovered by the master of suspense himself, Alfred Hitchcock, who was then looking for a new leading lady for his films (following in the footsteps of Grace Kelly and then Kim Novak). The lovely, blonde Tippi was given a screen test and won the role as Melanie Daniels in *The Birds* (1963).

The classic thriller tells the tale of an attractive woman (Hedren), meeting an attractive man (played by Rod Taylor), and together the two travel to an isolated California town, only to find out that it is being taken over by birds with an attitude. Along with co-stars Jessica Tandy and Suzanne Pleshette, audiences were scared and thrilled by the sight of hundreds of birds pecking and attacking humans in a small town. The film was a box office success and Tippi went on to star in yet another Hitchcock film.

1964's *Marni*, (co-starring Sean Connery), had Tippi play the role of a kleptomaniac. The film was a moderate success, and unfortunately, critics felt that Tippi's performance was, well... for the birds.

After taking a break of two years



from acting, Hedren resurfaced in Charlie Chaplin's film, *The Countess* from Hong Kong (co-starring opposite Marlon Brando and Sophia Loren). The film was a financial flop, but this time, however, Tippi was not to blame. She continued to make films until the early 1970's — all seemed to be themed towards adventure and the wilderness.

Since 1964, Tippi has been married to producer Noel Marshall. Her famous daughter, actress Melanie Griffith, is by her first marriage. On many occasions, Tippi is seen, accompanying her daughter and son-in-law, Antonio Banderas, to Hollywood screenings. However, it is her devotion to wildlife preservation that Tippi has really devoted her time to.

Reanimating The Classics

(NAPSI)-It could be a good thing if the thought of reading a literary classic sends a chill down your spine.

That's the idea behind a new set of "mash-up" novels that combine two of Jane Austen's best-known works with some of the sci-fi and horror world's most menacing--yet popular--monsters. Here's a closer look:

Sea Monsters Attack!

A tale of romance, heartbreak and tentacled mayhem, the New York Times best seller "*Sense and Sensibility and Sea Monsters*" expands the original text of Austen's beloved novel with all-new scenes of giant lobsters, rampaging octopi, two-headed sea serpents, swash-buckling pirates and other seaworthy creatures.

Written by Jane Austen and Ben H. Winters, the story opens as the Dashwood sisters are evicted from their childhood home and sent to live on a mysterious island full of savage creatures and dark secrets. While sensible Elinor falls in love with Edward Ferrars, her romantic sister Marianne is courted by both the handsome Willoughby and the hideous man-monster Colonel Brandon.

Can the Dashwood sisters triumph over meddling matriarchs and unscrupulous rogues to find true love? Or will they fall prey to the tentacles that are forever snapping at their heels?

Brain Food

"It is a truth universally acknowledged that a zombie in possession of brains must be in want of more brains." So begins "*Pride and Prejudice and Zombies*," a mash-up of the literary classic, by Jane Austen and Seth Grahame-Smith.

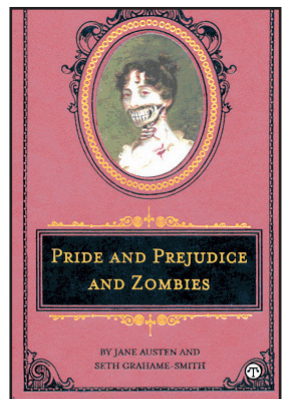
Already an international and New York Times best seller, this book is

now available in a new hardcover edition boasting additional bone-chilling scenes with 30 percent more mayhem and new full-color artwork.

"*Pride and Prejudice and Zombies: Deluxe Heirloom Edition*" tells the story of Elizabeth Bennet and her quest to rid the English village of Meryton of "unmentionables."

But upon the arrival of the haughty and arrogant Mr. Darcy, she is soon distracted. What ensues is a delightful comedy of manners with plenty of civilized sparring between the two young lovers--and even more violent sparring on the battlefield as Elizabeth wages war against hordes of flesh-eating zombies.

Both titles are published by Quirk Books and are available at your local bookstore. If you like these literary mash-ups, check out www.quirkclassics.com. At the newly created site, you can discuss the books, read author interviews, and receive breaking news and information about new titles in the series.



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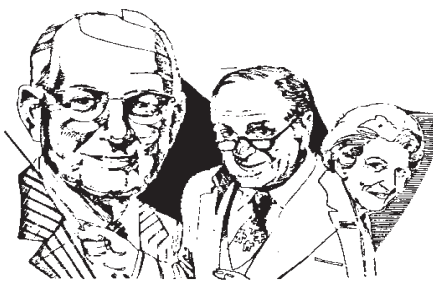
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Poor Eye Drainage Can Lead To Glaucoma

(NAPSI)-Every winter across the U.S., heavy rains bring thoughts of flooding, backed-up drainage systems and overflowing streets. When the drains and city sewers get clogged, the overflow of winter rains can bring a once-bustling community to a grinding halt. Like the backup caused by winter's inevitable downpours, poor drainage of a person's eye can lead to high eye pressure, which is a cause of glaucoma. The vision loss can be devastating and can drastically change the life of a once-active adult. In fact, 2.2 million Americans have glaucoma, but half do not realize it because there are often no warning signs.

In a healthy eye, fluid is constantly being made and drained through a tiny drainage canal. When something blocks or prevents this natural drainage, the pressure inside the eye goes up. Glaucoma is often caused by increased pressure that can develop when the fluids in

the eye are not draining properly. This condition eventually damages the nerve that connects the eye to the brain and leads to loss of vision.

EyeCare America, the public service foundation of the American Academy of Ophthalmology, encourages those without insurance to take advantage of its national Glaucoma EyeCare Program. The program offers glaucoma eye exams for those at increased risk of glaucoma. To see if you, a loved one or a friend is eligible to receive a referral for an eye exam, call (800) 391-EYES (3937), 24 hours a day, every day, year-round. All eligible callers receive a referral to one of EyeCare America's 7,000 volunteer ophthalmologists.

The Glaucoma EyeCare Program is designed for people who:

- Are U.S. citizens or legal residents
- Have not had an eye exam in 12

months or more

- Are deemed to be at increased risk for glaucoma (as determined by family history, race, age).

What are the symptoms of glaucoma?

While occasionally the condition may come on suddenly, most cases progress so slowly there are often no warning signs before damage inside the eye has already occurred. In most cases, a person's side vision (peripheral vision) is noticeably affected.

Who is at risk?

While the causes of glaucoma are not completely known, we do know that risk factors for its development include family history, race and older age. African Americans and Hispanics are also at higher risk for getting the disease.

How is glaucoma treated?



- Eyedrops that lower eye pressure
- Laser therapy that allows for better drainage of fluids inside the eye
- Eye surgery to create a new drainage canal.

If not treated, glaucoma can and does lead to total blindness. Glaucoma is easily detected with a medical eye examination. Ophthalmologists can measure the pressure inside the eye with a quick and painless office test. Glaucoma doesn't have to interfere with leading a happy, sighted and fulfilling life. Detecting the disease early can save your sight. More information can be found at www.eyecareamerica.org.

Making Surgery Safer For Active Boomers

(NAPSI)-An interesting thing is happening to baby boomers on their way to retirement: While their professional careers are winding down, their trips to the operating room are increasing due to active lifestyles.

The American Association of Nurse Anesthetists (AANA) offers baby boomers some perspective on physical activities and lifestyle trends that could ultimately lead to anesthesia and surgery.

As more baby boomers enter their 60s, the reports of activity-related injuries and conditions such as arthritis, joint and back problems, and coronary artery disease

experienced by this age group have also increased. According to the National Center for Health Statistics, older adults are the predominant recipients of health care services, including 50 percent of hospital care, 70 percent of home health care, and 90 percent of ambulatory care.

Many problems can occur when aging, less resilient bodies don't respond well to intense physical activities. In addition to the urgent care these injuries require, a common expectation of baby boomers is having their health restored to pre-injury or pre-ailment condition.

"Americans are living longer, more active lives," said Matthew D'Angelo, a Certified Registered Nurse Anesthetist (CRNA) who works in the Division of Trauma Anesthesiology at the University of Maryland Medical System. "It was rare 16 years ago to hear about surgical repairs to the rotator cuff and intricate ankle and elbow ailments in patients older than 50, but now they are routine."

"Older patients have unique anesthesia needs, and Certified Registered Nurse Anesthetists are well qualified to take care of them," said AANA president Jim Walker, CRNA, DNP. "As a baby boomer myself, I feel qualified to say there are many great things about getting older. However, our increased vulnerability to injuries and

other conditions that may require anesthesia for surgery or pain management isn't one of them."

Walker suggests that by using good judgment and not pushing their bodies beyond reasonable limits, baby boomers should be able to avoid getting acquainted with their anesthesia provider and surgeon any sooner than necessary.

Founded in 1931, the AANA is the professional organization for more than 40,000 CRNAs who safely administer 32 million anesthetics to patients each year in the United States. CRNAs are the sole anesthesia providers in more than two-thirds of all rural hospitals. To learn more, visit www.aana.com.

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Slow Down In Your Silver Years?

(NAPSI)-Shirley Jones, best known for her roles in movies such as the musical "Oklahoma!" and the television series "The Partridge Family," refuses to let joint discomfort slow her down. In her 70s, the beautiful actress has danced in two Broadway musicals, "42nd Street" and "Carousel."

She does what she can to stay in shape so she can enjoy life--whether it's dancing in a musical or taking a quiet walk on the beach.

"I work at that now more than I ever thought I would," said Jones. "And I don't have much patience with elaborate workout programs, even elaborate pill or liquid and powder schedules."

Jones describes herself as a "magic bullet" girl and she's sure she has found the fastest way to reduce the joint discomfort that might keep a less motivated person from dancing on Broadway.

"It's a supplement called Move Free Advanced," she said. "And so far, it's given me back what Father Time took away so I can enjoy my simple 'dropout' time and be fresh and ready when the red carpet calls again."

Finding ways to relax and commune with nature is easy for Jones. "Show me the rushing fall, an empty beach, a blazing sunset, a ride through nowhere with someone you love, a quiet day free of phone calls and grass mowers and auto growls and all but the air and sky and the sweet music of absolute quietude and I'm happy."

The daily supplement for joint health that helps keep her happy and ache-free is Move Free Advanced, which has been clinically tested. It combines two unique ingredients--Uniflex and Joint Fluid--with glucosamine and chondroitin, to support joint care.

Joints start to feel better within seven days, which is faster than with products that only contain glucosamine and chondroitin and that can take up to six weeks to start working.

Nutritionists such as Dr. Luke Bucci, author of "Healing Arthritis the Natural Way," recommend exercise, good nutrition and daily supplements as the best course of action for treating stiff or achy joints.

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Traveling: There's Nothing Like A Holiday!

It Is A Towering Feeling In Central Florida!

by Jay Clarke

LAKE WALES, Fla. -- Atop the highest point in Central Florida stands a remarkable monument, the iconic Bok Tower.

Made largely of pink and gray marble, the soaring 205-foot tower surveys woodland gardens designed by famed landscape architect Frederick Law Olmsted Jr. and hundreds of acres of citrus groves, conservation lands and nature preserves. And it houses one of the world's great carillons.

Walking trails let visitors explore the extensive gardens surrounding the tower. In winter, visitors are encouraged to pick a grapefruit or orange from the garden's trees. In spring, the trails burst into color when azaleas bloom. A reflecting pool that is home to a pair of swans provides a much-photographed setting for the tower.

The carillon's 60 bronze bells, ranging in weight from 16 to 22,300

pounds, ring out every half hour. Recitals are given daily at 1 and 3 p.m.

Known also as the Singing Tower, this National Historic Landmark was built by Edward W. Bok in the late 1920s and dedicated in 1929 by President Calvin Coolidge. Bok, a renowned editor who wintered here, became enchanted with the vistas from Lake Wales' Iron Mountain, 298 feet above sea level, and decided to create a place there that would "touch the soul with its beauty and quiet."

Bok Tower Gardens is Lake Wales' No. 1 attraction, but it's not the only thing that draws visitors to this pleasant city, which is set in Florida's orange country less than an hour from the theme parks of Orlando.

In fact, one of the state's biggest orange juice plants -- Florida's Natural -- has a huge complex here. At Grove House, the company's visitor center, guests can sip on free juice, browse through exhib-



BTW: A landmark feature of Lake Wales, the clock was donated to the town in 1931 and originally sat alongside the railroad tracks on the east side of Scenic Highway. In 1972, it was moved to the Downtown Marketplace. photo: Bok Tower Gardens

its and watch a film that tells the story of citrus growing and processing. Outside, a small grove showcases various citrus fruits -- not just oranges and grapefruits but also less-known varieties such as kumquats and tangelos. Growing season is October to May.

Lake Wales is also home to Chalet Suzanne, a unique country inn whose pastel-colored units give it an alpine fairyland look. Each section of the place was put together separately and rather haphazardly over the years by the Hinshaw family. No two of its 26 rooms are alike. The inn's internationally known

gourmet restaurant (open to the public Fridays and Saturdays) is a consistent award-winner. Chalet Suzanne also has an airstrip for guests who want to fly in for lunch or dinner, and it has a canning operation as well for its brand of gourmet soups and sauces.

For active travelers, Lake Wales is known for two challenging activities -- sky diving and bicycling. Because winds from the Atlantic and Gulf of Mexico coasts meet at the Lake Wales Ridge that runs along the spine of Florida, conditions here are well-suited for sky diving. At the Florida Skydiving Center at the Lake Wales airport, more than 20 loads of parachute jumpers may go up (and down) in a day. Bicyclists roam rural roads that wind through citrus groves, then head downtown to circle Lake Wales. (The

town was named after a Sydney Wailes, but the "i" was dropped from the town and not the lake.)

Downtown Lake Wales, placed on the National Register of Historic Places in 1990, still has an Old Florida look, with many buildings dating back to the 1920s. A couple of streets have been prettified, and two-dozen large murals color downtown store walls.

And finally, for an allegedly supernatural experience, visit Lake Wales' famed Spook Hill. Drive to the base of the hill, put your car into neutral and watch it roll uphill. If you don't believe that's an optical illusion, would you like to buy the Brooklyn Bridge?

Information: Lake Wales Chamber of Commerce, 863-676-3445, www.lakewaleschamber.com.

Condos In Hawaii: Affordable/Luxurious

(NAPSI)-A great way to make your travel dollar go farther may be to take a luxurious vacation with spacious accommodations in the beautiful Hawaiian Islands.

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dominiums often offer such economical conveniences as your own kitchen, so you can save on food, and a washer and dryer, so you can pack lighter and check fewer suitcases.

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Single-Color Gardens Are A Pure Delight!

by Marty Ross

Single-color flower beds make planning a garden easy. You just pick a color and stick with it.

Monochromatic gardens -- particularly white gardens -- are classically elegant, but you can still plant to suit your style: A monochromatic garden can be crisply formal or exuberantly informal, and the layout can be of any scale. You can even plant a striking single-palette combination in a flowerpot or window box.

Restricting a garden to just one color "helps you focus if you're a plant nut like me," says Mark Weathington, curator of collections at the JC Raulston Arboretum at North Carolina State University in Raleigh, N.C.

The arboretum's Klein-Pringle White Garden is one of its prettiest and most popular spaces. White flowers bloom from spring through fall against deep green backdrops of evergreen and deciduous trees. Hostas with creamy-edged or white-splashed foliage light up

the shadows. A white gazebo rests at the edge of a cool green lawn. A striking red-leaved Japanese maple is the strongest contrasting plant in the garden.

No garden can truly be of all one color, of course. There are endless variations of intensity and hue in a single-color garden, and green foliage forms the underlying warp and weft of the pattern. Sometimes adding spots of another color actually emphasizes the basic color scheme you have chosen. In the Klein-Pringle White Garden, "The dark burgundy of the Japanese maple actually makes the garden look even more white," Weathington says.

Tim Pollak, a horticulturist at the Chicago Botanic Garden, also likes a note of contrast to emphasize the monochromatic theme. "You don't appreciate a solitary color if you don't have something to compare it to," he says. "Just remember, a little bit goes a long way."

Monochromatic gardens seem to work best when they are planted in an enclosed space, to emphasize the palette

and limit views that compete with them. Within that space, try planting great sweeps of color, says Danielle Ernest, spokeswoman for the Proven Winners and Proven Selection brands of petunias, verbenas, phlox, and other annual and perennial flowers and shrubs. "A mass of one color is very impressive," she says.

The Proven Winners Web site (www.provenwinners.com) helps visitors plan garden color schemes. "We asked people how they shop for plants, and they told us they shop by color," Ernest says. The company has learned that purple is the favorite color of almost 40 percent of visitors, followed by pink, red, blue and yellow.

Jim Sutton, a horticulturist who works on special displays at Longwood Gardens in Kennett Square, Pa. (near Philadelphia), has had fun designing gardens with a predominately purple palette. "It's an inviting color," he says, "and it really makes things pop in full sunlight."

If you're planning a monochromatic garden, start with a list, Sutton suggests. His purely purple plant list starts with purple tulips, hyacinths and alliums for spring. Purple hollyhocks, verbenas, coleus, iris, daylilies and even elephant's ears carry the color scheme through the summer. Sutton weaves Blackie sweet potato vines into combinations in pots with flashy Persian shield (*Strobilanthes*) and grows shiny purple hyacinth beans on trellises to bring the royal palette right up to eye level.

Pollak suggests trying your hand at monochromatic vegetable gardening: You could grow purple lettuce, kale, okra, eggplants, basil, beets and even Cherokee Purple tomatoes.

Sutton likes to use just a touch of contrasting chartreuse in his purple-theme designs. Red or orange also works, or even a spot of yellow. A splash of white is always appropriate, but don't overdo it. "Use just enough to make it



Monochromatic gardens need not be monotonous. In fact, single-color gardens have a certain snappy stylishness. Concentrate on just one color and you'll find variations in hues and intensities that bring your garden to life. Try it with annual plants in a window box, a perennial flower bed or even a flowerpot, or put your color scheme to work in the garden year-round by including trees and shrubs in the design. photo: Proven Winners

look planned," Sutton says. "Otherwise it makes a hole in the landscape."

Brad Kemp, a gardener in Lawrence, Kan., worked with his garden designer on a stylish white garden laid out in crisp squares defined by grass paths and planted with white tulips, peonies, roses, stock, sweet peas and silky white cosmos for summer. Kemp was an inexperienced gardener when the design was planned, and says he appreciated the limited palette because it made it easy to buy plants with confidence. "When I found something I liked, I just asked the staff if they had it in white," he says. When he took his purchases home, he always had a perfect match.

Inspiration from the pros

Garden designers and public-garden horticulturists share a few tips and observations about monochromatic gardens:

-- A touch of complimentary or contrasting color, perhaps orange in a yellow garden or blue in a white garden, actually helps emphasize your theme, says Tim Pollak, a horticulturist at the Chicago Botanic Garden (www.chicago-botanic.org).

-- Mark Weathington, curator of plants at the JC Raulston Arboretum at North Carolina State University in Raleigh, N.C. (www.ncsu.edu/jcraulston-arboretum/index.php), has experimented with gardens that change colors through the seasons. "Say you start with a white spring garden, which becomes a yellow summer garden," he says. "If you like to play and tweak and explore what plants are doing, it's a great way to get more enjoyment from your garden."

-- Jim Sutton, a horticulturist at Longwood Gardens in Kennett Square, Pa. (www.longwoodgardens.org), recommends color blocks for a garden with great drama and impact. Lay out a long flower bed with cool pinks, then blues, reds and yellows. As you stroll along the bed, you'll experience each area as though it were a monochromatic garden. "One color leads you to another," he says.

-- For help choosing plants in a color-themed garden, try the Proven Winners Web site, www.provenwinners.com. The "custom search" link will lead you to a page where you can search for plants that fit the monochromatic color scheme of your choice.



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Ring In The New Year With Front-Door Changes

by Mary G. Pepitone

Give your home's uninspired doorbell or door knocker the ding-dong ditch. A house's ringer or knocker may be one of the most overlooked components of front-door decor, that is, until you visit someone else's home.

"A doorbell or door knocker can be the first point of contact a person has with you at your home," says Michael Malone, studio director with WKMC Architects, Inc. in Dallas and a member of Custom Residential Architects Network with the American Institute of Architects. "Ringing the doorbell or using a door knocker is a tactile experience."

Some historians assert the first doorbell was an actual bell mounted near the front door that visitors could ring. Joseph Henry, an American scientist, invented the first electric doorbell in 1831. Today's doorbell is a button that, when pressed, completes a circuit in a home's electrical system and sounds a ring or a chime.

Door knockers predate the electric doorbell. A door knocker is a decorative metal device that is attached to the door, so that when the hinge (or knocker) is lifted, it strikes either a plate or the door itself.

Michael Healy, of Manville, R.I., is bringing the beauty of individualized sculptures right to a homeowner's front door. He has been designing artistic decorative hardware for 20 years and started

to design doorbell ringers and door knockers as an affordable way for homeowners to personalize their front entrance.

"A decorative doorbell ringer or door knocker can be a relatively inexpensive upgrade to the front of your house and shows a personal sense of style," Healy says. "A customer recently purchased my bee door knocker because their daughter's name is Beatrice."

A bell or knocker must also complement a house's architecture. While a scrolled, ornate door knocker would look out-of-place on a home with a modern, minimalist design, Malone says a doorbell with a cracked cover is never a welcome sight at any house.

"The appearance of the front entrance sends a message about the homeowner," he says. "Painting the front door and installing a new doorbell or door knocker can make a big impact without spending big bucks."

While brass remains a popular metal for door decor, satin nickel, silver and oiled bronze are popular finishes for door knockers and doorbell covers -- as long as the metal matches the door's handle and hardware.

Hundreds of door knocker and doorbell cover motifs are available, so each homeowner can find one that rings true to an individual style. Designs for architectural aficionados, animal lovers, sport fans and nature watchers are all available.

Doorbells and door knockers are

meant to be inviting to guests, while making a statement about the homeowner's tastes and interests, says Healy.

A seaside house can welcome guests with Healy's bay scallop doorbell cover and a starfish door knocker for under \$130. A family of avid tennis players can purchase a Healy-designed door knocker shaped like a racquet hitting a ball for \$80. A country home can be filled with good luck for visitors using Healy's brass horseshoe door knocker (\$70).

Healy's 30-acre farm in rural Rhode Island, features his own butterfly design doorbell cover (\$49). "Our doorbell sends a message to visitors, before they even ring it," he says. "The butterfly connotes that I love nature and also appreciate artistic items."

As important as the looks of a doorbell or door knocker are, it also has to feel and sound good, Malone says. "Test out a door knocker before buying it," he says. "A door knocker that goes, 'tick-tick-tick,' isn't as impressive as one that really knocks the door. It should rap on the door, as opposed to tapping it."

But, in an age of minimalist design, having a knocker on an all-glass front door isn't practical. Some modern homeowners are choosing doorbells to match a more contemporary design. A spore doorbell (www.sporeinc.com) has

a blue hue that emanates from a light-emitting diode (LED) and casts a cool light, especially at night. Costing less than \$100, the spore doorbell's bicycle-bell chime can be irresistible to visitors.

The earliest inception of a doorbell was a buzzer. Today homeowners can choose sounds for their doorbell, including chimes and variations on the familiar, "ding-dong."

Homeowners can't knock the number of choices available to create a customized calling card for their home. Affordable and easy to install, a doorbell cover or door knocker can create an impression even before being pressed into service.

"My favorite door knocker was on the home of friends who were avid bird-watchers," Malone says. "It was a woodpecker motif with the bird's beak acting as the hammer of the door knocker. I still envy the cleverness of it."

RESOURCES

-- Michael Healy Artistic Decorative Hardware, 1-800-453-1072, www.MichaelHealy.com,

-- WKMC Architects Inc., 214-969-5440, www.WKMCarchitects.com

-- The American Institute of Architects, Washington, D.C., 800-AIA-3837, www.aia.org, (Click on "Find an Architect" to search for a member nearest you.)

Refresh Your Kitchen.....

Tips For Selecting Stone Countertops That Best Fit Your Lifestyle

(NAPSI)-When you're thinking kitchen remodel, countertops rank right up there with the cabinetry as far as importance. Evaluating your lifestyle is important when it comes to this selection. Are you empty nesters that take care when prepping food and cooking? Then your options have just expanded exponentially. However, if you are a busy family with children that tend to make messes, you may want to opt for a combination of durability and good looks.

A granite slab is the pinnacle of countertop alternatives when it comes to form and function. Prices range from the very expensive to the affordable. More often than not, this little gem will make its way onto your "wants list." Do your homework and you might be surprised to find out that you can afford granite. It may not be that exotic massive slab you have been drooling over, but it might be close. By choosing a more common variety, a thinner cut, a simple edge profile and limiting cutouts, you will likely spend less than you would on most man-made quartz or solid-surface materials. Remember, despite the fact that your type of granite may be more

common, each piece of natural stone is a totally unique piece of art directly from Mother Nature.

If slabs are too costly for your budget, consider granite tiles. Several options exist that vary moderately in price. The highest-end option is a tile that comes preassembled with a substantial decorative edge profile. This eliminates any unfinished or awkward-looking exposed edges at the sink rail. The midrange option is a large-format tile (16", 18" or 24" square) with a strip of granite tile incorporated as the sink rail. The most affordable option is the smaller 12"x12" tile finished with a wood strip to finish off the countertop edge. When choosing tiles, use the larger format in a solid shade with a minimal grout joint and a matching grout color to help give the illusion of a slab.

If your tastes lean more toward a rustic matte-finished countertop material, consider limestone, travertine, slate or honed marble tiles for your surface. Keep in mind that these materials come with some inherent drawbacks when used for countertops, so research each one carefully prior to committing to it.

Marble slab countertops, especially white, are gaining in popularity and add a sophisticated, modern look to any kitchen. Some marble, however, is more porous than granite and may etch and stain if it comes into prolonged contact with certain foods. Be sure to ask your stone fabricator for information on marble stone care and upkeep before selecting this material.

While a kitchen remodel on a tight budget might seem like an oxymoron to some, it can become a reality. Remember, inexpensive does not equal cheap, ugly or boring--it can be incredibly beautiful when well executed. Treating the kitchen like any other room of the house by adding features such as unique architectural finds, overscale accessories, framed art, lamps, plants, fabrics and furniture will help exude luxury. Focus on the focal points (countertops and cabinets) and the rest will fall into place. Keep an open mind, compromise and tap your inner creativity. You can do it!

For a stone fabricator near you, visit www.marble-institute.com/directory.

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Top Ten Rip-Offs Of 2009 From Your BBB

from the desk of Katie Carroll-BBB

1). H1N1 Scams: Consumers were contacted in a variety of ways in an effort to scare them into purchasing cures or essential information to prevent getting the H1N1 virus.

2). Memorabilia: With the election of President Obama and the death of Michael Jackson, 2009 provided great opportunities for scammers to sell memorabilia and collectibles commemorating these historic events. Unfortunately, most items were sold at inflated prices and had only sentimental value.

3). Weight Loss Pill Free Trial Offers: Ads offering trial offers for acai or resveratrol weight loss pills were all over the internet. These ads were displayed on trusted Web sites of national news organizations, and the campaigns often claimed to be endorsed by celebrities such as Oprah and Rachel Ray. As with other "free trial offers", the BBB received thousands of complaints from consumers that these free trial offers ended up costing them money they had not intended to spend.

Phishing E-mails: Phishing e-mails appearing to be sent from all types of government agencies popped up in inboxes everywhere. Whatever the setup, the goal of any phishing email is the same; to trick victims into divulging sensitive financial information or to infect the victim's computer with viruses and malware.

4). Mystery Shopping: Due to our ailing economy, consumers across the country were especially vulnerable to secret shopper job offers. Consumers were told they would be paid to secretly shop at

a store and evaluate its customer service. In other instances, victims were asked to wire money back to the scammers in order to evaluate a money wiring service such as Western Union or MoneyGram. The victim is sent an authentic looking check that is supposed to cover the cost of doing business. Of course, the check is a fake and the victims may be responsible for the loss.

5). Lottery Scam: Victims received letters in the mail purportedly from Publisher's Clearing House or another supposed lottery and were told they had won millions of dollars. The only catch is that the victim was required to wire hundreds of dollars back to the scammers supposedly to cover taxes or other bogus fees.

6). Friend/Family in Distress: Also known as the Grandma Scam, the victim receives a message from a "friend" or "family" member claiming they are outside of the country and have gotten into trouble. The victim is asked to wire thousands of dollars to pay for lawyer's fees or to post bail. This scam cropped up on Facebook this year.

7). Mortgage Foreclosure Rescue/Debt Assistance: Many families have struggled this year to save their homes from foreclosure and/or get out of credit card debt. Scammers were quick to offer help. Victims were asked to pay hundreds of dollars up front for assistance they never received.

8). Job Hunter Scams: With unemployment numbers in the U.S. in the double digits, scammers know they have

The fine folks at Argus Home Care and Argus Alert Are Proud To Sponsor the Senior Safety page for all the loyal readers of Senior Beacon. Enjoy this month's page. John Dagnillo of Argus Home Care and Argus Alert invites you to drop by their offices in Pueblo or Cañon City or call them at the numbers in their ad below.

a large pool to prey on. One of the most popular scams is to require the job seeker to pay a fee in order to even be considered for a job. Other scams attempt to gain access to personal information such as bank account or social security numbers, under the guise of somehow evaluating a potential employee.

10). Robocalls: Thousands of people across the country receive auto-

mated telephone calls, often in spite of having their phone numbers on the do-not-call list. The robocalls often claimed that the consumer's auto warranty was about to expire, or that a bank was offering to lower the interest rate on their credit card. The prevalence of robocalls violating federal telemarketing laws prompted the FTC to increasingly restrict the practice in 2009.

AARP ElderWatch's Smart Tips- Travel Fraud *Don't be tripped up when traveling*

Consumer Tips to Avoid Travel Fraud:

Be wary of "great deals" and low-priced offers. Few legitimate businesses can afford to give away products and services of real value or substantially undercut other companies' prices;

Don't be pressured into buying. A good offer today will be a good offer tomorrow. Legitimate businesses don't expect you to make snap decisions;

Ask detailed questions. Find out exactly what the price covers and what it doesn't. Be sure to ask about additional charges, as well;

If you do decide to buy, get all information about the trip in writing. Once you receive the written information, make sure it reflects what you were told over the phone and the terms you agreed to;

Be aware that when you place your business card or name into a drawing for a free vacation, you may be added to a telemarketing call-out list;

Know that your personal information also can be collected via the Internet when you are visiting travel-related sites seeking deals on trips or airfare;

When in doubt, say "no." If you have any doubts about the trustworthiness of a company, trust your instincts.

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Seniors Are Urged To Compare Drug Plans

With No COLA to Offset Rising Costs, Seniors Urged to Compare Drug Plans

Alexandria, VA (December 8, 2009) Sandra P., a 79-year old senior, takes two prescriptions. In 2006, she signed up for a Part D drug plan in her area, paying a monthly premium of \$8.81. Her total drug costs that year, including the premium, were \$670. But with her drug plan premium rising to \$38.90 per month in 2009 and her annual costs rising to \$813.55, Sandra contacted a trained volunteer Medicare benefits counselor early last December. Using the Medicare Drug Plan Finder at www.medicare.gov, Sandra found a drug plan that saved her \$187.55 in 2009, and she was able to lower her monthly premium to \$22.20. In 2010, however, her new plan is raising the premium to \$33.70 per month. Sandra checked her other drug plan choices for 2010 again this year. She learned that she could save \$277 if she switches plans, and can lower her monthly premium to \$16.30.

"Because there won't be any COLA to raise Social Security checks in 2010, it's more important than ever for seniors to compare their drug plan choices," says Daniel O'Connell, Chairman of The Senior Citizens League (TSCl). "Rising Part D plan premiums and co-pays will mean seniors will have less Social Security to live on unless they change their

drug plans now during the annual Open Enrollment Period that ends December 31, 2009," O'Connell points out.

A survey conducted by TSCl earlier this year indicates that the vast majority of seniors don't change their drug plans even though the costs go up. Some 37 percent said their drug plan increased premiums in 2009, and 28 percent reported that their co-payments or co-insurance costs increased. Nevertheless, 80 percent said they kept the same coverage they had the year before and did not switch plans. "A mistake that can cost seniors hundreds of dollars every year they stay put," O'Connell contends.

Eighty-six year old Harold G. learned he could save \$1,397 in 2010 if he switches drug plans and can lower his monthly premium from \$51.30 to \$27.10. Jean H., who is 84, learned she could save \$933 in 2010 and lower her premium from \$42.70 to \$16.30.

"Seniors often shop around quite a bit just to save a few dollars to afford necessities," O'Connell says. "It makes no sense not to shop around for drug coverage, because the savings can be substantial," he adds. "What many don't realize is how simple it is to find and switch drug plans, a move that could be worth a considerable sum of money

they will sorely need to get through 2010," O'Connell points out.

TSCl is urging seniors to contact their local Area Agencies on Aging, or senior services department, to ask for the help of a trained Medicare benefits counselor to compare their drug plan choices for 2010. The service is free. Using the Medicare Drug Plan Finder, benefit counselors input the prescriptions that each senior uses and match people up with the lowest costing plan based on the prescriptions they actually use.

"Time and again we have seen that seniors can save a substantial amount on their drug plans simply by getting this unbiased help in comparing and switching drug plans," O'Connell explains. "Checking your drug plan choices is something seniors should do every year," he adds. "Our prescriptions often change from year to year, and drug plans are constantly changing. We encourage seniors to check with their local Area Agency on Aging right away," says O'Connell.

To learn about shopping for drug plans and get valuable consumer tips, visit www.SeniorsLeague.org to read issues of

TSCl's The Social Security & Medicare Advisor and Best Ways to Save newsletters or call 800-333-8725. To request your free issue, send \$2 for postage and handling to: The Senior Citizens League, ATTN: BWTS, 909 N. Washington St., Suite 300, Alexandria, VA 22314.

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Senior Group Calls For 3% COLA Raise

Alexandria, VA (December 28, 2009) Premiums of Medicare prescription drug and Medicare Advantage plans are making some of the biggest jumps in years in the New Year. But seniors aren't getting any help to offset the higher costs from the annual cost-of-living adjustment (COLA) to their Social Security checks in 2010.

For the first time since the automatic COLA went into effect in 1975, there will be no COLA. That's because inflation in 2008 was so low, as measured by the Consumer Price Index, that there was no inflation. "Even though the government's measure of inflation remained flat, that's certainly not the case with the prices that seniors are actually paying," says Daniel O'Connell, Chairman of The Senior Citizens League (TSCl). "More than 44 million Medicare recipients are caught in a vicious cost squeeze, a situation that is forecast to continue into 2011," he says.

Says O'Connell, "The steep increase in healthcare costs over the past year, while the CPI remained below zero, is proof that the annual Social Security COLA formula is broken and must be replaced. We strongly support new legislation that would more fairly and accurately base the annual COLA on a 'seniors' CPI and guarantee that beneficiaries receive a minimum COLA of 3% every year," O'Connell adds. U.S. Rep. Eliot Engel (NY-17) recently introduced the "Guaranteed 3% COLA for Seniors Act" (H.R. 4193). The legislation would base Social Security COLAs on the Consumer Price Index for Elderly Consumers (CPI-E), and would make it law that the Social Security COLA is never less than three percent.

How much did your Medicare costs go up? Did your Social Security payments go down? TSCl is highly concerned that the Social Security checks of nearly 7 million seniors may be reduced in the New Year to cover automatic deductions for Part D or Medicare Advantage plan premiums. TSCl is conducting an online annual Senior Survey and gathering personal stories from seniors. To participate, visit the TSCl website at www.SeniorsLeague.org or send letters to: The Senior Citizens League, 909 N. Washington St. #300, Alexandria, VA 22314.

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JAN. 5: Roast Pork Loin, Sweet Potatoes, Zucchini/Tomatoes, Bread/Marg., Applesauce.

JAN. 6: Porcupine Meatballs, Broccoli, Harvard Beets, Bread/Marg., Fruit Cocktail, Oatmeal Cookie.

JAN. 7: Beans/Ham, Peas/Carrots, Cornbread, Ambrosia.

JAN. 8: Cabbage/Beef Casserole, Corn, Carrot Raisin Salad, Bread/Marg., Peach Cobbler.

JAN. 11: Lasagna, Basil Green Beans, Cucumber/Onions, Bread/Marg., Lime Fruit Jello.

JAN. 12: Breaded Fish/Lemon, Potatoes Au Gratin, Sugar Snap Peas, Bread/Marg., Strawberries, Pineapple Fruit Juice.

JAN. 13: Meatloaf/Tomato Sauce, Parsley Potatoes, California Blend Veggies, Bread/Marg., Fruit Cocktail,


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JAN. 20: Egg Salad Sandwich, Chicken Gumbo, Two Bean Salad, Strawberry Applesauce.

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JAN. 27: Beef Stew, Confetti Rice, Three Bean Salad, Bread/Marg., Apricots.

JAN. 28: Stuffed Bell Peppers, Sugar Snap Peas, Pickled Beets, Bread/Marg., Pineapple Upside Down Cake.

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Finances: Create And Keep Wealth

Vaccinate Yourself Against That Gold 'Bug'

by Ron Phillips

I don't know if your TV remote has the button that lets you switch back and forth between two channels. But I was doing that one evening and could almost see a bubble forming on my TV. I was switching back and forth between two "Buy gold" or "We'll buy your gold" commercials. They're everywhere! You can hear it on the radio, on television, magazines, newspapers, in the mail... everywhere. When I go outside I look up at the sky and half-expect to see an airplane with a banner proclaiming "Buy gold!"

If there was ever a bubble I think this is it. I was convinced when I heard the nation of India bought 200 tons of gold for their reserves and are set to get

another 200 tons of gold.

Can you still make money on gold and other precious metals? Sure you can. But the big question is when will the ride stop? Will gold investors be stuck in a decade of flat performance like in the past?

If possible I like to use the Buffett Litmus Test for investing trends. Is Warren Buffett investing in this sector? What did Warren do during the Tech Boom (and Bubble)? He waited on the sidelines and actually got criticized for "missing" the new era. What is Warren doing with gold and precious metals? I'm not completely sure but about five years ago he did invest over \$100 million in silver at a little over five dollars per ounce. These were his-

torically low prices not seen in 20 years. I haven't heard about Buffett buying gold by the ton yet.

But isn't gold an inflation hedge? Yes and no. At times it appears that gold prices move with inflation. But if you look at an historic price chart for gold it doesn't really move evenly with inflation. A truer inflation hedge in the past has been real estate. Real estate is a tangible asset that we live in. And inflation is the price of tangible goods going up. I consider gold a "doomsday" asset that people rush to in tough times.

Aren't there a lot of industrial and commercial uses for gold? There are a lot of miscellaneous uses. But they don't add

up to much demand. The main use is in jewelry. Now people are spending much less on those discretionary items. Oil, on the other hand, has constant and growing demand and may deserve to be at high price levels.

So I applaud everyone who has made money in precious metals. But just remember the lessons from the Tech Bubble. What goes irrationally up must come down.

Advisor and a Pueblo, Colorado native. He and his wife are currently raising their two sons in Pueblo. Order a free copy of his book Investing To Win by calling (719) 545-6442 or emailing to RonPhillips@RPAdvisor.com.

On Your Toes!!

by Benjamin Marble, DPM, Pueblo Ankle & Foot Care

WHEN THE TOENAIL GOES BAD Gertrude (names changed to protect the . . . health information – google HIPPA) came into the office and I noticed right away that she was very distressed and wringing her hands. When I see a patient for the first time, we go through their medical history. This includes any current medical information, medications, allergies, past surgeries and just overall how they are feeling. What Gerty (for short) had is one of the few things that I just have to look at once and I immediately know what is going on. There is perhaps nothing that disrupts the serenity and beauty of a foot more than an ugly blackened toenail. (Well, there may be a

few more disruptive things, but black toenails are pretty icky, all the same.) Dark discolorations in the toenail don't always have to be black, either. They may also look purplish or brown, two other colors that don't go very well with the foot's natural décor. As soon as she saw me Gerty threw up her hands pointing at her left big toe nail saying, "I just woke up with this and I don't know how it got there."

The cause of these discolorations is usually pretty straightforward—generally they're from a blood clot or bruising under the toenail, most likely caused by that time you dropped your toolbox on your foot, or possibly the way you keep jamming your toes during football practice.

However, occasionally the cause could be something more severe, such as melanoma (or skin cancer) that's growing under the nail. In this case, you likely see the discoloration as a brown or black streak under the nail. This type of melanoma is more likely to occur in people with dark skin (it accounts for about 30-40% of melanomas in the non-white population), although it strikes both men and women fairly equally.

Black toenails may also occur because of fungal infections, really bad ingrown toenails (often when they're recurring),

or other health concerns, although these tend to be more rare.

These are fairly easy to pick up just clinical examination and Gerty had none of these. Obviously, the main symptom of a black toenail is...well...a black toenail. Gerty's discoloration was caused by bruising under the nail, the bleeding caused some pain with pressure to the area, since the blood has no easy escape route. Gerty just about jumped through the false ceiling of my treatment room when I applied the lightest touch.

Gerty, much to her credit, had become very suspicious what was happening because she couldn't remember injuring the toe in any way. Melanomas will tend to show up as a streak under the nail, usually dark but occasionally white. Because they can show up in any form, it's usually a good idea to treat any nail discoloration with suspicion—checking with me was a good idea.

If I had suspected melanoma I would have obtained a biopsy of the tissue. This is really the only way to find out for sure if the tissue is cancerous. Melanoma is certainly no fun, but early detection makes treatment that much easier, and often more successful.

Knowing Gerty had developed some trauma to the area (and likely within the past day) it was just a matter of going through her itinerary of the day before. Gerty had gone dancing the night before. She pulled out the dancing shoes from 10 years before. "It had been awhile, I know," she said. "And they felt a little

tight but I just had to use them," she said with a wistful smile suggesting more of a nostalgic rather than functional motive for subjecting her tootsies to these shoes of bygone days. She also mentioned that during the course of the evening she frequented the bar at the club and by the end of the evening required the help of her husband to get back home. She could not, for the life of her recall how she got from the venue to her bed.

I explained to her that her feet had enlarged over the years and as her right foot was a little smaller (and likely always had been) than her left that the right great toe did not get as much pressure. I had to numb up Gerty's left great toe and remove the nail to make sure no additional damage was done to the nail bed and to relieve the pressure from the bleeding under it.

If I suspected that Gerty had a melanoma this would have required more aggressive treatment. If the disease is caught early enough, I can just cut out the melanoma (again with the toe numb of course). However, in more advanced stages, it may be necessary to amputate the affected toe. Removing nearby lymph nodes may be needed to prevent the spread of the cancer, and treatment may also involve other cancer-fighting methods, such as chemotherapy.

After much reassuring and a followup visit Gerty was relieved to know we did not have to call the toe truck.



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Senior Beacon

Senior Beacon serves Pueblo & Fremont Counties and reaches the rest of Southeastern Colorado. It is a monthly newspaper dedicated to inform, serve, educate and entertain the Senior Community in these areas. Subscriptions are available, prepaid with order, at \$19.95 for one 12-month period. Send your order to the mailing list below.

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SUBMISSIONS: Senior Beacon welcomes reader contributions in the form of senior groups' news, stories, poetry, recipes and happenings. Letter to the Editor must be typed and double spaced, signed with address and phone number submitted. Deadline is the 10th of the month prior to publication.

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Senior Community Update



STROKE SURVIVORS SUPPORT GROUP

The Stroke Survivors Support Group has two chapters. The Pueblo West Chapter meets at 2:00 pm the first Thursday of every month at the Pueblo West Library. The Pueblo Chapter meets at 2:00 pm the second Tuesday of each month at the Joseph Edwards Senior Center in Pueblo On Union Ave.

Call Chuck at 583-8498 for all the information.

PUEBLO WEST SENIORS

The Pueblo West Seniors get

together for a luncheon on the second Tuesday of each month at 11:45am. They meet at the Memorial Recreation Center at 230 E. George Drive.

For all the info on this Senior Citizen organization call Katherine at 647-8969 or Nan at 547-3944.

LOU GEHRIG'S DISEASE SUPPORT GROUP

Support group for Lou Gehrig's Disease (ALS). Second Thursday each month, 6-7 PM. Thatcher Bldg. 503 N. Main, Suite 103, Pueblo, CO. Call Peggie at 719-584-3068 for all the info.

OWLS MEETING

The OWLS (older-wiser-liveli-er-seniors) invites new members for their social group that has activities including dining out, bowling, movies, picnics and others. For more information please call Joe or Marie @ 545-2803

RIDE TO CHURCH?

Looking for a ride to church? Call Wesley United Methodist Church at 561-8746 and we can make arrangements to transport you to worship and fellowship."

GENEALOGICAL SOCIETY

"The Southeastern Colorado Genealogy Society holds regular meetings on the second Saturday of the month beginning at 2:00pm in the Meeting Room "B," Robert Hoag Rawlings Library, 100 Abriendo Ave., Pueblo. There is a continuing Refresher/Beginners class starting at 1:00PM. Call 250-5782 for details." Guests welcome and there is no charge.

SRDA DECEMBER CALENDAR

SRDA at 545-8900 has activities for seniors every weekday of the month. From quilting to bridge and from computer classes to movies with popcorn and exercise classes, SRDA tries have offer something for everyone in terms of activities throughout the month.

LIVING WITH

OSTEOARTHRITIS?

Osteoarthritis does not only strike the knees, hips and hands. In an estimated one million Americans, it also affects the small, vulnerable joints of the neck, and can cause sudden attacks of severe pain that may radiate into the

head and arms. But what can patients themselves do about this form of arthritis? How can they ease the pain, deal with the limitations it causes, and support their

doctor's treatment? With the help of some of the world's leading spine specialists, the American Arthritis Society has compiled twelve practical tips for self-care that are effective and easy to follow. Please visit the Society's website at: www.americanarthritis.org.

AARP SCHEDULE OF ACTIVITIES FOR DECEMBER 2009

Pueblo Information Center AARP PHONE: (719) 543-8876, 1117 Prairie Avenue. HOURS: Mon-Sat 10-3pm Pueblo, Colorado 81005

Safe Driving Classes, Benefits Check-up, exercising, Tai-Chi, eating right, Census Bureau testing, Model T care group, Convergys recruiting, classic cars, Food Share America, Better Breathers, preparing taxes, quilters group, medicare and financial planning assistance and more available this month.

TOASTMASTERS

What: Pueblo Toastmasters #179 Public Speaking Class

Where: 310 East Abriendo Ave. Next to the Dept. of Revenue/Driver's License Office (in the Conference Room on the 2nd floor of the Security Service Federal Credit Union's building)

When: 2nd & 4th Mon., of every month, 6:15 - 7:15PM

Contact: Robert W. Johnson, 719-251-8841

STEP-UP PROGRAM

Please call Desi Vial who is the Development Director of Pueblo StepUp at Centura Health, 719-557-3881 Phone 719-557-3880 Fax 1925 E. Orman Ave., Ste G-52 Pueblo, CO 81004 desdavia@centura.org www.centura.org for all the info as to where the programs will be held this month. Also, contact: Cindy at 719-545-1184 for their entire schedule. Get Moving with Pueblo StepUp Community Exercise Programs: Please call Emily Johnson @ 557-3879 for questions about any of Pueblo StepUp's Health & Fitness Programs

DIABETES & CHRONIC DISEASE

Balance Your Life with Lifestyle Balance - Tips to avoid diabetes and chronic disease through sustainable good health.

A free 12-week class for healthy lifestyle habits, including information on nutrition, physical activity, stress reduction and more! The class is intended for individuals who are at risk for developing heart disease, diabetes or other chronic health conditions.

The one-hour a week classes start January 11, 2010. Choose from a class times of 9:00am, 12:00 p.m. or 5:30 p.m. Space is limited to 12-15 par-

ticipants per class. Classes are held at various locations throughout Pueblo.

Fun, weekly incentives help keep participants motivated. This program is sponsored by the Health Disparities Grant Program at the Colorado Department of Public Health and Environment and the Pueblo City-County Health Department, call or email for further details and registration 719-583-4311 or julie.kuhn@co.pueblo.co.us

ALZHEIMER'S SUPPORT

The second Tuesday of each month at 7 pm at the Ecumenical Church located at 434 S. Conquistador Room C an Alzheimer's Caregiver Support Group will meet Call 544-5720. Tom Reyes, Facilitator.

DIABETES & CHRONIC DISEASE

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COMMUNITY BLOOD DRIVES

Please call Julie Scott at (800) 365-0006, press 0. ext. 2873 julie_scott@bonfils.org for Pueblo and Pueblo West Community Blood Drives times and places for January 2010.

CHRISTMAS TREE RECYCLING

Pueblo city and county residents may drop off their cut Christmas trees for mulching at no cost January 2 through the 17 between 7:30AM and 4:00PM, Mon-Sat. The new location this year is Vision Recycled Aggregate and Landscaping, located at 95 Vision Lane, south of East 4th Street. Participants must remove all decorations, tree stands, wires or nails from trees. Trees must be dropped off at designated times only. Free mulch will be available to the public after 12 p.m. on Monday, January 18th on a first come, first served basis. For more info, call the Pueblo City-County Health Department's Recycle Hotline at 719-583-4924.

Colorado Health Care Association Elects Regional Officers for District 5



Pictured L to R is Lawrence Cowan, Administrator of Hildebrand Care Center has been named District 5 Chair, Connie Kohl, Administrator of Valley View has been reelected Treasurer, Jessica Holt, Administrator of Horizon Heights in Pueblo elected Vice Chair and Stan Murdock, Administrator of Life Care Center in Pueblo reelected to the Secretary. The district includes 17 counties in south eastern and south central Colorado to the Kansas and New Mexico borders.

The District 5 meeting is held on the third Friday of each month in Pueblo at Giacomo's restaurant on Hwy 10 (unless otherwise noted). The meeting is open to all CHCA members and associates. Notices are sent out monthly.

History and Composition of CHCA

The Colorado Health Care Association was founded in 1955 to serve as support group or those individuals providing long-term care to the frail, elderly and disabled. The Association believes that the health care system has a responsibility to meet the physical and psychological needs of the long-term care patient in a cost-effective manner. Our purpose is to work with our members in meeting such challenges while continually striving to achieve a higher quality of care.

CHCA and each of its active members are members of the American Health Care Association (AHCA), a national organization representing more than 11,000 long-term care facilities dedicated to improving health care for the convalescent and chronically ill.

The Colorado Health Care Association represents over 90% of Colorado's nursing homes and many assisted living residences. These are the active, voting members of the Association. Service/product providers, organizations, and any licensed administrators not actively employed in the field are eligible for associate membership. The active membership is organized into six districts covering the State of Colorado. Each district elects its own officers (the Chair of which serves on the Board of Directors) and holds meetings on a regular basis.

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ANCIENT WWII VET needs used portable oxygen concentrator or repair service. Phone 542-3032. #1109

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This classified ad section of the Senior Beacon carries advertising of all sorts. The cost is \$7.00 for the first 25 words or less and \$.25 for each word over 25. TO PLACE AN AD here's all you need to do: Write your ad in the space provided below.

Please print clearly. Deadline is the 20th of the month.

Phone: _____ Your Name: _____

Mail ad & Check (send no cash) to:
Senior Beacon P.O. Box 7215 Pueblo West, CO 81007.

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EXPERT CARPET INSTALLATION Carpet repairs/restretch. Over 30 years experience. Ruben Griego. Call Daytime 320-9584 or evening, 542-1207. #1209

TWO SPACES: in Veterans Court of Honor. Lot #221. \$750.00 plus transfer fee. Call at 719-647-0755. #1109

TOWNHOUSE FOR SALE: One level floorplan. Two bedrooms, 2 baths, walk-in closets, vaulted ceilings, fans in each room, AC, fenced in rear, \$170K. 350 Field Ave. Cañon City. 276-0243. #1109

SENIOR MALE seeks roommate to

share large, furnished Pueblo West home. Lake view! Large deck, quiet, includes all utilities, direct t.v.. \$500 per month. (719)242-6465. #1109

SALE: Upright freezer. 20 cubic feet - slot machine - sing-a-long system - stereo & speakers - treadmill. 1714 Lynwood. Other items for sale. Call 569-2554. #1109

24/7 SENIOR HOME CARE: Your home or mine! Experienced, reliable, compassionate. Med. certified, CPR, First Aid. 671-4316. #1109

SENIOR LADY AVAILABLE to care for you at home. Meals, errands, appointments. Experienced and happy to help. Call 719-406-6718. #0909

SHELBY'S MOBILE HAIR STUDIO. Perms - \$40: includes haircut and style. Will come to your home. Seniors & shut-ins only. For appointment call Sally at 719-565-7134. #1109

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LOOKING FOR AN AVON REP? Call me today! Hailey Hollins, 719-547-3808 or www.youravon.com/hhollins. Join AVON today for just \$10! #0110

WANTED: CERTAIN 45rpm records and LP albums from the 1950s and 1960s. 566-7975. #1009



Mining Museum January Events

Senior Mondays:

January 4-March 29

Each Monday from January through the end of March, seniors age 60 + will be admitted into the museum for \$2.50 (reg.\$6). Come see the museum that works! Daily tours begin at 10:00 a.m. and 1:00 p.m. Call (719) 488-0880 for more information.

Family Exploration Day: Geology

Saturday, January 9

10:00 a.m. - 3:00 p.m.

Have you ever picked up a rock while hiking and wondered what it was? Bring it down to the Western Museum of Mining & Industry on Saturday, January 9 for a day of geologic exploration. Members of the Colorado Springs Mineralogical Society will be here to help identify various minerals and rocks. Demonstrations of a Mini-Highbanker (re-circulating sluice) along with detailed information on assay techniques and modern day assay equipment. Younger family members will enjoy an exercise in cookie mining. Fun, and educational for the whole family! Customary admissions apply. Museum located at I-25 Exit 156A. Visit www.wmmi.org for more information.

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Mammogram Recommendations Create Disparities

Mammogram Recommendations Create Disparities In Medicare Benefits Under Healthcare Reform

Alexandria, VA (December 2, 2009) Mammogram recommendations from a government-appointed task force would create new disparities in Medicare benefits based on age under pending healthcare reform legislation, says The Senior Citizens League (TSCL), one of the nation's largest nonpartisan seniors groups. "Under the Senate healthcare reform legislation, the disparity would affect an estimated 750,000 disabled women in their 40's, and potentially millions of women with Medicare over 50 who don't follow the recommendations of the U.S. Preventive Services Task Force," states Shannon Benton, Executive Director of TSCL.

The task force recently issued new recommendations that said most women in their 40's don't need annual mammograms and that women 50 and over should get one every other year. "Nevertheless, Medicare still pays for screening mammograms once every 12 months for women age 40 and over," Benton notes. "The Medicare Part B deductible is not applied to a screening mammogram. But patients are responsible for the 20% coinsurance," she adds.

The Senate healthcare reform bill would provide improved preventive Medicare mammogram screening benefits by waiving the co-insurance. But the legislation also stipulates that the new waiver only applies to recommendations from the U.S. Preventive Services Task Force that receive an "A" or "B" grade. Because the task force recommendation that women aged 40 to 49 years should not receive routine annual mammography screenings received a "C," disabled women with Medicare aged 40 to 49 would not benefit from the waived co-insurance. They could still get annual mammograms covered by Medicare, but they would have to pay the co-insurance. The recommendation that women over 50 should get mammograms every other year received a "B" from the task force.

"Presumably, women over 50 who follow the task force recommendation would qualify for the waiver of co-insurance for mammograms, but it appears that those who ignore the recommendations and get annual mammograms would pay the co-insurance," Benton explains. A recent USA TODAY/Gallup Poll found that 84% of women ages 35 to 49 say they plan to get mammograms before the age of 50 despite the task force recommendations.

"Seniors and disabled people with Medicare are rightfully concerned about pending healthcare reform," observes Benton. "Will the promised savings and benefits actually materialize? That may be difficult to achieve when healthcare reform legislation cuts

more than \$400 billion from Medicare over ten years even as the program swells with new enrollees," she notes. "No public information seems to exist on what the financial impact for Medicare beneficiaries may be, or whether Medicare will even be affordable to the majority of beneficiaries in a few years," she points out. "TSCL feels that it would be irresponsible to vote on legislation without provid-

ing this information to Congress and the public," she says. "And before making any changes to care plans, we urge seniors and disabled women with Medicare to discuss their need for mammogram screenings with their doctors," Benton adds.

To learn more, please visit www.SeniorsLeague.org or call 1-800-333-8725 for more information.

ORAL HEALTH TIP FOR SENIORS

by Ned High

In this month's column, we will discuss the subject of oral cancer.

Oral cancer can affect any area of the oral cavity including the lips, gum tissues, cheek lining, tongue, and the hard and soft palate. The American Cancer Society predicts that thousands of new cases of oral cancer will be diagnosed in the coming year. Also, incidence is twice as high in males than in females, and greatest in men over 50.

The American Dental Association states that the best form of early detection is regular visits to the dentist. The ADA also reports that oral cancer kills more people nationwide than either cervical cancer or melanoma (skin cancer).

Currently only half of all patients diagnosed with oral cancer survive more than five years. Statistics show that the incidence of oral cancer is increasing in women, young people and non-smokers, and that 25 percent of oral cancers occur in people with no known risk factors.

Early diagnosis and knowing the risk factors can help improve survival rates for those diagnosed.

Common symptoms of oral cancer are:

- *a sore that bleeds easily or does not heal
- *a color change of the oral tissues
- *a lump, thickening, rough spot, crust or small eroded area
- *changes in the voice
- *white or red spot or sore anywhere in the mouth
- *a change in the way teeth fit together
- *pain, tenderness or numbness anywhere in the mouth or on the lips

Risk factors include:

- *smoking in combination with heavy alcohol consumption is the primary risk factor for oral cancer
- *use of tobacco products
- *prolonged exposure of the sun, which can lead to lip cancer

According to the ADA, smokers are six times more likely than nonsmokers to develop oral cancers, and smokeless tobacco (snuff or chewing tobacco) is associated with cancers of the cheek, gums and lining of the lips and increases the risk by about 50 times.

Your dentist is the health professional who could most likely detect the first signs of oral cancer. Regular visits are recommended.

• Source: *Ohio Dental Association.*

This oral health tip comes from Oral Health Awareness Colorado!, a coalition of federal, state and community organizations that developed the state's first formal oral health plan aimed at improving the general health of Colorado residents. For more information about oral health, go to the website www.beasmartmouth.com

100 Years To Be Thankful For

Local resident turns 100 years old on Thanksgiving Day

PUEBLO, Colo., Nov. 25, 2009— Local Pueblo resident Pauline Bish has many things to be thankful for this holiday season. Tomorrow, on Thanksgiving day, Bish will turn 100 years old. Bish has been a resident of Villa Pueblo for 15 years and is a special part of the Villa Pueblo assisted living community. An active and social resident, Bish attends the "2 p.m. social" every day to visit with friends and staff.

"Pauline is such a sweet woman and treats all the staff here like her own family," said Annette Gutierrez, admissions coordinator.

To celebrate her milestone birthday, Bish will spend the day with her family in Colorado Springs. "I think turning 100 is ridiculous!" she exclaimed. "But over the 100 years of my life, I am most proud of my family [one son, two granddaughters and five great-grandchildren] and I am very grateful to have so many friends."

A special birthday celebration has been planned for Bish next Tuesday at Villa Pueblo.

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Charlene Dengler: Put 'Health' Into Your Habits This Year!

2010! It's hard to believe that a whole decade has passed since the arrival of Y2K. Now that the resounding chorus of "Auld Lang Syne" has finally been silenced until the advent of 2011 it's time to consider what changes to implement for this New Year's resolution? They happen every year, whether written, spoken or silently contemplated. However, as most can attest to, they rarely last the first month and often are quickly forgot-

ten in the hectic busyness of life.

For this year try a different approach which may actually leave a lasting impact. Try putting health into your habits. "What does that look like?" you may ask. We all have habits, both good and bad. Usually, for the brand new year we try to correct or improve something we would like to change, that we believe would make life better. I'm all for making life better, especially when, at times, life seems so tough. The upcoming suggestions will seem more like a pleasure, rather than the punishment that so many resolutions are.

Putting health into habits can be a gentle way of adding a positive to your life without a huge amount of effort. I will give you several suggestions and then you will probably think of some of your own and it will become more like a "game" than a "resolution". Sound like fun? Well, let's get started. First, when awakening in the morning before you even get out of bed, be kind to yourself. Stretch and deep breathe as you review the day ahead. Simple and enlivening as it is, it only takes a minute or two and is beneficial in oxygenating your body and loosening up the kinks. Next, begin your day with fruit or fruit juice, preferably fresh squeezed. See how long you can eat just fruit prior to noon, and then wait at least a half an hour before eating anything else. If you make it till noon, reward yourself with a special, but healthfully balanced, lunch.

If you're like 75% of the population, you are asking, "But what about my coffee?" Substitute a healthy coffee for the

usual. I am not talking about Ovaltine or Postum; I am referring to a Brazilian Arabica bean coffee that has been infused with a healthy component that allows you to drink to your heart's content. Some even experience health benefits such as weight loss, a detoxifying effect, or even more dramatic coincidences, all without the jitters or a caffeine crash. It's the hottest thing since bottled water and already

seems to be a winner.

Now I want to address exercise. Of course, thirty to sixty minutes each day is the ideal with a healthy balance of aerobics, weights and stretching. However, realistically speaking that doesn't always happen. Considering you already stretched for a minute or two before your feet hit the floor, you can participate in

SEE 'DENGLER' PAGE 22.

Op-Ed

from page 2.

diately thrown out when it got to the judge. What is the moral of this story? Please make sure whoever comes into your house is properly vetted by the company that you employ. Perhaps this messy situation which I confess befuddles me, especially the police activity, could be avoided by not only getting a reputable company (which her folks actually found) but perhaps also getting referrals from friends or relatives and also interviewing the caregivers first, before they start working.

When Scientists Lie

I have been beating the drum about how I am not falling for the Global Warming tripe. I've told you many times that I have always thought that we, as humans, really can't do much to our planet in our daily lives to destroy it. Realize I didn't say we couldn't destroy ourselves and alter our planet if we decided to lob a bunch of nuclear bombs all over the earth but to honestly believe that carbon dioxide which makes up approximately 4 one-thousandths of a percent of the atmosphere can alter our atmosphere in any appreciable way is daffy at best. In fact, there are scientists that say the part of the atmosphere that is carbon dioxide that human activity can alter is something like 2 ten-thousandths of a percent of our atmosphere. Are you kidding me algore? No he wasn't kidding me. Global Warming hysteria has and always will be a money grab and if we are foolish enough to believe folks like algore and the "scientists" from the University of East Anglia in England that fudged the findings and then destroyed the data that the global warming scare was founded on, then we deserve whatever these folks want to do to us, meaning the U.S.

So read the book *Plastic Fantastic* by Eugene Samuel Reich and go to the website PetitionProject.org where over 31,000 scientists have signed the petition saying that global warming as has been presented in recent years is bunk.

As I stated in the "Leftists I Despise Ye" I am diametrically opposed to most everything these people are doing and trying to do to our beloved country. It is not Dems vs. Republicans but it is a fight over the very core of what America was and hopefully still is. I know so many people that consider themselves Democrats but think almost the same way that I do. Unfortunately, it is our custom to choose sides and see who wins. But in this game, if the Leftists win, we all lose!!!

Here's An Idea

If we have the "good?" fortune of living to a ripe old age, we have the ability to right the wrongs in our lives if not directly, at least, indirectly. I was reminded of a Serenity Prayer that states: "God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference."

Being young, these words really have no meaning because everything is a whirlwind. Jobs, relationships, kids, college funds, car accidents and on and on are not conducive for any of us to be receptive to these words. If we could go back in time, I would guess that we would all do things differently that would reflect the aforementioned word.

I have been going to Mass several times a week in the morning. It is a great way to start the day. I do my best to disengage from all the things that are distractions and am able to focus on serenity. It is fleeting, but with this routine I have found myself in a frame of mind that is slowly getting me to the point of the Serenity Prayer. It is not my place to tell you how to worship but I can suggest that you dwell on the Serenity Prayer in the best way you know how. I especially need it when it comes to the politics of the day as my words attest but in my every day life and interactions with people I have found a better place and I thank God that I've been allowed to live long enough to really understand the Serenity Prayer and to act accordingly. So, give yourself a break. Don't be too hard on yourself. If you ever get a chance or feel like going to Mass you'll probably see me there at St. Paul's Church in Pueblo West at 8:00am on Wednesday, Thursday, and Friday. Chat me up!

Godspeed.

THE BUM IN THE STREET

An old man stands on a crowded City street
In worn out dirty clothes, no shoes on his feet.
Sweat runs down his forehead and drips off his nose.
The stench of his body escapes his ragged clothes.

It's been a long time since a razor touched his face.
His unkempt greasy hair is always out of place.
His stomach rumbles and hunger burns
He often stumbles and the world churns.

This man needs help that he may never find,
And people rush past as if they were blind.
People turn up their nose as they look away,
Too caught up in things that make up their day.

The old man hangs his head in regret and shame.
And teardrops fall from his eyes like rain.
What would you do if you saw this man?
Would you lead him in prayer and hold his hand?

Would you take time out of your busy day?
Or would you rush on by with nothing to say?
Would you give him some money to buy food to eat?
Would you buy him some shoes to go on his feet?

Would you take him with you to your own home?
And wash his clothes like you do your own?
They say that God works in mysterious ways
And watches over His children every day.

God appears to us in many forms and shapes
So we must be careful about decisions we make.
Each day is a test that we must live,
With love in our hearts as we learn to give.

The old man appears to be a Bum in the street.
The water seems shallow but it may run deep.
What if this bum is not a bum at all,
But one of God's angels that came to call?

Things are not always exactly what they seem
And the bum in the street may be a King.
So don't rush on past like most people do,
Because when you bless others, God blesses you!

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Weird News

from page 4.

into a junction"). (Following widespread ridicule, the association decided in November not to release it.)

-- Examiners from Britain's Health and Safety Executive, inspecting bowling alleys for hazards, considered recommendations (according to a November Daily Mail report) that included erecting barriers over the lanes to prevent bowlers from wandering the alleys and perhaps getting caught in pin-setting machines or, feared one inspector, bowlers injuring themselves trying to knock over pins by hand. The barriers would leave space for the ball to roll under.

Common Sense Takes a Vacation

(1) Three men were convicted in August in Kansas City, Mo., of having convinced "numerous" customers to buy 3-inch-by-4-inch laminated "diplomat" cards that, promoters said, would legally free them from ever having to pay taxes or being arrested for any crime. According to the FBI, customers ponied up fees ranging from \$450 to \$2,000 to get the cards. (2) Dr. Yehu Azaz, a wealthy, respected physician, gave up his career in 1991 and gave away all of his possessions, coming under the spell of guru Rena Denton's spiritual healing center in Somerset, England. In a 2009 lawsuit to recover his wealth, Azaz said that despite being an educated professional, he did not realize what he had done until 2003 because he had been brainwashed ("unduly influenced") by the aged guru. (A judge tossed out his lawsuit in July.)

Must Be Something About Septic Systems

-- After six years of total obstinacy, Janet and Lowell Carlson finally agreed in October to upgrade their farm's septic system in Camden Township, Minn. Until then, the couple had ignored numerous inspections, sheriff's visits and court orders even though a new system had already been paid for (by escrow

funds left by the owner who sold them the farm). The Carlsons' inspiring principle throughout the six years of living with failed plumbing was to challenge the county for its "inconsistent" enforcement of septic upgrades.

-- Scottish pig farmer Peter Roy, 72, is embroiled in a long-standing dispute with the Perth and Kinross Council over who has the responsibility for repairing the sewage system on his farm in Craigmuir, but has taken a more hardcore approach than the Carlsons. He has saved his sewage in oil barrels stored on his property (now numbering about 80) to the outrage of neighbors. Roy has also periodically stepped up his protests to include leaving full barrels around town.

People With Too Much Money

After Nicolas Cage filed a lawsuit against him for mismanaging the actor's money, Cage's former business manager Samuel Levin filed his defense in November, charging Cage with creating his own problems by disregarding Levin's budgetary advice. According to Levin, Cage's 2007 purchases included three houses (costing \$33 million), 22 cars (including nine Rolls-Royces) and 47 works of art. By 2008, said Levin, Cage owned 15 houses, four yachts, a Gulfstream jet and an island in the Bahamas.

Least Competent Criminals

Better Planning Needed: (1) Brier Cutlip, 22, and Paul Bragg, 25, who were on parole and prohibited from possessing firearms, were re-arrested in December in Elkins, W.Va., when they showed up for a parole appointment. However, they had just come in from a day of hunting and were still wearing orange vests, alerting the parole officer to the fact that they had been firing guns all day. (2) Grandville Lindsey, 30, on probation in Beaumont, Texas, after a child-sex conviction and prohibited from visiting any "social" Web sites, was re-arrested in November when he sent a Twitter alert to a woman he had

met while in the probation office, asking to include her as an online "friend."

Things You Thought Didn't Happen

British Museum officials announced in September that the hoard of 7th-century Anglo-Saxon gold and silver treasure discovered on land in Staffordshire (at least 1,500 pieces, including crosses and parts of helmets and daggers) would take a year to evaluate fully but could be worth "many times" the 1 million pounds (\$1.6 million) archaeologists initially estimated. The treasure was discovered by an unemployed 55-year-old man using one of the widely ridiculed, hand-held metal detectors that beachcombers favor to recover loose coins in the sand.

Compelling Explanations

-- From a police report in the North Bay (Ontario) Nugget (Nov. 7): An officer in line at a traffic light, realizing that cars had not moved through two light changes, walked up to the lead car to investigate. The driver said she was not able to move on the green lights because she was still on the phone and thus driving off would be illegal. The officer said a brief lecture improved the woman's understanding of the law.

-- The inspector general of the National Science Foundation revealed that on-the-job viewing of pornography Web sites was so widespread at the agency that the resultant ethics investigations hindered his primary mission of investigating fraud on grant contracts. The agency report, obtained by the Washington Times in September, said the heaviest user was a senior executive who logged on to pornography at least 331 days in 2008. He subsequently retired, but before leaving defended his habit, claiming that his Web site visits actually helped impoverished women in Third World countries to earn a decent living (by posing for pornography).

Ironies

-- When Minnesota's Riverview Community Bank opened for business in 2004, founder Chuck Ripka claimed divine inspiration -- that God had told him to "pastor the bank" and, in exchange, that He would "take care of the bottom line," leading Ripka to use "prayer" as a theme in the bank's promotions. In October 2009, Riverview became only the sixth bank in the state to be shut down by the Federal Deposit Insurance Corp. Riverview acknowledged that it had invested aggressively in real estate.

-- Dr. Hulda Clark, 80, passed away in September of multiple myeloma, an advanced cancer of the plasma cells. Before she was stricken, she had authored three books touting her eccentric remedies as cures, first, for "all diseases," and then, especially, cancer. In her books "The Cure for All Cancers" and "The Cure for All Advanced Cancers," she urged those diagnosed to immediately stop chemotherapy and embrace her quixotic regimens, to subdue the "parasites" that cause cancer.

The Litigious Society

-- According to a November Chicago Sun-Times report, county officials in Chicago have agreed to pay a \$14,000 injury claim to janitor Mary Tait, of the

sheriff's department. The amount covers two incidents, in 1997 and 1998, in which she hurt her back in the same way -- while "reaching around to pick up a piece of toilet paper."

Latest Human Rights

-- In November, a judge in Somerville, N.J., overruled a local police chief who had rejected a firearms license for hunting enthusiast James Cap, 46. The judge ordered the chief to grant the license, even though Cap is a quadriplegic and will need to mount the gun on his wheelchair and fire it by blowing into a tube. (Cap was an avid hunter before a football injury incapacitated him.)

Smooth Reactions

-- (1) In July, Charles Diez was charged with attempted murder for his angry reaction to a bicyclist who was carrying his 3-year-old son on the bike unsafely, on a busy Asheville, N.C., street. According to police, Diez was so anguished that he pulled his gun and fired at the bicyclist, grazing the man's helmet. (2) In October, just as Pennsylvania federal judge Lawrence Stengel was launching into his explanation for the sentence he was about to impose, bank robber Trammel Bledsoe grew impatient. "Can you hurry this up? I don't have time for this. Just sentence me. ..." ("You'll have all the time in the world," responded Stengel, who gave Bledsoe 41 years.)

People Who Went Too Far

-- Great Expectations: (1) Charles Hersel, 39, was arrested in Thousand Oaks, Calif., in November after police investigators overheard him offer \$31 to a Westlake High School boy to spit in Hersel's face. Several boys had complained to police that a man (allegedly Hersel) had approached them, offering money for expelling saliva and other bodily fluids on him. (2) Also in November, Patrick Girard, 29, a member of the City Council in Plattsburgh, N.Y., apologized to the constituent in whose face Girard had spit at the height of a barroom argument about the Boston Red Sox. Said the constituent, "It got in my eye, on my face, on my jacket."

Least Competent Criminals

-- Could've Planned Better: (1) Vincent Salters, 46, was arrested in East Knoxville, Tenn., in November after having shoplifted shoes the day before from the Shoe Show store. He had dashed out hurriedly with several display shoes, but an employee said they were all for the left foot. Salters was arrested outside the store the next day, perhaps having come to pick up right-foot shoes. (2) Travis Himmler, 22, was charged with burglary in November after allegedly stealing the cash register from the Golden Wok restaurant in Bloomington, Minn., and carrying it away on his bicycle. He was found down the street, injured, after taking a bad tumble when the dangling cash register cord got caught in the bike's spokes.

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Question:
How can I protect myself from a violent family member or household member?

Answer:
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Under the law, you can get an order keeping the abuser from threatening or injuring you, contacting you, or coming to your home, school, or workplace. The court can order the abuser to leave the family home if you both live there, and can issue orders for temporary custody if you have minor children. To qualify for this type of restraining order, you must convince the court that there is imminent danger to the life or health of

one or more people.
There also is a law that provides additional protection from emotional abuse for people 60 years of age or older, by allowing the court to issue an order protecting the person from the following kinds of abuse:

- Repeated acts of verbal threats or assaults;
- Repeated acts of verbal harassment;
- Repeated acts of inappropriate use or threat of inappropriate use of medications, physical restraints, or chemical restraints; or
- Repeated acts of the misuse of power or authority by a person through a Power of

Attorney or in a guardianship or conservatorship proceeding, which results in a person being unreasonably confined,

or his or her liberty being unreasonably restricted.

These restraining orders are free. You can get the necessary forms and instructions from the court clerk at your county courthouse. If your abuser disobeys the court order and comes to your home or office, or threatens you, you can get immediate help from the police. These orders are valid either temporarily or permanently. The Victim Assistance

Program in your county district attorney's office can help you prepare the forms. It also can refer you to safe shelters and other services.

The Colorado Bar Association welcomes your questions on subjects of general interest. The column is meant to be used as general information. Consult your own attorney for specifics. Send questions to CBA attn: Tara Miller, 1900 Grant St., Suite 900, Denver, CO 80203 or e-mail tmiller@cobar.org.

Dengler

from page 20.

segment training. That is ten minute segments of time either, walking to your place of business or to your appointment, taking the stairs instead of the elevator, or using the cat litter as weight resistance before you store it in its usual place. The idea is to move more and use your muscles purposefully even if it is not a planned workout. Every little bit helps. Of course, make sure your health care provider approves.

Make it a goal to eat across the rainbow which means choosing eight to eleven servings of fruits and vegetables of every color under the sun. The phytonutrients in those selections will increase

your energy and sense of well being and may just add years to your life. Shorten your showers to reduce exposure to chlorine in the water and choose hygiene products carefully to avoid unnecessary toxins on your skin. At bedtime, turn down the lights, sip some herbal tea or hot chocolate with healthy antioxidants, and listen to relaxing music to enhance a restful sleep. There you have a day of putting health into your everyday routine while offering your habits a better alternative. Here's to a fabulous 2010; may life be good.

Charlene Dengler is a former registered nurse who has also been a model, nutrition consultant, fitness instructor and educational consultant. She is currently a nutrition consultant and certified personal trainer whose main focus is a natural approach to health and wellness. She can be reached at (719) 250-0683 or IOHealth@live.com

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JAN. 5: SALISBURY STEAK, Whipped Potatoes/Gravy, Italian Green Beans, Tropical Fruit.
JAN. 7: WHITE CHILI/CHICKEN, Whole Wheat Crackers, Carrot & Celery Sticks, Cooked Cabbage/Red Pepper, Pear Halves.
JAN. 8: BEEF/SWEET PEPPERS, Brown Rice, Broccoli, Raisin Applesauce.
JAN. 12: ROAST PORK, Whipped Potatoes/Gravy, Parslied Carrots, Strawberry Gelatin Salad, Dinner Roll with Marg.
JAN. 14: TERIYAKI BEEF, Whipped Potatoes, California Veggie Medley, Banana.
JAN. 15: SLOPPY JOE/BUN, Scalloped Potatoes, Peas and Carrots, Apple.
JAN. 19: CHICKEN CACCIATORE, Whipped Potatoes, Chopped Spinach, Banana.
JAN. 19: CHILI RELLENO CASSE-ROLE, Parslied Carrots, Tossed Vegetable Salad with Lemon.
JAN. 22: HAMBURGER/CATSUP/MUSTARD/ONION, Sliced Tomato/Lettuce, Baked Beans, Potato Salad, Apricots.
JAN. 26: SPINACH LASAGNA, Tossed Vegetable Salad, Green Beans, Tangerine.
JAN. 28: HAM/BEANS, Broccoli, Parslied Carrots, Orange Juice, Cornbread/marg.
JAN. 29: SWEET/SOUR CHICKE, Brown Rice, Chinese Veggies, Straw/Applesauce.

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JAN. 5: CREAM OF POTATO SOUP, Tuna Salad Wrap/shredded lettuce/tomato, Hard Boiled Egg, Grapefruit Half.
JAN. 7: ENCHILADA PIE, Sliced Tom/Let, Sliced Yellow Squash, Mixed Fruit.
JAN. 8: BAKED HAM/RAISIN SAUCE, Candied Sweet Potatoes, Green Bean Amandine, Cranberry Mold.
JAN. 12: PUEBLO BEEF STEW, Wheat Crackers, Sliced Yellow Squash, Apple, Cornbread with Margarine.
JAN. 14: MACARONI/CHEESE, Shredded Green Salad/Lemon, Whipped Hubbard Squash, Strawberry Applesauce.
JAN. 15: STEWED CHICKEN/OLIVES, Greek Spaghetti, Greek Spanish Rice, Salata, Karidopita.
JAN. 19: CREAM OF ASPARAGUS SOUP, Roast Turkey/Gravy, Cinnamon Applesauce, Carrot-Raisin Salad, Dinner Roll with Margarine.
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JAN. 22: MEAT LOAF, WWCrackers, Cut Broccoli, Apple, Raisin Nut Cup.
JAN. 26: VEGGIE SOUP, Wheat Crackers, Tuna Salad/Let/Tom, Baked Acorn Squash, Almond Peaches, Pears.
JAN. 28: CHICKEN FAJITA, Tomato, Lettuce Garnish, Cilantro Rice, Cooked Cabbage/Red Pepper, Grapes/
JAN. 29: SLOPPY JOE/BUN, Scalloped Potatoes, Broccoli and Carrots, Apple.

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JAN. 4: SALISBURY STEAK, whipped spuds/gravy, cali. veggie med., nectarine.
JAN. 6: TACO SALAD/SALSA, tom/let, cornbread, strawberry applesauce.
JAN. 8: TOMATO SOUP, turkey on wheat, seasoned green beans, almond peaches.
JAN. 11: Enchilada Pie, sliced tomato on lettuce, sliced yellow squash, mixed fruit.
JAN. 13: BEEF/BROCCOLI STIR FRY, steamed brown rice, steamed carrots, PA.
JAN. 15: BAKED FISH, cheesy potatoes, mixed veggies, PA orange compost.
JAN. 18: CENTER CLOSED.
JAN. 20: SWEDISH MEATBALLS,

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- *Personal Care Providers*
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whipped potatoes/gravy, chopped spinach, mixed fruit
JAN. 22: BIRTHDAY LUNCH, chicken fried steak, mashed potatoes/gravy, california veggie medley, pineapple.
JAN. 25: CHICKEN FAJITA/tomato/peppers/lettuce, cilantro rice, cooked cabbage, grapes.
Jan. 27: TATER TOT CASSEROLE, tossed salad, squash, pears.
JAN. 29: CREAM OF ASPARAGUS SOUP, roast turkey/gravy, carrot-raisin salad, cinnamon applesauce.

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JAN 4: HOT TURKEY SANDWICH, Whipped Potatoes, Asparagus Amandine, Pineapple Mandarin Orange Compote.
JAN. 5: STUFFED PEPPERS, Whole Kernel Corn, Chopped Spinach with Malt Vinegar, Applesauce with Raisins.
JAN. 7: SPLIT PEA SOUP, Hamburger/bun/Catsup/Mustard/Onion, Creamy Cole-slaw, Banana.
JAN. 11: BAKED PORK CHOP/COUN-

TRY STYLE GRAVY, Whipped Potatoes, Hot Bean Casserole, Fruit Salad, Cinnamon Applesauce.
JAN. 12: CHICKEN FAJITA/TOMATO/LETTUCE GARINSH, Cilantro Rice, Cooked Cabbage/Red Pepper, Banana Bread.
JAN. 14: PUEBLO BEEF STEW, Wheat Crackers, Sliced Yellow Squash, Apple, Cornbread with Margarine.
JAN. 18: AMERICAN LASAGNA, Herbed Green Beans, Cabbage, Banana, Italian Bread with Margarine.
JAN. 19: SPINACH CHEESE SQUARES, Tossed Salad with Pear, Whipped Hubbard Squash, Citrus Cup.
JAN. 21: SWEET/SOUR CHICKEN, Brown Rice, Chinese Vegetables, Strawberry Applesauce.
JAN. 25: SALISBURY STEAK, Whipped Potatoes/Gravy, California Vegetable Medley, Seasoned Greens, Nectarine.
JAN. 26: ITALIAN SAUSAGE/MARINARA SAUCE/SPAGHETTI, Squash, Tossed Salad, Pizzelle ~ Pears.
JAN. 28: WHITE CHILI/CHICKEN, Wheat Crackers, Carrot/Celery Sticks, Cooked Cabbage with Red Pepper, Apple

PENROSE CENTER
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JAN. 5: CHICKEN FRIED STEAK WITH COUNTRY GRAVY, Roasted Garlic, Mashed Potatoes, Cauliflower Broccoli Mix, Apple, Drop Biscuit with Margarine.
JAN. 7: HONEY BBQ CHICKEN, Oven Browned Potatoes, Spinach, Diced Pears.
JAN. 12: CREAM OF POTATO SOUP, Roast Turkey/Gravy, Carrot- Raisin Salad, Banana.
JAN. 14: BEEF STROGANOFF, Orange Spiced Carrots, Ruby Beet Salad, Tropical Fruit.
JAN. 19: CHICKEN ALAKING, Whipped Potatoes, Green Peas, Tossed Salad/Light Ranch Dressing, Orange.
JAN. 21: SPINACH CHEESE SQUARES, Tossed Salad/Pear, Whipped Hubbard Squash, Tropical Fruit.
JAN. 26: MEAT LOAF, Whole Wheat Crackers, Cut Broccoli, Apple, Raisin Nut Cup.
JAN. 28: TUNA NOODLE CASSEROLE, Italian Green Beans, Pineapple Tidbits.

ALL MEALS SERVED WITH MILK (Coffee or Tea optional)
Most meals served/bread/marg.



“Light For The Journey”

By Jan McLaughlin - Director of Prayer Warriors For Prisoners



‘CHRISTMAS POSTSCRIPT’ JANUARY 2010

How a Christmas card outreach to 900 prisoners can explode to 22,000 in a few short years can be only attributed to a compassionate loving Father who cares deeply for the lost. Even for those in prison. Only God could tug at the hearts of Christian volunteers all over America and abroad and persuade them to send Christmas cards to those considered outcasts of society... lepers, if you will. These obedient courageous volunteers step across a line of fear, disgust or whatever keeps them from reaching out to prisoners. They become involved in a massive outreach to prisoners at Christmas and discover, often to their utter amazement, that they are the ones who receive the blessing.

These volunteers are rewarded by a just Father who honors obedience in His children. There is an indescribable satisfaction in hearing the Father’s voice and obeying His command, in this case, Hebrews 13:3, “Remember those in prison...” The rewards come often as a response from a grateful prisoner who writes about the amazing way the card arrived at the perfect time and spoke to the very issues of pain in his or her heart at that moment. Many share the joy which filled their hearts at hearing their name at mail call, perhaps for the first time in 16 years, or how it is the only card they have received since they were incarcerated.

It is amazing the many ways God brings people into this project and the joyful stories about Christmas card parties and how God stirs the hearts of people who are cold toward prisoners. One person told us she was going to have her family and friends do Christmas cards for prisoners at her Thanksgiving dinner party. I said, “I don’t know if they will like

doing that on their Thanksgiving day.” She promptly responded, “Well, if they don’t, they don’t get dessert!” One young woman in New Mexico called a week after she heard Rick and I interviewed as KTLF radio guests. “I want to hold a Christmas card party for prisoners. What do I do?”

I gave her some guidelines and told her she could apply at our web site and tell us how many cards she wanted to send. I explained how the card parties work and told her how a Christmas card blesses these prisoners in powerful ways because so few receive mail. She said, “The first thing I heard you say when I turned on the radio was: ‘Only 10% of prisoners get mail, 90% get nothing.’” She said, “I have to confess, my first thought was, well, they don’t deserve anything!” Instantly the Holy Spirit said, ‘WAIT A MINUTE!’ I was so convicted and was so sorry. I not only want to have the card party for prisoners in my church but I want to make it a community event and get other churches in the area to participate.”

Another woman called from California. She found us through the PFPI web site and wanted more information about the security for the volunteers. She said, “The Lord told me to get my children involved in doing something to help less fortunate people every day during Advent. I searched the Bible for ways people were used of God to help others. I was fine with helping widows and children but when it came to prisoners, I had a huge road block in my heart. I know my heart is hardened in that area and God wants to use this more for me than for my children because He wants to deal with my feelings toward prisoners.”

I explained the prisoners never know more about you than your first name. Volunteers use the PFPI return address and the program is perfectly safe as long as the guidelines are followed. She told me she was disappointed in the

Colorado Department of Corrections rule which prohibit child participation. To which I exclaimed excitedly, “You will be amazed at God’s timing. I just spoke with a chaplain in Missouri at a maximum security prison with 1500 inmates. He said children in Christian, public and home schools are drawing pictures and signing them with things like, “Jesus loves you and so do I. Amy, age 7.” He said, “Jan, when I hand these prisoners one of those pictures, they break down in tears.” So I told her the children could make pictures for those inmates in Missouri.

While we were talking, the Lord reminded me of 124 women prisoners in India. Some have their children in prison with them and they would love the pictures made by other children so she prepared 124 cards and Christian tracts for the women prisoners. Her five year old son drew four different pictures of Jesus and printed his name and age on each one. She made copies to go in the 124 cards and mailed them to the pastor in India.

Some volunteers found us on the Love Revolution web site or a face book post. One dear lady in Missouri contacted us and was hurting deeply over a recent divorce. She is a former drug addict and wants to help others struggling with the same addiction. She started praying for prisoners and asked for 200 names to send Christmas cards. She is now finding old friends she used to drink and do drugs with who are incarcerated and doing many years of prison time. She is writing to them to tell them of her new life in Christ and how they can have that too. She says, “I have written a few letters of testimony to some. They know if I can change then anyone can. It was an enlightening experience just writing them. Once again it is because your ministry has inspired me so much. Finally a way to turn the bad into good! God work miracles and I am a living testimony to that fact. I am so blessed.”

These are only a few of hundreds of volunteers who participate in this mission. So, how do prisoners feel about the volunteers? This testimony from Bobby Ray is one of hundreds.

“You people continue to bless my life and I must admit surprise by your dedication and commitment to us prisoners. We are outcasts of society, the ones that most people believe are not worth saving. You provide for us what we need most and that is prayer. I thank GOD for you. I guess what convinced me of your dedication and commitment is the Happy Birthday wish I received a few days ago. You visited this facility the beginning of this year and I filled out a prayer request at that time. Here it is the end of the year

but you kept up with the date and remembered my birthday. I have never before written to you and almost a year has gone by since your visit. I am sure my name is one of thousands of prisoners you visited, which amazes me. I now look at you with a whole new level of love and respect. Thank you for the unexpected blessing. Many people that I called friends when I was in the free world, people that I thought cared about me never remembered my birthday. Thank you for doing so and God bless you. And if the wonderful happy birthday wish had not already filled my heart with joy, which it had, today you blessed me again when I received a beautiful Christmas card. Thank you for the card and the new prayer request. Lord knows I need prayer.

Thank you or making me aware that there are still caring people in this world. I can’t find words to express my gratitude but please know your kindness is very much appreciated.”

The card and prayer ministry now reaches prisoners across the country and in Uganda, Kenya and India. Volunteers who never dreamed of doing anything to bless a prisoner are corresponding with several to encourage and disciple them. There is hope for the prisoners through the correspondence ministry which occasionally happens after a Christmas card connection is made. Lives are changed as volunteers’ hearts are softened, and prisoners are born again... new creations in Christ. Nothing impacts a heart like overcoming obstacles to reach out to others... unless it is overcoming pride to reach out and accept the gift. What an honor to be a part of this massive work of God in prisons in these last days.

Jesus said in Mark 9:41, “I tell you the truth, anyone who gives you a cup of water in my name because you belong to Christ will certainly not lose his reward.” Recently it occurred to me that each Christmas card PFPI volunteers send to prisoners is like a cup of cool water... a gift of refreshment and hope for men and women who are thirsty to know someone cares. These volunteers will NOT lose their reward.

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Jan McLaughlin is Director of Prayer For Prisoners International and can be reached at 719-275-6971 or by e-mail, prayerforprisoners@msn.com.

Ed Note: See page 20 for a wonderful poem from one of Jan’s Florida friends

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Reeling

“Performing Arts Showcase”

by Film Critic Betty Jo Tucker, Pueblo

PERFORMING ARTS SHOWCASE

Viewers who've never been involved in the performing arts may not enjoy “Fame” as much as I did. To me, this updating of the original film beautifully highlights the joys and heartbreaks that come with dedication to dance, music, and drama. One of the most satisfying jobs I ever had was being a college dean assigned to supervise those creative areas. The students and teachers in “Fame” remind me of the talented people I dealt with in that capacity. How wonderful to see such exciting rehearsals and performances again!

“Fame,” available on DVD beginning January 12, follows a multicultural group of gifted high school students from their auditions through graduation at the New York Academy of Performing Arts. The main characters are: a concert pianist (Naturi Naughton) who wants to be a vocalist instead; a lovely yet bored ballerina

(Kherington Payne) who admits dance is her life; an angry young man (Collins Pennie) with drama in mind; a shy girl (Kay Panabaker) with a sweet voice but low self-esteem; a very funny youngster (Paul Iacono) who sees himself as the future Steven Spielberg; a handsome teen (Asher Book) who's good at everything; an acting wannabe (Anna Maria Perez de Tagle) who ends up on “Sesame Street”; an average male dancer (Paul McGill) with above average ambition; and a budding composer (Walter Perez) who dares to challenge his instructor about Bach.

By spending a little time with each of these students, we learn a bit about their problems and desires. However, most of all, we have the opportunity to watch them perform. Scene stealers all, but Naturi Naughton emerges as the most powerful new star here. When she sang “Out Here on My Own” in an empty auditorium after practicing her classical piano piece, I was almost hypnotized by her gorgeous voice. That's my favorite scene among many delightful ones. I also enjoyed watching the photogenic Kherington Payne sizzle on screen in her dynamic “Black and Gold” dance routine, and Megan Mullally -- who portrays one of the teachers -- wowed me with her sensational rendition of “You Took



choice would be Angelina Jolie. And why stop at one surrogate? You could have others, each with a different look, if you have enough money to afford such luxury.

As depicted in “Surrogates,” hardly anyone in the future wants to go through life without a surrogate of their own. That's not surprising, is it? We are already heavily plugged into cyberspace and TV, resulting in some unhealthy repercussions -- but none as dire as the problem faced by Greer (Willis) and Peters (Radha Mitchell), two law-enforcement officers investigating the deaths of individuals while using the surrogate system. The film's simple plot involves finding out who caused these deaths and why. Suspects include: Stone (Boris Kadjoe), a police supervisor; The Prophet (Ving Rhames), an anti-machine religious leader; Bobby (Devin Ratray), a nerdy systems operator; and Canter (James Cromwell), the surrogate inventor. Because it's easy to spot the culprit early on, suspense gets short shrift here. And that IS surprising, for director Jonathan Mostow delivered uber-suspense in “Breakdown.” I'm also disappointed in the movie's lack of character development (okay -- I know what you're thinking -- do surrogates need character?).

On the plus side, “Surrogates” boasts a few exciting visuals, including an action-packed car chase through heavy traffic. Ratray also livens things up with his character's explanation of why he doesn't use a surrogate, which reminds us how much of our humanity we lose when leaving everything to machines. Still, until my own surrogate arrives, I'll probably spend most of my time plugged-in to Rosebud -- my computer -- a machine with no resemblance to Angelina Jolie at all. (Released by Walt Disney Studios Motion Pictures and rated “PG-13” for intense sequences of violence, disturbing images, language, sexuality and a drug-related scene.)

Advantage of Me.” My only complaint? Because Bebe Neuwirth also plays an instructor, I was disappointed we didn't see her dance on screen.

Kudos to debuting director Kevin Tancharoen for combining all types of music in this movie -- I was afraid it might be too hip-hop heavy. And I also loved the variety of Marguerite Derricks' choreography. She even includes tap! As the world's most avid movie musical fan, I'm happy to report that “Fame” put me in a very good mood indeed. (Released by Metro-Goldwyn-Mayer and rated “PG” for thematic material including teen drinking, a sexual situation and language.)

On the Other Hand ...

“Surrogates,” starring Bruce Willis (and available January 26) on DVD, failed to live up to expectations. But I confess my imagination has been running wild ever since seeing it. I want a surrogate of my own now. Who wouldn't like to sit back and unleash a robot -- designed to your physical specifications -- that could run errands and do everything else for you? Your surrogate doesn't have to look like you, just pick the appearance you want. My

Read Betty Jo's movie reviews at 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.

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