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Senior Beacon

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

Sept., 2007 Vol. 26: No. 2 Established Aug., 1982 302 Consecutive Months!

ACUTE & CHRONIC LOW BACK PAIN

Sorting Through The Treatment Options

by Maggie Spain- 303.320.7790

DENVER – August 8, 2007 – Almost all Americans will experience low back pain at some point in their lives. Whether it is the result of an acute injury or chronic condition, the debilitating pain remains the same. But should the treatment for acute low back pain differ from treatment programs for chronic pain? According to the experts at America's Back & Neck Clinic (ABNC), patients should be aware that acute and chronic pain can be treated very differently.

The treatment course and resolution of an acute back or neck injury will vary considerably depending on the mechanical forces causing the injury, the location of the injury and the specific body structures that have been injured. In general, the first 24 to 48 hours should be treated by resting the entire back and neck and applying ice to the injured areas, as well as starting on a short course of an over-the-counter pain reliever such as ibuprofen. After 48 hours, it is important to get the injured area moving again to aid in the healing process and prevent the injured site from becoming more stiff

and deconditioned. Stretching and light, non-weightbearing workouts (riding a stationary bike, swimming, etc.) are effective ways to begin reconditioning the injured areas.

While the most common sprains and strains of the back and neck will resolve within the first six weeks with little or no treatment, persistent or severe back pain should be evaluated by a physician to properly evaluate and treat the complex problems that can go along with back injuries.

According to Benjamin C. Schnell, D.O., medical director at ABNC, if the goal of treatment is to normalize low back function, it can only be done with the use of specialized equipment that stabilizes the pelvis and isolates the low back. "Patients suffering from chronic low back or neck pain have weakened spinal muscles that are hyper-sensitive to the point where even mild exertion or injury can result in a flare-up of their symptoms and perpetuate their pain cycle," said Dr. Schnell. "Accomplishing the simplest daily tasks like typing, sitting or standing can aggravate their condition.

By participating in a consistent, isolated spinal exercise program, patients are able to restore their spinal function and reduce their risk of future injury."

Medical research has shown that for exercise treatment to be effective, it must be intense enough to stimulate the body to make physiological changes. At ABNC, patients engage in a program of active strengthening of the spine and neck. ABNC utilizes a circuit of unique exercise machines specifically designed to increase core strength. The result is a healthier back, less pain and a return to an active life.

The equipment used in the ABNC treatment programs include:

a) Lumbar extension machine – This machine isolates the lumbar spinal muscles, increases core stability and al-

lows for specific, intensive strengthening of the low back.

b) Torso Rotation – This machine completely isolates the waistline muscles which increases strength and flexibility at the core of the body.

c) Abdominal machine – This machine isolates the abdominal muscles to improve strength and endurance.

d) Neck machine – This machine is designed to improve the strength of the cervical extensor muscles.

For more information on acute or chronic low back pain call your physician, chiropractor or any other health care professional in your area or specific services offered by America's Back and Neck Clinic, please call 303.770.6355 or visit www.americasback.com.

Decisions On Power Of Attorney

by Eileen Daugherty

Denver, Co. Everyday older adults are asked or make a decision to give someone they trust a "power of attorney". A power of attorney for financial purposes allows the agent or the designated individual to make decisions and/or to follow the instructions given by the individual.

A power of attorney is a legal document which allows an individual to name an agent to act on his or her behalf. Many individuals give the agent a "durable power of attorney" which enables an agent to continue to act on the individual's behalf even if the individual is incapacitated and cannot give directions.

A power of attorney is a legal tool that can be used to open and close bank accounts, to sell real estate, to pay bills and other obligations, to purchase and/or sell stocks and bonds, and conduct the financial affairs of the at-risk individual.

Most agents who are entrusted with a power of attorney spend the funds for the benefit of the at-risk individual. As with all situations, most agents follow the wishes of the older adult and exercise great caution in carrying out their fiduci-

ary responsibilities. At present an agent acting on a power of attorney is not supervised. Furthermore, agents are not required to report their actions to the court or any other regulatory body, allowing for the opportunity for abuse.

Some at-risk individuals who give an agent a durable power of attorney find themselves the subject of abuse. The agent may use the available funds and property for his or her own benefit. Oftentimes bankers, family members, neighbors and other professionals who work with at-risk individuals report that funds are not being used by the agent for the benefit of the at-risk individual, but rather for the benefit of the agent.

As of July 1, 2007, the Colorado State Legislature created a new classification of theft for agents who steal from an at-risk individual, be it a child or an adult. The new law is meant to offer more protections to at-risk individuals whose agents "take the money or property for their own benefit".

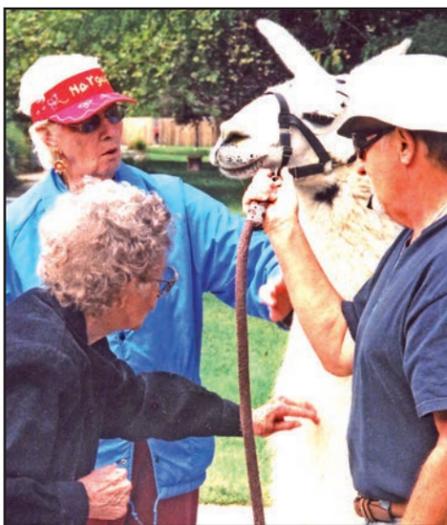
The law is very specific in that if an agent "uses, disposes, or takes title to, or other assumes control of a thing of value" when acting in a position of trust,

SEE 'DAUGHTERY' PAGE

Seniors Special At Pueblo Zoo

by Sunny Davis - Pueblo Zoo

Once again, the Pueblo Zoo will be celebrating senior citizens during the week of September 8-14, 2007. During the entire week, all seniors 65 + are admitted free to the Zoo. Senior Safari will be held on Wednesday, September 12th from 11:00 a.m. until 2:00 p.m. This special day is one of the Zoo's most heart-warming events of the year with music, educational animal close encounters, games, refreshments and Zoo admission. Nursing homes, care facilities, senior groups, and individual seniors from all across southern Colorado come and enjoy this day dedicated to senior citizens. The Pueblo Zoo is wheelchair accessible and Zoo's hours for the month of September are 9:00 a.m. to 4:00 p.m. Monday through Saturday and noon to 4:00 p.m. on Sunday.



A Pueblo Zoo docent shows off an animal to two very interested ladies at last year's Senior Safari at Pueblo Zoo.

Cañon City Senior Fair Is September 8th!

by Susan Daggett

It is time for the 6th Annual Senior Fair hosted by Seniors Inc. and Progressive Care Center. The fair will be held at Evangelical Free Church 3000 East Main from 9:00-Noon on Saturday, September 8.

The fair is free to the community. This year's fair will feature businesses and organizations providing information supporting a healthy lifestyle. Health screenings may include blood pressure and bone density. Massage therapy is one of several non traditional options available.

tional space, parking and handicap accessibility for our community. Co-sponsors for the Senior Fair 2007 are St. Thomas More Hospital, Complete Home Health Care, Friendship House, Legacy Center, Skyline Vision Clinic, and SRDA Lifeline. Our media sponsors are Senior Beacon, The Daily Record and KRLN News Radio.

Plan to visit booths to gain valuable information and free give a ways. Door prizes are being donated by sponsors, co-sponsors and community businesses.

Seniors Inc. is a non-profit or-



ganization created in 1969 to promote independence and enrich the quality of life as we age. For more information on the 2007 Senior Fair call Susan 719-269-1524.

See our ad on page 15.

Just One Guy's Opinion

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



Elderly Need To Be Aware

Over the couple months, we have read and heard about how scam artists target the senior community and fleece these unsuspecting elders of money. Recently, these grifters actually were brazen enough to flag down a vehicle driven by an older person and told the driver their car was faulty and that the "good samaritan" (actually scam artists) would fix the car pretty much right on the spot.

In many ways as we age we become more like children.

Lighten Up, Puhleeese

The media makes us hysterical because they don't do their collective jobs. From Katrina hysteria in the Superdome to the lightweight covering of anything the Left says, the media contributes to our stress.

The latest, all-encompassing, never-ceasing plather about climate change and its coming devastation (haven't heard about horrific hurricanes for about two years now) is just one example. There are many, many more stories about something or other that will be the next devastating chapter of history, each one is going to be worse than the next (like the heat wave, the drought, earthquakes, the flooding and on and on). Well here's something to put in their pipes and smoke.

Let's see, if memory serves, the Galveston Hurricane, the Louisiana Hurricane, the Dust Bowl and two others whose names escape at this moment were the worst disasters the nation has faced in terms of loss of life. The best part is the five most devastating natural disasters all occurred in the 1800s! So lighten up and quit telling us that Climate Armageddon is around every corner. Do your jobs and stop trying to scare us all into some sort of "sky is falling" doomsday scenario.

Just One Of Those Lifetimes

Ever want to just chuck it all? You know, give up?

Is that a rhetorical question? Of course it is. We've all been there and will continue to be there as long as we are breathing. Some folks seem to have more to contend with than others. I know perfectly healthy adults and perfectly unhealthy children. That alone is enough to give one pause. You might ask, "What's all this meandering about?"

Chuck Green, a noted journalist and retired editor-in-chief of the *Denver Post* and syndicated columnist for many newspapers including *The Pueblo Chieftain* and *The Pueblo West View* recently wrote an article about two young ladies; Lindsay Reeves and Robin Grasso, both of Pueblo West.

The former has been afflicted with Muscular Dystrophy for her life and the latter, my daughter, has been battling the ravages of Ulcerative Colitis and the aftermath of many operations that result in ongoing nastiness which rarely subsides.

Green wrote glowingly about both children's courageous battles against their particularly debilitating diseases and what they have accomplished as individuals despite their hurdles; Lindsay's MD Auction, Robin's Never Alone Foundation.

I thank Mr. Green for his kind words and willingness to tell the public about these two high school seniors. They are my heroes, along with the thousands of other children around the world that face their own afflictions with grace and aplomb.

We get to see these children in public but believe me when they are alone they face sometimes insurmountable pressures. They are very aware of their shortcomings but they still plug ever forward; never giving in and always looking forward. Granted, they are young but they still have hope that this next minute, hour, week or year will be better.

So, the reason for this train of thought is to try to instill in each and every one who reads this, that there are reasons for not giving up.

It's easy to be dour. It's easy to be grumpy, especially when things, any "things" aren't going your way. But I ask you quietly and calmly that the next time you feel life has let you down, think of these children as representatives of all children who suffer in anonymity. Think of them the next time someone lets you down or when you feel as if you can't go on another day.

And while you are thinking about these children and all the innocents who suffer each and every day, gives thanks, not rancor to the "luck" you've had for the old saying, "There, for the grace of God, go I" is appropriate in all our lives when we are sinking in self-pity and despair.

If these words have touched a chord with you in your life, when you do think of these children say a few prayers and send out some good thoughts to help all these children wherever they are. It does the soul good!

Godspeed!

Decisions On Power Of Attorney

from page 1.

whether or not in the presence of the victim, the agent commits a Class 5 felony if the value is less than \$500 or a Class 3 felony if the value is more than \$500. Current law provides that theft from an at-risk adult or juvenile by means other than the use of force, threat, or intimidation is a Class 4 felony without regard to the value of the item taken.

Under Colorado law a person commits theft when he or she knowingly obtains or exercises control over anything of value of another without authorization, or by threat or deception. For theft to occur, the agent must intentionally or knowingly take something from an at-risk individual with the intent to deprive

the at-risk individual of the property, such as money or a home.

Any individual who commits a Class 5 felony can be subject to a minimum of one year in jail and a \$1000 fine to a maximum of three years in jail and a \$100,000 fine. Individuals who commit a Class 3 felony can be subject to a minimum of four years in jail and a \$2000 fine to a maximum of twelve years in jail and a \$750,000 dollar fine.

Individuals who suspect an agent (power of attorney) of committing a theft against an at-risk child or adult are encouraged to report it to the local police who will conduct an investigation as appropriate. For more information, call 303-333-3482.

Eileen Doherty, MS is the Executive Director of Senior Answers and Services and the Colorado Gerontological Society, 3006 East Colfax, Denver CO 80206. She has more than 30 years of experience in education and training, clinical practice, research, and public policy in gerontology. You may reach her at 303-333-3482 or Doherty001@att.net.



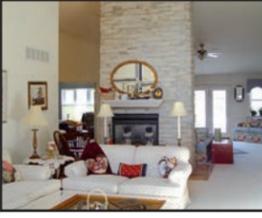
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ON THE RIGHT:

"BRITISH OPENINGS"

by William F. Buckley

Western Europe has a Muslim problem, and it is particularly acute in Great Britain, which is more intimately linked to constitutional traditions and procedures. The French are quietly aghast at the presence of 5 million Muslims in their midst and are endeavoring to cope. But that is a country which is enjoying (or accommodating) its Fifth Republic. If a Sixth Republic were introduced in the years ahead, one would not think the event mortally destabilizing.

In Britain the situation is different. For one thing, we have there the mother of parliaments, which has weathered tumult and war and devolution, without any sense that the vital organs of British life had been anachronized. Consider only the monarchy. It is easy to think of it as Punch and Judy, but it is more than that, never mind the annus horribilis about which the queen complained. And that year was followed by others in which she breathed a sigh of relief when a member of the royal family was not divorcing, renouncing a title or dying in a French tunnel with her lover.

Forget all of that. What would never happen anywhere in the world, if

the queen were to appear, is a failure to curtsy or, however slightly, to bow one's head.

What we have, said a British patriot in one of the darkest days of World War II, is "the British way of life." That way of life is ever so vulnerable if examined under lacerating glass, and indeed that is exactly what happens every week at the Oxford and Cambridge Unions, where the students tear themselves and their country to pieces for a noisy evening and then submit decorously to the ruling of the union's president, and get on with the British way of life.

But the threat to it is not, this time around, in the shape of a continental army threatening invasion or Nazi bombers darkening the sky. The threat now is the Muslim immigration. There are fewer Muslims in Britain than in France -- 2 million -- but that's still a lot. For many years Britain faced the problem of its commitment to members of its empire: Any citizen could leave Malaysia or Pakistan or India or Jamaica and simply show up, declaring himself a British resident. That problem was hotly debated in the days of Enoch Powell, when he insisted,

departing England for a constituency in Northern Ireland, that some limits had to be observed or the British way of life would disappear.

The crisis is focusing now on the schools. The Muslim community has demanded its own schools. Wherein what, exactly, will be taught?

There are many interpreters of the true meaning of the commandments of the Quran. But among them are men and women who are prepared to end their own lives for the satisfaction of defying the British way of life. Four such persons, in the summer of 2005, attached themselves to bombs and blew up handy British targets, including three Underground trains.

What one got then from assorted imams, and continues to get now, is reverent disapprovals of incidental killings as contrary to the faith. But in the name of jihad -- holy war -- such homilies against murder and arson are satellized by the dominant commands of the Quran to make war against infidels.

One hears exactly what one would expect from British authorities. The new prime minister, Gordon Brown,

spoke at his first news conference of the "importance we attach to nonviolence." That attachment makes unpalatable "the extreme message of those who practice violence and would maim and murder citizens on British soil."



You said a mouthful, prime minister. But it is time for the mother of parliaments to look unruly, unassimilable creeds in the face and say: No more.

Oddly, the British way of life tolerates an established religion. In the end, the English are not hampered by toplofty commitments to freedom of speech and of conscience. Still, when the United States was seriously inconvenienced by our commitment to freedom of religion, we found means to handle Mormon polygamy. All the world waits to see how Parliament handles this threat to the British way of life.

The Writer's Art: "To Split Or Not To Split"

by James Kilpatrick

A letter comes to hand from Kevin MacArthur of Fredericksburg, Va. He has noticed an increased frequency in split infinitives and urges me forthrightly to denounce the trend. He writes:

"What is most startling about this absurd construction is that it is even used in formal registers in which one would expect standard English to be used. ... Some say that such constructions are unavoidable and add euphony to sentences.

Nonetheless, I see the split infinitive as completely ungrammatical and firmly believe that the English language should be spared from this kind of abuse."

First, a definition. We split an infinitive, such as "to split," when we insert a word or phrase in the middle, e.g., "It is wrong to needlessly split the parts of a verb."

In its editorial columns of Aug. 14, The New York Times provided examples:

-- "Mr. Rove used his position to relentlessly pursue his declared goal of a permanent Republican majority." (Would you move the "relentlessly"? If so, where?)

-- "Some of his key e-mail messages on the United States attorney matter appear to have mysteriously disappeared." (Disappeared mysteriously?)

-- "In the face of soaring defaults, lender bankruptcies and investor losses, statements like that are bound to only evoke more anxiety." (How about, "to evoke only more anxiety"?)

-- "Unlike other African countries, South Africa has the financial resources and the medical talent to successfully take on its HIV/AIDS epidemic." (To avoid the split infinitive, would you move the "successfully" to the end?)

On Aug. 16, the Times' editorial writers gave us "to even consider." On Aug. 19, "to unilaterally ban." Elsewhere, a reporter for The Washington Post let us know that a city commission has voted "to formally notify" a local judge of his imminent ousting. A different Post reporter dealt with the perils of diplomatic life: The U.S. ambassador in Belize "had

to personally help" workers sand the embassy floors. Meanwhile, in USA Today last month, one could find "to quickly replace" and "to personally approve."

Professional commentators have dealt at length with the split infinitive. Theodore Bernstein disposed of the issue in a single sentence: "There is nothing wrong with splitting an infinitive." Then he gave the matter three pages in "The Careful Writer." Similarly, Bryan Garner let us know that "some split infinitives are regarded as perfectly proper." Robert W. Burchfield wrote to the same effect. The eminent professor George Curme stoutly defended the split and cited splits from a hundred famous writers to make his point.

In his "Modern English Usage," the venerable Henry Fowler devoted five columns to the topic. He divided the English-speaking world into five groups: "(1) those who neither know nor care what a split infinitive is; (2) those who do not know, but care very much; (3) those who know and condemn; (4) those who know and approve; and (5) those who know and distinguish."

Our complainant in Virginia is a Class 3. He is quite wrong in his universal condemnation, but one admires his spunk.

What is the "rule" on split infinitives? There is none now and never has been. The construction is subject to the same guidelines that govern all prose composition: Our sentences should be clear, and they should fall trippingly from the tongue. These are judgment calls. One of the Times writers stoutly urged those mine operators "to quickly adopt existing systems." To have relocated the "quickly" either fore or aft would have avoided the split but wrecked the sentence. Split on, I say! But think for a moment first.

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

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news of the weird

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GETTING CLOSER TO THE END

Ric Hoogstraat is married to Sue and works at a call center in the Phoenix area but spends 30-plus hours a week inside the online Second Life video game, pretending that he is the digitally drawn Dutch Hoorenbeek, a 6-foot-9, muscular babe magnet who lives on his own island. That unnerves Sue, according to an August Wall Street Journal profile, especially since Dutch recently "married" a digital woman and set up housekeeping with their two digital dogs. (The real-life creator of the new Mrs. Hoorenbeek has never met Ric and says she never will.) Dutch and his wife spend hours shopping and motorcycling together, leaving Ric little time for Sue. "Is this man cheating on his wife (meaning Sue)?" the Journal asked. Lamented Sue: "You try to talk to (Ric) or bring (him) a drink, and (he)'ll be having sex with a cartoon."

The Entrepreneurial Spirit!

World of Warcraft, too, is an online game as popular as Second Life, with warrior-players amassing digital gold coins from every opponent they

vanquish, and the greater the lucre, the higher they advance in the WOW ranks. Some players take the easy route, though, and buy their WOW gold coins from dealers, who mostly get them from "Chinese gold farmers" in Nanjing and other cities -- men and women hired to play the game 80 hours a week, not for advancement but to score coins that they can sell to other players, at the equivalent of about \$1.25 per 100 coins (marked up to \$20 per 100, retail), according to a June New York Times Magazine article.

Science on the Cutting Edge

-- Solving Two Female Problems at Once: Cytori Therapeutics (cited in a recent Chemistry and Industry Magazine report) has developed a procedure to grow breast tissue from a mixture of stem cells and fat liposuctioned from the recipient's belly, thighs or butt. A spokesman for British plastic surgeons said he was hopeful for success, on behalf of mastectomy patients, but less generous toward women seeking ordinary breast-enlargement. The implanting surgery is still in clinical trials, but is expected to be

available in Europe next year.

-- In August, the Discovery Channel reported on the equipping of Bushmen (indigenous to Africa's Kalahari Desert) with handheld Palm Pilot personal digital assistants to track animals and locate plants via special software. The illiterate hunters can tap screen icons representing various animals, the activities they're engaging in, and how many they see, with a global positioning satellite automatically recording the location.

-- They're Scientists So They Must Know What They're Doing: Researchers from Johns Hopkins University announced in July that they had bred the world's first mentally ill mouse (with schizophrenia) to see if it could help them understand the disorder in humans. (The human schizophrenia genes came from a mutant gene from a family in Scotland.) And Duke Medical Center researchers announced in August similar success inducing obsessive-compulsive disorder in mice.

Leading Economic Indicators

-- The New York Times reported in July that at least eight buyers were vying to purchase one of the five parking spaces in the basement of the new condominiums at 246 W. 17th St., for \$225,000 each. And in Chappaqua, N.Y., the owner of the Via Genova water bar told WCBS-TV in July that she offers 80 different bottled waters from around the world, with the most popular at \$30 and "Bling H2O" priced at \$55, but hopes business picks up: "There are so many people that are uneducated about water."

-- How Executives Deal With Stress: In June in Spain, about 30 executives were chosen in a contest by NH Hoteles to help demolish Madrid's NH Alcala hotel; they were let inside with mallets and told to have at it. In London and Tokyo, another option recently became available, according to the Daily Mail: misery clubs (such as Loss in London). Executives can rent rooms and view weepy movies or attend group crying sessions and "tear therapy" to "indulge their inner gloom," wrote the newspaper.

Least Competent Fraudsters

(1) Belleville, Ill., psychiatrist Ajit Trikha pleaded guilty in June to

defrauding Medicare and Medicaid of at least \$1.85 million, including invoices claiming he worked more than 24 hours a day on 76 different occasions (40 hours on one day and treating 83 patients in 2 1/2 hours on another). He also claimed to treat patients 1,267 times in Belleville while he was traveling in Europe. (2) In June, the New York state comptroller charged Brooklyn dentist Mohinder Mayell with defrauding Medicaid of at least \$124,000, including claims for treating eight patients between 123 and 170 times each and filling 52 cavities in another patient in about two hours' time.

News That Sounds Like a Joke

Two Port Washington, Wis., inmates brawled in July, started (said officials) when James Lala (who has served time for having sex with an underage girl) asked another man what he thought of Woody Allen's having married the teenage daughter of his then-girlfriend Mia Farrow. When the man responded that he thought that was perverted, Lala punched him in the face.

People Different From Us

-- In Orlando in July, Brittany Ossenfort complained that it was not she who had been jailed recently on a prostitution charge, that the arrestee claiming to be her was Richard Phillips, who had befriended Ossenfort last year (while pretending to be a woman) and become her roommate but who with the passage of time began dressing and acting like her until Ossenfort finally discovered "she" was a man (after which Phillips allegedly stole Ossenfort's financial identity). Ossenfort admitted to being completely fooled by Phillips: "(H)e acted like a girl, talked like a girl, looks like a girl. He doesn't even have an Adam's apple."

Recurring Themes

News of the Weird has reported several times on various designers, and even engineers, who claim to have invented a more comfortable bra. In July, a team from Hong Kong Polytechnic Institute, citing "the complex 3-D geometry" of the breast, offered a mathematical equation that they said would yield greater comfort, producing a larger variety of sizes. The researchers tried out 100 different measurements, **SEE 'WIRED' PAGE 20.**

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Long-term Care Residents Honored During Residents' Rights Week October 7 – 13, 2007

Across the country, residents of nursing homes and other long-term care facilities -- along with family members, ombudsmen, citizen advocates, facility staff, and others -- will honor the individual rights of long-term care residents by celebrating Residents' Rights Week October 7 – 13, 2007. Resident Rights week highlights the importance of residents' participation in discussions about improving the quality of care in their long-term care facilities. There are currently some 1,653 at-risk elders living in eleven nursing homes, and twenty-four assisted

living facilities across Pueblo County.

This year we are commemorating the 20th Anniversary of the Nursing Home Reform Law, which recognized residents' rights to make individual choices in how they receive care and to form independent resident councils. Services and activities in long-term care facilities should be planned with the input of those who live in the facility and experience them. This year's theme, Advancing Excellence: A Resident's Perspective on Quality, encourages residents across the country to express what quality care means to them. And, it urges long-term care facilities to make resident participation an integral part of advancing excellence.

Residents' Rights Week 2007

reminds us that excellence can only be achieved when residents have the opportunity to define quality and to have meaningful input in the day to day decision making in facilities.

The Nursing Home Reform Law guarantees nursing home residents their individual rights which include but are not limited to: individualized care, respect, dignity, the right to visitation, the right to privacy, the right to complain, and the right to make independent choices. Residents who have made their home in other types of facilities maintain their rights as US Citizens. Residents' Rights Week raises awareness about these rights and pays tribute to the unique contributions of long-term care residents.

Authorized under the Older

Americans' Act and administered by the Administration on Aging, the Ombudsman Program also provides information on how to find a facility, conducts community education sessions, and supports residents, their families and the public with one-on-one consultation regarding long-term care.

Residents' Rights Week is an excellent opportunity to re-affirm our collective commitment to residents' rights and to honor long-term care residents. We strongly encourage all the facilities in Pueblo County to participate in Residents' Rights Week activities and to visit residents who continue to be important to our communities and society.

Teams Forming For Second Annual Pueblo Walk For Hope

Teams are now forming for the Orchard of Hope's WALK FOR HOPE. The WALK FOR HOPE is a fund raiser benefiting Pueblo County cancer patients.

It will be held Saturday October 13, 2007 registration begins at 8:30 AM. at Pueblo Community College with

the walk beginning at 10:00 AM. This is an event involving individuals, and team members who ask for donations from members of the Pueblo community. An event designed for teams representing corporations, clubs, schools, faith centers, neighbors, friends, family or co-workers who can walk, jog, or run to celebrate and

raise funds for local cancer patients.

It is a huge fund raiser for a great cause. The registration fee for an individual is \$25, for a team consisting of 4 to 20 members is \$100. There will be a Pancake breakfast and lunch provided and donated by Mandalyn Falls Restaurant. Fun, games, activities and entertainment all day long.

Lynn Spradley is the 2007 WALK FOR HOPE Honorary Chairman. Lynn was diagnosed with cancer in May of 2003 with Hemangioendothelioma a very rare form of cancer. Her only chance to survive was to have a liver transplant. Lynn has been a cancer survivor and warrior for almost four years. Lynn says "I feel that one of the reasons I beat this is because of my positive attitude! I am

trying so hard to talk to people and give them the hope to keep going. That is why I volunteer for the Orchard of Hope and because all the money raised in Pueblo stays in Pueblo."

About the Orchard of Hope-The Orchard of Hope Foundation is a non-profit 501 (c)3 organization whose mission is to provide financial and emotional assistance to local cancer patients currently in treatment. The Orchard of Hope Foundation promises to distribute all monies in the county where they are donated.

For additional information about forming a team, corporate sponsorship, or volunteering at the WALK FOR HOPE, Call 544-7171 or see www.orchardofhope.org

Our Lady Of Fatima Statue Coming

The United States National Pilgrim Virgin Statue of Our Lady of Fatima will be spending the month of October in the Diocese of Pueblo. The first stop for the statue will be at The Shrine of St. Therese Catholic Church, 300 Goodnight Avenue on October 1, 2007. The statue has not been here for 30 years and this October is the 90th anniversary of the Miracle of the Sun at Fatima in 1917. To obtain information where the statue will be hosted in the diocese and the dates, please see *The Chronicle* or watch for information in your church bulletin starting the weekend of Sept. 15, 2007.

Here's to *YOUR* next

50

{ excursions }



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Fashion: Looooking Gooood!

by Patricia McLaughlin - Mature Market Media Services

EVEN THEIR MUDDY JEANS HAVE DEEP POCKETS

Once "dressing rich" meant quiet colors, natural fibers, good shoes, real jewelry. Now it can mean pretty much anything.

"The rich are different from you and me," F. Scott Fitzgerald is supposed to have said.

"Sure," Ernest Hemingway is supposed to have scoffed, "they have more money."

Now along comes Robert Frank to tell us they have way more than they used to. And there are lots more of them. And not only are they different from you and me, they're different from the top-hatted, chauffeur-driven, Ivy-educated, lock-jawed millionaires of Fitzgerald's and Hemingway's day.

Frank, who covers the plutocrat beat for The Wall Street Journal, finds that the new crop of amazingly rich folks live in a world of their own, a sort of virtual international gated community, where zillionaires can finally relax because all the neighbors are zillionaires, too. He got the idea from a zillionaire yachtsman he was interviewing at a crowded marina. "You look at all these boats and you'd think everyone was making loads of money," the man said. "It's like it's a different country."

Bingo: Welcome to Richistan! No, wait -- you're probably not welcome, unless your net worth is at least \$10 million. (More like \$100 mill in the fancier neighborhoods.)

Don't mix this Robert Frank up with Cornell economist Robert Frank, who wrote "Luxury Fever" and the newly published "Falling Behind: How Rising Inequality Harms the Middle Class."

(And don't mix either of them up with Thomas Frank, author of "What's the Matter With Kansas?")

Economist Robert Frank tells us how the drunken-sailor spending of the nation's richer-than-ever zillionaires -- on bigger-than-ever yachts and mansions and private jets -- trickles down to the oppressed middle class to ratchet up their aspirations and press them to spend money they don't have on things they don't need -- which leaves them worse off, with more debt and less savings.

WSJ plutocrat-tracker Robert Frank, who counts himself a "huge admirer" of economist Robert Frank and claims to have "read and loved every book that he's written," nonetheless tends to look through the other end of the telescope. He sees billionaires who, even in Richistan, can't quite relax, poor dears. They feel pressed to keep up, on the one hand, with their zillionaire neighbors: You don't want to be the last guy on Megabucks Lane still driving a \$50,000 Mercedes SLK when everybody else has traded up to Maybachs and Rolls and Bentleys. On the other hand, they have to stay ahead of the merely rich and the rich-wannabes, who keep appropriating their luxuries via what Frank calls "luxury creep." ("In fashion, Burberry, Gucci and Louis Vuitton have become almost ubiquitous," Frank blogged recently. "When half the people flying economy have Louis Vuitton carry-ons, it's no longer a 'luxury' brand.")

What makes the Richistanis so different from the clubby, Social-Registered, echt-WASP, effete East Coast millionaires of yore? It's not just that they have more money. And it's not just that they spend it on bigger mansions, bigger

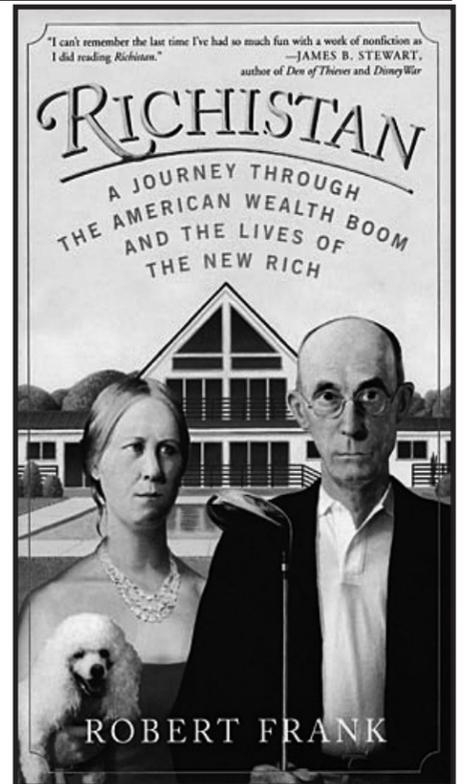
yachts and fancy butlers. (Some of their yachts are so big, they end up having to park them next to rusty old oil tankers, miles from the nearest decent Mojito. And their butlers -- AKA household managers -- can use Excel to line up all their staggering household expenses neatly on spreadsheets.)

Some of it's where they started out: smack in the middle of the middle class. More than 90 percent of current multimillionaires made their own money, instead of inheriting it from some robber baron great-grandpa. They weren't born knowing how to sail and where to play court tennis. They didn't grow up using fish forks and finger bowls, or get sent to fancy boarding schools. So they don't feel rich: they still feel like regular folks. They don't sail through life under the golden nimbus of grace and aristocratic entitlement and noblesse oblige that Fitzgerald so famously envied. They mostly aren't in the Social Register -- and mostly don't care. A couple of them tell Frank in so many words that they don't even like rich people.

Some of it's what they do: They haven't got the playboy's knack for languor and leisure. They're strivers. They take over charity balls, run them like businesses, and tactlessly raise more money than the genteel old WASPs ever imagined.

They aren't interested in jetting around to Capri and Biarritz and Rio while nannies raise their children. One tells Frank he and his wife need a household staff of six because they work long hours running their business; when they're home, they want to spend the time with their kids instead of on household repairs and mowing the (endless) lawn.

Some of it's how they look: Sure, some of them like to get duded up in white tie and tails for those charity balls -- but some never wear a necktie if they can help it. And they can usually help it. One billionaire tells about the time he took his son to a fancy Palm Beach haberdasher for a suit for graduation. The snooty salesman took a look at his muddy work boots and jeans and suggested they'd be "better off at the mall."



"You should've seen the look on that guy's face when we drove away in the Rolls," the billionaire chortles. So much for the "return to elegance" the guys who make suits are always predicting.

"Suits are for the help," Frank wrote recently in his weekly WSJ "Wealth Report." He quoted a Palm Beach banker who said, "The wealthy wear T-shirts and shorts every day, because they've earned that right. We work for them, so we wear suits."

Maybe it's not so different after all: In 1975, discussing the rise of what he called "Funky Chic," Tom Wolfe talked about the sort of expensive L.A. restaurant where everybody wore jeans and "if you wear a tie and jacket into the place, as I tend to do, people will invariably come up to you and ask you if their table is ready, or where's the men's room, because if you wear a tie, you are an employee of the establishment." (Or did he mean "The Establishment"?)

(Write to Patricia McLaughlin c/o Universal Press Syndicate, 4520 Main St., Kansas City, MO 64111 or patsy.mcl@verizon.net.)

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Covering The Courts: "A Muffled Blow For Liberty"

by James Kilpatrick

It passed almost wholly without notice, but in its rush to recess in June, the Supreme Court struck a useful blow for individual freedom. Now, in the August doldrums, with its 2006 term effectively ended, a backward look is in order.

The case involved Bruce Edward Brendlin, who did nothing to deserve the unwelcome attention he has earned. In his opinion for a unanimous high court, Justice David Souter sketched the facts. If they sound suspiciously coincidental, so be it. Anyhow:

In November 2001, Brendlin was a passenger in a car driven by a woman friend on a road in rural California. For no particular reason, just bad luck, Deputy Sheriff Robert Brockenbrough ordered her to pull over. He harbored a vague suspicion that her temporary vehicle license might not be in order. To his surprise, he recognized Brendlin as a violator of parole. There was an outstanding warrant for the fellow.

Arrest at gunpoint followed. Amazingly, an ensuing search turned up palpable trappings of the drug trade. Brendlin protested in vain that the officers had violated his Fourth Amendment right to be free from unreasonable search and

seizure. Finally he pleaded guilty, subject to appeal. A trial court sentenced him to four years in prison. The Supreme Court of California affirmed. This appeal followed.

Justice Souter's opinion of June 18 was vintage Souter. Judged for style, it was barely drinkable. Souter has served on the high court for 16 years. He writes murkily at least half the time, and here he delivered an opinion replete with sentences like this one:

"A traffic stop necessarily curtails the travel a passenger has chosen just as much as it halts the driver, diverting both from the stream of traffic to the side of the road, and the police activity that normally amounts to intrusion on 'privacy and personal security' does not normally (and did not here) distinguish between passenger and driver."

Never mind. In the case at hand, said Justice Souter, "Brendlin was seized from the moment his car came to a halt on the side of the road, and it was error to deny his suppression motion on the ground that seizure occurred only at the formal arrest."

This was, to the cops, a routine case -- but unoffending passengers have rights: "Holding that a passenger in a

private car is not ... "seized" in a traffic stop would invite police officers to stop cars with passengers regardless of probable cause or reasonable suspicion of anything illegal. The fact that evidence uncovered as a result of an arbitrary traffic stop would still be admissible against any passengers would be a powerful incentive to run the kind of 'roving patrols' that would still violate the driver's Fourth Amendment right."

It was a sound decision, murkily written. But apropos of literary style: It would be unjust to cast aspersions only on Justice Souter. The court is composed of nine justices whose job is to deliver written opinions. Skillwise, they are divided into three parts.

Chief Justice Roberts, Justice John Paul Stevens and Justice Antonin Scalia are by far the best writers on the court. Especially in dissent, Stevens and Scalia are a joy to read. Their footnotes are comparatively few and generally succinct.

Judged merely for their literary skills, Anthony Kennedy, Samuel Alito and David Souter form a mediocre middle rank. Kennedy tends toward verbosity. As a newcomer Alito is still tentative, but his six majority opinions this term were

clearly written. Souter has too many bad hair days, as in the Brendlin case, but he asks informed questions at oral argument and he's mostly readable.

That leaves Justices Clarence Thomas, Ruth Bader Ginsburg and Stephen Breyer. As stylists they're hopeless. Granted, if a case presents a racial issue, Thomas rouses from his torpor with clarity and passion. Similarly with Ginsburg: Given a women's issue, which seldom occurs, she writes quite readable stuff. Breyer is hopeless. He dips his pen in tapioca.

It was predictable that Chief Justice Roberts' honeymoon would soon end. In his first term two years ago, everybody loved him: Only 11 of 82 cases were decided 5-4. Alas, in the 2006 term just ended, 24 of 72 cases saw a 5-4 split. Roberts may have lost some of the charm that goes with novelty, but he remains an immensely attractive fellow. Nobody speaks for the court's press corps, but as the oldest guy in the press room I can try: Get well, chief! Get well.

A CASE THAT WON'T GO AWAY

On the night of Dec. 10, 1947, Army Lt. Rudolph J. Feres died in a barracks fire at Pine Camp, N.Y. His widow sued the government for its negligence. She lost, 9-0, in the U.S. Supreme Court. Now, nearly 60 years later, the case may be coming back to life.

Yes, we are harking back to the "Feres Doctrine," the wrongheaded rule of law laid down by a unanimous court so long ago. As many a judge has said since then, the Feres rule is patently unfair. It makes second-class citizens out of men and women in the armed services: Under Feres, they are denied an opportunity for significant recovery for injuries or death suffered "in their civilian capacities" through the negligence of military personnel.

Two recent decisions in the federal courts have revived the Feres case. In March the high court turned down the appeal of James Brown from a judgment in Nashville, Tenn. On the West Coast, a panel of the 9th Circuit ruled that Aaron Schoenfeld may pursue a damage suit against the Army.

Bad cases, they say, make bad law, and James Brown had a bad case. As a civilian technician at Berry Field in Nashville, he was required to maintain membership in the Selected Reserve of the National Guard. Nine years ago, a vacancy developed for a quality assurance specialist. He applied. The job went to a man 20 years younger.

Brown sued the government under the Age Discrimination in Employment Act (ADEA). An administrative law judge at first ruled in his favor, but last November the U.S. Court of Appeals for the 6th Circuit ruled against him. Judge Karen Nelson Moore, speaking for a three-judge panel, ruled that this essentially civilian technician was subject to the Feres doctrine. He was paid by the Army. His technician's job was "irreducibly military in nature." Feres ruled! Case dismissed.

The second case, involving Lance Cpl. Aaron Schoenfeld, offers a better set of facts.

On a summer morning six years ago, Schoenfeld and his Marine Corps roommate were on weekend liberty from their usual duties at Camp Pendleton, Calif. They headed into town to run errands. They were still on base when the roommate lost control of the car and crashed into a guardrail that had been badly damaged and never fully repaired. The collision severed the corporal's leg

SEE "COURTS" PAGE 19.

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"Light For The Journey"

By Jan McLaughlin - Director of Prayer Warriors For Prisoners



"CONNECTING HEARTS ACROSS THE WORLD" - PART III

Looking on as Beverly Rich made adjustments to the huge belt of Ellen's stunning African dress called a Gomez, I felt as if this were a dream. Glancing in the mirror at my reflection, I adjusted the belt of the colorful borrowed gomez I was wearing. Brushing my hand over the lovely rich magenta fabric, the realization hit. This was no dream. I really was in Uganda preparing to attend my precious friend, Mariam's, "introduction", the precursor to her wedding. Silently, I prayed, "Thank you,



Beverly is adjusting Ellen's tie on her gomez.

Lord Jesus, for making it possible for me to come." Mariam Babyrie, a beautiful Ugandan sister was to marry Steven Moro Collins.

The "introduction" in Uganda is as cultural as the groom paying a "bride price" in order to marry. It takes place a week or so before the wedding and is the venue for the formal introduction of the two families. It is also the time when the groom bargains for his bride.

Mariam's family lives miles away in the bush so everyone met at the church to travel together to the event. Four vehicles were filled with people and gifts for the bride's family. There were bags of grain, boxes of clothing and huge baskets filled with fruits and vegetables.

The live animals would be delivered in another fashion.

Riding beside Beverly in the back seat of the Pajero, I braced myself to prevent my arm from getting bruised on the long bumpy ride. As we bounced along the dusty road, barely more than a cow trail, I looked down and a stream of thick red liquid was running past our feet. Jerking my feet up, I gasped. "What is THAT?" We discovered a quarter of beef behind our seat. The "stream" was blood. Laughing, we tucked our dresses up to protect them. THIS is Uganda!

When we arrived at the family home they seated us under three sided tents. The scene was lovely and the decorations were elaborate for Uganda. The tents were arranged about fifteen feet apart with the families facing each other. There was one spokesperson for each family and microphones so everyone could hear. My problem was that everything was in Luganda and I couldn't understand a word.

It was an all day event and at one point, the groom's family and guests went to the vehicles to retrieve the gifts. They returned, dancing, with everyone balancing a gift on their heads. Everything, except for the live animals, was carried on someone's head as they danced along in procession.

At midday, just before the meal, it started raining and then pouring, filling tent roofs with water. There was a muddy sea around and between them. We stayed dry except for our feet which were in a stream of water.

Toward the end of the ceremony the bride's father said something that created an outburst of protest from the groom's side. Those who could interpret told me the he was unhappy with the bride price and wanted three more cows. After the uproar and considerable dickering between the family spokesmen, it was disclosed that the "cows" the bride's parents wanted were symbolic. They wanted the three "cows" of love, patience and peace. The forty people under our tent breathed a huge sigh of relief at once.

There were beautiful passages of Scripture read and even an exchange of rings which Pastor Jesse Rich was asked to bless. And in all actuality, the couple were married before God and man by

the end of the ceremony. It was a lovely and memorable day.

The wedding, a week later at Calvary Chapel Jinja, was a beautiful tribute to Jesus Christ and the value He places on the marriage of one man and one woman. Steven, a dashing groom, is a perfect match for his beautiful bride, Mariam.

Both Steven and Mariam are former prisoners who embraced Jesus Christ as Lord and Savior. They recognize their imprisonment as a tool God used to get their attention and bring them into His family. They are key staff members of the Calvary Chapel mission in Jinja. They teach in the Uganda prisons and village churches. Mariam teaches several girls Bible studies in Jinja including the children of the handicapped. This summer they joined the team of Prayer Warriors For Prisoners and now pray for American prisoners.

Before Steven and Mariam were married, she needed financial help in order to have her two daughters live with her. Several PWFPP volunteers stepped up to the plate and gave monthly gifts to help. When a Colorado prisoner named SEE 'LIGHT' PAGE 23.

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Grandparenting: "All Too Human" - "Wicked Witch"

ALL TOO HUMAN

Dear Grandparenting: As a kid growing up in St. Louis, my grandfather often took me to baseball games, but I'll be darned if I can get my own grandson out to any ball games. Pick a sport, any sport, and my grandson can cite chapter and verse about highly paid athletes with serious character flaws - criminals, gamblers, drug addicts, wife-beaters, etc. He says sports is full of "losers."

Lately he's on a rampage about Barry Bonds, who just became the greatest home run hitter in baseball history. Like many, he says Bonds took illegal performance-enhancing drugs. But I'd still like to convince my grandson to join me at the ballpark. Watching the game while sharing a bag of peanuts is a great way to bridge the generation gap. I'd welcome your suggestions on how to change his thinking. Art Moore, Reading, Penn.

Dear Art: We're mindful of the remark attributed to Earl Warren, chief justice of the U.S. Supreme Court during the 1950s and 60s. "I always turn to the sports page first, which records people's accomplishments," said Warren. "The front page has nothing, but man's failures."

Your grandson is guilty of generalizing - allowing the actions of a few

to color his perception of the whole. Athletes, like other entertainers, are all too human. Off the field, they are quite ordinary; on the field, they are one in a million. The trick is learning to compartmentalize.

Try to interest your grandson in "amateur" athletics, such as college basketball or football. It's often a spectacle to behold, and many fans find it easier to relate to the players at that level. Don't forget the peanuts!

GRAND REMARK OF THE WEEK

- Gloria Foster of Everett, WA says granddaughter Tasha, age 5, snapped out her doldrums after getting into a more challenging kindergarten program. "My life has changed so much it makes my heart ache," said little Tasha.

- "A good grandparent is old on the outside and young on the inside." Ruben D., New York, NY

WICKED WITCH

Dear Grandparenting: My husband Connor and I recently became instant grandparents when our only child Greta married a pharmacist with two little children from his first marriage. Turns out that my husband is a shrinking violet when it comes to disciplining our new grandchildren. He lets them get away with murder, like the time they dropped some worms

into the nice salad I'd made for dinner. Connor laughed, just like he always does. I say that's nonsense. If they're not old enough to know better by now, then it's high time they learned.

Connor says he believes in 'spare the rod and spoil the child.' Connor also worries how the kids will react, since they're actually our step-grandchildren instead of our biological grandchildren. I say rules are rules, no matter what the circumstances.

While I have no problem cracking the whip, I'm bothered by the fact that my grandkids regard me as the household enforcer. They think I'm the wicked witch. How do I convince my husband to stop playing Mr. Nice Guy and share in disciplining his grandchildren?

Lady Lucy

Dear Lady Lucy: Bravo to you for taking the bull by the horns! While we

understand your husband's reluctance to discipline your new step-grandchildren, he ignores the greater issue: In any family, especially a stepfamily, kids need to know exactly what is expected of them - i.e., the rules - and what their boundaries or limits are.

Discipline works best when applied evenly and consistently, by both partners. Otherwise, you run the risk of the grandkids playing one grandparent off against the other. Tell the hubby united you stand, divided you fall.

Dee and Tom, married more than 50 years, have eight grandchildren. Together with Key, they welcome questions, suggestions and Grand Remarks of the Week. Send to P.O. Box 27454, Towson, MD 21285-0454 COPYRIGHT 2007 Dee and Tom Hardie and Key Kidder, P.O. Box 27454, Towson, MD 21285-0454. 410-828-6529.

FRAUD ALERT!!!

IT IS NOT THE IRS - IT IS SOMETHING WORSE

The Internal Revenue Service alerted taxpayers to the latest versions of an e-mail scam intended to fool people into believing they are under investigation by the agency's Criminal Investiga-

tion Division.

The e-mail purporting to be from IRS Criminal Investigation falsely states that the person is under a criminal probe for submitting a false tax return to the California Franchise Tax Board.

The e-mail seeks to entice people to click on a link or open an attachment to learn more information about the complaint against them. The IRS warned people that the e-mail link and attachment is a Trojan Horse that can take over the person's computer hard drive and allow someone to have remote access to the computer.

The IRS urged people not to click the link in the e-mail or open the attachment. Similar e-mail variations suggest a customer has filed a complaint against a company and the IRS can act as an arbitrator. The latest versions appear aimed at business taxpayers as well as individual taxpayers.

The IRS does not send out unsolicited e-mails or ask for detailed personal and financial information. Additionally, the IRS never asks people for the PIN numbers, passwords or similar secret access information for their credit card, bank or other financial accounts.

Recipients of questionable e-mails claiming to come from the IRS should not open any attachments or click on any links contained in the e-mails. Instead, they should forward the e-mails to phishing@irs.gov.

Other fraudulent e-mail scams try to entice taxpayers to click their way to a fake IRS website and ask for bank account numbers. Another widespread e-mail tells taxpayers the IRS is holding a refund (often \$63.80) for them and seeks financial account information. Still another e-mail claims the IRS's "anti-fraud commission" is investigating their tax returns.

Need help?! Call the Fraud Assistance Line at 720-874-8547.



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Ann Coulter: "Absolutely Fabulist"

In their latest demonstration of how much they love the troops, liberals have produced yet another anti-war hoax.

The New Republic has been running "true war" stories from a brave, anonymous liberal penning dispatches from Iraq. The famed "Baghdad Diarist" described his comrades joyfully using Bradley fighting vehicles to crush stray dogs, mocking a female whose face had been blown off by an IED, and defacing Iraqi corpses by wearing skull parts on their own heads.

Various conservatives began questioning the plausibility of the anonymous diarist's account -- noting, for example, that Bradley vehicles don't "swerve," as the diarist claimed. The editor of The New Republic responded by attacking the skeptics' motives, complaining that some conservatives make "a living denying any bad news that emanates from Iraq."

But when that clever retort failed to quiet rumbles from the right wing, The New Republic finally revealed the "Baghdad Diarist" to be ... John Kerry! Actually it was Pvt. Scott Thomas Beauchamp, Democratic candidate for president circa 2028. (That gives him 20 years to learn to pronounce "Genghis.")

In revealing himself two weeks ago, Beauchamp lashed out at "people who have never served in Iraq." He said he was too busy fighting "an actual war" to participate in "an ideological battle that I never wanted to join."

He had tried to stay out of ideo-

logical battles by writing made-up articles in a national magazine claiming soldiers in Iraq had become callous beasts because of George Bush's war, killing to "secure the riches of the empire." Alas, this proved an ineffective method of keeping his head low. Beauchamp's next bid for privacy will be an attempt to host "The Price Is Right."

In response to Beauchamp's revelation that he was the "Baghdad Diarist," the military opened an investigation into his allegations. There was no corroboration for his stories, and Beauchamp promptly signed an affidavit admitting that every single thing he wrote in The New Republic was a lie.

According to The Weekly Standard's Michael Goldfarb -- who has led the charge of those who "make a living denying any bad news that emanates from Iraq" -- Maj. Steven F. Lamb, the deputy public affairs officer for Multi-National Division-Baghdad, said this of the Baghdad diarist:

"An investigation has been completed and the allegations made by Pvt. Beauchamp were found to be false. His platoon and company were interviewed and no one could substantiate the claims."

In response, The New Republic went into full Dan Rather loon mode. This astonishing post showed up on The New Republic Web site on Tuesday afternoon:

"A STATEMENT ON SCOTT THOMAS BEAUCHAMP:

"We've talked to military per-

sonnel directly involved in the events that Scott Thomas Beauchamp described, and they corroborated his account as detailed in our statement. When we called Army spokesman Maj. Steven F. Lamb and asked about an anonymously sourced allegation that Beauchamp had recanted his articles in a sworn statement, he told us, 'I have no knowledge of that.' He added, 'If someone is speaking anonymously (to The Weekly Standard), they are on their own.' When we pressed Lamb for details on the Army investigation, he told us, 'We don't go into the details of how we conduct our investigations.' -- The Editors"

It's good to see Mary Mapes is working again.

What on earth is going on? Either the military investigation found that Beauchamp lied or it didn't. Either military personnel corroborated stories of soldiers wearing skulls as crowns or they didn't. Either Army spokesman Maj. Steven Lamb gave a statement to The Weekly Standard or he didn't.

At the same time as The New Republic was posting the above statement, which completely contradicted

The Weekly Standard's update, renowned right-wing news outlet ABC News confirmed that the military has concluded that Beauchamp was writing "fiction." ABC also quoted Goldfarb's account and said that Maj. Lamb reiterated his statement that Beauchamp's stories were false to ABC. The New York Times had the same story on Wednesday.

The New Republic has gone mad. Perhaps the magazine brought its former employee, fantasist Steven Glass, out of retirement. It's long past time for The New Republic to file for intellectual Chapter 7. Arthur Andersen was implicated in fewer frauds.

And we wonder how Democratic congressmen can lie about a vote they lost on the floor of the House -- captured on CSPAN for all the world to see -- changing the vote so that they win.

America's imminent victory in Iraq and safety from terrorist attacks at home is driving them all crazy.



On Your Toes

by Charles E. Schneider, M.D.
TAILORS BUNION

Tailors Bunion is not the name given to a tailor who has a bunion. It was a name given many years ago to people who acquired an enlargement on the 5th toe area and who sat cross-legged fashion as tailors were inclined to do. It is also called a bunionette. Identified by a prominence overriding the 5th toe causing pressure on the outside of the foot and with flattening of the forefoot.

This deformity may be caused by pointed, narrow, inflated shoes and is frequently associated with a bunion of the great toe as a result of increased lateral pressure. Trauma and occupational stress are principal causes of tailor's bunions. Genetic factors are considered to be a cause when this occurs early in life.

When pressure occurs and there is friction on the outside of the foot, corns, callouses, bursitis and bony prominences on the fifth metatarsal head as the

soft as the soft structures contract the fifth toe rotates inward.

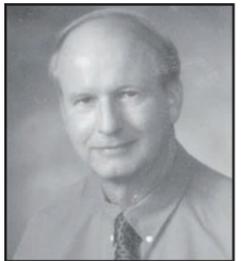
How can you tell if your symptoms indicate this condition? There is pain on the fifth toe when shoes are worn. The fifth toe may lie over or under the fourth toe. There may be callouses and infection beneath the callouses of the fifth toe.

When x-rayed, inflammation and demineralization may be seen. Effusion and soft tissue swelling may be present.

Surgery is the usual recommended treatment for this condition. Some alternatives may be possible for those who should not have surgery. An accommodation of the area can reduce some of the pain, but caution is necessary because if this is not done by the podiatrist the shoes may be even tighter and cause further problems.

A simple surgical procedure can be performed in the office which allows the patient to remain on their feet although the activities will be decreased for a few weeks during healing.

If you have any further questions on this or other subjects, please refer them to: Charles E. Schneider, DPM, 1619 N. Greenwood Ave. - Pueblo, CO 81003 or by calling 719-543-2476.





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Finances: Create Wealth

Are Reverse Mortgages Right For You?

REVERSE MORTGAGES MAY NOT BE FOR EVERYONE. BUT ARE THEY RIGHT FOR YOU?

Reverse Mortgages have been around for a long time. In 1970 The National Counsel of the Aging, The Veterans Administration Division of Housing and several privately held senior advocacy groups began feasibility studies to determine the merits of a federally insured reverse mortgage.

Then in 1988 the President of the United States signed into law "The Federal Home Equity Conversion Mortgage Insurance Plan" offering Senior Americans the first FHA insured HECM mortgage. In 1996 FNMA (fannieMae) created the "Homekeeper" Reverse Mortgage and followed with a Wall Street Journal statement that they anticipated 16 Million households to apply for reverse mortgages in 2010. Then in May of this year the U.S. House of Representatives passed H.R. 1852,

the Expanding Homeownership Act of 2007, to modernize Federal Housing Administration loan programs, including the Home Equity Conversion Mortgage (HECM).

The rules are quite simple though. (1.) The seniors have to be at least 62 years old. (2.) The seniors must have at least 50% equity in their home. In other words they must not owe more than half of what the house is worth. (3.) The home must be their primary residence; this doesn't mean that they have to live in the home 365 days a year. They can still have a vacation or second home as well. There are 3 other minor rules; they must agree to pay the taxes, insurance, and upkeep on the home. Those I consider minor because, we all have to do those things anyway.

With the way the mortgage meltdown has increased recently. The Mortgage underwriters are under a lot of pressure, which makes it even harder to get a new loan or refinance a home especially if the senior has low income or their credit is fair to poor. However credit and income are of no consequence in a reverse mortgage because the seniors never have to make payments on the loan.

Because, in a reverse mortgage you are borrowing from the equity in your home, in effect you are borrowing from yourself. And by the way, the money that you get from a reverse mortgage is completely tax free. That of course is because you have already paid taxes on the money once when you paid your house payments for all these years.

If, on the other hand, you are collecting SSI or Disability from the state or Federal Government and the rules state that you cannot exceed certain liquid asset amounts. You would have to be careful how you take the reverse mortgage money.

It is recommended that you take it as a monthly income rather than a lump sum so you don't exceed

that amount. You need to check with the agency that writes your check each month before doing a reverse mortgage.

Speaking of how you can take the money out of your house, there are several ways that you can take it. And remember, you can use the money for any purpose. It is entirely up to you. You could take it all in a lump sum. You could take it as a monthly income for a specified time like 10 or 15 years. You could take it as a monthly income for the rest of your lives (as long as at least one of owners lives in the house). You can take it as a growing line of credit to be used any way you want, anytime you want and it grows as long as there is any money left in the account. What most people do is take a small lump sum and the rest put into a line of credit. You can mix and match it any of the ways I have just mentioned.

Most people that have heard of a reverse mortgage have heard of some tales that are just not true. The most common tale is that the bank owns your home. This is untrue. You always keep the title to your home as long as one of you lives in the home. Another myth is you could lose your home. This is also untrue. You never have to make house payments so how could you lose your home. How about this myth? If the seniors live a long time the heirs would be stuck with paying off a loan that was larger than the value of the home. Over time we all hope that our property appreciates so in time it increases in value.

But, suppose that doesn't happen. That is where the government steps in and pays the difference. A HECM reverse mortgage is a non-recourse loan which means that you can never owe more than the home is worth. If the value of the home is greater than the amount owed the home can also be sold and the balance passed on to the heirs just like any other mortgage. Another misconception is that Reverse Mortgages cost more than other mortgages.

The truth is that closing costs average about (1) percent more than that if a regular FHA mortgage were obtained on the same property. In fact it could be a lower cost because a conventional mortgage can charge more than the 2% origination fee allowed on all reverse mortgages. Still another myth is that you can only get an adjustable rate Reverse Mortgage. Actually a fixed rate reverse

mortgage is also available.

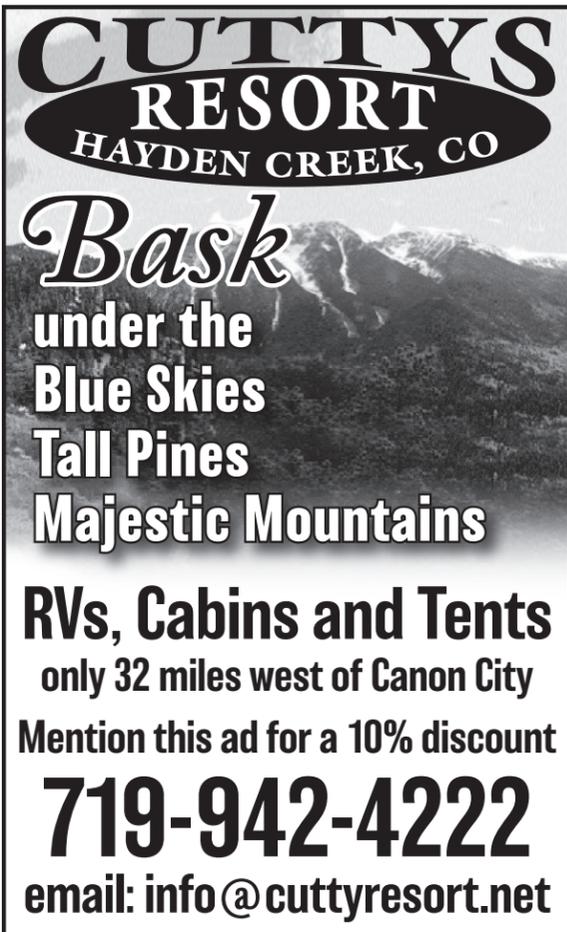
Who should not do a reverse mortgage? Reverse Mortgages will not work well for people with low equity, or people who don't plan to stay in their home for 3 or more years, or people who are under 62 or for people who just need a little money for a short time. If you have a home in Pueblo or surrounding counties, there is a county lending limit of \$200,160. The legislators are working to change that to the federal limit of \$417,000 but until then if your home is worth more than \$200,160 you might not be right for a HECM reverse mortgage but a Jumbo reverse mortgage may work well for you. The Jumbo Reverse Mortgage is guaranteed by private lenders that insure the loan's safety.

Seniors are using the money for many different things. Some are using the money to pay for long term care that they didn't have any way to pay for before. Or how about using it to purchase a paid up life insurance policy to increase the estate for their heirs. Perhaps one could pay medical bills that have been piling up or put a grandchild through college. Some people use the money to donate to their favorite charity.

If you think that a Reverse mortgage is only for seniors that are having a hard time making ends meet, let me remind you that the largest reverse mortgage was for \$19 Million on \$60 Million estate. Those seniors were not strapped for money. It was used to eliminate a tax problem.

Is a Reverse Mortgage right for you? No one can tell you until an analysis is made and please understand that you won't even be able to proceed with a reverse mortgage until you have a federally mandated counseling session by calling a FHA approved independent counselor and that takes about 30 to 40 minutes. This is so you understand all the pros and cons of the reverse mortgage. The counseling insures that no one can rush you into something that is not right for you.

Bio: Grant Oakes, Certified Reverse Mortgage Specialist with 4 years of mortgage loan experience. He is a local businessman that has owned Pueblo businesses most of his adult life. He is a senior himself and understands seniors and their problems. Grant's specialty is "in home service." He will come to your home to meet with you and your children, because in your home you are always in control. You can call his cell phone at 719-252-3610 from 9-5 Mon-Fri or call toll free 1-866-671-3207, Ext 8881 anytime for a free 24 hour recorded message with additional reverse mortgage information.



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Cooking From A to Z: Bistro Breakfast

by Annette Gooch

Much of the fun of breakfasting out is ordering something different from your usual morning fare. But when waiting for a table, for a menu, for your food, for the bill and for change at a crowded eatery isn't your cup of tea, cook up one of these bistro breakfast classics at home.

Eggs scrambled Basque-style in a bold pepper and tomato sauce take about an hour, although most of that time is for prep work you can do a day head. You can be plating French toast lavished with macadamias and tropical fruit in half an hour. If 15 minutes is your limit, that's all you need for a fine grilled breakfast sandwich.

SUCCESS TIP:

-- To seed a medium-sized tomato, halve it horizontally. Quarter large tomatoes. Hold tomato half or quarter, cut side down, over a bowl, and squeeze to remove the seeds. Then slice, chop or puree the tomato, as required.

"Piperade" is the French-Basque name for this appetizing prosciutto-topped scramble of eggs with tomatoes and sweet peppers. For convenience, step

1 of the recipe can be completed ahead and the cooked tomato and pepper mixture refrigerated until half an hour or so before breakfast will be served. This dish is typically highly seasoned, but the amount of salt, cayenne and black pepper can be adjusted to suit your taste.

BASQUE SCRAMBLED EGGS WITH PEPPERS AND TOMATOES

- 1 1/2 tablespoons olive oil
- 1/3 cup chopped onion
- 1/2 tablespoon minced garlic
- 1 1/2 cups coarsely chopped seeded tomato
- 1 1/4 cups finely diced red bell pepper
- 1 1/4 cups finely diced green bell pepper
- Tomato paste, as needed (optional)
- Salt, freshly ground black pepper and cayenne pepper to taste
- 4 eggs, lightly beaten
- 2 to 3 ounces prosciutto, thinly sliced, trimmed of fat, for garnish

1. In a large skillet over moderate heat, heat the oil. Add onion and garlic; saute for 3 minutes. Add tomato, reduce heat to low, and simmer for 15 minutes. Add 1/2 cup each of the red and green pepper; cover and cook until peppers are quite soft (about 20 minutes).

2. Puree mixture in blender or food processor; then taste. (If mixture lacks flavor or color, stir in a teaspoon or more of tomato paste.) Return puree to skillet over medium heat. Season to taste with salt, black pepper and cayenne. Add remaining diced pepper and bring mixture to an active simmer. Reduce heat to low, add eggs and scramble, stirring gently, until eggs are firm but not dry (about 4 minutes). Taste again; adjust seasoning if needed. Serve at once in shallow soup bowls, garnished with sliced prosciutto.

Serves 2 or 3.

Crushed macadamia nuts and banana make a luxurious batter for this oven-baked French toast. If you don't care for bananas, omit them from the recipe and serve sliced fresh pineapple or papaya alongside the toast.

MACADAMIA-BANANA FRENCH TOAST

- 1/2 banana, quartered
- 2 eggs
- 1/3 cup macadamia nuts, finely chopped or crushed by hand or in a blender or food processor
- 1/2 cup milk
- 1/2 teaspoon vanilla extract
- Dash of ground cinnamon or nutmeg
- 4 slices day-old whole-wheat or white bread
- Confectioners' sugar, for dusting
- 1 banana, sliced

1. Preheat oven to 475 degrees. Butter a large baking sheet.

2. In a blender or bowl, combine banana, eggs, half the nuts, the milk, vanilla and cinnamon; blend or whisk until well-mixed.

3. Halve bread slices diagonally and arrange in a shallow dish or pan. Pour egg mixture over bread; allow bread to absorb most of the egg mixture. Turn slices to coat other side.

4. Arrange coated slices on baking sheet. Bake until golden (about 4 minutes per side).

5. Remove from baking sheet and dust with confectioners' sugar. Top with banana slices and remaining chopped macadamia nuts.

Serves 2.

If your idea of a good hot break-



Prosciutto garnishes a plate of "piperade," a Basque specialty of eggs scrambled with red and green bell peppers, tomato and onion. photo: Lifestyle Media Group

fast is one you can make in minutes, this is your dish. If you own a croque monsieur -- a special hinged toasting pan named for the classic ham-and-melted cheese sandwich -- trim the sandwiches to fit the pan. Otherwise, use a tabletop grill or stovetop griddle.

GRILLED TOMATO AND SWISS ON RYE

4 slices thinly sliced rye, whole-wheat or egg bread, crusts trimmed

1 egg
Mustard, preferably tarragon-flavored Dijon

4 to 6 slices Swiss or Cheddar cheese cut to fit bread

Thinly sliced ripe tomato
Softened butter, as needed

1. Spread 2 of the bread slices lightly with mustard. Cover each slice with half of the cheese and sliced tomato. Place remaining bread slices over tomatoes.

2. Spread butter evenly over tops of sandwiches. Place sandwiches, buttered side down, on a seasoned grill or greased griddle. Spread other side of sandwiches with butter.

3. Cook sandwiches over medium heat until well-browned on both sides, turning once (approximately 4 to 5 minutes total). Serve at once. Serves 2.



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

September 3: Beef Stew, confetti rice, basil green beans, wheat bread/marg., gingerbread/lemon sauce.

September 4: Roast Beef/Gravy, mashed potatoes, stewed tomatoes, carrot raisin salad, wheat bread/marg., chilled plums.

September 5: Meatloaf/Tomato Sauce, parsleyed noodles, wheat bread/marg., apple juice.

September 6: Turkey Tetrazzini, carrots, zucchini, cukes/onions salad, wheat bread/marg., banana.

September 7: SRDA's Spicy Pork, au gratin potatoes, california blend, wheat bread/marg. anbroasia.

September 10: Beef Stroganoff over Noodles, corn, carrot raisin salad, wheat bread/marg., apple.

September 11: Honey Mustard Chicken, stewed tomatoes, basil green beans, wheat bread/marg., raspberry sherbet.

September 12: BBQ Beef Sandwich, mixed veggies, spiced fruit mold, blush pear dessert.

September 13: Roast Turkey/Gravy, orange glazed sweet potatoes, broccoli, wheat bread/marg., grapes.

September 14: Spaghetti/Meatsauce, carrots, let/tom salad/Italian drsg., wheat bread/marg., strawberries/PA.

September 17: Enchilada Casserole,



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peas, mexican coleslaw, wheat bread/marg., oatmeal cookie, applesauce.

September 18: Macaroni & Cheese, zucchini, veggie salad medley, wheat bread/marg., chilled plums.



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September 19: Chicken A La King, biscuit, oriental veggies, let/tom salad/ranch, peach.

September 20: Pot Roast, w/potatoes/carrots/onions, two bean salad, wheat

bread/marg., cinnamon apple bake.

September 21: Sloppy Joe/Bun, peas/carrots, cabbage apple salad, blush pear dessert, chocochip cookie.

September 24: Roast Beef/Gravy, mashed potatoes, stewed tomatoes, cukes/onions salad, wheat bread/marg., raspberry sherbet.

September 25: Stuffed Bell Pepper, peas/carrots, mixed veggies, wheat bread/marg., lime carrot gelatin.

September 26: Turkey/Rice/Cheese Casserole, cornbread, pickled beets, PA upside down cake.

September 27: BBQ Chicken, baked beans, creamy coleslaw, wheat bread/marg., cantaloupe.

September 28: Green Pepper Steak, garlic mashed potatoes, basil green beans, pickled beets, wheat bread/marg., apricots.

October 1: Roast Beef Sandwich, cream of veggie soup, mixed green salad/ranch drsg., wheat bread/marg., strawberries/bananas.

October 2: Sweet/Sour Pork/Rice, zucchini/tomatoes, cukes/onions salad, wheat bread/marg., cranberry fluff.

October 3: Chicken cacciatore, Linguini, broccoli, wheat bread/marg., cherry crisp.

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E-Cards Aren't Always So Endearing

by Katie Carroll- BBB

Your Better Business Bureau has become aware of e-cards scams that, if opened, can seriously harm your computer. Scam Busters is reporting that they've been flooded with reports of a new wave of scam e-cards and postcards. Here's how the typical e-card scam works:

~~~~ Begin E-card Scam Email ~~~~  
"Subject: You've received a postcard from a Neighbor!  
Hi. Neighbor has sent you a postcard. See your card as often as you wish during the next 15 days.  
SEEING YOUR CARD  
If your e-mail software creates links to Web pages, click on your card's direct www address below while you are connected to the Internet:  
[URL of bogus e-card here]  
Or copy and paste it into your browser's "Location" box (where Internet addresses go).  
We hope you enjoy your awesome card. Wishing you the best,  
Mail Delivery System,  
PostcardsFrom.Com"  
~~~~ End E-card Scam Email ~~~~

There are a number of variations on this email, but the goals are all undesirable. In general, a scammer's goals fall into four categories:

- To install viruses on your hard drive that will wreak havoc with your computer.
 - To install spy ware or Trojans on your computer that will scan your machine for personal and financial information.
 - To install adware that will bombard your desktop with pop-up ads, launch adult websites or send phony e-cards to everyone in your address book -- cards that appear to have come from YOU!
 - Turn your computer into a 'zombie' to help spam or attack other computers.
- Not all scammers use the same tactics to infect your computer. In some cases, merely opening the phony e-card will cause malicious software to download onto your computer. In other cases, you'll be prompted to install software that the scammer claims is needed to view your special greeting card.
- The cleverest method of spreading rogue programs is to ask your permission first! Once you reach the scammer's site, you're presented with an End User License Agreement (EULA), which contains page after page of "legalese."
- Buried in the fine print -- and it's all fine print -- is language informing you that the company WILL install certain programs on your computer once you agree to the terms and conditions.

Southern Colorado National Bank is proud to be a sponsor of this important Senior Safety feature. Call us for all your banking needs at 719-253-2265. We are located at 7 East Spaulding in Pueblo West and 3595 Spaulding just off Pueblo Boulevard and Highway 50 West. Call us today for rate quotes.

Unfortunately, seasoned Web surfers are so used to automatically accepting these EULAs that few bother to read them. And obviously, almost no one asks an attorney to translate all that legalese.

According to Snopes.com, a new wave of phony e-card notifications began reaching inboxes during June. These emails tried to induce people to click links that would install malicious programs.
<http://www.snopes.com/computer/virus/postcard.asp>

"Using subject lines such as 'You've received a postcard from a family member,' the emails tried to trick people into downloading a variant of the Storm Trojan, 'an aggressive piece of malware (software designed to infiltrate or damage a computer system without the owners consent) that has been hijacking computers to serve as attacker bots' (software applications that run automated tasks over the internet) since earlier in the year."

If your computer is hijacked to serve as a "bot," it becomes -- in effect -- a "terrorist sleeper," awaiting orders from its commander that will cause it to attack other individual computers or networks. A virus, on the other hand, behaves independently, and can't be remotely controlled once it's installed.

One sign that an e-card may be fake are the words contained in the "FROM" line. The e-mail will say you've received a card from a GENERIC friend, neighbor, classmate, secret admirer, etc. Since most people who send REAL e-cards insert their names in the "From" line, be VERY suspicious when an e-card arrives "From: A Relative."

- Your BBB has the following recommendations to stay safe:
- If in doubt, don't open an e-card.
 - Delete any e-card from someone you don't know.
 - Never click on anything from an unknown source, never open an attach-

ment from an unknown source, and never download from an unknown source.

- Never click to accept terms from any company without reading the fine print. Beware of those EULAs!
- Use antivirus software and keep it up to date.
- Use Mozilla Firefox. Many e-card scams use loopholes in Internet Explorer, so Firefox is far more secure against this type of scam. But since Firefox is not 100% secure either, make sure you keep FireFox updated.
- We recommend against opening any e-card with an attachment from an unknown source. You never know what's really in that attachment until it's too late.

Afloat and Living Aboard Your RV. "Home Sweet Home" Can Turn Bitter

Mortgage foreclosures are up, interest rates are up, and the number of houses for sale is up. About the only thing that is "down" these days is the troubled homeowner who is having difficulty making his or her mortgage payment.

The Better Business Bureau has developed a new educational resource -- BBBTips™ for Troubled Homeowners -- to assist those who fear they can no longer afford to meet their mortgage obligations.

Whether you are a couple of months behind on your mortgage payment or a couple of weeks behind, there are positive steps you can take to protect the value of your investment. However, BBB experience shows that people who believe their financial situation is hopeless are "more likely to succumb to tempting, unethical sales pitches." Troubled mortgage holders are no exception. BBBs nationwide are assisting with an increasing number of complaints about foreclosure rescue businesses that promise homeowners a fail-safe solution. Victims report unknowingly signing over the deeds to their houses; having to pay

SEE 'MORTGAGE' PAGE 21.



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The Home: Sustainable Lifestyles Start At Home

by Claire Whitcomb

It's a brave green world out there. Every day, someone is inventing something for the home that you'll want to know about.

Like showers that recycle the water you use, the brainchild of a London design student.

Or Herman Miller's upholstered Mirra desk chair, which is chic, ergo-

nomie and 96 percent recyclable.

Or Veratazzo's eco-countertops, made with ceramic aggregate and recycled glass.

This sort of good news, along with global innovations and a sprinkling of very solid eco-tips, has been gathered into "Worldchanging: A User's Guide for the 21st Century" (Abrams, \$26). Edited by Alex Steffen, co-founder of the Web

site www.worldchanging.com, the book is billed as a "Whole Earth Catalog" for a new generation.

Indeed it is. Outfitted with a preface by Al Gore, "Worldchanging" is quirky, fun and full of surprises, even for seasoned eco-readers.

Flip through and you can learn how to make iPod speakers out of Altoid tins. You'll also be reminded that dim-



Create a healthy home by taking your shoes off at the door and decorating with easy-to-clean throw rugs. Stay away from synthetic carpets, and look for paints with low VOCs (volatile organic compounds). photo: Thayer Allyson Gowdy

mers, automatic timers and motion-detection sensors are among the top five things you can do to conserve energy. "Worldchanging" introduces you to permeable pavement that allows plants and grass to grow through it. And it reminds you that a low-flow showerhead -- the fixture that mixes air with water and miraculously produces a strong spray -- is a really good idea. Indeed, Americans could save 5.4 billion gallons of water per day simply by installing low-flow fixtures and toilets.

If you want to join those who would rather make it themselves than buy conventional products, "Worldchanging" directs you to www.instructables.com. Started by Ph.D.s at the Massachusetts Institute of Technology, it is a repository of instructions for everything from turning a chest of drawers into a pop-up TV center to making your own natural laundry soap.

As much fun as these projects are, the key to a sustainable world is shopping sustainably -- buying furniture that won't give off gas, toys that are nontoxic and household materials such as reclaimed wood.

Pulled from demolition sites, warehouses and old buildings, reclaimed wood is like an antique you walk on -- old wood that looks beautiful and is full of character.

In terms of new wood, Forest Stewardship Council-certified furniture and lumber guarantees that new trees are planted when old ones are harvested.

Faster growing and as hard as conventional wood, bamboo makes excellent sustainable flooring.

And then there's good old-fashioned linoleum. Made from linseed oil, wood dust, rosin and jute, as well as natural dyes, it's eco-friendly. Marmoleum makes a version that can be installed like puzzle pieces -- no glues or adhesives needed.

Carpet is a trickier area. As interior designer Kimberly Rider reports in another book worth reading, "The Healthy Home Workbook: Easy Steps for Eco-Friendly Living" (Chronicle, \$24.95), synthetic carpets "are made from petrochemicals, tufted to backing materials of highly reactive compounds, colored with chemical dyes and further treated to be antistatic, antimicrobial and stain resistant."

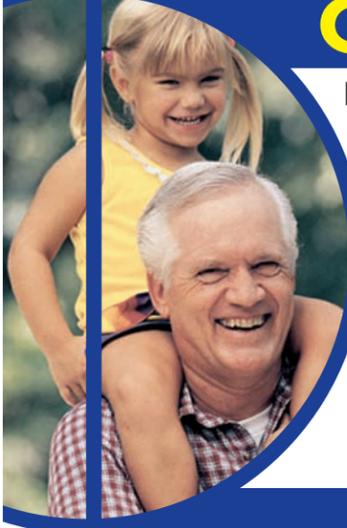
This list of woes doesn't even take into account the toxins given off by carpet glue or urethane backing.

But there are solutions. If you already own synthetic carpet, Rider advises covering it with throw rugs to stem the flow of chemicals released into the air.

And if you're in the market for new carpeting, natural materials like wool, sisal, jute or coir are healthy and sustainable options.

Paint has long been a source of pollutants, from lead to the volatile or-

SEE 'HOME' PAGE 23.



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Bergamo: Here's 'A Tale Of Two Cities'

by Elliott Hester

Just off the A4 expressway, 30 miles northeast of Milan, Bergamo may be the best-kept secret in Italy's Lombardi region. And what a beautiful secret it is.

Located in the foothills of

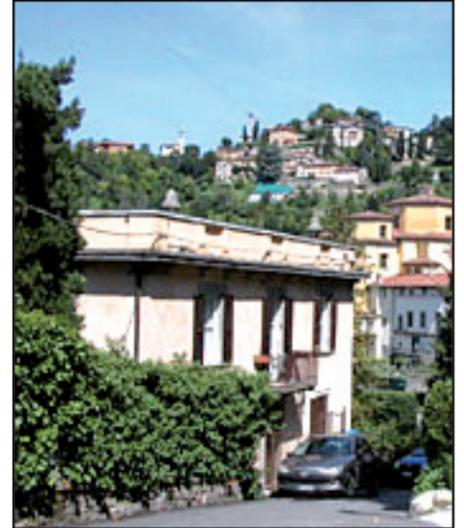
the Italian Alps, Bergamo (population 120,000) is literally two cities in one. The medieval upper city, Citta Alta, is built on a hilltop and surrounded by a 17th-century defensive wall. The modern lower city, Citta Bassa, fans out from the base of the

hill and occupies the surrounding plain.

Save for the Accademia Carrara, where an impressive collection of baroque and Renaissance paintings are on display, Citta Bassa holds nominal offerings for tourists. You'll find wide avenues that can be congested during rush hour, a few 19th-century churches and a plethora of contemporary buildings. The handsome pedestrian shopping mall along Via 20 Settembre can be done in a blink of an eye. But towering on the hilltop -- visible from Citta Bassa's busy streets and piazzas -- Citta Alta is a lofty delight.

Citta Alta can be reached by climbing a series of steep steps, or driving up a winding road that leads through a portal in the fortified wall. Perhaps the most enjoyable way to get there, however, is by funicolare.

Constructed in 1887, the slow-moving cable car crawls 750 feet uphill, providing spectacular views of Citta Bassa along the way. Passengers disembark at the Citta Alta funicolare station, which is housed in a 14th-century building that spills onto Piazza Mercato delle Scarpe.



Quiet, hilly outskirts are among the joys of Citta Alta, the medieval upper section of Bergamo, Italy. Citta Alta is built on a hilltop and surrounded by a 17th-century defensive wall. photo: Elliott Hester

This ancient, sloping, cobblestone square is the perfect launching pad for a medieval excursion.

The piazza leads to Citta Alta's main street, Via Gombito, a narrow brick lane lined with shops and architectural antiquities. There are salumerias (salami shops), pasticcerias (pastry shops), modest fashion boutiques and numerous bars and restaurants -- all of which peek from behind 600-year-old facades. (It should be noted that Bergamo's restaurants are as good as anywhere in Italy. The local fare is fixated on meat, primarily rabbit, a staple at many eateries. And the prices can be considerably lower than in Milan.)

Citta Alta is a labyrinth of narrow streets and hidden passageways that lead from the quiet outskirts to Piazza Vecchia, the heart of old Bergamo. Here you'll find locals (and a smattering of tourists) strolling past the ornate Contarini Fountain. Some folks stand in the shade of the 800-year-old bell tower, eating gelato while pedestrians pass by. Others stop and stare at the Palazzo della Ragione.

Before the 15th century, the palazzo's facade faced south. But in 1453, following restoration work to accommodate newly acquired Venetian tastes, the facade was actually turned around. Now it faces north toward Piazza Vecchia.

Behind the Palazzo della Ragione, poised on the edge of Piazzetta Duomo, lies Citta Alta's most prominent attraction: the Santa Maria Maggiore Church and Colleoni Chapel.

The church's stout medieval appearance was irrevocably altered between 1473 and 1476, when the Colleoni Chapel was grafted onto its facade. The flamboyant chapel, made of muted pink and white marble, is ornate in the Renaissance tradition. From a child's perspective, the bas-reliefs, pilasters and outlandish play of colors may seem less Renaissance and more Disneyesque. Either way, it's a feast for the eyes.

A few steps away, the Duomo, which was undergoing repairs during my visit, is more on a human scale than the massive Duomo 45 minutes away in Milan. Like everything else in Bergamo, less is more.

Citta Alta's charm lies as much in the architecture as the ambience. Church bells ring every hour (sometimes every half hour), echoing through the old labyrinthine streets. Elderly women lean from flowered balconies, watching with eagle eyes as their grandchildren frolic.

SEE 'BERGAMO' PAGE 25.

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Well Dressed Garden: Keep A Few Secrets At The Garden Gate

by Marty Ross

First impressions count: The colorful scene you encounter when you enter a garden immediately affects your mood and the rest of your experience there. There's an art to it. To make a good impression on visitors to your garden, you have to apply a little garden psychology.

Beginning at the garden gate, "the garden should start telling a story," says Tres Fromme, a designer with Mesa Design Group in Dallas. "It should make people wonder what's going on," he says.

Garden designers have lots of ways to build their plots, planting a tiny seed of contentment or curiosity and creating the momentum that carries a visitor from the first exclamation of delight through a very pleasant experience. Here are some ideas from Fromme and two other garden professionals to help you

make your garden a great place to visit, and a thrill to come home to.

LET THE STORY DEVELOP

"You want that sense of mystery and anticipation," says Richard Ludwig, who teaches landscape design courses at Gwinnett Technical College in Lawrenceville, Ga. Tease your visitors just a little, he suggests. Don't let them see the whole garden from the gate. Allow a peek of what's to come and then let the path or the view be obscured by trees or shrubbery, enticing them to explore further.

GET YOUR PRIORITIES STRAIGHT

Your garden should have a hierarchy, Ludwig says. There should be one dominant space. It might be the patio, a pond or fountain, or a spectacular flower bed with flashy perennials in bloom all summer and lots of year-round color and structure from well-chosen shrubs. Gardens organized around such a dominant

element, he says, have a sense of direction, a feeling of movement toward that space. A visitor feels like she has arrived.

LOOK UP

It's hard to miss a vertical element in the garden. Philip Gibson, who also teaches at Gwinnett Tech, suggests using small trees, conical evergreens, arbors or even a birdhouse on a post to grab the attention of visitors.

"Vertical elements draw people to a space," he says. "Horizontal elements are passive." The entrance to a garden is a great place for a vertical element, he says.

SHOW YOUR COLORS

You don't have to be an artist to express yourself and your garden's personality with color.

"Make it cheerful and welcoming," Fromme says. "It doesn't have to be fancy." He plants yellow flowers in his front yard for their sunny impact. Gibson suggests exploring the idea of monochromatic plantings to establish your garden's mood. You could try a cool garden with white flowers and silvery foliage, a sophisticated garden of blue flowers, or a fired-up flower bed with predominately red, orange and yellow.

If you're not sure which colors will look right, "you can simply pick up on the most important and expensive element in the garden -- your house," Ludwig says. Echo your home's colors in the garden -- the trim's colors, especially -- and "it will give your property a real sense of unity," he says.

SMELL THE ROSES

Fragrance should also be part of the experience of every garden, Fromme says. Plant an old-fashioned rose or a pair of pungent English boxwoods, or place a big flowerpot full of lavender or rosemary right by the garden gate. Oriental lilies, which have a heady, exotic fragrance, will fill the summer air with perfume. Whatever else happens next, people will feel that they have come to a very pleasant place.

"Fragrance triggers so many memories," Fromme says. "I try to play



To make a good first impression in the garden, don't reveal all your secrets at the garden gate. An intriguing entry will stir the curiosity of visitors and make your garden a more memorable experience. photo: Marty Ross

that up." As Ludwig says, fragrance "stirs the imagination."

BREAK THE RULES

You're the boss in your garden, and you don't have to follow rules laid down by designers or in books, Gibson says. If your home is brick but you want a bluestone patio, suit yourself; mixing materials is your prerogative. If you love a combination of orange and blue flowers, indulge yourself.

ADD ACCENTS

Judicious use of garden ornaments, just like accessories in your house, can send subtle or not so subtle signals to visitors about who lives there.

"Think carefully about what you want to use," Fromme says. "I see many a statue that looks like it was washed up on shore." No matter what your taste, don't clutter the garden up with too many ornaments, he says. Keep it simple.

BRING IT HOME

Your garden is the first thing visitors see when they come to your home, and spending a little time and effort can produce results that make a good first impression.

"Sometimes you can even save an unattractive house by putting a good garden around it," Fromme says.

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Senior Community Update



ACOVA NEWS

ACOVA is in the process of recruiting volunteer victim advocates to serve victims of crime/circumstance in the City and County of Pueblo.

Free classes will be held on Friday, Sept. 14th, Saturday, Sept. 15th and Friday, Sept. 21st. and Saturday, Sept. 22nd from 8am - 5pm.

For more info please contact Jan Curtis at 719-553-2460. ACOVA is a law enforcement based program serving all 7 local law enforcement agencies, all fire departments and both area hospitals.

FATIMA STATUE

The United States National Pilgrim Virgin Statue of Our Lady of Fatima will be spending the month of October in the Diocese of Pueblo. The first stop for the statue will be at The Shrine of St. Therese Catholic

Church, 300 Goodnight Avenue on October 1, 2007. The statue has not been here for 30 years and this October is the 90th anniversary of the Miracle of the Sun at Fatima in 1917. To obtain information where the statue will be hosted in the diocese and the dates, please see The Chronicle or watch for information in your church bulletin starting the weekend of September 15, 2007.

GENEALOGICAL SOCIETY

The Southeastern Colorado Genealogy Society holds regular meetings on the 2nd Saturday of the month at 2:00pm in Meeting Room "B," Robert Hoag Rawlings Public Library, 1st floor, 100 Abriendo Avenue, Pueblo, CO.

At the Sept. 8 meeting, "Refresher and Beginner's Genealogy Classes will be offered one hour before the regular meeting.

No charge. Non-Members welcome.

To register, call 546-1973.

SEASONS OF GRIEF

The Seasons of Grief, a workshop for adults experiencing bereavement at the death of someone close will meet for five sessions beginning Thursday, September 6th through October 4th from 6:30pm to 9:00pm at the First Presbyterian Church, 220 W. 10th St., Pueblo. The cost is \$20.00. Scholarships are available. For more info call Suzanne D'Spain, 719-542-7322.

OWLS NEWS

The Older, Wiser, Livelier Seniors (OWLS) meet on the third Wednesday of each month at various area restaurants for an evening of fine dining and socialization. For location and reservations, please contact Jack Briggs at Jack.Briggs@comcast.net or call him at 546-6189."

ST. MARY-CORWIN MEDICAL CENTER HOSTS ORTHOPEDIC TOTAL JOINT CLASS

Pueblo, CO --- St. Mary-Corwin Medical Center is hosting semi-monthly classes at the hospital to provide education on joint replacement surgery options available to people throughout southern Colorado. People currently scheduled for joint replacement surgery or simply considering the procedure are invited to attend.

The Total Joint Class is held on the first and third Wednesday of each month for patients or prospective patients and their family. The class provides complete information about the complete joint replacement process, including surgery, orthopedic nursing, physical therapy, occupational therapy, nutrition and case management.

Classes are held from 1 pm to 3 pm in conference room 4884, located on the fourth floor of the hospital. Refreshments are served, and family and friends are encouraged to attend. To register for the Total Joint Class, call 719-557-5138.

For more information, visit www.stmary-corwin.org.

SRDA MYSTERY TRIP

October 6th - Leaving SRDA at 3:30 pm - Returning by 8:00 pm

Be prepared for either warm weather or cool weather.

Trip Includes: Transportation, Food & Entertainment - \$35.00.

Register at SRDA, 230 N. Union Ave. or call 545-8900.

ALSO: Free Movies at SRDA, 230 N. Union Ave 545-8900.

September 7th - Back Draft

September 14th - Towering Inferno

(Steve McQueen)

September 21st - Hell Fighters (John Wayne)

September 28th - Hunt for Red October (Sean Connery)

ATTENTION STRING PLAYERS!

The Fremont Chamber Orchestra is seeking new members. If you play the violin, viola, cello or bass, come and join this fun loving group of musicians. The orchestra rehearses on Tuesday evenings, from 6:30 - 7:30 pm, at the Wells Fargo Bank, in Penrose, Colorado. Rehearsals will begin on September 25th, 2007.

For further information, please contact Jean Whitmore at 429-6091 or the Fremont School of the Arts at 784-3400.

VOLUNTEER OMBUDSMAN

Wanted, Volunteer Ombudsmen to share their time, talents and caring hearts with the elderly residents of Long-Term Care and Assisted Living facilities. This would be a great opportunity for retired Nurses, Social Workers, and Individuals who love and want to work with some of the most vulnerable members of our society. In this capacity, you would advocate for these residents and when necessary investigate and obtain proof of deviation from nursing home care standards. If interested please call 583-6123. This Volunteer position is with the Pueblo County Long-term Care Ombudsman Program. You Must Be Able To Pass A Criminal Background Check Before Being Accepted.

CURATOR'S WALK AT

EL PUEBLO HISTORY MUSEUM

Discover what's behind the new exhibit, "Descansos and Traditions in Remembering the Dead" at El Pueblo History Museum. Participants may select from two dates, Saturday, September 8, or Tuesday, September 11, to take a behind the scenes tour with the museum's director, Deborah Espinosa, and exhibit curator, Kathleen Eriksen. Following the tour, traditional Day of the Dead foods will be served at a special Skeleton Tea.

The walk will be held at the museum located at 301 North Union between 10:00 a.m. and 12:00 p.m. on both days. Cost is \$5 or free for El Pueblo History Museum Volunteers or those who are interested in becoming a volunteer and Colorado Historical Society members. Reservations are required before September 7 by calling the museum at 583-0453.

SRDA CALENDER

September Calendar of classes, events and trips:

Monday 9/3: CLOSED except for lunch

Tuesday 9/4: 11am ZUMBA Exercise Class, 8:30 Coupon Cutters

Wednesday 9/5: 9am Oil Painting Class 10am Senior Strength Training Class, 11 am Water Color, 1:30 Chair Aerobics Class - Arthritis Foundation

Thursday 9/6: 9am Drawing, 10 Vision Group, 11am ZUMBA Exercise Class

Friday 9/7: 9am oil painting class, 10am Senior Strength Training, Noon: Bridge

DEADLINE FOR SIGNING UP FOR CRIPPLE CREEK TRIP

Monday 9/10: 10 Senior Strength Training, 1:30 Chair Aerobics Class - Arthritis Foundation

Tuesday 9/11: 8:30 Coupon Cutters, 11am ZUMBA Exercise Class, 1 pm Knit and Chat, 1:30 Parkinson's Group meets, 2:00 Stroke Survivors Meet

Wednesday 9/12: 8:30 Acrylic Painting, 9am Beginning Computer Class, 10am Senior Strength Training Class, 1:00 Water color, 1:30 Chair Aerobics Class - Arthritis Foundation

Thursday 9/13: 9:00 Drawing, 11am ZUMBA Exercise Class, 1pm Pool Tournament OPEN

SEE 'COMMUNITY' PAGE 23.

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Reflexology: An Ancient Healing Art

by **Wendie Stauffer - Reflexologist - Pueblo**

What is Reflexology?

Reflexology is natural healing art in which pressure is applied to specific areas of the skin, mainly the hands and feet. Traced back as far as 2300BC in the physician's tombs of the Egyptian pyramids, Reflexology is an ancient healing art that was also used in China, India, Japan and by Native American tribes.

Based upon the principle that there are reflexes in the feet that correspond to every gland, organ and area of

the body, Reflexology is a noninvasive, natural therapy that induces a deep relaxed state. Through application of pressure to these reflexes, tension is relieved, circulation improved and your body's natural healing capacity promoted.

"Reflexology is one of the most underrated therapies on the market today. The healing benefit it has on the body is powerful." Don "Rabbit" Skonieczka, Licensed Acupuncturist.

Who can benefit from Reflexology?

Whatever your occupation, age or current state of health, reflexology has

something to offer you. For all stages of life, this healing therapy aims to help your body to maintain health, enhance your quality of life, meet specific health needs, and relieve stress in a very pleasant way. Specific conditions include, but are not limited to:

- stress / tension
- back, neck, shoulder pain
- headache / migraines
- poor circulation
- hypertension
- PMS
- colds / flu
- allergies / asthma
- sinuses / hayfever
- arthritis
- diabetes

"I used to get terrible headaches with my TMJ. Wendie not only relieved my pain and headaches, but she taught me how to head them off using certain pressure points." Jackie Neat, Pueblo West

What can I expect from a treatment?

Although each treatment lasts approximately 60 minutes, the first session

often requires 90 minutes. The first visit includes a relaxing foot bath while the practitioner listens to you explain your current symptoms, if any, and reviews your medical history. Gentle but firm pressure is then applied to the reflexes of the feet resulting in a heavenly foot massage. Through the course of a session, certain reflexes may be sensitive. These tender spots are possibly indications of a blockage in the related body areas. Reflexology aids to detox, balance and re-energize the body. A course of treatment may be recommended, depending on your body's needs. For acute and chronic conditions, treatment may be recommended weekly for a month, after which your body will determine if and when you need follow-up treatment.

"I have used reflexology practice for years. It has helped me through such trials as recovery from a broken leg in 2001, the stresses of a Senior graduation and (it) was a tremendous aid in helping my spirit after the loss of my mother in 2004. Now we work to maintain balance." Vicki Baxter, Certified Massage Therapist

Can Reflexology make a condition worse?

No, it will not make any condition more acute. Reflexology helps to normalize body functions. A Reflexology session relaxes the stress that can affect your health. It is a safe effective way to better health.

How will I feel after a Reflexology treatment?

Each client is unique. No two people react in exactly the same way, nor does the same person always experience the same thing each time. Most people experience deep relaxation, although in the first few seconds they may feel a bit disoriented, as most of us do when waking from a deep sleep.

"I was skeptical at first(after reading about reflexology), but after my first treatment, I was hooked on reflexology and massage. I would recommend it to anyone who is having trouble with foot pain or any other pains in their body."

Arlene Walding, Pueblo

About Wendie Stauffer: A practitioner at the Golden Flower Health Clinic, 251 S. Santa Fe, Pueblo, since 2001, Wendie Stauffer has over 25 years experience in holistic health. She may be reached by calling 542-9210 to schedule an appointment. Home visits are available. When with a client, she relies on voice mail, so please leave a message and she will return your call.

World Reflexology Week, is the week of September 23 – 29, 2007.

May The Clouds Never Burst and The Son Always Find You!

Courts

from page 7.

below the knee. He sued under the Federal Tort Claims Act. The Corps moved to dismiss under the Feres rule. Last month a panel of the 9th Circuit gave the plaintiff a green light. Unless the Supreme Court intervenes, the case will go to trial.

These are essential points: Schoenfeld was on liberty, in a private car, engaged in wholly private activity. He was free to leave the base. He had no Marine Corps duties to perform. The government emphasized at trial that one of his errands was to leave his uniforms at the cleaners, but otherwise there was nothing to distinguish his errands from anyone else's. The 9th Circuit, on appeal,

brushed that justification aside.

Judge Kim McLane Wardlaw, speaking for a unanimous panel, acknowledged some points in the government's favor. The Marine Corps had paid "a significant portion" of Schoenfeld's medical expenses. He was offered a specially equipped automobile. Until he was placed on disability retirement he received full pay. He continues to receive "other military benefits."

Even so, at the time of the accident, Schoenfeld was essentially a civilian riding on a road made dangerous by the government. He was not then subject to military discipline; he was not performing any military duty; his mission

was "purely personal." Indeed, "He was doing what any member of the public could have done on a Saturday morning -- riding on a road available to the public."

The two plaintiffs, Brown in Tennessee and Schoenfeld in California, are only the two most recent litigants in a 60-year string of plaintiffs denied a hearing because of the Feres rule. Rudolph Feres himself had two fellow petitioners in the Supreme Court, Arthur Jefferson and Dudley Griggs, both victims of the Army's medical malpractice. They have been followed by a small battalion of unsuccessful plaintiffs.

Ten years ago, dissenting with Brennan, Marshall and Stevens in "U.S. v. Johnson," Justice Antonin Scalia delivered a blistering criticism of the Feres rule. The case was "wrongly decided and heartily deserves the widespread and almost universal criticism it has received." When will the court undo the mess it has made?

(Letters to Mr. Kilpatrick should be sent in care of this newspaper, or by e-mail to kilpatijj(at)aol.com.)

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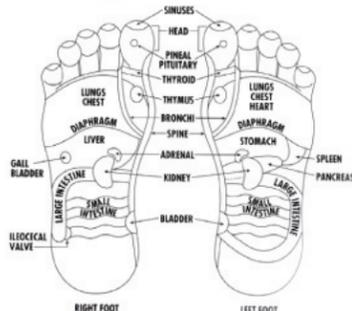
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MORE WEIRD NEWS

from page 4.

eventually narrowed to eight -- overall build, volume, breast shape (inner, outer and lower), height, "gradient" and "orientation." Their "depth/width ratio" would increase the number of sizes from the current A/B/C/D to as many as 20.

Life-Saving Properties of Sewage

(1) In April, a woman hanging out laundry on the sixth-floor roof of a building in Nanjing, China, fell off but was only slightly injured when she happened to land in a shallow pool of the contents of the building's septic system, which workers were cleaning. (2) A fiery auto crash in July near Augusta, Ga., had killed the driver and would likely kill the passenger, too, if the fire were not immediately smothered. Firefighters were still minutes away, but passing by was a pump truck from a local plumbing company, whose quick-thinking driver extinguished the flames with 1,500

gallons of raw sewage from a septic tank-cleaning job he had just finished.

Redneck Games?

East Dublin, Ga. (in July), and Athens, Texas (in August), sponsored their own versions of Redneck Games, with events such as mud-pit belly-flopping, seed-spitting and making armpit music (Georgia), as well as (in Texas) "red-neck horseshoes" (played with toilet seats), a Spam-and-jalapeno-eating contest, a mattress chuck, men bobbing for raw animal parts in tomato paste, and the ever-popular coed butt crack contest. Wrote the San Antonio Express-News: "There was something strangely arresting about watching 10 serious-faced guys grind away at pink bricks of Spam while Steppenwolf's 'Born to Be Wild' boomed from the loudspeakers."

Not My Fault

(1) Amy Mueller filed a lawsuit recently against Samy's Bar and Grill in

Joliet, Ill., after she willingly tried to climb onto the bar to dance in May 2006 but fell and broke her ankle. Samy's should have had a "ladder" or other climbing aid, said Mueller's lawyer. (2) Jeromy Jackson and his family filed a \$10 million lawsuit in Morgantown, W.Va., in August against McDonald's because there was cheese on his Quarter-Pounder, which triggered a severe allergic reaction that required hospital treatment. Jackson's lawyer said the family's order was painstakingly clear that the burger should be cheeseless, but apparently, after being served, Jackson failed to lift the bun to check.

Compelling Explanations

(1) Cheveon Ford, 21, was arrested in Pensacola, Fla., in July and charged with making false 911 calls; according to authorities, Ford's only explanation was that he had no more minutes on his phone and knew that 911 calls were free. (2) In Rochester, N.Y., in June, Eric Kennedy, 38, was sentenced to 12 years in prison for molesting an underage girl over a three-year period, which he partly attributed to his poor eyesight, in that at times he might have mistaken the girl for her mother, with whom he was living.

Ironies

-- After a 25-year-old woman was accused of murdering her father and sister (and wounding her mother) in July in Sydney, Australia, authorities revealed that she had been diagnosed with a psychotic illness in 2006. However, she had been discouraged from seeking psychiatric treatment by her parents because they are Scientologists, who by doctrine reject psychiatry and psychotropic-drug treatment.

-- Great Moments in Anger Management: Raul Ponce Jr., 20, was arrested in San Diego in April and charged with killing his teenage girlfriend by stabbing her 122 times; he was arrested later that day at his anger-management class. And Rev. Robert Nichols, who for several years had been teaching anger-management classes for accused criminals in Gary, Ind., was arrested in July and charged with beating his wife.

Grrllz With Attitude

(1) A 12-year-old girl was sentenced in Perth, Australia, in July to two months' detention for stealing a car and leading police on a harrowing high-speed chase. According to court records, she has already been convicted of more than 60 crimes. (2) A 7-year-old named Alisha told reporters in Reidsville, N.C., in August that she was just being a good

daughter when she challenged the man who tried to rob her mom (a convenience store clerk). "I was pushing on him and telling him to 'back away, back away, man.'" (Her aggressiveness foiled the robbery, but the man got away. Said Alisha, "He should be locked up by his gills and towed to the police.")

Fine Points of the Law

(1) In July, a federal appeals court ruled that no one could challenge President Bush's order permitting warrantless eavesdropping on phone calls into and out of the United States, unless it was a person actually eavesdropped on. However, according to law professors cited by the Los Angeles Times, anyone who could prove that would be barred under other national security laws from revealing that fact in public. (2) Pamir Safi will soon be retried in Lincoln, Neb., accused of raping a woman in 2004 (after a hung jury in the first trial), but this time, Judge Jeffre Cheuvront has prohibited prosecutors from using the terms "rape" or "sexual assault" in front of the jury because they might prejudice Safi, who claims the sex was consensual. The alleged victim said she feels humiliated to refer to the incident as mere "sex."

Recurring Themes

Another prominent company of very large dancers is flourishing (this one in Cuba), performing with remarkable grace the forms of classical ballet, and even popular steps, despite sometimes thundering across the stage, "convey(ing) an excitement akin to a stampede," according to a July New York Times dispatch from Havana. Like others (such as Henri Oguike's Big Ballet in the U.K.), Danza Voluminosa is home to talented ballerinas who happen to be much too hefty (several around 300 pounds) for traditional troupes. Danza capitalizes on its bulk by offering storylines on gluttony, fat prejudice and the psychological problems of obesity.

Recent Alarming Headlines

(1) "(British National Health Service) Dentists Turn Away Patients With Bad Teeth" (a May report in London's Daily Telegraph) (compensation is sufficient only for routine treatments). (2) "Indian Lawyers Tie Man to Tree, Beat Him" (a May Reuters report from Lucknow, India) (the man had declined to marry one lawyer's niece). (3) "Principal Admits Throwing Excrement (at a kid)" (an April story in the Toronto Star) (said suspended principal Maria Pantalone, "I couldn't take it anymore").

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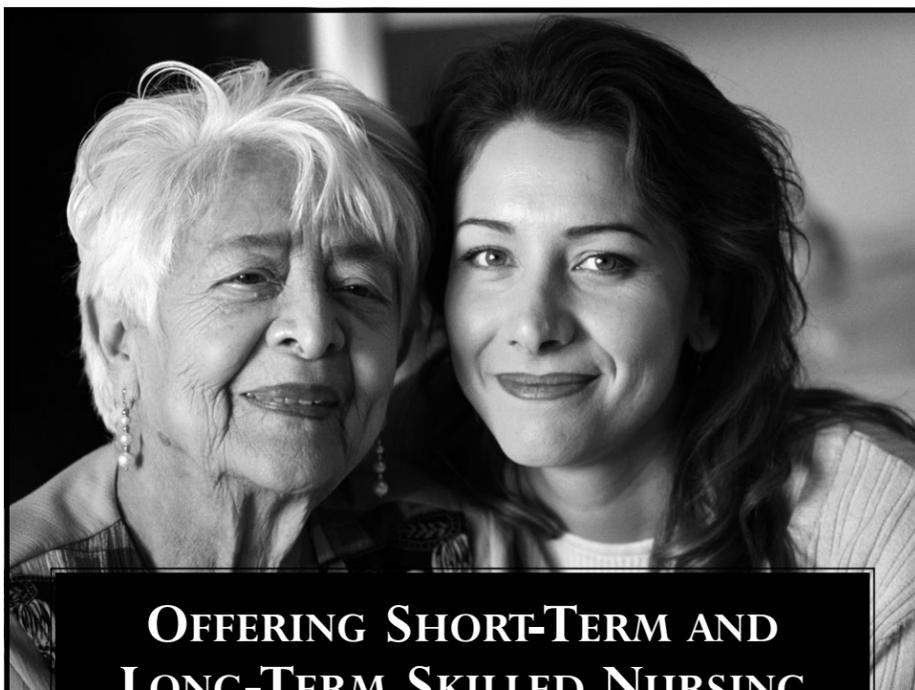
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Use It Or Lose It! Your Brain That Is!!

by Robin Mosey - Home Instead

When it comes to how the mind ages, research is increasingly giving new meaning to the popular phrase "use it or lose it," said Robin Mosey, owner of the Home Instead Senior Care® franchise office in Pueblo.

"We know that mind games keep many aging minds young and vital," said Mosey. So what are today's seniors doing to keep mentally fit? Many have said goodbye to traditional games such as bingo. They're gravitating more to video-game technology and group activities such as Scrabble® and bridge tournaments.

According to the latest studies, it all helps.

Researchers in a study published just last year in Psychological Medicine from the University of New South Wales in Sydney, Australia, found that individuals with high brain reserve—which looks at the roles of education, occupational complexity, and mentally stimulating pursuits in preventing cognitive decline—have a 46-percent decreased risk

of dementia than those with low brain reserve. The study found that it is, in fact, a case of "use it or lose it," and pointed out that even a late-life surge in mental activity can stave off the effects of this terrible disease.

However, one deterrent for many seniors who would like to stay mentally active is lack of companionship—particularly for those older adults who live alone.

"Sometimes seniors just need a little encouragement from family and friends to help them pursue interests that can keep their minds stimulated," said Mosey.

"Through games and puzzles, cards and music, Home Instead CAREGiversSM have seen lives change for many older adults throughout our community."

In 2003, a study reported in the New England Journal of Medicine found that people who participated in activities such as board games, reading, playing a musical instrument or working a crossword puzzle were less likely to

develop dementia than were people who said they engaged in those types of activities rarely or not at all.

So what causes the kind of brain drain that seniors must try to thwart? From a scientific standpoint, multiple factors apparently contribute to a sluggish senior mind, said Dr. Ronald Petersen, director of the Mayo Clinic Alzheimer's Disease Research Center. In his words, "There is often a genetic component, but the environment plays a role as well. The cumulative impacts of medical issues such as vascular changes like hardening of the arteries also contribute to dementia."

He also pointed out that, "The connections between the nerve cells probably also don't work as well."

On the other hand, Petersen observes, the wisdom and acquired experience seniors bring to the table is often under-valued in our society. That's why exercising the mind as well as the body is such an important goal for older adults.

He said there are no hard and fast rules about what senior mind activities are the best in warding off the effects of aging. "Whether it's a computer game, crossword or Sudoku puzzles, or reading and analyzing a newspaper or magazine, first and foremost seniors should like what they're doing," Petersen said. "If the senior does not enjoy the activity, then it is not as likely to be beneficial."

The advent of today's video technology has certainly attracted the attention of many seniors. Consider the following:

- The second-annual "Evercare 100 @ 100 Survey," sponsored by the company Evercare, polled one hundred Americans turning 100 and older this year about their practices and habits and found that one in seven has played video games.

- And the New York Times reported earlier this year that PopCap Games in Seattle says its video games have been downloaded more than 200 million times since the company was founded in 2000. A spokesman said that the company was stunned by results of a customer survey last year, which found that 47 percent of players were older than 50 years.

Other retailers are noticing the trend as well. Nintendo's Brain Age™: Train Your Brain in Minutes a Day, a video game for the portable Nintendo DSTM that features simple math and other activities, also has received high marks from seniors and researchers. And its new Wi™ home video game system—which allows players to interactively compete in

sports such as bowling and golf—is flying off the shelves, with seniors comprising a significant consumer market for this new video game. Senior care communities around the country are even hosting Wii tournaments.

Dr. Elizabeth Zelinski, a professor of gerontology and psychology at the Leonard Davis School of Gerontology at the University of Southern California (USC), says games such as Brain Age can help keep older adults' minds active. "My family, including boys ages 17 and (nearly) 21, has a long history of interest in video games.

Like kids, seniors are playing games with people all around the world: it's all about communication," Zelinski explains. "Seniors can do a great deal to maintain and even improve their mental abilities. Aging is all about taking on new challenges for our minds."

For interviews with local seniors participating in mind-game activities, contact Robin Mosey at (719)545-0293.

Tips for Mind-Stimulating Fun Following, from Home Instead Senior Care, are ways to help engage your senior loved one in mind-stimulating activities:

Video action. Interactive video games have become popular for family members of all ages. Some games, such as Nintendo's Brain Age, and the new Wii home video game system, are particularly good for stimulating seniors' minds.

Computer savvy not needed. Even seniors who are intimidated by the computer still can play online and other computer games. Why not try to help them get started playing Solitaire or joining an online bridge game?

Organize game night. Board or card games offer a great avenue for mind stimulation. Why not encourage your senior loved one to get a few friends together to join in the fun?

The magic of music. Many seniors were avid musicians in earlier years and some may still have pianos or instruments in their homes. Ask them to play you a tune or challenge them to learn an instrument.

Tournament fun. Bridge and Scrabble tournaments for seniors are springing up around the country. Check with your local senior center or Home Instead Senior Care office to learn of any activities in your area. Or encourage your older adult to join a local bridge group.

Think big. Crossword, large-piece jigsaw and Sudoku puzzles are great pastimes for seniors who need a mind-stimulating activity when they are alone.

Mortgage Troubles In These Times

from page 13.

ing, unethical sales pitches."

Troubled mortgage holders are no exception. BBBs nationwide are assisting with an increasing number of complaints about foreclosure rescue businesses that promise homeowners a fail-safe solution. Victims report unknowingly signing over the deeds to their houses; having to pay rent to live in their own homes; or confronting buy-back deals that exceed the value of their homes.

BBBTips™ for Troubled Homeowners outlines the options that are available to financially-pinched homeowners, from those who are anxiously awaiting a reset of their adjustable mortgage rate to those who may already be on the road to

foreclosure.

The BBB system's new educational resource is available online at www.bbb.org/tips/clearpoint. Topics include:

- Reasons behind the current rise in mortgage foreclosures;
- Advice for homeowners on assessing their personal situation;
- Steps to take if you can't make your monthly mortgage payment;
- Seeking assistance from a non-profit housing counselor; and,
- Avoiding foreclosure "rescue" scams.

BBBTips™ for Troubled Homeowners is sponsored by ClearPoint Financial Solutions, Inc.™, a system-wide member of the Better Business Bureau.



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Cole's Cooking A to Z: Pass The Rolls, Please!!

by Annette Gooch

In many households, no holiday feast is complete without freshly baked rolls. Not that most menus truly need supplementing, but tucked into a linen-lined basket or bowl, the very presence of hot rolls on the dining table says "special occasion!"

Time-saving equipment and techniques enable even cooks with busy lifestyles to make rolls from scratch when the occasion calls for it. A food processor can shorten the time it takes to mix and knead many yeasted doughs. For added convenience, the ingredients often can be mixed hours ahead and then refrigerated to permit the dough to rise slowly.

Another time-saving option is to shape and fully bake the rolls as much as a month or two ahead. Frozen in airtight containers, they will keep well for up to two months. An hour before dinner, the rolls can be removed from the freezer and allowed to thaw, covered, at room temperature. A few minutes in the oven or microwave, and they're hot and ready for the table.

SUCCESS TIPS:

-- To heat yeasted rolls in a conventional oven, place them in a brown paper bag, sprinkle a few drops of water inside the bag, twist it closed, and place in a 350-degree oven for 10 minutes.

-- To heat rolls in a microwave oven, wrap them in paper towel or napkin and allow 10 seconds per roll in the microwave at 100 percent power.

Why settle for plain rolls when making these intriguing little bowknots is so easy and such fun? These rolls can be hand-kneaded in the traditional way or in a heavy-duty mixer equipped with a dough hook.

BOWKNOT ROLLS

- 2 packages active dry yeast
- 1/2 cup warm (105 degrees) water
- 1/3 cup sugar
- 3/4 cup warm (105 degrees) milk
- 1 teaspoon salt
- 1/4 cup butter, softened
- 5 to 5 1/2 cups unbleached flour
- 2 eggs
- Melted butter

1. Sprinkle yeast over water in large bowl of an electric mixer. Add 1 tablespoon of the sugar. Let stand until

yeast is soft (about 5 minutes).

2. Add remaining sugar, milk, salt and butter.

3. Mix in 2 1/2 cups of the flour; beat until smooth and elastic (about 5 minutes). Beat in eggs, one at a time. Then stir in more flour (approximately 2 cups) to make soft dough.

4. Turn dough out onto a work surface sprinkled with some of the remaining flour. Knead until dough is smooth and satiny and small bubbles form just under surface (8 to 10 minutes), adding only enough flour to keep dough from sticking.

5. Turn dough in a greased bowl. Cover with plastic wrap and a towel. Let rise in a warm place until doubled in bulk (about 1 hour), or refrigerate for 6 to 8 hours.

6. Punch dough down. Knead into smooth ball; cover with inverted bowl; let rest for 10 minutes. Lightly flour work surface with remaining flour. Divide dough into 24 equal portions. Working on a lightly floured surface, roll each portion beneath your palms to make a strand 6 inches long. To form the knot, pick up both ends of a strand and tie into a loose knot; repeat with remaining strands. Transfer to greased baking sheet, arranging rolls about 2 inches apart.

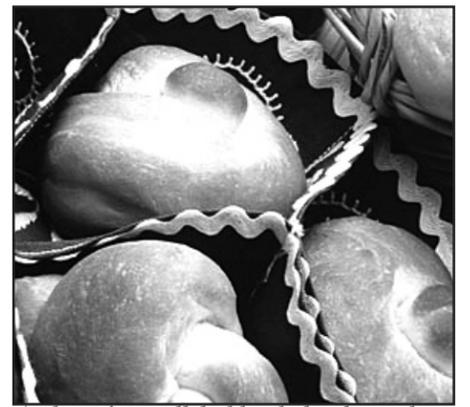
7. Cover rolls with plastic wrap and towel; let rise in a warm place until almost doubled in bulk (30 to 45 minutes). Preheat oven to 400 degrees.

8. Brush rolls lightly with melted butter. Bake until golden brown (12 to 15 minutes). Cool slightly on wire racks. Serve warm.

Makes about 2 dozen rolls.

Buttermilk and baking powder makes for light, tender biscuits, but it's yeast that gives them their mouthwatering aroma and good keeping qualities. No hand kneading is required for this dough, which is mixed in a food processor.

YEASTED ANGEL BISCUITS



A charming roll holder helps keep these freshly baked "bowknots" warm and soft at the dinner table. photo: Lifestyle Media Group

- 1 package active dry yeast
- 2 tablespoons sugar
- 2 tablespoons warm (105 degrees) water
- 2 to 2 1/4 cups flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 3 tablespoons cold butter, cut into chunks
- 2/3 cup buttermilk

1. In a small bowl, mix together yeast, sugar and water; let stand in a warm place 10 to 15 minutes. In a food processor fitted with a steel blade, combine 2 cups of the flour, baking powder and salt. Add butter, pulsing the machine on and off to cut it in. With motor off, quickly pour in yeast mixture and buttermilk; then process until dough pulls away from sides of bowl. Add more flour if dough is sticky.

2. Turn dough out onto a lightly floured board. Pat out 1/4 inch thick; cut rounds of dough, using a 2- or 2 1/2-inch biscuit cutter. Arrange biscuits, barely touching, on greased baking sheet. Prick tops with a fork. Cover pan with plastic wrap. Let rise in a warm place until doubled, about 30 to 40 minutes.

3. Preheat oven to 425 degrees. Bake until golden brown (10 to 15 minutes).

Makes 10 to 12 biscuits.

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 SEPT. 11: SWISS STEAK WITH MUSHROOM SAUCE, Whipped Potatoes, greens, Orange, Dinner Roll with Margarine.
 SEPT. 13: BEEF STROGANOFF, Orange Spiced Carrots, Ruby Beef Salad, Tropical Fruit.
 SEPT. 18: Steamed Brown Rice, California Vegetable Medley, Diced Pears.
 SEPT. 20: LEMON BAKED FISH, Tartar Sauce & Lemon, Scalloped Potatoes, Chopped Spinach with Malt Vinegar, Banana.
 SEPT. 25: VEGETABLE SOUP, Cold Roast Beef Sandwich On Wheat Bread with Mustard & Mayo Sliced Tomato on Lettuce, Waldorf Salad, Banana.
 SEPT. 27: CORNED BEEF WITH BROTH, Parsley Buttered New Potatoes, Cabbage & Carrots, Rolled Shamrock Sugar Cookie, Rye Bread with Margarine

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 SEPT. 6: ENCHILADA PIE, Sliced Tomato on Lettuce, Sliced Yellow Squash, Mixed Fruit.
 SEPT. 7: BRATWURST ON A BUN, With Sauerkraut, Mustard & Onion, Scalloped Potatoes, Peas and Carrots, Peach Halves.
 SEPT. 11: TACO SALAD WITH SALSA, Tomato & Lettuce Garnish, Strawberry Applesauce, Cantaloupe, Cornbread with

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Margarine.
 SEPT. 13: TURKEY SANDWICH, With Provolone Cheese & Mustard, Sliced Tomato On Lettuce, Orange, Waldorf Salad.
 SEPT. 14: BEEF STROGANOFF, Orange Spiced Carrots, Ruby Beet Salad, Mixed Fruit.
 SEPT. 18: CHILI RELLENO CASSEROLE, Parslied Carrots, Tossed Vegetable Salad with Lemon.
 SEPT. 20: SALISBURY STEAK, Whipped Potatoes with Gravy, California Vegetable Medley, Greens, Nectarine.
 SEPT. 21: SWEET & SOUR PORK, Steamed Brown Rice, California Vegetable

Medley, Diced Pears.
 SEPT. 25: BBQ PORK RIBS, Corn On The Cob, Seasoned Greens, Potato Salad, Watermelon.
 SEPT. 27: BAKED POTATO, Broccoli Cheese Sauce, Tossed Salad with Lite French Dressing, Plum, Fruit Cocktail.
 SEPT. 28: DIJON CHICKEN, Steamed Brown Rice with Parsley, Cooked Cabbage with Red Pepper, Orange Juice and Peach.

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Potatoes, California Vegetable Medley, Banana.
 SEPT. 7: TURKEY TETRAZINI, Italian Green Beans, Cottage Cheese Peach Salad, Strawberry Applesauce
 SEPT. 10: BAKED HAM WITH RAISIN SAUCE, Candied Sweet Potatoes, Green Bean Amandine, Cranberry Mold.
 SEPT. 12: CORNED BEEF WITH BROTH, Parsley Buttered New Potatoes, Cabbage & Carrots, Rolled Shamrock Sugar Cookie, Rye Bread with Margarine.
 SEPT. 14: BLACK BEAN & TORTILLA CASSEROLE, Steamed Brown Rice, Whipped Sweet Potatoes, Mixed Fruit.
 SEPT. 17: TUNA MACARONI SALAD, Cool Cucumber Salad, Sugar Free Orange, Juice Gelatin, Salad w/ Banana, Peach, Cheddar Drop Biscuit with Margarine.
 SEPT. 19: HOT TURKEY SANDWICH, Whipped Potatoes, Asparagus Amandine, Pineapple Mandarin Orange Compote.
 SEPT.21:BEEF STEW,SavoryBlackBeans with Cilantro, Orange Juice, Watermelon, Cornbread with Margarine.
 SEPT. 24: SALISBURY STEAK, Whipped Potatoes with Gravy, California Vegetable Medley, Greens, Nectarine.
 SEPT. 26: WHITE CHILI WITH CHICKEN, Wheat Crackers , Carrot & Celery Sticks , Cooked Cabbage with Red Pepper, Apple.
 SEPT. 28: ROAST PORK, Whipped Potatoes with Gravy, Parslied Carrots, Strawberry Gelatin Salad, Dinner Roll with Margarine.

ALL MEALS SERVED WITH MILK (Coffee or Tea optional). Most meals served with bread and margarine.

Oral Health Tips For Seniors: Dentistry Better For Elders?

by Ned High

We again turn to the American Dental Association for an answer to the question:

Q: What is dentistry doing to better serve older adults?

A: Dentists are experiencing a quiet revolution in their offices as the number of older patients increases steadily and their

treatment centers more on natural teeth. The profession knows that this burgeoning population group is wearing fewer dentures and is keeping natural teeth longer.

Also, we know that some patients in this group require special consideration because reduced mobility and dexterity may make daily oral hygiene difficult. In

addition, medical conditions and impairment are factors that dentists take into account for certain patients.

Sometimes, lack of awareness about available treatments and techniques leads older patients to make false assumptions about their dental health and tolerate conditions such as toothache, bleeding gums and clicking dentures.

Dentists are gaining practical information on how to effectively manage the treatment needs of older patients. Many dental societies have set up access programs to assist older adults, individuals with physical or mental disabilities or indigent persons to receive care.

Dentists are increasingly sensi-

tive to the special needs of and the importance of dental health in the older patient. Older adults are more health conscious as a group than ever before. Their oral health is an important part of their overall health and the dental profession is committed to providing the treatment and guidance older adults need to maintain it.

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.beasmart-mouth.com

LIGHT

from page 8.

*Joe learned of Mariam's need, he went before the Lord, seeking direction about his part in helping. He wrote, "When I took this matter to prayer, the Lord gave me James 1:27: 'religion that God our Father accepts as pure and faultless is this: look after orphans and widows in their distress...'"

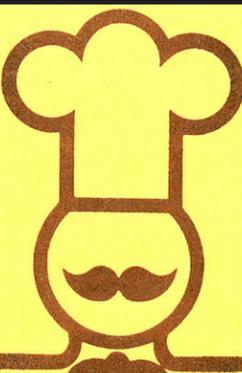
This compassionate man was faithful to send \$10 of his meager \$12 to \$15 monthly wage. He never failed to keep his pledge. Joe's heart was so

deeply touched by this mother's need that his check is always accompanied with a note of joy such as this: "Praise the Lord! This is my favorite time of month when I can send this gift for Mariam and her daughters. I thank God for letting me be a vessel to help." He continues to send his monthly pledge to help Mariam and Steven in their ministry. Jesus Christ is the cord that connects hearts such as Joe's and Mariam's. However, without obedience on Joe's part, this never would have happened. Is there someone God wants YOU to connect with? Is your heart open to His compassion so when you hear His call, you will obey? Joe has been blessed beyond measure by his generosity and obedience. He knows we can never out give God!

"This service that you perform is not only supplying the needs of God's people but is also overflowing in many expressions of thanks to God. Because of the service by which you have proved yourselves, men will praise God for the obedience that accompanies your confession of the gospel of Christ, and for your generosity in sharing with them and with everyone else. And in their prayers for you their hearts will go out to you, because of the surpassing grace God has given you. Thanks be to God for his indescribable gift!" II Cor 9:12-15 NIV

*Name has been changed.
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Jan McLaughlin is Director of Prayer Warriors For Prisoners and can be reached at 719-275-6971 or by e-mail: prayerforprisoners@msn.com.



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HOME

from page 14.

ganic compounds (VOCs) that account for that singular new-paint smell. But there's good news on the horizon.

Many paint companies have come out with low VOC formulations. In addition, old-fashioned whitewash and milk paint are enjoying a renaissance.

One of Rider's favorite ways to finish a room is with plaster. She likes both Venetian plaster, which has bits of marble or limestone mixed in to give it luster, and natural earth-based plaster, which is extremely elegant when treated to a waxed finish.

Going green is not something that can be accomplished quickly, easily or overnight. But if you are interested in being a world-changer, your home is a good place to start.

Buildings, which account for 50 percent of American energy consumption, give off more emissions than cars. The average kitchen or bathroom remodeling generates the equivalent of four years of weekly curbside recycling.

But with more bedside reading like these books, the future is sure to feel both brighter and greener.

Community Update

from page 17.

Friday 9/14: TRIP TO CRIPPLE CREEK 9am Beginning Computer Class, 10am Senior Strength Training Class, 1:30 Chair Aerobics Class -Arthritis Foundation

Monday 9/17: 9 am Beginning computer, 10 am Senior Strength Training, 1:30 Chair Aerobics Class -Arthritis Foundation, 2pm Line Dancing Class

Tuesday 9/18: 9am Oil Painting Class, 10am Senior Strength Training Class, 11am ZUMBA Exercise Class

Wednesday 9/19: 8:30 am Acrylic Painting, 9am Intermediate Computer Class, 10am Senior Strength Training Class, 1 pm Watercolor, 1:30 Chair Aerobics Class -Arthritis Foundation, 2pm Line Dancing Class

Thursday 9/20: 8:30 Drawing, 11am ZUMBA Exercise Class

Friday 9/21: 9am Oil Painting, 10am,

Senior Strength Training Class
Monday 9/24: 9am Intermediate Computer, 10 am Senior Strength Training, 1:30 Chair Aerobics Class - Arthritis Foundation, 2pm Line Dancing Class

Tuesday 9/25: 8:30 Coupon cutters, 10am Senior Strength Training Class, 11am ZUMBA Exercise Class

Wednesday 9/26: 9am Intermediate Computer Class, 10am Senior Strength Training Class, 2pm Line Dancing Class, 1:30 Chair Aerobics Class -Arthritis Foundation

Thursday 9/27: 8:30am Coupon Cutters, 11am ZUMBA Exercise Class

Friday 9/28: 9am Beginning Computer Class, 10am Senior Strength Training Class, 1:30 Chair Aerobics Class - Arthritis Foundation.



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Social Security & You

by Melinda Minor, District Manager - Pueblo



QUESTIONS & ANSWERS GENERAL

Question:
I am a 62-year-old woman who was married for almost 30 years before my divorce several years ago. I expect a relatively small Social Security retirement check, since I mostly worked part-time

jobs. However, I am thinking of remarrying my ex-husband. He is 69 and already getting about \$1,800 per month from Social Security. Would I be entitled to wife's benefits if I remarry him?

Answer:
Yes, you would. But you also should know that you would be due the same

benefits even if you do not remarry. Under Social Security, a divorced wife who was married for more than 10 years and is currently unmarried is entitled to the same benefits as a wife. Learn more by visiting our website at www.socialsecurity.gov, or call us at 1-800-772-1213 (TTY 1-800-325-0778).

age. However, you should check with your pension office to find out whether Social Security benefits will reduce your company pension once your benefits start. Learn more about Social Security by visiting our website at www.socialsecurity.gov, or call us at 1-800-772-1213 (TTY 1-800-325-0778).

SUPPLEMENTAL SECURITY INCOME

Question:

I get Supplemental Security Income (SSI) for a physical disability. I would like to try going back to work. Am I allowed to get a part time job without risking loss of benefits?

Answer:

If you start to work, a portion of your income may affect your SSI benefit amount and eligibility. Social Security encourages recipients with disabilities to try working. Also, in many cases you are able to keep your medical coverage. Social Security has a number of work incentives to help you attempt working without taking away the security net of your benefits. Learn more about them by visiting our website at www.socialsecurity.gov/work. If you do decide to work, be sure to call or visit your Social Security office to report the change before you begin. Call us at 1-800-772-1213 (TTY 1-800-325-0778).

Question:

My granddaughter is 18 years old. In her junior year of high school, she had an accident that paralyzed her right side. It doesn't look like she'll be able to work in the near future. Because she did not work long enough under Social Security to qualify for benefits, is there any other program that could help her?

Answer:

Supplemental Security Income (SSI) is a needs-based program paid for by general tax revenue and run by the Social Security Administration. It can help people like your granddaughter who are disabled and who have not paid enough in Social Security taxes to qualify for regular Social Security disability benefits. To qualify for SSI, a person must be disabled, and have limited resources and income. You should know also that if the child's parents are receiving Social Security benefits or they are deceased, she may be eligible for Disabled Adult Child (DAC) benefits under Social Security. You can learn more about Social Security and SSI by visiting our website at www.socialsecurity.gov. Or call us at 1-800-772-1213 (TTY 1-800-325-0778).

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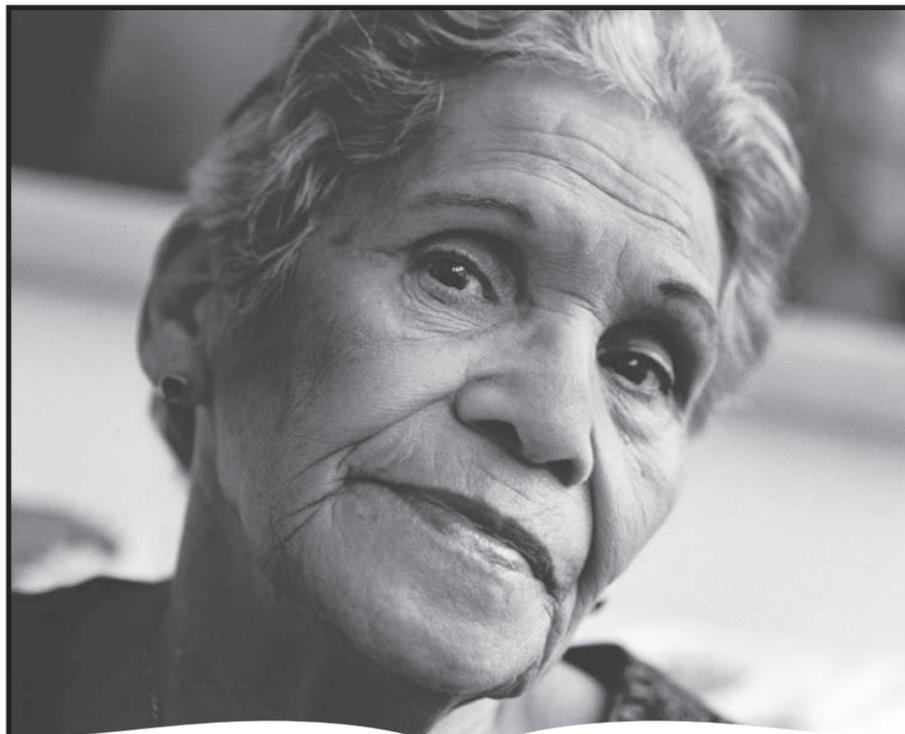
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RETIREMENT

Question:

I will be eligible for my company's pension at age 60. But I also have Social Security coverage, having paid into the system for the past 36 years. Will my Social Security retirement benefit be reduced because of my pension?

Answer:

No. But the earliest that you can start collecting Social Security retirement benefits is age 62. If you start your Social Security at 62, your benefit will be reduced -- not because you get a pension, but because you are collecting Social Security earlier than your full retirement

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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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From Hospital To...? An Overview Of Discharge Options

by Lisa M. Petsche

There's a good chance your parent, spouse or other senior relative will require hospitalization at some point, especially if he or she has chronic health problems.

Once his condition is stable, hospital staff will work with him and your family to formulate a discharge plan.

When a patient makes a good

recovery, planning may be simple and straightforward. In other situations, though, varying degrees of assessment and problem solving are required.

A good discharge plan involves communication and collaboration among the patient, family members and health care providers. It addresses issues around medical management, activities of daily living (self-care and home management

skills), mobility, safety and finances, as well as psychosocial needs. The goal is to determine the most appropriate setting to meet the patient's needs and facilitate a smooth transition.

The hospital discharge planner - usually a social worker - serves as the coordinator. An expert on community resources, he or she can assist with decision making and provide information and re-

ferred to community support services as needed. The planner may also arrange a discharge conference that includes key members of the health care team.

Options

Following is an overview of typical settings to which a hospital patient may be discharged:

Home

Many people are able to return directly to their home, especially if they have good family support. Some may require special equipment and support services on a transitional or long-term basis.

It's important during the planning stage to be open and honest with your relative and the health care team about the type and amount of assistance you're prepared to provide. If your relative is receptive to outside help, community or private pay agencies may be able to fill in any gaps.

Prior to discharge, clarify your relative's medication needs and ensure necessary prescriptions are provided. Obtain details about any home health care services being arranged. Also inquire about follow-up medical appointments and tests, including who is responsible for arranging them.

Convalescent care

Some patients, especially if they live alone, need additional time to regain their strength before they can adequately manage at home. Selected retirement homes and nursing facilities have short-stay programs that, in addition to providing meals and housekeeping service, offer medical monitoring, treatment (such as surgical wound care) and personal care during this recuperation period.

Rehabilitation

If your relative has been hospitalized due to a stroke, hip fracture, prolonged acute illness or other type of major health crisis, an inpatient rehabilitation program may be recommended. Reactivation may occur on-site or at an acute rehabilitation facility or skilled nursing home. The goal is to help patients regain their strength and endurance, through participation in various kinds of therapy.

Long-term care

Some patients do not make a good recovery and require a setting where 24-hour supervision or assistance is available. Even if they are able to perform self-care activities, they may have difficulty with one or more instrumental tasks that are necessary for independent living, such as medication management, meal preparation, laundering and housekeeping.

Several levels of long-term care are available, depending on the type and degree of services required.

Hospice/palliative care

For patients in the end stage of a life-limiting illness, inpatient hospice or palliative care may be recommended. The focus is on maximizing comfort and quality of life. Patients receive medical care to alleviate pain and other distressing physical symptoms as well as interventions that address psychological and spiritual concerns.

This type of program is not limited to patients with a cancer diagnosis. People with late-stage heart, lung or liver disease and neurological diseases such as Parkinson's disease are among those who may benefit from specialized end-of-life care.

Lisa M. Petsche is a medical social worker and a freelance writer specializing in health and eldercare issues.



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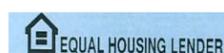
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It Is Apples To Apples In Virginia Town

WINCHESTER, Va. -- If an apple a day keeps the doctor away, people in Winchester should be living very long lives.

This northern Virginia town is the self-proclaimed apple capital of Virginia, and the apple presence is everywhere. A major apple processor, White House, makes apple juice, apple sauce and apple vinegar here. Stores carry apple-imprinted cloths, ceramics and other apple-themed doodads.

The annual Shenandoah Apple Blossom Festival in May, one of the state's biggest, boasts two parades, not one, and two fall festivals celebrate the apple harvest. And just to make sure nobody misses the point, the town two years ago mounted giant-sized, festively deco-

rated apple replicas at various locales.

Only an hour west of Washington, D.C., Winchester is a charming town at the top of the Shenandoah Valley. Pretty homes dot the rolling hills, and downtown has a pleasant tree-lined pedestrian mall, Old Town Winchester, lined with one-of-a-kind shops and restaurants.

Many Washingtonians have second homes up in the surrounding mountains and often visit Winchester to shop and dine. But long before those were built, the city was the residence of such noted personages as explorer Richard E. Byrd, singer Patsy Cline, Confederate Gen. Stonewall Jackson, author Willa Cather and America's first president, George Washington.

Washington first visited here as a surveyor in 1748, and returned seven years later as a colonel to make Winchester his headquarters during the French-Indian Wars. Visitors today can see some of his personal effects and survey equipment in an 18th-century log-and-stone cabin housing Washington's Office Museum.

Patsy Cline was born and raised in Winchester. She worked the soda fountain at Gaunt's Drug Store in the 1940s and came back to visit it after she became famous. But some people in Winchester thought she was too "fast," and they wouldn't let her ride on a float in the annual Apple Blossom Festival. Instead, she rode in an open convertible.

The singer, who died in an airplane crash in 1963, is buried here in Shenandoah Memorial Park cemetery. The house where she spent her early years is now owned by a group that hopes to build a Patsy Cline Museum. It still stands on Kent Street, but it is not open to the public. Museum backers have a site in Old Town Winchester but are still raising funds for the project.

Patsy Cline certainly is a name now cherished by residents, but Winchester is perhaps most proud of its recently built Museum of the Shenandoah Valley, a \$20 million complex designed by famed architect Michael Graves.

Art, history and culture of the entire Shenandoah Valley are showcased in the museum, which also displays paintings by European and American artists. Of special interest is the miniatures room where miniature houses have such fine detail that one can examine the scrollwork on tiny chair backs.

Also a part of the museum, but adjacent, is the historic Glen Burnie house, with furnishings dating to the 18th century, and the gardens around it, which include more than 400 rose bushes.

Because of its proximity to Washington, D.C., Winchester was a much-fought-over site during the Civil War. Residents suffered greatly as the city changed hands 72 times. Confederate Gen. Stonewall Jackson used Winchester as his headquarters during his valley campaigns. Among the displays at the Stonewall Jackson Headquarters Museum here are his prayer book and camp table.

Union Gen. Philip Sheridan set up his headquarters a block away when the city was under Federal control. Two future U.S. presidents, William McKinley



The historic Glen Burnie house, part of the Museum of the Shenandoah Valley, has furnishings dating to the 18th century and gardens with more than 400 rose bushes. photo: Jay Clarke

and Rutherford Hayes, took part in the five major battles in and around Winchester.

Every October, 8,000 to 10,000 re-enactors gather in nearby Middletown to re-create the 1864 Battle of Cedar Creek, which broke the back of the Confederate army in the Shenandoah Valley. Visitable all year is the Belle Grove Plantation, around which the battle was fought. It was originally the home of Maj. Isaac Hite and his wife, Nelly, a sister of President James Madison.

Middletown is also home to the Wayside Inn, the oldest in America, and the Wayside Theater, which stages a variety of plays nine months of the year. In Winchester, the Shenandoah University Music Theater puts on four musicals with full orchestras every summer.

Information: Winchester-Frederick County Convention and Visitor Bureau, (877) 871-1326 or www.visitwinchesterva.com.

BERGAMO

from page 15.

on the cobblestones. Proprietors stand outside their shops (which are open on Sundays, unlike most of Italy), jabbering incessantly among themselves and then stepping inside when a patron enters.

From the edges of this hilltop half of Bergamo, you can stand above the ancient wall, look down upon Citta Bassa and feel as though medieval times have yet to pass. All the more reason to visit Citta Alta before the secret is out.

IF YOU GO

Accommodation:

-- Hotel Piazza Vecchia: Via Colleoni 3, Bergamo Citta Alta; 011 (39) 3525-3179 or www.hotelpiazzavecchia.it. Doubles from \$150.

-- Hotel San Lorenzo: Piazza L. Mascheroni 9/A, Bergamo Citta Alta; 011 (39) 3523-7383 or www.hotelsanlorenzobg.it. Doubles from \$140. Dining (dinner for two with wine costs between \$45 and \$65):

-- Il Sole: Via Colleoni 1, Bergamo Citta Alta; 011 (39) 3521-8238 or www.ilsolebergamo.com.

-- Vineria Cozzi: Via B. Colleoni 22, Bergamo Citta Alta; 011 (39) 3523-8836 or www.vineriacozzi.it.

-- Ristorante Bernabo: Piazza Mascheroni 11, Bergamo Citta Alta; 011 (39) 3523-7692.

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Camels & Carbon: A New Dilemma For Ecotourism

by Jeremy Schmidt

Every silver lining has its cloud, and now there's a new one to trouble environmentally conscious travelers. Don't look back: You're leaving an enormous carbon footprint.

New York to Paris: 2.6 tons of carbon dioxide emitted per passenger, according to Sustainable Travel International, whose Web site provides calculators.

Los Angeles to Beijing: 4.7 tons.

Advocates of the "Don't Fly" movement -- currently big in Europe -- make a good point. Jet aircraft squander mind-boggling quantities of fuel, releasing megatons of carbon into the atmosphere.

You could feel that air travel is hard to justify.

But before you hang up your traveling shoes, consider Badmaa, a 37-

year-old nomad living among the towering dunes of Mongolia's Gobi Desert. On a recent evening in late June, she's open for business. She milked her goats an hour ago, fed her children, saddled the camels, and it's time to make money.

Here they come. A four-wheel-drive van bumps down the long gravel road. It stops at her ger (the Mongol word for yurt) and out step five American visitors, their sights set on seeing the dunes from camel-back. Badmaa is only too happy to oblige. Five clients on a one-hour tour? That's \$25.

Before tourists started coming, she struggled to make \$25 in a month. She always liked these dunes, for more reasons now than ever. Glowing, wind-sculpted sand has become her bread and butter.

As for the travelers, they can feel good knowing that their small contribution makes a difference in Badmaa's life -- and perhaps in the national park where she lives.

The park is a magnificent place with an uncertain future. Three times the size of Yellowstone, it has more than 10 mountain ranges, the world's most important dinosaur fossil sites and endangered species that include ibex, argali sheep, snow leopards and the exceedingly rare Gobi bear.

Its staff operates on an annual budget of \$26,000, or about \$1.50 per square mile. Besieged by exploitive interests, the park is desperately in need of support, both financial and political.

It's a truism of ecotravel that tourist dollars support conservation by putting a monetary value on natural beauty. Enough Badmaas making enough income add up to a strong local constituency for conservation.

But if tourists don't fly, they're not going to come. And then what happens?

Jonathan Tourtellot, director of National Geographic's Center for Sustainable Destinations, www.nationalgeographic.com/travel/sustainable, has some answers.

"There are good reasons the Don't Fly movement started in Europe, which has seen an explosion of binge fly-



While air travel contributes to carbon dioxide emissions, the loss of small ecotourism enterprises like camel-riding in Mongolia could decimate local economies if tourists stay home. CREDIT: c. Jeremy Schmid

ing due to low-cost airlines. Flying used to be expensive and trains inexpensive. Now that's flip-flopped," he says.

Seats go for as little as \$50. Some promotions include free tickets; you just pay the taxes, and off you go.

He says much of this cheap European flying is for party weekends in Eastern Europe where prices are low and activities like sex tourism are rampant.

"It's a huge carbon footprint for the most destructive tourism imaginable," he says.

Besides that, the European train system is a viable option, fast and efficient. On some routes, trains are faster than jets when you consider the time of getting to, from and through airports.

But you can't take a train to Dominica, an island in the Caribbean whose economy is 90 percent ecotourism-related.

"You have to fly to get there," Tourtellot says. He calls it airlift tourism and says it's necessary. "If ecotourism collapses on Dominica, it's time to cut down the forests."

He adds, "There's no question that tourism protects nature, particularly if there's a competing use for the land. A lot of people would like to farm the Serengeti."

Especially in the developing world, national parks and other protected areas have to earn their keep or risk destruction.

Indra Bold, a tourism analyst in Mongolia, can already see the pressure having an impact. Ten years ago, ecotourism was seen as an economic gold mine in a vast country blessed with some of the world's most spectacular and pristine landscapes. Now a mining boom threatens to dwarf the national income from tourism, currently 10 percent of gross domestic product and shrinking in relative terms. Recently, the government declared that tourism would no longer be a priority sector in development plans.

Yet on the local level, Bold says, tourism remains a shining hope.

"Everyone sees it as an economic remedy. They see opportunity with a low entry threshold," Bold says.

Which brings us back to Badmaa. Never mind the gross domestic product; Badmaa's family GDP has increased many times over thanks to eco-minded tourists who not only ride her camels, but hire local drivers and stay in local lodging. The money they spend ricochets through the region, increasing the perceived value of protecting the park.

"Flying long-distance for any good tourism is justified," Tourtellot says, "especially if things would get a lot worse if you don't go. If you have trouble deciding, consider how things would be if you don't go."

In other words, consider folks like Badmaa, waiting confidently with her camels.

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Reeling "Timeless To Me"

by Film Critic Betty Jo Tucker, Pueblo

TIMELESS TO ME

So what if "Hairspray" takes place during the 1960s? This big, bold, bodacious film version of the hit Broadway musical is timeless to me. I think it's the best movie musical since "Singin' in the Rain" – which is quite a compliment, for that entertaining film ranks as my number one all-time favorite movie. Because I wasn't fond of the 1988 Hairspray film, written and directed by John Waters, my enthusiastic reaction completely surprised me.

Just like "Singin' in the Rain," "Hairspray" moves along without a single dull moment from beginning to end. And it features the same type of

energetic performances as well as musical numbers uninterrupted by cut-away shots, so viewers can enjoy the talents displayed by actors, musicians, composer (Marc Shaiman), and choreographer extraordinaire Adam Shankman, who also served as director. One particular number, "Timeless to Me," featuring Christopher Walken and John Travolta (in an enormous fat suit and female make-up), actually moved me to tears. Granted, I'm an incurable romantic, but I never thought I'd accept Travolta as a woman, let alone these two actors as husband and wife. However, as I watched them sing and dance to this lovely, touching ballad, I forgot they were Walken

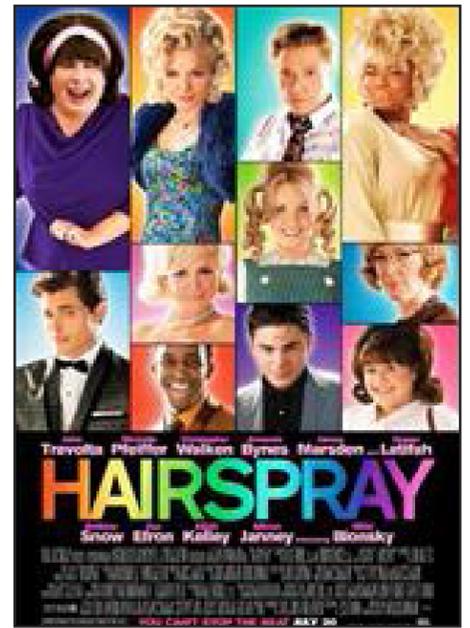
and Travolta. They actually became Mr. and Mrs. Turnblad up there on the silver screen.

Perfectly cast, "Hairspray" boasts superb performances from everyone in the movie. Playing Tracy Turnblad, the perky plus-size teen who wants desperately to be a dancer on TV's "The Corny Collins Show," newcomer Nikki Blonsky simply couldn't be better. She makes us care about her character immediately as she belts out "Good Morning, Baltimore" – and we cheer Tracy's dedication to doing the right thing after discovering evils of segregation practiced on the show. Blonsky also sings and dances like she was born to be a star!

As Tracy's loyal best friend Penny, Amanda Bynes ("She's the Man") has very little dialogue and doesn't sing and dance as much as the rest of the cast, but I couldn't keep my eyes off her when she came on screen. Talk about scene-stealing! Her big, expressive eyes tell us everything we need to know about what she's thinking. Bynes' impeccable comic timing never ceases to amaze me.

Zac Efron ("High School Musical") will probably make many new fans because of his outstanding work here as a teen heartthrob who falls for Tracy, much to the dismay of his snobbish girlfriend played by Brittany Snow ("John Tucker Must Die"). And Elijah Kelley ("Take the Lead") shows off spectacular dance moves as the star of "The Corny Collins Show Negro Day" specials.

Lending her considerable charisma to the role of Motormouth Maybelle, the frustrated host of "Negro Day," Queen Latifah ("Chicago") turns in another dynamic performance. What a voice! Her pure, stirring rendition of "I Know Where I've Been" as Maybelle leads a march against segregation is incredibly inspiring.



Kudos also go to Michelle Pfeiffer (What Lies Beneath) as the uptight, bigoted Velma Van Tussle and to James Marsden (X-Men) as Corny Collins, the self-involved but forward-looking TV host. Pfeiffer plays the villain of the piece, and she definitely seems to relish the part. Marsden sets the movie's high-energy tone with his exuberant singing and dancing while introducing his character's television show.

I'm so bowled over by the film's musical numbers and performances, I almost forgot to give credit to Leslie Dixon for the spirited screenplay, which certainly does justice to this story about how a spunky teen helped bring black and white together on a popular TV program back in the sixties.

"You Can't Stop the Beat," the movie's explosive finale, had me tapping my feet and swaying in my theater seat, but I wasn't the only one. For an avid movie musical fan like me, "Hairspray" has it all – rousing song and dance routines, talented performers, a feel-good story about an underdog's triumph, and timeless appeal. It's the best film so far this year, and I wouldn't be surprised to see Travolta, Blonsky, Latifah and Shankman recognized at the next Academy Awards ceremony. (Released by New Line Cinema and rated "PG" for language, some suggestive content, and momentary teen smoking.)

Oscar, Are You Listening?

Speaking of the Academy Awards, if Christian Bale fails to receive an Oscar nomination for his brilliant work in "Rescue Dawn," it will be a big disappointment to me. Bale deserves award consideration for his riveting performance in this excellent film, which is based on a true story. Bale portrays Dieter Dengler, a pilot shot down over Laos during the beginning of the Vietnam War. After being captured and held prisoner, Dieter makes a daring escape through the jungle before he's rescued. Showing great range of emotion, Bale drew me into the terrifying situations his character faced, and I cared deeply about him. Bale has impressed me with each of his performances, going all the way back to his childhood days in "Empire of the Sun." This talented actor may be known primarily for "Batman Begins," but "Rescue Dawn" (released by MGM) should bring him even greater acclaim.

Read Betty Jo's movie reviews at www.ReelTalkReviews.com. Autographed copies of her books, **CONFESSIONS OF A MOVIE ADDICT** and **SUSAN SARANDON: A TRUE MAVERICK**, are available in Pueblo at Barnes & Noble.

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