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Senior Beacon

IF YOU ARE 50 OR OLDER YOU SHOULD READ IT!!
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Running On Empty: Stress And The Caregiver

by Robin Mosey - HomeInstead
 New survey, Web data show dramatic toll of stress on those who care for older adults

She awakens in the morning still exhausted after a fitful night of sleep and immediately feels overwhelmed. There's the report due at work today that she's not had time to prepare, afternoon soccer practice for her son and a school board meeting that night. Then, somewhere in the brief free moments of her day, she must find time for her mother: Eighty-four-year-old mom at home alone, who can't drive anymore or reach into the cupboard to pull out a box of cereal or see well enough to take her correct dose of medication. Today, like yesterday, there are no easy answers about how to fit her mom into the juggling act she calls a typical day.

This is the life of the family caregiver – who represents one in four Americans, according to various studies. New evidence and interviews of family caregivers reveal a disturbing trend of debilitating stress that can accompany this role, even though most still say that, in spite of the challenges, the job comes with many rewards.

Statistics from a recent report prepared with information collected through Home Instead Senior Care Web site www.caregiverstress.com tell the story. More than three-fourths (76 percent) of the 8,000 family caregivers who took the company's stress test reported that their aging loved one's needs are overwhelming.

Furthermore, 91 percent of fam-

ily caregivers who completed the test said they have episodes of feeling anxious or irritable; 73 percent have disturbed sleep patterns; and 56 percent seem to become ill more frequently.

"Every day we encounter these family caregivers who love and want the best for their aging family members, but don't know how to fit it all in," said Robin Mosey, owner of the Home Instead Senior Care office in Pueblo and Canon City.

"For these family caregivers, stress is a constant companion." Consider these examples:

- Arlene Romilly, a 51-year-old nurse practitioner from Pittsburgh, Pa., moved her parents in with her before her mother died in September 2005. Her 90-year-old father still lives with her. "It became stressful as my mom's memory faded and she could no longer cope with her daily activities without direction," Romilly said. "And my father was just not capable of being a caregiver. This created a distraction for me at work. I was having problems sleeping and I was neglecting my own health. For a while, I was treated for depression." Romilly now has a Home Instead CAREGiver SM who looks out for her father while she's at work.

And, in spite of the challenges, the joys of caregiving have outweighed the stresses, she said. "I was pleased to be able to care for my family."

- Cat Tenorio, 44, of Grass Valley, Calif., gave up an accounting job to which she had just been promoted to care

for her mother with Alzheimer's disease. As her mother's illness worsened, "I had to move mom into my bedroom with me because she was wandering," Tenorio said. "I didn't sleep at night, and when she would sleep during the day, I'd take sleep medication and gradually became addicted to it," she said. "Finally, my husband had to say, 'That's it. We can't do it anymore.'"

Tenorio moved her mother into a convalescent home, where she was comfortable until she died three months later. Instead of going back to her accounting career, though, Tenorio became a Home Instead CAREGiver so she could help others like herself.

These examples illustrate the importance of support, which is one of the key survival tools for the family caregiver – typically a 46-year-old woman, according to Patricia Volland, MSW MBA, senior vice president of The New York Academy of Medicine and director of the Academy's Social Work Leadership Institute. "This generation of seniors is living longer and their children often are still raising families and not prepared for older parents with needs. That dynamic is not simple – the relationship between adult children and their aging parents," she said.

In an effort to better prepare the social workers they train, Volland and her team commissioned a study, which was released late last year, entitled "Squeezed Between Children and Older Parents: A Survey of Sandwich Generation Women." The poll, which surveyed women



ages 35 to 54, showed that more than 60 percent of women concerned about an aging relative's health said they have difficulty managing stress, compared with 48 percent of women for whom an aging relative's health was not a concern.

Furthermore, women concerned about an aging relative's health were about three times more likely (34 percent) to say they worry "a great deal" about having enough time for family than were those women not responsible for the care of an aging loved one (12 percent).

"Working through the maze of helping a loved one can be more than a full-time job," Volland said. "Social workers are uniquely trained to provide comprehensive care coordination which begins with a comprehensive assessment and includes identifying resources, managing the complexity of the relationships between all of the care systems people encounter – health, payment, and formal and informal supportive services – and dealing with family dynamics."

Young Adults? Want To Give Back To The Community?

by Gloria Valdez-SRDA - 545-8900

Where can a young adult go who wants to give back to the community?

Up to a few months ago, there was no clearinghouse for the youth to find out where to volunteer in Pueblo. They had to get the phone book out and hunt out agencies. With the addition of the 211 for Southeastern Colorado Helpne, SRDA envisioned how a volunteer center could work with the 211 data

base system and at the same time fill a gap in our community. The foundation for the volunteer center has been in place for many years with the RSVP, Retired and Senior Volunteer Program at SRDA. Gloria Valdez, RSVP Coordinator has been at this job for 25 years and knows a little about managing a volunteer program. SRDA has sponsored the RSVP for over 35 years and also knows a bit about managing a program. Through the efforts of SRDA

staff and the foresight of the Packard Foundation, a grant was written and approved to start the Pueblo Volunteer Center. Gloria, along with staff member Ellie Mosco and new staff member, Reggie Martinez with operate the Volunteer Center. The staff will assist individuals of all ages who are wanting to help in the community. A big effort is underway to get students involved in volunteer work in the community. Volunteer work for students is a great way to help the community but also it looks good on scholarship applications

and resumes.

The Pueblo Volunteer Center is located at the Joseph H. Edwards Senior Center, 230 N. Union Ave., Pueblo, CO, 81003 and can be reached at 545-8900. Now anyone wanting to volunteer can call Gloria and her staff and they will help to find a great place to volunteer. Summer time is the perfect time to be a volunteer. Call today and start helping others. You might be surprised how good you feel when you are helping others.

WANTED: 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.

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 Persons interested in forming this group to help Seniors should call 2-1-1 and give your name, address and phone number.
 This need is going unaddressed all over Pueblo County and Southern Colorado. Why not call us today?

Just One Guy's Opinion

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



Unintended Consequences

When people persuade people to veer from the norm and established we, as a society, can suffer immensely. History is littered with well-intentioned but not well-thought-out ideas. Communism comes to mind immediately. Great idea in theory, but horrible idea in practice.

Hysteria (which is rampant in the United States from the War on Terror to global warming) and fed by a 24-hour media frenzy seven days a week is the straw that is used to fuel these wayward ideas.

So, all of our pop personalities and members of the Left and some on the Right and money-grabbers all over the world have decided it is "set science" that global warming is happening and we're all gonna fry or drown (there's a disconnect there don't you think?) in the near future or perhaps in our "children's" lifetimes sparing US the consequences of said global warming.

The hysteria is fueled by the media and weather channels, etc. so the call to "do something" is heeded if not needed. To wit: crop-based fuels are in demand all over the world as a way to reduce oil consumption. Seems reasonable until you look further into the unintended consequences of this "fix." According to the *Wall Street Journal* "the cost of food has jumped 10 percent in India and 6 percent in China."

Indur M. Goklany, writing on "Unintended Consequences" in the April 23 International Herald Tribune states flatly: "As long as global warming is hyped..... it will be virtually impossible to rationally evaluate other options in dealing with climate change, or confront the unintended consequences unleashed by global warming hysteria."

He goes on to tell that Europe's desire to jettison oil will lead to a massive clearing of rain forest (jungle) for palm oil plantations. Now, I ask you, what is the sense in this? Be careful of jumping into a river because you are hot. There might be gators in it.

GoodSearch

For those of you who like the Internet, I'd like to give you a heads-up on a search engine named GoodSearch. It has the speed of Google and other search engines but with a wonderful twist. GoodSearch gives a penny to your favorite charity every time you use the search engine. It's very simple to sign up and it costs you nothing while helping out where help is needed.

Go to www.GoodSearch.com and follow the prompts and you'll be on your way. A window will show up on your home page every time you log on and if you need some information on avocados or need some medical information or any topic at all, just type in said topic and click search and you'll be where you want to be and your charity will be a penny richer. Doesn't sound like much, but it's better than what Google or Yahoo or the others do and gives you the same results.

Here's where I put my pitch in for our favorite charity, Crohn's & Colitis Foundation of America (CCFA). But if you want to donate to another organization you can. It's a no-brainer folks.

Abortion, Killing And Consequences

Speaking of unintended consequences. We are now in a real quagmire and I'm not talking about the War on Terror type of so-called quagmire.

The battle lines have been drawn and we are our own worst enemy when it comes to our growing immigration problem. There doesn't seem to be a reasonable way to undo what's been done. The previous amnesty approaches seemed reasonable, but the unintended consequence was that folks from around the world and principally from Hispanic speaking countries, looked at those amnesty decisions and figured the United States was the place to go and prosper. I've watched folks running across the southern border on television. I feel sorry for them. I even feel they are heroic in some way. They just want a better life.

Isn't that what this country is all about. The Statue of Liberty says it all, "Give us your weak, etc."

But, and you knew there would be a but... while the mass immigration coming from Europe in the beginning of the 20th Century was done for the most part in an orderly fashion, the last few decades have been utterly chaotic.

One very good reason the power wielders in our society have tended to look the other way on immigration is because America is rapidly aging. I came out of a packed movie theater from a 10 AM SHOWING!! of the latest installment of Pirates and the sea of people filing out in front of me and behind me was predominantly white-topped individuals. That's not even counting the people who had their hair dyed.

Here's my point. The smarties in our society figured out a long time ago that we are on the verge of falling off the edge in terms of population. Baby boomers are reaching retirement age and, MOST IMPORTANTLY, Social Security eligibility. They know a shrinking workers pool means no money in the Social Security pot, no money in the taxes pot and no power for them to spend said tax money foolishly.

And why is it that we have a dearth of birth? Well, let's see, we abort the most innocent among us to the tune of 1.3 million a year. How's that for unintended consequences?

So, dear readers, killing babies through abortion with very little adoption has led to much of our dependence on undocumented or illegal immigrants and our unwillingness to stem the tide. Give that some thought the next time, for whatever reason, you lament the stagnation of our government in not enforcing immigration rules and regulations. They know and now you know the real reason for our intransigence on this quagmire that is immigration.

So for every man-jack and -jill of us who has looked the other way on the abortion issue over the past twenty-thirty years, we are seeing the fruits of that awful shutting of the eyes. We no longer have the will to control our borders because we desperately NEED immigrants to keep the American Dream going.

I say this with no malice toward any of the illegal or undocumented immigrants coming to our country for this is a great country, a country that these individuals can raise their families and prosper. Most will do just that, but we should have had a say in who we would accept as it was done in the past. Many immigrants come here for the free ride that is our welfare state one that didn't exist at last century's onset. Yes, the immigrants who are here to prosper will figure out that their hard labor and taxes are taking care of their free-loading countrymen, but it will all work out just like it has throughout our lifetimes... in fits and stalls and starts but ever forward.

History will show that the evils of abortion changed much. The gift of life is inferior to no other gift in the universe and mankind is and will continue to pay a huge price because of these killings. Killing, in all its forms, is an abomination.

The unintended consequences of demanding women's rights to abortion has led to the slaughter of millions. It is no different from the killing fields of Pol Pot, the genocide perpetrated by Stalin, the slaughters in Darfur and on and on and on and on and on. We kill the most innocent among us. What an epitaph we have as a nation.

I am far afield here but to tie it all together will be an easy task. We are in the fix we are in because we are busy living our lives of freedom/free will. Freedom/free will comes at a price and all the caterwauling from the Left and Right will not change one over-riding fact: Nobody knows what to do or when to do it. It's just that simple. In the meantime, if you are spiritual, ask the Almighty for some answers to our dilemma. Not for the children's sake because we killed so many of them it would be simply hypocrisy to utter those words, but for God's sake.

Godspeed.



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ON THE RIGHT: "IMMIGRATION BLUES"

by William F. Buckley



IMMIGRATION BLUES
The immigration bill is a mess, but how could it be otherwise? Messes are a part of democratic rule.

There are several interests here seeking to be served simultaneously. There is (1) the existing illegal population of between 10 million and 12 million; (2) the labor needs of U.S. businesses; (3) the public sense of justice scorned and the public desire that some effort be made to rectify past neglect; (4) the anxiety to understand the political meaning of the bill, a creature given discordant life by a Hatfield and a McCoy. Legislators want to know whether the enduring fingerprint of the proposed measure will be that of Sen. Jon Kyl, R-Ariz., or that of Sen. Ted Kennedy, D-Mass.

Naked interests are nakedly present. Somewhere between 5 million and 10 million jobs are currently given to men and women willing to do work for which there is no felt calling in the legal labor market.

This is at the crux of a critical question. What should be the reaction of American workers? It was supposed, at the planning stage, that labor-union leaders

would approve the amendments, but what has happened is that no one can answer authoritatively the question whether the licensing of the illegals jeopardizes the job security of native workers.

One consideration here is that we are at what is loosely speaking called full employment. The current unemployment rate of 4.5 percent suggests a labor market efficiently at work. But a spokesman for the AFL-CIO insists that the integration of several million workers into the legal market would have the effect of lowering the living standards of American workers.

Critics of the existing arrangements, which are simply latitudinarian -- there are laws respecting immigration, and people do not abide by them, so what? -- are telling us that the effect of laws not abided by is a distortion of the labor market. If the farmer isn't finding applicants for his apple-picking at \$3 per hour, let him try offering \$5 per hour.

But a producer always seeks to lower costs; that is his primary role in the market equation. So our farmer has simply continued to use illegal workers.

Now he is faced with the legalization of the same people he was getting for \$3, and contemplates the prospect of having to pay the minimum wage of more than \$5.

The late Robert Bartley, the visionary apostle of the market, preached year after year against efforts to override the market. His doctrine would have eliminated any immigration laws, his faith in the market being such as to ordain its findings as transcending political considerations.

But realism does not always yield to economic dictation. It is one thing for the analyst to rule that the simple way to adjudicate the discrepancy between unemployment in Mexico and high employment in the United States is to let Mexicans move north until equilibrium sets in. But that overview simply denies basic cultural propositions. Societies are different, and they cannot solve every problem by merging.

The immigration bill stabs at these truths, but satisfies none completely. Sen. Richard Durbin of Illinois put it arresting. "This bill is drawing opposition from business, labor, Democrats, Republicans,

theists and non-theists, American League and National League baseball fans. What I'm trying to say to you is there's more opposition to this bill than support (for it)."

The gnawing point for skeptics is the matter of realizing immigration laws. The current measure speaks of additional fencing to bolster those leaky barriers of past decades. But skeptics are entitled to wonder just when the dividing barriers would be made effective enough to freeze the flow of immigrants at the desired level.

Our lawmakers should understand the public skepticism. Theirs has been the responsibility in default. If Congress had begun reforms by stabilizing the Mexican border, it might more credibly have gone on to elaborate residually desirable changes in the mess Congress has permitted.

The Writer's Art: 'Mis' & "Dis" & Funnin' Around

by James J. Kilpatrick

A letter comes to hand from Ben Daviss of Walpole, N.H. He seeks an "incisive" rule for distinguishing "mistrust" from "distrust."

Well, sorry 'bout that. After we get away from the rule that "subject and predicate must agree in number," not much remains that could properly be called "incisive." The rules of written English get more unruly all the time. This is the best I can do: Whether as noun or verb, "mistrust" and "distrust" are substantially synonymous and may be used almost interchangeably. Perceptive readers will note the modifying adverbs.

We're talking prefixes today. By my inaccurate and utterly unreliable

count, contemporary lexicographers list 152 "dis" words and 161 "mis" words. The "dis" list begins with the verb "to dis" (or diss), meaning "to treat with contempt or disrespect." It ends with "disvalue," i.e., to depreciate, consider of little value. The "mis" list begins with "misact," which no one has ever seen in print or heard in speech. It runs on to "misuse," which happens to writers every day.

In between these bookends lie some old friends and some remarkable discoveries. There is that splendid verb "to discombobulate" dating from 1916, meaning to upset, confuse. Every writer knows the perils of ambiguity, but until reader Daviss stirred up the little gray cells, I had never met "to disambiguate." It means "to establish a single semantic or grammatical interpretation." After 20 years of writing these pearls of wisdom, I can tell you that disambiguation is not for sissies.

Neither had I run into "disembogue," meaning "to come forth as if

from a channel." The noun "disease" has been around since 1896. As everyone knows, or should know, a disease is not in a class with measles or mumps. No! A disease is "a skilled and usually professional reciter."

My pals at Merriam-Webster list "disgruntle," the verb, and "disgruntlement," the derivative noun, but regrettably they have missed the root itself. I met the root as a newspaper editor 60-odd years ago. The city of Richmond, Va., then was graced by an elected public servant named Walter B. "Dooley" Gentry. He was the city sergeant, charged with serving civil papers. For reasons lost in the mists of time we did not get along. When he ran for re-election, he complained that no one was against him "except that damned newspaper and a few disgrunts." Dooley returned to office on a tidal wave of votes.

In our business, the news business, we are keenly aware of the serious troubles that go with the "mis" words,

e.g., "misprints, misquotations, mistranslations, misinformation and misremembering." Otherwise, the mis-esses appear to be less serious than the dis-esses. Until Mr. Daviss wrote, I had never heard of "misology." It dates from 1833 and means "a hatred of argument, reasoning or enlightenment." Next to "misology" is "misonism," which naturally is "a hatred, fear or intolerance of change." We have all known misonists. Politically, they were once called Whigs.

Otherwise there's not much to be found in a prowl through the "mis" words in Webster's Collegiate. There's "misoprostol" to prevent stomach ulcers, and Moliere's "misanthrope" to spoil our fun. There is also a verb "to misdo," dating from the 12th century, employed by gloomy John Milton. Next to "misdo" is "misdoubt" (1540), helpfully defined as "to doubt."

As I say, "mistrust" and "distrust" are substantially interchangeable, but not quite. In working up a bank deposit, we mistrust our own addition. We distrust the fellow who wants to sell us shares in a mine in Patagonia. Would I mislead you?

(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.)

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news of the weird COMPILED BY CHUCK SHEPHERD FOR SENIOR BEACON



LEAD STORY

High-TechPetCare: The Japanese company Medical Life Care Giken said it will begin marketing, later this year, a device that measures pets' stress levels. The tiny patch on the bottom of a dog's or cat's paw changes color depending on the amount of sweat secreted, according to the researchers at Toyama University who developed it. And in March, New York's Long Island Veterinary Specialists performed complicated hip-replacement surgery on a 1-year-old shorthaired cat, using a material about the width of a wooden matchstick. Oreo was discovered wedged in the crawl space of a house. (Dogs receive hip replacements almost routinely now, but cats were thought to be too small.)

Compelling Explanations

Local music producer Ricky Lackey, during questioning in March by a judge in Cincinnati to help her determine an appropriate sentence for Lackey for his crime of attempted theft, told her that he has no children but that he has "six on the way." The judge sought clarification. "Are you marrying a woman with six children?" "No," said Lackey, "I be concubining." All six women are due during August, September or October. Lackey, who had recently paid restitution to his victim, was released without additional sentence.

Ironies

-- (1) So many U.S. executives want to visit India to make deals to outsource their companies' jobs that in March, India's Washington, D.C., embassy said it was forced to outsource the job of processing the executives' visa applications. (2) Yet another U.S. job was outsourced to India in May, that of "local government reporter" covering city

hall politicians in Pasadena, Calif. The publisher of the Web site PasadenaNow.com said the local beat could be handled very well from India, through telephone interviews and by watching live city council telecasts on the Internet.

-- In March, the Los Angeles City Council agreed to pay wrongly accused Juan Catalan \$320,000 to settle his lawsuit over having been held in jail for five months for a 2003 murder he could not have committed. Catalan maintained all along that he had been at a Dodgers baseball game at the time of the crime, with his 6-year-old daughter, but police distrusted the alibi. However, Catalan's lawyer subsequently learned that the HBO TV show "Curb Your Enthusiasm" had been filming at Dodger Stadium that day for an episode and, poring over time-stamped outtakes of crowd shots, finally found a scene with Catalan and his daughter in the stands.

The Litigious Society

-- (1) In lawsuit-friendly Madison County, Ill. (termed "the promised land" by some trial lawyers), a judge awarded \$311,700 to Amanda Verett for a long series of painful injuries that her courtroom-veteran chiropractor has been treating. Verett said she was holding a door open at a Pizza Hut when an employee yanked it open farther, and calamitous shoulder, arm and hand injuries resulted. (2) In a more traditional settlement upstate in Chicago, Joyce Walker was awarded \$4,110 in May for a workplace injury when she hurt her knee in a hospital restroom after slipping on a banana peel.

-- In January, Joshua Vannoy, 18, filed a lawsuit against the Big Beaver Falls School District near Pittsburgh for the disruption to his high school years

when he and his family were forced to move to another school district because Joshua was being too harshly taunted. His troubles stemmed from an incident a year earlier, just before a Denver-Pittsburgh playoff football game when Joshua chose to wear a Broncos jersey to class and was then forced by one teacher to sit on the floor and endure paper wads being thrown at him because he was, according to the teacher, a "stinking Denver fan."

The Continuing Crisis

-- "Hey! Pick Up That Wrapper!": Great Britain is now famously saturated with surveillance cameras monitoring public spaces (4.2 million of them), creating alarming privacy concerns. On top of that, in April, after a pilot project in Middlesbrough, the government announced it will attach loudspeakers to the cameras in 20 districts so that officials who monitor the video can actually scold citizens who are spotted engaging in "antisocial" behavior.

-- Who Says the Internet Will Replace the Daily Newspaper? Sixth-grade students at South Hall Middle School in Gainesville, Ga., drew praise from the community in May with their impressive collection drive and charitable donation of 13,580 discarded newspapers (creating stacks totaling 142 feet). The local Humane Society's dogs and cats will put the papers to good use, and furthermore, said the teacher, urinating on the papers will help biodegrade the newspapers' ink.

Oops!

Try to Read This Without Wincing: A cable broke on a leg extension machine at a YWCA facility in Akron, Ohio, in 2004, catapulting a steel bar forcefully at a 22-year-old football player working out for a shot at a college scholarship, hitting him squarely between his parted legs, whacking his left testicle. Three years later, he still walks gingerly and bow-legged because the slightest contact is painful (although he did manage to father a child in the interim). In April 2007, a jury awarded him \$786,000 after hearing that the machine had been in disrepair.

Fetishes on Parade

In January, Ronald Dotson, 39, pleaded no contest to attempting to break into a Ferndale, Mich., store in order to steal a mannequin outfitted in a French maid's uniform, which authorities said was his seventh "statuephilia"-related offense in 13 years. "I thought I was getting my life together," he told the judge, even though his arrest came only days after he was paroled for the sixth offense. One of the previous arrests involved an apparently irresistible "woman" in a pink dress and bobbed hair, and in another, he was found in an alley with three lingerie-clad beauties.

Least Competent Criminals

Claude White, 34, was arrested in April in Elizabethton, Tenn., and charged with stealing a forklift, which sheriff's deputies later found overturned in the middle of a road, but with a pair of shoes and socks trapped underneath. Around the same time, a call came from Sycamore Shoals Hospital about a patient (White) telling an odd story of how he had suffered a foot-mangling (but not mentioning a forklift). By that time, however, deputies had found an exact match for the patient's missing toe, inside the sock that was inside the shoe that was underneath the forklift.

Leading Economic Indicators

Updates: (1) Zimbabwe's almost comically sad hyperinflation, which News of the Weird reported had reached 1,593 percent in January (one could buy a house, pool and tennis court in 1990 for the same dollars as would buy a single brick today), was up to 3,731 percent in May, and is expected to get much worse. (2) Star Trek obsessive Tony Alleyne, who News of the Weird reported in 2006 was having a hard time selling his small apartment in Leicestershire, England, that he had fastidiously outfitted to the specifications of the starship Enterprise, and then redesigned as the flight deck of the Voyager, reported in May that he had a buyer, for the equivalent of about \$840,000, roughly five times the value of a comparable flat in that neighborhood.

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For A Healthier You



Your Oral Health: Aging Makes Changes

by Ned High

The aging process often creates subtle or dramatic changes in the condition of teeth and gums, including:

***Keeping teeth clean and white:** The formation of plaque, a colorless layer of bacteria that builds up on teeth, speeds up as we grow older. Also, older fillings may weaken and crack, allowing plaque to accumulate around the edges of fillings, making it harder to keep them clean and leading to increased decay.

What to do? Visit your dentist regularly for cleaning and keeping your fillings in good repair.

*** Gum disease:** Bacteria found in plaque create toxins which irritate and inflame the gums and cause gum tissue

to separate from teeth, creating pockets. Left untreated, gum disease may damage the bone that holds your teeth in place, resulting in unnecessary tooth loss.

What to do? Again, regular dental visits can help control the progression of gum disease and reduce its damaging effects.

***As you age:** Gums may begin to recede from teeth. This process exposes tooth roots to plaque, making them more sensitive to temperature and more vulnerable to decay.

Your dentist can assist you with preventative care that will help decrease the occurrence and severity of gum recession, as well as provide treatment for root sensitivity and restore decayed root sur-

faces.

***Dry Mouth:** Dry mouth is caused by reduced saliva flow and may lead to tooth damage. Reduced saliva flow may result from medical disorder or from a side effect of medications such as antihistamines, decongestants, heart medications or diuretics. Saliva contains minerals that continually bathe tooth surfaces and helps keep them strong. When saliva flow is inadequate, teeth decay more easily.

What to do? Your dentist can recommend the use of products and preventative procedures to counteract the effects of dry mouth.

Remember to visit your dentist regularly. Good home care is essential

and can reduce the formation of plaque. However, even the best home care does not prevent the formation of tartar (hardened plaque) on your teeth.

Daily use of fluoridated toothpastes and other products recommended by your dentist can strengthen tooth enamel and reduce tooth decay. You should brush regularly and floss at least once a day.

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.

Puppetry Camps At The Sangre De Cristo Arts Center

Looking for a unique and fun opportunity to keep your kids (grandkids) busy this summer? The Sangre de Cristo Art Center's School of Arts is offering a variety of classes and camps including puppetry camps in conjunction with the center's Japanese exhibitions.

Internationally-known puppeteer Patti Smithsonian will teach four, one-week sessions of Asian puppets, June 11-15 and June 18-22. Each week will end with a mini-performance in the Magic Carpet Theater. Plus, a one-day camp is also available for adults and high schoolers. Her residency will culminate with a public Japanese Bunraku-style puppet performance of Take Me In My Tree Suit with dancer Ricki Harada on Sunday, July 8, at 2 p.m. in the Arts Center Theater.

Her residency is sponsored by the Hasan Family Foundation.

"Easy Animation & Modern Shadow Puppetry Camp" will be held June 11-15 for students in 1st through 3rd grade. Kids will create their own puppets, stories and miniature theaters. Held from 9-10 a.m. in the Magic Carpet Theater, the camp combines modern collage techniques using colorful translucent plastics and other textures with the ancient art of silhouette cutting. Students will be introduced to the traditional Asian shadow puppet characters such as Enchanted Fairies, Martial Arts Warriors and Magic Animal characters before creating their own puppets.

"Moving Cartoons and Light Show Camp" will be held June 11-15 for

students in 4th through 7th grade. Using modern plastics and low-tech methods of light projection, students will take the ancient art of shadow puppetry to a new level. Students will practice drawing and animating cartoons, and then creating dramatic action stories. Participants will make their own miniature cartoon theater and/or light show. The camp will be held from 10-11:30 a.m. in the Magic Carpet Theater.

Students in 1st through 3rd grade may also enroll in "Fairy Tales, Super Heroes and Heroines Camp," June 18-22 from 9-10 a.m. in the Magic Carpet Theater. Students will create their own puppet show using readily available materials including cardboard, paper, aluminum foil, magazines and paint. Puppet

ideas include warriors, fairies, super heroes, monsters, animal helpers and more. Then, students will create their own stage, too.

Paper theater anyone? The fun continues for students in 4th and 9th grade in the "Miniature Paper Puppet Theater Camp," June 18-22, from 1-2:30 p.m. in the 2nd Floor Studio. Many a child in the late 18th and early 19th centuries spent hours captivated by the magic of the paper theater. Using templates and/or original designs, students will combine techniques of drawing, collage, found materials and watercolor painting to create miniature worlds. Find ways to animate characters and add special effects. Participants will make their own miniature theater and

SEE 'PUPPETS' PAGE 6.

Here's to *YOUR* next

50

{ excursions }



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Fashion: Looooking Gooood!

by Patricia McLaughlin - Mature Market Media Services

WHATTA CROC!

The bumptious injection-molded foam clogs you see everywhere now are homely in fact but elegant in concept.

We were all standing around in baggage claim in Ottawa stupidly watching the empty carousel circulate when -- ping! -- a morsel of fashion news surfaced. "Everybody in Australia was wearing them," I heard the woman next to me tell her traveling companion. Always on the alert for intel, I whipped my head around. My unwitting informant was nodding toward a spot on the floor occupied by two feet clad in a pair of bulbous foam clogs in the aggressive shade of pinky-peach that Renoir used for dimpled knees and shoulders, and that American clothing manufacturers (remember them?) favored for bargain-basement ladies' underwear in the 1950s.

Australia, too, eh?

Crocs and Croc-alikes -- Effervescent Inc.'s Waldies, Holey Soles Holdings Ltd.'s Holey Soles, Sloggers'

Sloggy's Ultra Lites, L.L.Bean's Coastal Clogs, Lands' End's Trellos, Burpee's Garden Clogs, and a zillion down-market knockoffs -- are everywhere now, hopscotching across the country and around the globe like some kind of fashion -- or anti-fashion -- pandemic.

I'm not complaining, exactly. True, the first few generations of these foam shoes have been spectacularly, risibly ugly. "Bozo the Clown has better-looking shoes," as one fan allowed. But people do say they're incredibly comfortable. And pioneers aren't always pretty. Why do you think early fliers referred to their planes as crates?

What's impressive about these foam clogs isn't their aesthetic -- not so far, anyway -- it's the elegance of the idea behind them. A running shoe can have 20 or more components; a foam clog has one.

Go back 50 years or so, and you wouldn't find a single shoe anywhere in the world that contained so much as a scrap of polymer foam. Now, with the all-foam clog, the stuff has triumphed.

Synthetic foams began to insinuate themselves into shoes in a serious way in the 1960s. Old-style sneakers, like the Converse Chuck Taylor basketball shoe and Jack Purcell court shoe, were made with rubber soles, flat on the bottom and with a molded grid on top for flexibility, under a canvas insole. Then, in the '60s, makers of athletic

shoes started experimenting with added midsoles made from newfangled polymer foams like EVA (ethylene-vinyl acetate) to provide extra cushioning and absorb shock.

Until then, amazing as it may seem in retrospect, almost nobody but competitive runners ever wore running shoes -- or even heard of them. But the layers of foam in the new shoes from companies like Nike and Adidas made them so comfortable that, in the 1970s, zillions of non-runners started buying them. Running shoes were the new loafer, the new sneaker, the new moccasin.

Next basketball shoes foamed up -- besides midsoles, they had foam linings, high foam collars, etc. -- and had their moment on the street.

In the '80s, new "comfort shoe" brands surfaced selling what they called "dress shoes with running shoe technology" -- shoes that looked like serious (if not particularly gorgeous) pumps or wingtips on the outside, but inside were cushioned with the same cushy stuff people loved their running shoes for.

Some of these comfort shoe companies began to experiment with injection-molded unit bottoms -- flexible one-piece soles made from springy foams or plastics that could be laminated to leather uppers.

I'd love to know what genius surveyed the situation and thought: Eureka! It's the foam that makes the shoes feel good -- what do we need all the rest of this stuff for? Out went the outsoles, the midsoles, the insoles, the liners, the counters, the toeboxes, the rands, the welt seams, the laces, the buckles, the Velcro, and so forth. The injection-molded one-piece all-foam shoe had been invented.

Nobody seems to have noticed at the time -- maybe because, at first, these one-piece injection-molded plastic shoes were purely utilitarian, worn mostly at work by surgeons, nurses, gardeners, chefs. I remember admiring a bright red



This is progress? Old-fashioned shoes were hard, unyielding and elegant. Crocs and croc-alikes are anything but. photo courtesy of Patricia McLaughlin

pair on somebody in a hospital 10 or 15 years ago.

Then, in 2001, a kayaking company called Walden Kayaks started buying neon-colored foam clogs from a Quebec factory called Foam Creations. Walden called them Waldies and sold them as kayaking shoes -- they were comfortable, waterproof, and too soft to hurt the inside of your kayak. A couple of years later, two more companies started selling the same shoes. One called them Holey Soles; the other called them Crocs.

You know some of the rest. Crocs had revenue of \$1.2 million in 2002; for 2007, it expects to take in \$670 to \$680 million. That's -- what? -- a 56,000 percent growth rate? It's 23 million pairs of \$30 Crocs. No wonder they seem to be everywhere.

Meanwhile, Crocs has announced plans to introduce a line of shoes that will combine foam wedges with traditional materials like leather, suede and lamb's wool and will sell for \$70 to \$200.

The Canadian company that makes Holey Soles has turned itself into a "lifestyle company," and is using its reformulated foam in things like hats and beach bags -- and a number of things it won't talk about yet -- as well as shoes.

The kayakers who made Waldies went bankrupt, but have re-emerged with a bouncier foam and some interesting new shoe designs.

The truly crucial questions, of course, are: How are the shoes? Whose feel the best? Whose fit the best? Are some less ugly than others? And what's in the pipeline?

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Puppets

FROM PAGE 5.

characters.

For those in high school and beyond, Ms. Smithsonian will offer a one-day camp called "Performance Art: Masks, Puppets and Movement," June 20, from 6-8:30 p.m. in the 2nd Floor Studio. Participants will have the opportunity to begin to create their own mini-performance piece in this class all about puppetry. Students will investigate examples of Japanese Butoh Theater, plus participate in performance art with Sha Sha Higy and Patti Smithsonian. Students will work with organic materials, dreams, puppets masks, toys and light projections.

Each camp costs \$50 (\$45 for Arts Center members). Scholarships are available for half the tuition. To register or for more information, call 719-295-7200 or stop by 210 N. Santa Fe Ave.



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Covering The Courts: Life, Death & Jeffrey Landrigan

by James Kilpatrick

The Supreme Court voted 5-4 last week to kill Jeffrey Landrigan.

Well, not exactly. The high court voted to reverse the 9th Circuit in a case of capital punishment that presents all the familiar arguments in a deeply troubling context. Let me unload it on you.

No one questions Landrigan's

guilt. Justice Clarence Thomas, writing for the Supreme Court's conservative majority, laid out the facts. In 1989, Landrigan murdered Chester Dean Dyer in Arizona while Landrigan was committing a burglary. Earlier Landrigan had escaped from prison in Oklahoma. He had been imprisoned there for a different murder. While in prison he repeatedly

stabbed another inmate. His victim was "just a guy I got into an argument with. I stabbed him 14 times. It was lucky he lived."

After the jury had returned its verdict in the Arizona case, Landrigan's court-appointed counsel tried to forestall a death sentence by presenting testimony from the defendant's mother and ex-wife. Landrigan would have none of it. When counsel tried to cite the defendant's favorable work record, he interrupted to say that he supported his family by "doing robberies." Counsel attempted to justify the earlier murder in Oklahoma as self-defense; again Landrigan broke into explain that "he didn't grab me. I stabbed him."

The trial judge ended the presentencing hearing by agreeing with defense counsel on this mitigating factor: The defendant's mother loved him. Moreover, the murder was not premeditated. Otherwise, a death sentence was abundantly justified: The defendant is "a person who has no scruples and no regard for human life and human beings."

After Landrigan was convicted in 1990, court-appointed counsel immediately began a series of appeals through state and federal courts. An affirming panel of the 9th Circuit summarized the case: "Before he was 30 years of age, Landrigan had murdered one man, repeatedly stabbed another one, escaped from prison, and within two months murdered still another man."

Last year the full 9th U.S. Circuit finally ruled in Landrigan's favor: The death sentence, the court ruled, was the fault of defense counsel who had "done little to prepare for the sentencing aspect of the case." If the defendant's lawyers had done a proper job, said the appellate court, there would have been "a wealth of mitigating evidence, including the family's history of drug and alcohol abuses and propensity for violence."

Justice John Paul Stevens, writing for the four dissenters in the Supreme Court, laid heavy blame upon Landrigan's counsel: "Significant mitigating evidence -- evidence that may well have explained Landrigan's criminal conduct and unruly behavior at his capital sentencing hearing -- was unknown at the time of sentencing.

Only years later did Landrigan learn that he suffers from a serious psychological condition that sheds important light on his earlier actions."

Stevens continued: For example, "counsel did not complete a psychological evaluation of Landrigan, which we now know would have uncovered a serious organic brain disorder. He failed to consult an expert to explore the effects of respondent's birth mother's drinking and drug use during pregnancy. And he never developed a history of Landrigan's troubled childhood with his adoptive family -- a childhood marked by physical and emotional abuse, neglect by his adoptive parents, his own substance abuse problems (including an overdose in his eighth or ninth grade classroom), a stunted education, and recurrent placement in substance abuse rehabilitation facilities, a psychiatric ward, and police custody.

"Counsel's failure to develop this background evidence was so glaring that even the sentencing judge noted that she had 'received very little information concerning the defendant's difficult family history. ...' By any measure, and especially for a capital case, this meager investigation fell below an objective standard of reasonableness."

The case now goes back to the 9th Circuit, which presumably will obey the Supreme Court's ruling that the trial court in Arizona had not abused its discretion. The mitigating evidence that Landrigan sought belatedly to introduce, said Justice Thomas, "would not have changed the result."

Justice Kilpatrick, meaning me, finally concurs in Justice Thomas' opinion for the majority. It's not an easy call. In this particular case, there is no question of the defendant's guilt. As I read the record, Landrigan was adequately represented by counsel. There is persuasive testimony (though not entirely convincing testimony) that it ultimately will cost far more to execute Landrigan than to imprison him for life, but a cost/benefit ratio is irrelevant. Landrigan wantonly, cruelly, unforgivably took the life of another man. Pray for his soul, and pull the switch.

(Letters to Mr. Kilpatrick should be sent in care of this newspaper, or by e-mail to [kilpatjj\(at\)aol.com](mailto:kilpatjj(at)aol.com).)

Case Of The Dying Mother

Claire Collier is dying of Lou Gehrig's disease. The Supreme Court cannot do much to help her, but her appeal may yet serve a good purpose: It will call attention, one more time, to the legal plight of a working mother.

The story is spelled out in Case No. 06-1343, filed a month ago in the high court. Here Mrs. Collier challenges what is known as the 20/40 Rule under the Social Security Act. The rule limits disability benefits to those applicants who have had at least 20 quarters of coverage over a 40-quarter period.

During the applicable time period, Mrs. Collier was busy: She was rearing Kieran, a boy who will be 13 in September; Bridget, who turns 11 this month; and Leah, who will be 10 in July. The family lives in Stamford, Conn., where husband Bill is a mid-level sales executive in a company selling video products. Before she became a full-time mother, she had worked for 15 years as an event planner for a bank and later as a part-time teacher's aide.

Let me quote from counsel's petition to the Supreme Court:

"In the spring of 2003 Mrs. Collier started feeling strange physical sensations, including twitching in her arms and cramping in her calves. When the symptoms persisted and gradually worsened, Mrs. Collier visited her doctor, who in turn referred her to a series of specialists. One by one, the doctors eliminated the potential ailments. With the list of possibilities shrinking, Mrs. Collier found herself praying for cancer,

anything treatable, instead of something worse. By the fall of 2003, Mrs. Collier's worst fear was confirmed: She was diagnosed with amyotrophic lateral sclerosis (ALS), commonly known as Lou Gehrig's disease."

Within the next year or two, she will lose movement in every muscle in her body. She will become unable to speak. Gradually she will lose the ability to swallow. Eventually she will survive on a ventilator. Barring a medical breakthrough, she will die within the next two years.

Apart from the emotional burden, Lou Gehrig's disease imposes a staggering financial load upon the affected family. A specially designed hospital bed cost nearly \$10,000; a custom-fitted breathing apparatus cost \$16,000; a customized wheelchair cost \$25,000; a van to transport her cost \$54,000. Apart from those capital outlays, the monthly bill for medications and home health services exceeds \$6,000. Since the ordeal began, medical costs have mounted to more than half a million dollars.

Let me return to her counsel's brief:

"Following her diagnosis, doctors told Mrs. Collier that Medicare should offset much of the catastrophic costs. Mrs. Collier later learned, however, that because she was not yet 62, in order to receive Medicare benefits she had to establish qualification to receive Social Security disability benefits."

In January 2004 the Social Security Administration denied her application. **SEE 'DYING' PAGE 15.**

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by David Cardinali, Social Security Public Affairs Specialist for Southern Colorado



Questions and Answers

RETIREMENT

Question:

I am an American citizen who is ready to retire and I'd like to return to my native Ireland to live. Can I get my Social Security check abroad?

Answer:

Generally speaking, if you are an American citizen you may receive your Social Security payments in most countries outside the U.S., including Ireland. Because delivery time varies from country to country, and your check may not arrive the same day each month, Social Security strongly encourages everyone to have their Social Security payment deposited directly into a bank account where available. For more information, as well as to see the limited number of countries where we cannot send benefit payments, visit Social Security at www.socialsecurity.gov/international or call Social Security at 1-800-772-1213 (TTY 1-800-325-0778) and ask for the publication, Your Payments While You are Outside the United States.

Question:

I plan to start receiving my Social Security retirement benefits in about two years. I have a 13-year-old daughter from a previous marriage who lives with her mother, my ex-wife. Can my daughter get any kind of benefits based on my earnings record? And, if so, would the checks go to her directly, or would I get them on her behalf?

Answer:

Once you start receiving Social Security retirement benefits, your daughter can get benefits as your dependent until she's 18, or 19 if still in secondary school. A child's monthly benefit rate is generally one-half the parent's benefit amount. When you file for Social Se-

curity, you may file for benefits on your daughter's behalf and also file to be her representative payee. Generally, we appoint a representative payee for a beneficiary younger than age 18. The Social Security claims representative is required to attempt to contact the custodial parent, who has the option of filing to be payee. Whoever is named representative payee will be required to do an annual accounting of how your daughter's benefits are spent. For more information about retirement benefits for family members, visit www.socialsecurity.gov/retire2/, or call Social Security at 1-800-772-1213 (TTY, 1-800-325-0778) and ask for the publication, Retirement Benefits.

SURVIVORS

Question:

My husband was killed in an auto accident just after our daughter was born. I have since remarried and my husband would like to legally adopt my daughter. Would my daughter continue to receive Social Security survivors benefits after she is adopted by her stepfather?

Answer:

Yes. The adoption of a child already entitled to survivors benefits will not affect her benefit eligibility. The surviving child's benefits will continue as long as she is under age 18, or 19 if still a full-time secondary student and unmarried. For more information about entitlement to benefits, visit Social Security at www.socialsecurity.gov or call Social Security at 1-800-772-1213 (TTY 1-800-325-0778) and ask for the publication, Survivors Benefits.

Question:

What is the average monthly Social Security survivors benefit payment for a widow and two children?

Answer:

In 2006, the average monthly So-

cial Security survivors insurance benefit payment for a widowed mother or father and two children is \$2,074. For more information about survivors benefits, visit Social Security at www.socialsecurity.gov or call Social Security at 1-800-772-1213 (TTY 1-800-325-0778) and ask for the publication, Survivors Benefits.

DISABILITY

Question:

I receive Social Security disability benefits because of cancer. However, I am a master electrician and some neighbors would like me to do odd jobs for them whenever I feel good enough. Can I do this without jeopardizing my disability benefits?

Answer:

You should contact Social Security if you are getting disability benefits and decide to try working again. Basically, you can continue to receive disability benefits as long as you are unable to do "substantial" work. In 2006, monthly earnings of \$860 or more (\$1,450 if you are blind) are considered substantial. There are other "work incentives" that you can learn more about by reading our publication--Working While Disabled -- How We Can Help--at www.socialsecurity.gov/pubs/10095.html. Or you can call us at 1-800-772-1213 (TTY 1-800-325-0778) and ask for a copy of the publication.

SUPPLEMENTAL SECURITY INCOME

Question:

I live in Wyoming and was just approved for SSI disability benefits. I understood from talking to the people at Social Security that I would not have to apply for Medicaid benefits, but would get them automatically. But my cousin, who lives in North Dakota and gets SSI, says I need to file a separate application for Medicaid. Is he right?

Answer:

No. Thirty-two states (including Wyoming) and the District of Columbia automatically provide Medicaid to people who are eligible for Supplemental Security Income (SSI). In these States,

the SSI application is also the Medicaid application. Your Medicaid eligibility usually starts the same month as your SSI eligibility, but in certain circumstances can also be retroactive for up to three months. Seven other states (and the Northern Mariana Islands) use the same rules to decide eligibility for Medicaid and SSI, but require filing a separate application. Those States are Alaska, Idaho, Kansas, Nebraska, Nevada, Oregon and Utah. The following states use their own eligibility rules for Medicaid, which are different from Social Security's SSI rules, and require a separate application -- Connecticut, Hawaii, Illinois, Indiana, Minnesota, Missouri, New Hampshire, North Dakota, Ohio, Oklahoma and Virginia. For more information, visit Social Security at www.socialsecurity.gov or call Social Security at 1-800-772-1213 (TTY 1-800-325-0778) and ask for the publication, Supplemental Security Income.

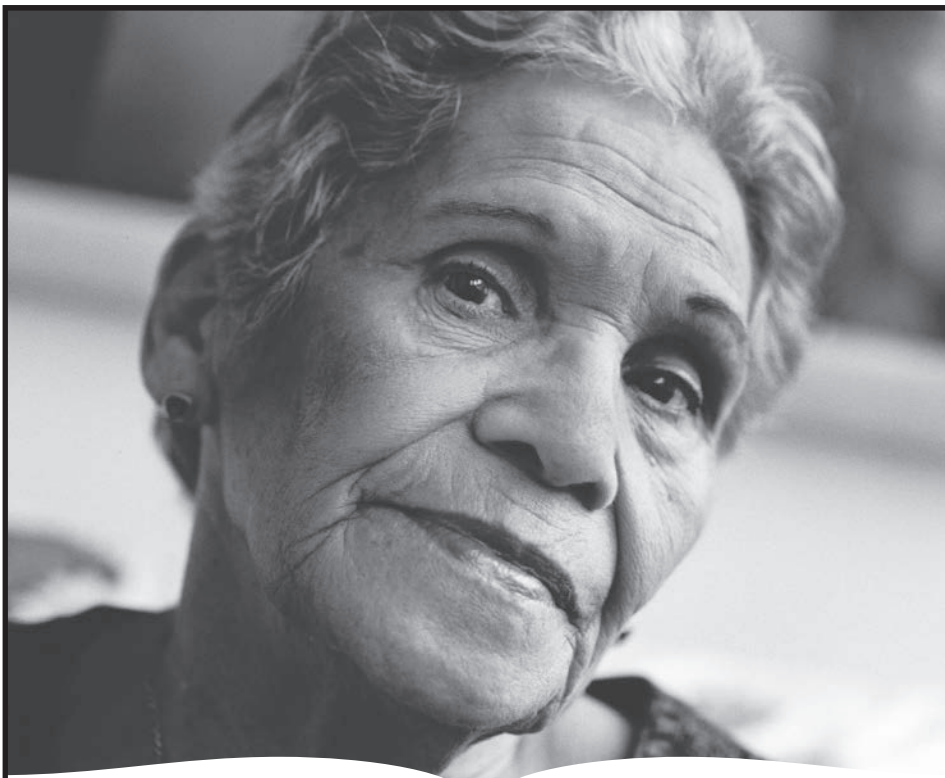
MEDICARE

Question:

I have had several unexpected and severe financial setbacks since I retired two years ago. Is it true that if my income has dropped dramatically I can get help paying for my Medicare premiums?

Answer:

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Grandparenting: "Sneaky Fran"

SNEAKY FRAN

Dear Grandparenting: I have a problem with my teenage granddaughter Fran. She's a sneak. If I don't tie her down she sometimes runs off in the opposite direction with her friends. Or she goes somewhere different than where she says she'll be, and meets up with other girls.

I don't want to get started questioning her honesty, because that will drive a wedge between us. Fran is a good girl at heart. She's just strong-willed. But since it is my job to keep tabs on Fran's whereabouts, I'd surely appreciate your help about how to get a better handle on her roaming around. Her parents don't allow cell phones, so I can't call her directly. Kendall, Littlestown, PA

Dear Kendall: We think you are wise to not take it personally. Most teens demonstrate their growing independence by occasionally breaking away.

You don't have to be Sherlock Holmes to solve the mystery of Fran's location. All you really need know are

the members of her social network, and their phone numbers. Staying in touch by phone will reassure your granddaughter that you care, and respect her need to sometimes go her own way. In return, you'll receive the peace of mind of knowing where she is.

GRAND REMARK

Our column about how children were impacted by the flood of grim news on the recent massacre at Virginia Tech touched a nerve in many readers.

Patsy of Kingsport, Tenn. emailed us to say she has two granddaughters, ages "nine going on 30" and one, and a grandson, your. "I applaud your comment - TURN OFF THE TV. Some things are not meant for their young eyes.

"As parents and grandparents, I think the only way to handle this situation is talking to children openly and honestly. Teaching them right from wrong begins at home."

MORE GRAND REMARKS

Ann Morris from Baltimore says granddaughter Emily thinks the best thing about turning nine is that "my stomach is larger, so now I can eat more."

"When a friend asked my grandson if he had any brothers or sisters, he said 'No. I'm single.'" Ed O., Coos Bay, OR

Dee and Tom, married more than 50 years, have eight grandchildren. Together with Key, they welcome ques-

tions, 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, 830 W. 40th St., Ste. 304, Baltimore, MD 21211. 410-828-6529.

Where Are They Now?

by Marshall Jay Kaplan

Angie Dickinson

Everybody's favorite and sexiest police woman has had a bittersweet year. Although she recently celebrated her 75th birthday, she mourned the loss of her daughter.

Angie Dickinson was born Angeline Brown in Kulm, North Dakota on September 30, 1931. Her father was a publisher of the local newspaper. At age 11, her family moved to California. Although Angie was inspired by her father to be a writer (and even won a local essay contest), after college the only work that she found was that as a secretary for the Burbank Airport where she worked from 1950 to 1952.

In 1953, recently married (to former football player, Gene Dickinson) Angie did not need to work anymore. She entered a beauty contest and won 2nd place. This prompted her to pursue an acting career – a career that was extremely quick to achieve!

Television loved Angie – she was not just beautiful to look at, but she also proved to be a versatile actress, appearing in literally dozens of TV series of the 1950's and 1960's including Perry Mason, Gunsmoke, The Fugitive and Death Valley Days.

In addition to television, Dickinson proved to have a successful movie career. Angie did not want to be another blonde bombshell. Instead, she naturally lightened her hair (rather than go platinum). She studied the craft of acting and worked hard to be a good actress. Casting directors began to take notice of Angie – she was edgy and direct in her vocal delivery, yet soft, shapely and sexy in her physique – a combination that studio execs could not ignore. Very quickly Angie went from B-movies to A-movies, such as Rio Bravo (1959, with John Wayne). The infamous Rat Pack also took notice of Angie not only in casting her in Oceans 11 (1960), but having her join their inner circle. Angie remained a close friend of Frank Sinatra until his death in 1998. As she says, "My mother was against me being an actress – until I introduced her to Frank Sinatra!"

Now a full-fledged star, Angie had her pick of film roles and leading men. Although her film roles of the 1960's and early 1970's were nothing to write home about (except for Big Bad Mama, 1970), the marriage to her second husband made headlines. Angie married legendary songwriter Burt Bacharach. The union was a Hollywood fairytale and lasted from 1965 to 1981. Their daughter, Nikki was born 3 months premature in 1967 with Autism. Angie cut back on her career to care for Nikki during her early years.

In 1974, Angie appeared in an episode of Police Story. Her guest appearance turned into a weekly series called Police Woman, where she played Sgt. Suzanne 'Pepper' Anderson. Not only did Angie earn awards for her role, she was a pioneer in creating an over-40 sex symbol – a term coined as 'cougar' today. The show lasted 4 seasons.

Dickinson slowed her pace in the 1980's. She turned down the role of Krystle Carrington on Dynasty, but did star in the Brian DePalma thriller, Dressed to Kill (1981) – one of her only six roles during the 1980's. The 1990's and 2000's saw Angie in only a few roles – some cameo appearances (such as 2001's Ocean 11 remake). She played Helen Hunt's mother in Pay It Forward (2000) and Gwyneth Paltrow's mother in Duets (2001). Although not onscreen as much as her fans may like, Angie does continue to attend film premieres.

In January, 2007, Angie was in the news, as her and Burt's daughter, Nikki committed suicide. Our thoughts are with Angie during this tragedy and let our memories be ones of smiles for her on-screen roles – that of a smart and sexy actress. As she once stated, "The more powerful women are, the more sexy they are."



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- Southern Colorado Clinic • St. Mary-Corwin Medical Building
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Pueblo/Pueblo West Community Blood Drives

• **SunWest Education** Credit Union Community Blood Drive - Friday, June 1 from 2 to 5 p.m.

Donations inside Bonfils' mobile bus located at 4141 Sovereign Circle, Pueblo.

For more information or to schedule an appointment please contact Bonfils' Appointment Center at (800) 750-4483, opt. 1

• **K-mart North** Community Blood Drive - Saturday, June 2 from 11 a.m. to 3 p.m.

Donations inside Bonfils' mobile bus located at 3415 N. Elizabeth, Pueblo. For more information or to schedule an appointment please contact Bonfils' Appointment Center at (800) 750-4483, opt. 1.

• **IBEW #12** Community Blood Drive - Wednesday, June 6 from 4:30 to 7:30 p.m.

Donations inside Bonfils' mobile bus located at 2901 Farabaugh Lane, Pueblo.

For more information or to schedule an appointment please contact Tim Flint at (719) 561-8000 ext. 120.

• **"Union and Grand"** Community Blood Drive - Friday, June 8 from 9 to 11:30 a.m.

Donations inside Bonfils' mobile bus located in front of the SRDA Building at 230 N. Union Avenue, Pueblo.

For more information or to schedule an appointment please contact Bonfils' Appointment Center at (800) 750-4483, opt. 1.

• **"11th and Court"** Community Blood Drive - Friday, June 8 from 2 to 4:30 p.m.

Donations inside Bonfils' mobile bus parked at District 60 Admin. Office, 315 W. 11th Street, Pueblo.

For more information or to schedule an appointment please contact Bonfils' Appointment Center at (800) 750-4483, opt. 1.

• **Parkview Medical** Commu-

nity Blood Drive - Monday, June 11 from 7:30 to 10:20 a.m. and 11:30 a.m. to 2 p.m.

Donations inside Bonfils' mobile bus located at 400 West 16th St. - on the corner of Grand Ave.

For more information or to schedule an appointment please contact Tiffany Herrera at (719) 584-4526.

• **Pueblo Community College** Community Blood Drive - Tuesday, June 12 from 11 a.m. to 3 p.m.

Located at 900 W. Orman Ave. in the 2nd Floor College Center, Pueblo.

For more information or to schedule an appointment please contact Jim Torres at (719) 549-3249.

• **Pueblo Regent** Retirement Community Blood Drive - Saturday, June 23 from 10:30 a.m. to 2:30 p.m.

Donations inside Bonfils' mobile bus located at 100 San Carlos Rd., Pueblo.

For more information or to schedule an appointment please contact Pat Tubergen at (719) 566-0111.

• **Shrine of St. Therese** and Knights of Columbus #12720 Community Blood Drive - Sunday, June 24 from 8:30 a.m. to noon.

Donations inside Bonfils' mobile bus located at 300 Goodnight Ave., Pueblo.

For more information or to schedule an appointment please contact Bonfils' Appointment Center at (800) 750-4483, opt. 1.

• **St. Mary-Corwin Medical** Center Community Blood Drive - Monday, June 25 from 7:30 to 10:10 a.m. and 11:30 a.m. to 2 p.m.

Donations inside Bonfils' mobile bus located at the West Main Entrance, 1008 Minnequa Ave., Pueblo.

For more information or to schedule an appointment please contact Bonfils' Appointment Center at (800) 750-4483, opt. 1.

• **Pueblo West Community** Blood Drive - Friday, June 29 from 10

a.m. to 12:30 p.m.

Donations inside Bonfils' mobile bus located in the parking lot at Safeway, 1017 N. Market Plaza, Pueblo West.

For more information or to schedule an appointment please contact Bonfils' Appointment Center at (800) 750-4483, opt. 1.

DETAILS:

This summer Bonfils Blood Center wants you to live your life and enjoy all the great activities that summer brings. Whether indulging in cool waves, hot sand and sunny weather of a tropical vacation or backpacking down a winding trail into the depths of a Colorado forest, don't forget to take a little time to make a big difference in the lives of patients by giving blood this summer.

As a thank you for making blood donation part of your summer plans, all donors who give between Sunday, May

20 and Saturday, July 14 will receive a Bonfils t-shirt and between Sunday, July 15 and Saturday, Sept. 8 will receive a Bonfils water bottle. Donors who make two blood donations between May 20 and Sept. 8, will not only receive both gifts, but they will also be automatically entered into a drawing to win a six-night trip for two adults to Paraiso Del Mar in Riviera Maya, Mexico, generously provided by Apple Vacations. Whole blood donors are eligible to donate every 56 days.

Bonfils Blood Center provides blood and blood products to more than 200 hospitals and healthcare facilities throughout Colorado. Bonfils needs 4,350 people to donate blood every week to meet the needs of the community and be prepared for any unforeseen events.

For more information about Bonfils Blood Center, please visit www.bonfils.org or call (800) 365-0006.

ON YOUR TOES

by Charles E. Schneider, M.D.

ARTHRITIC DEFORMITIES

Arthritis is the inflammation of a joint. Acute arthritis is marked by pain, heat, redness and swelling. Arthritis can result in a tenderness and pain which can limit movement.

There are many types of arthritis and the term "arthritis" actually refers to 100 different diseases whose common factor is damage to the body's joints and connective tissues. Common adjectives for this word are acute, chronic and rheumatoid.

For clarification, acute means having severe symptoms over a short time, chronic means lasting for a long time and rheumatoid simply means the arthritis is marked by inflammation, degeneration or metabolic derangement of the connective tissue structures, especially the joints and related structures: and accompanied by pain, stiffness or limitation of motion.

The most common type of arthritis is osteoarthritis, a wear-and-tear of the joints that comes with age and that usually is not serious, though it can cause crippling, especially of the hips and knees.

Other forms of arthritis include: gout, juvenile arthritis, ankylosing spondylitis (stiff spine), systemic lupus erythematosus which can damage both joints and organs in the body and scleroderma (overgrowth of scar-like tissue in joints and other organs). Bursitis causes pain in fluid-filled pockets that cushion bones and joints.

The foot is frequently the area where arthritis is first detected. It can cause deformities which cause pain and difficulties for walking comfortably. Depending on the deformity and the severity of the

disease, various measures can be taken to alleviate pain and add comfort to normal activities. Some of the deformities which are quite common with arthritis include: bunions and spurs.

Inflammatory bursitis is seen most frequently with gout and rheumatoid arthritis.

Although most forms of arthritis cannot be cured, early diagnosis and proper medical treatment can help control pain and avoid deformity or crippling for many of its victims.

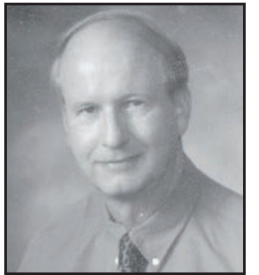
Treatment can include medication, physical therapy, exercise, control of the foot function with orthosis, braces, special shoes and surgery.

The "team" approach to patient care leads to more effective patient management and a lessening of all symptoms associated with arthritis. The "team" includes: podiatry, rheumatologist, family physicians, internists and physiatrists.

Podiatrists play an important role when the feet are involved. A close working relationship among these health professionals and nursing and allied health specialists in arthritis has brought about exciting advances in the early detection and treatment of arthritis.

Consult your podiatrist whenever pain in the joints of your feet persists or intensifies over a period of time. Early detection, diagnosis and treatment will keep you more active and comfortable.

If you have further questions or comments, please feel free to contact: Dr. Charles E. Schneider, D.P.M. 1619 N. Greenwood, Pueblo, CO 81003 or at 719-543-2476.



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Caregivers Essay Contest & Caregiver Survivor Tools

Caregiver Essay Contest

The Home Instead Senior Care office serving Pueblo and Canon City has announced the second annual Caring Today magazine's "Give a Caregiver a Break" essay contest to honor family caregivers for their tireless service. The contest is sponsored by Home Instead Senior Care.

In 500 words or less, family caregivers can tell their caregiving experiences, including the challenges they've faced, how they've embraced their role as a caregiver for a senior loved one and how a Home Instead CAREGiverSM could make a difference. Entries can be submitted starting May 1, 2007. Entry deadline is July 16, 2007.

Grand Prize is \$5,000 of free care from Home Instead Senior Care, the world's largest provider of non-medical companionship and home care for seniors. Two First Prize winners will receive \$2,500 of free care from Home Instead Senior Care. Winning essays will be published in the November/December issue of Caring

Today and the top 10 essays will appear on www.caringtoday.com.

Last year's Grand Prize winner was Marian Colton of Brick, N.J., who at one point was doing arduous double-duty as a caregiver. For one, she was traveling regularly to a nearby town to care for her ill mother, Eleanor Flatley. In addition, at home, Colton was caring for Joey, her

adult Downs Syndrome brother, who lived with her in Brick.

On top of all this, Colton continued to hold down her full-time job as a teaching assistant. Amazingly, however, she considered this whole situation not to be a sacrifice, but instead a natural part of her life.

Joey died in December 2005. "For seven months, my life was swallowed up in disease, doctors, discouragement and death," she said. "Mom is still ill, but some of the pressure is released since Joey's passing. I miss the intimate moments we shared as I cared for him. He'd kiss my hand and his eyes sparkled with love and appreciation for my caregiving. His eyes shared his heart's appreciation." (To read Colton's essay as well as the stories of the other winners, log on to www.caringtoday.com.)

To enter the "Give a Caregiver a Break" essay contest, you must be 18 years old or over and a legal resident of the 50 United States or the District of Columbia. Only one entry per person is allowed. Entrant must be the caregiver and not a third party. Entries may be submitted online at www.caringtoday.com or by mail to Caring Today, 1465 Post Road East, Westport, CT. 06880. Complete rules can be found in the May/June issue of Caring Today or online at www.caringtoday.com or www.homeinstead.com.

Caring Today is the premier national

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magazine offering practical advice for the family caregiver. It provides expert, up-to-date information on medical, social, financial, legal, lifestyle and support issues – and, in each issue, reinforces the importance of caregiver well-being and self-care. With a circulation of 750,000, Caring Today is published six times a year and distributed primarily through doctor's offices, hospitals, CVS/pharmacies and professional home-care services. The magazine's offices are located at 1465 Post Road East, Westport, CT 06880, and it's newly designed, interactive website is at www.caringtoday.com.

Caregiver Survival Tools

If you're under stress, consider the following survival tools from Home Instead Senior Care:

- **Work out:** Exercise and enjoy something you like to do (walking, dancing, biking, running, swimming, etc.) for a minimum of 20 minutes at least three times per week. Consider learning a stress-management exercise such as yoga or tai-chi, which teaches inner balance and relaxation.

- **Meditate:** Sit still and breathe deeply with your mind as "quiet" as possible whenever things feel like they are moving too quickly or you are feeling overwhelmed by your responsibilities as a caregiver. Many times you will feel like you don't even have a minute to yourself, but it's important to walk away and to take that minute.

- **Ask for help:** To avoid burnout and stress, you can enlist the help of other family members, friends, and/or consider hiring a professional non-medical caregiver for assistance. There is no need to feel guilty for reaching out.

- **Take a break:** Make arrangements for any necessary fill-in help (family, friends, volunteers or professional caregivers). Take single days, a weekend or even a week's vacation, just make sure you line up your support system so you can be confident that your loved one is safe and happy. And when you're away, stay away. Talk about different things, read that book you haven't been able to get to, see a movie. Only a real break will renew and refresh you.

- **Eat well:** Eat plenty of fresh fruits, vegetables, proteins, including nuts and beans, and whole grains. Indulging in caffeine, fast food and sugar as quick "pick-me-ups" also produce a quick "let-down."

- **Take care of yourself:** Just like you make sure your loved one gets to the doctor regularly, make sure you get your annual check-up. Being a caregiver provides many excuses for skipping your necessary check-ups, but you cannot and should not compromise your health.

- **Indulge:** Treat yourself to a foot massage, manicure, nice dinner out or a concert to take yourself away from the situation and to reward yourself for the wonderful care you are providing to your aging relative. You shouldn't feel guilty about wanting to feel good.

- **Support:** Find a local caregiver support group, which will help you understand that what you are feeling/experiencing is normal for someone in your position.

This is a place to get practical advice from people who are in your situation and to bounce off those feelings of stress, since everyone is likely to be in the same situation and can empathize.

For more information, visit www.caregiverstress.com.



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If You Are In Doubt, Don't Throw It Out!

by Patricia McLaughlin

Linda Arye's Quilts for Kids shows how imagination and energy can turn garbage into gold. All garbage should be so lucky!

Amazing, the stuff people throw out -- stuff that, as my grandmother used to say reprovingly, is "perfectly good," or even outright wonderful.

Linda Arye is still amazed at what she found when she stopped in

at the Marketplace Design Center in Philadelphia one day in 2000 to place an order for a client. Arye is an interior designer, and the Design Center is a big building full of showrooms displaying high-end goodies -- furniture, fabrics, fixtures, tile, window treatments, wall-coverings, carpets, custom closets, accessories, etc., available to the trade. On her way in, Arye nearly collided with a pile of big, black, bulging lawn bags.

"What is this?" she asked the man on the desk.

"Oh, don't mind," he told her. "It'll all be gone by tomorrow." Turned out the Design Center was dumping its discontinued fabric samples.

When I shop discount fabric outlets for \$5-a-yard mill-end chintz to recover some chair cushions, I consider myself lucky if they'll cut me a chinchy little 2-inch square from the end of the bolt to take home and put next to the carpet to make sure it's not exactly the wrong shade of blue. The sort of customer who hires a decorator to help her decide whether to have her favorite sofa reupholstered in a \$700-a-yard Scalamandr  tapestry or a \$475 Brunswig & Fils taffeta gets bigger samples, sometimes as big as a yard or two, nicely finished on the edges, to take home and fling over the back of the sofa and live with for a few days to see how she feels about the color and pattern.

When fabrics are discontinued -- replaced with something newer and fresher and more fabulous -- those nice big samples lose their reason for being. No point in sampling something you can't order. So out they go, yards and yards of stuff you'd pay hundreds a yard for, to be unceremoniously interred in some landfill.

Once upon a time, when cotton bolls were picked clean of seeds by hand, and thread was hand-spun, and every square inch of fabric was hand-woven, textiles were precious. A garment would be worn, repaired, worn some more, handed down, remade, handed down again, willed to one's heirs, and eventually cut up so the bits that weren't worn out could be made into quilts. Even after the Industrial Revolution, clothes would be worn into rags -- and then the rags would be sold to the rag man, who sold them to a shoddy mill, where they were ground up into fiber and re woven into low-quality (i.e., shoddy) cloth to start the cycle over again.

Now we're so rich we can take exquisite, fabulously expensive fabrics



Linda Arye, surrounded by stacks of donated fabric samples that have taken over her kitchen addition, shows off some of the patchwork quilts her group makes for hospitalized children. photo: Patricia McLaughlin

that have never even been used, only looked at, and pay people to bury them in the ground. There are whole industries that specialize in the reuse and recycling of fibers and fabrics; even so, according to one estimate, we consign nearly 5 million tons of fabric to landfills and incinerators each year -- and pay hundreds of millions of dollars to dispose of it.

Arye, faced with that huddle of trash bags, decided to do something about it. "I was really tired of all the waste in the industry," she says. Waste is a sin, her father, who'd grown up in the Depression, used to tell her. I remember my mother saying exactly the same thing as she pointed sternly to the snarl of gooey spinach left on my plate.

But wasting beautiful fabric beautifully hand-printed in 17 colors has to be a worse sin than not finishing your spinach. Arye told the man to hold onto those bags, she'd be back for them.

She didn't know what she'd do with them. There had to be a thousand pounds of fabric there. Would it even fit in a station wagon? Would she need a truck?

Her aunt had just learned to quilt. Maybe the samples could be turned into patchwork? Then she remembered a time, years before, when her daughter Mollie had been sick. She'd taken her to the emergency room, and remembered all too clearly how Mollie cried when they took her away all alone for tests. They wouldn't let her mom go with her. They wouldn't even let her hold on to her favorite teddy bear: God forbid it should harbor germs or allergens!

The memory of Mollie's disconsolate wails gave her an idea: cozy, cheery, washable quilts for sick kids separated from their blankies and their teddy bears by hospital rules.

A fine idea -- and if I'd had it, seven years later I'd still be trying to decide what to do about it. But Arye is a dynamo. Seven years later, she has the owners of all the major fabric houses on board with Quilts for Kids (www.quiltsforkids.org) and 63 chapters of volunteers across the country working with local design centers to turn discontinued fabrics into patchwork quilts to comfort sick and abused children. At last count, they'd delivered 40,000 finished quilts, and kept more than a million pounds of fabric samples out of landfills.

Arye has lost count of the number of fully loaded 18-wheelers that have shown up to unload donated fabric at her house in Yardley, Pa. -- and the number of times she's had to race around the neighborhood borrowing garage space because there was more than she had room for.

She could use more space. And more quilting volunteers. And money for shipping and packing materials and office supplies and the rotary blades and cutting mats they use to cut out quilt pieces. Sometimes she even has to buy

SEE "AYRE" PAGE 15.

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Traveling: There's Nothing Like A Holiday!

Small Georgia Town Has A Very Big History

by Jay Clark

MILLEDGEVILLE, Ga. -- The burning of Atlanta during the Civil War was an epochal event, and many believe it was Georgia's capital city that went up in flames.

Not true: Atlanta wasn't the capital of Georgia then. The state capital was Milledgeville, 98 miles to the southeast.

While Gen. William T. Sherman ravaged Atlanta and torched many other Georgia towns on his March to the Sea in 1864, he spared most of Milledgeville, even spending the night there in the Governor's Mansion.

As a result, the city has many lovely antebellum homes as well as the former capitol and the former Governor's Mansion, both restored to their pre-Civil War ambience.

That's not the only reason to visit Milledgeville, however. This city of 19,000 also is the hometown of author Flannery O'Connor, whose writings have

won wide acclaim. O'Connor, whose life was cut short by lupus at 39, wrote most of her novels and short stories at her Andalusia Farm here.

And Milledgeville is also a college town. Georgia College and State University, a liberal arts college, is situated here, as is Georgia Military College, a prep school (grades 7 through 12) and junior college whose signature building is the former capitol. Students give the city a lively aspect (perhaps too lively, some residents say), particularly at such downtown hangouts as The Brick, Capital City and Amici's.

Eight Georgia governors worked and slept in the city's Old Governor's Mansion, which underwent a \$10 million restoration two years ago. Today, visitors can see where Georgia's Order of Secession was signed on Jan. 18, 1861. Georgia's first flag, dating to 1798, is on view, as well as an 1850 U.S. flag with 39 stars.

Georgia's former capitol has been restored to 1861, when the state seceded. Inside the distinctive 1807 building, which is considered the first example of Gothic architecture in a U.S. public building, visitors can tour a regional museum on the first floor and enter the former legislative chamber on the second.

Many critics have compared Flannery O'Connor's works with those of William Faulkner.

"O'Connor's short stories and novels are set in a rural South where people know their places, mind their manners and do horrible things to one another," Lawrence Downes wrote in a story

for The New York Times earlier this year. "It's a place that somehow hovers outside of time ... soaked in violence and humor, in sin and in God."

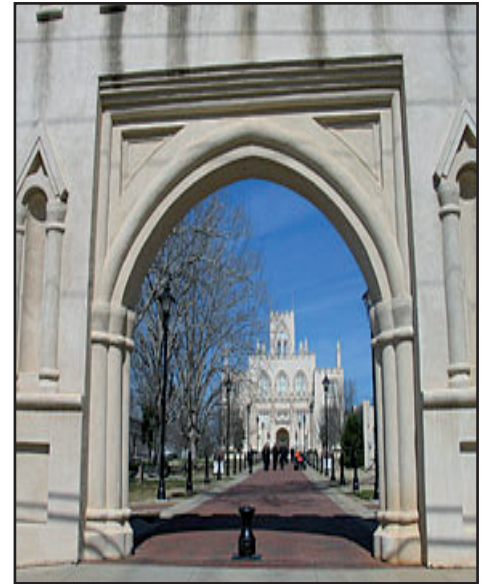
At her Andalusia Farm, where she lived from 1951 until her death in 1964, visitors can see the first-floor room where O'Connor wrote "Wise Blood," "A Good Man Is Hard to Find" and other fiction.

Her typewriter sits on a small desk next to the bed where she slept in the former sitting room. (As her disease progressed, she was unable to climb the stairs to her bedroom.) It's a dreary room with paint peeling off the walls and a pair of crutches close to the bedside, but it reflects the indomitable spirit of the woman who lived there.

O'Connor's manuscripts and her extensive collection of books are on display in the Flannery O'Connor Room in the library of Georgia College and State University.

Oddly, many Georgians think of Milledgeville neither as a former state capital nor as the home of a critically acclaimed author, but as the site of one of the biggest mental institutions in the world. A half-century ago, Central State Hospital cared for as many as 15,000 patients at a time. It houses many fewer now, though its industrial kitchen still can fix 15,000 meals a day (for both the hospital and adjacent prison) on its 1,000-acre campus.

Its proximity to dam-created lakes Oconee and Sinclair bring newcomers and new businesses to Milledgeville. Several "plantations" -- large tourist complexes with golf courses, hotels, restaurants, homes and rental properties



Georgia's former capitol building can be seen in the distance through the entrance to the Georgia Military College. photo: Jay Clarke

-- have been built in this burgeoning lake country. Lake Oconee is the site of the Ritz-Carlton Lodge, a hotel and spa that has hosted prominent politicians. Many fishing tournaments are held on 15,000-acre Lake Sinclair.

Most of the city's antebellum and Victorian-era homes are private residences, but guided trolley tours take visitors past them, or one can follow a walking tour published by the Milledgeville Convention and Visitors Bureau.

Also worth a visit in spring is the Lockerly Arboretum, a 54-acre preserve whose flowering trees burst into gorgeous bloom at that time.

Information: Milledgeville Convention and Visitors Bureau: (800) 653-1804 or www.milledgevillecvb.com.




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Well Dressed Garden: New Life For The Old Porch

by Marty Ross

Step out on the porch and you're in another world -- a perfect place full of light and air, somewhere between inside and out. You're close enough to nature to smell the roses or admire the dew in a spider's web without leaving your seat in a comfortable porch chair.

Porches are back in style, and not just for the rocking-chair generation, says Jennifer Sypeck, director of trends and product development at Smith and Hawken, the garden lifestyle specialists.

"It's a throwback from years past, but you can see it even in new development," she says. "People are looking for porches."

What they're really looking for, she says, is a place of escape. A big front porch, a simple city stoop or even an apartment balcony all offer the possibility to get away without really going far. Furnished with a chair or two, a garden

bench or a hammock, and decorated with a simple pot of petunias, a porch becomes an important extra room.

It can be a place to marshal your tools and your plans for another stab at the garden, or a shady retreat when the sun has gotten too hot and you're done digging for the day.

"You can set a tone that is tranquil or exciting," Sypeck says.

A front porch might be a neighborhood gathering place or a private retreat, says Tom Johnston of ThinkGreen, a landscape architecture company in Glenside, Pa., near Philadelphia.

"Some people want to talk to other people, some want to see what's happening in the neighborhood, and some just need a place to go and read," he says.

A porch is part of both the house and the garden, so potted plants, hanging baskets and vines on trellises all can be

part of your design. Comfortable furniture is the only real requirement.

Johnston's own front porch is furnished with a wooden swing with a cushion and a couple of large pots full of plants. He loves the timelessness of the swing and the simplicity of the pots on the porch.

It's easy to get carried away and over-decorate the porch with a few pieces of furniture from inside, but Johnston advises resisting the temptation.

"Simplicity is not a bad thing," he says. "If you think about certain types of landscapes or of interior design, when you have too many things, it's hard to get across what is happening."

The simple solution is to have just a few well-chosen pieces on the porch. The uncluttered look makes a stronger statement, he says, particularly when space is limited, as it usually is on a porch.

This year, ThinkGreen won a "best in show" award at the Philadelphia Flower Show for a small residential landscape design that included a pergola and patio. The concepts translate perfectly to porches, Johnston says.

For one thing, a good porch is accessible without too many stairs. Four steps are ideal, he says. That puts the porch high enough above the level of the garden to give you a great vantage point from which to appreciate the flowers around you.

In residential designs, Johnston suggests planting the periphery of the property with small trees and shrubs as a backdrop, and for shelter and privacy, leaving the area right around the porch for flowers.

Johnston also likes to plant vines around porches. A trellis covered with annual morning glories or cypress vine creates a flowering summer screen that lets dappled light through. You still can see the street and the garden, but the vines give you some privacy, he says.

Hanging baskets full of plants also become part of the architecture of the porch, Johnston says, and so do planter boxes. Sweet-potato vines or cascading petunias fill hanging baskets and planters in no time and look great all summer long.

For large properties, ThinkGreen designs discreet courtyard gardens around clients' front porches, using low walls to define a secondary entrance and create a welcoming sense of arrival. They provide a little more separation from the street.



Greet your friends and the summer from the shady comfort of a porch. When you're on the threshold between the house and garden, you can borrow ideas from inside and out. photo: Smith & Hawken

It is part of a journey from the outside world to one's own front door, Johnston says. In city settings, where the trip from the street to the house may be just two steps up, Johnston sticks to classic materials used with the utmost simplicity. A solid block of bluestone cut to serve as a stoop makes a terrific first impression, he says, and improves with age.

"People walk up and down those stairs over time, and the patterns start to wear," he says. "You can hang out, watch the kids, sit there with the dog."

That's what porches are for: sitting and watching the world go by.

PERCHED ON THE PORCH

Hanging out on the porch is not an elitist sport, says Jennifer Sypeck of Smith and Hawken, www.smithandhawken.com. "It's your own space, your retreat, so make it what you want," she says.

Here are a few suggestions from Sypeck and landscape architect Tom Johnston of ThinkGreen, www.thinkgreenllc.com, near Philadelphia.

-- A few pieces of handsome porch furniture will invite you to linger. Wood furniture is classic, Sypeck says, but all-weather wicker and metal tables and chairs are growing in popularity.

"A lot of people are still in the resin world, but they are looking at it as extra seating," she says. Don't forget comfortable cushions.

-- Let plants bring color into your life. Bright summer flowers magically perk up the mood of a porch. Plant them beside the front stairs if the porch is tiny, or grow them in hanging baskets.

-- Even if you have plenty of room for pots on the porch, don't overdo it. One or two well-chosen pots will bring the garden to your fingertips without cluttering up the space, Johnston says.

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Finances: Wealth Creation

Middle Of The Road: Mid Cap Stocks Offer Mix Bag

by Robert Valentine

Mid cap stocks offer a mix of the potential growth of a small cap and some of the stability of a large cap, which could be a welcomed addition to

Ayre

from page 12.

fabric, because companies that make fabric for the design trade tend not to do that many zippy prints featuring Cinderella or SpongeBob SquarePants, and "no kid needs a rust-black-and-brown quilt in his hospital room." So if you happen to have a bolt of Smurf-printed calico hanging around -- or if you know a kid who needs one of her quilts -- let her know: You can e-mail her from the Quilts for Kids Web site.

Lately, she's started selling some of the more serious, less kid-friendly fabrics on eBay to pay for blades and mats and postage, which is how I ran across her. It's kind of perfect, since eBay, at base, is a mechanism for turning stuff people have but don't want and might otherwise be tempted to throw away into cash instead of trash. You can check out her current offerings at: http://search.ebay.com/_W0QQsassZquiltsforkidsoneQQhtZ-1.

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

your portfolio.

In the search for the proverbial "Goldilocks" choice of the investment world, mid-cap stocks may be about as close as some investors get when looking at market capitalization. And while they may not be "just right" for everyone, mid-cap stocks certainly offer a unique, balanced mix of qualities from large and small-caps.

The definition of a mid cap varies greatly depending upon who you ask. Some define mid-caps as being companies with a market capitalization between \$1.5 billion and \$5 billion. Others bump that number up a bit and define them being between \$2 billion and \$10 billion. In the end, it depends on exactly who you ask. Market capitalization, simply put, is the price of the company's stock, multiplied by the number of shares outstanding. It's basically the value the market places on a company. So what makes mid caps so middle of the road?

Large caps are generally more glamorous to some experts because they are perceived to be the safest and most reliable. The prevailing assumption is blue chip stocks are strong and steady. But as Enron and others have shown, that isn't always the case. Risk exists throughout the market, and in some cases, with reduced risk, comes reduced growth.

Meanwhile, some small caps can be a bit too bumpy of a ride for many investors.

Smaller, less-established com-

panies mean there may be a bigger chance for growth but also more volatility. Many investors can't handle the ups and downs that small caps offer. Small caps are often ignored by many analysts and thus, don't receive as much attention. Meanwhile, many large cap stocks are frequently highlighted. Mid caps, once again, fall into the middle child category.

Mid cap stocks have become a popular investment of late because of the attractive qualities that many investors see in them. Frequently the companies are primed for potential growth, at the same time they've already gone through some of the growing pains which small-cap stocks have yet to experience.

Experts say that by the time a company has ventured through life as a small cap, they're often better prepared to handle the market's woes. They've also usually had a chance to put quality management in place, and better refine their product and their message. Thus, room for growth, but with less growing pains.

The size of the market capitalization you choose to invest in, has a great deal to do with your current financial situation and the amount of risk you're willing to tolerate. Meeting with a financial professional to assess your needs and goals, is one of the first steps towards establishing a plan for the future.

While no one investment is perfect for everyone, certain investments do fit well for people in particular situa-



tions.

Robert Valentine is a Certified Senior Advisor in Huntington Beach, CA. He can be reached at (877) 732-2637.

This article was submitted by Robert Valentine of Financial and Retirement Management. Robert (CA Insurance Lic #0C23496) is a Registered Representative of and offers securities through Securities America, Inc., a Registered Broker/Dealer, Member NASD/SIPC. Advisory services offered through Financial and Retirement Management, a Registered Investment Advisory firm. Robert is a Certified Senior Advisor in Huntington Beach, CA. Several of his articles on financial planning matters that concern investors have been published. Robert can be reached at (877) 732-2637.

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Dying Mother

from page 7.

tion. She had "insufficient recent work credits to qualify." An administrative law judge regrettably confirmed that ruling. Said the court:

"It is clear that ALS has taken a great toll on (Mrs. Collier's) physical and mental health, and on her family and finances. She has fought courageously

against this disease and has done everything possible to continue in her role as a wife and mother. Her personal story is compelling, and her ongoing efforts to raise her children despite the disease merit admiration."

A U.S. district judge confirmed the ruling. Four months ago a panel of the 2nd U.S. Court of Appeals affirmed. Its per curiam opinion began:

"We are called upon to address a matter of human tragedy. Petitioner Claire Collier has amyotrophic lateral sclerosis (ALS), more commonly known as Lou Gehrig's disease. She has suffered greatly from this disease and, in addition to the physical pain, the financial cost has been staggering. However, we are compelled to conclude that the statute which guides this court's review denies Collier

Social Security Disability Insurance and Medicare benefits because she does not have the required recent work history."

Mrs. Collier's counsel argued in the circuit court -- and argue again in their petition to the Supreme Court -- that the 20/40 rule unconstitutionally discriminates against working women who become mothers. The circuit court disagreed. It saw no invidious sex discrimination and dismissed her suit.

My guess is that the Supreme Court will decline to take her case. Too much precedent is in the way. Counsel inform me that at any given time, 5,000 persons in the U.S. are victims of Lou Gehrig's disease. Whoever said life is fair?

(Letters to Mr. Kilpatrick should be sent in care of this newspaper, or by e-mail to [kilpatjj\(at\)aol.com](mailto:kilpatjj(at)aol.com).)

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Cooking A - Z: Manna Of Summer? It's The Berries!

by Annette Gooch

Summertime: It's the berries! And part of what makes the season so delightful is the availability of fresh berries, ripening and coming onto the market from May through the end of summer and, in many regions, well into fall.

Short-lived, fragile, vibrant and utterly irresistible to humans and wild-life alike, berries are the mouthwatering manna of summer, luscious little fruits we never tire of eating out of hand or with shortbread and cream, churning into icy treats, and making into pies, tarts, cakes, puddings, cobblers and fools.

The development of early, mid-season and late varieties of strawberries, raspberries and blueberries have greatly extended the season for these and other popular summer berries.

Less common are fresh currants -- mostly red but also black and white -- which flourish in areas with cold winters and cool summers. Not to be confused with dried currants (which are actually produced from a variety of small grape), currants are quite tart and therefore are most often combined with sugar and cooked into sauce or jelly. The small, jewel-like orbs are a colorful, piquant addition to salads; sprigs or clusters of the berries make elegant garnishes for cakes and pastries.

SUCCESS TIP:

-- All summer berries are highly perishable and should be used as soon as possible after harvesting, since they can quickly mold and deteriorate, even in the refrigerator. Blueberries are less fragile

than most other varieties of berries and will keep for a week or even two if refrigerated, unwashed, in a lidded glass or plastic container.

A store-bought pastry shell and a cream cheese filling that takes less than 10 minutes' cooking time streamlines the preparation of this handsome strawberry tart. If using frozen pastry for the tart shell, follow manufacturer's instructions for baking the pastry, which must be allowed to fully cool. Try the variation that follows the recipe if you prefer red or black raspberries to strawberries.

FRESH STRAWBERRY TART

- 1 jar (10 ounces) strawberry jelly
- 2 tablespoons lemon juice
- 1 package (8 ounces) cream cheese
- 1/2 cup confectioners' sugar
- 1 tablespoon milk
- 1 quart ripe strawberries, washed, dried and hulled

One fully baked and cooled pastry shell for a 10-inch tart

1. To prepare glaze, in a 2-cup microwave-safe dish combine jelly and lemon juice; microwave on high power (100 percent) until jelly is melted (1 to 2 minutes), stirring twice. Let cool 5 minutes.

2. To prepare filling, in a medium-sized microwave-safe mixing bowl, microwave cream cheese on medium power (50 percent) until softened (1 to 2 minutes). Remove mixing bowl from microwave; add sugar and milk to cream cheese, stirring mixture until smooth.

3. Pour filling into the tart pan containing the cooled baked pastry shell, spreading filling evenly. Arrange strawberries, pointed ends up, over filling. Spoon cooled glaze over berries. Refrigerate until filling is set (approximately 3 to 4 hours) before serving directly from the tart pan.

Serves 8 to 10.

FRESH RASPBERRY TART: Substitute red currant or red raspberry jelly for the strawberry jelly, and use a tablespoon



Fresh strawberries, red raspberries, blueberries, red currants and other summer berries are the inspiration for desserts as well as sauces and preserves. photo: Lifestyle Media Group

of raspberry- or orange-flavored liqueur in place of the 2 tablespoons lemon juice. Top the filling with approximately 3 cups fresh raspberries (about 1 1/2 pints).

Blueberries make some of the darkest, most delicious pies of all, especially when presented a la mode (with vanilla ice cream). The amount of sugar given in the recipe is just about right for sweet blueberries, but can be increased a tablespoon or two if they're on the tart side. The lemon juice compensates for the lower acidity of blueberries.

Should you care to substitute fresh blackberries, boysenberries or currants for the blueberries, be sure to taste the fruit; if it is very tart, adjust the amount of sugar upward (up to 1/4 or 1/3 cup more) to suit your preference.

BLUEBERRY PIE

- Pie pastry for a 9- or 10-inch double-crust pie
- 2 to 2 1/2 pints wild-crafted or cultivated blueberries, gently washed and well-drained
- Approximately 1/2 cup sugar

- 3 tablespoons cornstarch
- 2 teaspoons freshly squeezed lemon juice
- 1 tablespoon butter

1. Use half the pastry to line a 9- or 10-inch pie pan; leave any excess crust extending over edge of pan. In a large bowl, combine berries, sugar, cornstarch and lemon juice; toss to coat berries evenly. Fill pie shell with berries, heaping them slightly in center. Dot with bits of butter.

2. Position top crust over berries. Seal and crimp or flute edges of dough, trimming edges if necessary. Cut 3 or 4 small radiating slashes in center of crust to allow steam to escape.

3. Preheat oven to 450 degrees. Place pie on a baking sheet in lowest shelf of oven. Bake 15 minutes, reduce heat to 375 degrees, and bake until golden brown and bubbly (another 25 to 30 minutes). Allow pie to cool on a wire rack before serving.

Serves 6 to 8.

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JUNE 6: Beef Stew, confetti rice, creamy coleslaw, wheat bread/marg., gingerbread/lemon sauce.

JUNE 7: Roast Beef/Gravy, mashed potatoes, stewed tomatoes, carrot raisin salad, wheat bread/marg., chilled plums.

JUNE 8: Meatloaf/Tomato Sauce, parslied noodles, peas, wheat bread/marg., apple juice.

JUNE 11: Turkey Tetrizzini, carrots, zucchini, cukes/onions salad, wheat bread/marg., applesauce cake.

JUNE 12: SRDA's Spicy Pork, au gratin potatoes, california blend, wheat bread/marg., ambrosia.

JUNE 13: Turkey Casserole, garlic mashed potatoes, harvard beets, wheat bread/marg., blueberry crisp.

JUNE 14: Honey Mustard Chicken, stewed tomatoes, basil green beans, wheat bread/marg., fruit pudding, cherry coffee cake.

JUNE 15: Beef Stroganoff/Noodles,

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washington chowder, pickled beets, strawberries/PA.

JUNE 21: Enchilada Casserole, peas, mexican coleslaw, oatmeal cookie, applesauce.

JUNE 22: Mac & Cheese, lima beans, veggie salad medley, wheat bread/marg., chilled plums.

JUNE 25: Chicken A La King/Biscuit, broccoli, mixed green salad/Italian drsg., peach cobbler.

JUNE 26: Green Pepper Steak, garlic mashed potatoes, cauliflower, pickled beets, wheat bread/marg., apricots.

JUNE 27: Sloppy Joe/Bun, peas & carrots, cabbage apple salad, blush pear dessert.

JUNE 28: Roast Beef/Gravy, mashed potatoes, stewed tomatoes, mixed green salad/Italian drsg., wheat bread/marg., ambrosia.

JUNE 29: Stuffed Bell Pepper, cabbage, mixed veggies, wheat bread/marg., lime carrot gelatin.

JULY 2: Turkey/Rice/Cheese Casserole, hot cornbread, pickled beets/marg., PA upside down cake.

JULY 3: BBQ Chicken, baked beans, creamy coleslaw, wheat bread/marg., fruit pudding.

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corn, carrot raisin salad, wheat bread/marg., apple.

JUNE 18: BBQ Beef Sandwich, baked beans, spiced fruit mold, blush pear dessert.

JUNE 19: Roast Turkey/Gravy, mashed potatoes, broccoli, wheat bread/marg., cranberry/orange mold.

JUNE 20: Roast Beef Sandwich,

Senior Community Update



SAVVY SENIORS

Every Saturday Morning at 8:00am on 590am KCSJ Radio the Savvy Senior airs.

May schedule:

May 5th - American Storykeepers with Dennis Stack - Capturing life stories of our seniors.

May 12th Reverse Mortgages with Barry Scoles

May 19th - Stroke Awareness with Vera Carpenter from Parkview Hospital

May 26th - Recreation after an Illness with Miranda Lewis-Barkley from Parkview Hospital.

OWLS NEWS

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

OVER THE HILL GANG

Over the Hill Gang activities for June include: June 2, Waldo Canyon, Co. Springs; June 13, Beulah; June 16, Bartlett Trail, Rye; June 18, Marion Mine, San Isabel; and June 27, Beulah. There will be camping at San Isabel, June 17-20 and walking and biking are offered several times each week. 545 3787

Submitted by Caroline Luellen 545 3787

AARP #173 NEWS

Cripple Creek Trip: AARP will sponsor a fundraiser bus to Cripple Creek, June 12th leaving Southside Wal-Mart. Cost is \$22.00. Non-members welcome. Call Rosann, 566-0199 or Glenda, 544-5463.

General Meeting: Monday, June 11 at 1:30pm from Joseph Edwards Senior Center (SRDA), 230 N. Union. Non-members welcome. 566-0199 or 544-5463.

SRDA TRIP

SRDA is offering a trip to Cripple Creek \$16.00 June 8th leaving Pueblo at 8:00am - returning to Pueblo by 5:00 pm (limited seating - first come ~ first serve)

You must come into SRDA at 230 N. Union to prepay for your trip - If you have questions phone 545-8900

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McHarg Park Community Center - Avondale - Monday, June 11th 9:00-11:30 am

Vail Hotel - Tuesday, June 12th 9:00-10:30 am

Hyde Park Community Center - Tuesday, June 12th 1:00-2:30 pm

Joseph Edwards Senior Center (SRDA) - Wednesday, June 13th 9:45-Noon

Mineral Palace Towers - Thursday, June 14th 9-11:30 am

Memorial Recreation Center - Pueblo West, Thursday, June 14th 8:45-10:45 am

Park Hill Christian Church - Monday, June 18th 10:00-Noon

Minnequa Park Apts. - Tuesday, June 19th 9:00-11:30 am

Mesa Towers Apt. - Wednesday, June 20th 9:00 - 11:30 am

Ogden Apartments - Thursday, June 21st 9:00-10:30 am

Fulton Heights Community Center - Thursday, June 21st 1:00-2:30 pm

*All locations are open to the general public for these clinics.

Please call Pueblo StepUp @ 557-5882 if you have any questions.

Get Moving with Pueblo StepUp Community Exercise Programs:

Please call Jo Stinchcomb @ 557-3883 for question about any of Pueblo StepUp's Health & Fitness Programs.

EXTENSION CLASSES

The Pueblo County Office of CSU Cooperative Extension will be offering five food preservation classes this summer. Class dates and topics are: May 30-Jams and Jellies; June 27-Pickling Foods, including vegetables, fruits and relishes; July 25-Canning High Acid Foods, Tomatoes and Fruits; August 8-Canning Low Acid foods, canning vegetables; August 22-Freezing and Dehydrating. All classes will be held in the CSU Cooperative Extension Office at 212 W. 12th St., Room 220, from 6:00-8:00 pm. Cost will be \$8.00 per class. Call 583-6566 to reserve a space soon.

PUEBLO MUNICIPAL BAND ANNOUNCES 2007 SEASON

The Pueblo Municipal Band will begin its 94th season on Sunday, June 10, 2007 at 7 PM at the Pueblo Community College outdoor Amphitheater at 900 West Orman Street, Pueblo, CO. The final concert will be on July 29, 2007. All concerts are free of charge, although

donations are welcome.

Once again our season will feature an outstanding selection of local conductors. Confirmed conductors are:

-Dr. Mark Hudson - CSU -Pueblo
- Mark Emery - Pueblo County High School

- Todd Seip - Craver Middle School, Colorado City, PMB Band Member, Composer

- Cindy Smith - Pueblo West High School

- Ryan Burge - Central High School

- Jon Mattheis - East High School

-Denise Tristano - Goodnight School

-James Marcum - Past PMB Director.

We still have a few concerts that do not have full sponsorship. Any businesses or organizations interested in fully or partially sponsoring a concert should call e-mail the band at pueblomunicipalband@yahoo.com or call the board President at (719) 406-2888.

WHAT CAN YOU DO ABOUT OSTEOARTHRITIS?

Every year, approximately 400,000 Americans who suffer from osteoarthritis undergo knee replacement surgery.

When all other options for treating severe osteoarthritis of the knee have been exhausted, artificial knee joints offer a solution with a high rate of success. But how should you prepare for this major operation, and what can you do afterwards, to protect the new joint and keep it intact for years to come?

The American Arthritis Society has compiled some useful and practical tips for self-care, which are available on the Society's website. Developed with the help of some of the world's leading knee surgeons, each tip is easy to follow and can be helpful in preparing for your operation. These and many more suggestions regarding osteoarthritis can be viewed online at: www.americanarthritis.org.

ADVENTURE DAY CAMP

CSU Extension - Pueblo County is currently taking registration for Adventure Day Camp. This camp is available to youth 6-11 years old. This three-day camp is scheduled for June 26-28, 2007. The cost is \$15. Registrations will be taken on a first-come, first served basis.

More information can be obtained by contacting Colorado State University Extension - Pueblo County at 583-6566.

POETRY CONTEST

The International Library

of Poetry has announced that over \$100,000.00 in prizes will be awarded this year in the International Open Poetry Contest. Poets from the Pueblo-Pueblo West area, particularly beginners, are welcome to try to win their share of over 250 prizes. The deadline for the contest is June 30, 2007. The contest is open to everyone and entry is FREE.

To enter, send ONE original poem, any subject and any style to: The International Library of Poetry, Suite 19925, 1 Poetry Plaza, Owings Mills, MD 21117. The poem should be 20 lines or less, and the poet's name and address should appear on top of the page. Entries must be postmarked or sent via the Internet by June 30, 2007. You may also enter online www.poetry.com.

The International Library of Poetry was founded in 1982 and is the largest poetry organization in the world.

ARTS CENTER NEWS

Jump to Japan: Discovering Culture through Popular Art introduces visitors to Japanese culture through hands-on activities based on the art forms of animation, *manga* (comics), woodblock prints and traditional scrolls. Kids can hop on the magical Cat Bus from the film *My Neighbor Totoro*. So much more

On display at the Buell Children's Museum through September first!

Admission to the Arts Center, including the Buell Children's Museum and Helen T. White Galleries, is \$4 for adults and \$3 for children.

Please call the Arts Center for more information on this wonderful display and learn much of what the Japanese culture is like.

The phone number is 719-295-7200.

Or, you can go on the web to: www.sdc-arts.org or stop by the Arts Center at 210 N. Santa Fe in Pueblo.

NEIGHBORWORKS® OF PUEBLO ACCEPTING APPLICATIONS FOR ITS 24TH ANNUAL OPERATION PAINTBRUSH

Pueblo Colorado, May 8, 2007 - NeighborWorks® of Pueblo is now accepting Operation Paintbrush applications from elderly, low-income and disabled homeowners who want the exterior of their homes painted during the one-day, community-wide event on September 8, 2007.

More than 400 volunteers representing Pueblo's businesses, non-profits, and religious organizations will gather together on the day of the event to help paint the homes of selected low-income, elderly and disabled homeowners. This year, a special emphasis will be placed on improving homes in the Bessemer neighborhood.

If you have an income lower than Pueblo's median income, are elderly, or are a disabled homeowner and your home is in need of painting, call Jessica Cipriani at 544-8078, ext. 103 to request an application. In addition to receiving the benefit of volunteer painters, you may qualify to receive the paint for your home at no charge to you. In order to participate, applications must be received at the NeighborWorks® of Pueblo office located at 1241 E. Routh Avenue by Friday, June 29, 2007.

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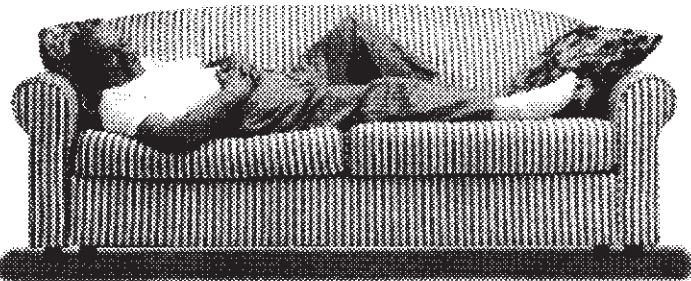
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BURIAL PLOT AT IMPERIAL MEMORIAL GARDENS. Last Supper Area, Lot 883, Space 4. \$500 or best offer. 303-750-3203 or email billcordsen@aol.com. #0807

HONESTY. Retired C.N.A. Housekeeping, home care, help with shopping. Windows, some cleaning, companionship. Reasonable - \$8.00 Call 542-0577. Teresa/Donnie. #0707.

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BURIAL PLOT at Imperial Memorial Gardens. Last Supper area/ Lot 883, space 4. \$600.00 OBO. Original purchase price, \$1029. 303-750-3203 or e-mail billcordsen@aol.com. #0607

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SENIOR CLASSIFIED AD REQUEST

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

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

Phone: _____ Your Name: _____

Mail ad & Check (send no cash) to:

Senior Beacon P.O. Box 7215 Pueblo West, CO 81007.

547-4654 or 719-671-3560. #0607
BURIAL PLOT AT IMPERIAL MEMORIAL GARDENS Last Supper Area, Lot 883, Space 4, \$600 OBO. Original purchase price \$1029. 303-750-3203 or email billcordsen@aol.com #0607

CAREGIVER/COMPANION Private care part-time. Have experience with recommendation letters. Just moved into town. South area. Call Carmen, 564-2157. #0607

IMPERIAL GARDENS Two cemetery plots in Singing Tower area - with liners installed. \$1800. Call 542-8940. #0807

BOOKS WANTED. I pay cash for good books and estate libraries. Call Jim at 719-634-2367. #0907

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Sherry at 545-3146. #0607
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IMPERIAL MEMORIAL GARDENS. Last Supper. Two lots with lawn crypts. \$1600 each or \$3000 for both. 948-3159 or 671-7476. #0607

SPECIAL PURCHASE FOR SALE! Attends and Depends pads and briefs sold by the case. \$20.00 - \$25.00 per case. Call Now! 719-334-0150 or 719-372-3010. #0607

WANTED! Stair-lift chair complete for 14 step risers. Can relocate. Call 547-2882. #0507

COLLECTOR Looking to purchase your good condition clothing from the 1960's and earlier. CASH paid on the spot. Call Amanda @ 719-369-2892. #0507.

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THREE CEMETERY plots (together) for sale at Mountain View Cemetery for \$1500. Call 542-4339. #0407

CLEAN TWO BEDROOM mobile in Penrose Mobile Home Park, fenced yard, storage shed, pets ok. \$425/mo + deposit. Discount with lease. 671-6340. #0407

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Home Touch: Simple Fixes For Drab Ceilings

by Bill LaHay

You've watched dozens of remodeling shows on television and clipped photographs from countless magazines. You've set aside spare cash for months so you'd have a decent project budget. You've scoured the aisles at home centers and decorating outlets, and now you're ready.

It's time for new floor coverings for your home, so you head out the door and return an hour later -- with a 5-gallon bucket of white paint.

Say what? How about the distressed reclaimed wood-plank flooring for the family room? Tumbled marble tile for the master bath? Funky retro linoleum for the kitchen? Plush carpeting for the living room?

Are you going to abandon those great options and roll white latex paint instead? Of course not. That wouldn't make any sense, would it?

So why do so many of us settle for that decorating approach when it comes to ceilings? Granted, there's the obvious reason -- we don't walk on our ceilings, so durability isn't an issue. And then, of course, there's gravity.

Paint will stay put just fine, but having several hundred pounds of ceramic tile overhead is just asking for trouble. Still, if practicality and safety were the overriding issues in home decor, every household would feature nothing but non-skid rubber flooring. Instead we choose the fun options mentioned above because we like the colors and textures and variety.

The same goes for walls. We texture them and apply glazes, wallpapers, stenciling and paint in our favorite colors, and we adorn them with molding or wainscoting. These features are what personalize a home and make it

more enjoyable.

But people who wouldn't dream of living with plain floors or walls often relegate their ceilings to that kind of second-class status, sporting nothing more than a light texture and a coat of white paint. That's a shame, because a ceiling can be one of the most definitive elements in a space.

All the qualities that we associate with beautiful walls and floors can, to some extent, be part of a ceiling as well. In fact, in rooms where extensive design work is evident on walls, flooring and other surfaces, a plain ceiling isn't just a lost opportunity -- it's a glaring omission that will detract from an otherwise impressive package.

Ceilings that do get our rapt attention tend to be in magnificent public or ecclesiastical buildings, and maybe that's why we think of these features as professional stunts that we shouldn't try at home. If that's your concern, aim for simpler effects than those at the palace at Versailles.

All the surface needs is a little depth and variation, and often there's just one routine obstacle to overcome. Assuming your home has conventional flat drywall ceilings, it's likely you have solid anchoring points only along the joists, which run only one direction and are spaced at wide intervals, usually 16 inches on center.

This can limit the kind of fastening options you have for trim and other detailing, but it doesn't rule them all out.

For example, you can fashion a simple grid of square-edge 1-inch-by-2-inch molding strips with half-lap joints. This method involves notching each piece at intervals that match the joist spacing. In this case, the molding stock



The rich tones of the hardwood flooring in this living room get some welcome competition from a gracefully understated coffered ceiling. The ceiling's detail and depth help balance the activity and interest created by the prominent windows, furnishings and flooring. It's among options in "Good House Parts" by Dennis Wedlick. photo: Erik Kvalsvik/Taunton Press

actually measures 3/4-inch thick by 1 1/2-inches wide; the notches should be full-width, half-depth (3/8-inch), and spaced 16 inches on center to match the joist spacing.

Fasten the first pieces perpendicular to the ceiling joists, notched face-down, using countersunk screws in each notch where it attaches. The second set of trim pieces installs with finishing nails, notched face-up and directly under each joist. That way they nest flush with the perpendicular trim pieces, creating a grid of squares. For a simpler project, paint the trim before you install it. Then just fill and touch up the nail holes.

If you don't want to be limited by the joist layout, you can screw sheets of 1/2-inch plywood to the ceiling. These have to be attached to joists, but they create a wide-open fastening area that will hold nails and screws much better than drywall.

Another easy treatment is to create a shallow perimeter soffit around the edge of the room, leaving a "raised" well in the center. You can use 2-by-4 framing lumber (oriented flat and attached

to the ceiling joists with screws) to create the offset, then cover it with drywall, corner bead and joint compound.

This is a simple and inexpensive upgrade and has the paradoxical effect of making the ceiling appear higher, because the center area -- though still at its original height -- appears to rise from the lowered outer portion that surrounds it.

If you want to explore this topic further, architect Dennis Wedlick highlights other design options for ceilings in his book, "Good House Parts" (Taunton Press), which showcases some beautiful examples of coffered ceilings and other treatments.

Despite the recent craze for soaring vaulted ceilings, most of the rooms in Wedlick's book feature modifications that reduce the ceiling height, at least where beams and other trim are installed. It might sound counterintuitive, but these ceilings often are more impressive than their lofty counterparts. They certainly create more comfortable rooms, and they get noticed.

For the most part, when people stand up, their eyes are closer to the ceiling than the floor. When you remodel, don't forget to give them something nice to look at up there. They'll take notice, and those fancy walls and floors will just have to share the applause.

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MORE WEIRD NEWS

LEAD STORY

Atrocities, starvation and disease continue in the Darfur region of Sudan as humanitarians try out inventive strategies to get the world's attention. Nashville, Tenn., clothing designer Deborah Denson, for example, sells purple "Panties for Peace," earmarking half the proceeds for Darfur relief. New York Times columnist Nicholas Kristof, who has written tirelessly since 2004 on the subhuman brutality in Darfur, lamented in a May column that Americans still seem less concerned about the rapes and murders of thousands of children there than, for example, about the 2005 plight of the "Pale Male" hawk evicted from a ledge on a luxury high-rise in New York City, and pointedly suggested that Darfur's victims adopt a puppy as their symbol. Citing research collected by the University of Oregon's Paul Slovic, Kristof imagined a picture of a lovable, tortured, Darfur dog as having a better chance of bringing donations and a demand to stop the killing.

Recurring Themes

NOTE: As evidence that weird news keeps repeating itself, this collection consists of recent instances of people doing the same old things that we've seen before in News of the Weird.

-- Fake police officers have

graced News of the Weird (most recently in 2006) for pulling motorists over for officious scoldings on traffic safety, but a March 20 stop in Boca Raton, Fla., by an imitation, off-duty sheriff's deputy was special. He was riding with his girlfriend when he decided to stop a discourteous motorist, and when a real cop later showed up, the "deputy" was revealed to be not a cop and also not a "he." Rachel Otto, 21, wore her hair short on top and shaved on the sides, and her outing as a woman apparently shocked the girlfriend, who had been living with Otto for a week. Police said Otto's rap sheet included nine arrests for impersonating police officers.

-- Wrongly convicted defendants are freed from prisons regularly now, some after many years' incarceration, and lawsuits against the legal system that put them there are proliferating. Three men in Birmingham, England, who were recently freed after, respectively, 18, 18 and 11 years in prison for murders, were (in separate trials) awarded a total of 2.16 million British pounds (about \$4.2 million), but the Court of Appeal ruled in March that they will have to give 25 percent back to the government as compensation for their "room and board," i.e., tiny cells and prison food, during all those years.

-- News of the Weird has informed readers several times of the claims by Transcendental Meditation practitioners that crime and war could be stopped cold by the channeling of huge amounts of human psychic energy into productive thought. (The movie director David Lynch led such a project in 2005.) In April 2007, Needham, Mass., psychiatrist Eric Leskowitz told reporters that he and his cousin are making a documentary film, borrowing the TM principle to measure the impact of Fenway Park fans' creating unified fields of brain waves to carry the Boston Red Sox to victory.

-- Jewelry store thieves sometimes swallow their stash at the scene to facilitate their getaway, but police now routinely wait out such suspects, monitoring the toilets until the "evidence" passes naturally (most recently reported in News of the Weird in 2001). Police in Canton, Ohio, arrested four men in March 2007, reasonably certain that one of them had swallowed a 2-carat ring worth about \$30,000. After sifting through the toilets, police recovered the ring the next day, with the store's price tag still on it.

-- Japan's suicide rate is high, with death leaps among the most popular methods. In April in Tokyo, an 18-year-old woman jumped to her death from

a nine-story building, but she landed on a 60-year-old man walking by. He suffered only bruises, as did a 27-year-old pedestrian in May 2000 when a 39-year-old suicider landed on him in Tokyo. (However, in March 2000, in Taichung, Taiwan, both the suicidal jumper and the unlucky pedestrian were killed).

-- It was only three months ago that News of the Weird reported that a man vandalizing a church cemetery in Lilburn, Ga., by knocking over gravestones had one fall on him, crushing his leg and causing him to wail for two hours in the middle of the night before he was rescued. On May 6, at Calumet Park Cemetery in Merrillville, Ind., Michael Schreiber, 22, couldn't wail because he was unconscious, with two broken legs, the victim of a half-ton gravestone that fell on him after he had knocked 14 over.

-- When an evangelical parishioner comes to the altar to receive "the spirit of the Lord" and falls backward, church-supplied "catchers" ease them to the floor, usually. Judith Dadd's lawsuit against Mount Hope Church went to trial near Lansing, Mich., at press time, as she sought compensation for head trauma and lacerations after no one was there to break her fall. (In a 1995 incident at a tent revival in Lafayette Parish, La., News of the Weird reported that the first overcome parishioner was caught, but a second, who was apparently overcome too quickly, landed hard on the first woman and broke three of her ribs.)

-- Medical literature reports, from time to time, patients with spiders nesting in their ears, and in May in Albany, Ore., Dr. David Irvine said that he chased a spider the size of a pencil eraser from the ear of 9-year-old Jesse Courtney (and then recovered a dead spider from his other ear.) Jesse thought the whole thing was cool and showed off the spiders in school. In a 1993 News of the Weird story, a British machinist with bad earaches was found to have a pregnant spider living in his ear, but he told a reporter afterward that he had grown fond of the spider and intended to keep her as a pet.

-- Amazingly, criminals on the lam for serious crimes still can't stop calling attention to themselves for the silliest of reasons (such as minor traffic infractions like having expired tags or a broken tail light). In San Diego in March, Lorenzo Dixon, 22, was arrested at a downtown transit station during a police crackdown on jaywalkers. A routine check of the illegal street-crosser turned up a murder warrant on Dixon from Louisiana.

-- In January, a judge in Benton County, Ore., acquitted a 46-year-old man of sexually abusing his 10-year-old stepdaughter after he told the judge that he suffers from "parasomnia" and sometimes commits acts that appear volitional but during which he is actually sound asleep. Men in Canada and Great Britain in 2005 were also acquitted of sexual assault after courts heard medical testimony about what is now called "sexsomnia."

-- Nigerian Internet scams were thought for years to be so transparently fraudulent that they would work only on the very gullible, who would send thousands of dollars overseas in the naive expectation of receiving millions in return. However, it was also too good to pass up for a professional money manager, the longtime treasurer of Alcona County, Mich., Thomas Katona, who admitted in court in January 2007 that he had lost \$1.25 million of taxpayer money, plus his own life's savings, in a Nigerian scam.

(And for the accomplished and joyous cynic, try News of the Weird Daily/Pro Edition, at <http://NewsoftheWeird.blogspot.com>.)

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Continent Drifter: Pleasures Of France's No. 2 Palace

by Elliott Hester

Because of its enormous scale and spectacular geometric gardens, the 700-room Chateau of Versailles is the most prominent royal palace in France. The estate attracts 3 million annual visitors. On any given day the grounds are jam-packed with tourists.

The Chateau of Fontainebleau, by comparison, is the largest of French royal palaces. And yet it draws a mere 300,000 visitors each year. According to Napoleon Bonaparte, Fontainebleau is a "true home of kings, the house of the centuries."

The emperor's endorsement, as well as the smaller crowds, provided me with enough of an incentive to visit.

Located in the village of Fontainebleau (population 16,000) about 40 miles southeast of Paris, the palace boasts 1,536 rooms -- more than double the number at Versailles. As is the case with Versailles, Fontainebleau is a labyrinth of throne rooms and ballrooms, chapels and galleries, gilded boudoirs and silk-lined salons.

Erected on the site of a 12th-century castle and expanded over the centuries by a succession of royal tenants, Fontainebleau embodies 900 years of French history.

King Philip IV the Fair was born at Fontainebleau in 1268 and died here in 1314. This was the favorite residence of King Francois I (1494-1547). He began a Renaissance-style expansion of the property in 1528. Henri II (1519-1559) and wife Catherine de' Medici (1519-1589) commissioned new buildings in the

Fountain Courtyard. Louis XIV (1638-1715), fond of hunting in nearby Fontainebleau Forest, refurbished numerous rooms to accommodate his ever-expanding court. And when Napoleon (1769-1821) returned after the French Revolution to find the palace had been sacked, he refurbished the entire estate.

During World War II, Fontainebleau was seized by the Nazi army and turned into a command center. In 1944, after Gen. George S. Patton's army swept through France, the palace was converted into an Allied command post. From 1949 to 1966 a portion of the estate served as NATO Supreme Headquarters.

These days, Fontainebleau plays host to wide-eyed visitors like me. On a warm spring afternoon, I walked past the wrought iron palace gates and stepped into the White Horse Courtyard.

Larger than two football fields, this substantial square is also called the Farewell Courtyard. It was here on April 6, 1814, that Napoleon delivered his famous farewell speech to the Imperial Guard. Having abdicated the throne, he spoke from the horseshoe-shaped staircase at the front of the palace. Afterward, he was exiled to the island of Elba.

Inside the palace, I marveled at an assortment of elaborately furnished (if not pompously ornate) state apartments and Renaissance rooms. Among the most memorable is Diana's Gallery. Built by Henri IV for his queen, the 260-foot-long gilded corridor contains 16,000 volumes from Napoleon's library. The narrow concave ceiling is adorned with frescos commemorating Henri's beloved.

The Throne Room was originally the king's bedroom, but Napoleon had it converted to a ceremonial chamber in 1808. The domed ceiling, from which hangs a crystal chandelier, is etched in gold, as is the throne, crown and walls.

The Empress' Bedchamber is or-



The White Horse Courtyard is also known as the Farewell Courtyard, where Napoleon Bonaparte gave a famous speech to his Imperial Guard before he was exiled. It is found at the front of Fontainebleau Palace. photo: Elliott Hester

nate beyond words, with the walls covered in brocaded silk. A queen-size bed lies beneath a 25-foot-high silk canopy and is surrounded by a golden railing. The bed was made for Marie Antoinette. She never got the chance to sleep in it because the court didn't return to Fontainebleau before the revolution.

The Francois I Gallery is a vivid example of Renaissance art. The gallery was constructed in 1528 to allow passage between the Royal Apartments and the Chapel of the Covenant (since replaced by Trinity Chapel). The walls are covered in embroidered walnut wainscoting that bears Francois' emblematic initials. Iron chandeliers dangle from a walnut-paneled ceiling.

The gardens are not as elaborate as those at Versailles. But with 4,500 planted trees and 40,000 flowers spread across 300 acres, the sprawling greens at Fontainebleau aren't too shabby either.

(Elliott Hester is the author of "Plane Insanity" and "Adventures of a Continental Drifter." He lives in Paris. Contact Hester at megoglobal@hotmail.com or visit www.elliottthester.com.)

IF YOU GO

Trains depart Paris Gare de Lyon station up to 30 times per day. The trip takes about 40 minutes. Chateau Fontainebleau is open daily except Tuesdays. Holiday closures are May 1, Dec. 25 and Jan. 1.

Chateau gardens and courtyards are open every day of the year. Admission is 6.50 euros for adults (about \$9), and children under 18 are admitted free. For more information, visit the official Web site (French only) at www.musee-chateau-fontainebleau.com. Or visit the Fontainebleau tourism office Web site at www.fontainebleau-tourisme.com (English, French, Spanish, Russian).

The town is surrounded by Fontainebleau Forest, a 50,000-acre woodland with gorges and sandstone ridges frequented by rock climbers. A number of hiking trails are suitable for walking, climbing, bicycling and horse riding. Maps and bicycle rentals are available at the Fontainebleau tourism office across the street from the palace.

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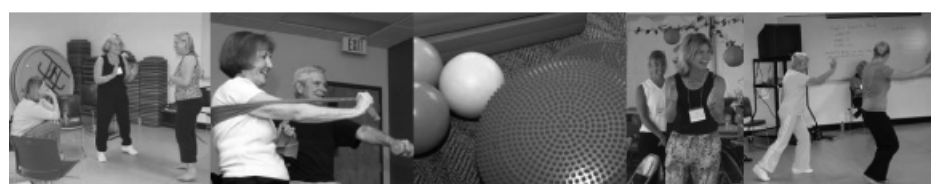


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Cooking: French Tarragon: L'Herbe Fantastique!

by *Annette Gooch*

The green leaves of French tarragon are slender, short and spiky, but any lack of visual appeal is more than compensated for by their fine aroma and flavor. Essential oils on the undersides of the leaves romance the nose with a sweetish, peppery scent, but it's the mix of pungent and subtle flavors that wins over the palate with a warm, anise-like taste underscored with tanginess. The herb's pungency readily permeates other ingredients, so cooks who aren't familiar with tarragon are better off erring on the side of subtlety than of excess.

In French cooking, fresh tarragon, along with parsley, chervil and chives, is a vital component of "fines herbes."

Tarragon, a member of the daisy family, is a key ingredient in classics such as bearnaise sauce (a zesty variation on Hollandaise), the American mayonnaise salad dressing known as Green Goddess, and even cornichons, the tiny, tangy French pickles sold in gourmet food shops. Yet this favorite herb of French cuisine does just as much for everyday fare such as simple vinaigrettes, baked chicken, deviled eggs and tuna salad.

SUCCESS TIPS:

-- In summer look for bunches of fresh, unwilted tarragon at farmers' markets, produce shops and supermarkets. Other forms of tarragon include the dried herb and tarragon-flavored vinegar, both available at most supermarkets. Specialty food shops often carry tarragon leaves packed in vinegar.

-- When using dried tarragon, crumble it finely between the fingers, discarding any tough bits, to release its essential oils before adding it to other ingredients.

This classic oil-and-vinegar dressing showcases tarragon's uncommon flavor.

TARRAGON VINAIGRETTE

- 1/4 cup white wine vinegar or champagne vinegar
 - 1 tablespoon minced fresh French tarragon
 - Coarse salt and freshly ground pepper, to taste
 - 3/4 cup extra-virgin olive oil
1. In a small bowl, combine vinegar, tarragon, salt and pepper. Whisk until salt dissolves.
 2. Whisk in oil; allow to stand 5 minutes. Whisk again, then taste and

adjust seasoning, if needed. Serve at once.

Makes approximately 1 cup.

In this bistro-style dish, a white wine marinade with mustard and tarragon flavors and tenderizes the chicken, which is butterflied to expose more of the meat to the marinade.

BAKED CHICKEN WITH MUSTARD AND TARRAGON

- 1 chicken (about 3 1/2 pounds)
 - 3/4 cup dry white wine
 - 3 1/2 tablespoons Dijon-style mustard
 - 2 medium cloves garlic, peeled and sliced
 - 1/2 tablespoon dried tarragon
 - 1/2 bay leaf
 - 1/2 teaspoon freshly ground pepper
 - 1 medium onion, thinly sliced
 - 1/4 cup soft bread crumbs
 - 1 small shallot, minced
 - 1 clove garlic, minced
 - 1 tablespoon minced parsley
 - 1/2 teaspoon salt
1. Wash chicken thoroughly inside and out; pat dry. Remove wing tips and reserve for stock or discard. Remove backbone with poultry shears or a sharp, heavy knife; reserve for stock or discard. With the knife blade, crack breastbone;

lay chicken skin side up and press the palms of your hands to flatten the bird for roasting. Tuck wings under breast.

2. Place butterflied, flattened chicken in a glass or enamel baking dish just large enough to hold it without crowding. Whisk together wine, 1 1/2 tablespoons of the mustard, sliced garlic, tarragon, bay leaf, pepper and onion; pour over chicken. Cover and marinate, refrigerated, for at least 2 hours or overnight.

3. Preheat oven to 350 degrees. Remove chicken from marinade and place chicken on a rack in a roasting pan, skin side up. Spread remaining mustard over chicken. Stir together bread crumbs, shallot, minced garlic, parsley and salt. Pat the bread crumb mixture onto chicken in an even layer. Remove half of the sliced onion from the marinade and scatter over chicken. Discard remaining marinade.

4. Roast chicken, uncovered, until juices run clear and the temperature of the thickest part of the thigh (away from the bone) registers 180 degrees (1 to 1 1/4 hours). Quarter the chicken and serve.

Serves 3 or 4.

FREMONT/CUSTER County Menus

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CUSTER SENIOR CTR

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JUNE 4: BAKED POTATO, Broccoli Cheese Sauce, Tossed Salad with Lite French, Fresh Plum, Fruit Cocktail.

JUNE 5: HAMBURGER With Catsup, Mustard & Onion Sliced Tomato on Lettuce, Baked Beans and Potato Salad, Watermelon.

JUNE 7: TUNA STUFFED TOMATO, Spinach Mandarin Orange Salad, Plum, Peanut Butter Oatmeal Cookie.

JUNE 11: BEEF & BROCCOLI STIR FRY, Steamed Brown Rice, Steamed Carrots, Pineapple Tidbits.

JUNE 12: BAKED PORK CHOP With Country Gravy, Whipped Potatoes, Hot Bean Casserole, Fruit Salad, Cinnamon Applesauce.

JUNE 14: TOMATO SOUP, Turkey on Wheat with Mustard and Salad Dressing, Green Beans, Tangerine, Almond Peaches.

JUNE 18: SWEET/SOUR CHICKEN, Steamed Brown Rice, Chinese Vegetables, Strawberry Applesauce.

JUNE 19: CHILIRELLENOCASSEROLE, Parslied Carrots, Tossed Vegetable Salad with Lemon.

JUNE 21: SWISS BROCCOLI PASTA, 5-Way Vegetables, Sliced Peaches, Plum, Sweet Potato Roll

JUNE 25: CHICKEN FRIED STEAK With Country Gravy, Roasted Garlic Mashed Potatoes, Cauliflower Broccoli Mix, Apple.

JUNE 26: SCALLOPED POTATOS & HAM, Chopped Spinach, Hard Boiled Egg, Perfection Salad, Apple.

JUNE 28: HONEY BBQ CHICKEN, Scalloped Potatoes, Mexicali Corn, Creamy Cole Slaw, Grapes.

FLORENCE CENTER

100 Railroad St. - Florence Tue/Th/Fri

JUNE 1: SLOPPY JOE ON A BUN, Scalloped Potatoes, Broccoli and Carrots, Apple.

JUNE 5: SWEDISH MEATBALLS, Whipped Potatoes with Gravy, Chopped Spinach, Mixed Fruit.

JUNE 7: TUNA MACARONI SALAD, Cool Cucumber Salad, Orange Juice, Gelatin Salad with Banana, Fresh Peach

JUNE 8: CHICKEN & NOODLES, Green Beans, Baked Acorn Squash, Apricot Pineapple Compote.

JUNE 12: BEEF STEW, Wheat Crackers, Whole Kernel Corn, Herbed Green Beans, Diced Pears.

JUNE 14: OVEN FRIED CHICKEN, Spinach Mandarin Orange Salad, Potato Salad, Fresh Peach, Cornbread.

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JUNE 15: HAMBURGER, Catsup, Mustard, & Onion, Sliced Tomato on Lettuce, Baked Beans, Potato Salad, Watermelon.

JUNE 19: SWEET & SOUR CHICKEN, Steamed Brown Rice, Chinese Vegetables, Strawberry Applesauce.

JUNE 21: SPINACH LASAGNA, Tossed Vegetable Salad, Green Beans, Tangerine.

JUNE 22: TACO SALAD With Salsa, Lettuce & Tomato Garnish, Strawberry Applesauce, Cantaloupe.

JUNE 26: COMBINATION BURRITO, Lettuce & Tomato Garnish, Salsa, Green Beans, Cilantro Lime Rice, Sliced Peaches

JUNE 28: ROAST BEEF, Whipped Potatoes with Gravy, Seasoned Greens, Orange, Dinner Roll.

JUNE 29: BEEF STROGANOFF, Orange Spiced Carrots, Ruby Beet Salad, Mixed Fruit.

GOLDEN AGE CENTER

728 N. Main St.-Canon City M-W-F

JUNE 1: SPINACH LASAGNA, Tossed Vegetable Salad, Green Beans, Tangerine.

JUNE 4: FRENCH DIP SANDWICH With Au Jus, Oven Browned Potatoes, Mixed Vegetables, Strawberry Applesauce.

JUNE 6: HONEY BBQ CHICKEN, Scalloped Potatoes, Mexicali Corn, Creamy Cole Slaw, Grapes.

JUNE 8: TUNA MACARONI SALAD, Cool Cucumber Salad, Orange Juice Gelatin

Salad with Banana, Fresh Peach.

JUNE 11: CHICKEN FRIED STEAK, Whipped Potatoes with Gravy, California Vegetable Medley, Pineapple Tidbits.

JUNE 13: HUNGARIAN GOULASH, California Vegetable Medley, Spinach with Malt Vinegar, Banana.

JUNE 15: SLOPPY JOE ON A BUN, Scalloped Potatoes, Broccoli and Carrots, Apple.

JUNE 18: SWEET & SOUR CHICKEN, Steamed Brown Rice, Chinese Vegetables, Strawberry Applesauce.

JUNE 20: TURKEY TETRAZINI, Italian Green Beans, Cottage Cheese Peach Salad, Strawberry Applesauce.

JUNE 22: HOT BEEF SANDWICH, Wheat Bread, Roasted Garlic Mashed Potatoes, California Vegetable Medley

JUNE 25: SALISBURY STEAK, Whipped Potatoes with Gravy, California Vegetable Medley, Seasoned Greens, Nectarine.

JUNE 27: BBQ PORK RIBS, Corn on the Cob, Seasoned Greens, Potato Salad, Watermelon

JUNE 29: CHICKEN NOODLE SOUP, Wheat Crackers, Chopped Spinach w/Malt Vinegar, Sliced Yellow Squash, Orange.

PENROSE CENTER

1405 Broadway-Penrose (Tues/Thur)

JUNE 5: HAMBURGER With Catsup, Mustard & Onion, Sliced Tomato on Lettuce, Baked Beans, Potato Salad, Watermelon.

JUNE 7: SALISBURY STEAK, Whipped Potatoes with Gravy, California Vegetable Medley, Seasoned Greens, Nectarine.

JUNE 12: CHICKEN FAJITAS, Tomato & Lettuce Garnish, Cilantro Rice, Cooked Cabbage with Red Pepper, Red Grapes.

JUNE 14: CHICKEN CORDON BLEU, Rice Pilaf, Seasoned Asparagus, Apricots.

JUNE 19: SPINACH CHEESE SQUARES, Tossed Salad with Pear, Whipped Hubbard Squash, Citrus Cup.

JUNE 21: ROAST PORK, Whipped Potatoes with Gravy, Parslied Carrots, Strawberry Gelatin Salad, Dinner Roll.

JUNE 26: LEMON BAKED FISH, Tartar Sauce & Lemon, Rice Pilaf, Green Beans with Mushrooms, Fruit Salad

JUNE 28: SLOPPY JOE ON A BUN, Scalloped Potatoes, Broccoli and Carrots, Apple.

SALIDA CENTER

(Tues/Thu) - 539-3341

JUNE 1: BBQ BEEF BRISKET, Ranch Style Beans, Carrifruit Salad, Honeydew, Cilantro Lime Salad.

JUNE 5: SPINACH LASAGNA, Tossed Vegetable Salad, Green Beans, Tangerine.

JUNE 7: CHICKEN SALAD SANDWICH On Whole Wheat Bread, Sliced Tomato on Lettuce, Orange Juice, Sliced Peaches.

JUNE 8: HUNGARIAN GOULASH, California Vegetable Medley, Spinach with Malt Vinegar, Banana.

JUNE 12: MACARONI & CHEESE, Shredded Green Salad, Whipped Hubbard Squash, Strawberry Applesauce.

JUNE 14: SPAGHETTI With Meat Sauce, Green Beans, Tossed Salad, Orange.

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

JUNE 19: TUNA STUFFED TOMATO, Spinach Mandarin Orange Salad, Plum, Peanut Butter Oatmeal Cookie.

JUNE 21: HAMBURGER, Catsup, Mustard, & Onion, Sliced Tomato on Lettuce, Baked Beans, Potato Salad, Watermelon.

JUNE 22: BLACK BEAN TORTILLA CASSEROLE, Steamed Brown Rice, Whipped Sweet Potatoes, Mixed Fruit.

JUNE 26: SUBMARINE SANDWICH With Salad Dressing, Sliced Tomato on Lettuce, Macaroni Salad, Watermelon, Oatmeal Raisin Cookie.

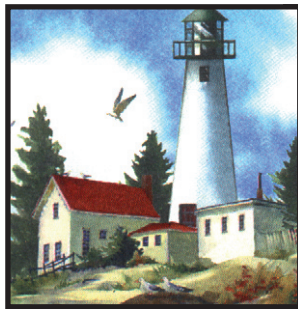
JUNE 28: CHICKEN CACCIATORE Whipped Potatoes, Chopped Spinach, Banana.

JUNE 29: BEEF STROGANOFF, Orange Spiced Carrots, Ruby Beet Salad, Mixed Fruit.

ALL MEALS SERVED WITH MILK

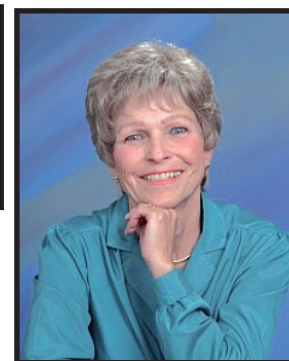
(Coffee or Tea optional).

Most meals served with bread and margarine.



“Light For The Journey”

By Jan McLaughlin - Director of Prayer Warriors For Prisoners



“I WAS IN PRISON AND YOU...”

“What an incredible sight,” I thought, as we watched dolphins play in the Gulf waters just off of Carrabelle Beach in Florida. I was with my husband, Rick, and another couple who were with us for mission work in prisons. This little pocket of time before the service at Franklin Correctional Institute was a gift from God. With only 30 minutes or so, we walked barefoot through the water and white sand up the beach quite a distance and back. How fun to pick up delicate sea shells. One tiny shell I picked up was home for a wee sand crab. We visited with a fisherman who had several lines out. He said, “This is the best place in the world to fish. You can catch every kind of fish imaginable here.” I thought of Jesus’ words, “I will make you fishers of men” and am grateful for this call on my life and the opportunity to share His love with men and women in Florida prisons.

As I review the past two weeks I am at a loss for words. The Spirit went before us but before we left Colorado, we were hammered by the enemy in every way imaginable. Nevertheless, we pressed on, knowing God had great things planned or the enemy would leave us alone. The High Atmosphere Blue Grass Band was us for the first six facility services. They did an outstanding job with the message in music, humor and the joy on their faces. The band is an asset as

many prisoners will not attend chapel but come to hear the music and receive the bonus message of the Gospel and freedom through Jesus Christ. For many, this is a sweet, blessed surprise. We prayed for nearly half of the men and women at most services. Several received Jesus as Savior. Many recommitted their lives to Him. Some sent messages of gratitude to volunteers who pray for them. A recently retired DOC chaplain and his wife, Leo and Mary Ellen Neal, joined us also

The receptivity of chaplains, prisoners, officers and staff was phenomenal. God’s favor was surely upon us and He went before us. Before leaving Colorado, my prayer was from Ex. 33:12-16, esp. v15 “If your Presence does not go with us, do not send us up from here. We traveled over 4,500 miles and held eleven prison services. The blessings were bountiful and we believe God will bring an abundant eternal harvest from this trip. As we traveled, doors opened in hearts of waitresses, service station attendants and others along the way that we prayed for. Once we come to know Jesus and experience freedom in Him, all of life is a mission trip. We MUST pass it on to others when He gives opportunity.

At the end of our last weekend in Florida we met with a friend who had previously been incarcerated in Colorado. He has a great job and is very involved in church. He helps care for his elderly grandmother. His story and many others like his are so encouraging. These stories spur me on. Sometimes weariness tries to settle in but the love of Christ compels me. It is only by His grace, as I

rest in Him, am I able to carry on. Isn’t that what He wants of us all? Just to rest in Him? He is an awesome wonderful God!

We returned with over 500 prayer requests from prisoners and one man wrote a message to encourage our PWFP volunteers. “If you’re a church member just getting involved with ministry to prisoners, I encourage you to continue. Do not be swayed when you hear media accounts of x-prisoners re-arrested for some crime, violent or other. You will NOT hear in the news of those who go on to serve the Lord and be an asset to their community. That’s not sensational news in the media’s eyes. However, God says it is sensational and to be applauded. It is by His grace and power. May the Lord bless you as you continue to minister to the “least of these.”

Praise reports of prisoners often bring me to my knees. It is so humbling to be a part of what God is doing on the prison mission field. A woman in her 30’s hugged me and said, “Thank you for coming. My husband is a pastor. I am addicted to prescription drugs...”

“After being diagnosed with liver cancer and Hep. C. and enduring cancer treatment, I was given one year to live. I lost 90 lbs which left me at 90 lbs. I was very sick. Many were praying for me. I prayed almost constantly for a year since I was on my knees at the toilet most of the time. I prayed a lot and Jesus came to me and told me I was going to be alright. That was 10 years ago. Now, I’ve had blood tests and they told me there’s nothing wrong with my liver and I don’t have Hep.C. Praise GOD! Glory to my Lord and Savior.” Ronald, Bristol, FL

“I praise God for the renewing of my mind in areas that seemed impossible to reach. I am so grateful He brought me to this physical prison so I can break free from the inside out. I give Him all the glory. God is preparing a place for me in the Potters’ House where He is always making beautiful creations out of broken, lost souls just like I used to be.” Tiffany, Lowell C.I. FL

“I praise God for allowing me to

come to prison so I could get clean and sober and have a closer walk with the Lord than I’ve ever had. So when I get out, I can be the mother and daughter God wants me to be and so I can help others.” Robin, Vandalia, MO

“Pray for my brother in Christ, Jose, who is a big part and FAN of PWFP. This ministry inspired him so much, he became an intercessor. HE was just transferred to Wakulla CI. He would have loved to meet the FAMOUS PRAYER WARRIORS!” (To this, I had to smile. Jose knows the “famous ONE” his Lord who intercedes for him every moment).

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Hundreds of praise reports and testimonies confirm God’s favor on the ministry of Prayer Warriors For Prisoners, PWFP. This is the 20th anniversary of the ministry. Thousands of prisoners have been affected in a positive eternal way through the prayers of PWFP volunteers. There are many ways to become involved

SEE “JOURNEY” PAGE 24.

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Reeling

"Searching For Johnny Depp"

by Film Critic Betty Jo Tucker, Pueblo

SEARCHING FOR JOHNNY DEPP

Crazy idea or not, writer/director Haylar Garcia and his indie film-making partners Darcy Grabowski and Scott Baxendale decided to undertake an unusual mission and make a movie about it. The result? "Do It for Johnny," one of the most riveting and entertaining documentaries I've seen in the past ten years. The mission? To deliver a guitar and a script to Johnny Depp.

Not just any guitar, mind you. This one was sculpted by guitarist/guitar-maker Baxendale, whose instruments usually sell from three to six thousand dollars. And not just any script either. The screenplay in question, "Narcophonic - The Ballad of Bad Bax," is a biopic about the legendary Baxendale himself -- a perfect role for Depp, of course,

who's an ex-musician turned actor.

Garcia and his intrepid crew spent over two years and traveled, thanks to their trusty Turtle (an '83 Toyota RV), approximately 14,000 miles in their efforts to put the guitar, built with a special chamber to house the script, into Johnny Depp's hands. It's nothing short of inspirational to watch the dedication and journey of three relatively unknown people from Denver trying to gain the attention of such a big star and get him to read their unsolicited and unfunded script. Their task became even more daunting because of Depp's burgeoning popularity as Captain Jack Sparrow in "Pirates of the Caribbean."

But these daring adventurers developed a plan. And it made sense to naïve me. First, find people who know Depp and tell them what you want. So contacts were attempted with Depp's

sister, director Robert Rodriguez (who worked with Depp on "Once Upon a Time in Mexico"), Depp's agent, etc. Our heroes even tried to make contact with Depp himself at the Academy Awards Ceremony when he was nominated for "Finding Neverland." Their strategy involved displaying a huge banner saying "Depp, we have your guitar." Unfortunately, Johnny didn't see it. But giving up was not part of their plan. No matter what obstacles blocked their way -- including officious assistants, bad weather, lack of money and even ill health, Garcia and company continued their quest.

Where did Garcia's drive and dedication come from? "I wasn't a good student, so I dropped out of school," he admits. "But I've always had the ability to get things done, to pick a goal and block out everything else. Thank heavens I found Darcy (Grabowski) who understands and puts up with me. If it weren't for Darcy and Bax (Baxendale), this film would never have come to fruition."

Garcia also gives props to Boulder artist Patrick Mallek, who created the clever, quirky graphics used in "Do It for Johnny," and to cameraman Jeff Deel for his fine contributions to the film. According to Garcia, the entire project was a labor of love, but he wants it viewed only in the strictest sense. "Don't read into it the personalities of people like Robert Rodriguez or Johnny Depp," he requests. "It was done of our own choosing and in a good-natured spirit. None of these people owed us anything."

Garcia claims that being the subject of his own documentary made it hard for him to say "This is the end." He also believes this experience helped him learn a positive lesson about the importance of a reasonable amount of tenacity in achieving a goal. "If someone looks at you and says, 'That's the craziest thing I've ever heard,' you should do it right away."

How does "Do It for Johnny" end? Maybe not in the way I expected, but definitely with a provocative ending I admire. ("Do It for Johnny," from Tao

Engine Films, screened at the 2007 Vail Film Festival. For more information, go to www.doitforjohnny.com. Photo of Haylar Garcia and the Depp guitar is by Darcy Grabowski.)



NOW SHOWING

"Pirates of the Caribbean: At World's End," Johnny Depp's latest film, is currently playing on big screens nationwide. In this third "Pirate" outing, Captain Jack Sparrow, Elizabeth, Will, Captain Barbosa and Pirate Lords from the four corners of the globe join forces to make a stand against Davey Jones, the Flying Dutchman and the East India Trading Company. Spirited swashbuckling, awesome special effects and outrageous fun ensue.

JUNE MOVIE TREATS

Be sure to watch for these promising June releases: "Ocean's Thirteen," featuring George Clooney and his gang of amusing cohorts; "Live Free or Die Hard," with Bruce Willis reprising his tough John McClane role; "Evan Almighty," starring Steve Carell as a modern day Noah; and "A Mighty Heart," with Angelina Jolie as murdered journalist Daniel Pearl's wife, a role already receiving Oscar buzz.

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. Listen to her radio show at www.ReelTalkRadio.com.

Journey

FROM PAGE 23.

In this vital mission work. If you would like to join us or just want more information, log on to PrayerForPrisoners.org. There is an application you can print or you may call to have one mailed to you. Jesus said, "Whatever you do for the least of these brothers of mine you have done for me." Would you pray for Jesus if he was in prison? When we touch a prison-

ers' life in Christ's name, we are touching HIM. "I was in prison and you..." Jesus will complete this statement for each of us. How will He complete it for you?

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