



Senior Beacon

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

OCT., 2008 Vol. 27: No. 3 Established Aug., 1982 315 Consecutive Months!

2008-2009 Center Stage Series

Arts Center Announces Performing Arts Series

2008-2009 CENTER STAGE SERIES at the Sangre de Cristo Arts Center

Soweto Gospel Choir

Monday, October 27, 2008 | 7:30 p.m. Direct from South Africa, the Soweto Gospel Choir is an awe-inspiring vocal ensemble, performing in 5 different languages, with inspirational programs of tribal, traditional and popular African and international gospel songs. Earthy rhythms, rich harmonies, acapella and charismatic performances combine to uplift the soul and celebrate the unique experience of South Africa



In its relatively short history, the choir has toured all over the world and received numerous accolades. Highlights for the Soweto Gospel Choir include the opportunity to perform onstage

with Bono, Peter Gabriel, Queen and Annie Lennox at Nelson Mandela's AIDS Fundraising concert in Cape Town.

Forbidden Broadway: 25th Anniversary Tour

Sunday, January 25, 2009 | 5:00 p.m. (note earlier performance time)

The side-splitting savagery known as Forbidden Broadway is on the road again with their newest edition! Now celebrating its record-breaking 25th year in New York, this year's Special Victims include the puppets of "Avenue Q," the witches of "Wicked," "Billy Joel's Movin' Out," and new looks at old favorites "La Cage aux Folles," "Little Shop of Horrors," "Les Miz," "Beauty and the Beast," and "Chicago." Rounding out the laughs are Mel Brooks' "The Producers," Abba's "Mamma Mia," and "Thoroughly Modern Millie;" with lots more Broadway past and present.



3 Redneck Tenors

Wednesday, February 18, 2009 | 7:30 p.m.

In the melodic wake of the three operatic tenors comes a new breed of tenors from more humble origins . . . 3 Redneck Tenors. This comedic musical adventure featuring classically trained veteran artists from Broadway and world opera stages delights audiences with both down home laughs and big city music.

Join Billy Bob, Billy Joe and Billy Billee as they mix NASCAR with Beethoven, lite beer with Puccini and even kick up a little dust with Ave Maria Dixie. Travel with the three tenors from their modest beginnings in Paris, Texas, all the way to their triumphant debut at New York's famous Carnegie Hall.

American Ballet Theatre's ABT II

Wednesday, March 4, 2009 | 7:30 p.m.

A small classical company of young dancers of outstanding potential, ABT

II prepares dancers to enter American Ballet Theatre. The dancers (ages 16-19) are handpicked from around the world by the artistic staff of the American Ballet Theatre.

The company's varied repertoire mirrors the traditions of American Ballet Theatre, and, while it is firmly rooted in classical ballet, it may also feature contemporary choreography. Performances showcase premieres by new and established choreographers, as well as previously existing works from the company's repertoire.



In addition to ABT II's performance at the Sangre de Cristo Arts Center, an ABT Master Class will be offered to dancers in the Sangre de Cristo Ballet Theatre. This unique opportunity enables professional, yet intimate, contact between local and professional dancers.

Greater Tuna

Sunday, May 3, 2009 | 5:00 p.m. (note earlier performance time)

Two actors play 22 characters in this famous quick-change comedy!

An astonishing tour de force of comic acting, Greater Tuna is a wild, world-famous comedy romp. Two performers who are part actor and part quick-change artist dominate the hilarious activity that comprises a typical day in Tuna, Texas, the Lone Star State's "third-smallest city" — where the Lion's Club is too liberal and Patsy Cline never dies.

In fact, it takes a team of lightning-fast "dressers" backstage to help create the 22 oddballs who represent the population of the entire Greater Tuna Area — men, women, children, animals and space aliens. (Some quick-changes occur in fewer than four seconds.) You will laugh until your side aches with this production deemed by the Houston Chronicle as a "collaboration between Will Rogers and Lenny Bruce."



Single event tickets are \$25 each for all performances and are subject to availability. Season tickets are also available for \$110 or \$100 for Arts Center members. If you aren't able to use your tickets, please donate them back to the Arts Center Box Office for reuse. This eliminates empty seats and gives others the chance to see these exceptional shows. Call the Box Office at 295-7222 for inquiries regarding single tickets or season tickets, or visit online at sdc-arts.org.

The 2008-2009 Center Stage Performing Arts Series, sponsored by the Gay and Lesbian Fund for Colorado.

McCandless State Veterans Home

Celebrating National Recognition For Making Resident-led Changes

FLORENCE – The Bruce McCandless Colorado State Veterans Home celebrated its new membership in the Eden Alternative Registry with a ceremony at the Home on Sept. 9.

The McCandless Home is the first State Veterans Home in the nation to be accepted into the registry.

The Eden Alternative is a non-profit organization with a core belief that aging should be viewed as another stage of development and growth instead of a period of decline. The organization provides educational tools and resources that guide long-term care facilities in creating more home-like environments with residents making decisions about their own care, as well as daily routines and activities.

Eden Registry applicants must demonstrate an understanding of the Eden philosophy by implementing resident-led changes with the goal of eliminating residents' feelings of helplessness, loneliness and boredom – the three plaques often associated with long-term care providers.

Dignitaries Major General Mike Edwards, the adjutant general for Colorado, and Karen Beye, executive director of the Department of Human Services, arrived at the McCandless State Veterans Home via Black Hawk helicopter for the ceremony.

The official ceremony included an unveiling of the Eden Tree, a circular wooden plaque presented to each Eden Registered long-term care home to symbolize their commitment to the Eden philosophy. Resident Roland Miske, Neighborhood Advocate Rhonda Moschetti and her four-year-old son, Dominic, unveiled the plaque.

General Edwards presented an Award of Excellence to three individuals who have demonstrated leadership within the Home. The three recipients were Resident Council President Bernard Freim, Culture Change Coordinator and Director of Community Relations Andrea Salazar, and Neighborhood Advocate and Medical Records Technician Rhonda Moschetti.



Dignitaries and a black-hawk helicopter.

"It has been so exciting to watch our residents and staff grow and evolve as we explore the Eden Alternative philosophies together," Administrator Barbara Moore said. "We all are extremely proud to be the first State Veterans Home nationally to be accepted into the Registry."

Two key elements in the McCandless Home's successful transition included assigning a staff person to coordinate culture change and resident-led efforts throughout the home, and the creation of "neighborhood advocate" positions to improve communication between residents and staff.

Andrea Salazar, culture change coordinator and director of community relations, educates staff and residents about the Eden philosophies, and helps organize several committees of residents and staff to address high-priority projects identified by residents. These committees, including pet welfare, spa bathing, nurturing dining and end of life, meet frequently to improve or develop programs that are important to the men and women living in the Home.

Like many long-term care facilities, the McCandless State Veterans Home adopted the "neighborhood" concept, which typically divides wings or hallways of the facility into smaller groups of residents living near one another. These smaller "neighborhoods" increase the likelihood for close friendships to develop among residents. Furthermore, with consistent staffing on each neighborhood, the same kinds of bonds tend to develop more quickly and naturally between residents and staff as well.

The McCandless Home took the neighborhood concept one step further by creating leadership positions to be held in conjunction with any other staff position (i.e., Certified Nursing Assistant) known as Neighborhood Advocates. Staff serving as Neighborhood Advocates receive specialized training to strengthen their leadership and communication skills. McCandless Home Neighborhood Advocates have facilitated resident-led changes by communicating resident concerns and ideas with appropriate departments and culture change committees.



Rhonda Moschetti with Gen. Mike Edwards.

Just One Guy's Opinion

by James R. Grasso, Chief Cook & Bottle Washer



Blog With Us!

Because of illness, we have been lax in our postings but you can comment to each other on anything from "Just One Guy's Opinion" to the menus in *Senior Beacon* or you can wax poetic about any topic at all. We don't care. It's an open forum and the best part is no one interrupts you. But be prepared to be challenged and perhaps you might even change your mind or better yet, change someone else's mind. We hope to be posting new messages at least once a week and interacting like most blogs work. Please bear with us.

So, got to www.seniorbeacon.info and click on the "Blog With Us" icon and tell us what you think. It's fun, it's easy and most of all it's free!

From The Desk Of Kathilee Champlin

Greetings to all of you, hoping you have had a great summer. Yes it's that time to start planning for the 2009 Senior Life Festival May 8 at the Events Center at the Colorado State Fair Grounds. This year's theme is going back in time for a good old fashioned country bazaar. Ribbons and prizes for the best jams, jellies, pickles, quilts, doilies, and an old fashioned cake walk. What's really great is that jeans and overalls will be the proper attire for the day!!!! Our community service awards are going to county commissioner Jeff Chostner, and SRDA director Steve Nawrocki. I am honored to present them this year's awards. The senior life festival's yearly

contribution goes to Meals on Wheels and Never Alone Foundation (Crohn's and Ulcerative Colitis patients) here locally. We will have our favorites from the past 12 years like, Senior of the Year, healthy cooking, cake and ice cream social, Health screenings, Senior luncheon, and of course our new addition BINGO!!!!!!!!!!!!!! BOY What FUN THAT WAS LAST YEAR AND THE PRIZES WERE SUPER!!!!!!!!!!

Our senior luncheon will be for the first 150 seniors this year adding 50 more than last. Speaking of last year, Jim Grasso Publisher of *Senior Beacon* invited and paid for seniors that were 100 years old from various assisted living facilities and nursing homes in the area. Thank you, Jim, for all that you do for the show, sponsoring now for 12 years.

We do have a guest pianist coming to play for our dinner show, I wonder if anyone might know who he is. Hints, He has played with Liberace, knows Carol Channing and is well known in Colorado.

In closing, we are adding one more important award to the show. The Pueblo Caregivers award!! If you know of someone that fits this very important title please send a letter telling us why you have picked this person. A panel of judges will read and pick who wins this award and that person's credentials will be sent into the National Caregivers Awards for their consideration. Also, if you would like to enter your harvest goods for judging for the show, write a letter listing your entries.

Please send all letters and correspondence to; Kathilee Champlin, 2024 W. Bijou, Colorado Springs, CO 80904 or call at 1-719-634-2343

Our sponsors this year are: Parkview Medical Center, AARP, Pueblo County Commissioners, Womacks, Bruce McCandless Colorado State Veterans Home, Argus Home Care and *Senior Beacon*.

Life IS Stoooooooooooooopid!

This is not my usual fare. I apologize beforehand for my foul mood.... but I think life is stooooooooopid. My next birthday will be my 60th and over these tumultuous years I have noticed so much deprivation throughout the world that I've come to my conclusion that life is stooooooooopid.

I know the story of heaven and hell and that a righteous person makes heaven and all its glories. It seems to me to be common sense that if you follow the two simple rules put forth by the Great Prophet; do unto others as you would have them do unto you and love the Lord all else would fall in line.

But no. We have our "leaders" telling us how to live and they don't even follow the rules they say we must. The financial crisis with Freddie Mac and Fannie Mae have shown us emphatically that democrats are to blame, yet the Left blames Republicans for not being forceful enough to "make" the democrats enact the very changes that the President and John McCain warned about a few years ago. Stupid.

Bonk the main stream media for headlines like "Democrats Okay Off-Shore Drilling" so us dummies would believe that if this doesn't pass it will be the Republicans fault. If you read the body copy which most busy people don't and the media banks on, the legislation passed by the democrats gives the oil companies permission to drill outside 50 miles from our shores. Problem is, and the media and the democrats know it, the oil is within that 50 mile threshold. Plus this legislation won't let the states whose shores is where the oil can be found benefit from such drilling anyway. Great incentive there democrats. Stoooooooooooooopid

Now we find out that a company wants to expand its pumping in the Florence area. Anyone want to bet how soon the enviros will do their best to quash that?

And how about the guy who beat a transvestite to death because the guy thought the transvestite was a she and not a he? That whole scenario is just wrong and Stoooooooooooooopid!

How about the Islamists who honestly, with all their heart, believe that if they kill in Allah's name and are killed in the process, they get virgins in the next life? What's up with that? It makes little sense. But their beliefs are their beliefs.

And the windmill thing? Hundreds of thousands of windmills despoiling our great fruited plain that will solve our energy problems? The prospect of that scenery compared to a few oil derricks that would do the same thing... well there is no comparison. Stoooooooooooooopid.

The National Election!

Many of you use absentee ballots or mail-in ballots so I urge you to be the grown-ups that you are. I am not a great McCain fan but given the alternative which is no experience at all, I ask you to look into your heart of hearts, eschew your ideology just this once and vote for McCain. It's the grown-up thing to do.

Godspeed!

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Ann Coulter: "It's Bush 7, Terrorists 0"



BUSH 7, TERRORISTS 0

Morose that there hasn't been another terrorist attack on American soil for seven long years, liberals were ecstatic when Hurricane Gustav was headed toward New Orleans during the Republican National Convention last week. The networks gave the hurricane plenty of breaking-news coverage -- but unfortunately it was Hurricane Katrina from 2005 they were covering.

On Keith Olbermann's Aug. 29 show on MSNBC, Michael Moore said the possibility of a Category 3 hurricane hitting the United States "is proof that there is a God in heaven." Olbermann responded: "A supremely good point."

Actually, Olbermann said that a few minutes later to some other idiotic point Moore had made, but that's how Moore would have edited the interview for one of his "documentaries," so I will, too. I would only add that Michael Moore's morbid obesity is proof that there is a Buddha.

Hurricane Gustav came and went without a hitch. What a difference a Republican governor makes!

As many have pointed out, the reason elected officials tend to neglect infrastructure projects, like reinforcing levees in New Orleans and bridges in Minneapolis, is that there's no glory when a bridge doesn't collapse. There are no round-the-clock news specials when

the levees hold. You can't even name an overpass retrofitting project after yourself -- it just looks too silly. But everyone's taxes go up to pay for the reinforcements.

Preventing another terrorist attack is like that. There is no media coverage when another 9/11 doesn't happen. We can thank God that President George Bush didn't care about doing the safe thing for himself; he cared about keeping Americans safe. And he has, for seven years.

If Bush's only concern were about his approval ratings, like a certain impeached president I could name, he would not have fought for the Patriot Act and the war in Iraq. He would not have resisted the howling ninny demanding that we withdraw from Iraq, year after year. By liberals' own standard, Bush's war on terrorism has been a smashing, unimaginable success.

A year after the 9/11 attack, The New York Times' Frank Rich was carping about Bush's national security plans, saying we could judge Bush's war on terror by whether there was a major al-Qaida attack in 2003, which -- according to Rich -- would have been on al-Qaida's normal schedule.

Rich wrote: "Since major al-Qaida attacks are planned well in advance and have historically been separated by intervals of 12 to 24 months, we will find

out how much we've been distracted soon enough." ("Never Forget What?" New York Times, Sept. 14, 2002.)

There wasn't a major al-Qaida attack in 2003. Nor in 2004, 2005, 2006 or 2007. Manifestly, liberals thought there would be: They announced a standard of success that they expected Bush to fail.

As Bush has said, we have to be right 100 percent of the time, the terrorists only have to be right one time. Bush has been right 100 percent of the time for seven years -- so much so that Americans have completely forgotten about the threat of Islamic terrorism.

For his thanks, President Bush has been the target of almost unimaginable calumnies -- the sort of invective liberals usually reserve for seniors who don't separate their recyclables properly. Compared to liberals' anger at Bush, there has always been something vaguely impersonal about their "anger" toward the terrorists.

By my count, roughly one in four books in print in the world at this very moment have the words "Bush" and "Lie" in their title. Barnes & Noble has been forced to add an "I Hate Bush" section. I don't believe there are as many anti-Hitler books.

Despite the fact that Hitler brought "change," promoted clean, energy-efficient mass transit by making the trains run on time, supported abortion for

the non-master races, vastly expanded the power of the national government and was uniformly adored by college students and their professors, I gather that liberals don't like Hitler because they're constantly comparing him to Bush.

The ferocity of the left's attacks on Bush even scared many of his conservative allies into turning on him over the war in Iraq.

George Bush is Gary Cooper in the classic western "High Noon." The sheriff is about to leave office when a marauding gang is coming to town. He could leave, but he waits to face the killers as all his friends and all the townspeople, who supported him during his years of keeping them safe, slowly abandon him. In the end, he walks alone to meet the killers, because someone has to.

That's Bush. Name one other person in Washington who would be willing to stand alone if he had to, because someone had to.

OK, there is one, but she's not in Washington yet. Appropriately, at the end of "High Noon," Cooper is surrounded by the last two highwaymen when, suddenly, his wife (Grace Kelly) appears out of nowhere and blows away one of the killers! The aging sheriff is saved by a beautiful, gun-toting woman.

Writer's Art: "The Little Touch"

by James Kilpatrick

THE LITTLE TOUCH

A couple of weeks ago The New York Times carried an editorial on the troubles afflicting Medicare. The piece was impeccably magisterial. This Constant Reader was about to nod it off to the

round file, but one stylistic matter cried out for comment. Let us pray.

You have heard me carry on about the *sound* of what we write. My contention is that we read not only with our eyes but also with our ears. It is a subliminal thing. Silently, we read aloud. The

phenomenon isn't worth much if we're reading a box score or a table of tides for September, but it affects a great deal of our daily communication.

The Times' editorial ended with a virtuous admonition: "With Medicare expenditures soaring, there is no room for any more waste, fraud or complacency."

Who could improve upon an assertion so virtuous? Let us try. Suppose we tweak that final sentence just a teeny-weeny millimeter. Now it reads: "With Medicare expenditures soaring, there is no room for any more waste, complacency or fraud."

Fraud! The final single syllable carries a wallop that is muffled and lost if we end on "complacency." Listen up, you writers! Tune your ears to the unheard sound of the printed word.

At a less cosmic level, permit me to inquire one more time: Is "media" singular or plural? The Stylebook of The Associated Press says that in the sense of

mass media, such as newspapers and TV, the noun is plural. The New York Times grumpily concurs. (The Times will keep the noun plural "for now.") The Wall Street Journal, on the other hand, reported last month that "the Obama-leading media is quite capable of ignoring Biden's flaws." One hungers to know what the subject of "is" is.

I vote for the plural construction: One medium is, two media are. If you disagree, take it up with the dear lady who taught me Latin at Taft Junior High School in Oklahoma City 75 years ago. She's dead, but Latin isn't.

Wonder of the Week Department: The VISA credit card folks bought a full-page ad during the Olympics -- calendered stock, two colors -- and won a booby prize for their effort. The text began, "Maybe it's not where AN ATHLETE'S from that makes us root for THEM." (My caps). The ad continued in the third-person plural with cheers for the flag on "their back" and the anthem we hear when "they win."

Don't nobody at VISA's ad agency know a singular antecedent when it pole-vaults across a high-priced page? Aaaaarrgh!

And at least a tsk-tsk to proofreaders at the venerable Wall Street Journal. In late July they fumbled a piece that touched upon Al Gore's dim view of oil wells: "His inconvenient speechifying only tightens the vice Democrats find themselves in over drilling." Come now! Everyone knows that Democrats shun vice. But they often tighten vises.

While we're passing out prizes, let us award a purple potato-masher to a restaurant critic at the Eugene (Ore.) Register-Guard. She liked almost everything at Manola's Thai Cuisine, but the spring rolls left an especially unforgettable impression:

"Once dipped into an amber-colored, jam-like plum sauce, which is made in the kitchen, I sat back with pleasure and let my mouth ponder the wonderful feel and taste."

And then the critic went home and took a hot shower.

Alas, dear readers, not all writers can be as perfect as me.

Gloria Stultz



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news of the weird

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LEAD STORY

Angela Pusateri, 79, may be unconventional, but, according to Jenna, 13, "She really is a cool grandmother." The Hallandale Beach, Fla., woman is a rap-music singer with a new CD ("Who's Your Granny?") and occasional playdates, where she shows up in hockey jersey, jewels, sunglasses and baseball cap. Sample rap: "I can bring the noise better than P-Diddy / I am older and wiser, I ain't a disguiser / I am condo commando in a high-riser, Who's your granny?" Also, "Move over, Trick-Daddy, 'cause this is my town / I gotta shuffleboard posse and we're known to get down." Actually, conceded Jenna to the South Florida Sun-Sentinel in September, "Sometimes it's embarrassing."

Cultural Diversity

-- "In many ways," reported the Los Angeles Times in August, the Torajans of Indonesia's Sulawesi Island "spend a lifetime preparing for their demise," in that the most glorious highlight of their existence appears to be planning the elaborate celebration of the end of it. In fact, taking one's last breath is only the beginning of a lengthy tribute, such as the one for Toraja's last king, who died in 2003 but has not been put away yet, pending completion of the necessary ritual animal sacrifices. (In the interim, the deceased is considered more "sick" than "dead.") Said one local ("cheerfully," according to the Times), "Torajans! (We) live to die!"

-- About 250,000 women in the southern India states of Karnataka and Maharashtra are self-described "elite" sex workers whose impoverished, or devoutly pious, parents "dedicated" them as children to the Hindu goddess Yellamma, according to an August dispatch in The New Yorker. Despite the state's outlawing the practice in 1982, the women's fate as "devadasis" remains an attractive alternative to ordinary marriage (which would usually be to poor and

abusive men) and provides a degree of status, in that they dress nicely and can inherit family property, while street prostitutes cannot. However, devadasis still fall victim to the region's rampant HIV rate.

-- Castrillo de Murcia, Spain, lacks a "running of the bulls" tradition, but since 1620, it has included in its annual El Colacho festival a "leaping over the babies." In late May, the town's infants are laid on mattresses in the village square, and people in red-and-yellow devil costumes jump over them and keep running, to symbolize the vanquishing of demons from their lives.

Latest Religious Messages

Toward a More Accessible Anglican Church: (1) In August, Birmingham Cathedral announced plans to open a series of wine bars in London, as (according to an official) one of the "alternative ways" of engaging non-church-goers. (2) The new church curate in Dursley, Gloucestershire, is Rev. Skye Denno, 29, a married mother of two, whose down time is spent in biker boots, hot pants, a dog collar and her six piercings, listening to the Sex Pistols. Said she, "I don't do it to be difficult. (I) think it makes me more approachable."

The Continuing Crisis

-- The Nebraska legislature's new "safe haven" law for unwanted babies, like other states' laws, allows them to be dropped off anonymously at hospitals to discourage abortions (and neglect by unfit parents). However, unlike other states' laws, Nebraska's applies not just to infants, but "minors," because, said Sen. Tom White, "All children deserve our protection." In September, the first two non-infants were abandoned, as exasperated parents gave up on rebellious sons aged 11 and 15, and critics say the law could apply to those up to age 19.

-- In August, the U.S. Department of Transportation unveiled new rules for train and bus drivers returning to work

from drug-use suspensions. They must now be tested first by a strip search to detect devices for cheating (such as artificial penises), and if none is found, they may re-dress themselves, but a monitor must still "directly watch the urine as it goes from the employee's body into the collection container." Not surprisingly, several unions have challenged the rule in court.

-- In July, Abbie Hawkins, 19, a hotel receptionist in Norwich, England, said she found a baby bat nestled inside the padded bra she had been wearing for several hours. "When I was driving to work, I felt a slight vibration but I thought it was just my mobile phone in my jacket pocket," she told the Daily Telegraph. Hawkins had fetched the bra off of a clothesline that morning, where it had been hanging overnight. First reaction: "I thought how mean I was for disturbing it."

Fine Points of the Law

Joey Bergamine, 19, who is preparing for a re-trial in Fayetteville, N.C., on a DUI charge stemming from a July 2007 incident, will argue that he should have been advised of his right to have a lawyer present when his father kicked open his bedroom door hours after the incident to help police officers who had come to question him. Joey's father is the police chief of Fayetteville, and Joey's lawyer said entering a locked room, as well as the subsequent interrogation, constituted "police" action and not "parental" action, and since his dad failed to "Mirandize" him, the charge should be dismissed.

The Weirdo-American Community

Barbie's Not Just a Girls' Obsession: (1) Robert Martin, 47, was arrested in Cape May, N.J., in July after a State Police officer spotted an array of pornographic magazines in his car in a public parking lot, along with a serving platter resting on his dashboard, piled with women's underwear, and a collection of naked Barbie dolls lined up on the seat. (2) Christopher Sullivan, 43, was arrested in Oshkosh, Wis., in August as the person who allegedly sent his upstairs neighbors threatening packages, including a Polaroid photo of three naked Barbie dolls with their heads cut off. He told police he was angry that the couple were too loud when they had sex.

Recurring Themes

-- Least Competent Criminals: (1) Michael Mahoney, 25, is the most recent rapist (according to police in Somerville, Mass.) to believe he is such hot stuff that he gave his phone number to the victim, certain that he had charmed her into wanting to keep seeing him. Police quickly arrested him in July at home, where he lives with his parents. (2) In July, convicted sexual molester Donald Fox, 62, of Frederick, Md., became the most recent convict to challenge the unfairness of his sentence (40 years in prison) and then have the appeals court agree it was unfair, except because it was too short (he's now serving 80 years).

Undignified Deaths

(1) A 21-year-old man fishing off Jones Beach on New York's Long Island in July was killed when he yanked his line back too quickly, propelling his 3-ounce lead sinker out of the water, where it struck his head and penetrated his brain. (2) A 32-year-old man lounging beside a pool in Leland, N.C., in August was killed when a burst of wind dislodged a canopy umbrella, thrusting the tip into his skull. (3) A 79-year-old motorist watching a crane lift a steeple onto a new church in Oklahoma City in July was killed when the crane toppled over and crushed his car.

The Entrepreneurial Spirit

The New York Post spotted several Manhattan businesses that tried to appeal to nudists this summer with special events. Among the most challenging were John Ordovery's monthly dinners at selected restaurants (such as the Mercantile Grill), where about 50 diners eat and drink naked (served by the restaurant's regular, clothed staff), and the Naked Comedy Showcase at People's Improv Theater in the Chelsea district, where once a month, naked comedians perform (and a section in the audience is reserved for naked patrons).

Weird Science

-- In July, microbiologists writing in the Proceedings of the National Academy of Sciences reported that the Malaysian pen-tailed tree shrew subsists on a diet of fermented palm nectar that is roughly the equivalent of 100 percent beer. "They seem to have developed some type of mechanism to deal with that

SEE "WEIRD" PAGE 21.



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A Common Cause Of "Senior Moments"

(NAPSI)-When people in their 60s, 70s or 80s experience unusual feelings--lost time, suspended awareness, confusion, seizures--they may think they're a regular part of aging. But they could be signs of epilepsy, a condition that affects 300,000 older Americans.

Epilepsy is a functional disorder of the brain, a kind of occasional glitch in the electrical system that controls everything we feel and do. These brief malfunctions, called seizures, may temporarily block awareness. They can also cause uncontrollable shaking, convulsions, confusion or affect the senses.

Knowing The Facts

"For a long time epilepsy has been seen as a condition that affects young people, but now we know it can affect anyone at any age," says Dr. Ilo Leppik, director of research at MINCEP Epilepsy Care Center in Minneapolis and past chairman of the Professional Advisory Board of the Epilepsy Foundation.

It's a truth that Jeanette Fisher knows all too well. She had never experienced seizures in her life when, at 76, she started blacking out, turning rigid and exhibiting signs of dementia.

Her doctor assumed she needed to move to a nursing home. But he first suggested a second opinion from Dr. Leppik, who, after running tests and examining her medications, devised a regimen to help Fisher treat her epilepsy.

"She had come into the hospital in a wheelchair, confused and bound for the nursing home, but left under her own

power," says Dr. Leppik.

Recognizing Symptoms

Seizures among seniors are often subtle--spaced out episodes alternately described as "going to a different place" or "thoughts skipping." To recognize seizures in seniors, Dr. Leppik suggests:

- Looking for whether these kinds of incidents are happening on a routine basis and if they are reasonably distinct.
- Watching for alterations in a loved one's behavior.
- Comparing notes with relatives to see if they have observed the same kinds of inconsistencies.

"People might think, 'Mom is tired, she's having a senior moment,'" says Dr. Leppik. "Sometimes that's how symptoms of epilepsy are dismissed. That's why it's important to watch for signs."

For more information, visit www.epilepsyfoundation.org.

It's important for seniors to know the signs of epilepsy.

New Options For Baby Boomers With Foot And Ankle Arthritis

(NAPSI)-As they approach retirement, many members of the "Me Generation" aren't ready to slow down, even if their bodies are. Foot and ankle surgeons say baby boomers are more likely than previous generations to seek care when arthritis develops in their toes, feet and ankles.

"Unlike their parents, baby

boomers do not accept foot pain as a natural part of aging," says John Giurini, DPM, a Boston foot and ankle surgeon and president of the 6,000-member American College of Foot and Ankle Surgeons (ACFAS). "When conservative treatments fail, they want to know what other options exist."

After they're diagnosed, many boomers hold high expectations for treatment. They may look forward to playing sports again or running. While there is no fountain of youth for a degenerative condition such as arthritis, there are more medical options available than ever before.

The big toe joint is the most common part of the foot to develop osteoarthritis, according to FootPhysicians.com. For boomers with early-stage arthritis in this joint, modern surgical procedures may provide more pain relief and increased joint movement.

Boomers with advanced and severe arthritis may need to have the joint fused or replaced. Stronger screws and hardware are now helping fusions last longer, while slashing recovery times. A



new generation of big toe joint replacements also shows promise.

Ankles are another prime spot for arthritis. Innovative new surgical techniques allow foot and ankle surgeons to transplant small plugs of cartilage from one part of the ankle to another in some patients, slowing joint deterioration.

Ankle replacements, however, are not as durable as hip and knee replacements. The ankle is a more challenging joint to replace. It's smaller and moves in multiple directions. But better and promising ankle implants are hitting the market.

For more information on osteoarthritis of the foot and ankle, go to the ACFAS consumer Web site, FootPhysicians.com.

Hundreds Of Seniors Can Get Drug Cost Help

Denver, CO. The high cost of prescription drugs continues to be of concern to many low income seniors. Many people who are eligible for assistance through Extra Help or the Low Income Subsidy Program through Medicare Part D have not enrolled in this important benefit.

To be eligible for this program, Medicare beneficiaries must have income below 150% of poverty or \$15,600 for a single person (\$21,000 for a married couple) and resources below \$11,990 (\$23,970 for a married person). Some resources such as the house, two automobiles, and household furnishings are exempt and are not counted. In addition, the cash value of life insurance policies up to \$1500 is considered exempt.

To apply for benefits individuals must have current account balances for checking and savings accounts, investment statements, life insurance policy statements, stock certificates, tax returns, pension award letters and payroll slips (if employed). To apply individuals can apply online at www.socialsecurity.gov or by calling 1-800-772-1213.

The benefit of the Extra Help program is that Medicare will pay the monthly premium for the Medicare Part D plan if the individual is enrolled in a stand-alone prescription drug plan; or the portion of the monthly premium for

Medicare Part D if an individual is enrolled in a Medicare Advantage plan such as an HMO or a private-fee-for-service plan. In 2009, if the Medicare Part D premium is less than \$30.17, Medicare will pay the entire premium. If the premium is more than \$30.17, individuals can stay with the Part D plan they have selected, or they can change to a cheaper Medicare Part D plans.

In addition, individuals who are eligible for this benefit pay \$1.05 or \$2.25 for generic drugs and \$3.10 or \$5.60 for brand-name drugs, depending on their income. In addition, individuals are covered during the coverage gap (or the doughnut hole) and are not subject to deductibles.

Individuals who are already receiving Old Age Pension, Supplemental Security Income, Home and Community Based Services, and/or Medicaid in a nursing home are automatically enrolled in the program and do not need to apply.

Individuals who are also receiving the Medicare Savings Program, including Qualified Medicare Beneficiary (QMB), Special Low Income Medicare Beneficiary (SLIMB) or Qualifying Individual (QI-1) are automatically enrolled in Extra Help as well.

For individuals who are currently enrolled in Extra Help, Medicare is sending color coded letters to Medicare beneficiaries who are currently receiving assistance.

If individuals are enrolled in the Extra Help program and are not satisfied with the Prescription Drug Plan due to some drugs not being covered by the plan or for other reasons, individuals can change plans on a monthly basis. To change plans call the 1-800-Medicare for assistance.

Hundreds of individuals are eligible for this program, but have not enrolled. If you think you might be eligible, please call 303-333-3482 for assistance.

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

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Fashion: Looooking Gooood!

by Patricia McLaughlin - Mature Market Media Services

SHOP LESS, DRESS BETTER

*“Sears Stumbles on Slowing Economy.”
“Earnings Slide at Williams-Sonoma.”
“Perry Ellis Reports a Loss.” “Profit Margins Shrink at Dillard’s.”*

Flip through a few Wall Street Journals and you get the feeling people just aren't shopping the way they used to. Not good for the economy, not good for the stores, not good for garment manufacturers. But what if it's good for fashion?

That such a thing even occurs to me is entirely Louisa May Alcott's fault. Without noticing it at the time, I absorbed her sense of how dress matters and how it should be managed when I read her novels as a kid.

Writing in the middle 1800s, she gave all her admirable female characters at least some competence with a needle as a matter of course. Whether her "Little Women" are telling tales from school or inventing plotlines for their home theatricals, complaining about Aunt

March's cross moods or worrying about Papa away chaplaining in the Civil War, it's usually over their sewing. They're stitching the long tedious seams of Aunt March's new sheets, or making shirts for their Pa, or fixing petticoats, or remaking last year's dresses, whatever -- there's no end to it; it's just what they do when they sit down.

Their abundant skills as needlewomen mean that nearly any sartorial tragedy can be fixed, though sometimes imperfectly. In "Little Women," Amy complains to her mother in a letter that, "The sleeves of my blue dress were all worn out, and Meg put in new ones, but the full front came wrong and they are more blue than the dress..."

And their long experience at remaking dresses to update their styles and hide their worn spots gives them an understanding of clothing design and construction that's rare in 21st-century consumers.

In "An Old-Fashioned Girl," Fannie, a spoiled rich girl until her family fell on hard times, tells her poor but plucky

cousin Polly (our titular heroine) that she has nothing to wear but dares not ask her ruined father for a cent. Polly inventories Fan's worn-out wardrobe and, faster than you could say "Project Runway," tells her exactly how to rescue, remake and refurbish it -- meanwhile amusing her by mimicking the bad grammar and self-important tone of Mrs. O'Grady, the Irish (i.e., comical by definition in Alcott's world) seamstress whom Fannie can no longer afford to patronize:

"My plan is this...: Gores is out, and plaits is in; therefore, as the top of this skirt is quite fresh, we will take off the ruffles, turn it upside down, and leave it plain. The upper skirt will be made scunter, and finished with a frill; then the waist can be refreshed with the best parts of these wide flounces, and out of those new bits we will concoct a hat. The black lace (Fannie's little sister) Maud has just taken off the green one will do to edge the violet, and with your nice silk mantilla you are complete, don't you see?"

Next they take Fannie's faded gray suit and "turn" it -- which meant taking it all apart and putting it back together again, only inside out, so the faded side of the cloth wouldn't show.

Meanwhile, little Maud is busily deconstructing three of last summer's bonnets, eager to see how Polly will conjure a new one from their materials.

At 12 or whatever, I was dazzled by Polly's competence, the way she could dissect a complicated 19th-century gown with her eyes and instantly remake it into a whole different, newly fashionable dress in her head -- and then, wonder of wonders, her skilled hands could actually make it happen!

Well, doesn't it sound like more fun than sorting through a million things crowded together on a hundred racks trying to find one that's a good color, a plausible shape, not too expensive, your size, etc.?

Not that shopping doesn't have its pleasures, but it's only in the last 40 or 50 years that it has become the only way we know to find something to wear. And

look at the skills, the endless possibilities, the power of personal choice, the individuality of expression we've lost by letting it take over so thoroughly.

Out shopping, you're limited to other people's ideas -- and, worse, to a few people's selections of the most obvious and commercial ideas from the collections of a limited number of designers.

No wonder shoppers complain that everything in the stores looks the same.

Store buyers and merchandise managers call it "careful editing," and consider it crucial to maintaining a store's fashion identity. But what if you don't want to be edited? What if you'd rather project your own identity than some store's?

Same way, many clothing brands are more interested in calling attention to the coolness of their brand than they are in enhancing your appearance. The result: Clothes that aspire to turn you into a walking billboard for their manufacturer.

Just as bad, as clothing prices have fallen now that everything's made somewhere else, a shopping mistake seems like less of a risk, so we're more willing to take a chance. We'll buy something hoping it'll turn out to be useful. Of course, sometimes it doesn't: It's why thrift shops are full of clothes that still have the tags on them.

We end up with wardrobes more extensive than queens and empresses would've had a couple of centuries ago -- with the result that, lacking their ladies' maids, we can't keep track of what we own, can't remember which black pants fit and which don't, can never get dressed without trying on a million combinations that turn out not to work. Or else, in self-defense, we end up wearing the same five things all the time.

French design eminence Andree Putman had a point when she observed that it's no wonder Americans aren't better dressed: We have too many clothes.

Heretical as it may sound, a shopping vacation -- in the sense of a vacation from shopping -- may be just what we need, something the September issue of Lucky, aka "the magazine about shopping," halfway recognizes on its cover, advising readers to "Style Your Favorite Clothes to Look New Again."

It's not bad advice. Get to know the clothes you have, figure out which ones work, deaccession the rest. Turn the recession to your advantage: Buy less, think more, look better.

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

Do you suffer from ringing of the ears?

New Tinnitus Study Seeking Participants

Colorado City, CO—Today, the lives of more than 12 million Americans are significantly disrupted by constant ringing, hissing, buzzing, sirens, and other noises, according to the American Tinnitus Association (ATA).

DigiCare Hearing Research & Rehabilitation is launching a new study that utilizes an allied community healthcare team model to explore auditory, lifestyle, and health contributors in individuals that suffer from both hearing loss and tinnitus.

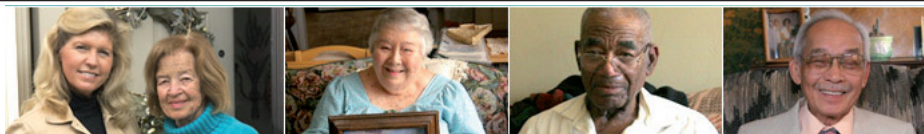
Participation in the study and most related services will be free, but in all cases will involve optimized digital correction of any hearing deficits as part of the treatment plan. Participants will enjoy special incentives for any devices fitted during the study.

Dr. Max S. Chartrand, Ph.D., and Glenys A. Chartrand, OTR—two foremost experts on tinnitus & amplification --will be supervising the study.

"Almost everyone with tinnitus has been told that nothing can be done. But after more than 30 years of research, this new breakthrough study will document the most effective ways to manage tinnitus and reduce the stress and disruption of quality of life that currently plagues uncountable individuals," said Dr. Chartrand.

Those wishing to participate in the MTM study may call (toll-free) 866-864-6449 for a free consumer information packet. From there, they will be scheduled for a no-cost hearing evaluation and tinnitus evaluation at the authorized DigiCare site nearest them.

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Social Security & You

by Melinda Minor, District Manager - Pueblo



TRYING TO DECIDE WHEN TO RETIRE? MAKE AN INFORMED DECISION

It's never too early to start thinking about your retirement. When you do, one of your first questions may be, "When's the best time to start receiving retirement benefits?"

There's no one "best age" for everyone and, ultimately, it is your choice. You should make an informed decision about when to apply for benefits based on your individual and family circumstances.

With that in mind, Social Security has published a new fact sheet to help you make the decision that's best for you. When To Start Receiving Retirement Benefits is available online at www.socialsecurity.gov/pubs/10147.html.

Things to consider are your current cash needs, health, family longevity, whether you plan to work after you retire, future financial needs and obligations, and the amount of your benefit and other income, such as pensions and deductions from retirement funds. Do you have investments to draw from when you need extra money? Will it last as long as you expect to live?

Keep in mind that people are living longer than they used to. About one out of every four 65-year-olds today will live past age 90, and one out of 10 will live past age 95. If you decide to retire early, at 62 or any time before your full retirement age, you'll get your benefits sooner — but you'll get a reduced benefit for the rest of your life. Your monthly benefit will last as long as you do. So the reduction in monthly payment for taking early retirement can add up to a big difference over the life of your benefits.

Your decision can affect your spouse and family, too. If you die before your spouse and dependent children, they may be eligible for survivors benefits. But if you took early retirement, their payments would be based on your reduced benefit amount.

When you reach your full retirement age, you can work and earn as much as you want and still receive your full Social Security benefit payment. If you are younger than full retirement age and if your earnings exceed certain dollar amounts, some of your benefit payments during the year will be withheld.

On the other hand, if you put off retirement benefits until after your full retirement age, your amount will increase.

In fact, your benefit amount will continue to go up until you reach age 70 or start receiving benefits, whichever comes first. And when thinking about Social Security, don't forget Medicare. You should sign up for Medicare three months before reaching age 65, no matter when your full retirement age is—even if you decide to delay retirement benefits. Otherwise, your Medicare medical insurance, as well as prescription drug coverage, could be delayed, and you could be charged higher premiums.

Learn more and make an educated decision about when to retire. Visit the online fact sheet, When To Start Receiving Retirement Benefits, at www.socialsecurity.gov/pubs/10147.html.

ONLINE INFORMATION FOR HUMAN RESOURCE MANAGERS

If you are a human resource manager and need information to share with employees about Social Security, we have a website dedicated to you. Just visit Social Security's Human Resource Managers page at www.socialsecurity.gov/hrm. At the website, you'll find all sorts of Social Security information that's of interest to human resource specialists and the employees they serve, including information on retirement, disability, survivors and Medicare benefits.

Of particular interest are the links to Social Security's new online Retirement Estimator and information on things to think about when considering retirement. The page even offers a direct link to the online Social Security benefit application where people can apply for Social Security retirement benefits over the Internet. There is also a box that allows users to plug in the year of their birth and find out exactly when they are eligible for full retirement benefits.

Other bits of information readily available on the site include instructions on changing your name on your Social Security card and how to replace a lost or stolen card, how to change your information in Social Security's records, and how to replace a lost or stolen Medicare card. Reporting a death in the family and what to do in the event of marriage or divorce are other topics covered.

On the Human Resource Managers page, you'll also find downloadable copies of our Retirement Planning CD, or you can order copies of the CD to be mailed to you. You can also order copies of other informational fact sheets and

publications from the page.

So if you are a Human Resource Manager and you want to share information about Social Security with the employees you serve, be sure your first stop is www.socialsecurity.gov/hrm.

QUESTIONS AND ANSWERS GENERAL

Question:

Are Social Security recipients eligible for the stimulus payments sent out this year by the Internal Revenue Service (IRS)?

Answer:

Yes, most Social Security beneficiaries are eligible, but you have to file a tax return. It is not too late. For general information about the stimulus payments, visit the IRS website at www.irs.gov. To find information specific to Social Security beneficiaries, either search "Social Security Beneficiaries" or go directly to www.irs.gov/newsroom/article/0,,id=179201,00.html. For information about Social Security, visit www.socialsecurity.gov or call 1-800-772-1213 (TTY 1-800-325-0778).

RETIREMENT

Question:

When should I start planning my retirement?

Answer:

It's never too early to start planning your retirement. Social Security has a new Retirement Estimator online at www.socialsecurity.gov/estimator. This important tool will help you estimate your future Social Security retirement benefits.

In addition, the Social Security Statement is an important document that can help you plan for your retirement. The Statement, which includes a record of your earnings each year, provides estimates of the retirement, disability and survivors benefits you and your family may be eligible for. If you're like most workers who pay Social Security taxes, are at least 25 years of age and not yet receiving benefits, you automatically receive a Statement in the mail each year, about three months before your birthday. You can learn more about financial planning at www.mymoney.gov.

When you are ready, you can apply for retirement benefits online at www.socialsecurity.gov/applyforbenefits.

Generally, people should apply for retirement benefits no more than 4 months before they want their benefits to begin. Even if you have no plans to

receive benefits, you should still sign up for Medicare 3 months before age 65. For more information, visit our website at www.socialsecurity.gov or call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778).

DISABILITY

Question:

My husband gets Social Security Disability benefits for his diabetes. Last month, his leg was amputated due to his diabetes. Can we apply for an increase in his benefits since his condition has gotten worse?

Answer:

The benefit amount a person gets is not based on the severity of a person's disabling condition. It is based on whether or not a person is disabled. Once that determination is made, other factors go into figuring the benefit amount, such as the person's age and the amount of Social Security taxes paid. For more information visit the website, www.socialsecurity.gov, or call 1-800-772-1213 (TTY 1-800-325-0778).

Question:

How many years do I need to work before I can qualify for Social Security disability benefits?

Answer:

The number of work credits you need to qualify for disability benefits depends on your age when you become disabled. Generally, you need 20 credits earned in the last 10 years, ending with the year you become disabled. Younger workers, generally those under 31, who have not had the opportunity to work that long, may qualify with fewer credits, so if you become disabled and cannot work, you should still apply for benefits. To learn more, read a copy of our publication, Disability Benefits. You can get a copy online at www.socialsecurity.gov/pubs/10029.html, or call us at 1-800-772-1213 (TTY 1-800-325-0778) to have a free copy mailed to you.

SSI

Question:

What is the difference between Social Security disability and Supplemental Security Income (SSI) disability?

Answer:

The Social Security Administration is responsible for two major programs that provide benefits based on disabilities. They are Social Security Disability Insurance (SSDI), which is based on prior work under Social Security, and Supplemental Security Income (SSI), which is based on need. SSDI is financed with Social Security taxes paid by workers, employers and self-employed persons. SSI payments are paid from general revenues. For more information about Social Security and SSI, visit our website at www.socialsecurity.gov or call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778).

Question:

How much will I receive in Supplemental Security Income (SSI) benefits?

Answer:

The amount of your SSI benefit depends, in part, on where you live. The basic SSI check is the same nationwide. However, many states add money to the basic check and some offer other supplements. For 2008, the maximum federal SSI payment is \$637 per month for an individual and \$956 for a couple. Because SSI is a needs-based program, this amount may be reduced due to other income. If you get SSI, you also may be able to get other help from your state or county. For example, you may be able to get Medicaid, food stamps or some other social services. For more information about SSI, read Supplemental Security Income at www.socialsecurity.gov/pubs/11000.html or call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778).

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"Light For The Journey"

By Jan McLaughlin - Director of Prayer Warriors For Prisoners



"TO REJOICE OR MOURN" OCTOBER 2008

The political arena is a continual battlefield as ads bombard the airwaves, mailings flood the postal system, phone calls disrupt dinner and signs clutter every block of our city. The barrage emerges and attempts to drive us one direction or the other. Names and faces flash before our eyes, touting good then moments later, an opponent's ad slams first with mud and on and on it goes. Is it any wonder Christians are tempted to throw up their hands, turn and walk away?

Good people have drifted or are lying at anchor, pulled away from the

political arena and even staying away from the polls. My friends, listen! For our children and grandchildren we MUST take a stand for righteousness. We owe it to them and to our country and community to be informed not only about current issues and amendments but about candidates' values and goals. Our country is divided by moral issues such as abortion and homosexuality. There is no middle ground. Parties, candidates and individuals are moving rapidly, almost urgently, far to the right or far to the left.

The populace, the voting public, is demanding answers on issues concerning all of us, issues that grind at the very core and foundation of our nation, our morals and our beliefs. Questions about these issues and how a candidate stands demand answers and solutions, not only for our future, but for the future of our

children and their children and so on. Americans have the privilege of voting and along with that privilege comes the responsibility to KNOW what the candidates stand for. Christians have a responsibility to vote values. Do you go to the polls? Where is your heart when you vote? Is it for righteousness in our land or is it for your pocketbook and bank account?

The late Adrian Rogers told of a South American who was amazed at the prosperity and growth in North America. Stymied, he asked an American, "What is the difference between North and South America. Why is your country so blessed?" The answer shook the man to the core. "Because the people who came to your shores came seeking gold. The people who came to our shores came seeking God." God's word is still true! **"Seek first the kingdom of God and His**

righteousness, and all these things shall be added to you..." Matt 6:33

Individuals and nations rejoice or mourn over the choices they make. **"When the righteous are in authority, the people rejoice; But when a wicked man rules, the people groan."** (Prov 29:2) Edmund Burke is said to have made this very moving statement, **"The only thing necessary for the triumph of evil, is for good men to do nothing."**

Support with prayer those candidates who share your values. Pray God will change the hearts of those who don't. When a godly candidate is slandered, remember the true source. The devil is the father of lies and does not want good to prevail. The greatest need in public office today is integrity, honesty, accountability and service to the tax payer instead of self glorification and material gain by public officials.

God's warning is clear and precise. **"Look, this was the iniquity of your sister Sodom: She and her daughter had pride, fullness of food, and abundance of idleness; neither did she strengthen the hand of the poor and needy. And they were haughty and committed abomination before Me; therefore I took them away as I saw fit."** NKJV

Think of it. Was there ever a time when the people of our nation had more fullness of food? Obesity in America is a raging epidemic even among children. Abundance of idleness bludgeons the welfare roll, creates the need for more prisons, and drains tax coffers while the tax bill skyrockets.

Elections are a vehicle to give citizens a voice but when Christian people don't vote, their voice is silenced. The sound of sheep is more powerful when many are bleating. Democracy means "rule of the people" but when you don't vote, you surrender your position of power to those who choose to vote, to those who choose to participate. Once again, I quote Proverbs 29:2 as a reminder that you will mourn or rejoice over the choices you make. **"When the righteous are in authority, the people rejoice; But when a wicked man rules, the people groan."**

Vote your values. Vote for future generations. Vote because it is a privilege you don't want to lose. Vote because men and women have died for your freedom to do so. VOTE!

PRAY FOR GOD'S CHOICE FOR THIS ELECTION ON EVERY FRONT! ©2008 Jan McLaughlin, All rights reserved.

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

Here' Are Tips For Medication Management

NAPSI)-When it comes to staying healthy, eating well and exercising may not be enough. Millions of Americans take prescription drugs to manage long-term health problems, but studies show that only about half stay on their medications as prescribed. CVS pharmacist Carrie Sacky answers your questions about proper medication use:

Question: I am not sure of how and when to take a new medication. What should I do?

Answer: It is important that you ask your doctor or pharmacist for clear directions on how to take any new medi-

cations. Why is this medication being prescribed for you? What side effects, if any, might you expect? Always ask your pharmacist about food, drinks or other drugs you should avoid while you're taking this medication.

Question: If I start to feel better but haven't finished a full prescription, can I stop taking it?

Answer: You should always finish taking your prescription as recommended by your doctor. Your medication cannot work properly if you skip doses, take more or less than the prescribed amount, or stop taking it because you feel better. If you are bothered by side effects, don't stop taking your medication. Talk with your doctor or pharmacist right away about other drug options available or a dosage change that may lower side effects.

Question: If I have multiple prescriptions to be filled but can't afford the cost, what options do I have?

Answer: If money is a concern, remember that the price you pay for stopping your treatment may be much higher than the price of the medicine itself. If you stop your medication and your symptoms return or get worse, you may spend more money on added doctor visits or hospital care. In order to save money, you should

make sure you understand your health insurance, Medicare or Medicaid benefits. Ask your doctor or pharmacist if there are any generic options available that may cost less than brand-name medications.

Question: If forgetting to take medications is an issue for seniors, what are some ways to help them remember?

Answer: There are a number of ways to make taking your medications a part of your daily routine so that it's easier to remember to take them as directed. Try taking your medicines at the same time each day or sorting your medications into a daily pill organizer.

Question: Where can I get more information about managing medications?

Answer: Your local pharmacy is a great resource. Go to www.cvs.com to find a CVS/pharmacy nearby or call a CVS pharmacist at (888) 607-4287. Carrie Sacky, RPh



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Engagement Ring Trends: What Celebs Say "Yes" To!

(NAPSI)-Eva Longoria Parker, Stacy "Fergie" Ferguson, Jessica Alba, Ellen Pompeo, Katherine Heigl. It almost appears that all of young Hollywood has fallen in love. They have also fallen head over heels in love with their engagement rings.

When you're contemplating an engagement ring, you may care to consider that engagement rings can tell you a lot about a person. According to jewelry experts, an engagement ring is as individual as the person who wears it. Here are three top celebrity engagement ring styles and some clues to what the style means:

Fancy-Shaped Diamonds

Round diamonds are undoubtedly the most-popular shape stone for engagement rings. However, there is an entire world of "fancy" shapes available including emerald, oval, marquise, pear and cushion. These fancy-shaped sparklers say the person is fashion forward with distinctive style. Celebrity fancy-shaped engagement ring wearers include Ellen Pompeo (emerald), Katherine Heigl (pear), Eva Longoria Parker (emerald)

and Victoria Beckham (marquis).

Romantic Vintage Inspiration

Vintage engagement rings are romantic and ornately crafted. However, you don't have to scour estate stores to find vintage design. New, vintage-inspired rings are being meticulously designed to be just as beautiful as their predecessors. Platinum, white gold, and palladium are great options, as vintage styles are best suited for cool metals. Vintage and vintage-inspired rings say the person is passionate, optimistic and hopelessly romantic, suggest the experts at the Jewelry Information Center. Celebrities such as Kate Walsh, Christina Aguilera and Jennifer Love Hewitt adore vintage styles.

Brilliant Color

Getting engaged is a colorful time in a couple's life. Engagement rings are now equally as vibrant and vivid. Diamonds come in nearly every color in the rainbow. However, like a rainbow on a clear day, they are very rare. Being rare also makes them very valuable and pricey. Yet, small accent stones can be attainable and make a big impact. Women

wearing colored diamonds want to make heads turn and are fun spirited while craving luxury. Heidi Klum, Rebecca Romijn and Brooke Mueller (Charlie Sheen's fiancée) all have yellow diamond engagement rings.

Engagement rings and wedding bands serve as a lifelong reminder of dedicated love. They are passed down through generations. Find the right rings by shopping with a reputable jeweler.

For more information on fine jewelry and engagement ring trends, visit

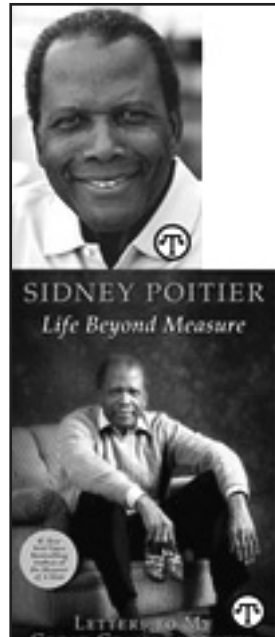
www.jic.org.

Jessica Alba adores her platinum and diamond engagement ring given to her by her husband Cash Warren.



Letters To A Great Granddaughter

(NAPSI)-Sidney Poitier, the New York Times best-selling author and one of America's most esteemed actors, offers lessons from his remarkable life in the form of letters to his great-granddaughter.



His new book, "Life Beyond Measure: Letters to My Great-Granddaughter" (HarperOne), follows on the heels of the enormous success of "The Measure of a Man"-which spent 33 weeks on the best-seller list in both hardcover and paperback and 13 weeks at No. 1.

Written to his new great-granddaughter and namesake, Sydney Ayele La Barrie, Poitier offers perspective and wisdom gained from his boyhood in the Bahamas, breaking the race barrier in theater and film during the Civil Rights Era, achieving stardom and success in Hollywood, and as a diplomat and humanitarian.

In his role as father, grandfather and great-grandfather, he shares personal stories for those important passages through life, as he explains: "You will have questions after I'm gone. I hope I might be able to provide some answers herein."

Critics have called this the perfect book to inspire the ready to live life to the fullest.

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Where Are They Now?

by Marshall Jay Kaplan

Anna Maria Alberghetti

The singer and actress best known for her appearances on the stage and her beautiful big eyes is still beautiful and still performing on stages across the world.

Anna Maria Alberghetti was born on May 15, 1936 in Pesaro, Italy. Her father was a concert master and her mother was a pianist. Already part of a musical family, young Anna began singing with an accompanying orchestra at the age of six. "I cannot remember a time when music was not part of my life." Anna's father sang opera at very prestigious opera companies and was Anna's only vocal coach.

After

World War II, the Alberghetti's were forced to leave Europe, settling in New York City where Anna debuted at Carnegie Hall. She won rave reviews from critics and was then introduced to television audiences on the Ed Sullivan Show – the first of 53 appearances! Anna continued to wow audiences on stage, TV and record albums for the next twelve years. She won a Tony Award for Best Actress in a Musical for her role in Carnival (1962). LIFE Magazine had her on their cover! She also appeared in a handful of films, but the quality of her films never matched her talent. She stopped making movies after the disastrous Jerry Lewis film, Cinderella (1964).



In 1964, Anna married director/producer Claudio Guzman. The marriage lasted ten years and produced two daughters and one son. Anna slowed down her career during this time to focus on raising her children. After her divorce, Anna was a familiar face on television in commercials for Good Seasons salad dressing.

After her children grew up, Anna returned to the stage, where she has been performing on a regularly consistent basis over the past twenty years. She has graced the stage in major productions of West Side Story, The Sound of Music, Cabaret, Camelot, Fanny, The Student Prince and Side by Side by Sondheim.

Most recently, Anna has begun gracing a different stage – lecturing to theatre students and fans – anxious to learn from the musical stage legend. "One great advantage of working all your life is that people are wonderful. They remember and enjoy you from all points of view. It's satisfying to feel special and familiar to so many people!"

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Chuck Green, former editor-in-chief of the Denver Post.

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GIFT IDEAS FOR THE HOLIDAYS**“Prepare To Be Shocked” Ripley’s 2008 Weird Yearbook**

(NAPSI)-The beautiful, the bizarre, the macabre and the amazing have all found prominent positions in Ripley’s new collection of the world’s weirdest facts.

A fresh glimpse into the wonderful and wacky world of the odd and strange is found in the newest book released by Ripley’s Believe It or Not! “Prepare to be Shocked!” (Ripley Publishing), an eye-catching book of quirky and unbelievable facts and photos.

It all starts with the eye-catching lenticular cover that features Zhang Deke, the electric man from China, who can illuminate six-watt bulbs just by placing them on his head and ears. He can cook a fish in his hands in two minutes.

From Canada to China, from cats to chimpanzees, the book covers every aspect of life and geographic region on the planet. Among the pages you’ll find a chocolate dessert served in a New York City restaurant that costs \$25,000 and a hamburger dished up in Tokyo that costs \$125. Turn a few pages and there’s a beautiful replica of “The Last Supper” tattooed on a man’s back, and a few pages later there’s a disturbing photo of an 86-pound tumor that was removed from a woman’s abdomen!

How about a college student who wants to be the best ketchup drinker of all time? He can easily drink a 13-oz. bottle of ketchup in 33 seconds--a 46-oz. bottle in six minutes! Paul “Dizzy Hips” Blair,

the undisputed king of unbelievable hula hoop stunts, has moved on. He now hula hoops with a 61-pound tractor tire!

Imagination has always driven the curious to undertake the unbelievable, and Ripley’s Believe It or Not! has always been the leader in chronicling those curious feats for the world’s amazement and amusement. This 256-page book colorfully carries on that tradition with more than 500 color photographs and more than 2,500 fascinating facts.

For more information, visit www.ripleyentertainment.com/publishing.

Prepare to be amazed by Ripley’s newest Believe It or Not! book. The three-dimensional cover changes in relation to your angle of view.

Keeping Loved Ones’ Legacies Alive

(NAPSI)-Throughout history, people have sought ways to honor lost loved ones. People who lose a loved one often find solace in attending memorial services where they can share their grief--as well as stories and experiences--with fellow mourners.

Today, however, an increasing number of people are also finding fellowship and emotional comfort on the Inter-

net, where online memorials are proving a popular new way to commemorate and remember those who have passed.

While travel time and costs can make it difficult for everyone to attend a funeral service, online memorials enable survivors to honor their loved ones in completely customized, highly personal ways and to share these legacies instantly with friends and family around the world.

Borrowing from the interactive appeal of social networking sites such as MySpace and Facebook, Web-based memorialization portals such as Legacy.com enable users to combine biographical information with cherished photographs, and even video and audio clips, in unique ways to honor and remember those who have passed.

Such sites allow visitors to log condolences, thoughts and memories into online Guest Books.

The sites provide a place where people going through one of life’s most difficult experiences can come to celebrate the lives of their loved ones, share their thoughts, find comfort and begin to heal.

Toward that end, some sites feature a rich assortment of expert advice from leading educators, authors, grief counselors and psychologists on topics related to grief and loss.

Visitors can also share experiences or seek and offer support through community discussions and message boards.

Other features of the top online memorialization sites include:

- Searchable obituaries enabling people to find news of lost loved ones via online databases of recorded deaths.
- Customized e-mail alerts that automatically notify users of the deaths of former friends, colleagues and associates.
- Links to funeral home Web sites, charities and organizations where visitors can easily make memorial donations.
- Celebrity tributes including timely information about the deaths of movie and TV stars, public officials, and business, philanthropic and civic leaders.
- Special memorials honoring the lives of those lost during events that affected the entire country, such as the wars in Iraq and Afghanistan, 9/11 and the tragic shootings at Virginia Tech and Northern Illinois University.

For more information, visit www.Legacy.com.

A Model Of Excitement

(NAPSI)-For baby boomers looking to stay sharp, energize their time and discover the rewards that come from creating something with their hands, model building may help put all the pieces together. For instance, you can capture the thrill of your first Mustang or GTO--or craft something you never thought you’d own, like a sleek sailing yacht or a vintage fighter aircraft.

Creating models is a great way to hone your fine motor skills while you educate your mind and earn the reward of accomplishment. You can even re-create the trains that became the engines of our economy and add layouts complete with cities, farms, mountains and valleys. Model-building possibilities are unlimited and open to your imagination.

A hobby shop is the place to start; they’ll help you find the models that are right for your interests and budget. You’ll find everything from plastic and die-cast replicas to historical, educational and radio-controlled kits. Another excellent place to explore is www.myhobbyfun.com, where you’ll also find links to nearby hobby shops.

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Traveling: There's Nothing Like A Holiday!

Mosquitoes: They Are The Bane Of Campers

by David J. Swift

The plan was to park on a high grassy mesa offering a splendid view of the Wind River Range in Wyoming. As the sun set, beautiful light rays would be converted into pixels. Sleep blissfully under the stars, resume taking photographs when dawn performed its usual high-plateaus magic, and find breakfast at a new diner spotted along the way. Now, that's a camping trip.

So perfect was this overnight plan that two housemates agreed to join the fun. The Wind River Range is well-known as a fine and private place. It's also well-known for the voraciousness and enormous quantity of its mosquitoes. In lieu of cooking dinner there was whirling and swatting and vivid epithets not at all in keeping with the crepuscular vista before us.

Despite having brought a tent and bug spray, a more sophisticated plan was required. Come sundown, we scampered home.

It's the female mosquito who is into hematophagy, a handy word if you

don't like saying "blood-sucking." Proteins and iron found in blood make for healthier larvae. Further, it may be that, because they typically are limited to hair-and leather-clad critters of the forest, mosquitoes find the squishy surface of humans rather like a cheesecake dessert.

Plenty of standing water. Determined female breeders. Delicious humans. This is the recipe for those thick, black clouds of kamikaze mosquitoes. How do modern professionals who must endure the etymological version of a Kafkaesque nightmare cope?

Such as Alaskans? Bush pilots tell of clients who trigger their emergency locator devices solely to escape mosquitoes.

An Alaskan once reported, "In order to get any more mosquitoes up here, they'd have to be smaller."

Dori McDannold is a guide for Arctic Wild (www.arcticwild.com) in Alaska. Her medley of mosquito-fending techniques avoids bug juice.

"I hate DEET," she says. "I don't want that stuff on my head."

She points out that extended application of DEET will disintegrate some fabrics.

McDannold describes three methods of mosquito defense:

-- Virtual Horse Tail. "I'll wear a tank top and shorts and carry a long-sleeve polypro shirt," she says. "I'll whip it gently back and forth, swing it around back, just like a horse uses its tail."

-- The Original Bug Shirt. McDannold says she's tried a lot of netted clothing. The Original Bug Shirt (www.bugshirt.com, \$60) is the only netted product she finds versatile enough for professional guiding. She notes that its netting will not eventually collapse to where a well-aimed proboscis can poke into skin.

McDannold likes the way the Original Bug Shirt adjusts. If she needs a hole for binoculars, or for eating, the rest of her remains sealed from the biters.

"Because of how they've designed the panels," she says, "you can wear it backpacking. It makes hiking in really bad bugs reasonable."

-- ThermaCell. Do we finally have an anti-mosquito doodad that actually works?

Dori McDannold says, "The candles, the coils, the beepers, the impregnated shirts -- they don't work. The ThermaCell is the only thing I've seen that works."

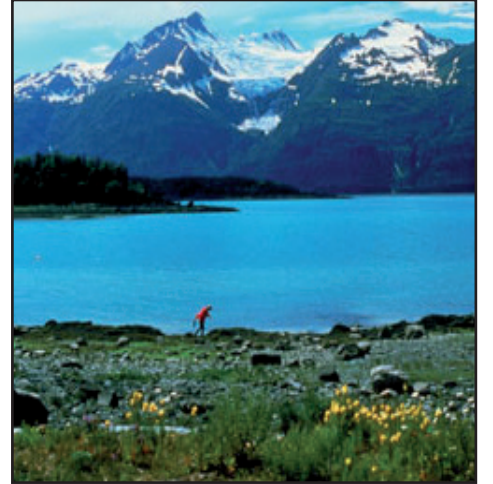
Being a device, the ThermaCell (www.mosquitorepellent.com) is designed for camp; patio models also are available. ThermaCell uses a butane cartridge to heat a small mat containing synthesized chrysanthemum extract, creating what all mosquitoes apparently agree is an impenetrable force field of some 15 feet.

Richard Murphy, an Alaskan photographer who is routinely wary of anything too good to be true, is also sold on ThermaCell.

"You can't use it for hiking but you sure can use it for making dinner," he says. "When you're in brown bear country, you don't need to be eating in your tent."

Murphy will also take his ThermaCell on short excursions from camp, firing it up on a perch while he whips out binoculars and a camera.

"I can get close-ups of wildflow-



Alaska offers stunning scenery, including the Chilkat Inlet, above, but it often is accompanied by equally astonishing mosquitoes. photo:AlaskaTourism.com

ers that aren't ruined by a bunch of out-of-focus bugs," he says.

Pressed for a downside (her ThermaCell kit is odorless, small and weighs less than one pound), McDannold says, "They're kind of expensive to run."

She did some quick figuring and it came to about a dollar an hour. ThermaCell sells a variety of kits, including bulk packs that should halve that cost. Starter kits for hikers and hunters are in the \$25-to-\$50 range.

As for DEET -- a common ingredient in insect repellents -- it may smell terrible, taste worse and require deliberate application like any toxin, but DEET does have one distinct property. It always works. There are kinder, gentler repellents out there whose active ingredients are more like something you'd want in your salad; they also underestimate how badly mosquitoes want to drink your blood.

A well-informed aversion to any potent chemical is healthy. Still, there are times when the nuclear option of DEET satisfies. West Nile virus, deadly and mosquito-borne, hit our region a few years ago. It's a parent thing: Why be protective when you can be overprotective?

Further, DEET wards off disease-carrying biters -- like ticks, which not only bite but burrow. DEET or no, always perform tick checks. Who knows? One day you may even have a romantic interlude involving a tick check.

(David J. Swift is a writer, photographer, camper, hiker, climber, fly-fisher and mountain biker who lives in Jackson, Wyo.)

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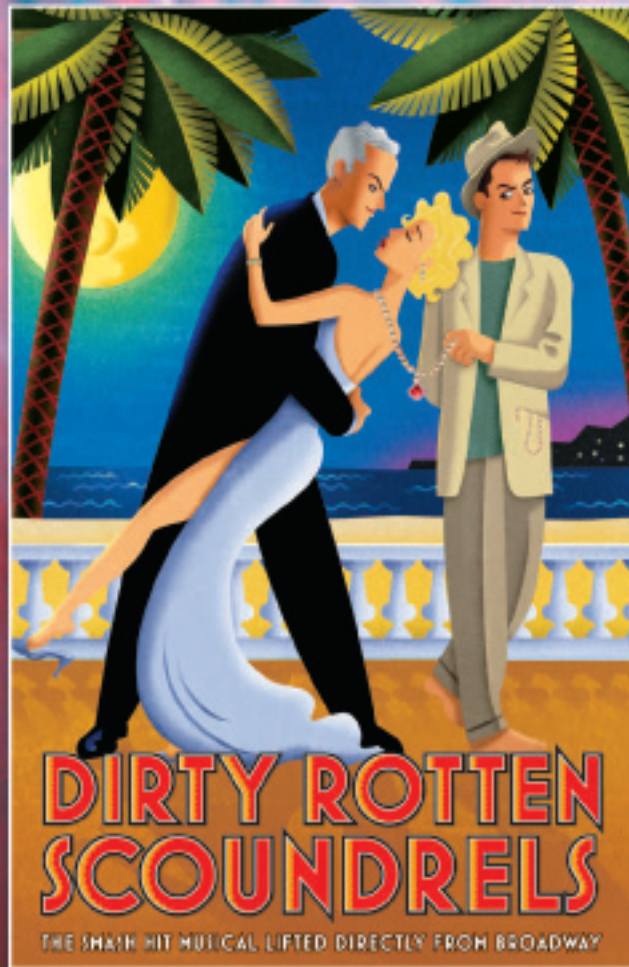
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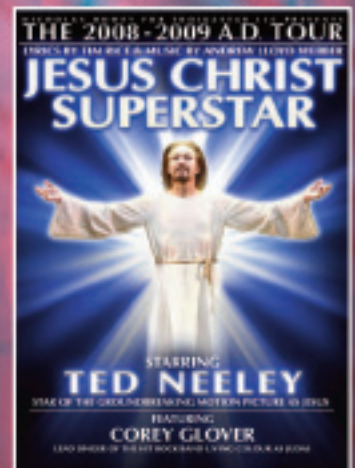
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Invest \$50 Now For A Big, Bright Spring

by Marty Ross

You don't have to dig very deep to put on a great show of tulips, daffodils and other spring-flowering bulbs. With an investment of \$50, you're guaranteed big returns.

Spring-flowering bulbs should be planted in fall, and garden shops and mail-order specialists have terrific selections in stock right now. The crinkly skinned bulbs themselves are so beautiful, and the prospect of bright flowers early in spring is so tempting that your main difficulty will be sticking to the budget.

You can have a lot of fun with \$50 worth of bulbs, say Brent and Becky Heath, owners of the mail-order business Brent and Becky's Bulbs. You won't be able to landscape your whole property, but by concentrating on a high-visibility area -- a flower bed outside your kitchen window, the area between the driveway and the front door or a spot near a garden bench -- your investment can have a big impact.

"Find the most looked-at site in your whole yard," Becky Heath says. "You'll be disappointed if you plant two bulbs here and three there, but if you concentrate on one area, it will look fabulous.

And it's not that much work."

The price of spring-flowering bulbs -- most of them imported from Holland -- has gone up along with the cost of gas, milk and just about everything else, but you can still buy 50 tulips for as little as \$30. Daffodils and hyacinths tend to cost a bit more, but not always. Blue and purple grape hyacinths and lots of other charming little bulbs can be downright bargains at around \$20 per 100 bulbs.

Think of your \$50 purchase this fall as the beginning of a long-range investment plan, says Jo-Anne Ohms, owner of Van Engelen and John Scheepers, mail-order bulb specialists.

"Gardens are, after all, a work in progress," she says. "Spend \$50 a year on bulbs, and it works out best for your wallet, your knees and your soul."

Ohms suggests using an 80/20 formula: 80 percent of the bulbs you plant should come back and bloom every year; 20 percent can be considered one-time annuals.

"This keeps the garden alive and interesting," she says. "I like the feeling of having a bit of a garden surprise party for neighbors driving by, or for friends and family coming over for dinner."

Daffodils are the best perennializing bulb, she says. Most large tulips put on their best show their first spring. They may come back for several years, but many gardeners consider them annuals.

For a display that you can rely on year after year, Ohms recommends a splashy planting of 20 yellow

Arkle daffodils, 20 white Mount Hood daffodils and 100 blue grape hyacinths (*Muscari armeniacum*). To give the bed longer interest, she would plant a couple of peonies among the bulbs. They'll bloom in late spring after the daffodils have faded.

Becky Heath also likes to mix grape hyacinths into her spring plantings. Her suggestion for a bright garden of yellows and golds includes 10 each of the daffodils Saint Keverne, Quail and Pipit, with 10 double-early, fragrant Monte Carlo tulips and 30 grape hyacinths as a foil for the yellows.

"I'm a practical person," she says, "so this collection would also include shipping."

Brent Heath suggests a garden with a bigger pop of purple: 10 each of pink-cupped daffodil Katie Heath (named for his mother), deep lilac tulip *Passionale*, hyacinth *White Festival* and tulip *Apricot Beauty*.

"You get a little contrast with the purple *Passionale* in there," he says, "and the white hyacinth is a nice shoes-and-socks plant -- it covers the stems of the other bulbs. I would plant this in front of some shrubs -- the lighter-colored flowers do better with a backdrop."

To make the most of your investment, plant everything quite close together.

"The smaller the bulbs, the closer they need to be," says Christian Curless of ColorBlends, which specializes in combinations of tulips, daffodils and other bulbs.

"Nothing is going to beat tulips," Curless says, but, unfortunately, gardeners in some regions can't grow them. Deer are particularly fond of tulip flowers, and voles, which live in the ground and eat the roots of plants, are also voracious consumers of tulip bulbs. Deer and voles will not eat daffodils, and they rarely eat alliums and hyacinths.

If you're planting tulips, Curless suggests sticking with a mix of two different types instead of trying three of this and five of that.

"When you add more, you need more space, or the planting will look busy as opposed to crafted," he says. Some tulips, such as *Gudoshnik* (100 for \$35) and *Cretaceous* (100 for \$51) have natural variation in their petals and look like a magnificent mixture when they come into bloom.

Like all long-term plans, all these suggestions require delayed gratification,



Invest now for a colorful spring. Plant tulips, daffodils, hyacinths and other bulbs in fall for a guaranteed return on your investment in the new year. photo: Netherlands Flowerbulb Information Center (www.bulb.com)

but the couple of hours you spend in the garden on a fresh fall day under an endless blue sky, planting spring-flowering bulbs, will give you a warm feeling that lasts all winter. The investment is socked away, and it's growing. When your bulbs bloom in spring, the work pays off.

"There's something about bulbs," Curless says. "It's that waiting and waiting -- and finally it happens. When it's right, it's 'wow,' and it can be jaw-dropping."

Buried Treasures in a \$50 Garden

Go ahead: Splurge on \$50 worth of spring-flowering bulbs, plant them this fall and sit back until it's time for the spring show. Here are some ideas and suggestions for \$50 spring bulb gardens from bulb experts.

-- Jo-Anne Ohms of Van Engelen and John Scheepers (www.vanengelen.com and www.johnscheepers.com) recommends a woodland garden mix of 50 yellow daffodils, 50 *Hyacinthoides hispanica* *Excelsior* and 50 snowdrops (*Galanthus elwesii*). Ohms also suggests a special naturalizing mix of 10 *Camassia cuscickii*, 50 *Hyacinthoides hispanica* and three dramatic *Ambassador* alliums.

"If I had a little extra money, I would definitely add 100 *Spring Beauty scilla*" (*S. siberica*), she says, but that's a splurge that would add \$18 to the \$50 order.

-- If you can afford to splurge, buy hyacinths, Curless says. You can smell the sweet fragrance from across the garden.

Plant After the First Frost

In most areas, spring-flowering bulbs can be planted from September through November or December. The ground should be cool but not frozen. Wait until after your area's first frost, then plant.

Where winter temperatures are not cold, the experts recommend pre-chilling tulips and choosing daffodils (and other bulbs) that are

known to thrive in mild-winter climates. There are many wonderful choices listed on bulb specialists' Web sites. See also the American Daffodil Society's recommendations on its Web site, www.daffodilusa.org.


Generally, bulbs should be planted three times as deep as they are tall. A three-inch tulip or daffodil bulb should be planted with the base of the bulb about nine inches deep. Little grape hyacinths, which are only about an inch tall, can be planted just three inches deep. Water after planting, and forget about them until spring.

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BBB: Here's Advice To Hurricane Ike Donors

by Jane Blume-BBB Communications

HOW TO MAKE YOUR MONEY MATTER WHEN DONATING TO HELP HURRICANE VICTIMS

The BBB of Southern Colorado is encouraging donors to give, but advising them to give responsibly to Hurricane Ike relief efforts by doing pre-donation research to ensure that their gifts are put to best use by legitimate organizations that are engaged and equipped to support relief and recovery efforts now underway.

"We're seeing reports from charities indicating that thus far gift-giving for hurricane season is unusually low, and due to this circumstance, some charities are considering borrowing money to support hurricane-response efforts," said Carol Odell, CEO of the BBB of Southern Colorado. "Aid workers are understandably concerned about the slow pace of donations, and that makes it that much more important that prospective donors do their research and give to legitimate organiza-

tions with the best chance of doing the most good for those in need."

If past experience is any indicator, not all solicitations in the wake of natural disasters will be legitimate. Potential donors can expect unsolicited e-mails and phone calls from scammers, some of whom may use names very similar to those of real organizations to confuse donors. Scammers often make emotional pleas and press for immediate donation decisions, with both tactics aimed at taking advantage of donors' generosity.

"Donors shouldn't assume that all solicitations are legitimate and they should research organizations before giving because, if they don't, they run the risk of having their good intentions have no impact whatsoever on the lives of hurricane victims," added Odell.

The BBB offers the following information to help donors make informed charitable giving decisions.

Rely on expert opinion when it comes to evaluating a charity.

Be cautious when relying on third-party recommendations such as bloggers or other Web sites, as they might not have fully researched relief organizations. Donors can go to www.bbb.org/charity to research charities and relief organizations to verify

they are accredited by BBB and meet the 20 Standards for Charity Accountability.

Be wary of claims that 100 percent of donations will assist relief victims.

Despite what an organization might claim, charities have fund raising and administrative costs. Even a credit card donation will involve, at a minimum, a processing fee. If a charity claims 100 percent of collected funds will go toward assisting Gustav or Ike victims, donors should be skeptical.

Be cautious when giving online. Be cautious about online giving, especially in response to spam messages and e-mails that claim to link to a relief organization. New charities and Web sites have literally been created overnight to allegedly help victims.

Find out if the charity has an on-

the-ground presence in the impacted areas.

Unless the charity already has staff in the effected areas, it may be difficult to get new aid workers to quickly provide assistance. See if the charity's Web site clearly describes what they can do to address immediate needs.

Find out if the charity is providing direct aid or raising money for other groups.

Some charities may be raising money to pass along to relief organizations. If so, donors may want to consider "avoiding the middleman" and giving directly to charities that have a presence in the region. Or, at a minimum, check out the ultimate recipients of these donations to ensure the organizations are equipped to effectively provide aid.

Start With Trust

Tech Offers Security On The Go

(NAPSI)-A new approach to home security is designed to offer homeowners convenience, confidence and peace of mind while away from home. Communication is the key.

One company has introduced a security system that communicates with emergency centers through three ways: cell phone networks, text messaging and the Internet.

The system, from Honeywell, is said to provide communication to emergency personnel while also giving home and business owners remote access to their security systems through cell phones and laptops.

For example, if you forgot to arm your system before leaving for work, simply send a text command through your cell phone or go online to arm the system. Parents can keep track of their children returning home from school from the convenience of their office computers.

To learn more, visit www.honeywell.com/security/hsc or www.thesecuritychannel.com.

New technology controls the security system and informs homeowners from Internet-enabled devices such as PCs, laptops and cell phones.

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All About Food: Heartland Comfort Breakfast

by Brete Harrison

Inspired by the advent of food TV and now the Web, home cooking has become a national pastime, really a hobby. America's heartland is famous for good home cooking with country-inspired meals that bring together the best the farmer has to offer.

Memories are made when family and friends share a comfort meal that satisfies both the stomach and spirit. And with modest ingredient substitutions and portion management, comfort food does not have to be unhealthy, particularly when natural, farm-fresh ingredients are used.

As urban home cooks increasingly seek out their country roots, farmer's mar-

kets now serve up a hearty combination of fresh ingredients and cooking lore. A comfort breakfast of Cream-Basted Fried Eggs with Sauteed Apples and Crispy Cornmeal Scrapple is traditional heartland cuisine updated to 21st-century tastes.

SUCCESS TIPS:

-- Fresh eggs are best for frying; the thick white of a fresh egg will not spread like the thin, runny white of an older egg.

-- Quick, sunny-side-up eggs can be cooked in a heavy, covered skillet over medium-low heat until whites set in about a minute.

-- Chunky applesauce can often

be substituted for sauteed apples as a garnish or topping, with the best applesauce being made of fragrant, flavorful varieties such as McIntosh, Gravenstein or other aromatics.

-- While traditionally made with pork, scrapple is now becoming available in deli cases as a low-calorie, vegetarian alternative made of soy and other non-meat-based ingredients.

CREAM-BASTED FRIED EGGS

2 tablespoons butter (or margarine)
2 tablespoons, whipping cream (or half-and-half)
4 to 6 medium eggs
Salt and white pepper, to taste

1. Melt butter in a large, heavy frying pan over medium-low heat. Swirl in cream. Break eggs into pan, being careful not to break yolks.

2. Cook, uncovered, occasionally spooning cream mixture over eggs, until whites are set with a pale, translucent film covering yolks (3 to 5 minutes). Serve at once, seasoned with salt and pepper.

Serves 4 to 6.

SAUTEED APPLES

2 tablespoons butter (or margarine)
4 medium-sized tart cooking apples, peeled, cored and sliced about 1/4 inch thick
1 tablespoon lemon juice
1/8 teaspoon ground nutmeg
1/3 cup sugar

1. Heat butter in a large frying pan over moderately high heat until butter foams. Mix in apples, lemon juice and nutmeg. Stirring occasionally, cook uncovered until apples are almost tender (8 to 10 minutes).

2. Sprinkle with sugar and cook, stirring gently, until apples are tender (2 minutes longer). Serve warm.

Serves 4 to 6.

CRISPY CORNMEAL SCRAPPLE

2 pounds lean, boneless pork shoulder
8 cups water
1/2 teaspoon dried sage
1/2 teaspoon each salt and pepper
1/4 teaspoon dried thyme
1/8 teaspoon ground nutmeg
1 1/2 cups yellow cornmeal
Flour
Butter (or margarine)
Sauteed Apples (optional) (recipe above)



The ultimate heartland comfort breakfast: cream-basted fried eggs with sauteed apples over crispy cornmeal scrapple. photo: Copyright 2008, LS Media, LLC

Maple syrup (optional)

1. Trim off and discard excess fat from pork. Place in a deep 4 1/2- to 5-quart pot, adding 6 cups of the water, the sage, salt, pepper, thyme and nutmeg. Bring to a boil over medium heat; cover and reduce heat, simmering until pork is tender enough to separate easily into shreds (about 2 hours). Remove meat from broth, reserving cooking liquid in pot. Chop pork finely; return to broth.

2. Place cornmeal in large bowl. Gradually whisk remaining 2 cups of water into cornmeal. Stir cornmeal mixture into pork and broth. Return to medium heat and cook, using long-handled wooden spoon to stir often, until mixture thickens (about 30 minutes after it boils). Pour into 2 greased 4 1/2-by-8 1/2-inch loaf pans. Cover and refrigerate until firm (about 4 hours or following day).

3. Cut scrapple into 1/2-inch slices. Dust lightly with flour on both sides. In a large frying pan over medium-high heat, melt butter, using enough to cover bottom generously. In an uncrowded pan, add scrapple slices in a single layer and cook. Turn once, frying until crusty and golden brown (about 5 minutes total). Uncooked scrapple can be kept in refrigerator for up to 3 days. Serve hot, with Sauteed Apples or maple syrup, if desired.

Serves 10 to 12.

A Specialized Approach To A Healthy Lifestyle

(NAPSI)-When it comes to a healthy living, specialization is one of the latest trends. A growing number of consumers are turning to specific supplements to enhance particular aspects of their health and well-being.

For example, when it comes to a diet that fights the aging process, some say that vitamin D is a nutrient essential to the prevention of osteoporosis. Others look to daily doses of vitamin E as a way to reduce the risk of heart disease.

Fruits and vegetables rich in antioxidants--such as blueberries, blackberries, red beans, artichokes and russet potatoes--are said to stimulate the immune system and protect the nervous system and brain from the oxidative damage some associate with aging.

This trend toward specialization is evident in a new line of juices--called Drenchers--that contain supplements that are designed to deliver specific benefits:

For example, the beverage called Endurance is said to fight fatigue and enhance energy. Made with a grape-apple flavor, it's fortified with 20-plus essential vitamins, nutrients, amino acids, electrolytes and herbs.

The juice called Power (Orange Crème) is designed to fuel and repair muscles. It's also fortified with essential vitamins, nutrients, amino acids, electrolytes and herbs and contains 20 g of protein per 8-oz. serving.

Restore contains apple, kiwi and mango juices to boost the immune system and is said to promote longevity by restoring the balance of essential nutritional elements in the body. It's also charged with electrolytes and fortified with 25-plus essential vitamins, nutrients, amino acids, electrolytes and herbs.

Berry-flavored Immunity was created to assist those who are looking for ways to boost their immune system. It is fortified with 25-plus customized and essential vitamins, nutrients, amino acids, electrolytes and herbs.

Heart Healthy features a Tropical Passion flavor and contains over 15 customized and essential vitamins and nutrients thought to promote heart health and fight stress and fatigue. It also contains amino acids, electrolytes and herbs.

Said Chris New, founder, chairman and CEO of NBI Juiceworks, producers and distributors of Drenchers and Sun Shower brand products, "We have developed five great flavors and each one has a name that clearly identifies the major consumer benefit to be enjoyed."

Each juice also contains the combination of vitamins and nutrients that the company calls Bodyguard.

To learn more, visit www.nbijuiceworks.com.

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

OCT. 1: BBQ Chicken, Baked Beans, Cole Slaw, Wheat Bread/Marg., Fruit Pudding.

OCT. 2: Beef Stew, Confetti Rice, Cole Slaw, Wheat Bread/Marg., Ginger Bread/Lemon.

OCT. 3: Breaded Fish/Lemon, Scalloped Potatoes, Peas, Wheat Bread/Marg., Chilled Plums.

OCT. 6: Chicken & Dumplings, Carrot Raisin Salad, Broccoli, Wheat Bread/Marg., Grapes.

OCT. 7: Roast Pork Loin, Glazed Sweet Potatoes, Peas, Wheat Bread/Marg., Applesauce.

OCT. 8: Chili Con Carne, Mixed Green Salad w/Italian Dressing, Cucumber & Onion Salad, Cornbread, Peaches.

OCT. 9: Hungarian Goulash/Noodles, Pickled Beets, Broccoli, Wheat Bread/Marg., Blush Pear Dessert.

OCT. 10: Spaghetti/Meat Sauce, Green Beans, Wheat Bread/Marg., Orange Carrot Gelatin, Fruit Juice.

OCT. 13: Baked Glazed Ham, Scalloped Potatoes, Peas, Wheat Bread/Marg., Applesauce, Cranberry Mold

OCT. 14: Meatloaf/Tomato Sauce, Parslied Noodles, Broccoli, Wheat Bread/Marg., Fruit Cocktail.

OCT. 15: Roast Beef/Gravy, Mashed Potatoes, Basil Green Beans, Cole Slaw, Wheat Bread/Marg., Raspberry Sherbet.

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OCT. 16: Turkey Green Chili, Spanish Rice, Mexican Corn, Wheat Bread/Marg., Peach Cobbler.

OCT. 17: Chicken Cacciatore, Linguini, Mixed Vegetables, Wheat

Bread/Marg., Pineapple Upside Down Cake.

OCT. 20: Pork Chow Mein, Acorn Squash, Pickled Beets, Wheat Bread/Marg., Strawberries/Pineapple,

OCT. 21: Beef/Tomato Mac, Carrots, Mixed Green Salad/Ranch Dressing, Wheat Bread/Margarine, Plums.

OCT. 22: Swedish Meatballs, Garlic Mashed Potatoes, Peas, Wheat Bread/Margarine, Gingerbread w/Lemon.

OCT. 23: Roast Turkey/Gravy, Apple Stuffing, Green Beans, Wheat Bread/Margarine, Cranberry Orange Mold.

OCT. 24: BBQ Beef on a Bun, Baked Beans, Cole Slaw, Ambrosia.

OCT. 27: Tomato Swiss Steak, Mashed Potatoes, Cabbage, Wheat Bread/Margarine, Lime Pear Gelatin, Orange.

OCT. 28: Chicken Divan Over Rice, Carrot Raisin Salad, Basil Green Beans, Wheat Bread/Margarine, Cinnamon Rice Pudding.

OCT. 29: Roast Pork Loin, Glazed Sweet Potatoes, Zucchini & Tomatoes, Wheat Bread/Margarine, Applesauce.

OCT. 30: Sloppy Joe on a Bun, Baked Beans, Mixed Green Salad/Italian Dressing, Wheat Bread/Margarine, Apricots.

OCT. 30: Breaded Fish w/Lemon, Au Gratin Potatoes, Peas & Carrots, Wheat Bread/Margarine, Strawberries & Pineapple.

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Finances: Create And Keep Wealth

Saving Dollars Makes Good Sense For Seniors

(NAPSI)-Saving dollars makes good sense. That's particularly true for seniors--especially in a suspect economy. For today's seniors, moving to a senior living community is one way they can make the most of their retirement income now.

There are many economic benefits of living in a senior community. These range from free local transportation--which eliminates or minimizes costs for fuel, maintenance/repairs and auto insurance--to eliminating expenses associated with maintaining a single-family residence.

Residents in senior living com-

munities are provided with fixed monthly costs, which cover abundant services; rental or purchase of an apartment, villa home or cottage; and two or three meals prepared daily by professional chefs.

"Senior living communities eliminate such expenses as routine maintenance, lawn care, pest control, snow removal and more," said Ron Aylor, senior vice president at Brookdale Senior Living, a leading owner and provider of high-quality senior living communities. "Homeowner's insurance, always an expensive companion to home ownership, can also be removed from the monthly budget. This represents a huge savings in

states where property insurance has increased dramatically."

With the current state of the real estate market, many seniors debate whether or not to sell their home. A 2007 study by the American Seniors Housing Association explored common misconceptions regarding independent living costs.

The analysis revealed "that the after-tax comparison of a senior selling a home now and adding net equity to their savings portfolio at a conservative earnings rate, compares very favorably with the net after-tax position of delaying the home sale decision for five years and then

selling."

"Freeing trapped equity in a home gives seniors more options now, along with opportunities for healthier living, which should not be overlooked when comparing costs," said Aylor. "It's one way seniors can save dollars and enjoy a comfortable, convenient, hassle-free lifestyle. That makes good sense in any economy."

For more information on senior living options, visit www.brookdaleliving.com.

The Best-Kept Secrets Of On-Line Shopping

by Cliff Hopkins

(NAPSI)-With gas prices near all-time highs and purse strings tighter than ever, we're all looking for ways to save. But you don't have to go to every store in town to compare prices or drive hours to an outlet to find deals--you can find amazing sales, comparison shop and still save money, time and gas with the use of (did you guess?) the Internet. Online averse? Not totally tech-savvy? Here's an easy guide that will make online shopping on a budget as easy as a click of the mouse:

1. Look for special "online only" offers. Even brick-and-mortar retailers are offering incentives to encourage customers to shop online. Many will have items for sale exclusively through their Web sites or special clearance sales where savings can be found--sometimes up to 75 percent. Keep an eye out for special promotions and offers of free shipping to make online deals even sweeter.

2. Use a shopping search engine to comparison shop. Web sites like Shopping.com and BizRate are especially useful if you have a specific category in mind. Simply select a category, then a subcategory, and you're on your way. Some shopping engines even offer merchant and merchandise reviews to help inform your decision.

3. Use a secure payment system. Look for logos from companies such as PayPal or VeriSign to know if a seller is offering a safe checkout process. On eBay, for example, buyers should look for PayPal Buyer Protection, a free program that offers increased security by covering up to \$2,000 for nondelivery of items, or products that are delivered not as described.

4. Be careful to check return policies. Most reputable online merchants maintain a "satisfaction guaranteed" return policy. However, some charge a restocking fee and most require customers

to pay return postage. Some items, such as CDs and DVDs, can only be returned if they're unopened. Be sure to read the fine print before you complete your purchase.

5. Use tools such as PayPal to store all your personal information. With PayPal, you just have to enter your shipping and billing information once and it saves it for every point of purchase when using your PayPal account. This cuts down wasted time in the checkout process so you can complete your purchase quickly and safely. Another bonus? PayPal never shares your personal financial information with merchants, so all of your info is secure.

Shopping at a site that doesn't accept PayPal? By downloading PayPal Plug-In, you can pay using your PayPal account even when PayPal isn't an option.

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every time you are ready to make a purchase--so you'll never have to give your credit or debit card number again.

• PayPal Plug-In is free and easy to download. Once downloaded, it can be conveniently accessed from your browser toolbar.

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Learn more at www.paypal.com/plugin.

Cliff Hopkins is the online purchase pro for PayPal, an online payment company that lets anyone pay without sharing financial information and gives consumers the flexibility to pay any way they prefer, including through credit cards, bank accounts or account balances.

Beating Debt --With A Little Help From Friends

(NAPSI)-It may soon pay to have friends and family--literally.

A new type of Web site lets people combine financial forces to help loved ones reach savings goals and get a handle on debt.

"Consumers racked up more than \$2.2 trillion in credit card purchases and cash advances last year alone, according to the public policy research firm, Demos," says the site's co-founder, Jon Gaskell. "But by making it easier and fun

to save, we can help people become less reliant on credit cards and make their savings work for them."

Strength In Numbers

Think of it as social banking. Like a social networking site, Gaskell's site, called SmartyPig.com, lets users choose to make their account "public," allowing friends and family to help contribute to their savings goal (personal information is protected, helping to guard the account holder's identity).

Users can have multiple savings accounts--one for a new TV and one for a family vacation, for instance--and each account receives the option of a "cash boost." The boosts come from national retailers like Amazon.com, Home Depot or Best Buy, which provide the option of cashing out the savings in the form of a gift card with an increased value of up to 5 percent.

People can also receive their savings, plus interest, on a flexible SmartyPig MasterCard Debit Card that can be used anywhere MasterCard is accepted, including ATMs or by cashier's check.

The accounts, which are held at West Bank, an FDIC-insured bank, are also bolstered by one of the most competitive interest rates in the industry.

Life Lessons

Increased savings aside, the Web site may offer one final--and valuable--benefit: It might help teach children to save.

While account owners must be 18 years old, parents can give minors access to specific goals, making the experience an educational and rewarding one for kids.

"Americans recently posted an annual savings rate of negative 1 percent," says Gaskell. "So the sooner kids start learning to save, the better."

For more information, visit www.Smartypig.com.

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

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

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Senior Community Update



LOU GEHRIG'S DISEASE SUPPORT GROUP

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

OWLS MEETING

The Older, Wiser, Livelier Seniors meet the second Tuesday of each month for bowling at Bowlero-Midtown Shopping Center at 2 p.m.. For information: 545-2803

The group also meets the third Wednesday of each month at 6 p.m. for dining and socialization at various area restaurants. RSVP: Jack Briggs at Jack.Briggs@comcast.net or 546-6189 for reservations and location

RIDE TO CHURCH?

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

S.R.D.A. CALENDAR OF EVENTS

OCTOBER CALENDAR

S.R.D.A - 230 N. Union Pueblo, CO 81003 - 719-545-8900 EXT. 133.

SRDA has classes and seminars every week day. Seniors of this area should call SRDA at the above phone number. These classes and seminars/events range from computer class to Mah Jjong and from Foster Grandparenting to bridge.

Ed. Note: Because of a glitch in the formatting received, the entire schedule will not be printed this month. We hope this glitch will be taken care of before our next edition.

Please give them a call.

PUEBLO STEP-UP

McHarg Park Community Center, 409 Second Street, Avondale, CO, Monday, October 6th; 9:00 - 11:30 am.

Joseph Edwards Senior Center (SRDA), 230 S. Union, Wednesday, October 8th; 9:45 - 12:00 pm.

Mineral Palace Towers, 1414 N. Santa

Fe, Thursday, October 9th; 9 - 11:30 am
Memorial Recreation Center, 230 E. George Dr, Pueblo West, Thursday, October 9th; 8:15 - 10:30 am.

Vail Hotel, 217 S. Grand, Tuesday, October 14th; 9:00 - 10:30pm.

Hyde Park Community Center, 2136 W. 16th St., Tuesday, October 14th; 1:00 - 2:30pm.

Mesa Towers, 260 Lamar, Wednesday, October 15th; 9:00 - 11:30 am

Ogden Apartments, 2140 Ogden, Thursday, October 16th; 9:00 - 10:30 am.

Fulton Heights, 1331 Santa Rosa, Thursday, October 16th; 1:00 - 2:30 pm

Park Hill Christian Church Hall, 1404 E. 7th St., Monday, October 20th; 10:00 - 12:00 pm.

Minnequa Park Apartments, 1400 E. Orman Ave, Tuesday, October 21st; 9:00 - 11:30 am.

Get Moving with Pueblo StepUp Community Exercise Programs: Please call Jo Stinchcomb @ 557-3883 for questions about any of Pueblo StepUp's Health & Fitness Programs.

GENEALOGICAL SOCIETY

"The Southeastern Colorado Genealogy Society holds meetings the second Saturday of the month in the large Meeting Room B, 1st Floor, Robert Hoag Rawlings Public Library, 100 Abriendo Ave, Pueblo,. A continuing Refresher/Beginners class starts at 1:00PM followed at 2:00PM by a regular Society meeting. For speaker's names and topics of both meetings call 546-1973. Guests welcome and there is no charge."

PCC FUNDRAISER

Are you ready to plan your vacation? Please remember that the Pueblo Community College Foundation is auctioning an Orlando getaway.

This is a silent auction for eight days and seven nights at the Sheraton Vistana Resort in Orlando, Florida, (www.sheraton.com/vistanaresort) from December 19 through December 26. This is a two-bedroom villa which can hold up to six people comfortably.

Minutes from Walt Disney World®, Sheraton Vistana Resort offers 13 tennis courts, seven swimming pools, seven hot tubs, an 18-hole miniature golf course, six recreation centers, two snack bars plus two full-service restaurants, and a general store. The resort is on 135 acres laced with fountains and lakes. Enjoy the tanning beds and massage facility, basketball and volleyball, children's playground, and activities. Tickets for nearby attractions may be purchased on site. This offer does not include airfare.

Please visit www.sheraton.com/vistanaresort for more details.

Check-in: Friday, December 19, 2008.

Check out: Friday, December 26, 2008.

The PCC Foundation office will accept bids May 1, 2008, through October 3, 2008. To place a bid, please email your name, address, and phone number to bianca.flores@pueblocc.edu. The value of this getaway is \$2,100. You may view the highest bid at our website pueblocc.edu/aboutus/foundation (on the Bulletin Board). Submit your bid today.

FURNACE CHECK?

FUNDS ARE AVAILABLE FOR FURNACE CHECKS.

The Upper Arkansas Area Agency on Aging is accepting requests for furnace start-up and safety checks in Fremont, Chaffee, Custer and Lake Counties. In order to comply with federal and state requirements, requests will be reviewed targeting consumers age 60+ YEARS OLD with the greatest economic and social need. Emphasis is placed on low-income, minority, frail and rural seniors, and approved as funds allow. Requests for this service will be accepted until October 1 2008. Please call 719-539-3341 or toll-free 1-877-610-3341 for more information.

WINTER NIGHT CLUB NEWS

The Winter Night Club 2008 - 2009 season is starting in October.

With the high caliber of speakers and the historic nature of the club, it would be a great club to check out.

For information about the season's speakers and how to become a part of this historic group, go to www.WinterNightClub.com.

ST. PAUL'S MYSTERY THEATER

St. Paul the Apostle and DOA Productions present a Mystery Theatre Dinner 'Whodunit' called "Bingo Like Never B-4 or Your Number is Up". Friday, Oct. 17th in the Fortino Ballroom at Pueblo Community College. Clues and cocktails are from 6-7, followed by dinner catered by Park East. The cash bar will be open all evening. Along with entertainment and dinner, you will have a chance to purchase tickets to win numerous theme baskets. Tickets are \$50/person. A table of ten may be purchased for \$450.00. Tickets are available at St. Pius Church, 3130 Morris Ave. and must be purchased by Oct. 10th as seating is limited. Make checks payable to St. Paul's.

ARTHRITIS NEWS

LIVING WITH OSTEOARTHRITIS? Osteoarthritis does not only afflict the hand, hip, and knee joints. When the ankle joint is affected, the whole foot may swell, making every step painful and difficult. Many daily activities at work and at home become a burden. But what can you do yourself to fight this chronic joint disease? What can you do to protect your aching feet, reduce the symptoms, and support your doctor's treatment?

With assistance from some of the world's leading foot specialists, the American Arthritis Society has compiled twelve useful and practical tips for self-care that are interesting and easy to follow.

These and many more suggestions for treating osteoarthritis can be found on the Society's website at: www.americanarthritis.org.

Cholesterol Q & A With Mark Spitz And His Pharmacist

(NAPSI)-It may seem surprising to some, but cholesterol is needed for the body to function normally. However, too much cholesterol in the blood, or high blood cholesterol, can be serious, and people with high blood cholesterol have a greater chance of developing heart disease.

Although more than one-third

of adults have been diagnosed with high blood cholesterol, there are no warning signs or symptoms, so many people aren't aware their cholesterol is too high until symptoms of heart disease develop. Checking cholesterol levels is done with simple blood tests, and there are various treatment options.

Consider the case of gold-me-

dalist swimmer Mark Spitz. He was in prime shape, maintaining less than 2 percent body fat when he was diagnosed with high cholesterol.

Along with millions of other Americans, Spitz takes medication every day to keep his cholesterol in check. He also works with his doctor and a specialist pharmacist. Some pharmacists are now specializing in chronic health conditions. Spitz relies on cardiovascular pharmacists, like Steve Naeger, as an educational resource and to help him manage his medications. Naeger has advanced knowledge about cardiovascular conditions, including high cholesterol, and the medications used to treat them.

Through Medco Health Solutions, Inc., Mark and millions of other Americans now have access to specialist pharmacists who concentrate on chronic

conditions. Following is a conversation between Spitz and Naeger on how to effectively manage his cholesterol medication.

Spitz: I am very careful with the medications I take and I rely on Medco's cardiovascular pharmacists to help me understand how my prescriptions work alone but also when taken together. What is the most common issue you deal with as a cardiovascular pharmacist?

Naeger: Drug interactions are the most common issues I encounter. Medications used to lower cholesterol may interact with medications used to

SEE "SPITZ" PAGE 18.



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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.

Mobility Products, Sold new for \$1,995, asking \$700.00

ALSO:
TWIN SIZE HOSPITAL BED and mattress. Used only two months, asking \$150.00. Call, 240-0981 #1208

IMPERIAL MEMORIAL GARDENS. Last Supper Area. 6 grave sites #488 - 1,2,3,4 & #489 3 & 4. Current price \$1400, asking \$850 each. 719-545-5203. #0908

HOUSE CLEANING. 3-Hour minimum. \$15 per hour or \$14 per hour if 65 or older. You supply the cleaning goods. Near a bus stop. Have recommendation letter. Carolyn, 561-8682. #0908

ONE-BEDROOM-SPACIOUS. South-side complex. Rent, \$400 deposit, \$250 includes water, trash, parking, laundry room, close to bus stop and shopping. Rustic Villa, (719)564-8899. #0209

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CAREGIVER/COMPANION: Private care - part time. Have experience with recommendation letters. Just moved into town. South area. Call Carmen, 564-2157 #0908

WANTED: CERTAIN 45rpm records and LP albums from the 1950s and

1960s. 566-7975. #1008

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IMPERIAL CEMETERY - Calvary Lot 254, space 6, Lot 255 - spaces 4,5,6. \$1000 each. Call 564-7221. #0808

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ROOM BY ROOM INTERIORS offers top quality, affordable home services for seniors: packing homes for moving; decluttering home/garage; staging your home for sale, painting services. We treat your home and belongings as if they were our own. Chrisanne: (719) 485-2416. #0408

SPITZ & CHOLESTEROL

from page 17.

treat other chronic conditions like high blood pressure. It's my job to flag these issues for my patients when there is a safety issue and help ensure their medication regimens are safe.

Spitz: Many people have more than one chronic condition, thus are taking multiple medications. What advice do you have to lower the risks associated with this?

Naeger: Always keep an updated list of your current medications with you and give each of your health care professionals a copy. Communicate with all your doctors if there is any change in your medication regimen. Also, make sure you know the basic information about each of your medications (this information is included with your prescriptions) and call

your doctor or pharmacist if you are experiencing any side effects.

Spitz: What are some of the other benefits of working with specialist pharmacists?

Naeger: Specialist pharmacists receive training based on nationally recognized guidelines and have expertise in the medications used to treat specific chronic conditions. In addition, when there is a safety issue, we review patient medication profiles, check the safety of medications with medical conditions, look for duplication of medications and look for other opportunities that can help improve patient outcomes as well as offer some possible lower-cost options. You can learn more at www.medcospecialists.com.

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SUSTAINABILITY
We want to see people **THRIVE** in their lifestyles, career, and environment.

VISION

We believe that every human being has a right to health, education, the arts, and to be a part of the local economy.

We believe that entities and products that encourage this should be promoted.

We believe that educating the public about the inherent truths of our health, our education, our culture, and our economy is paramount to our rights as citizens.

We believe in hope, change, and the power of a free market economy.

We believe in the power of a consumer.

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Southern Colorado Community Blood Drives For Oct.

BUENA VISTA COMMUNITY
Buena Vista Community Blood Drive, Thursday, Oct. 2 from noon to 4:30 p.m. Located at the Church of Jesus Christ of Latter-day Saints, 611 Arizona St., Buena Vista.

For more information or to schedule an appointment please contact Susan Miller at (719) 395-2935 or visit www.bonfils.org

CANON CITY
Portec Inc. Community Blood Drive, Wednesday, Oct. 29 from 3:30 to 6:30 p.m. Located at 1 Forge Rd., Canon City

For more information or to schedule an appointment please contact Sherry Decker at (719) 275-7471 ext. 231 or visit www.bonfils.org

FLORENCE COMMUNITY
St. Benedict's Church Community Blood Drive - Thursday, Oct. 9 from 8:30 to 11:30 a.m. Donations inside Bonfils' mobile bus located at 619 W. 2nd St., Florence.

For more information or to schedule an appointment please call Barb

Straight at (719) 784-4874 or visit www.bonfils.org

FOWLER COMMUNITY
Fowler Community Blood Drive - Thursday, Oct. 30 from 2 to 6 p.m. Located at Fowler Elementary School, all purpose room, 601 W. Grant, Fowler.

For more information or to schedule an appointment please call Wendy Corsentiono at (719) 263-5562 or visit www.bonfils.org

LA JUNTA COMMUNITY
La Junta Community Blood Drive - Tuesday, Oct. 14 from noon to 4:30 p.m. Donations inside Bonfils' bus located at the Arkansas Valley Medical Center, 1100 Carson, La Junta.

For more information or to schedule an appointment please contact Colorado East Bank & Trust at (719) 384-2000 or visit www.bonfils.org

LAMAR COMMUNITY
Lamar Community Blood Drive - Tuesday, Oct. 21 from 10 a.m. to 2:30 p.m. Donations inside Bonfils' bus located in Fellowship Hall at the Lamar Christian

Church, 811 South Main St., Lamar
For more information or to schedule an appointment please contact Brenda May at (719) 336-5200 or visit www.bonfils.org

PENROSE COMMUNITY
Penrose Community Blood Drive - Friday, Oct. 24 from 3 to 5:30 p.m. Donations inside Bonfils' mobile bus located at Wells Fargo Bank, 210 Broadway, Penrose

For more information or to schedule an appointment please call Bonfils' Appointment Center at (800) 365-0006 ext. 2 or visit www.bonfils.org

WESTCLIFFE COMMUNITY
Wet Mountain Rotary Club of Westcliffe Community Blood Drive - Wednesday, Oct. 15 from 11:30 a.m. to 4:30 p.m. Located at Cliff Lanes, 25 Main St., Westcliffe.

For more information or to schedule an appointment please contact Bonfils' Appointment Center at (800) 365-0006 ext. 2 or visit www.bonfils.org

DETAILS:

This fall, it could be you who

saves a life. In less than an hour you have the potential to save as many as three lives by donating whole blood. By giving blood, you'll help Bonfils Blood Center maintain a state of blood supply readiness, while meeting the needs of Colorado's patients.

Blood donors are able to donate up to six times per year. So, whether you're a first-time or a 10-gallon donor, mark your calendar to give blood and save a life.

Bonfils Blood Center provides blood and blood products to more than 200 hospitals and healthcare facilities throughout Colorado. Bonfils needs more than 4,000 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 (303) 363-2300 or (800) 365-0006.

Winterizing Water Systems For RVs/Seasonal Equipment

by Nicole Gorsuch

(NAPSI)-Taking a few steps now could save you big bucks next spring on your RV, boat, pool, vacation home or any other seasonal equipment or dwellings--especially when it comes to water system maintenance and avoiding burst or damaged pipes.

Here's how to prepare your potable water system for freezing temperatures safely, effectively and with the lowest environmental impact:

Thoroughly flush and drain pipes and fixtures

Water freezes at 32 degrees Fahrenheit, so leave as little in your system as possible. Blow compressed air through the pipes, keeping the pressure at less than 20 pounds per square inch to prevent system damage. A wet/dry vacuum

on blower setting will work for smaller systems.

Install a water-heater bypass

You may need to install a water-heater bypass line to reduce the amount of antifreeze required and to protect only the parts of the system vulnerable to freeze damage.

By installing a bypass loop with valves at each end, you will isolate the water system from the heater tank. This allows antifreeze to be pumped into the system without first filling the tank with antifreeze. This can save you several gallons of antifreeze. And make sure your system is capable of accommodating the normal expansion of antifreeze that occurs during periods of winter storage. Consulting a qualified plumber for assistance isn't a bad idea either.

Use specially formulated propylene glycol antifreeze

Choosing the right antifreeze product is important to ensure the safety of people or pets that might come in contact with and swallow spilled or stored liquid. The right type of antifreeze can also prevent harmful pollution of ground- and surface water in the event of a spill.

Choose a propylene glycol mixture. These products can provide freeze and burst protection at temperatures as low as -50° F, and are generally safe for people and the environment. DOW-FROST RVR, available at Wal-Mart stores, is specially formulated for use in RVs and other seasonal equipment, and is biodegradable to help protect the environment. It is safe for incidental contact by people or animals. It also has the added benefit of reducing our dependence on petroleum-based chemicals because it supplements the propylene glycol with renewable plant-based ingredients. Its manufacturer estimates that this formulation could save nearly 250,000 gallons of oil each year.

Flush your system thoroughly in the spring

When winter is over, drain and then flush all the antifreeze from your water system, using plenty of clean water. Capture the antifreeze and any contaminated water used to flush the system and dispose of the waste liquid properly. For RVs and travel trailers, check with a local campground or RV service center to see if it will allow you to use its wastewater disposal system to discharge the waste. Once the system is thoroughly flushed, close the drains and recharge with drinking water. You're ready for another season of fun!

Don't use automotive antifreeze for water system winterization.

Most auto antifreeze is made from ethylene glycol, which is more toxic than propylene glycol and can be more harmful to the environment. And don't use windshield washer fluid either, as it can freeze solid at subzero temperatures.

These tips provide a general guide to successful winterization. But to ensure the most effective protection, be sure to follow any specific instructions provided by the equipment manufacturer.

Visit www.dowfrost.com for more information.

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Upcoming Raptor Center/Nature Center Programs

Weekend Raptor Talks

Date: Saturdays & Sundays (weather conditions permitting through November)

Time: 1:00 p.m. Age: All Ages Fee: FREE! Location: Visitor Area of the Raptor Center

Presenter: NRCP Docents & Staff
Registration: None Required

Come visit the live hawks, owls and other resident raptors from the Nature and Raptor Center of Pueblo. Learn about the marvelous adaptations of these majestic animals.

Story Time

Dates: October 1 & 15; November 5 & 19. Time: 10:00-11:00 a.m. Age: 3-6 years with adult caregiver Fee: \$2.50 per child

Location: Meet at NRCP Office. Presenter: NRCP Staff. Registration: none required

Come listen to stories, sing songs, and have fun!

Senior Scientists

Dates: September 9 & 25; October 7 &

30; November 11 & 20. Time: 1:00-2:00 p.m. Age: Adults, Fee: \$3.00 per person. Location: Meet at NRCP Office. Presenter: NRCP Staff. Registration: Required. Call 719-549-2414 by two days prior to program date

The Senior Scientist program is a series of monthly nature and science oriented programs that include hands-on activities, exciting slide and/or video presentations, storytelling, games, and more. September's Theme -Falling Leaves; October - Hawks and Owls; November - Nature Walk or Winter Wonders.

Mommy & Me

Nature Exploration for ages 1-4. October 3 & 17; November 7 & 21. Time: 9:30 - 10:30 a.m. Age: 1 - 4 years with adult Fee: \$5.00 per child or \$25 for all 6 classes, \$3.00 parking fee. Location: NRCP. Presenter: NRCP Staff. Registration: Required Call 719-549-2414 by 4:00 p.m. on Wednesday previous to program.

Introduce your young child to the natural world while exploring at the

nature center. The program emphasizes active learning through sensory experiences, movement activities, and dramatic play. Children create with art materials, enjoy simple stories, and explore the great outdoors. Each class incorporates indoor and outdoor activities in all types of weather. Wear casual clothing appropriate for the weather and hands-on activities.

October's Topic - Winter Patterns

November's Topic- Sensory Walk

4th Saturday Bird walk

Dates: October 25; November 22. Time: 8:00 a.m. - 11:00 a.m. approx. Age: All Ages. Fee: No Fee for Walk. Location: Meet at the NRCP. Presenter: NRCP & Arkansas Valley Audubon Society. Registration: None required. Information: Donna Emmons - 369-9704 or 676-5666; NRCP-549-2414

Join the knowledgeable members of the Arkansas Valley Audubon Society for an easy stroll along the river trail. This is an excellent outing for families and beginning birders are especially encouraged to attend. Dress for weather conditions.

Membership, Volunteer & Friends Appreciation Picnic

Date: Saturday, October 4. Time: 2:00 - 5:00 p.m. Age: All Ages. Location: Picnic Areas and Meadow at the NRCP. Registration: Call 719-549-2414 AS SOON AS POSSIBLE, but by 4:00 p.m. on day previous to program. Information: 719-549-2414

The Board of Trustee and Staff of the Nature and Raptor Center of

"Household CFOs" Taking Charge

(NAPSI)-Americans have found ways to take control of their household finances, even in tough economic times.

Still, a recent survey of "Household CFOs"--individuals in charge of managing family finances--found that two out of three households in the U.S. do not have an emergency savings account. Analysts say that could put them at financial risk in the event of a crisis. Additionally, nearly one in three households has not prepared a will, purchased insurance of any kind or made other preparations for a significant life-changing event. Yet, almost half of those surveyed have already experienced some sort of financial setback within their household in the past year.

The survey was conducted by Consumer Credit Counseling Service (CCCS) of Greater Atlanta, a national, nonprofit credit counseling agency.

In response to survey findings and current economic conditions, the group is launching a national financial awareness campaign, "Household CFO." It is also enhancing its CredAbilityU online education program, which offers free interactive Webinars and financial management tools. The organization provides confidential budget counseling, *money management education, debt management programs, bankruptcy counseling and education, and comprehensive housing counseling to individuals nationwide.*

"The credit and foreclosure crisis has shed light on the serious financial issues faced by many American families," said Mechel Glass, director of education for CCCS. "In today's economy, many Household CFOs feel like they have too much on their plate or aren't equipped to make long-term financial plans. They often become overwhelmed with paying bills, managing accounts and overseeing spending. And now, the increased cost of groceries and gas has led many families to the verge of financial crisis."

Free Resources

Glass recommends the following free resources to help families take charge of their financial future:

- Household CFO campaign site, www.HouseholdCFO.org
- Consumer advocate Ilyce Glink's site, www.ThinkGlink.com
- Credit score-reporting site, www.MyFico.com
- Free credit report site, www.AnnualCreditReport.com

Oral Health Tips For Seniors

ORAL HEALTH TIP XX

Oral cancers are deadly to ignore. Nearly 75 percent of oral cavity and pharyngeal cancers are attributed to the use of smoked and smokeless tobacco. (These include the mouth, tongue, lips, throat, parts of the nose, and larynx.)

Those who chew tobacco are at high risk for gum and cheek lesions that can lead to cancer. Excessive alcohol consumption is another risk factor. Combinations of tobacco and alcohol are believed to represent substantially greater risk factors than either substance alone.

Oral cancer accounts for two to four percent of all cancers diagnosed annually in the United States, but relative survival rates are among the lowest of all. Only one-half the number of persons diagnosed with oral cancer are alive five years after the diagnosis. In contrast to other cancers (e.g. breast, colon cancers), the overall U.S. survival rate from oral and pharyngeal cancers has not improved during the past several years. Survival rates for oral cancer in minorities has decreased.

Oral cancer today occurs twice as often in males as in females. This is considerably different from the 5:1 ratio of forty years ago. Incidents among women is the main reason for the change in cancer rates compared with rates in the 1950s. Age is also a factor - 95 percent of oral cancers occur over the age of 40 and 60 being the average age of diagnosis.

Here are some signs and symptoms of oral cancer:

- a mouth sore that fails to heal or that bleeds easily
- a white or red patch in the mouth that will not go away
- a lump, thickening or soreness in the mouth, throat, or tongue
- difficulty chewing or swallowing food.

Most early signs of oral cancer are painless and are difficult to detect without thorough head and neck examination by a dental or medical professional.

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

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Pueblo Symphony Opens Season With Steppin' Out: A Tribute To Fred Astaire And Ginger Rogers

by June King - Exec. Director

The Pueblo Symphony, under the direction of Dr. Jacob Chi, will open the 2008-2009 concert season on Sunday, October 5, with a program called, "Steppin' Out; A Tribute to Fred Astaire and Ginger Rogers," featuring Broadway vocalist Sal Viviano, dancers/vocalists Joan Hess and Kirby Ward. The concert begins at 2:30 PM in Hoag Recital Hall on the campus of Colorado State University - Pueblo. Sal Viviano is a Detroit native and a favorite of the Pueblo area audience. He has starred in numerous Broadway hits and received a Helen Hayes Award (Best Actor) nomination

for his title role performance in Sunday in the Park with George. Mr. Viviano has sung with The New York Pops, The National Symphony, The Florida Sunshine Pops, The White House, The Inaugural Concert for President Clinton, and majestic Carnegie Hall, just to name a few! Joan Hess is a native of Pueblo! She most recently completed her fifth Broadway show, Mamma Mia. Ms. Hess was featured in the PBS Great Performances series My Favorite Broadway: The Love Songs, hosted by Julie Andrews. She has performed with many symphonies across the country. Kirby Ward has worked in the arts on five continents and in film, tel-

evision and stage for almost thirty years. As an actor, he's run the gamut of song and dance roles. In New York, his direction and choreography for Dames at Sea, The Jazz Singer and Grease were critically acclaimed. In Los Angeles, Kirby choreographed portions of Debbie Reynolds' and Donald O'Connor's Las Vegas acts and trained Bette Midler and James Caan in song and dance technique for their film For The Boys for 20th Century Fox. Tickets (\$30.00 and \$35.00) are available at the Pueblo Symphony Box Office. For more information please call 719-545-7967.

the guest artists on Friday, October 3, at 12 Noon. The luncheon will be held at La Renaissance Restaurant, 217 East Routt. The cost of the lunch is \$15. For reservations, call 719-545-7967.

PS! Friends will present "Pre Concert Happenings" on Sunday at 1:45 pm before the concert in the Art Gallery in Hoag Recital Hall. This event is FREE for concert attendees on a first come, first serve basis. Dr. Jacob Chi, Marvin Read, and Pierre Kenyon will host the event and discuss the afternoon's program. For more information, contact the PSA office at 719-545-7967.

PS! Friends will host a luncheon to meet

Weird News

from page 4.

high level of alcohol and not get drunk," according to one researcher, who hoped further study could help with human cases of alcohol poisoning (and other rare instances in which people ingest alcohol for purposes other than getting drunk).

-- Kay Underwood, 20, of Barrow upon Soar, England, risks momentarily collapsing every time she laughs, according to an August report in London's Daily Telegraph. Her cataplexy causes a sudden, dramatic weakening of muscles when she experiences strong emotions, including joy, excitement and anger. She said she has collapsed as many as 40 times in a day, and sometimes her friends will good-naturedly try to make her giggle, but she said she has learned

tricks to protect herself, "such as locking my knees together or grabbing on to something."

Leading Economic Indicators

-- Some dermatologists have created significant divides between their "medical" patients (acne, cancer) and their beauty-treatment patients (plastic surgery, Botox), with the latter offered luxurious waiting rooms, frequent telephone contacts and more personalization of treatment. One doctor told The New York Times in July, "You have to class it up for those patients," who pay their own way and with minimal paperwork. Besides, said another, "If you do an extreme makeover on someone, you are a hero."

It's Good to Be a British Prisoner (continued)

(1) Ian Brady, now age 70 and perhaps the most famous British murderer of the 20th century, complained recently that the psychiatric inmates housed with him in Ashworth Hospital still qualify for government allowances up to the equivalent of about \$200 per week whereas prison transfers like him receive "only" one-fourth that amount. (2) After completing a six-year sentence for aggravated burglary in 2006, an unidentified male inmate at Peterborough prison has for two years refused to leave, for fear of being deported, and will continue to remain behind bars indefinitely, costing the government the

equivalent of about \$60,000 a year to house him.

Recent Alarming Headlines

(1) "Elephant beats heroin habit with detox" (Reuters, 9-4-08) (Chinese poachers had spiked his bananas with heroin to control him). (2) "Court grants injunction to stop woman cutting off man's penis" (Daily Telegraph, Sydney, 8-15-08) (He told the judge in Darwin, Australia, that to escape her pursuit recently, he had to hide in tall grass). (3) "Police: Chihuahuas provoke baton attack on nude beach" (KGW-TV website, 7-28-08) (A naked beachcomber, 74, near Portland, Ore., may have overreacted to two Chihuahuas advancing on him).

Least Competent Criminals

An unidentified man smashed a 6-foot hole in the wall of the Name Brand Clothing Store in Tulsa, Okla., in August and labored through the night to bust open the safe, but according to the surveillance video, he finally gave up six hours later after making only a small hole in the safe. However, when the store manager arrived later that morning, he found the safe unlocked, probably the result of his forgetfulness the night before, and no contents were missing. Though the crime was unsuccessful, the manager offered to hire the robber, based just on his diligent work ethic.

Recurring Themes

Drivers recently hit by their own cars: (1) A woman parking her car in Athens, Ga., in July, opened the door to tell another driver that she was not

leaving her space when she fell out and was run over. (2) A man in his 60s was pushing his car out of a ditch in July in Montreal, Quebec, when it started to roll, and when he jumped in to hit the brakes, the car jerked, ejected him and ran over him. (3) A 24-year-old man, fleeing police in a stolen U-Haul truck in April in Royal Palm Beach, Fla., leaped from the vehicle but failed to clear the door, sending him out head-first, where he was crushed to death.

Readers' Choice

(1) Mr. Angel Medina, 24, was found dead underneath a bridge in San Juan, Puerto Rico, in August, and in accordance with what his brother said were his longstanding wishes, he was embalmed in a standing position, in a corner of his mother's living room, for a three-day wake (wearing his Yankees cap and sunglasses). (2) As police cars in Minnetonka, Minn., chased suspected burglar Grayson Clevenger, 27, an officer who knew Clevenger's cell-phone number called to persuade him to give up. Clevenger picked up the phone and, according to officers, yelled, "Dude, I can't talk! I'm being chased by the police!" He was captured a short time later.

Visit Chuck Shepherd daily at <http://NewsoftheWeird.blogspot.com> or www.NewsoftheWeird.com. Send your Weird News to WeirdNewsTips@yahoo.com or P.O. Box 18737, Tampa, FL 33679.

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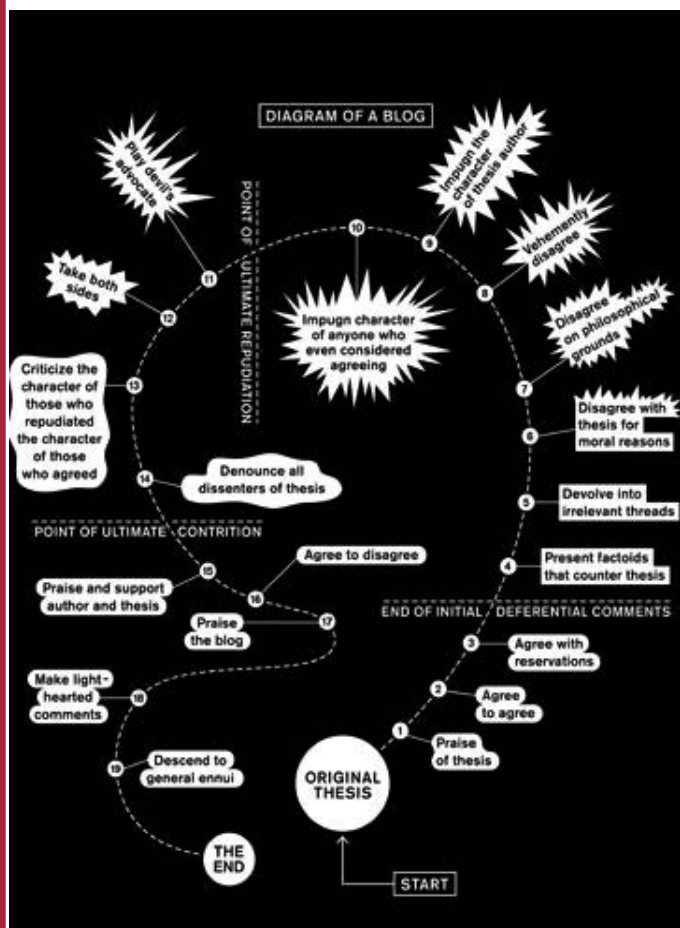
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GOT PAIN????!!

BACKS, KNEES, FEET?

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

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Reeling "Mother Nature Means Business"

by Film Critic Betty Jo Tucker, Pueblo

MOTHER NATURE MEANS BUSINESS

When filmmaker M. Night Shyamalan is at the top of his game, his movies not only scare the socks off me, they also give me something to think about. "The Happening" succeeds on both counts, proving he's back in the Zone after a serious lapse with "Lady in the Water." This time, there's more than fear itself to be afraid of. We're talking about an ecological event with the potential to bring about the end of mankind. Now I have to add airborne dangers to my list of things Shyamalan wants me to be wary of, which already includes brittle bones, dead people, crop circles, aliens and community experiments!

As usual, Shyamalan focuses on ordinary people trying to survive bizarre situations. Mark Wahlberg ("Shooter") plays the film's Everyman, Eliot Moore, who teaches high school in Philadelphia.

This turns out to be an excellent casting choice, for Wahlberg shows an uncanny ability to make us care about what happens to his character, a man struggling to decide how to save himself, his wife Alma (Zooey Deschanel) and a darling little girl (Ashlyn Sanchez) under their care.

Will Eliot's scientific background help him figure out why a mysterious substance appears to be attacking humans in certain geographic areas and making them commit suicide in the most horrible ways? Will he be able to find a safe haven from this ecological disaster? We desperately want Eliot to be successful, even though we know it might be impossible, considering the nature of the strange "happening."

Known for including haunting images in his films, Shyamalan even makes simple things like grass gently flowing to breezes passing by appear



dangerous and creepy here. James Newton Howard's ("The Village") ominous music adds to the suspense of these scenes, as does Tak Fujimoto's ("Signs")

foreboding cinematography.

Everything works together in "The Happening" to drown us in despair, but it's done with great artistry. Perhaps the biggest surprise comes from Betty Buckley ("Tender Mercies"), who delivers a terrific supporting performance as a mysterious woman with serious trust issues. And Deschanel ("Elf") manages to contribute a bit of welcome humor with her character's concern about cell-phone calls from a secret admirer. However, John Leguizamo ("Assault on Precinct 13"), Spencer Breslin ("Raising Helen") and Robert Bailey Jr. ("Bubble Boy") are wasted in throwaway roles -- Leguizamo as Wahlberg's worried best friend, Breslin and Bailey as teens who suffer from appearing in the film's only wrong-note sequence.

While "The Happening" may not be Shyamalan's best movie (how can he top "Sixth Sense"?), it's his most provocative one. Why? Because it deals with the future of the human race. After seeing this film, I can't stop thinking about the power of Mother Nature and our vulnerability in the wake of natural "happenings" we can't predict or control. Frightening stuff, right? (Scheduled for DVD released by Twentieth Century Fox on October 7. Rated "R" for violence and disturbing images.)

OCTOBER BIG SCREEN SCARES

If frights in a theater are more to your liking during this Halloween month, here are three new releases to watch for: **QUARANTINE.** An unknown deadly infection causes the quarantine of residents in an apartment building, but the only evidence of the bloody happenings taking place there is a news crew's videotape. Yikes! Has the Blair Witch struck again? (Oct. 10)

SAW V. Who will carry on the dreaded Jigsaw torture legacy? If you tell, you'll be terribly sorry. That's why my lips are sealed tighter than Ebenezer Scrooge's coin purse. (Oct. 24)

THE HAUNTING OF MOLLY HARTLEY. Visions and voices from the past haunt a teenage girl in this suspenseful horror mystery. Which ones are fiction and which of them are fact? Will our heroine ever discover the truth about who she really is? Even more important, will she become Homecoming Queen? Gotcha -- just kidding about that last question. (Oct. 31)

If none of the above work for you, try the oldie-but-goodie original "Frankenstein" film. In fact, I blame "Frankenstein" for my obsession with movies. I remember being a frightened six-year-old hiding under the seat at the Avalon Theater, hoping for protection from that incredible monster on the big screen. Despite my terror, I couldn't stop peeking. Both horrified and amazed, I became hooked on movies then and there. This addiction continued throughout my childhood and adult life. Now that's REALLY scary!

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

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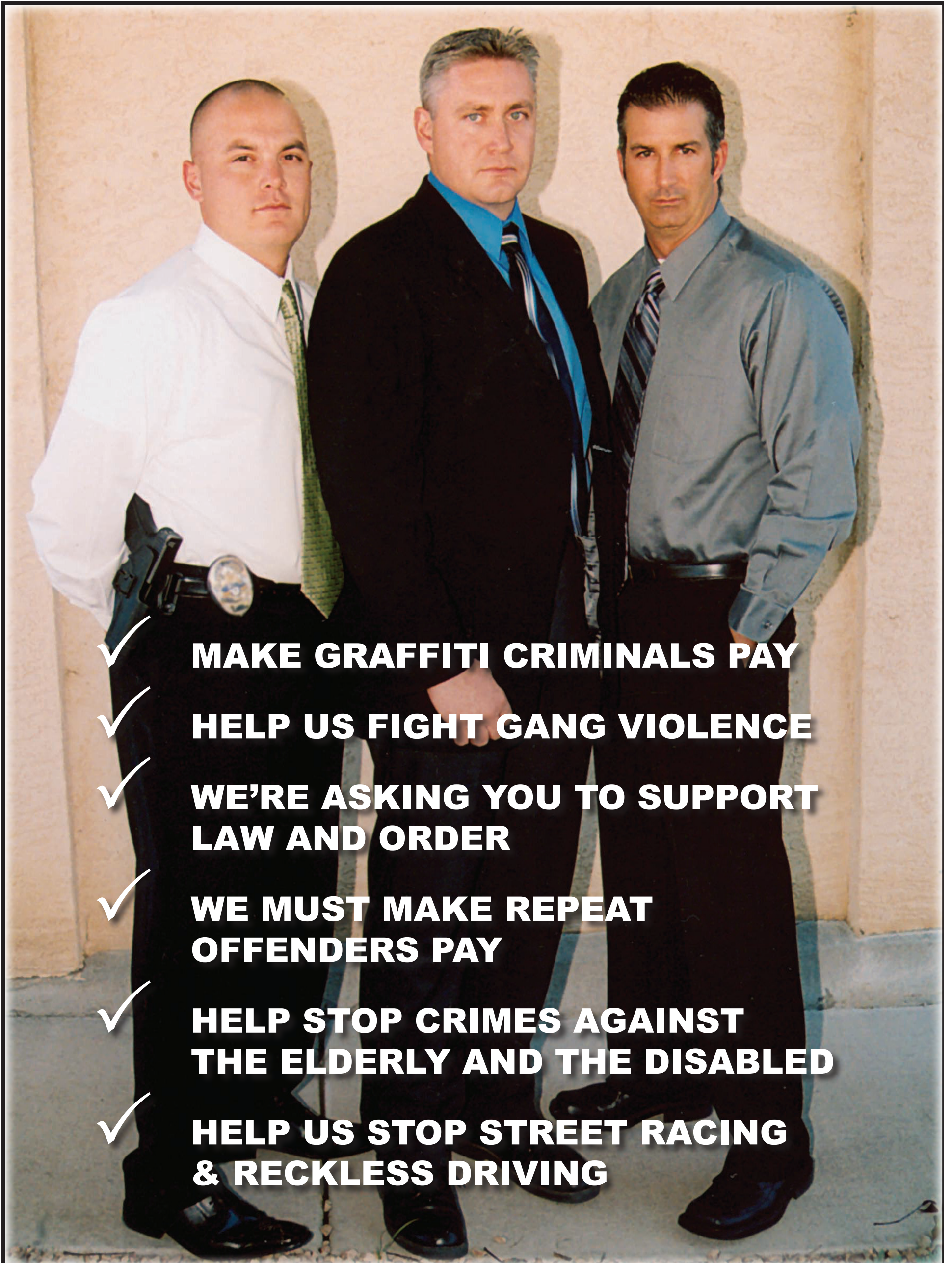
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