



Senior Beacon
 IF YOU ARE 50 OR OLDER YOU SHOULD READ IT!!
 October, 2006 Vol. 25: No. 3 Established Aug., 1982 291 Consecutive Months!

A LASTING LEGACY IN TODAY'S WORLD

Why Planning For Long-Term Care Is So Necessary

James and Irene Norris spent their lives surviving. The two owned and operated a small business together for over 60 years, surviving the stock market crash, the Great Depression, seventeen U.S. Presidencies, and two World-Wars. All while raising two sons.

Even though they had savings, it quickly disappeared when faced with the monthly nursing home costs. Medicare offered little support, because it does not cover stays in nursing homes for extended periods of time.

The bills continued to come and they soon realized they no longer had adequate financial resources to survive. They reached a turning-point and, after working their whole lives, they were forced to make the most painful decision of their lives. In order to qualify for Medicaid, they would not be able to hold onto all of their resources. They had to sell everything they worked so hard to earn, in order to receive Medicaid. Their prized possessions that had been so carefully collected through the years were gone in an instant, sold to pay the medical bills that had piled up.

Part of the reason they had to sell was because of Medicaid requirements, but much of their selling was due to a lack of planning. The Norris family had never consulted a financial planner or worried about saving for retirement. Had they even spent a small amount of time earlier in life with a financial planner, they would have probably learned a few techniques which would have allowed them to hold on to more assets and still legally qualify for Medicaid.

Once on Medicaid, they were limited in their options. They were forced to choose only the care that Medicaid would cover, rather than what would truly make them comfortable in their final years. Finally, when they passed away, the family was left with thousands of dollars worth of debt from medical expenses and funeral arrangements.

This lack of preparation is common. It happens every day to hundreds of middle and upper-income families across the United States, and it can easily be prevented with some basic planning. Rather than watch your life's work slip away because of costly medical expenses, with just a little planning, you'll be able to leave a legacy behind that will make your family proud and secure.

Rather than seeing your memories sold, you can hold on to the things you worked so hard to attain.

Long-term care planning doesn't mean the end of your livelihood. It **SEE 'PLANNING' PAGE 22.**

Senior Housing 2007 inserted in this edition!!!
 Call 647-1300 if you need extra. Be sure to save it for quick reference or go to www.seniorbeacon.info, click Housing icon.

St. Mary-Corwin Hosts 5th Annual Diabetes Symposium

Pueblo, CO – St. Mary-Corwin Medical Center has partnered with numerous healthcare professionals and corporate and civic sponsors to present its fifth annual Diabetes Symposium at the Pueblo Convention Center on Saturday, Nov. 4, 2006 from 8 a.m. until 12:30 p.m. This is the largest gathering of diabetes education, screenings and demonstrations available to the public in Southern Colorado and associates from the St. Mary-Corwin Diabetes Center will be on hand to provide counseling on diabetes.

The event is open to the community and includes a host of free health screenings, guest speakers, informational booths, cooking and fitness demonstrations, a complimentary box breakfast and free gift. The event will also feature a keynote address from local endocrinologist Raphael Francisco, M.D. and mini-breakout sessions with topics to include advances in treatment, fitness, nutrition and available community resources.

“Our goal is to provide the knowledge and skills necessary for people with diabetes to achieve good health and to minimize the complications that may develop from this disease,” said Steve Brown, M.D., chief medical officer. “We hope to reach people with diabetes, those at risk for diabetes and anyone interested in healthy living.”

St. Mary-Corwin will offer a multitude of free screenings beginning at 8 a.m. The screenings include tests such as blood pressure, non-dilated eye exams, dental, cholesterol, depression, urine protein and hemoglobin A1c. Screening participants will be asked to fast the evening prior for the most accurate results and must be registered to take advantage of the screening opportunity.

The program is free of charge and reservations are strongly requested. For more information, or to register for the screenings, please call 719-560-HELP.

Inside This Edition

page 2 Opinion
 page 4 Weird News
 page 6 Social Security & You
 page 7 Health
 page 8 Light for the Journey
 page 14 Travel
 page 16 Fremont/Custer Menus
 page 17 SRDA Menu
 page 18 Finances
 page 20 Community Update
 page 21 Senior Classified

MOW Drivers Desperately Needed

We now have more elderly in need of Meals on Wheels than we have drivers to serve them. PLEASE contact SRDA 545-8900 for information on how you can help. Give one day a month, on day a week or whatever you can = just please help!!!!

Parkview: Seniors "Fall into Wellness"

PUEBLO, Colo. (September 11, 2006)--- Parkview Medical Center's Health Initiatives Department would like to invite southern Colorado seniors, interested in learning more about the hospital, to attend "Fall into Wellness". The event will showcase Parkview service lines that are of particular interest to seniors. "Fall into Wellness" will be held on Friday, October 6 from 8:30 a.m. to 11 a.m. Seniors and their families are encouraged to take advantage of valet parking at the hospital's main entrance, off Grand Ave. The event will be held in the main lobby of the hospital.

"Fall into Wellness" will feature information for seniors on topics including: Stroke; Sleep Disorders; Cancer awareness; Healthy heart; Diabetes; Wound Care; Medical Passport; AgeWise; and Lifeline. Attendees will also be treated to complimentary blood pressure checks, tours of the facility, as well as light refreshments.

Parkview will have professionals available to answer questions on senior health insurance counseling, pharmacy discount cards and volunteer opportunities.

"As Parkview continues to meet and exceed our customers expectations and provide quality healthcare service, we wanted to stop and take the opportunity to say thank you to our senior community," explained Nancie Biery, Health Initiatives Coordinator and organizer of the event. "We care about the health and well being of the region's seniors and this event is a chance to meet and visit about the how Parkview can continue to meet the needs of our ageing population."

For more information on the exciting event please call (719) 584-4760.

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A PROVEN SHERIFF!

Leadership

Dan Corsentino has been elected four times Sheriff in Pueblo County • Past President of the County Sheriff's Of Colorado • Elected by fellow Sheriff's across the Nation to become their future President of the National Sheriff's Association in 2009 • Selected by his peers throughout the United States at the National FBI Academy to be their section leader • Past co-chairman of the United Way • Nominated by colleagues, citizens and politicians two times for the Ferris E. Lucas Award as the outstanding Sheriff in the United States of America.

Professional

Sheriff Corsentino was recently voted "Best County Employee" out of 900 other county employees. The Pueblo County Sheriff's Office achieved National Accreditation in Law Enforcement, Corrections, & Health Care • After September 11, 2001 was selected to meet with the Director of the FBI for briefings on Domestic Terrorism • Enhanced training for all deputies in the Pueblo County Sheriff's Office • Reduced litigation in all bureaus of the Sheriff's Office.

Honesty and Integrity

Over the last sixteen years, the Pueblo County Sheriff's Office is recognized as a credible, honest and principled organization under the leadership of Dan Corsentino.

Crime

Tough on crime & criminals • Strong commitment to enforce narcotics violations in Pueblo County & Pueblo West • ZERO tolerance for DUI offenders • Vigorous enforcement for Domestic Violence perpetrators • Created Internet Crimes Unit to arrest pedophiles • Zero tolerance for Child Abuse.

Domestic Violence

Sheriff Corsentino was appointed by Governor Bill Owens to sit on a Violence against Women Advisory Board for three years which funded over a million dollars in programs and projects geared toward women who are victims of Domestic Violence.

Safe Schools

Sheriff Corsentino co-founded the D.A.R.E. Program for Pueblo with retired Pueblo Police Chief Bob Silva • The Sheriff developed School Resource Officers, the G.R.E.A.T Program, High School Crime Stoppers and the Youth Advisory Program in Pueblo.

Inmate Labor Program

Sheriff Corsentino created the famous, well recognized Chain Gang saving tax payers over \$600,000 to date. This Chain Gang collected over 138 tons of trash last year. On any given day, up to 100 inmates may be working outside the jail on various public projects to provide creative ways to help the people of Pueblo on their projects for the good of the community.

Education

Harvard University's John F. Kennedy School of Government Senior Executive Management Program in Cambridge, Massachusetts • Masters Degree in Public Administration • Bachelor's degree in Political Science from the University of Colorado • Graduate from the National FBI Academy 172nd Class • Graduate Northwestern University Police Staff and Command School—Chicago, Illinois.

Technical Advances—

- Satellite 911 System
- Intellicast Emergency Protection Network (Reverse 911)
- Geobase
- PCSO On-line Mapping System
- E-Tickets
- 800 Megahertz Radio System

Pueblo West

Built a Sub-Station • Added more officers • Actively involved at the Middle School and High Schools • Strong Community Outreach • A partner with the Pueblo West Metropolitan Board in planning for the future.

Vision 2010

Serving as President of the National Sheriff's will benefit Pueblo County with over four million dollars to fund future projects. Citizens on Patrol

- Technology upgrades (800mgh Radios)
- Intensive Drug & Alcohol Treatment for those incarcerated
- Management and Supervisor Training
- Developing a closer relationship with the City County Health Department to work toward Public Safety for issues involving drugs & alcohol as well as preparing Pueblo for the for Pandemic Flu.



Vote Gorsentino

LET'S KEEP IT SAFE!

Just One Guy's Opinion

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



How? Why?

I have heard many commercials on the radio lately by environmentalists telling us that the oceans are warming, the coral reefs are being destroyed and the polar icecaps are melting and we are "leaving global warming to our children." Ah yes, more gloom and doom. Fifteen years ago Ted Danson (the actor who played Sam Malone on Cheers) told the world that our oceans would be dead in ten years if we didn't do something about polluting them. To my knowledge nothing concrete was done to save the oceans. Everything from, "we're gonna die from Alar and DDT" to "we're gonna die from poison air and poison water" is said to scare us!

I remember when Nixon was President, we were told he was a crazy man who was going to push the nuclear button and then when Ronald Reagan came along we were all going to die from AIDS and HE was going to push the nuclear button and now to GWB and how he's a cowboy and we're going to die from water pollution, lowering of clean air standards and a whole host of other things. When Bill Clinton was in charge we were going to kill the elderly, single moms, the poor, and etc. In short, there is never a shortage of gloom and doom from the Left. Are we clear? Never mind they are never right. Never mind their data is woefully inept and they have no clear statistics, we are going to die just the same unless we heed their incessant wringing of hands and gnashing of teeth. It is simply unending.

So here's the rub: Why does the Left constantly hammer the public with these doomsday scenarios and when something comes along that could really end the world, they either say the United States is at fault or they take the side of the enemy that wants to kill us or worse, they just ignore the crises.

It's hard to imagine they can't see the noses on their collective faces! Do they really and truly believe that the nasties with nukes in their suitcases or strapped to their bodies would hesitate to stand outside the Democratic National Convention in 2008 and blow themselves and these doom and gloomers to kingdom come? These doom and gloomers, who see doom and gloom around every corner and conspiracies as far as the eye can see aren't able to see the forest for the trees?

How do they come to this place in their lives? Why would they come to the conclusion that we are not in harm's way?

My guess it's easier to criticize this nation, the United States, because they

know they can without any recourse but if they criticize our real enemies, the Left knows the nasties wouldn't hesitate to blow everyone up. So they don't confront the bullies. It's the only conclusion I can draw. I believe the Left is really just afraid. They prattle on about this conspiracy or that "bad" bill or idea with no let-up but if their well-being is on the line, they clam up. Do you have any ideas?

Poor "Il Papa"

So Pope Benedict quotes from some Byzantine ruler who was verbally jousting with a Muslim imam or cleric back in the 14th century during a speech. The Pope's quote concerned the Byzantine ruler's take on Islam as pretty much a bogus religion as it is evil and full of sin because Mohammed would have believers in Islam kill anyone who was a non-believer. To this Byzantine ruler Mohammed was on the wrong page when it came to religion.

"Il Papa," as the Italians call the Pope, made a statement to his audience concerning this and now there have been calls for his death which only backs up the take by the Byzantine ruler. So, the violent believers in Islam are angry and torching churches in Palestine and since one is not allowed to practice any other faith in a Muslim-dominated autocracy there won't be too many more church burnings in Muslim lands thank goodness. Yet, the Left still believes that global warming is going to kill us. Comics and a quote have the Muslim world upside down yet again. It sure is a conundrum! The Pope will have to turn the other cheek but even Jesus became angry. If I remember right, wasn't it a Muslim who shot the last Pope?

Humiliation Defines Interrogation?

And now for the best. There is a battle going on between GWB and his adversaries on just what is meant by torture in the Geneva Convention that was hammered out in 1948 or 1949 as it pertained to battlefield prisoners. Space constraint doesn't allow me to quote the rule *in toto* but paraphrasing it says that the prisoner shouldn't be subjected to "humiliating" situations and that is about as close to spelling what the rules of interrogation are.

I guess in the Middle East it's not humiliating to cut someone's head off, innocent or not. I believe if you asked POWs from Vietnam and Korea if they were "humiliated" when captured you'd get a resounding "Hell Yes!" But if you asked their captors the same question you'd very likely get an opposite answer.

What's the big deal here people? You folks in Congress, especially on the Left (see Democrats) must know that the more you tie our hands, the more "at risk" you leave our brave soldiers and eventually the rest of us. Come clean with a clear cut rule on how we can interrogate and punish prisoners and be done with it. Why is something so infinitely easy to comprehend so frighteningly difficult for the majority of you? Protect our soldiers and protect us.

Guess What I Learned This Month?

This is a little bit off the beaten track for me but I think you will enjoy the following:

- In the 1400's a law was set forth in England that a man was allowed to beat his wife with a stick no thicker than his thumb. Hence we have "the rule of thumb"
- Many years ago in Scotland, a new game was invented. It was ruled "Gentlemen Only...Ladies Forbidden"...and thus the word GOLF entered into the English language.
- The first couple to be shown in bed together on prime time TV were Fred and Wilma Flintstone.
- Men can read smaller print than women can; women can hear better.
- Coca-Cola was originally green.
- It is impossible to lick your elbow.

SEE "LEARN" PAGE 9.

Senior Beacon

Senior Beacon serves Pueblo & Fremont Counties and reaches the rest of Southeastern Colorado. It is a monthly newspaper dedicated to inform, serve, educate and entertain the Senior Community in these areas. Subscriptions are available, prepaid with order, at \$15.00 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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Fashion: "Loooooooking Good!"

by Patricia McLaughlin - Mature Market Media Services

by Patricia McLaughlin
IMPROVED VISIBILITY
 It's nice to be noticed; it could even save your life.

So far, my favorite new back-to-school product is L.L.Bean's "rolling critter pack" with "LED constellation wheels that sparkle as they roll." The wheels on this rolling backpack are see-through blue plastic with LEDs (light-emitting diodes) in them. The LEDs light up when the wheels start rolling. Which, besides being cool, could be quite useful when you're rolling a pack through a dense crowd.

I've tripped over people's rolling briefcases and camera cases in the crush after runway shows during fashion week in New York: You don't see them until they're underfoot, and then it's too late. With the light-up wheels, maybe you'd see the obstacle before it tripped you.

The critter pack comes with your choice of critters embroidered on it -- a butterfly (on pink), a panda (on sky blue), a gecko (on sapphire blue) or a shark (on cranberry). Personally, I could do without the critters -- and the colors, for that matter.

Black would be fine -- or maybe high-visibility orange.

But, unfortunately, the critter pack isn't meant for me -- or you either, probably. It -- and its short, retractable handle -- is designed for kids 7 through 10. I double-checked with Bean's Rosemary MacKinnon, hoping the handle might somehow extend far enough to work for a grown-up. No dice: She said her son has one and, any time she tries to pull it, it isn't long before she picks the thing up.

Fashion designers are always looking for a way to catch your eye -- bright color, sparkly sequin trim, low necklines, etc. But they've been slow to explore the uses of light.

Donna Karan was a pioneer: She started her fashion show for spring 1994 in the dark. The audience was provided with head lamps, and instructed to turn them on -- and, when we did, we saw these disembodied sparkling silver coats dancing down the aisle by themselves. It was magical.

Karan had made a group of coats using Scotchlite, the 3M light-reflective technology that's more commonly used on bike messengers' vests, traffic cops' uniforms and highway signs. I thought she'd have a million imitators, but no. Clothes you can see in the dark failed to take the fashion world by storm.

The use of light in clothing has stayed stubbornly functional. (Unless you count jokey light-up Christmas neckties and the sneakers they make for little kids with lights embedded in the heels that flash when the kids run, which I've also envied.) Not that there's anything wrong with function. If you're a runner, a cyclist, a firefighter, a traffic cop, a mountain climber, a construction worker or a utility lineman, a garment that makes you visible in the dark can be a lifesaver.

The news is that light technology that delivers high visibility is filtering down from the pros to regular folks -- even little kids. Now a 12-year-old walking to school in the near-dark at 6:30 a.m., or walking home at dusk after chess club, can be as visible as the flagman on a highway crew.

L.L. Bean had started using reflective Scotchlite tapes and patches on

its book packs in 1982; now it adds a reflective triangle to the center back of every piece of kids' outerwear it makes. Several years ago, Bean started using an all-over reflective coating on some of its packs.

Three years ago, North Face upped the ante when it introduced the first daypack with an integrated battery-powered safety light.

Last year, Bean started making book packs with Illuminex -- a stripe of light provided by an electroluminescent wire that runs for 50 hours on two AA batteries; it can be set to flash or stay lit. This year, Bean is selling two packs (\$34 and \$49) and a messenger bag (\$59) with Illuminex, plus the critter pack with LEDs in the wheels (\$65).

This year, Lands' End is introducing a group of products with what it's calling Cool Blue -- electroluminescent striping powered by a rechargeable battery pack. The group includes a backpack (\$79.50), a messenger bag for adults (\$69.50), breathable waterproof insulated jackets for kids (\$149.50) and (coming in November) one for grown-ups (\$249.50), as well as a pet jacket in four sizes (\$49-\$79).

Lands' End's Todd Christiansen says the stripe of light circles the hem of the jacket to provide 360-degree visibility. The backpack delivers 6 square inches of light. In tests, he says, the light has been visible from as far away as 1,000 feet -- "a little more than three football fields." The light is powered by a rechargeable battery pack that charges in three hours and runs from six to eight hours in flash mode, four hours in constant.



L.L.Bean's new rolling book pack for kids 7 to 10 has see-through blue plastic wheels with LEDs (light-emitting diodes) in them. The LEDs light up and sparkle when the wheels start rolling.

photo: L.L. Bean

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Cancer Survivors Sought For Pueblo "Walk Of Hope"

Cancer survivors are now being registered for the Orchard of Hope's Walk for Hope. The Walk for Hope is a fundraiser benefiting Pueblo County cancer patients. It will take place on Saturday, October 7, 2006, at Mineral Palace Park in Pueblo. Registration will begin at 8:30 am. The Cancer Champions' Lap to start the Walk will begin at 10:00 am, and the closing ceremony and balloon remembrance will begin at about 4:00 pm. Cancer survivors (anyone who has ever been

diagnosed at any time with the disease) will be honored during the first and last laps, will receive a free T-shirt, a free lunch with food from Johnny Carino's Italian Restaurant, served by the Orchard of Hope's board members, and massages.

The Honorary Chairman for the Walk for Hope is Dr. Joel Ohlsen, retiring director of medical services at St. Mary-Corwin Cancer Center. Sponsors include St. Mary-Corwin Medical Center, Country Buffet, Texas Roadhouse, Parkview Medical Center, On the Ridge Bakery & Café, Cactus Flower Restaurant, Alpha Rho Theta chapter of Phi Theta Kappa, Budweiser, Rocky Mountain Steel Mills, Premier Homes, Pueblo Country Club, and Joci Jewelers.

For additional information about registering for the Walk for Hope, call 544-7171 or see www.orchardofhope.org.

ABOUT THE ORCHARD OF HOPE - The Orchard of Hope Foundation is a non-profit 501(c)3 organization whose

mission is to provide financial and emotional assistance to local cancer patients currently in treatment. The Orchard of

Hope Foundation promises to distribute all monies in the county where they are donated.

Planning Your Future

FROM PAGE 1.

means taking a small amount of time to decide what options you and your family will have in the future. It means making sure you have something left to pass on to the next generation.

When is long-term care needed?

Long-term care is generally something to consider when someone can no longer perform basic functions themselves. Generally, it means they need a medical professional to assist them with various tasks.

This can be as simple as getting out of a chair or as complex as cooking a meal or bathing. Both mental and physical ailments can bring about a need for long-term care including strokes and car accidents.

Alzheimer's disease is just one of the many mental conditions that requires extensive long-term care.

According to the Center for Disease Control, 14.2% of all nursing home residents suffer from Alzheimer's disease. This can be extremely costly and can destroy your financial security quicker than you think.

What long-term care options will I have?

Most people automatically think of nursing homes as the only long-term care options. While it is true that nursing homes account for a large percentage of long-term care, it's certainly not the only option available and depending on your ability to perform tasks you may have a wide-range of options to choose from if you plan ahead. Insurance that helps cover costs of nursing homes, assisted living facilities and even in home health care are all options that can be considered.

What's the next step?

When deciding what type of long-term care planning you should

do, it's always best to consult with your closest family members. Once you have decided to pursue long-term care planning, there are various options available to you through the help of a trusted financial advisor.

With just a small amount of financial planning, you may be able to spend your final years in comfort and stability, without all the added financial stress and anxiety. Your family members will be able to spend time around you sharing their love and support, instead of dealing with debt and foreclosure. You will be filled with pride knowing that all you worked for is still intact. Just a small amount of long-term care planning could ensure that the dreams you achieved in life don't disappear overnight.

And you may find that you are able to leave this world a little bit better than you found it.

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ON THE RIGHT: "STUMPED BY MORALITY?"

The divisions on the question of how to deal with terrorist suspects reminds us that there is confused reasoning in town. This is not unexpected, but this time around it gives especially interesting paradoxes.

Sen. John McCain -- miraculously still alive, given what he was made to suffer in Vietnam -- voted against authorizing "alternative interrogation practices," rejecting the toughness President Bush and his advisers deem necessary to cope with their problem. Most unexpected was the intercession of Colin Powell. As a former secretary of state and close adviser to presidents, he'd have been thought in favor of executive authority in matters touching on war.

Rep. Duncan Hunter, R-Calif., head of the House Armed Services Committee, said simply that he would do whatever the president asked. Gen. Powell introduced an objection of arresting nature. He said that a departure from the Geneva Convention rules would encourage the world to "doubt the moral basis of our fight against terrorism."

It's worth it to pause for a minute with some basic questions, illuminated by a hypothetical case.

Habib Sulaiman, age 22, is picked up by security agents in London. He has been frequenting the airport, spending unaccountable time at international departures gates of British Airways. A search of his apartment brings

out files focusing on airport transport. Telephone records disclose calls to a number that French authorities have listed as suspect. Sulaiman declines to answer any questions. One month later, he finds himself in Guantanamo. What is to be done with him?

Routine questioning, of the kind he has been subjected to ever since he was picked up, has accomplished nothing.

Hypothetically, he could be shot and buried. But of course we do not do that kind of thing.

We could just keep him in his Guantanamo cell. Just keep him there, let the months go by, turning -- maybe -- into years. But that, too, is something we don't go in for, certainly not in theory.

So after a while the commandant says, "Let's try something a little more persuasive than solitary confinement."

Like what? Like alternative interrogation practices.

A question before the Senate was whether to continue to abide by what is called Common Article 3. The Geneva Convention that begot Article 3 sought to prohibit inhumane treatment of combatants seized in wartime. In the language of the convention, the design was to prohibit "outrages upon personal dignity."

Legal questions arose. Gen. Michael Hayden of the CIA has said that

clarifications have to be made, since outrages to human dignity can be adduced by imaginative, and even not really imaginative, detainees -- certainly Mr. Sulaiman could after awhile persuasively maintain that life in a cell in Guantanamo is an outrage against personal dignity.

Another matter, on which Mr. Bush is absolutely decisive, has to do with the auspices of Common Article 3. The Geneva Convention that came up with it was talking about treatment of organized combatants, and of course terrorists are militantly non-military. The point here is that Congress has the authority to modify its endorsement of the Geneva protocol by acting on the vagueness not only of the prohibition, but also of the category -- "combatants seized in wartime" -- being dealt with.

The Writer's Art Right Word, Wrong Verb

by James J. Kilpatrick

This is today's mind-boggling question: Is it possible to "berate" a corpse?

The question evolves from a news item from Baghdad on May 3. It appeared in The Seattle Times: "The body of one of Saddam Hussein's top lieutenants was kicked and *berated* after U.S. forces transferred it into Iraqi custody ..." (italics added).

To berate, as every reader of this column knows full well, is "to scold or condemn vehemently and at length." It's a lovely verb. But was it the best verb for the occasion? Maybe yes, maybe no. Let us revel once more in the riches of English.

On the mild side, the captors could have admonished, chastised, rebuked, reprimanded or reproved their late and unlamented enemy. It was perhaps a little late merely to reproach or remonstrate. No! The occasion called for a verb more vigorous. The passive captive more likely was castigated, reviled or upbraided. But what the corpse was, it was *vilified*! It is remarkable how one may engage in animadversion, not to mention objurgation. All it takes is a

by William F. Buckley

It was a maudlin mistake of Gen. Powell to take these questions and run them together under the rubric of morality. The eternal question, in international engagements but also in national and even local engagements, is how to balance competing claims: the claim to personal sovereignty and the claim to security for the community. Before airplanes existed, one didn't need expedited detentions based on suspicious activity.

As Congress closes in on the request of the commander in chief, elected legislators will need to review these questions. They should not be asked to define what exactly they condone, in the way of alternative interrogation practices. But they should not be dumbfounded into inactivity by general appeals to the Ten Commandments.

good thesaurus.

We're talking verbs in this space today. They are the muscles of language, just as nouns are the bones and this is a metaphor for dropping. A reporter for the Birmingham (Ala.) News brightened an otherwise pedestrian story in June. A land investment company had purchased a 13,000-acre plantation in Union Springs: "The property," said the News, "fetched close to its asking price of \$35 million."

Fetched! What a lively verb! The reporter could have written that the property "sold for" or "went for" or "brought" or even "drew" nearly \$35 million. The unexpected "fetched" was a pimento in the olive.

What's your position on "wiggle," "wriggle" and "waggle"? The Seattle Times reported last April that a Kirkland man died when he tried to "wiggle" his way out of a stalled elevator. The Washington Post reported the efforts of a Redskin tailback to "wriggle" through holes against the New York Giants. In USA Today, eyebrows "waggle" when President Bush kissed his secretary of state.

SEE "WRITER'S" PAGE 5.

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- * Breast cancer is the most common cancer among women, other than skin cancer.
- * The chance of a woman having invasive breast cancer some time during her life is about 1 in 8. Breast cancer death rates are going down. This decline is probably the result of finding the cancer earlier and improved treatment.

What you can do.....

- * Monthly breast self-exam. You know your body best. If you are regularly checking your breasts, and if something should feel or look different to you, a follow up appointment with your provider will be timely and useful. Women over 20 should be checking their breasts monthly.
- * A clinical breast exam should be a part of your annual check up for women over 40.
- * Mammograms are recommended for women over 40 annually.

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news of the weird

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Police Blotter

-- Fire crews arriving at a burning house on 99th Street in Portland, Ore., on July 26 must have suspected that something was up because nervous residents of the home were ferrying buckets of water to the fire themselves, having already implored neighbors not to call firefighters. Police later found marijuana plants growing in the basement and took three people into custody.

-- In an August segment on WWLP-TV (Springfield, Mass.), police chief Anthony Scott of Holyoke, Mass., described the extent of a recent domestic fight in which Ms. Yesenia Ortiz retaliated against alleged aggressor Victor Cruz: "She grabbed another knife and stabbed him in the winky...." (Cruz was arrested and taken to a hospital for treatment of his winky.)

Great Art!

-- Artists Gone Too Far: An

August Los Angeles exhibition by photographer Jill Greenberg featured 27 2- and 3-year-old kids crying, scenes that Greenberg provoked by offering each one a lollipop and then snatching it away. She admitted that the photos were "upsetting" but denied critics' accusations of child abuse.

-- Performance artist Kira O'Reilly's August show in Penzance, England, "Inthewrongplaceness," consisted of a naked woman cradling a dead pig for four hours at a time. O'Reilly explained, on her Web site: "The work left me with an undercurrent of pigginess (and) unexpected fantasies of mergence and interspecies metamorphoses began to flicker into my consciousness." People for the Ethical Treatment of Animals called the performance merely "sick."

The Litigious Society

-- One Hindu family sued another in Springfield, Mass., in July over

an arranged marriage after the bride-to-be presented herself to the groom's family for the first time and was judged too ugly. Vijai V. Pandey and his wife claimed they were "extremely shocked" at the woman's "protruded bad teeth" and bad complexion, among other deficiencies. A spokesman for an American Hindu organization tried to downplay skepticism over arranged marriages, telling the Springfield Republican newspaper that he had seen "very handsome men who are happy with somewhat homely women."

-- Linda Mason filed a lawsuit in Chicago in July against a Borders bookstore, citing a defective toilet in the ladies' room that allegedly triggered near-catastrophic medical injuries. Because the broken seat "shifted to the side" when she sat down, she not only lost her balance and fell to the floor but somehow suffered "multiple spine injuries," requiring "multiple neurosurgical" operations, resulting in permanent disfigurement.

Least Competent Criminal

Pennsylvania inmate Donta Thomas was re-arrested in August and charged with operating a drug ring on the outside, carried out via the Fayette County prison's pay phones. According to police, Thomas routinely gave explicit instructions to his accomplices over the phone despite an automated message on each call that the conversation was being recorded. According to a spokesman for the state attorney general, Thomas, speaking, would pause so as not to have to talk over the recording, but then afterward resume planning his deals.

Marriage Proposals Gone Awry

(1) Adam Sutton's elaborate plan to propose to Erika Brussee in July on a small chartered plane near Rome, Ga., didn't work out, as the engine stalled and the plane crashed (causing minor injuries) near their friends on the ground who were holding up signs with the actual proposal question for Brussee. (2) Mark Papkey's elaborate plan to propose to Holly Barnes in June on a hot air balloon near Boston didn't work out, as the balloon drifted into wilderness, fuel ran out, and they and the pilot were forced to spend the night in the woods before being rescued. (Both Brussee and Barnes said yes.) And in

Wichita, Kan., in September, Kandi Blakney went to the courthouse for her wedding, but when a clerk pulled up her marriage license, two outstanding arrest warrants also came up, and she was jailed, in her wedding dress.

Poor at Anger Management

Executive chef George Llorens, 60, was arrested in Bridgeport, Conn., in July, accused of punching a colleague in the face because the appetizers she made were cold. And police in Decatur, Ala., arrested four people in August after intermittent, daylong fighting (that sent three of them to the hospital) that began when one flicked a cigarette butt near another's property. And Jeffrey Cullen, 58, was arrested in August for firing several gunshots at Kingman, Ariz., firefighters (but missing) when they told him that they weren't permitted to rescue his cat from a tree.

Recurring Themes

While stories of dogs stepping on rifles' triggers and accidentally shooting their owners have occurred so often as to be No Longer Weird, the dog that accidentally kicks the gearshift of an idling vehicle is rarer. Nonetheless, in July in Republic, Pa., and Ogden, Utah, dogs sent trucks off on wild spins after bumping gearshifts. The Pennsylvania dog hit a pole, a fence and a house and ruptured a gas line; the Utah "driver" (a police K-9) hit a woman, seriously injuring her. And near Elliott Lake, Ontario, in July, a bear climbed into Marty Descoteaux's idling boat and bumped the throttle, as Descoteaux bailed out. The boat spun around and hit a rock, knocking the bear back into the water.

Undignified Deaths

In Jhalabardi village in India in August, a pigeon fell into a well, and five villagers went in, in succession, to rescue first the pigeon, and then the succeeding Samaritans, but all five died. And in Surkhondaryo province in Uzbekistan in August, a father and son were digging an overflow pit for an outdoor toilet when the walls collapsed, and five neighbors in succession were lowered into the pit to attempt a rescue, but all seven people wound up dead.

MORE WEIRD NEWS PAGE 10!

Do you suffer from ringing of the ears?

Pueblo- Ringing, buzzing, crickets, frying sounds, sirens in the night. These and other bothersome noises are heard constantly by millions of Americans, according to the American Tinnitus Association.

DigiCare® Hearing Health Network is now utilizing a multi-disciplinary approach to assist those with hearing loss and tinnitus. This program is available DigiCare® Hearing Research & Rehabilitation, 6685 Highway 165 @ I-25, Colorado City (across from Day's Inn). Free private consultations available by calling (719)676-3277.

"As a result of ongoing advances, many hearing impaired people enjoy positive outcomes utilizing wide-band digital hearing aids, auditory rehabilitation counseling, and collaboration with area professionals," said Glenys A. Chartrand, OTR, occupational therapist and director of the program.



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Social Security & You

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

THE IMPORTANCE OF SOCIAL SECURITY SURVIVORS BENEFITS

September 11, 2006 marked the fifth anniversary of the terrorist attacks on America. The nation suffered devastating losses on that day. Social Security employees, for example, handled more than 5,000 individual claims related to September 11. Although some were disability claims from people who survived the attacks, most were for survivors benefits for the spouses and dependent children of those who died.

The tragedy reminded us of what many people tend to forget – that the Social Security program is about more than retirement. The Social Security taxes that 160 million workers pay also insures them and their family should the worker become disabled and unable to work. And these taxes also pay for survivors benefits in the event of the worker's death. In fact, fully 14 percent of Social Security beneficiaries are the survivors of insured workers.

Looked at from another per-



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spective, about 97 percent of persons aged 20-49 who worked in 2005 have survivors insurance protection for their young children and the surviving spouse caring for the children.

In fact, the value of the survivors insurance that most people have under Social Security is probably more than the value of their private life insurance policies. How much a particular family can get from Social Security depends on a worker's average lifetime earnings.

To see what your family could receive, check your Social Security Statement, which is sent each year to every worker age 25 or older. The Statement gives an estimate of survivors benefits that could be paid, as well as an estimate of retirement and disability benefits and other important information.

If you would like more information about Social Security survivors benefits, visit www.socialsecurity.gov/planners/index.htm or call Social Security at 1-800-772-1213 (TTY, 1-800-325-0778) and ask for the publication, Survivors Benefits.

Of course, we all hope and pray our family members will never be in a position to collect such benefits. But you can take some comfort knowing Social Security taxes are providing this important protection should something unexpected happen to you or your spouse.

TEST YOUR KNOWLEDGE ABOUT SOCIAL SECURITY SURVIVORS BENEFITS

Few people realize that their Social Security survivors insurance is probably worth more than any life insurance they have through work or a private insurance company. And it is insurance protection that almost every American worker who pays into Social Security has. Your spouse and dependent children would have a base of financial protection should something happen to you, and it is important to know about it. The following questions are designed to help you find out how much you know about your Social Security survivors insurance protec-

tion.

1. If you die before reaching retirement age, your child(ren) may receive Social Security survivors benefits until age:

- A. 21
- B. 18, or 19 if still in secondary school full time
- C. 16

2. If your spouse dies and you are childless or your children are grown, you can receive survivors benefits at age:

- A. 60, or age 50 if disabled
- B. 62, or age 60 if disabled
- C. 65, or age 62 if disabled

3. If you are divorced and your ex-husband or ex-wife dies, you may receive survivors benefit on your ex-spouse's earnings record if:

- A. The marriage lasted 20 years
- B. The marriage lasted 10 years
- C. The marriage lasted 5 years

4. If your surviving spouse remarries, benefit payments would stop unless he/she is:

- A. Age 60 or older
- B. Age 55 or older
- C. Age 62 or older

5. The average monthly Social Security survivors benefit payment for a widow or widower with two children is:

- A. About \$1,000
- B. About \$1,500
- C. About \$2,000

ANSWERS TO QUESTIONS

1. B

A surviving child may receive benefits up to age 18, or 19 if still in secondary school full time, or longer if disabled. A child who is disabled before age 22 may receive child's benefits as long as he or she remains disabled and does not marry.

2. A

Widows can receive benefits at age 60, or age 50 if disabled. Widows disabled at age 50 or later may qualify for a disability benefit on their deceased husbands' earnings.

3. B

Surviving divorced spouses who have been married 10 years have the same benefit rights and receive the same basic benefit amount as current surviving spouses. (The benefit of the surviving divorced spouse will not affect those of the current spouse.)

4. A

At age 60, a surviving spouse can remarry and not lose eligibility for Social Security benefits.

5. C

In 2006, the average monthly survivors benefit payment for a widow/

widower with two children is \$2,074.

For more information about Social Security survivors benefits visit www.socialsecurity.gov/planners/index.htm or call Social Security at 1-800-772-1213 (TTY, 1-800-325-0778) and ask for the publication, Survivors Benefits.

CONVENIENT ONLINE SOCIAL SECURITY SERVICES SCORE HIGHLY


Social Security's Internet site, www.socialsecurity.gov, is among the most popular of government websites. In fact, in a survey conducted by the American Customer Satisfaction Index, four of the top five services evaluated are located on Social Security's website. Our Social Security Benefits Application was number one, followed by the Application for Extra Help Medicare Prescription Drug Plan Costs page and the Social Security Business Services Online page. In fifth place was the Social Security Retirement Planner.

The reason for the high ratings is simple: each year more people find that they like the speed and convenience of applying for benefits at Social Security Online. A report released earlier this year by the American Customer Satisfaction Index states that Social Security is "doing a stellar job of meeting the needs and exceeding the expectations of citizens" with the Internet application for retirement, spouse and disability benefits.

Our Social Security website also has other popular and useful features in addition to those cited above. People who already receive benefits can change their address and phone number online, sign-up for direct deposit or apply for a replacement Medicare card. Need information? You can find out almost anything you want or need to know about the Social Security program, from how to get a Social Security number to how to go back to work while receiving disability benefits.

Information is available online 24 hours a day. Online services are available each weekday from 5 a.m. until 1 a.m. And on weekends website visitors can conduct business on Saturday from 5 a.m. until 11 p.m., and on Sunday from 8 a.m. until 11:30 p.m. Find out why Social Security's website is so popular by checking out just how much you can do online at www.socialsecurity.gov/online/services/.

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Bruno Goering: "There Is No Incurable - God Is The Greatest Physician"

Free public lecture. The Teachings of Bruno Groening – a spiritual way to healing, medically verifiable. Lecturer: Dr. Ruth Wyler, D.D.S., Switzerland

Inconceivable healings, even from so called incurable diseases, occurred during the public lectures of Bruno Groening (1906-59). His life was the foundation of an extraordinary development. Now in 2006 the year of the 100th anniversary of his birthday, healings do still occur on all continents

with the help of his teachings. Even medical doctors support this work world-wide.

The healings of even severe organic ailments, not only in humans but also with animals as well, prove the effectiveness of Groening's wisdom, which has been passed on to this day. Groening spoke of a higher power that comes from God. He called it the Divine power, the life force and also the Heilstrom (healing current). Anyone who knows its laws can take

it in freely, and use it to gain help and healing.

In fall 2006 medical doctors from Germany, Austria and Switzerland will lecture in North America about this topic. The lectures will take place in 150 cities, including 45 of the U.S. states and 6 Canadian provinces. Each of the lecturing physicians does so in his/her leisure time, without remuneration. All these events are free of charge. Everybody who is looking for help and healing, or who is just open to experi-

ence this wonderful life force in his own body, is welcome. You can find a source of power for your daily life.

Bruno Groening said, "There is no incurable - God is the greatest physician."

In fall 2006 there will be lectures in the greater Colorado, Wyoming area, but also in N.Y., NH, RI, and MA. All lecture dates and locations will be listed soon under: <http://www.bruno-groening.org/northamerica> Call: (972) 282 - 1858 for all the information.

Jesus

from page 8.

people are known to get a bang out of it. The banner would lead the children of Juneau down a primrose path to degradation. Ms. Morse rushed across the street and snatched the evil banner from his hands. Then she trampled it underfoot!

The scene became unseemly. She ordered Joseph to her office. In defiance, he refused to come. She suspended him for five days. When he quoted Thomas Jefferson on free speech, Ms. Morse made it 10 days: He had violated her code of acceptable behavior. He appealed to Superintendent Gary Bader. No luck there. The school board also ruled that principals must be upheld.

Thwarted at every turn, young Frederick sued for money damages and a summary judgment that his rights of free speech had been invaded. U.S. Dis-

trict Judge John W. Sedwick sided with the principal. The wounded youth appealed. A three-judge panel of the 9th Circuit, speaking through Judge Andrew J. Kleinfeld, emphatically reversed and sent the case back for trial. From that order Ms. Morse and the Juneau board have appealed to the Supremes. We will know next month, when the high court opens its October term, if the drama will resume.

You will accurately infer that this case strikes me as much ado about mighty little. Young Frederick, suffering from an overblown view of his own importance, forgot his manners. Ms. Morse, needlessly throwing her weight around, forgot the rule that instructs grown-ups not to take themselves too damn seriously. The three judges of the 9th Circuit should have affirmed Judge Sedwick and then patted Frederick on his back for be-

ing a red-blooded American boy.

The Supreme Court may take this case for two reasons: (1) The school board's chief appellate counsel is Kenneth W. Starr, a major league player who served not long ago as a federal circuit judge and later as U.S. solicitor general. It's a reasonable assumption that Starr would not have taken the case unless he thought it had real merit. And then (2), this court is not notably sympathetic to the rights of smart-aleck kids. We'll see.

Starr may exaggerate when he says in his petition that Judge Kleinfeld's opinion in the 9th Circuit has "triggered deep concern among school boards nationwide and profoundly upset settled understandings of First Amendment principles," but he argues persuasively that the lower court erred especially in hold-

ing that Principal Morse is not entitled to qualified immunity for her role in the dreadful imbroglia. She may have outrun her writ, but not by much. She meant well.

I hope the high court takes the Juneau case and affirms 9-0. Seventy years ago, I too was a youthful rebel, a precocious baby Hearst, another Lincoln Steffens just waiting to emerge. I remember when I was summoned to the principal's office and put unpleasantly on terms: I could suspend publication of the extracurricular Weekly Keyhole and destroy all existing copies, or I could give up my editorship of the school's official student paper.

These were hard terms. My mother made me take them. I shoulda had help from the ACLU.

ON YOUR TOES

by Charles E. Schneider, M.D.
WALKING

In warmer weather we are all interested in getting into the fresh air and getting a little bit of exercise. Whether you choose walking or something more strenuous, here are a few tips to remember.

Walking should be started gradually in keeping with your own abilities. Gradually increase distance and time. Walk the same distance (whether it's a quarter block or a mile) for several days before you increase the distance. Never overextend.

Exercise for the feet can be simple and not strenuous and can even be done while seated. Exercise helps relax your muscles and build good muscle tone so you can continue to walk comfortably.


Arthritis more commonly affects the feet. Simple foot exercises will help

keep good motion and flexibility. Try the following exercises:

- While seated with both feet flat together on the floor, raise both heels, keeping them up and count to 10.
- While seated, lift one foot off the floor, rotate it in a circular pattern moving right to left with the toes initiating the movement. Repeat twice and alternate feet. This is particularly good for promoting flexibility in the ankles.
- With your shoes off, or while wearing loose slippers, sit down with both feet together, raise your toes, wiggle them and lower them. Repeat five times with each foot.

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

RE-ELECT
NORMA HATFIELD
Fremont County Clerk & Recorder



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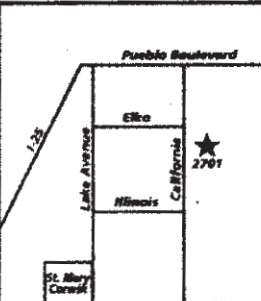
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Finances: Wealth Creation

Socially Responsible Investing. Is It Now Vogue?

by Robert Valentine

Not so long ago, the phrase "socially responsible investing" might have brought to mind environmentalists keeping their investment dollars out of companies they believed to be damaging the Earth or animal rights activists rejecting companies who tested their products on harmless creatures.

As the socially responsibly investing, or SRI, sector has grown, its definition has also diversified. Today the phrase encompasses any investment strategy targeted at aligning an individual's portfolio with their personal convictions.

The Social Investment Forum's 2005 Report on Socially Responsible Investing Trends in the United States

identified \$2.29 trillion under professional management involved in one or more of the three primary socially responsible investment strategies.

Screening, shareholder advocacy and community investing are the three most common SRI strategies. Screening – the practice of choosing or excluding investments from a portfolio based on the investor's personal criteria – may be the most commonly known. Individuals may choose to invest, for example, only in companies headed by women or individuals of a particular ethnicity. Or, they may choose not to invest in companies that conflict with their personal beliefs. In addition to the traditional "sin" stocks of gambling, pornography and alcohol, an investor's "anti" list might include tobacco, nuclear weapons, defense, companies with poor records on labor relations or the environment, religious issues, animal testing or any other issue.

Shareholder advocacy uses the voting rights associated with stock ownership to promote change within the company. Anti-apartheid organizations used this strategy to get companies to pull out of South Africa in the early 1980s. Community investing directs capital from investors to communities that lack traditional financial

services such as credit, equity, capital and basic banking products – services that a community needs to grow and thrive.

According to the Social Investment Forum's study, socially screened mutual fund assets grew 15-fold over the same 10-year period from \$12 billion to \$179 billion, outpacing the growth percentage of the mutual fund industry, as a whole, in the U.S. However, financial professionals who specialize in socially responsible investing point out that excluding certain companies – or in some cases, certain sectors – from an investment plan can result in potential financial consequences. Performance, benchmarking, implementation and diversification issues may make these investments more difficult to evaluate. In some cases, that may mean an investor has to choose between his beliefs and his bottom line.

If you do choose to factor your

personal definition of social responsibility into your financial plan, keep that trade-off in mind. Trying to compare your SRI-screened portfolio's performance to general indexes like the Dow and S&P 500 may not be accurate comparisons. The Domini 400 Social Index, run by KLD Research & Analytics Inc., attempts to provide a SRI-related benchmark but again, index results may not adequately reflect the result of including or excluding specific investments.

If aligning your investments is important to you, talk to your financial advisor about socially responsible investment strategies and their potential impact on your portfolio. If objection to a company's practices or politics doesn't keep you up at night, you may be better off donating cash or time to the organization than weeding through thousands of investments looking for a soul mate.

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PCC Hosts Spanish Art Market

Pikes Peak Community College presents the first Annual Spanish Art Market at the Downtown Studio Campus October 13 & 14. More than 30 world-class Colorado and New Mexico artists will display and sell their original traditional and contemporary artwork, including weaving, jewelry, colcha embroidery, furniture, straw appliqué, Retablo paintings and Bulto carvings (sacred images), tinwork, metalwork, and sculpture.

The festival will include traditional music, dance and food, with performances by the Ballet Folklórico de La Raza, Mistura Bela, Steve Mullins, and others. For more information, call 502-3164.

Spanish Art Market
Friday, October 13, 4 to 8 p.m.
Saturday, October 14, 9:30 a.m. to 7 p.m.
PPCC Downtown Studio Campus
100 W. Pikes Peak Avenue

Photo credits: Santa Teresa, Retablo (painting on wood) by Ellen Chavez de Leitner; San Francisco, Bulto (wood carving) by Leonardo Salazar; Traditional Spanish Colonial Furniture by Richard Prudencio; Filigree Jewelry by Juan Lopez.

Participating artists include: Ruben Archuleta - Bulto Sculptor, Carlos Barela - Bulto Sculptor, Roberto Barela - Bulto Sculptor, Lena Blea - Straw Appliqué, Vicky Carrejo - Straw Appliqué/Encrusted Straw, Anna Carrillo - Tinwork, Ellen Chavez de Leitner - Retablo Painter, Martha Ewing - Straw Appliqué, Lynn Victoria Fresquez - Santos Painter, Vanessa Fresquez - Retablo Painter, Michael E. Griego - Tinwork, Anita Rael Hisenberg - Colcha Embroidery, Juan Lopez - Jewelry & Fine Metalwork, Diana Mora Lujan - Straw Appliqué, Jerry Marquez - Stonework, Fred Martinez - Jewelry, Marion C. Martinez - Sculpture and Jewelry from Circuit Boards, Norma Medina - Woven Rugs, Ronald J. Miera - Santos Painter, Margarito R. Mondragon - Bulto Sculptor, Barbara A. Montano - Tinwork, Richard Prudencio - Traditional Spanish Colonial Furniture/Micaceous Vessels, Catherine Robles-Shaw - Santos Painter, Carla Romero - Acrylic and Giclee, Leonardo Salazar - Bulto Sculptor, Carlos Santistevan - Retablo Painter, Arlene Cisneros Sena - Retablo Painter, Ralph Sena - Jewel & Fine Metalwork, Johanna Terrazas - Woven Rugs, Rose Ann Bartlett y Trujillo de Vigil - Woven Rugs, Eugene David Vigil - Woven Rugs.

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For A Healthier You

Bruno Goering - A Spiritual Way To Healing

A German medical doctor shares his experience of this simple and natural way to help and healing for everybody

The German medical doctor, Gerhard Blaettner, recalls: "One day, my own patients, whom I had been treating for over a decade, came to tell me about their healing through the teachings of Bruno Goering. From a medical point of view, I had applied every possibility to help them, but I had not been able to heal their chronic suffering."

Very skeptically at first, G. Blaettner MD, was finally completely convinced of the effectiveness of Bruno Goering's teachings, when his own wife was spontaneously healed from a chronic arthritis. Since then, he is delivering free public lectures on this topic all over the world, with the help of numerous colleagues from different countries.

Is there a healing power that can help people?

Bruno Goering (1906-1959) was born in Danzig/Germany. In his lectures he constantly talked about the Divine force, or life force, -or Heilstrom, as he termed it-, that anybody could take in easily.

Bruno Goering became well known with the public, due to extraordinary healings which occurred during his lectures. Grete Haeusler from Hennef/Sieg in Germany, met Bruno Goering during his lifetime and experienced healing herself; she reports: "In August 1950, I attended a lecture of Bruno Goering in Munich. I attended this lecture with my friend and she was blind. Mr. Goering spoke of a healing power that anyone can feel in his own body. He said that God is the giver of this power. During the lecture I felt some very pleasant streaming in my body. I then had a feeling as though something very heavy had been taken away from me. I left the room free of pain and healed from three incurable diseases. I have remained healthy ever since. My friend regained her eyesight. When I came home after this event, I simply passed on to people, what I had experienced with Bruno Goering and further healings started to occur among them."

Bruno Goering kept saying: "It is not me, who does heal, it is the Divine force that helps and heals." This Divine

power is free of charge, costs nothing at all and can be used by anybody. After Bruno Goering's death Grete Haeusler founded the Bruno Goering Circle of Friends, an organization that passes on the teachings of Bruno Goering, on a free of charge basis, all over the world. All incidental expenses are covered by voluntary donations. All helpers support the non-profit making organization (Circle for Spiritual Life Help) out of gratitude for help and healing they received themselves.

Medical physicians help as well: Together with his colleagues, G. Blaettner MD, has delivered numerous free public lectures all over the world, which have been attended by more than 100,000 people so far. Dr. Blaettner is the leader of the so called Medical Scientific Group. Even universities, such as the medical school in Tucson, Arizona in the USA, invited them to speak. The Medical Scientific Group is part of the Bruno Goering Circle of Friends. It includes several thousand physicians, psychologists, healing practitioners and representatives from other health care

professions in 60 countries.

In fall 2006, medical doctors from Germany, Austria and Switzerland will give lectures in North America. The lectures will take place in 150 cities from Alaska down to the Mexican border, including 45 of the U.S. states and 6 Canadian provinces. All these events are free of charge. Anybody who is looking for help and healing, or who is just open to experiencing this wonderful life force in his/her own body, is welcome. You can discover the source of power to help you in your daily life.

Bruno Goering said: "There is no incurable - God is the greatest physician."

Lecturer: Dr. Ruth Wyler, D.D.S., Switzerland

The details for all 150 lectures in North America will be listed soon at: <http://www.bruno-goering.org/northamerica> go to lecture tour 2006

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In this edition of Oral Health Tips for Seniors, we will examine frequently asked questions that relate to seniors' oral health. Information is provided by the American Dental Association.

Question: Some foods are difficult to chew and swallow. Do seniors need to eat the same amount or variety of food that they did when they were younger?

Answer: Proper nutrition is essential for everyone...young or old. However, many seniors do not eat balanced diets because meats, raw vegetables and fresh fruits are difficult to chew or swallow.

These problems are caused by painful teeth, ill-fitting dentures, dry

mouth or changes in facial muscles. Others find their sense of taste has changed, sometimes due to a disease or certain medications. Because of these and other factors, the diets of older adults are often lacking in calcium, protein and other nutrients essential to dental and overall health.

Seniors need a balanced diet based on the five food groups – milk and dairy products, breads and cereals, meats and dried beans, fruits, and vegetables. Some seniors may need multi-vitamin or mineral supplements which should only be used when prescribed by a physician.

Question: Can medications seniors are taking affect their dental treatment?

Answer: Seniors should always keep their dentist up-to-date on medications they are taking. This information will allow the dentist to select the most safe and

effective method of treatment.

As we have discussed in previous oral health tips, numerous medications seniors typically take can lead to dry mouth which in turn can cause tooth decay and gum disease. Also, seniors should inform their dentist if they have experienced hospitalization or surgery, or if they have been ill.

The dentist should be informed of any changes in health or medications. That will ensure the most effective treatment leading to better oral and general health.

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.

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Cozy Up Those Cavernous Spaces In Your Home

by Michael Walsh

While volumes are written about how to live large in small rooms, relatively little attention is given to the flip side of the issue -- finding ways to achieve some sense of intimacy in spaces that are just too big.

The truth is that excessively spacious rooms can be every bit as aggravating as rooms that are too little. High and mighty rooms have their own set of shortcomings.

For one thing, they can be expensive to furnish because so much furniture

is required to fill them up. They can be difficult to light properly. They can even produce conversational echoes.

Worse, rooms that are too big can inflict emotional distress on their occupants. It's not easy to cocoon in a room that has the proportions of an airplane hanger. Distant walls and high-flying ceilings might be great for accommodating a crowd but totally unsuited to cuddling a couple.

Though dazzling to behold, large rooms can make people feel small, isolat-

ed and exposed inside their own homes.

Open floor plans can compound the problem. A family room-kitchen-dining room combination can wreak havoc on the notion of privacy. Family togetherness is one thing, but if you can't talk on the telephone because your youngsters are playing video games and your spouse is practicing the piano, then the floor plan is seriously flawed.

Still, home buyers gravitate toward houses with expansive rooms and lofty ceilings. Remodelers spend millions to knock down the interior walls of older homes. The quest for roominess seems almost universal. But there can be too much of a good thing.

It is possible, however, to tame too-large spaces without putting the walls back up. If what you really want are open and airy spaces that feel cozier, consider the following tactics.

-- In a large living room, family room or mega-master bedroom, subdivide the space with multiple furniture groupings. Create two or more intimate arrangements.

For example, place a sofa and two chairs in front of the fireplace and another pair of chairs and a skirted table in front of the bay window. In a big bedroom, cluster the bed, dresser and chests of drawers at one end to make space for a writing desk or a love seat and table at the other end.

-- Alternate flooring materials to distinguish one zone from another. If remodeling or building, consider using one pattern of wood flooring in the living area and a second compatible pattern in the dining area.

If you're only redecorating, an area rug can accomplish the same thing. Even if the flooring is the same in adjacent spaces, a rug in one area can keep the overall space from seeming too big.

Like columns, wing walls are implied partitions that jut out from opposing walls just two or three feet, leaving



Cradled by a bay window, a pair of easy chairs creates an intimate conversation area within a larger space. photo: Hunter Douglas Shades.

a large opening in the middle. They're often used between kitchens and family rooms or between living and dining rooms.

With either technique, you don't lose dimension, but you create the impression of smaller, friendlier spaces.

-- Change ceiling heights or floor levels to break up a large space. A one- or two-step difference in floor levels can make one large space feel like two. Dropping the ceiling in a dining area can distinguish it from an adjacent living area and create a cozier atmosphere for meals.

-- For a large room with a cathedral ceiling, install ceiling beams. There will still be an abundance of impressive space overhead. But the beams will make the space feel more comfortable, more human-scaled.

-- Divide a large space with pocket doors or French doors. You can have all the openness you want with the doors open. But you can also have visual and acoustical privacy by closing them.

Glazed doors -- that is, doors with glass panes -- are often the best choice for family room-kitchen combinations because they can reduce room-to-room noise without blocking views or light.

Such relatively minor modifications can give you open, airy and light-filled spaces, but also emotional coziness without confinement.

To eliminate the need to make structural adjustments, though, give some serious thought to the issue of spaciousness before you buy a new home or remodel an old one. Ask yourself just how much space you need to satisfy your dual cravings for roominess and intimacy.

On The Right: "Missing From The Pope"

by William F. Buckley Jr.

The talk concerning the pope's blunder had to do with his under-instruction in diplomacy. Several matters were cited, among them that he had, for lack of intelligent concern, dispatched his principal Arabist to Cairo on a trivial diplomatic mission. The assumption is that if His Holiness had had his ship in order, somebody would have told him that the little paragraph about Islam in his forthcoming speech at the University of Regensburg would bring on a major diplomatic fiasco.

This dark view of things seemed to be validated by the headlines on Monday, which spoke of an unprecedented "apology" by Pope Benedict for the words he had spoken. Fastidious analysts of course did not find exactly that. What he said was that he was truly sorry for the hurt those words had caused among the

Muslim faithful. There is a world of difference between expressing regret and apologizing. One apologizes for something one did and has responsibility for. The Emperor Hirohito could plausibly apologize for Pearl Harbor; everybody else could only express regret over Pearl Harbor.

Substantially lost in the caterwauling was the pope's objective in his speech, which was to bemoan the dissipation of faith and efforts to separate it from reason. The paragraph quoting the Byzantine emperor's words about Islam was intended to remark historical accretions in religion that the pope was deploring as undesirable developments. He might also have remarked the crusading days of the Christian church as a regrettable historical development.

But it is true that the language of Manuel II Paleologus, the 14th-century Byzantine Christian emperor, could be taken as deploring something the emperor thought ingrained in the Muslim faith. The quoted words were, "Show me just what Muhammad brought that was new, and there you will find things only evil and inhuman, such as his command to spread by the sword the faith he preached."

For the pope to apologize for reminding the world of sentiments expressed in the 14th century is not the same thing as to deny that the sentiments were germane to deliberations on modern expressions of faith. Here indeed is where the pope had things to say worth listening to by people of every faith, or of no faith. And for all that he regretted citing those words, His Holiness did not pause to examine them.

Examine what?

Examine the question whether much that is being spoken today in the name of the faith by many of the apostles of Islam is to be regretted.

Either a faithful Muslim exhorts the use of the sword to spread his faith, or he does not. The critics of the pope speak as if it were plain as day that such sentiments are deplored by licensed voices of Islam, but of course the matter is not so easily disposed of. If a Christian leader were to pronounce the need to eliminate a country whose religious leaders were dogmatically misled, that leader would be disowned by the larger Christian community. But Mahmoud Ahmadinejad is the leader of a powerful nation in the Middle East who continues to call for the elimination of Israel. And we can't even satisfy ourselves by saying, "Well, our Byzantine emperor had his number, all right!"

The great unanswered question in modern political thought is: Who speaks for Muhammad? To ask this isn't to ask for a direct line to the prophet, let alone to God. It is a temporal question,

answered, in Catholic Christianity, by: the pope.

The ugly fact of the matter is that the faith espoused by some very big-time practitioners today is one or another radical variant of Islam. The Wahhabi form of Sunni Islam rules in Saudi Arabia, and an offshoot of it in Egypt. In Iran, the regnant faith is a radical Shiite Islam.

But who is to say, nowadays, what is the authentic voice of the Islamic exegesis? There is no Islamic Council that can speak with authority in these matters. And surely what the pope was attempting to say, or should have been attempting to say, was that behavior of certain kinds has no warrant to excuse itself simply by citing someone's interpretation of the Quran.

But to delve into that question becomes, ironically, more difficult rather than less since the pope's speech at Regensburg, and for this the pope could legitimately apologize.

PETOSKEY

FROM PAGE 14.

Day, also boasts a unique feature -- the Earl Young homes. These are mushroomlike stone homes with flowing cedar-shake roofs and unusual windows and fireplaces. Young, who was only 4 feet, 8 inches in height, designed the homes for short people, and all have a fairy-tale quality.

Finally, out on the Leelanau Peninsula, lakefront Fish Town is worth a

visit. Ferries to the Manitou Islands depart from here, but the real attraction is the harbor itself, bordered by a waterfall and old fishing shacks converted to boutiques and restaurants.

INFORMATION

Traverse City Convention and Visitor Bureau, (800) 872-8377 or www.mytravercity.com.

Kilpat Courts

FROM PAGE 4.

sensible word. She agreed that courts must defer to legislatures on the fixing of criminal sentences, but the Constitution prohibits sentences that are "grossly" disproportionate. In this instance, Arizona's sentence for possession of pornography "is by far the longest in the nation." It is more severe than sentences imposed in Arizona on first offenders for rape or aggravated assault.

In the federal courts, Justice Berch observed, where sentencing guidelines are fixed by an extra-judicial commission, Berger would have faced only five years in prison. Arizona's sentences for possession of child pornography are "not merely disproportionate, but grossly disproportionate to the

crime."

She concluded: "I do not condone Berger's crimes. Child pornography is a serious offense. ... Nevertheless, we are asked to determine in this case whether 200 years is just punishment for a defendant who possessed child pornography but directly harmed no one. The sentence provides no opportunity for rehabilitation and provides no second chance."

This is a case the high court ought to hear. Morton Berger may be a creep, but on the record he's a pretty sad creep. The sentence is absurd.

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

WEIRD

from page 4.

By the Way, What Else Is No Longer Weird?

Eighty such themes have occurred so frequently that they have been "retired from circulation" since News of the Weird began publishing in 1988, and many of them involve the ineptitude of criminals:

Burglars leave footprints in the snow or mud, or they suffer a leakage of loot from their heist, thus leaving trails often leading right up to perp's doorsteps. With videocams so widely used, more and more criminals are chronicling their crimes as they go, eventually making prosecutors' work easy. Even so, some robbers haven't mastered video

camera technology, and when they intend to disable a surveillance camera, they smash only the lens, leaving the recording unit intact. Cop wannabes, some with uniforms, badges and flashing lights on their dashboards, get thrills by stopping and scolding drivers, until they mistakenly stop a real (off-duty) cop. All these used to be weird, but nowadays are just too common.

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

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Traveling: There's Nothing Like A Holiday! Fruit, Fudge Are Hallmarks Of Michigan Shore

by Jay Clarke

TRAVERSE CITY, Mich. -- They go gaga over cherries in this part of Michigan, which isn't surprising, since the area produces more than half of the nation's cherry crop.

Acres of orchards spread over gently rolling hills, locals snack on dried cherries and quaff cherry wine, and the biggest event of the year here is July's National Cherry Festival.

There are even a couple of thriving shops that sell nothing but cherry-related products, including such

oddities as cherry-embazoned colanders and cherry-impregnated hot dogs.

But while Traverse City revels in its self-proclaimed title of "cherry capital of the world," it's more than that. Together with nearby Petoskey, Charlevoix and Harbor Springs, Traverse is one of Michigan's most popular resorts, attracting many thousands to the northwestern shore of lower Michigan.

Set on the coast of Lake Michigan, the region is diverse and alluring. Summer inspires outdoor activities. Fishing, boating, hiking and biking get the juices flowing.

Beaches tempt swimmers and sunbathers. Sailboats dot the many inland lakes, including three -- Torch, Glen and Crystal -- rated among the most beautiful in the world by National Geographic.

A favorite of the outdoor-minded is Sleeping Bear Dunes National Lakeshore, where sand dunes rise as much as 460 feet above the Lake Michigan shore. You can climb or hike on them or just admire the view from their summits. If you decide to descend to the bottom, be warned: The climb back up is a heart-pumper.

For golfers, Traverse is summer heaven. Golf is a Michigan obsession -- the state has more public courses than any other -- and some of the finest are in this area. Among them are challenging courses designed by Jack Nicklaus, Gary Player and Arnold Palmer.

For many, winter is just as attractive a season here as summer. This is one of Michigan's prime ski areas,

with both downhill runs and miles of snowmobile, Nordic and snowshoe trails. You can even go for a spin on a horse-drawn sleigh.

Other locals claim fall as their favorite season. Spectacular autumn colors suffuse the hills, often reflected in glassy lakes, and harvest time brings out pumpkins, pears and apples.

No matter how tasty those Michigan apples are, though, cherries remain the king of fruit. But fudge is also an obsession. Fudge shops are found in almost every locale, and the chocolate treat is such a big seller that natives call tourists "fudgies."

When they're not fudging, visitors may be sipping wine in the area's many tasting rooms. With their climate moderated by the waters of Grand Traverse Bay and Lake Michigan, two peninsulas in the Traverse area -- Old Mission and Leelanau -- are home to more than 18 wineries.

Meanwhile, Front Street in downtown Traverse abounds with shops, many of them irresistible to foodies. Grand Traverse Pie Co. makes 30 kinds of pies, the Chocolate Den molds the sweet into many whimsical shapes, and the Cherry Stop offers the fruit in all manner of permutations.

For really serious cherry lovers, though, the place to visit is the Cherry Republic, the biggest cherry retailer in the world. Located in Glen Arbor on the Leelanau Peninsula, the complex showcases cherries in three buildings set in



The Lake Michigan shore lends itself to lazing on such grounds as the Inn at Bay Harbor at Petoskey. photo: c. Jay Clarke

manicured gardens -- a gift shop, winery and restaurant that offers 16 kinds of cherry ice cream. It also does a roaring mail-order business.

"We shipped out 50,000 boxes of cherries last year, all over the world," says the Cherry Republic's Jason Homa.

Just a short drive from Traverse is Petoskey, an upscale resort where Ernest Hemingway spent many summers in his young years. Much of the author's first published novel, "Torrents of Spring," is set in Petoskey.

Downtown Petoskey is a Victorian charmer. Dozens of one-of-a-kind shops in turn-of-the-century buildings line the streets of the Gaslight District. Stafford's Perry, the only remaining elegant hotel from the Victorian period, radiates an old-fashioned ambience. Hemingway memorabilia is found in the Little Traverse History Museum.

Much further back in history -- 380 million years ago, in fact -- another unique local feature was created. It's the Petoskey Stone, a fossil honeycombed with shells of prehistoric coral that in 1965 was designated as Michigan's state stone.

Nearby Charlevoix, a pretty town that plants 50,000 petunias at curbsides every Memorial Day, is another unique local feature.

SEE "PETOSKEY" PAGE 15.

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Don't Be A Target! Protect Yourself & Belongings

by Patricia L. Polk

Think it won't happen to you? Think again! Time to have another look at keeping an eye on your belongings, especially your purse! Don't take your eye off of it for even a few seconds. It may be the last time you see it!

Because of an incident that happened to me a couple of weeks ago, I take nothing for granted now. To make a long story short, my afternoon of grocery shopping spun into a time

of unexpected panic; super panic to be exact.

Having carefully attached my purse handle with the little straps in the top compartment of the shopping cart, and even placing a newspaper over the top, I was careful to keep my cart close to my side while shopping. However, it only takes one time to be negligent in this area and one realizes that it's one time too many!

When I pulled the cart to the

Excellence In Customer Service

The Better Business Bureau of Southern Colorado is hosting its biggest event of the year on Thursday, September 14th at the Antlers Hilton Hotel in Colorado Springs.

The 12th annual Excellence in Customer Service (EICS) Program offers local companies the opportunity to examine, and then improve, their customer service systems with the help of trained evaluators.

While there is a modest fee to participate, the service is worth about \$12,000.

The event begins at 3:00 p.m. with the opening of "An Evening with the Stars" silent auction. Dozens of once-in-a-lifetime experiences such as shadowing the veterinarian at the Cheyenne Mountain Zoo will be up for

auction. Proceeds will be used to fund the Bureau's educational-outreach programs.

Dr. Rick Brinkman, a national communications specialist and the evening's keynote speaker, will host a two-hour seminar called "Life by Design" from 3:00 p.m. to 5:00 p.m.

The gala dinner begins at 6:00 p.m., followed by Brinkman's presentation "Conscious Communications" at 7:15 p.m. The evening culminates with the presentation of the 2006 EICS Awards at 7:40 p.m.

To learn more, call Debbie Montoya at 719-636-5076 ext. 129 or Blair Reeves at 719-636-5076 ext. 100.

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check-out counter, I reached for my purse and it wasn't there! The strap was unattached and the purse and even the newspaper were missing! How could this be? I couldn't remember ever leaving the feeling of helplessness unless it's happened to you!

After contacting store security, calling the police, canceling my charge card, and putting a stop payment on my checks, I discovered that some of the items in my cart were not put there by me. The realization of a "buggy switch" was evident. Somewhere during my excursion through the store, I ended up with someone else's shopping cart.

My original cart was found in the produce department, just sitting there as it had been for almost an hour; untouched, with my purse still there under the newspaper. What began in panic, ended in relief! I was very fortunate; my purse hadn't been stolen! However, this was a real wake-up call for me and should be for everyone.

First piece of advice, don't leave your purse in a shopping cart! In a news release from the Washington County, OR, Sheriff's Office, I read that in six of

seven "purse snatchings" reported, victim's wallets or purses were taken out of a shopping cart! Pay attention to the location of your purse at all times. Second, only carry what you need in your purse when shopping. I only carry one charge card in my purse, but I know others who carry a boatload of cards with them. NOT a good idea. Once a thief gets hold of a charge card, they can have hundreds, even thousands of dollars of merchandise purchased within a very short time.

Also, don't carry a lot of cash or checks...only what you need! My cell phone was also in my purse and if it had been stolen, think how many long distance calls might have taken place by the unsavory character who took it!

Beware of individuals "bumping" into you and asking questions. The times while you are talking, another person could be "lifting" your purse. The best purse to have is one with a strap which goes over your shoulder, long enough to cross over your body. If you have a purse that is carried by the handles, be sure to hold it securely next to your body. Better yet, wear clothing with pockets and place your critical items there instead of in your purse. Also, be especially aware of your surroundings in shopping malls and parking lots.

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Well Dressed Garden: Spring Bulbs Accent Mixed Beds

by Marty Ross

Jacqueline van der Kloet has a refreshing way of planting tulips, daffodils, hyacinths and other spring-flowering bulbs: Forget about old-fashioned sweeps of red or yellow and concentrate instead on striking accents, echoing patterns and brilliant little pools of color.

Van der Kloet, a Dutch garden designer, developed her style in her own garden in the small town of Weesp and then planted her ideas on the very

bastion of tradition -- at Keukenhof, the famous garden in Lisse where hundreds of thousands of bulbs bloom from March through May.

Her "inspiration gardens" at Keukenhof are designed to bring great design ideas down to the scale of people's back yards. The concepts will work no matter where your garden grows.

Garden shops receive their shipments of spring-flowering bulbs from Holland and other producing areas in early fall and usually carry a great selection through November. When the days cool off, it's time to plant.

Instead of packing 200 tulips into a flower bed all by themselves, van der Kloet likes to use fewer bulbs in mixed beds, placing the tulips, daffodils and other bulbs carefully among perennial plants and small shrubs.

"I'll plant between 20 and 50 tulips," for example, she says, "but I plant them like they have been scattered. Tulips have a wildflower look, and if you plant them with the right perennials they can look like a flower meadow."

In one garden at Keukenhof, van der Kloet planted pink tulips and white hyacinths with peonies and delicate white bleeding hearts. Little botanical tulips (T. turkistanica) filled in around the skirts of the peonies.

In another area, she put bright pink and orange tulips here and there in a bed of blue-flowering Brunnera (forget-me-nots would also work), and then planted hundreds of small white windflowers (Anemone blanda) and frilly blue Chionodoxa.

"I like to design gardens in which plants can grow through one another and pop up in unexpected places," van der Kloet says. "Of course there is a basic structure, which is important in every garden, but within it, perennials and bulbs lead their own lives."

In formal gardens, she might stick with just one color, as she did last year in a garden of perfectly clipped boxwood hedges. She packed white tulips into a dozen 18- and 24-inch terracotta pots and placed them carefully around the garden.

Some of the pots are clustered around the garden gate, four of them stand like gorgeously uniform sentries at the corners of a patio, and others are lined up alongside a gravel path. She chose variations on the theme: early blooming pure white tulips; ruffled, double-flowering varieties; white tulips with a subtle green stripe, great tall creamy white tulips, and tiny snow-white tulips with a spot of gold at the center.

She planted up to two dozen tulips in each pot. The effect was as clean and crisp as a starched, pleated apron -- and utterly sophisticated. In the past couple of years van der Kloet has been working with the great Dutch plantsman and designer Piet Oudolf to incorporate spring-blooming flowers into his designs for public gardens in the United States. They planted tulips and alliums among the extensive beds of perennials at The Battery in New York City.

The golden-yellow trumpets of the daffodil 'Peeping Tom' flash in the soft spring light just as the foliage of perennials begins to emerge and fill in around them. Nearby, the large translucent globes of purple Allium christophii are planted with prairie dropseed, a wispy ornamental grass. This year, Oudolf and van der Kloet are collaborating on a planting at the Millennium Garden in Chicago. Van der Kloet's deft and delicate approach to bulb plantings places great emphasis on garden settings and natural surroundings. Bulb flowers are chosen to complement the blooms of flowering trees and shrubs and to echo and accent existing palettes throughout



Spring-flowering bulbs look almost like wildflowers in a garden designed by Jacqueline van der Kloet. Her fresh and colorful designs mix bulbs with perennials and shrubs. photo: Netherlands Flower Bulb Information Center

You don't need a long list of plants to make a beautiful garden, van der Kloet says. At Keukenhof, she designed a garden with purple tulips, white hyacinths, euphorbia and hellebores, surrounded by evergreen shrubs.

"If you use the right balances you can make a very beautiful garden with only five species," she says. "A special garden always has that balance, and that's what makes it exciting."

Keukenhof (www.keukenhof.com or www.holland.com) is scheduled to be open from March 22 through May 20, 2007.

Three mail-order sources for spring-flowering bulbs are: Brent and Becky's Bulbs (www.brentandbeckysbulbs.com), Scheepers (www.johnscheepers.com) and Colorblends (www.colorblends.com). Brent and Becky's Bulbs sells prechilled bulbs for gardeners in the South.

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Reeling "Prairie Corn Is Good For You"



by Film Critic Betty Jo Tucker, Pueblo

Prairie Corn Is Good for You. Filmmaker Robert Altman's "A Prairie Home Companion" may be corny, but it's delicious corn. In one of the best films of 2006, Altman fills the air with old-time tunes while making us laugh and cry with characters we really care about. This veteran director has certainly redeemed himself in the eyes of movie fans like me who were disappointed by his last film, the predictable British drawing-room mystery "Gosford Park." Still, even Altman admits his new movie -- available October 10th on DVD -- represents Garrison Keillor's sensibilities more than his own.

Based on the Keillor's popular long-running radio show of the same name, "A Prairie Home Companion" also

changed my opinion of Meryl Streep and Woody Harrelson. These two actors have failed to impress me in most of their screen appearances, but their performances here are pure gold. Maybe it's because I'm such a fan of musicals: Streep simply sparkles as she belts out her duets with an equally entertaining Lily Tomlin, and Harrelson appears surprisingly comfortable as a singing cowboy in his numbers with John C. Reilly. The Harrelson/Reilly "Bad Jokes" medley is hilarious!

Other standouts in the terrific cast include: Virginia Madsen, ethereal and beautiful as a Dangerous Woman lurking in the wings; Kevin Kline, who deftly parodies those old film noir detectives; Lindsay Lohan, poignantly funny as Streep's suicide-obsessed daughter;

and Maya Rudolph, delivering a perfect dead-pan turn as a pregnant, eye-rolling script girl/assistant stage manager.

At first, the screenplay by Keillor seems quite simple -- it starts out as merely a depiction of what happens during the last radio show before a greedy developer (Tommy Lee Jones) closes the theater where "A Prairie Home Companion" has been performed weekly for 30 years. But, as the movie progresses, you discover it deals with much deeper issues -- matters of life and death, in fact. "Gather ye rosebuds while ye may," quotes Guy Noir (Kline) as he summarizes the film's important message. To which the taciturn radio host, "GK," would probably add, "If you feel really happy, be patient: this will pass."

Maybe so, Mr. Keillor. But I believe my happy feeling about "A Prairie Home Companion" will last forever. (Released by Picturehouse and rated "PG-13" for risqué humor.)

NOT HAUNTING ENOUGH

Doors squeak, floors creak, thunder roars and music soars in "An American Haunting," a tale of a young girl and her family who were bedeviled by some sort of spirit in Red River, Tennessee, during the early 1800s. Sadly, the most mysterious thing about this overwrought horror/mystery is how two fine actors like Donald Sutherland and Sissy Spacek became involved in such a dreadful movie.

Sutherland and Spacek portray the parents of lovely Betsy Bell (Rachel Hurd-Wood), a teenager just beginning to realize her power over the men in her life -- a teacher (James D'Arcy), a fellow student (Sam Alexander) and her own father. Soon after John Bell (Sutherland) is condemned by church officials for usury in his dealings with a Very Angry Woman, strange sounds are heard in the Bell house. Then things get worse. Betsy experiences nightmares followed by episodes of being tossed around in her bed, dragged across the floor, held suspended

in mid-air and slapped by an invisible entity. Eventually, other physical manifestations -- such as smashing windows and breaking furniture -- occur. And John Bell suffers from strange hallucinations involving a ferocious black wolf. (I couldn't decide if these people needed an exorcist or a psychiatrist.)

Why is all this happening? Could the Very Angry Woman be a witch who has put a spell on the Bells? Is Satan himself at work here? Or is something else responsible? I can't tell you, of course, but the real cause -- which I still have trouble believing -- is revealed in a brief and unsatisfying section of the film set in modern times.

Based on true events, this case is touted as the only documented one in U.S. history in which a spirit caused the death of a person, so there's great material here for a scary film. Too bad almost everything went awry. I say "almost" because the movie manages to boast a gothic visual atmosphere that's quite appropriate for this type of story. Also, Sutherland and Spacek deliver completely convincing performances as devastated parents.

Unfortunately, the film's LOUD sound effects, repetitive thrashing-about scenes, and overpowering music (which, believe it or not, in one scene sounds almost whimsical) just about drove me nuts. Seldom do I want to walk out on a film no matter how awful it is. But "An American Haunting," available right before Halloween as a home entertainment offering, joins "Van Helsing" and "The Man" on this short list. (Released by After Dark Films and rated "PG-13" for intense terror sequences and thematic material. Scheduled for an October 24th DVD release.)

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

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