Sentor Beacon if you are 50 or older you should read it is 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

and operated a small business together is becoming all too common today. World-Wars. All while raising two nursing home.

didn't plan on: long-term care.

Once they closed their small

their lives surviving. The two owned an unfortunate financial situation that time.

the monthly nursing home costs.

business and became too frail to care port, because it does not cover stays in resources. They had to sell everything ments.

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-Corof diabetes education, screenings and anyone interested in healthy living." demonstrations available to the public seling on diabetes.

breakfast and free gift. The event will tunity. also feature a keynote address from local endocrinologist Raphael Francisco, and reservations are strongly requested. M.D. and mini-breakout sessions with For more information, or to register for topics to include advances in treatment, the screenings, please call 719-560fitness, nutrition and available commu- HELP.

win Medical Center has partnered with knowledge and skills necessary for peofor retirement. Had they even spent ries sold, you can hold on to the things numerous healthcare professionals and ple with diabetes to achieve good health a small amount of time earlier in life you worked so hard to attain. corporate and civic sponsors to present and to minimize the complications that with a financial planner, they would its fifth annual Diabetes Symposium at may develop from this disease," said have probably learned a few techniques mean the end of your livelihood. It the Pueblo Convention Center on Sat- Steve Brown, M.D., chief medical of- which would have allowed them to urday, Nov. 4, 2006 from 8 a.m. until ficer. "We hope to reach people with 12:30 p.m. This is the largest gathering diabetes, those at risk for diabetes and

St. Mary-Corwin will offer a in Southern Colorado and associates multitude of free screenings beginning from the St. Mary-Corwin Diabetes at 8 a.m. The screenings include tests Center will be on hand to provide counsuch as blood pressure, non-dilated eye exams, dental, cholesterol, depression, The event is open to the com- urine protein and hemoglobin A1c. munity and includes a host of free Screening participants will be asked to formational booths, cooking and fitness curate results and must be registered to

The program is free of charge

they worked so hard to earn, in order an instant, sold to pay the medical bills easily be prevented with some basic that had piled up.

family had never consulted a finan- and secure. "Our goal is to provide the cial planner or worried about saving

James and Irene Norris spent for each other, they became trapped in nursing homes for extended periods of hold on to more assets and still legally qualify for Medicaid.

Once on Medicaid, they were for over 60 years, surviving the stock After several medical problems, they and they soon realized they no longer limited in their options. They were market crash, the Great Depression, were forced to choose some sort of had adequate financial resources to forced to choose only the care that seventeen U.S. Presidencies, and two custodial care and they moved into a survive. They reached a turning-point Medicaid would cover, rather than what and, after working their whole lives, would truly make them comfortable in Even though they had savings, they were forced to make the most their finals years. Finally, when they But there was one thing they it quickly disappeared when faced with painful decision of their lives. In order passed away, the family was left with to qualify for Medicaid, they would thousands of dollars worth of debt from Medicare offered little sup- not be able to hold onto all of their medical expenses and funeral arrange-

> This lack of preparation is comto receive Medicaid. Their prized pos-mon. It happens every day to hundreds sessions that had been so carefully col- of middle and upper-income families lected through the years were gone in across the United States, and it can planning. Rather than watch your life's Part of the reason they had to work slip away because of costly medisell was because of Medicaid require- cal expenses, with just a little planning, ments, but much of their selling was vou'll vou be able to leave a legacy due to a lack of planning. The Norris behind that will make your family proud

> > Rather than seeing your memo-

Long-term care planning doesn't SEE 'PLANNING' PAGE 22.

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!!!!

health screenings, guest speakers, in- fast the evening prior for the most ac-

PUEBLO, Colo. (September 11, 2006)--- Parkview Medical Center's demonstrations, a complimentary box take advantage of the screening oppor- 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 refresh-

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

"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.

Senior Beacon

P. O. Box 7215 - Pueblo West, CO 81007

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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?

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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 hestitate 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?

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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

• 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

• 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

• The first couple to be shown in bed together on prime time TV were Fred

- 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.

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

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Fashion: "Looooooking Good!

by Patricia McLaughlin - Mature Market Media Services

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back-to-school product is L.L.Bean's then it's too late. With the light-up dle -- is designed for kids 7 through 10. piece of kids' out-"rolling critter pack" with "LED constel- wheels, maybe you'd see the obstacle I double-checked with Bean's Rosemary erwear it makes. lation wheels that sparkle as they roll." before it tripped you. The wheels on this rolling backpack are see-through blue plastic with LEDs (light- your choice of critters embroidered a grown-up. No dice: She said her son has using an allover emitting diodes) in them. The LEDs light on it -- a butterfly (on pink), a panda one and, any time she tries to pull it, it isn't reflective coatup when the wheels start rolling. Which, (on sky blue), a gecko (on sapphire long before she picks the thing up. besides being cool, could be quite use- blue) or a shark (on cranberry). Perful when you're rolling a pack through a sonally, I could do without the criting for a way to catch your eye -- bright

rolling briefcases and camera cases in ibility orange the crush after runway shows during fashion week in New York: You don't isn't meant for me -- or you either, prob- gle to the center So far, my favorite new see them until they're underfoot, and ably. It -- and its short, retractable han- back of every

ters -- and the colors, for that matter. color, sparkly sequin trim, low necklines, years ago, North ing book pack for

I've tripped over people's Black would be fine -- or maybe high-vis- its book packs in

Mon. - Fri. 9-4

or by appointment

MacKinnon, hoping the handle might Several years The critter pack comes with somehow extend far enough to work for ago, Bean started Fashion designers are always look-packs. etc. But they've been slow to explore the Face upped the kids 7 to 10 has seeuses of light.

started her fashion show for spring 1994 daypack with an (light-emitting diin the dark. The audience was provided integrated battery
odes) in them. Ine

LEDs light up and with head lamps, and instructed to turn powered safety sparkle when the them on -- and, when we did, we saw these light. disembodied sparkling silver coats dancing down the aisle by themselves. It was Bean started makmagical.

using Scotchlite, the 3M light-reflective cent wire that runs for 50 hours on two technology that's more commonly used on AA batteries; it can be set to flash or bike messengers' vests, traffic cops' uni- stay lit. This year, Bean is selling two forms and highway signs. I thought she'd packs (\$34 and \$49) and a messenger have a million imitators, but no. Clothes bag (\$59) with Illuminex, plus the crityou can see in the dark failed to take the ter pack with LEDs in the wheels (\$65). fashion world by storm.

count jokey light-up Christmas neckties nescent striping powered by a rechargeand the sneakers they make for little kids able battery pack. The group includes a with lights embedded in the heels that backpack (\$79.50), a messenger bag for flash when the kids run, which I've also adults (\$69.50), breatheable waterproof envied.) Not that there's anything wrong insulated jackets for kids (\$149.50) and clist, a firefighter, a traffic cop, a mountain ups (\$249.50), as well as a pet jacket in climber, a construction worker or a utility four sizes (\$49-\$79). 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 ibility. The backpack delivers 6 square down from the pros to regular folks -- even inches of light. In tests, he says, the little kids. Now a 12-year-old walking to light has been visible from as far away school in the near-dark at 6:30 a.m., or as 1,000 feet -- "a little more than three walking home at dusk after chess club, can football fields." The light is powered by be as visible as the flagman on a highway a rechargeable battery pack that charges

flective Scotchlite tapes and patches on stant.

But, unfortunately, the critter pack a reflective trian-

ing on some of its

Three L.L.Bean's new ante when it in- through blue plastic Donna Karan was a pioneer: She troduced the first wheels with LEDs odes) in them. The

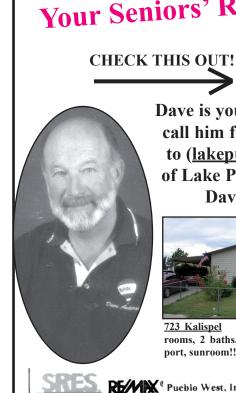
> wheels start rolling. Last year, photo: L.L. Bean

ing book packs with Illuminex -- a stripe Karan had made a group of coats of light provided by an electrolumines-

This year, Lands' End is intro-The use of light in clothing has ducing a group of products with what stayed stubbornly functional. (Unless you it's calling Cool Blue -- electrolumiwith function. If you're a runner, a cy- (coming in November) one for grown-

Lands' End's Todd Christiansen says the stripe of light circles the hem of the jacket to provide 360-degree visin three hours and runs from six to eight L.L. Bean had started using re- hours in flash mode, four hours in con-









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Dave Anderson, GRI, CRS, SRES

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Cancer Survivors Sought For Pueblo "Walk Of Hope"

Hope is a fundraiser benefiting Pueblo Mineral Palace Park in Pueblo. Regis- massages. tration 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 at St. Mary-Corwin Cancer Center. will begin at about 4:00 pm. Cancer survivors (anyone who has ever been

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Re-Elect

Cancer survivors are now diagnosed at any time with the disease) being registered for the Orchard of will be honored during the first and last Hope's Walk for Hope. The Walk for laps, will receive a free T-shirt, a free lunch with food from Johnny Carino's County cancer patients. It will take Italian Restaurant, served by the Orplace on Saturday, October 7, 2006, at chard of Hope's board members, and

> The Honorary Chairman for the Walk for Hope is Dr. Joel Ohlsen, retiring director of medical services 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.

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Wonderful

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mission is to provide financial and emo- Hope Foundation promises to distribtional assistance to local cancer patients ute all monies in the county where they

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When is long-term care needed?

them with various tasks.

ting out of a chair or as complex as closure. You will be filled with pride cooking a meal or bathing. Both knowing that all you worked for is still mental and physical ailments can bring intact. Just a small amount of longabout a need for long-term care includ- term care planning could ensure that ing strokes and car accidents.

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

According to the Center for than you found it. Disease Control, 14.2% of all nursing home residents suffer from Alzheimer's Insurance License #0C23496, is a Registered disease. This can be extremely costly Investment Advisor Representative with and can destroy your financial security Financial and Retirement Management, quicker than you think.

have?

Most people automatically think of nursing homes as the only Financial and Retirement Management long-term care options. While it is and Securities America are not affiliated. true that nursing homes account for a This site has been published for residents large percentage of long-term care, it's of AZ, CA, FL, IL, MI, MO, and TX. All certainly not the only option available information herein has been prepared of options to choose from if you plan of an offer to buy or sell any security or ahead. Insurance that helps cover costs of nursing homes, assisted living facilities and even in home health care are any representations or warranties as to all options that can be considered.

What's the next step?

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means taking a small amount of time your closest family members. Once to decide what options you and your you have decided to pursue long-term family will have in the future. It means care planning, there are various options making sure you have something left to available to you through the help of a trusted financial advisor.

With just a small amount of Long-term care is generally financial planning, you may be able to something to consider when someone spend your final years in comfort and can no longer perform basic functions stability, without all the added financial themselves. Generally, it means they stress and anxiety. Your family memneed a medical professional to assist bers will be able to spend time around you sharing their love and support, This can be as simple as get- instead of dealing with debt and forethe dreams you achieved in life don't

And you may find that you are able to leave this world a little bit better Robert Valentine, CSA, Ca.

a Registered Investment Advisor and a What long-term care options will I registered representative with Securities America, Inc., a Registered Broker Dealer. Securities offered through Securities America, Inc., Member NASD/SIPC. and depending on your ability to per- solely for informational purposes, and it is form tasks you may have a wide-range not an offer to buy or sell, or a solicitation instrument or to participate in any particular trading strategy. Financial and Retirement Management does not make the accuracy, timeliness, suitability, completeness, or relevance of any information When deciding what type of prepared by any unaffiliated third party, long-term care planning you should whether linked to this web site or incorporated herein, and takes no responsibility.

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interesting paradoxes.

lously still alive, given what he was made tices," rejecting the toughness President ing. Bush and his advisers deem necessary to cope with their problem. Most unexpect- and buried. But of course we do not do ed was the intercession of Colin Powell. that kind of thing. As a former secretary of state and close adviser to presidents, he'd have been Guantanamo cell. Just keep him there, thought in favor of executive authority let the months go by, turning -- maybe -in matters touching on war.

Rep. Duncan Hunter, R-Calif., head of the House Armed Services Powell introduced an objection of arrest-ment.' ing nature. He said that a departure from the Geneva Convention rules would enterrogation practices. courage the world to "doubt the moral basis of our fight against terrorism.'

minute with some basic questions, illu-Geneva Convention that begot Article 3 minated by a hypothetical case.

picked up by security agents in London. language of the convention, the design He has been frequenting the airport, was to prohibit "outrages upon personal spending unaccountable time at inter-dignity. national departures gates of British Airways. A search of his apartment brings Michael Hayden of the CIA has said that

by Coleman

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The divisions on the question out files focusing on airport transport. of how to deal with terrorist suspects Telephone records disclose calls to a reminds us that there is confused reanumber that French authorities have soning in town. This is not unexpected, listed as suspect. Sulaiman declines to but this time around it gives especially answer any questions. One month later. he finds himself in Guantanamo. What is Sen. John McCain -- miracu- to be done with him?

ON THE RIGHT: "STUMPED BY MORALITY?"

Routine questioning, of the kind to suffer in Vietnam -- voted against au- he has been subjected to ever since he thorizing "alternative interrogation prac- was picked up, has accomplished noth-

Hypothetically, he could be shot

We could just keep him in his into years. But that, too, is something we don't go in for, certainly not in theory.

So after a while the comman-Committee, said simply that he would dant says, "Let's try something a little do whatever the president asked. Gen. more persuasive than solitary confine-

Like what? Like alternative in-

A question before the Senate was whether to continue to abide by It's worth it to pause for a what is called Common Article 3. The sought to prohibit inhumane treatment Habib Sulaiman, age 22, is of combatants seized in wartime. In the

Legal questions arose. Gen.

clarifications have to be made, since outrages to human dignity can be ad- Gen. Powell to take these questions and duced by imaginative, and even not re- run them together under the rubric of ally imaginative, detainees -- certainly morality. The eternal question, in inter-Mr. Sulaiman could after awhile per- national engagements but also in nation-

3. The Geneva Convention that came activity. up with it was talking about treatment of organized combatants, and of course request of the commander in chief, The point here is that Congress has the these questions. They should not be authority to modify its endorsement of asked to define what exactly they conthe Geneva protocol by acting on the done, in the way of alternative interrovagueness not only of the prohibition, gation practices. But they should not be but also of the category -- "combatants" dumbfounded into inactivity by general seized in wartime" -- being dealt with.

It was a maudlin mistake of

suasively maintain that life in a cell in al and even local engagements, is how Guantanamo is an outrage against per- to balance competing claims: the claim to personal sovereignty and the claim Another matter, on which Mr. to security for the community. Before Bush is absolutely decisive, has to do airplanes existed, one didn't need exwith the auspices of Common Article pedited detentions based on suspicious As Congress closes in on the terrorists are militantly non-military. elected legislators will need to review

by William F. Buckley

appeals to the Ten Commandments

The Writer's Art Right Word, Wrong Verb

This is today's mind-boggling

news item from Baghdad on May 3. It the Birmingham (Ala.) News brightappeared in The Seattle Times: "The ened an otherwise pedestrian story in body of one of Saddam Hussein's top June. A land investment company had lieutenants was kicked and berated after purchased a 13,000-acre plantation in U.S. forces transferred it into Iraqi cus- Union Springs: "The property," said the tody ..." (italics added).

To berate, as every reader of this of \$35 million. column knows full well is "to scold or condemn vehemently and at length." It's The reporter could have written that a lovely verb. But was it the best verb the property "sold for" or "went for" or for the occasion? Maybe yes, maybe no. Let us revel once more in the riches of million. The unexpected "fetched" was

On the mild side, the captors could have admonished, chastised, re- gle," "wriggle" and "waggle"? The buked, reprimanded or reproved their Seattle Times reported last April that late and unlamented enemy. It was per- a Kirkland man died when he tried to haps a little late merely to reproach or "wiggle" his way out of a stalled elevaremonstrate. No! The occasion called tor. The Washington Post reported the for a verb more vigorous. The passive efforts of a Redskin tailback to "wrigcaptive more likely was castigated, re- gle" through holes against the New York viled or upbraided. But what the corpse Giants. In USA Today, eyebrows "wagwas, it was vilified! It is remarkable how gled" when President Bush kissed his one may engage in animadversion, not secretary of state. to mention objurgation. All it takes is a

We're talking verbs in this space question: Is it possible to "berate" a today. They are the muscles of language. just as nouns are the bones and this is a The question evolves from a metaphor for dropping. A reporter for News, "fetched close to its asking price

> Fetched! What a lively verb! "brought" or even "drew" nearly \$35 a pimento in the olive.

> What's your position on "wig-

SEE "WRITER'S" PAGE 5.



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If you have questions about breast cancer or other types of cancer, please contact us - Health *Initiatives* 584-7324.

Or to schedule your mammogram please call 584-4668.

A few facts about breast cancer...

- * Breast cancer is a malignant (cancerous) tumor that starts from cells of the breast. The disease occurs most frequently in women, but men can get breast
- * 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.

|Remember \$.99 gas? You'll Never See That Again! **But You Can Get Breakfast**

For \$.99* at **HOMESTEAD** RESTAURANT * This Special Price Is For

Dine-In Only Orders Monday - Friday 8:00am - 10:00am

One order person &comes with one egg, sausage patty (or bacon), toast, hash browns or one biscuit & gravy.

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Pikes Peak Center - Colorado Springs, Colorado

TICKETS GO ON SALE SATURDAY OCTOBER 14th - 10:00 am

news of the we1rd

FOR SENIOR BEACON

other deficiencies. A spokesman for an

with somewhat homely women."

disfigurement.

planning his deals.

Marriage Proposals Gone Awry

plan to propose to Erika Brussee in July

Least Competent Criminal



Visit Us at http://www.seniorbeacon.info

Police Blotter

-- Fire crews arriving at a burnhaving already implored neighbors not to call firefighters. Police later found ment and took three people into cus- England, "Inthewrongplaceness," con-

WWLP-TV (Springfield, Mass.), po-explained, on her Web site: "The work lice chief Anthony Scott of Holyoke, left me with an undercurrent of piggidomestic fight in which Ms. Yesenia Ortiz retaliated against alleged aggres- began to flicker into my conscioussor Victor Cruz: "She grabbed another ness." People for the Ethical Treatment (Cruz was arrested and taken to a hos-merely "sick." pital for treatment of his winky.) Great Art!

cusations of child abuse.

sisted of a naked woman cradling a dead -- In an August segment on pig for four hours at a time. O'Reilly

The Litigious Society

-- One Hindu family sued an--- Artists Gone Too Far: An other in Springfield, Mass., in July over

August Los Angeles exhibition by pho- an arranged marriage after the bride- Wichita, Kan., in September, Kandi tographer Jill Greenberg featured 27 to-be presented herself to the groom's Blakney went to the courthouse for her ing house on 99th Street in Portland, 2- and 3-year-old kids crying, scenes family for the first time and was wedding, but when a clerk pulled up Ore., on July 26 must have suspected that Greenberg provoked by offering judged too ugly. Vijai V. Pandey and her marriage license, two outstanding that something was up because nerveach one a lollipop and then snatching his wife claimed they were "extremely arrest warrants also came up, and she ous residents of the home were ferrying it away. She admitted that the photos shocked" at the woman's "protruded was jailed, in her wedding dress. buckets of water to the fire themselves, were "upsetting" but denied critics' ac- bad teeth" and bad complexion, among Poor at Anger Management

Executive chef George Llo--- Performance artist Kira American Hindu organization tried to rens, 60, was arrested in Bridgeport, marijuana plants growing in the base- O'Reilly's August show in Penzance, downplay skepticism over arranged Conn., in July, accused of punching a marriages, telling the Springfield Re- colleague in the face because the appepublican newspaper that he had seen tizers she made were cold. And police "very handsome men who are happy in Decatur, Ala., arrested four people in August after intermittent, daylong -- Linda Mason filed a lawsuit fighting (that sent three of them to the Mass., described the extent of a recent ness (and) unexpected fantasies of merin Chicago in July against a Borders hospital) that began when one flicked a gence and interspecies metamorphoses bookstore, citing a defective toilet in cigarette butt near another's property. the ladies' room that allegedly triggered And Jeffrey Cullen, 58, was arrested near-catastrophic medical injuries. Be- in August for firing several gunshots knife and stabbed him in the winky...." of Animals called the performance cause the broken seat "shifted to the at Kingman, Ariz., firefighters (but side" when she sat down, she not only missing) when they told him that they lost her balance and fell to the floor but weren't permitted to rescue his cat from somehow suffered "multiple spine in- a tree.

juries," requiring "multiple neurosurgi- Recurring Themes cal" operations, resulting in permanent

While stories of dogs stepping on rifles' triggers and accidentally shooting their owners have occurred so Pennsylvania inmate Donta often as to be No Longer Weird, the dog Thomas was re-arrested in August and that accidentally kicks the gearshift of charged with operating a drug ring on an idling vehicle is rarer. Nonetheless, the outside, carried out via the Fayette in July in Republic, Pa., and Ogden, County prison's pay phones. Accord- Utah, dogs sent trucks off on wild spins ing to police, Thomas routinely gave after bumping gearshifts. The Pennexplicit instructions to his accomplices sylvania dog hit a pole, a fence and a over the phone despite an automated house and ruptured a gas line; the Utah message on each call that the conver- "driver" (a police K-9) hit a woman, sation was being recorded. According seriously injuring her. And near Elliott to a spokesman for the state attorney Lake, Ontario, in July, a bear climbed general, Thomas, speaking, would into Marty Descoteaux's idling boat pause so as not to have to talk over the and bumped the throttle, as Descoteaux recording, but then afterward resume bailed out. The boat spun around and hit a rock, knocking the bear back into the water.

(1) Adam Sutton's elaborate Undignified Deaths

In Jhalabordi village in India on a small chartered plane near Rome, in August, a pigeon fell into a well, Ga., didn't work out, as the engine and five villagers went in, in successtalled and the plane crashed (causing sion, to rescue first the pigeon, and then minor injuries) near their friends on the the succeeding Samaritans, but all five ground who were holding up signs with died. And in Surkhondaryo province the actual proposal question for Brus- in Uzbekistan in August, a father and see. (2) Mark Papkey's elaborate plan son were digging an overflow pit for an to propose to Holly Barnes in June on a outdoor toilet when the walls collapsed, hot air balloon near Boston didn't work and five neighbors in succession were out, as the balloon drifted into wilder- lowered into the pit to attempt a rescue. ness, fuel ran out, and they and the pi- but all seven people wound up dead

MORE WEIRD NEWS PAGE 10!

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Nancy Kattnig Century 21

ever-changing needs of our generation. Whether you are seeking a vacation home, would like to down-size or prefer a townhome, I can help you find the home that will make I

As an active 50+ adult myself, I understand the

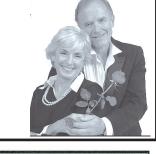
can help you find the home that will make living easier and more enjoyable."

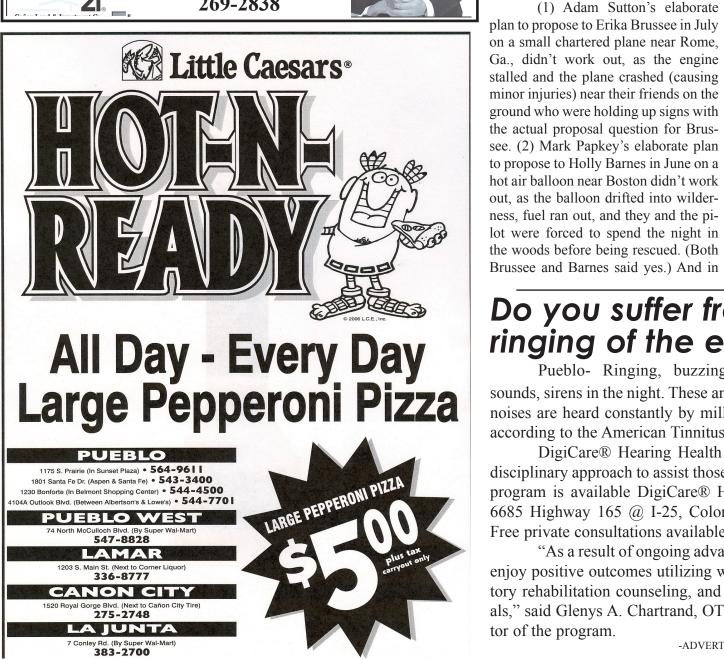
Call: (719) 275-5717 or(719) 269-2838

Fax:(719) 275-9716

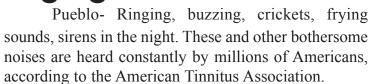


1025 Royal Gorge Blvd. Canon City, CO 81212 269-2838





Brussee and Barnes said yes.) And in Do you suffer from ringing of the ears?



DigiCare® Hearing Health Network is now utilizing a multidisciplinary 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.

-ADVERTISEMENT-

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LICENSED NURSE. Available to C.J. Krzywonski, "The Polak"... and care and assist you in your home let's talk!

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chair. Pronto 71 SureStep. Just cost is \$2,055. Will sell for \$1500. \$1,000. - 560-9507. #1106

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thepolak@att.net #1106 **Yours FREE Today at:**

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(719) 531-0961 or e-mail me thepolak@att.net #11006

CRYPT. Veterans Court of Honor. LIKE NEW - ELECTRIC wheel- Imperial Memorial Gardens. Current Call (719) 561-3563. #1006

> -Your Hearing Solutions (719) 647-9138. #1006

TWO CEMETERY PLOTS, locat-FREE Emergency Medical I.D. Tag ed in Hillcrest Garden of Imperial With Life Saving Stress Sensor. Get Gardens. \$1400 EACH. CALL 719-948-9476. #1006

IMPERIAL GARDENS - SING-ING TOWER Two lots with vaults. WANTED: USED HUNTING GEAR \$3195.00 (save \$1100). Lot #384. Call (719) 542-8940. # 1006

or a loved one no longer use. Call <u>CAL</u> Recently retired RN, BS, who

SENIOR CLASSIFIED AD REQUEST

This classified ad section of the Senior Beacon carries advertising of all sorts. The cost is \$7.00 for the first 25 words or less and \$.25 for each word over 25. TO PLACE AN AD here's all you need to do: Write your ad in the space pro-Please print clearly. Deadline is the 20th of the month.

Your Name:

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

misses nursing, seeks PT position FAMILIES OF VETERANS may in clinic, office or hospice. 34 years purchase two cemetery lots in experience. ACLS certified. Caring, "Veteran's Court of Honor," Imperial dependable, organized, with great Gardens. \$750.00 each. Call 545-PR skills. Experienced in multiple 3215. #1006 areas, most recently as infusion clin- FOR SALE BY OWNER: Perfect ic charge. Excellent references. No retirement home. Historic location. benefits needed and salary nego- Elizabeth St. Low maintenance. tiable. Call Verna, (719) 545-9913(h) Convenient location. Call 583-2516. or (719) 252-2157. Can e-mail me at Permanent Residence Only! #1006 GHa4274647@msn.com. #1006

Mail ad & Check (send no cash) to:

JAZZY POWER WHEELCHAIR gel seat, extra footrest, two gel batteries. Originally \$5000, asking \$1500. Used very little, 719-547-3073, #1006 **HOUSECLEANING** I will clean your home. Very reliable. Years of experience. Shari, 214-4335 or 545-

ALTERNATIVE TO NURSING HOME. 16 years experience. 24 hour live in my home - TLC. Excellent food, care, reference, all types of care. 719-545-1448. #1006

OUT OF STATE OWNER needs to sell 2 cemetery lots at Imperial Memorial Gardens. \$1125 each. 544-6129. #1006

RASCAL SCOOTER. Excellent condition. Used only 10 hours of driving. New batteries included. Original price, \$3,078. SELLING FOR \$1,900. (719)481-4038. #1006

FOR SALE Six cemetery lots. Catholic section Pueblo Via Crucis. Section 80,81. \$1150 each. Call Paul Laub 405-659-3637. #1006

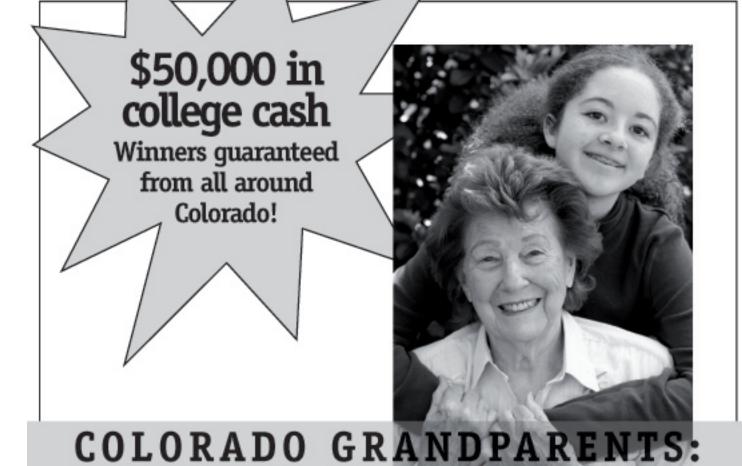
LOW VISION Telesensory Atlas 600. for reading ability to see pictures. 20" CCTV monitor. Easy to use levers. One color lever - One magnifying lever. On and off switch. \$900.00 Call 719-544-9915. #1006

CUSTOM SEWING AND Alterations. Reasonable rates and friendly service. Free pick-up and delivery Call Michele at 544-3379. #1006

IS LIFE PASSING YOU BY?! Don't let your family legacy slip away! Pass it on before it's too late! Local author Lori Burner will help you put your memories into words for your children and grandchildren. Call Lori at 647-0991 or 250-0144 for all the info. #1206.

LOOKING FOR A GOOD CHAR-ITY? Crohn's and Colitis Disease hit young and old alike. What a blessing it would be if they could find something to help stop the suffering. Call 647-1300 today for info.

COMPANION/CAREGIVER available Monday-Friday. 44 years experience. References. Call Sally, 544-1350. #0107



Describe your dreams for your grandkids and earn \$5,000 for their college education!

Ten \$5,000 college savings plans will be awarded this fall. Open to Colorado residents with grandchildren (or great-grandchildren) 12 years old or younger.

INTERESTED? Just answer this question:

"What are your hopes or dreams for your grandchild or grandchildren and how would college help make them possible?"

To learn more or enter call 303-376-8844 or visit www.collegeinvest.org/grandparents. Essays must be entered online or postmarked by Friday, November 10th.



A not-for-profit division of the Colorado Department of Higher Education.

Senior Community Update

TRIAD is sponsoring a one-day semi-ther information. nar for anyone who works with seniors. Join us for a senior centered conference on October 11, from 8:00 am to 4:30 pm at the Pueblo Convention Center at HOOT! Bridge: Party Bridge 547 1822. 320 Central Main, Pueblo.

TRIAD philosophy is to provide the Writing 547-0250 or 583-2885. Creature Range (402 East Loma, Pueblo West). opportunity for seniors to have the best Comforts 671-2030 or 543-4750. Day information with which to make their Trips 547-8181. Dominoes 543-6926. decisions; and to be their advocates Dream Appreciation 583-2885. Fine whenever possible. To do this, we feel Dining 546-6189. Genealogical Society it is important to provide educational 545-6326. Theater...Music 545-2803. opportunities for any person who works Movies 543-6657. with seniors. Agencies, law enforcement, and senior services work together Don't Think of Us as Being Over to shoot in all disciplines. The cost is ever there could be cancellations, or on a daily basis to give our significant the Hill.. Think of Us as Picking Up \$30. This includes all equipment needelders the information they need to Speed! Camping, 545-3787; Cycling, ed. Please bring a lunch. Plan to attend maintain their quality of life in today's 545-3787; Fishing, 545-2803 or and meet new friends and learn about world.

can help any community serve seniors Luellen 545-3787. in the most effective manner; a discussion of how senior advocacy requires Thurs, Oct. 5(date change because of respecting or significant elders; a panel Columbus Day): tions that govern adult protection, law 9 a.m.-11:30 a.m. enforcement and district attorneys and; Tues. Oct. 10 - Vail Hotel - 217 S. a keynote speech on financial exploita- Grand - 9 a.m.-10:30 a.m.

lation, it is important for all groups to W. 16th - 1 p.m.-2:30 p.m become more informed on these topics Wed. Oct. 11 - Joseph Edwards Ctr. which affect seniors.

Registration costs \$25 and **Thurs. Oct. 12** - Mineral Palace Towers includes a continental breakfast, lunch, - 1414 N. Sante Fe - 9 a.m.-11:30 a.m. mid-afternoon break and materials. And Pueblo West - 230 E. George -Registration forms can be obtained 8:45 a.m. - 10:45 a.m. on line at www.seniorsafety.info Mon. Oct. 16 - Park Hill Christian Registrations can also be submitted Church - 1404 E. 7th - 10a.m.-noon

The Pueblo Senior Safety or email at pheine@pueblo.us for fur-

OLDER, WISER, LIVELIER, **SENIORS**

Join the OWLS. We're a Duplicate Bridge 562-0937. Christian The Pueblo Senior Safety Singles (PW): 547-9787. Creative 2006 at the Pueblo West Sportman's

OVER THE HILL GANG

647-6479; Hiking 545-3787 or 547- the shooting sports. Hope to see you Topics include the new concepts 8181; Riverwalking, 545-3787; Trail there! For more info please call Linda for TRIAD and how this organization Cleaning 545-3787; Call Caroline at 547-1934 or 568-2491 / Leonard at

STEP-UP OCTOBER

discussion of the laws, rules and regula- McHarg Park - 409 2nd St. - Avondale

With our growing senior popu- Hyde Park Community Center - 2136

230 N. Union - 9:45 a.m. - noon

on line. Interested people can call **Tues. Oct. 17** - Minnequa Apts. - 1400

Lamar - 9 a.m.-11:30 a.m. Ogden - 9 a.m.-10:30 a.m.

NRA WOMEN'S NEWS

An NRA Women On Target Seminar will be held on October 7, The event will be held from 8 AM until 5 PM. This seminar is designed for all skill levels in the shooting OCT.2nd(Mon)9-1pm and sports from beginners to those who 3rd.(Tue) Noon-4pm OCT.18th/ have some expertise. Rifle, Shotgun and Pistol disciplines will be held. Everyone will have an opportunity 561-3224.

PUEBLO SYMPHONY NEWS

The Pueblo Symphony would like to offer area organizations an opportunity to attend the opening concert of the 2006-2007 season, Magic at the Symphony. The PSA would like to offer group sale prices for groups information:

DATE: Saturday, October 7, 2006 TIME: 7:30 PM

PLACE: Memorial Hall in downtown

CONCERT: Magic at the Symphony, with Dr. Jacob Chi, the Pueblo Symphony Orchestra, and special guest artist, Lyn Dillies, illusionist.

Master illusionist Lyn Dillies Reception - 4-7pm has mesmerized audiences throughout the United States and Canada for more than twenty years. The mystery and grace of her wizardry seem effortless. In her Magic at the Symphony program, Ms. Dillies brings together some of the most breathtaking illusions in the world of magic in perfect choreography with the beauty and drama of expressive symphonic classics, creating a truly unique entertainment experience. Please contact the and prices

PS! Friends will host a recep- 10:15am tion to meet the guest artist, Lyn FRI. Oct.20th.-THE ATTORNEY IS Dillies, on Friday, October 6. 2006, IN with Daniel Casias JD-10am tions, please call, 719-545-7967. PS! Frankenburger, RN. MSN Friends will also host a dinner before MON. O c t . 2 3 r d . - S T A T E

the concert on Saturday, October 7,

Visit Us at http://www.seniorbeacon.info

AARP OCTOBER SCHEDULE

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

(Wed) and (Thu)19th.Noon-4pm SPONSORED by SunWest Credit NOTE: ***Classes may be full, howcall to sign up for future classes

BENEFITS CHECK-UP

AARP: SRDA and THE NATIONAL COUNCIL ON AGING - Confidential and free. Call for appointment

S.H.I.P Counselor available by appointment for MEDICARE Rx.

NEW SCHEDULE: 9-10am and 10-11am Tuesdays and Thursdays

SPONSORED BY Pueblo STEP-UP - Instructor is Jo Stinchcomb: Certified Exercise and Health of 20 and more. Here is the concert Promotion Specialist: CALL FOR A SPOT IN THE CLASS!

CALL 560-5886 for further information of classes to be held at the Center.

FOSTER GRANDPARENTS HANG-

Oct. 4. - 9am; Back-up meeting - 3pm

PUBLIC REVIEW of ART: Opening

The art will be open to public through 13th October - 10-3pm

Reception - 4pm - MON - Oct. 16th. AARP CHAPTER 173 meeting -1:30pm-TUE. Oct.17th

NATURALLY" Dr. Wayne Davis, Naturalist. SPONSOR: Apria

George Chintala OPS Mgr.SRDA

will be held at Bellissimo Ristorante, MUSINGS/MEANINGFUL CON-4602 North Elizabeth. For reserva- VERSATIONS 8am - With Judith

> TUE. Oct.24th-CALICOQUILTERS, 6pm

> FRI. Oct.27th.-LAUGHTER CLUB with Janice Funk, B.S., C.L.L.-1:22pm MON. Oct 30th.-HEALTHY EATING for the HOLIDAYS with Ginger Lenzmeir, Nutritionist CSU Ext.Part 1 Recipes Eating on the Run Party survival - 1-2:30pm

Wed. Oct. 18 - Mesa Towers - 260 2006, at 5:15 PM. A complete buffet dinner with a cash bar will be served at **Thurs. Oct. 19** - Ogden Apts. - 2401 La Renaissance Restaurant, 217 East Routt. For reservations, contact the PSA office, 719-545-7967.

SAFE DRIVING CLASSES

TAI-CHI-SUN

ING ART

THU Oct.5th

FOSTER GRANDPARENTS Awards

BETTER BREATHERS SUPPORT

1pm- Oct. 17th - 'Living Well,

WED. Oct.18th. - SRDA ALTER-PSA office, 719-545-7967, for details NATE TRANSPORTATION with

from 5 5- 6:30 PM. The reception SAT. Oct.21st. - GERIATRIC

INSURANCE COMMISSIONER David Rivera will be here 11:30am-1:30pm. Reservations are a must, seating is limited

Tue. Oct 31st. HEALTHY EATING for the Holidays Part 2 Shopping tips Food Gift Ideas 1-2:30pm RESERVATIONS MUST BE MADE.....719-543-8876.

JEFF SHAW

A jury found Berger guilty on which the Arizona law forbids. He was

Unless the U.S. Supreme Court dren under the age of 15 and sentenced

In June 2002, Phoenix po- another expressed reservations. Last

intervenes, Morton R. Berger will spend him to 10 years on each count, the sen-

the rest of his life in an Arizona prison. tences to run consecutively. Last May

Maybe he deserves it. Then again, may- the Arizona Supreme Court affirmed

lice arrested Berger on a state warrant month counsel filed Berger's appeal in

charging him with sexual exploitation the U.S. Supreme Court. We will know

of a minor. Specifically, he was charged by mid-November if the court will hear

being raped by adults, children engag- er's guilt. He emerges from the record

ing in sexual acts with other children, as an almost classic "dirty old man."

and children in sexual acts with ani- There is no evidence that he himself

mals. The 20 images introduced at trial ever engaged in distributing, exhib-

were part of a large collection of por- iting, receiving, selling, purchasing,

nographic images accumulated over a electronically transmitting or even "ex-

Fighting for Conservative Values

Protecting

by James J. Kilpatrick

be not. These are the facts.

with possession of 20 photographs de- it.

picting, among other things, children

Our





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Economic

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Stopping Illegal Immigration

A fourth generation Puebloan, my roots in Southern Colorado run deep. I've worked hard to help make our community a great place to live, work, and raise a family.

We deserve a leader in the State House who puts our interests ahead of special interests.

I would be honored to have your vote. Vote Jeff Shaw

Republican for State House

Paid For By The Committee To Elect Jeff Shaw



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Motor Vehicle Accident



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images. He collected them.

Covering The Courts: "Case Of The 20 Dirty Pictures"

20 counts of sexually exploiting chil-

that judgment. One justice dissented;

changing" pornographic images, all of

There is no question of Berg-

your calculus, for good or ill: He is 52 years old, married, a father of four, an award-winning teacher of world history. He has no criminal record of any sort. The state offered no evidence that he has ever created pornography or improperly touched a minor.

Court, his counsel rely upon a single Constitution. The amendment decrees that courts may not inflict "cruel and unusual punishments." The 200-year prison sentence imposed on Berger level, Arizona stands alone. Its minimum 10-year sentence for possession of a single piece of child pornography for this offense in 35 states. It is equal to the maximum in nine others.

constitutionally "cruel"? Who is to sentencing scheme." say? Manifestly, the question is hypothetical, or academic. On the record. Berger is a middle-aged, dirty-minded

convicted solely of "possessing" such part-time pedophile. But also on the record, he has never physically harmed These facts should weigh in anyone. He never even bought any of this stuff. He merely downloaded it.

In the Supreme Court of Arizona last May, Justice W. Scott Bales held that the sentence imposed on Berger must be affirmed unless it is "grossly disproportionate" to the crime. To answer that question, he said, judges must In their appeal to the Supreme consider (1) the sentences imposed by Arizona on other crimes of comparable argument: The unservable sentence gravity, and (2) the sentences imposed violates the Eighth Amendment to the by other states for the same crime, i.e., possession of pornography involving

juveniles. After weighing the state's "compelling interest" in protecting is plainly "unusual." At that punitive children from sexual exploitation, Justice Bales voted to affirm. Justice Andrew D. Hurwitz not only concurred, he "fully" concurred -- but he "relucis greater than the maximum sentence tantly" concurred as well. If he were a legislator, he would be free to find such a long sentence "shocking to my con-Is the 200-year sentence also science and vote for a less draconian

Justice Rebecca White Berch, dissenting in part, had the last and most SEE "KILPAT" PAGE 15.

Writer's Art

The distinctions here are almost fortune; to "wanland," the waning of the as fine as frog's hair. The lexicogra- moon; and to "wanluck," a misfortune. phers trace "wiggle" to the 13th century, I would have guessed that "wannabe," "wriggle" to the 15th. They appear to be meaning a person who aspires to be substantially synonymous. Both mean someone else, is much older than 1981, "to move to and fro with short, quick, but that's what Merriam-Webster says. jerky, writhing motions." It may be that The lesson here is never to leave a lexiearthworms wriggle and wet babies wig- coniphobe alone with the OED. gle. Or vice versa. Webster's New World adds a further definition for "wriggle," about wiggle, wriggle and waggle exwhich is "to make one's way by subtle or cept that the different pelvic motions shifty means; to dodge, equivocate."

matter. It is chiefly what one does with a ers of Babylon. Their choreography 7-iron before hitting a new ball into the was fully reported by Ovid in his "Ars lake. The 15th-century "waggle" also Amatoria," though not in the translation has this virtue: It leads the curious reader usually available to high school seniors. or writer to look up the verb in the big Their loss! Oxford English Dictionary.

"wangle," but also to such useful nouns care of this newspaper. His e-mail adas "wangrace," a thin sweetened gruel dress is kilpatji(at)aol.com.)

given to invalids; to "wanhap," a mis-

Nothing remains to be said of the professional ecdysiast were pio-"Waggle" is clearly a different neered, so to speak, by the belly danc-

(Readers are invited to send dat-Thus one is led not only to ed citations of usage to Mr. Kilpatrick in



1-719-372-3910 - 660 Hwy 115 Penrose, CO 81240 **GOOSE BERRY APPLE DAYS**

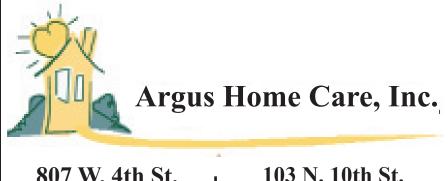
Oct. 4 - 8, 2006

Apple Pie - Apple Dumplings - Apple Stuffed Pork Caramel Apples - Apple Cake

Apple Butter - Jams, etc. Oct. 8 - Penrose Apple Day Festival & Parade

We will be closed October 9 - 31. We'll reopen Nov. 1, 2006!

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Social Security & You

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

SECURITY SURVIVORS **BENEFITS**

the fifth anniversary of the terrorist caring for the children attacks on America. The nation suffered devastating losses on that day. Social Security employees, for exam- under Social Security is probably more Although some were disability claims family can get from Social Security receive from people who survived the attacks, depends on a worker's average lifetime most were for survivors benefits for earnings the spouses and dependent children of those who died.

about more than retirement. The Social pay also insures them and their family should the worker become disabled and unable to work. And these taxes also of the worker's death. In fact, fully 14 percent of Social Security beneficiaries are the survivors of insured workers.



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THE IMPORTANCE OF SOCIAL spective, about 97 percent of persons tion survivors insurance protection for their age, your child(ren) may receive Social September 11, 2006 marked young children and the surviving spouse Security survivors benefits until age:

> In fact, the value of the survivors insurance that most people have school full time

To see what your family could The tragedy reminded us of Statement, which is sent each year to band or ex-wife dies, you may receive most popular of government websites. what many people tend to forget – every worker age 25 or older. The survivors benefit on your ex-spouse's In fact, in a survey conducted by the that the Social Security program is Statement gives an estimate of survivors benefits that could be paid, as Security taxes that 160 million workers well as an estimate of retirement and years disability benefits and other important

If you would like more inforpay for survivors benefits in the event mation about Social Security survi- 4. If your surviving spouse remarries, Medicare Prescription Drug Plan Costs gov/planners/index.htm or call Social he/she is: Security at 1-800-772-1213 (TTY, 1-Looked at from another per- 800-325-0778) and ask for the publication, Survivors Benefits.

pray our family members will never be survivors benefit payment for a widow that they like the speed and convein a position to collect such benefits. or widower with two children is: But you can take some comfort knowing Social Security taxes are providing this important protection should something unexpected happen to you or your ANSWERS TO QUESTIONS

TEST YOUR KNOWLEDGE ABOUT SOCIAL SECURITY **SURVIVORS BENEFITS**

Few people realize that their Social Security survivors insurance is probably worth more than any life long as he or she remains disabled and tures in addition to those cited above. insurance they have through work or a does not marry. 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 for a disability benefit on their deceased almost anything you want or need to financial protection should something husbands' earnings. 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-

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aged 20-49 who worked in 2005 have 1. If you die before reaching retirement widower with two children is \$2,074.

ple, handled more than 5,000 indi- than the value of their private life insur- 2. If your spouse dies and you are child- Benefits vidual claims related to September 11. ance policies. How much a particular less or your children are grown, you can 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 receive, check your Social Security 3. If you are divorced and your ex-hus- www.socialsecurity.gov, is among the

vors benefits, visit www.socialsecurity. benefit payments would stop unless page and the Social Security Business

A. Age 60 or older B. Age 55 or older

C. Age 62 or older

A. About \$1,000

B. About \$1,500

C. About \$2,000

1 B

benefits up to age 18, or 19 if still in application for retirement, spouse and secondary school full time, or longer if disability benefits. disabled. A child who is disabled before age 22 may receive child's benefits as also has other popular and useful fea-

age 60, or age 50 if disabled. Widows apply for a replacement Medicare card. disabled at age 50 or later may qualify Need information? You can find out

who have been married 10 years have while receiving disability benefits. the same benefit rights and receive the affect those of the current spouse.)

Social Security benefits.

5. C

survivors benefit payment for a widow/

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For more information about Social Security survivors benefits visit www.socialsecurity.gov/planners/ B. 18, or 19 if still in secondary index.htm or call Social Security at 1-800-772-1213 (TTY, 1-800-325-0778) and ask for the publication, Survivors

CONVENIENT ONLINE SOCIAL SECURITY SERVICES SCORE HIGHLY

Social Security's Internet site, American Customer Satisfaction Index, A. The marriage lasted 20 four of the top five services evaluated are located on Social Security's B. The marriage lasted 10 website. Our Social Security Benefits Application was number one, followed C. The marriage lasted 5 years by the Application for Extra Help Services Online page. In fifth place was the Social Security Retirement

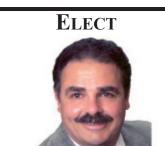
The reason for the high ratings Of course, we all hope and 5. The average monthly Social Security is simple: each year more people find nience of applying for benefits at Social Security Online. A report released earlier this year by the American Customer Satisfaction Index states that Social Security is "doing a stellar job of meeting the needs and exceeding the expec-A surviving child may receive tations of citizens" with the Internet

> Our Social Security website People who already receive benefits can change their address and phone number Widows can receive benefits at online, sign-up for direct deposit or know about the Social Security program, from how to get a Social Security Surviving divorced spouses number to how to go back to work

Information is available online same basic benefit amount as current 24 hours a day. Online services are surviving spouses. (The benefit of available each weekday from 5 a.m. the surviving divorced spouse will not until 1 a.m. And on weekends website visitors can conduct business on Saturday from 5 a.m. until 11 p.m., and At age 60, a surviving spouse on Sunday from 8 a.m. until 11:30 p.m. can remarry and not lose eligibility for Find out why Social Security's website is so popular by checking out just how much you can do online at www. In 2006, the average monthly socialsecurity.gov/onlineservices/.

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

Teachings of Bruno Groening – a spiri- medical doctors support this work healing. tual way to healing, medically verifi- world-wide. able. Lecturer: Dr. Ruth Wyler, D.D.S., Switzerland

Inconceivable healings, even but also with animals as well, prove this topic. The lectures will take place cian.' from so called incurable diseases, the effectiveness of Groening's wis- in 150 cities, including 45 of the U.S. occurred during the public lectures of dom, which has been passed on to states and 6 Canadian provinces. Each tures in the greater Colorado, Wyoming Bruno Groening (1906-59). His life this day. Groening spoke of a higher of the lecturing physicians does so in area, but also in N.Y., NH, RI, and MA. was the foundation of an extraordinary power that comes from God. He called his/her leisure time, without remunera- All lecture dates and locations will be development. Now in 2006 the year of it the Divine power, the life force and tion. All these events are free of charge. listed soon under: http://www.brunothe 100th anniversary of his birthday, also the Heilstrom (healing current). Everybody who is looking for help and groening.org/northamerica Call: (972) healings do still occur on all continents Anyone who knows its laws can take healing, or who is just open to experi- 282 - 1858 for all the information.

The healings of even severe from Germany, Austria and Switzerland

Free public lecture. The with the help of his teachings. Even it in freely, and use it to gain help and ence this wonderful life force in his own body, is welcome. You can find a In fall 2006 medical doctors source of power for your daily life.

Bruno Groening said, "There is organic ailments, not only in humans will lecture in North America about no incurable - God is the greatest physi-

In fall 2006 there will be lec-

lesus

people are known to get a bhang out of the principal. The wounded youth aphands. Then she trampled it underfoot!

The scene became unseemly. him for five days. When he quoted Thoprincipals must be upheld.

free speech had been invaded. U.S. Disthen patted Frederick on his back for be-

trict Judge John W. Sedwick sided with ing a red-blooded American boy.

mas Jefferson on free speech, Ms. Morse this case strikes me as much ado about the rights of smart-aleck kids. We'll see. principal's office and put unpleasantly on made it 10 days: He had violated her mighty little. Young Frederick, suffering code of acceptable behavior. He appealed from an overblown view of his own im- says in his petition that Judge Kleinfeld's extracurricular Weekly Keyhole and deto Superintendent Gary Bader. No luck portance, forgot his manners. Ms. Morse, opinion in the 9th Circuit has "triggered stroy all existing copies, or I could give there. The school board also ruled that needlessly throwing her weight around, deep concern among school boards na- up my editorship of the school's official forgot the rule that instructs grown-ups tionwide and profoundly upset settled student paper. Thwarted at every turn, young not to take themselves too damn seri- understandings of First Amendment prin-Frederick sued for money damages and ously. The three judges of the 9th Circuit ciples," but he argues persuasively that mother made me take them. I shoulda a summary judgment that his rights of should have affirmed Judge Sedwick and the lower court erred especially in hold- had help from the ACLU

RE-ELECT

HATFIELD

Fremont County Clerk & Recorder

NORMA

it. The banner would lead the children of pealed. A three-judge panel of the 9th this case for two reasons: (1) The school dreadful imbroglio. She may have out-Juneau down a primrose path to degrada- Circuit, speaking through Judge Andrew board's chief appellate counsel is Ken- run her writ, but not by much. She meant tion. Ms. Morse rushed across the street J. Kleinfeld, emphatically reversed and neth W. Starr, a major league player who well. and snatched the evil banner from his sent the case back for trial. From that or- served not long ago as a federal circuit der Ms. Morse and the Juneau board have judge and later as U.S. solicitor general. Juneau case and affirms 9-0. Seventy appealed to the Supremes. We will know It's a reasonable assumption that Starr years ago, I too was a youthful rebel, a She ordered Joseph to her office. In definext month, when the high court opens its would not have taken the case unless he precocious baby Hearst, another Linance, he refused to come. She suspended October term, if the drama will resume. thought it had real merit. And then (2), coln Steffens just waiting to emerge. I You will accurately infer that this court is not notably sympathetic to remember when I was summoned to the

ing that Principal Morse is not entitled The Supreme Court may take to qualified immunity for her role in the

I hope the high court takes the Starr may exaggerate when he terms: I could suspend publication of the

These were hard terms. My

ON YOUR TOES

by Charles E. Schneider, M.D. WALKING

In warmer weather we are all interested in getting into the fresh air and Try the following getting a little bit of exercise. Whether exercises:

you choose walking or something more strenuous, here are afew tips to remem- together on the floor, raise both heels, Walking should be started grad-

ually in keeping with your own abilities. the floor, rotate it in a circular pattern Gradually increase distance and time. moving right to left with the toes initi-Walk the same distance (whether it's a ating the movement. Repeat twice and quarter block or a mile) for several days alternate feet. This is particularly good before you increase the distance. Never for promoting flexibility in the ankles.

simple and not strenuous and can even be both feet together, raise your toes, wiggle done while seated. Exercise helps relax them and lower them. Repeat five times your muscles and build good muscle tone with each foot so you can continue to walk comfort-

the feet. Simple foot exercises will help 710-543-2476.

keep good motion and flexibility.

• While seated with both feet flat keeping them up and count to 10.

· While seated, lift one foot off

• With your shoes off, or while Exercise for the feet can be wearing loose slippers, sit down with

If you have any questions or comments contact Dr. Charles E. Arthritis more commonly affects Schneider, 1619 N. Greenwood, Pueblo,

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

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2005 Report on Socially Responsible

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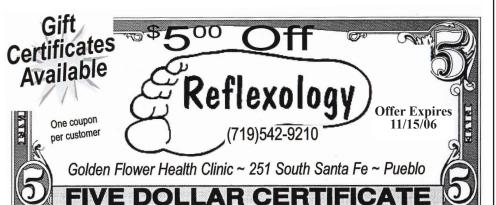


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Screening, shareholder advo-– may be the most commonly known. example, only in companies headed by women or individuals of a particular ethnicity. Or, they may choose not to invest in companies that conflict with The Social Investment Forum's their personal beliefs. In addition to the traditional "sin" stocks of gambling, Investing Trends in the United States pornography and alcohol, an investor's "anti" list might include tobacco, nuclear weapons, defense, companies with poor records on labor relations 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



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identified \$2.29 trillion under professervices such as credit, equity, capital personal definition of social responsi-

According to the Social mance to general indexes companies they believed to be damag- cacy and community investing are the Investment Forum's study, socially like the Dow and S&P 500 may not be ing the Earth or animal rights activists three most common SRI strategies. screened mutual fund assets grew 15- accurate comparisons. The Domini 400 rejecting companies who tested their Screening - the practice of choosing or fold over the same 10-year period Social Index, run by KLD Research & excluding investments from a portfolio from \$12 billion to \$179 billion, out- Analytics Inc., attempts to provide a based on the investor's personal criteria pacing the growth percentage of the SRI-related benchmark but again, index Individuals may choose to invest, for U.S. However, financial professionals result of including or excluding spewho specialize in socially responsible cific investments. investing point out that excluding ceror the environment, religious issues, to choose between his beliefs and his through thousands of investments look-

If you do choose to factor your

Not so long ago, the phrase sional management involved in one and basic banking products – services bility into your financial plan, keep that "socially responsible investing" might or more of the three primary socially that a community needs to grow and trade-off in mind. Trying to compare your SRI-screened portfolio's perfor-

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mutual fund industry, as a whole, in the results may not adequately reflect the

If aligning your investments tain companies – or in some cases, cer- is important to you, talk to your finantain sectors – from an investment plan cial advisor about socially responsible can result in potential financial conse- investment strategies and their potenquences. Performance, benchmarking, tial impact on your portfolio. If your implementation and diversification objection to a company's practices or issues may make these investments politics doesn't keep you up at night, more difficult to evaluate. In some you may be better off donating cash or cases, that may mean an investor has time to the organization than weeding ing for a soul mate.

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 Folklorico 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 carv-

ing) 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, Marjon C. Martinez - Sculpture and Jewelry from Circuit Boards, Norma Medina - Woven Rugs, onnald J. Miera - Santos Painter, Margarito R. Mondragon - Bulto Sculptor, Barbara . 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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Bruno Goering - A Spiritual Way To Healing

his experience of this simple and natural the public, due to extraordinary healings and can be used by anybody. After Bruno way to help and healing for everybody which occurred during his lectures. Grete Groening's death Grete Haeusler founded Germany, Austria and Switzerland will give

people?

Bruno Groening (1906-1959) was constantly talked about the Divine force, force that helps and heals." This Divine and representatives from other health care or life force, -or Heilstrom, as he termed it-, that anybody could take in easily.

said that God is the giver of this power. received themselves. Very skeptically at first, G. During the lecture I felt some very pleasant ed to occur among them."

born in Danzig/Germany. In his lectures he is not me, who does heal, it is the Divine cians, psychologists, healing practitioners

A German medical doctor shares Bruno Groening became well known with power is free of charge, costs nothing at all professions in 60 countries. healing through the teachings of Bruno Groening in Munich. I attended this are covered by voluntary donations. All these events are free of charge. Anybody but I had not been able to heal their chronic that anyone can feel in his own body. He out of gratitude for help and healing they life force in his/her own body, is welcome.

Medical physicians help as well: Blaettner MD, was finally completely streaming in my body. I then had a feeling Together with his colleagues, G. Blaettner convinced of the effectiveness of Bruno as though something very heavy had been MD, has delivered numerous free public incurable - God is the greatest physician." Groening's teachings, when his own wife taken away from me. I left the room free of lectures all over the world, which have was spontaneously healed from a chronic pain and healed from three incurable dis- been attended by more than 100,000 people Switzerland arthritis. Since then, he is delivering free eases. I have remained healthy ever since. so far. Dr. Blaettner is the leader of the public lectures on this topic all over the My friend regained her eyesight. When I so called Medical Scientific Group. Even North America will be listed soon at: world, with the help of numerous col-came home after this event, I simply passed universities, such as the medical school in http://www.bruno-Groening.org/ on to people, what I had experienced with Tucson, Arizona in the USA, invited them northamerica go to lecture tour 2006 Is there a healing power that can help Bruno Groening and further healings start- to speak. The Medical Scientific Group is part of the Bruno Groening Circle of us on the web at: Bruno Groening kept saying: "It Friends. It includes several thousand physi- www.bruno-Groening.org/english

The German medical doctor, Haeusler from Hennef/Sieg in Germany, the Bruno Groening Circle of Friends, an lectures in North America. The lectures will Gerhard Blaettner, recalls: "One day, my met Bruno Groening during his lifetime and organization that passes on the teachings of take place in 150 cities from Alaska down own patients, whom I had been treating for experienced healing herself; she reports: Bruno Groening, on a free of charge basis, to the Mexican border, including 45 of the over a decade, came to tell me about their "In August 1950, I attended a lecture of all over the world. All incidental expenses U.S. states and 6 Canadian provinces. All Groening. From a medical point of view, I lecture with my friend and she was blind. helpers support the non-profit making orga- who is looking for help and healing, or who had applied every possibility to help them, Mr. Groening spoke of a healing power nization (Circle for Spiritual Life Help) is just open to experiencing this wonderful You can discover the source of power to help you in your daily life.

> Bruno Groening said: "There is no Lecturer: Dr. Ruth Wyler, D.D.S.,

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Senior Advocacy

Tips for Seniors, we will examine fre- ers find their sense of taste has changed.

eat the same amount or variety of food health. that they did when they were younger?

Answer: Proper nutrition is essential based on the five food groups – milk and for everyone...young or old. However, dairy products, breads and cereals, meats of any changes in health or medications. many seniors do not eat balanced diets and dried beans, fruits, and vegetables. That will ensure the most effective treatbecause meats, raw vegetables and fresh Some seniors may need multi-vitamin or ment leading to better oral and general fruits are difficult to chew or swallow.

painful teeth, ill-fitting dentures, dry Question: Can medications seniors are Oral Health Awareness Colorado!, a coa-

In this edition of Oral Health mouth or changes in facial muscles. Othereffective method of treatment.

Seniors need a balanced diet or if they have been ill. mineral supplements which should only health. These problems are caused by be used when prescribed by a physician.

taking affect their dental treatment?

Answer: Seniors should always keep organizations that developed the state's their dentist up-to-date on medications first formal oral health plan aimed at imlow the dentist to select the most safe and residents.

As we have discussed in previquently asked questions that relate to sen- sometimes due to a disease or certain ous oral health tips, numerous medicaiors' oral health. Information is provided medications. Because of these and other tions seniors typically take can lead to by the American Dental Association. factors, the diets of older adults are of- dry mouth which in turn can cause tooth Question: Some foods are difficult to ten lacking in calcium, protein and other decay and gum disease. Also, seniors chew and swallow. Do seniors need to nutrients essential to dental and overall should inform their dentist if they have experienced hospitalization or surgery,

The dentist should be informed

This oral health tip comes from lition of federal, state and community they are taking. This information will al- proving the general health of Colorado



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Light For The Journey"

By Jan McLaughlin - Director of Prayer Warriors For Prisoners

THE PRICE OF UNSHAKABLE FAITH - A TALE OF TWO MEN Guest writer: Sonny Neal

You've read Robin's story unshakable faith abiding in young girls who trusted God for answers to health problems they could not understand. Each had parents turning to God for answers, but mostly for healing. For Robin and Tracie, God provided healing – but only after a few years of enduring infirmities unknown to most girls, but



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possessing the knowledge that whatever during the eight years since first diag- and trustthe outcome of multiple surgical procenosed with cancer. Each time, he rallies, dures and waiting and wondering, God was in control, providing the means and steadfast. He seems to live by Hebrews a plan and ultimately expressing His glory through 10:38 & 39: But my righteous one will these girls and their parents.

Unshakable faith. What is it? will not be pleased with him. But we and Tracie's story, both testaments of Simply, trusting in the sovereign God are not of those who shrink back and are - His people waiting patiently and living destroyed, but of those who believe and by faith. Now faith is being sure of what are saved (NIV). we hope for and certain of what we do not see Hebrews 11:1 (NIV).

This tale is about two men who under continuous doctor care. The lives spent their lifetimes in church. Each of these men are vastly different, as difreceived the Word and each understood the Word in their own implement. One as the sun is from the moon: These men is in his seventies, I'll refer to him as see God differently. R. J. believes Isaiah Dan, and one in his fifties, I'll call him 26:3 & 4, You will keep in perfect peace R.J.. Both are sick. Dan is dependent him whose mind is steadfast, because he on outside care for activities of daily liv- trusts in You. Trust in the Lord forever, ing, hooked to tubes and wires and bags, for the Lord, the Lord, is the Rock eternal restricted in diet and capabilities. R. J. (NIV). After several months of hospital deals with a rare form of cancer, but is care while fighting pneumonia, coming capable of helping himself, of moving home weakened and aged beyond his about outside his home, is independent years, R. J. always responds, "Oh, I'm of machines and bags and tubes and fine. My wife had the harder time. I wires. Due to his weakened condition, slept through everything." Such calm. R. J. suffers a distressed immune system Such assurance, that no matter the outand is hospitalized several times a year come, life or death, this man is steadfast

ing, knowmore weak physically, but his faith is ing God has live by faith. And if he shrinks back, I

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his illness and he is willing to allow God to work through him, no matter the trial and how much time it requires.

Dan, although having known the same Words from God, is angry. He shouts at his wife as she tends to his needs. He is restricted to home, with trips only to the doctor's office. Home health care will not stay for any length of time as he's adept at ranting and raving. He is unsettled, cantankerous, impatient. Self-willed. He isn't compliant to understand God's plan and purpose for his life. He has no peace. Hebrews 11:6 states: And without faith it is impossible to please God (NIV).© 2006 Jan McLaughlin All rights reserved

Jan McLaughlin is the director of Prayer Warriors for Prisoners and may be reached by e-mail. akingskidinco@juno.com or phone

Flaunting The First Amendment

WASHINGTON -- A long time ago, in a place far away, a free-spirited self was the fearless 14-year-old of 1934. of pot! Of hashish! Cannabis! Young schoolboy attempted to exercise his Yes! Jack Kilpatrick, boy editor! He was rights of free speech. Informed that he editor of the Chief Justice, the sometime had none, and rudely rebuffed for his student newspaper at Taft Junior High effort, the impetuous lad grew up to be- School in Oklahoma City. I will return to come a newspaperman.

Four years ago, in a different

his travails.

The lives of these men are dif-

ficult, similar in that they are ill and

ferent as the desert is from the ocean,

First we must attend to the fate place far away, another smart-aleck also visited upon another teenager, Joseph stood upon his First Amendment rights. Frederick, in Juneau, Alaska, in January He had better luck, and now he's in the 2002. That was when the Olympic torch U.S. Supreme Court, ready to defend his was being carried o'er distant lands to its glorious victory against a formidable final resting place beside the wine-dark sea. That was also when this courageous youth attempted, heroically, to raise a 20-foot banner with a curious text. The pennant read, mystically, cryptically, en-

BONG HITS 4 JESUS

What could it mean? Elderly spectators were in wonder. Principal Deborah Morse knew full well. In the cu-

rious argot of the underworld, it was a As you will have surmised, I my-salute to marijuana. Yes! A celebration

SEE "JESUS" PAGE 19.



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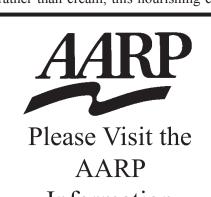
Carrot Soup With Croutons A Special Treat

by Annette Gooch SUCCESS TIPS:

-- When serving croutons with tons soup, pass them separately at the table CHICKEN-CARROT SOUP WITH to keep them crisp as long as possible and allow each diner to add them to 4 tablespoons butter

-- Any croutons you can't use chopped within a day or two should be placed in 1 1/4 pounds carrots (5 large), finely an airtight container and stored in the diced freezer, where they will keep well for 2 1/2 cups regular-strength chicken butter

rather than cream, this nourishing car-rice



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OPEN 10:00 am - 3:00 pm (Mon.-Sat.) **CLOSED SUNDAYS** We Are Looking For Volunteers

For more info call (719) 543-8876 rot soup is all the more satisfying when cooled and stored, covered, up to 2

CROUTONS

White part of 2 green onions, finely Croutons separately at the table.

- Lightly thickened with rice 3 tablespoons medium- or long-grain

Salt and pepper Pinch of sugar 3/4 to 1 cup milk

Sauteed Croutons (see below)

tened (about 10 minutes).

1. In a medium-sized, heavy 1/2-inch square. saucepan, melt 2 tablespoons of the

- boil. Reduce heat to low, cover, and with slotted spatula. cook until carrots and rice are very tender (about 30 minutes).
- gradually pour in carrot cooking liquid. Puree mixture until very smooth. If uspuree until very smooth.
- Simmer, uncovered, over low heat, stir- maining bread cubes. ring often, for 5 minutes.
- soup to a boil, stirring. If soup is too barely warm or at room temperature. thick, thin with additional milk. Taste for seasoning. Soup can be briefly

accompanied by freshly made croudays in refrigerator and reheated over medium-low heat.

This simple recipe makes a

SAUTEED CROUTONS

4 slices (approximately 1/2-inch thick) firm white bread

- 1. Cut crusts from bread; discard crusts or reserve for another pur-
- butter. Add onion and carrots; cook a large, heavy frying pan over mediover low heat, stirring often, until sof- um-high heat. Test temperature of oil by adding a bread cube; when oil is 2. Add broth, rice, salt, pepper hot enough, it will bubble vigorously and sugar to saucepan and bring to a around the bread. Remove bread piece
 - 3. To the hot oil, add enough

Makes approximately 3/4 cup If the soup you're serving needs

6. Stir in remaining 2 tablespoons butter. Ladle soup into warmed bowls and serve at once. Pass Sauteed

Serves 4.

rich-tasting crouton without the use of

4 to 6 tablespoons olive oil

- pose. Cut bread slices in pieces about 2. Heat 4 tablespoons oil in
- bread cubes to make one layer in frying 3. Using slotted spoon, transpan. Toss them frequently or turn them fer carrots and rice to a food proces- with a slotted spatula so that they brown sor, reserving the cooking liquid. Puree evenly on all sides. Fry the cubes until carrots until fine; with motor running, they are golden brown (approximately 3 to 4 minutes). 4. Transfer sauteed bread cubes
- ing a blender, place carrots and rice in to a strainer and drain them. Then transblender along with their cooking liquid; fer to paper towels to drain further. If pose. Spread bread slices with butter pan is dry, add remaining 2 tablespoons 4. Return soup to saucepan. oil; heat it thoroughly before adding rein pieces about 1/2 inch square and

Croutons can be made up to 5. Add 3/4 cup milk and bring 2 hours ahead; they should be served

Beautifully browned croutons crown

a bowl of golden-orange carrot soup. photo: Lifestyle Media Group)

a little extra color, you can add 1/8 teaspoon paprika to the grated Parmesan and lightly toss to blend before sprinkling the cheese over the bread cubes. **BAKED PARMESAN CROUTONS** 4 slices (approximately 1/2 inch thick)

firm white bread 2 tablespoons butter, softened

3 tablespoons grated Parmesan cheese 1. Preheat oven to 400 degrees.

- Generously butter a baking sheet. 2. Cut crusts from bread: discard crusts or reserve for another pur-
- transfer to buttered baking sheet. 3. Bake until cheese melts and

and sprinkle with cheese. Cut each slice

bread becomes crisp (about 7 minutes).

Makes approximately 3/4 cup.

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

ber salad, wheat bread/marg., choc- | fruit cocktail. olate pudding.

OCT 3: Hot Turkey Sandwich, seasoned peas/carrots, mashed potatoes, green salad/Italian drsg., wheat bread/marg., oatmeal cookie.

OCT. 4: Mexican Bean Stew, seasoned California Blend, wheat bread/marg., cantaloupe. OCT. 5: Roast Beef/Gravy, mashed

potatoes, cabbage, wheat bread/ marg., blueberry muffin. OCT. 6: BBO Chicken, stewed tomatoes, baked beans, carrot rai-

apple tidbits. OCT 9: Beef Stew/Tomatoes, crackers, yellow wax beans, wheat bread/ marg., diced pears.

sin salad, wheat bread/marg., pine-

OCT. 10: Pork Roast, orange glazed sweet potatoes, green beans, pickled beets, wheat bread/marg., chocolate pudding.

OCT. 11: Beef Chow Mein/Rice, zucchini/tomato, wheat bread/marg., pear/blueberry. OCT 12: Chicken Cacciatore, lin-

guini, green beans, wheat bread/

marg., PA upside down cake. mashed potatoes/gravy, broccoli, wheat bread/marg., orange.

When Was The Last Time

soned green beans, creamy cucum- potatoes, peas, wheat bread/marg., potatoes, carrots, wheat bread/ pears. marg., PA tidbits. OCT. 23: Macaroni/Cheese, stewed



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led beets, wheat bread/marg., choc-

olate pudding.

Bank

OCT. 13: Country Fried Steak, mashed potatoes, green beans, pick-broccoli, wheat bread/marg., gin-cherry crisp. gerbread/lemon sauce. OCT. 20: Sweet/Sour Pork/Rice,

Pueblo

OCT. 2: Spaghetti/Meatsauce, sea- OCT. 16: BBQ Meatballs, parslied OCT. 18: Roast Beef/Gravy, mashed | corn, wheat bread/marg., diced

tomatoes, zucchini, lime pear gelatin, wheat bread/marg. OCT. 24: Burrito/Green Chili,

spanish rice, mexican corn, let/tom garnish, applesauce cake. OCT. 25: Breaded Fish/Tartar Sauce, parslied noodles, broccoli, creamy coleslaw, wheat bread/

marg., fruit cocktail. OCT. 26: Mexican Bean Stew, hot cornbread, peas, let/sld/french drsg., wheat bread/marg., cherry

coffee cake. OCT. 30: BBQ Chicken, mashed potatoes, zucchini, carrot raisin

salad, wheat bread/marg., orange. OCT. 31: Meatloaf/Tomato Sauce, parslied potatoes, green beans, wheat bread/marg., cran. mold.

NOV. 1: Hot Turkey Sandwich, mashed potatoes/gravy, mixed veggies, wheat bread/marg., banana cake.

NOV. 2: Tomato Swiss Steak, confetti rice, corn, wheat bread/marg., chilled plums.

NOV. 3: Baked Ham, orange glazed OCT. 17: Roast Turkey/Gravy, OCT. 19: Chicken Tahitian/Rice, sweet potatoes, wheat bread/marg.,

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Shallot: Little Sophisticate Of The Onion Family

-- Shallots are available in most supermarkets and produce shops, most of- MUSHROOM SOUFFLE WITH TARten packaged in small net bags or boxes. When selecting shallots, avoid any that 6 tablespoons butter are sprouting

-- Store shallots in a cool, dry place with good air circulation, such as a net bag or basket. Under good conditions, they will keep for up to one month.

-- To prepare a shallot for use, peel away the skin and trim off the root 1/2 teaspoon each salt and dried tarragon end. Then slice and chop in the same 1 cup milk way you would mince an onion or garlic 1 cup freshly grated Gruyere or Swiss clove.

-- Freeze-dried shallots are avail- 1/4 cup chopped parsley able at some supermarkets. Store them in a 5 eggs, separated cool, dark, dry place for up to six months; they lose flavor with time. To reconstitute a large, heavy saucepan, melt butter over puff them, follow the directions on the pack-

cheese souffle.

RAGON AND SHALLOT

1 shallot, finely chopped

6 ounces mushrooms, finely chopped 3 tablespoons flour

Dash cayenne pepper

1/4 teaspoon dry mustard 1/8 teaspoon ground nutmeg

1. Preheat oven to 350 degrees. In medium heat. Add shallot and mushrooms and cook, stirring often, until mushrooms Finely chopped mushrooms, tarbrown lightly. Stir in flour, cayenne, dry

stirring, until mixture is bubbly.

2. Remove from heat and gradually blend in milk. Return to heat and cook, stirring constantly, until thickened. Add cheese and parsley and stir until cheese melts. Remove pan from heat and whisk in egg yolks, one at a time.

3. Beat egg whites until they form short, distinct peaks. Lightly stir about half of the whites thoroughly into the sauce, then gently fold in remaining whites. Pour into a well-buttered 1 1/2quart souffle dish or similar size heatproof baking dish with straight sides. With the tip of a spatula, draw a circle around circumference of the souffle about 1 inch in from side of dish; this will help the souffle

4. Bake until souffle is well browned and crust feels firm when tapped lightly (35 to 40 minutes). Serve at once.

Visit Us at http://www.seniorbeacon.info

cheese souffle into an upscale brunch or supper dish. photo: Lifestyle Media Group

Fragrant with the aromas of raspberries and shallot, this simple dressing is excellent with salad greens or a poultry or seafood salad. It comes together very quickly in a food processor, but if you're willing to finely chop the shallot by hand, mix the ingredients in a small bowl

FREMONT/CUSTER County Menus

CUSTER SENIOR CTR Call 719-783-9508 for reservations before 9:30am Mon, Tues & Thurs-Noon Meal

OCT. 3: ITALIAN SAUSAGE W MARINARA SAUCE, Spaghetti, Baked Acorn Squash, Tossed Salad, Pear.
OCT. 4: SPLIT PEA SOUP, HAMBUR GER, Catsup, Mustard, & Onion, Creamy Coleslaw, Banana.

OCT. 6: MEATLOAF, Brown Gravy,

Cheesy Potatoes, Seasoned Green Beans, Pineapple Tidbits.
OCT. 10: MOW CHICKEN FAJITAS,

Tomato & Lettuce Garnish, Cilantro Rice, Cooked Cabbage w/Red Pepper, Banana Bread OCT. 11: DC TURKEY POT PIE

Cut Broccoli, Tossed Salad w/French Dressing, Apricot Pineapple Compote,

OCT. 13: SPAGHETTI/MEAT SAUCE, Tossed Salad w/Italian, Green Beans,

OCT. 17: ROAST PORK, Whipped Potatoes w/Gravy, Parslied Carrots, Strawberry Gelatin Salad, Dinner Roll OCT. 18: BAKED HAM with Raisin Sauce, Candied Sweet Potatoes, Green Beans Amandine, Cranberry Mold.

OCT. 20: ORIENTAL PEPPER CHICK-EN, Steamed Brown Rice, Cut Broccoli, OCT. 24: PUEBLO BEEF STEW, Tossed

Salad w/Italian Dressing, Baked Acorn Squash, Banana. OCT. 24: DIJON CHICKEN, Steamed

Brown Rice w/Parsley, Shredded Green Salad, Cut Broccoli, Štrawberries. OCT. 27: LEMON BAKED FISH, Tartar Sauce & Lemon, Rice Pilaf.

Green Beans/Mushrooms, Fruit Salad. OCT. 31: CHILI CON CARNE, Whole Wheat Crackers, Cut Broccoli, Raisin Nut Cup, Apple.

FLORENCE CENTER

100 Railroad St. - Florence Tue/Th/Fri

OCT. 3: SPAGHETTI/MEAT SAUCE, Beans, Orange.

OCT. 5: TURKEY POT PIE, Cut

Broccoli, Tossed Salad w/French Dressing, Apricot Pineapple Compote,

OCT. 6: BAKED HAM with Raisin Sauce, Candied Sweet Potatoes, Green Beans Amandine, Cranberry Mold. OCT. 10: HOT BEEF SANDWICH, Wheat Bread, Roasted Garlic Mashed

Potatoes, California Vegetable Medley, Confetti Slaw, Pineapple Tidbits.

OCT. 12: TUNA NOODLE

CASSEROLE, Chopped Spinach, Hard

Boiled Egg, Perfection Salad, Apple. OCT. 13: CHILI CON CARNE, Whole Wheat Crackers, Cut Broccoli, Raisin

Nut Cup, Apple.

OCT. 17: TURKEY TETRAZINI,
Italian Green Beans, Cottage Cheese Peach Salad, Strawberry Applesauce.
OCT. 19: SWEET & SOUR PORK,
Steamed Brown Rice, California

Vegetable Medley, Diced Pears OČT. 20: HONÉY BBQ CHICKEN, Oven Browned Potatoes, Chopped

Spinach, Diced Pears. OCT. 24: ROAST CHICKEN WITH

BROTH, Scalloped Potatoes, Harvard OCT. 26: TURKEY TETRAZINI, OCT. 26: HONEY BBQ CHICKEN, Beets, Cinnamon Apples.

OCT. 26: CORNED BEEF, Parsley

Buttered Potatoes, Seasoned Cabbage & Carrots, Shamrock Sugar Cookie OCT. 27: BEEF STEW, Wheat Crackers, Whole Kernel Corn, Herbed Green Beans, Diced Pears OCT. 31: CHICKEN & NOODLES,

Green Beans, Baked Acorn Squash, Apr<u>icot Pineapple Compote.</u> GOLDEN AGE CENTER 728 N. Main St.-Canon City M-W-F

OCT. 2: BEEF STEW, Wheat Crackers, Whole Kernel Corn, Herbed Green

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Italian Green Beans, Cottage Cheese Peach Salad, Strawberry Applesauce OCT.25: SWEET & SOUR PORK,

Brown Rice, California Vegetable Medley, Diced Pears. OCT. 27: HOT BEEF SANDWICH. Roasted Garlic Mashed Potatoes, California Vegetable Medley, Confetti Slaw ~ Pineapple Tidbits.

OCT. 30: VEGETABLE SOUP, Tuna Salad on Lettuce/omato, Baked Acorn Squash, Al-mond Peaches, Cheddar **Drop Biscuit**

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Beans, Diced Pears. OCT. 4: ORIENTAL PEPPER CHICKEN, Brown Rice, Cut Broccoli, Pineapple Tidbits.

OCT. 6: ENCHILADA PIE, Sliced

Tomato on Lettuce, Sliced Yellow Squash, Mixed Fruit. OCT. 9: SPAGHETTI/MEAT SAUCE. Tossed Salad w/Italian, Green Beans,

OCT. 11: ROAST PORK, Whipped Potatoes w/Gravy, Carrots, Strawberry

Gelatin Salad, Dinner Roll. OCT. 13: LEMON BAKED FISH/Tartar Sauce, Scalloped Potatoes, Chopped Spinach w/Malt Vinegar, Banana.

OCT. 16: CHILI CON CARNE, Whole Wheat Crackers, Cut Broccoli, Raisin Nut Cup, Apple.
OCT. 18: BAKED HAM/Raisin Sauce,

Candied Sweet Potatoes, Green Beans Amandine, Cranberry Mold. OCT. 20: TURKEÝ POT PIE, Cut Broccoli, Tossed Salad w/French Dressing, Apricot Pineapple Compote,

PENROSE CENTER 1405 Broadway-Penrose (Tues/Thur)

OCT. 3: SPAGHETTI/MEAT SAUCE, Tossed Salad w/Italian, Green Beans OCT 5: BEEF STEW, Wheat Crackers,

Whole Kernel Corn, Herbed Green Beans, Diced Pears. OCT. 10: VEGETABLE SOUP, Wheat Crackers, Tuna Salad on Lettuce w/ Tomato, Baked Acorn Squash, Almond

Peaches ~ Fresh Pear OCT. 12: TURKEY TETRAZINI. Italian Green Beans, Cottage Cheese Peach Salad, Strawberry Applesauce.
OCT. 17: ENCHILADA PIE, Sliced Tomato on Lettuce, Sliced Yellow

Squash, Mixed Fruit.

OCT. 19: ROAST PORK, Whipped Potatoes w/Gravy, Parslied Carrots, Strawberry Gelatin Salad OCT. 24: TUNA NOODLE CASSEROLE, Chopped Spinach, Hard Boiled Egg, Perfection Salad ~ Apple. Oven Browned Potatoes, Chopped Spinach, Diced Pears. <u>OCT. 31:</u> TURKEY POT PIE, Cut Broccoli, Tossed Salad w/French Dressing, Apricot Pineapple Compote,

Penrose(372-0892) - Canon City(275-5524)

Florence(784-6493) - Silvercliffe (783-9508)

SALIDA CENTER (Tues/Thur/Fri) - 539-3341

OCT. 3: SPAGHETTI/MEAT SAUCE, Tossed Salad w/Italian, Seasoned Green Beans, Orange OCT. 5: BEEF & BROCCOLI STIR

FRY, Steamed Brown Rice, Steamed Carrots, Pineapple Tidbits
OCT. 6: LEMON BAKED FISH, Tar-

tar Sauce, Scalloped Potatoes, Chopped Spinach w/Vinegar, Banana. OCT. 10: CHILI ĆON CARNE, Whole Wheat Crackers, Cut Broccoli, Raisin

Nut Cup, Apple.
OCT. 12: TURKEY POT PIE, Cut Broccoli, Tossed Salad w/French Dressing, Apricot Pineapple Compote, Biscuit.

OCT. 13: HOT BEEF SANDWICH,

Roasted Garlic Mashed Potatoes, California Vegetable Medley, Confetti Slaw OCT. 17: MACARONI & CHEESE, Shredded Green Salad, Whipped Hubbard Squash, Strawberry Applesauce.

OCT. 19: MEATLOAF, Brown Gravy,

Cheesy Potatoes, Seasoned Green Beans, Pineapple Tidbits.

OCT. 20: HONEY BBQ CHICKEN, Oven Browned Potatoes, Chopped Spin-

ach, Diced Pears. OCT. 24: HAM AND BEANS, Cut Broccoli, Parslied Carrots, Orange Juice,

Cornbread. OCT. 26: ENCHILADA PIE, Sliced Tomato on Lettuce, Sliced Yellow Squash,

OCT. 27: ROAST PORK, Whipped Potatoes w/Gravy, Parslied Carrots, Strawberry Gelatin Salad, Dinner Roll. OCT. 31: POTATO SOUP WITH TUNA SALAD WRAP, Shredded Letttuce & Tomato, Hard Boiled Egg, Grapefruit

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Half.

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Grandparenting: .. "Prize Poem Of The Year

We nominate a faithful reader, was a widow for 13 years. Patricia Dixon Johnson, as our Poet Laureate of the year. For example, her an orthopedic surgeon also from Baltihumorous advice to her granddaugh- more, asked her hand in marriage, she

virtues of the deceased grandparent children and 12 grands. were extolled:

Don't say that Granny dear was to help each child the best she could.

nor that she could supervise the mak-skipped down the center aisle to the ing of the cakes and pies.

in knowing how to stop and start machines and things that fall apart.

did not master all the keys or even read joy was infectious! -- The Reverend the notes with ease.

She liked to lie atop her bed, and to what she should have done instead.

Now when you read this, word for nothing mumbled, nothing blurred.

Impressed by the oh-so-true married for many years to Dr. William but for some reason you turned left!" T. Dixon, a Baltimore psychiatrist. She

When Dr. John T. Triplett Johnson, quickly acquiesced, closed her house and packed an overnight handbag for lages, Fla. Lines written after attending a the wedding and honeymoon. Togeth-

Grand Remarks of the Week

-- As an Episcopal priest for 26 | FROM PAGE 2. good, or functioned as a granny should years, I'll never forget a bright young parishioner, Eve, when she was only And do not tell that she was wise, 4. For communion every Sunday, she altar. Two blond ringlets, one on each Don't indicate that she was smart side of her face, bounced happily.

While taking the bread, she swished it around in the sacramental wine with When it comes to music, please: she a broad smile, ringlet to ringlet. Her William W. Rich, Boston.

"Bill" Rich is the Associate for Adult read and think of what she'd read, and Christian Formation at Trinity Church, Copley Square, Boston.

A Florida traffic officer pulled word, be sure that all of it is heard; over an 80-year-old grandma because her hand signals were confusing.

Officer: "You first put your hand wit of our reader/poet, we contacted out-and-up, to show you're turning "Pat," and learned she was happily right, then you waved it up-and-down,



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Officer: "But why the up-and-down with Key, they movement?'

Grandma, impatiently: "I was erastions, ing!" -- "Patient" Grandson, The Vil-

Together welcome quessuggestions and Grand Remarks of the

Dee and Tom, married more Week. Send to 830 W. 40th St., Ste number of funerals during which the er, she and "Jerry" Johnson have 12 than 50 years, have eight grandchil- 304, Baltimore, MD 21211, or grandparenting@aol.com.

Learn

• The percentage of Africa that is wilderness: 28% (now get this...)

• The percentage of North America that is wilderness: 38%

• The cost of raising a medium-size dog to the age of eleven: \$6,400

• The average number of people airborne over the U.S. in any given hour:

• Intelligent people have more zinc and copper in their hair.

• The first novel ever written on a typewriter: Tom Sawyer.

• Each king in a deck of playing cards represents a great king from history: Spades - King David; Hearts - Charlemagne; Clubs -Alexander, the Great; Diamonds - Julius Caesar

• 111,111,111 x 111,111,111 = 12,345,678,987,654,321. Wow!

• If a statue in the park of a person on a horse has both front legs in the air, the person died in battle. If the horse has one front leg in the air the person died as a result of wounds received in battle. If the horse has all four legs on the ground, the person died of natural causes.

• Only two people signed the Declaration of Independence on July 4th, John Hancock and Charles Thomson. Most of the rest signed on August 2, but the last signature wasn't added until 5 years later. • Q. Half of all Americans live within 50 miles of what? A. Their birth-

• Q. Most boat owners name their boats. What is the most popular boat name requested? A. Obsession • O. If you were to spell out numbers, how far would you have to go until

Grandma: "I decided not to turn | you would find the letter "A"? A. One thousand • Q. Which day are there more collect calls than any other day of the year?

> • In Shakespeare's time, mattresses were secured on bed frames by ropes. When you pulled on the ropes the mattress tightened, making the bed firmer to sleep on. Hence the phrase...... "goodnight, sleep tight."

> • It was the accepted practice in Babylon 4,000 years ago that for a month after the wedding, the bride's father would supply his son-in-law with all the mead he could drink. Mead is a honey beer and because their calendar was lunar based, this period was called the honey month, which we know today as the honeymoon.

> • In English pubs, ale is ordered by pints and quarts... So in old England, when customers got unruly, the bartender would yell at them "Mind your pints and quarts, and settle down.'

It's where we get the phrase "mind your P's and Q's" • Many years ago in England, pub frequenters had a whistle baked into the rim, or handle, of their ceramic cups. When they needed a refill, they used the whistle to get some service. "Wet your whistle" is the phrase inspired by this prac-

tice.

AND FINALLY At least 75% of people who read this will try to lick their elbow! Believe it or not, you can read this:

I cdnuolt blveiee taht I cluod aulaclty uesdnatnrd waht I was rdanieg. The phaonmneal pweor of the hmuan mnid Aoccdrnig to rscheearch at Cmabrigde Uinervtisy, it deosn't mttaer in waht oredr the ltteers in a wrod are, the olny iprmoatnt tiling is taht the frist and lsat ltteer be in the rghit plae. The rset can be a taotl mses and you can sitll raed it wouthit a porbelm. Tihs is beuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe

Thanks and a tip of the hat to State Farm Insurance's, Guy Hammerland, who sent this along via the internet.

Godspeed!



Sara Kitchen **Democrat For**

Fremont County Treasurer Skills, High Ethical Standards and Desire to improve my government Makes me "The Right Choice" Paid for by "The Committee to Elect Sara Kitchen"

Cozy Up Those Cavernous Spaces In Your Home

by Michael Walsh

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 can inflict emotional distress on their oc- on the notion of privacy. Family togethof intimacy in spaces that are just too big. cupants. It's not easy to cocoon in a room erness is one thing, but if you can't talk

cious rooms can be every bit as aggravat- hanger. Distant walls and high-flying are playing video games and your spouse ing as rooms that are too little. High and ceilings might be great for accommodating the piano, then the floor plan mighty rooms have their own set of short- ing a crowd but totally unsuited to cod- is seriously flawed.

For one thing, they can be expensive to furnish because so much furniture rooms can make people feel small, isolat- lofty ceilings. Remodelers spend mil- a large opening in the middle. They're

WEIRD

While volumes are written about difficult to light properly. They can even produce conversational echoes.

The truth is that excessively spathat has the proportions of an airplane on the telephone because your youngsters dling a couple.

tend to disable a surveillance camera,

ers, until they mistakenly stop a real

(Visit Chuck Shepherd daily

is required to fill them up. They can be ed and exposed inside their own homes.

Open floor plans can compound the problem. A family room-kitchen-din-Worse, rooms that are too big ing room combination can wreak havoc

Still, home buyers gravitate to-Though dazzling to behold, large ward houses with expansive rooms and Shades. seems almost universal. But there can be rooms too much of a good thing.

too-large spaces without putting the walls pression of smaller, friendlier spaces. back up. If what you really want are open and airy spaces that feel cozier, consider floor levels to break up a large space. A the following tactics.

ily room or mega-master bedroom, sub- Dropping the ceiling in a dining area can divide the space with multiple furniture distinguish it from an adjacent living groupings. Create two or more intimate area and create a cozier atmosphere for arrangements.

For example, place a sofa and two chairs in front of the fireplace and dral ceiling, install ceiling beams. There another pair of chairs and a skirted table will still be an abundance of impressive in front of the bay window. In a big bed- space overhead. But the beams will make room, cluster the bed, dresser and chests the space feel more comfortable, more of drawers at one end to make space for human-scaled. a writing desk or a love seat and table at the other end.

to distinguish one zone from another. If doors open. But you can also have visual remodeling or building, consider using and acoustical privacy by closing them. one pattern of wood flooring in the living area and a second compatible pattern in with glass panes -- are often the best

area rug can accomplish the same thing. to-room noise without blocking views or Even if the flooring is the same in adjalight. cent spaces, a rug in one area can keep

to subdivide a large space. Along with without confinement. furnishings, a pair of columns on either side of a large room is a visual signal that structural adjustments, though, give some one end of the room is devoted to one ac-serious thought to the issue of spacioustivity and the other end to another purness before you buy a new home or re-

implied partitions that jut out from oppos- cravings for roominess and intimacy. ing 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

lions to knock down the interior walls often used between kitchens and famof older homes. The quest for roominess ily rooms or between living and dining

> With either technique, you don't It is possible, however, to tame lose dimension, but you create the im-

> -- Change ceiling heights or one- or two-step difference in floor levels -- In a large living room, fam- can make one large space feel like two.

> > -- For a large room with a cathe-

-- Divide a large space with pocket doors or French doors. You can -- Alternate flooring materials have all the openness you want with the

Glazed doors -- that is, doors choice for family room-kitchen combi-If you're only redecorating, an nations because they can reduce room-

Such relatively minor modificathe overall space from seeming too big. tions can give you open, airy and light--- Install columns or wing walls filled spaces, but also emotional coziness

To eliminate the need to make model an old one. Ask yourself just how Like columns, wing walls are much space you need to satisfy your dual

Experience - Knowledge

Patricia A. McFarland

Fremont County Treasurer/Public Trustee

Republican Candidate

By the Way, What Else Is No Longer camera technology, and when they in-Weird?

Eighty such themes have oc- they smash only the lens, leaving the curred so frequently that they have been recording unit intact. Cop wannabes, "retired from circulation" since News of some with uniforms, badges and flashthe Weird began publishing in 1988, and ing lights on their dashboards, get many of them involve the ineptitude of thrills by stopping and scolding drivcriminals:

Burglars leave footprints in the (off-duty) cop. All these used to be snow or mud, or they suffer a leakage of weird, but nowadays are just too comloot from their heist, thus leaving trails mon. often leading right up to perps' doorsteps. With videocams so widely used, at http://NewsoftheWeird.blogspot. more and more criminals are chronicling com or www.NewsoftheWeird.com. their crimes as they go, eventually mak- Send your Weird News to WeirdNewsing prosecutors' work easy. Even so, Tips@yahoo.com or P.O. Box 18737, some robbers haven't mastered video Tampa, FL 33679.)

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On The Right: "Missing From The Pope"

by William F. Buckley Jr.

blunder had to do with his under-instruc- apologizing. One apologizes for some- name of the faith by many of the apostion in diplomacy. Several matters were thing one did and has responsibility for. tles of Islam is to be regretted. cited, among them that he had, for lack of The Emperor Hirohito could plausibly intelligent concern, dispatched his prin- apologize for Pearl Harbor; everybody the use of the sword to spread his faith, another radical variant of Islam. The cipal Arabist to Cairo on a trivial diplo- else could only express regret over or he does not. The critics of the pope Wahhabi form of Sunni Islam rules in matic mission. The assumption is that if Pearl Harbor. His Holiness had had his ship in order, somebody would have told him that the wauling was the pope's objective in his voices of Islam, but of course the matter radical Shiite Islam. little paragraph about Islam in his forth- speech, which was to bemoan the discoming speech at the University of Re-sipation of faith and efforts to separate gensburg would bring on a major diplo- it from reason. The paragraph quoting matic foofaraw.

to be validated by the headlines on Monday, which spoke of an unprecedented deploring as undesirable developments. "apology" by Pope Benedict for the He might also have remarked the cru-nation in the Middle East who continues was that behavior of certain kinds has words he had spoken. Fastidious analysts sading days of the Christian church as a to call for the elimination of Israel. And no warrant to excuse itself simply by of course did not find exactly that. What regrettable historical development. he said was that he was truly sorry for the hurt those words had caused among the Manuel II Paleologus, the 14th-century his number, all right!"



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the Byzantine emperor's words about This dark view of things seemed Islam was intended to remark historical accretions in religion that the pope was

But it is true that the language of Byzantine Christian emperor, could be taken as deploring something the em- tion in modern political thought is: Who cult rather than less since the pope's peror thought ingrained in the Muslim faith. The quoted words were, "Show me iust 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 FROM PAGE 14. reminding the world of sentiments ex- Day, also boasts a unique feature -- the pressed in the 14th century is not the Earl Young homes. These are mushsame thing as to deny that the sentiments roomlike stone homes with flowing cetion is the harbor itself, bordered by a were germane to deliberations on mod- dar-shake roofs and unusual windows waterfall and old fishing shacks conern expressions of faith. Here indeed is and fireplaces. Young, who was only where the pope had things to say worth 4 feet, 8 inches in height, designed the INFORMATION listening to by people of every faith, or homes for short people, and all have a of no faith. And for all that he regretted citing those words, His Holiness did not pause to examine them.

Examine what?

The talk concerning the pope's ference between expressing regret and much that is being spoken today in the by: the pope.

speak as if it were plain as day that such Saudi Arabia, and an offshoot of it in Substantially lost in the cater-sentiments are deplored by licensed Egypt. In Iran, the regnant faith is a is not so easily disposed of. If a Christian leader were to pronounce the need what is the authentic voice of the Isto eliminate a country whose religious lamic exegesis? There is no Islamic leaders were dogmatically misled, that Council that can speak with authorleader would be disowned by the larger ity in these matters. And surely what Christian community. But Mahmoud the pope was attempting to say, or Ahmadinejad is the leader of a powerful should have been attempting to say, we can't even satisfy ourselves by say- citing someone's interpretation of the ing, "Well, our Byzantine emperor had Quran.

speaks for Muhammad? To ask this isn't speech at Regensburg, and for this the to ask for a direct line to the prophet, let pope could legitimately apologize. alone to God. It is a temporal question,

Examine the question whether answered, in Catholic Christianity,

The ugly fact of the matter is that the faith espoused by some very Either a faithful Muslim exhorts big-time practitioners today is one or

But to delve into that ques-The great unanswered question becomes, ironically, more diffi-

fairy-tale quality.

ninsula, lakefront Fish Town is worth a

visit. Ferries to the Manitou Islands depart from here, but the real attracverted to boutiques and restaurants.

Traverse City Convention and Visitor Bureau, (800) 872-8377 Finally, out on the Leelanau Pe- or www.mytraversecity.com.

Kilpat Courts

FROM PAGE 4.

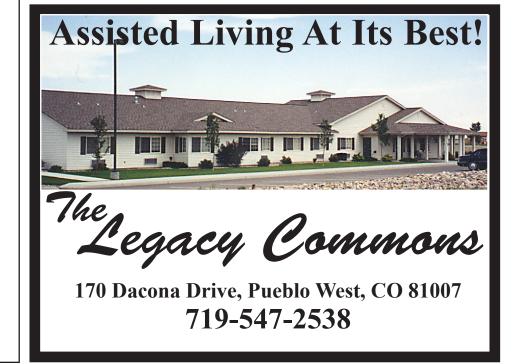
sensible word. She agreed that courts crime. must defer to legislatures on the fixing of criminal sentences, but the Constitu- done Berger's crimes. Child pornogration prohibits sentences that are "gross- phy is a serious offense. ... Neverthely" disproportionate. In this instance, less, we are asked to determine in this Arizona's sentence for possession of case whether 200 years is just punishpornography "is by far the longest in the ment for a defendant who possessed for rape or aggravated assault.

In the federal courts, Justice no second chance." Berch observed, where sentencing guidelines are fixed by an extra-judicial ought to hear. Morton Berger may be a commission, Berger would have faced creep, but on the record he's a pretty sad only five years in prison. Arizona's sen- creep. The sentence is absurd. tences for possession of child pornogate, but grossly disproportionate to the e-mail to kilpatjj(at)aol.com.)

She concluded: "I do not connation." It is more severe than sentences child pornography but directly harmed imposed in Arizona on first offenders no one. The sentence provides no opportunity for rehabilitation and provides

This is a case the high court

(Letters to Mr. Kilpatrick should raphy are "not merely disproportion- be sent in care of this newspaper, or by



Traveling: There's Nothing Like A Holiday!

Fruit, Fudge Are Hallmarks Of Michigan Shore

They go gaga over cherries in this part of Michigan, which isn't surprising, in its self-proclaimed title of "cherry since the area produces more than half capital of the world," it's more than that. of the nation's cherry crop.

gently rolling hills, locals snack on is one of Michigan's most popular re- in glassy lakes, and harvest time brings dried cherries and quaff cherry wine, sorts, attracting many thousands to the out pumpkins, pears and apples. and the biggest event of the year here is northwestern shore of lower Michigan. July's National Cherry Festival.

thriving shops that sell nothing but Summer inspires outdoor activities. cherry-related products, including such Fishing, boating, hiking and biking get found in almost every locale, and the



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> Beaches tempt swimmers and sunbathers. Sailboats dot the many inland lakes, including three -- Torch, Glen and Crystal -- rated among the Geographic.

A favorite of the outdoorminded is Sleeping Bear Dunes National Lakeshore, where sand dunes more than 18 wineries. rise as much as 460 feet above the Lake their summits. If you decide to descend back up is a heart-pumper.

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,

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TRAVERSE CITY, Mich. -- ders and cherry-impregnated hot dogs. snowmobile, Nordic and snowshoe But while Traverse City revels trails. You can even go for a spin on a horse-drawn sleigh.

Other locals claim fall as their Together with nearby Petoskey, Char-favorite season. Spectacular autumn Acres of orchards spread over levoix and Harbor Springs, Traverse colors suffuse the hills, often reflected

> No matter how tasty those Michigan apples are, though, cherries remain the king of fruit. But fudge is also an obsession. Fudge shops are 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 climost beautiful in the world by National mate moderated by the waters of Grand Traverse Bay and Lake Michigan, two peninsulas in the Traverse area -- Old Mission and Leelanau -- are home to

Meanwhile. Front Street in Michigan shore. You can climb or hike downtown Traverse abounds with on them or just admire the view from shops, many of them irresistible to foodies. Grand Traverse Pie Co. makes to the bottom, be warned: The climb 30 kinds of pies, the Chocolate Den molds the sweet into many whimsical For golfers, Traverse is summer 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



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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

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 Petoskev.

Downtown Petoskev 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 -- an-

> other 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

PAGE 15.









SENIOR SAFETY

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Don't Be A Target! Protect Yourself & Belongings

by Patricia L. Polk

Think it won't happen to you? exact. Think again! Time to have another look at keeping an eye on your belongings, purse handle with the little straps in the especially your purse! Don't take your top compartment of the shopping cart, eye off of it for even a few seconds. It and even placing a newspaper over the may be the last time you see it!

happened to me a couple of weeks ago, it only takes one time to be negligent in I take nothing for granted now. To this area and one realizes that it's one make a long story short, my afternoon time too many! of grocery shopping spun into a time

of unexpected panic; super panic to be

Having carefully attached my top, I was careful to keep my cart close Because of an incident that to my side while shopping. However,

When I pulled the cart to the

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Southern Colorado is hosting its biggest the Bureau's educational-outreach proevent of the year on Thursday, September 14th at the Antlers Hilton Hotel in Colorado Springs.

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While there is a modest fee to participate, the service is worth about p.m. The evening culminates with the \$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 100. Cheyenne Mountain Zoo will be up for

The Better Business Bureau of auction. Proceeds will be used to fund

Dr. Rick Brinkman, a national communications specialist and the The 12th annual Excellence in evening's keynote speaker, will host a two-hour seminar called "Life by Design" from 3:00 p.m. to 5:00 p.m.

> followed by Brinkman's presentation "Conscious Communications" at 7:15

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

"It's just good business."

check-out counter, I reached for my seven "purse snatchings" reported, purse and it wasn't there! The strap was victim's wallets or purses were taken unlatched and the purse and even the out of a shopping cart! Pay attention newspaper were missing! How could this to the location of your purse at all be? I couldn't remember ever leaving times. Second, only carry what you the buggy vulnerable. You can't imagine need in your purse when shopping. the feeling of helplessness unless it's I only carry one charge card in my happened to you!

calling the police, canceling my charge a good idea. Once a thief gets hold card, and putting a stop payment on my of a charge card, they can have hunchecks, I discovered that some of the dreds, even thousands of dollars of items in my cart were not put there by merchandise purchased within a very me. The realization of a "buggy switch" short time. was evident. Somewhere during my excursion through the store, I ended up cash or checks...only what you need! with someone else's shopping cart.

presentation of the 2006 EICS Awards produce department, just sitting there as it many long distance calls might have had been for almost an hour; untouched, taken place by the unsavory characwith my purse still there under the news- ter who took it! paper. What began in panic, ended in relief! I was very fortunate; my purse "bumping" into you and asking queshadn't been stolen! However, this was tions. The times while you are talka real wake-up call for me and should be ing, another person could be "lifting" for everyone.

your purse in a shopping cart! In a news your shoulder, long enough to cross release from the Washington County, over your body. If you have a purse OR, Sheriff's Office, I read that in six of that is carried by the handles, be sure

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purse, but I know others who carry After contacting store security, a boatload of cards with them. NOT

Also, don't carry a lot of My cell phone was also in my purse My original cart was found in the and if it had been stolen, think how

Beware of individuals your purse. The best purse to have First piece of advice, don't leave is one with a strap which goes over 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

> As the holidays approach and stores become more crowded, enjoy your shopping, but be watchful and have a healthy awareness of what you're doing. Don't be passive...be pro-active!

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Well Dressed Garden: Spring Bulbs Accent Mixed Beds

by Marty Ross

refreshing way of planting tulips, daffo- dreds of thousands of bulbs bloom a basic structure, which is important in dils, hyacinths and other spring-flower- from March through May. ing bulbs: Forget about old-fashioned

Van der Kloet, a Dutch garden grows. designer, developed her style in her own garden in the small town of Weesp shipments of spring-flowering bulbs



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bastion of tradition -- at Keukenhof, other and pop up in unexpected places,' Jacqueline van der Kloet has a the famous garden in Lisse where hun- van der Kloet says. "Of course there is

Her "inspiration gardens" at sweeps of red or yellow and concen- Keukenhof are designed to bring great trate instead on striking accents, echo- design ideas down to the scale of peo- stick with just one color, as she did last ing patterns and brilliant little pools of ple's back yards. The concepts will work no matter where your garden

and then planted her ideas on the very from Holland and other producing aredays 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, dafperennial plants and small shrubs.

"I'll plant between 20 and 50 tulips," for example, she says, "but I center. 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 apron -- and utterly sophisticated.

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 Battery in New York City. 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 an-

every garden, but within it, perennials and bulbs lead their own lives."

In formal gardens, she might year in a garden of perfectly clipped boxwood hedges. She packed white tulips into a dozen 18- and 24-inch terra-Garden shops receive their cotta pots and placed them carefully around the garden.

Some of the pots are clustered as in early fall and usually carry a great around the garden gate, four of them selection through November. When the stand like gorgeously uniformed 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 fodils and other bulbs carefully among tulips with a subtle green stripe, great tall creamy white tulips, and tiny snowwhite tulips with a spot of gold at the

> tulips in each pot. The effect was as queline van der Kloet. Her fresh and clean and crisp as a starched, pleated colorful designs mix bulbs with perenni-

> In the past couple of years van tion Center der Kloet has been working with the a garden. great Dutch plantsman and designer Piet Oudolf to incorporate spring- of plants to make a beautiful garden. blooming flowers into his designs for van der Kloet says. At Keukenhof. public gardens in the United States. she designed a garden with purple tu-They planted tulips and alliums among lips, white hyacinths, euphorbia and the extensive beds of perennials at The hellebores, surrounded by evergreen

The golden-vellow 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 and that's what makes it exciting." translucent globes of purple Allium SOURCES christophii are planted with prairie collaborating on a planting at the Mil- through May 20, 2007. lennium Garden in Chicago.

and accent existing palettes throughout for gardeners in the South.



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Spring-flowering bulbs look almost like She planted up to two dozen wildflowers in a garden designed by Jacals and shrubs, photo: Netherlands Flower Bulb Informa

You don't need a long list

"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,

-- Keukenhof (www.keukedropseed, a wispy ornamental grass. nhof.com or www.holland.com) is This year, Oudolf and van der Kloet are scheduled to be open from March 22

-- Three mail-order sources Van der Kloet's deft and deli- for spring-flowering bulbs are: Brent cate approach to bulb plantings places and Becky's Bulbs (www.brentandgreat emphasis on garden settings and beckysbulbs.com), Scheepers (www. natural surroundings. Bulb flowers are johnscheepers.com) and Colorblends chosen to complement the blooms of (www.colorblends.com). Brent and flowering trees and shrubs and to echo Becky's Bulbs sells prechilled bulbs



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Reeling

"Prairie Corn Is Good For You"

by Film Critic Betty Jo Tucker, Pueblo

Prairie Corn Is Good for You delicious corn. In one of the best films of 2006, Altman fills the air with old-time tunes while making us laugh and cry room mystery "Gosford Park." Still, even "Bad Jokes" medley is hilarious! Altman admits his new movie -- avail-

changed my opinion of Meryl Streep and and Maya Rudolph, delivering a perfect in Filmmaker Robert Altman's "A Prairie Woody Harrelson. These two actors have dead-pan turn as a pregnant, eye-rolling air and Home Companion" may be corny, but it's failed to impress me in most of their script girl/assistant stage manager. screen appearances, but their performances here are pure gold. Maybe it's because Keillor seems quite simple -- it starts ible entity. I'm such a fan of musicals: Streep simply out as merely a depiction of what hapwith characters we really care about. This sparkles as she belts out her duets with pens during the last radio show before other physveteran director has certainly redeemed an equally entertaining Lily Tomlin, and a greedy developer (Tommy Lee Jones) ical manihimself in the eyes of movie fans like Harrelson appears surprisingly comfortme who were disappointed by his last able as a singing cowboy in his numbers Companion" has been performed weekly -- such as

able October 10th on DVD -- represents cast include: Virginia Madsen, ethereal lurking in the wings; Kevin Kline, who Based on the Keillor's popular deftly parodies those old film noir deteclong-running radio show of the same tives; Lindsay Lohan, poignantly funny

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At first, the screenplay by an invis-

film, the predictable British drawing- with John C. Reilly. The Harrelson/Reilly for 30 years. But, as the movie pro- smashing gresses, you discover it deals with much Other standouts in the terrific deeper issues -- matters of life and death, Garrison Keillor's sensibilities more than and beautiful as a Dangerous Woman 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 name, "A Prairie Home Companion" also as Streep's suicide-obsessed daughter; 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

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slapped by closes the theater where "A Prairie Home festations



in fact. "Gather ye rosebuds while ye ing 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

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sequences and thematic material. Scheduled for an October 24th DVD release.) Read Betty Jo's movie reviews at www.ReelTalk Reviews.com. Autographed copies of her two books, CON-**FESSIONS** OF A MOVIE ADDICT and SUSAN SARANDON: A TRUE MAVERICK. are available in Pueblo at Barnes & Noble Booksellers 2006 Miss Pagent 719-634-2343 and at Kathilee Champl Waldenbooks.

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