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Senior Beacon

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

Nov., 2007 Vol. 26: No. 4 Established Aug., 1982 304 Consecutive Months!

CHOOSING A MEDICARE PLAN

Four Steps To Selecting The Plan That Suits You

by Michael Frost - Director of Market-POINT Senior Products - Humana of Colorado

When selecting a Medicare plan, you have a wide variety of choices, so you'll want to select the plan that best suits your needs.

Use this time before the enrollment period begins to get answers. Before choosing a plan, think about your healthcare needs and what's important to you.

Here are four simple steps to help you select a Medicare plan.

Step One: Review your medical spending from 2006 and 2007.

Give yourself a "healthcare audit." In other words, review your records and receipts to determine your recent healthcare costs. Be sure to include charges from physicians, hospitals and pharmacy expenses for your prescription drugs or supplies. If you don't have good records, talk to your doctor's office or pharmacy.

Step Two: Identify future healthcare needs.

Although none of us has a crystal ball that can predict what next year will bring, make an estimate on what healthcare services you may need. Do you have a condition that requires on-going, regular care? Will you need to continue on your current prescriptions? What annual screenings should you expect? Talk with your doctors, especially if they have indicated you may need a specific procedure or service in the months ahead.

Step Three: Explore your op-

tions.

There are many resources to help you better understand your options in selecting a Medicare plan:

- State Health Insurance Assistance Program – Colorado has a State Health Insurance Assistance Program (SHIP) that gives free local health insurance counseling. Visit www.shipusa.org or call 1-888-696-7213.

- www.medicare.gov enables you to find and compare Medicare prescription drug plans and health plans in your area. You can also call 1-800-MEDICARE (1-800-633-4227).

- www.healthdecisions.org/guide offers an easy-to-use, interactive online publication. This is a service from America's Health Insurance Plans, a national association of health insurance companies.

Remember, no matter which Medicare health plan you've chosen previously, you can switch to a different plan between November 15 and December 31. Consider these points:

- Cost – How much will you pay for premiums, deductibles, and co-payments? Plans with lower premiums may have higher out-of-pocket expenses (the amount you pay when receiving care, such as co-payments, deductibles, and coinsurance). The inverse is also true: if you're paying a higher monthly premium, your out-of-pocket costs may be less.

- Benefits – Does the plan include all Medicare benefits in Part A and Part B? Does it also include prescription

Important Dates

October 1, 2007 - benefit and premium information is available for all 2008 Medicare plans, including prescription drug plans.

NOVEMBER 15-DECEMBER 31, 2007 -

Enrollment period for 2008 Medicare plans.

As you compare healthcare coverage, keep in mind:

- When considering prescription drug plans, take into account Medicare Advantage plans as well as stand-alone prescription drug plans (Medicare Part D).
- Check out special, additional services offered by health plans for Medicare members, such as gym memberships and dental coverage.
- Before selecting a plan, make sure you'll have access to the physicians, hospitals and other healthcare providers/facilities that you are important to you.

drug coverage?

- Doctor and hospital choice – Do the doctors, hospitals, pharmacies and other providers you use accept the plan? Are they conveniently located?

Once you understand what benefits you want in a health plan, you're ready to visit the Websites of specific health plans and compare. Narrow it down to plans offered by two or three insurance carriers and learn more about these plans. For example, using the online tools available at www.Humana-medicare.com, you are able to compare plans, calculate prescription costs and value-added wellness programs.

Step Four: Find out if you qualify for extra help.

If you have limited income and resources, you may qualify for help paying for your Medicare health coverage,

including prescription coverage. To find out if you qualify for assistance paying for Medicare health coverage, contact the Colorado Medicaid office or call Social Security Administration at 1-800-772-1213. If you use a TYY, call 1-800-325-0778.

If you are satisfied with your 2007 Medicare coverage and don't intend to make any changes, you do not take any action during the enrollment period. You will be automatically re-enrolled for the same plan for 2008.

As the fall approaches, use this time to make sound choices and get a full understanding of your options. After all, this is an important decision that you are committing to for an entire year. At the end of the day, few things are as important as your health and healthcare.

Global Warming: Man-Made Or Natural?

by Fred Singer, Professor Emeritus of Environmental Sciences, University of Virginia

Ed. Note: Climate change occurs naturally. Where we live was once a huge inland sea. The following report by Fred Singer gives a clear-headed and calm assessment of what climate change is in the midst of the global warming hysteria. My take on this U.N. and Al Gore hoax is that we are helpless to stop climate change. For goodness sake, Mars is warming and I don't think they have car emissions up there.



Are we to be expected to believe that global warming causes the above ice storm?

In the past few years there has been increasing concern about global climate change on the part of the media, politicians and the public. It has been stimulated by the idea that human activities may influence global climate adversely and that therefore corrective action is required on the part of governments. Recent evidence suggests that this concern is misplaced. **Human activities are NOT influencing the global climate** in a perceptible way. Climate will continue to change, as it always has in the past, warming and cooling on different time

scales and for different reasons, regardless of human action. I would also argue that - should it occur - a modest warming would be on the whole beneficial.

This is not to say that we don't face a serious problem. But the problem is political. Because of the mistaken idea that governments can and must do something about climate, pressures are building that have the potential of distorting energy policies in a way that will severely

SEE "CLIMATE" PAGE 2.

Sixth Annual Diabetes Symposium At St. Mary-Corwin

St. Mary-Corwin Medical Center presents the sixth annual Diabetes Symposium at the Pueblo Convention Center on Saturday, Nov. 10, 2007 from 7:30 a.m. until 12:30 p.m. This is the largest gathering of diabetes education, screenings and demonstrations available to the public in Southern Colorado and associates from the St. Mary-Corwin will be on hand to provide counseling on diabetes.

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

The screenings begin at 7:30 a.m. and include tests such as blood pressure, non-dilated eye exams, dental, cholesterol, depression, urine protein and

hemoglobin A1c. Screening participants will be asked to fast the evening prior for the most accurate results and must be registered to take advantage of the screening opportunity.

The program is free of charge and reservations are strongly requested. For more information, or to register for the screenings, please call 719-557-HELP.

Diabetes is one of the most widespread, non-discriminating diseases that affect millions of Americans. It causes complications such as heart disease, stroke, kidney disease, blindness, nerve damage and severe infections that may lead to amputation. Diabetes has become significantly prevalent in Southern Colorado. Pueblo and other southern counties in Colorado have twice the prevalence of diabetes as the rest of the state. In fact, patients with diabetes represent one in every two medical admissions and one in every three surgeries at St. Mary-Corwin Medical Center.

Flu Clinics Courtesy Pueblo City/County Health Center

The Centers for Disease Control recommends getting vaccinated as soon as Influenza vaccine is available. Flu vaccine is in Pueblo. Call your doctor or pharmacist to schedule and appointment. To locate flu clinics in Pueblo call the Pueblo City-County Health Department's Flu Hotline 583-4320 or dial 2-1-1 Monday – Friday, 8am – 5pm.

Just One Guy's Opinion

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



Short But Sweet

Thought I'd step aside this month and allow S. Fred Singer, Professor Emeritus of Environmental Sciences, University of Virginia take over this month's opinion page. His riff on Global Warming is the clearest and most concise I've come across. The entire adapted version can be found at WWW.HILLSDALE.EDU

He obviously doesn't have an axe to grind in that he doesn't benefit one way

or the other on this subject. I'd just like to give you, our readers, something more than the hysteria that permeates all of the media all of the time.

Also, I was taken to task concerning my comments on Hillary Clinton last month by a very nice unnamed lady who said I was unfair stating that Mrs. Clinton has learned from her mistakes concerning her health care program. I will address that and much more next time concerning the idea of fairness.

Have a nice Thanksgiving all and Godspeed!

Climate Change: Be Careful What You Read, Hear And See!

from page 1.

ly damage national economies, decrease standards of living, and increase poverty. This misdirection of resources will adversely affect human health and welfare in industrialized nations, and even more in developing nations. Thus it could well lead to increased social tensions within nations and conflict between them.

If not for this economic and political damage, one might consider the present concern about climate change nothing more than just another environmentalist fad, like the Alar apple scare or the global cooling fears of the 1970s. Given that so much is at stake, however, it is essential that people better understand the issue.

Man-Made Warming?

The most fundamental question is scientific: Is the observed warming of the past 30 years due to natural causes or are human activities a main or even a contributing factor.

At first glance, it is quite plausible that humans could be responsible for warming the climate. After all, the burn-

ing of fossil fuels to generate energy releases large quantities of carbon dioxide into the atmosphere. The CO₂ level has been increasing steadily since the beginning of the industrial revolution and is now 35 percent higher than it was 200 years ago. Also, we know from direct measurements that CO₂ is a "greenhouse gas" which strongly absorbs infrared (heat) radiation. So the idea that burning fossil fuels causes an enhanced "greenhouse effect" needs to be taken seriously.

But in seeking to understand recent warming, we also have to consider the natural factors that have regularly warmed the climate prior to any human presence on the earth. After all, the geological record shows a persistent 1,500-year cycle of warming and cooling extending back at least a million years.

Natural Causes of Warming

A quite different question, but scientifically interesting, has to do with the natural factors influencing climate. This is a big topic about which much has been written. Natural factors include continental drift and mountain-building,

changes in the Earth's orbit, volcanic eruptions, and solar variability. Different factors operate on different time scales. But on a time scale important for human experience - a scale of decades, let's say - solar variability may be the most important.

Solar influence can manifest itself in different ways: fluctuations of solar irradiance (total energy), which has been measured in satellites and related to the sunspot cycle; variability of the ultra-violet portion of the solar spectrum, which in turn affects the amount of ozone in the stratosphere; and variations in the solar wind that modulate the intensity of cosmic rays (which, upon impact into the earth's atmosphere, produce cloud condensation nuclei, affecting cloudiness and thus climate).

Scientists have been able to trace the impact of the sun on the past climate using proxy data (since thermometers are relatively modern). A conventional proxy for temperature is the ratio of the heavy isotope of oxygen, Oxygen-18, to the most common form, Oxygen-16.

A paper published in *Nature* in 2001 describes the Oxygen-18 data (reflecting temperature) from a stalagmite in a cave in Oman, covering a period of over 3,000 years. It also shows corresponding Carbon-14 data, which are directly related to the intensity of cosmic rays striking the earth's atmosphere. One sees there a remarkably detailed correlation, almost on a year-to-year basis. While such research cannot establish the detailed mechanism of climate change, the causal connection is quite clear: Since the stalagmite temperature cannot affect the sun, it is the sun that affects climate.

Policy Consequences

If this line of reasoning is correct, human-caused increases in the CO₂ level are quite insignificant to climate change. Natural causes of climate change, for their part, cannot be controlled by man. They are unstoppable. Several policy consequences would follow from this simple fact:

- Regulation of CO₂ emissions

is pointless and even counterproductive, in that no matter what kind of mitigation scheme is used, such regulation is hugely expensive.

- The development of non-fossil fuel energy sources, like ethanol and hydrogen, might be counterproductive, given that they have to be manufactured, often with the investment of great amounts of ordinary energy. Nor do they offer much reduction in oil imports.

- Wind power and solar power become less attractive, being uneconomic and requiring huge subsidies.

- Substituting natural gas for coal in electricity generation makes less sense for the same reasons.

None of this is to argue against energy conservation. On the contrary, conserving energy reduces waste, saves money and lowers energy prices - irrespective of what one may believe about global warming.

Science vs. Hysteria

You will note that this has been a rational discussion. We asked the important question of whether there is appreciable man-made warming today. We presented evidence there is not, thereby suggesting that attempts by governments to control greenhouse-gas emissions are pointless and unwise. Nevertheless, we have state governors calling for CO₂ emissions limits on cars; we have city mayors calling for mandatory CO₂ controls; we have the Supreme Court declaring CO₂ a pollutant that may have to be regulated; we have every industrialized nation (with the exception of the U.S. and Australia) signed on to the Kyoto Protocol; and we have ongoing international demands for even more stringent controls when Kyoto expires in 2012. What's going on here?

It is also with noting that tens of thousands of interested persons benefit directly from the global warming scare - at the expense of the ordinary consumer. Environmental organizations globally, such as Greenpeace, the Sierra Club and the Environmental Defense Fund, have raked in billions of dollars.

Emission trading programs will soon reach the \$100 billion a year level, with large fees paid to brokers and those who operate the scams. In other words, many people have discovered they can benefit from climate scares and have formed an entrenched interest. Of course, there are also many sincere believers in an impending global warming catastrophe, spurred on in their fears by the growing number of one-sided books, movies and media coverage.

You wouldn't know it from Al Gore's *An Inconvenient Truth*, but there are many upsides to global warming: Northern homes could save on heating fuel. Canadian farmers could harvest bumper crops. Greenland may become awash in cod and oil riches. Shippers could count on an Arctic short-cut between the Atlantic and Pacific. Forests may expand

(As been said) Climate has been changing cyclically for at least a million years and has shown huge variations over geological time. Human beings have adapted well, and will continue to do so.

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Senior Beacon

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Publisher/Sales/Production.....James R. Grasso

Sales.... Jan McLaughlin, James R. Grasso

Contributing writers.. B. J. Tucker, Universal Press Syndicate,

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Qualified Therapies Offer

Physical Therapy
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Wheelchair Accessible
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Convenient Location



ON THE RIGHT:

"IMPEACH BUSH?"

by William F. Buckley

It's not as it was with President Nixon. The thought of Nixon is impossible except under the shadow of Watergate, which would have meant impeachment and probable conviction. But it isn't widely remembered that there was a movement to impeach Nixon before Watergate -- over the bombing in Cambodia. I remember a moment, in the course of a debate with Arthur Schlesinger Jr. before a huge crowd of students, when I ridiculed the idea of impeaching President Nixon.

"I never came out for impeaching him," Schlesinger said.

"Ah," said I, "but you are a vice president or whatever of Americans for Democratic Action, and they have come out for impeachment."

"I wasn't present at that meeting," Schlesinger said tensely.

An amusing and instructive aftermath came in the limo in which we were both driven off to a reception. Schlesinger sat in the back seat next to his mother, the widow of the hugely respected historian Arthur Schlesinger Sr. "Arthur," she said sternly, "you should not have come out for impeaching the president."

"Mother, I didn't. I wasn't even there."

What amused especially was Mother Schlesinger's refusing to take her son's word for it and sticking to her op-

position. "Your father would never have come out for impeachment."

The dividing line is between just plain partisanship and Constitution-bending to advance a political cause. Several thousand convened in Washington last spring demanding the impeachment of President George W. Bush. The moving spirit of this enterprise turns out to be Ramsey Clark, who would be in favor of impeaching St. Peter if Peter gave out the least emanation in favor of a Republican president. So Clark continues to live in jerkdom, but that does not alter the fact that there are people out there who believe the time has come for impeachment.

The rules for impeachment were drawn up by a Constitutional Convention that was seeking means by which the checks and balances among the different branches of government might be enforced. The constitutional provision explicitly applies to "the president, vice president and all civil officers of the United States" -- which includes federal judges. Observers have sometimes wondered whether it also applies to members of the House of Representatives and the Senate, but the consensus has been that it does not. Then again, legislators can be removed, in extreme cases, by a two-thirds vote of their own house of Congress.

In any case, the president, like those other "civil officers," can be re-

moved from office if impeached by the House and convicted by two-thirds of the Senate, but this provision of the Constitution has hardly ever been invoked. The impeachment-minded succeeded, in the post-Civil War fever, in impeaching President Andrew Johnson, but didn't get enough votes to convict him.

You have to jump from Johnson more than 100 years to see it come up again. Richard Nixon almost certainly would have been impeached over Watergate, but Tricky Dick coped with that threat by resigning. Still, a presidential impeachment lay ahead -- that of Bill Clinton. He was impeached by the House for lying to a grand jury and for obstruction of justice, but the Senate declined to follow through, and Clinton was free to accept his next honorary degree.

The bill of particulars drawn up by Ramsey Clark et al. against Bush accuses the president of everything this side of ignoring his parking tickets. The articles of impeachment have him down for bombing civilians, lying to Congress, lying to the people, giving unconstitutional orders, etc. If he were indeed guilty of one-half the charges laid against him, he'd belong not in the White House but in jail.

What stands out this time around is that there are no serious people urging impeachment. By "serious" is here in-

tended, men and women of sobriety who weigh conscientiously what constitutes impeachable presidential behavior.

Mr. Bush is swimming in very low political tides. Although he beat down with ease the outrageous and insulting charges of Rep. Pete Stark of California, it is striking that a member of Congress felt free to indulge in that level of public obloquy. There was enough of that for Bush in the election of 2006, which was interpreted, reasonably, as a repudiation of his leadership.

If ours were a form of government patterned after that of the Europeans, Bush would probably have been replaced as leader of his party. But the majority of the American people still think of him as a man of good will and very stout heart who is pursuing his duties as he sees them, a man, moreover, of conspicuous incorruptibility. Let the people pronounce on his stewardship in November 2008.



The Writer's Art: "Standing By The Old Ways"

by James Kilpatrick

The judge leans over the bench and asks the defendant, "How many drinks did you have?"

"I had a couple beers," says the fellow.

Today's question is: Should he have said, "I had a couple OF beers"? The truth, of course, is that he actually had six beers and was pretty well soused, but that evades the issue with which we grapple today. In this construction, is the OF optional, or is the OF required?

The Associated Press, dictator of style to a thousand newspapers, will not quibble, compromise or equivocate. Its Stylebook decrees: "The 'of' is necessary. Never use 'a couple tomatoes' or a similar phrase. 'A couple of tomatoes were stolen.'"

The Washington Post disagrees. Last March columnist Maureen Dowd was on leave "for the next couple weeks." Christina Aguilera and her husband "had a couple cocktails" in the birdcage. A book publisher in Manhattan issued a

release "a couple days ago." A Post columnist recalled "the first couple days" of a press tour.

At USA Today the rule appears to be in flux. On April 12, columnist Jonathan Turley wrote of retirement pay amounting to "a couple thousand dollars a month." On June 1, a staff reporter in Indianapolis wrote of "the past couple of days."

The New York Times stylebook ignores the question. Commentators Henry Fowler and R.W. Burchfield also stand mute, but Bryan Garner, one of the nation's top grammarians, insists upon the "of." Webster's Dictionary of English Usage concurs. It approvingly cites examples from Samuel Johnson, Jane Austen, Rudyard Kipling, Henry James. H.L. Mencken and E.B. White.

Let me mutely stand aside no longer. Of course the better usage is "COUPLE OF"! The "couple drinks" construction is crude, clumsy, truncated and awkward. It is, in fact, uncoupled. It is rough-edged, slovenly, inexcusable

and uncivilized. But I restrain myself. The words do not fall trippingly from the tongue -- they stumble from the tongue, fall jerkily from the page. Do not be deceived by the mildness of my objection. The word "couple" without the "of" is ham without the eggs, Jiggs without Maggie, Romeo deprived of Juliet. I shall say no more.

In the same way that "of" should be preserved, so should the subjunctive mood. A reader ruefully cites to the usually impeccable National Review in August. In a review of one more biography of John F. Kennedy, we learned that "If Oswald WAS guilty of the crime," etc. For just a little while longer, could we please have "were" guilty?

And before this petulant humor goes away, could we all get straight on Latin plurals? Three readers in Oregon sent the same article from the Jackson County Tribune in August. The article dealt with a salmon hatchery: "For two straight years, the hatchery's fish have been infested with a natural bacteria

called IHN ..." The reporter explained: "A natural bacteria, Infectious Hematopoietic Necrosis poses no threat. ..."

Tradition must be served! The rule here is still: one bacterium, two bacteria. But while we're on the subject, let us not be too prescriptive about Greek and Latin plurals in contemporary style. Old orders are a-changin'. My first city editor had a thing about "agendum." It was a singular noun, he decreed, and don't bother me again. My preceptor is rolling in his grave, for the rule now is universally: one agenda, two agendas.

So it goes. One criterion is still two criteria; it's still one curriculum and two curricula; and maybe it's still a couple of stadia, but "phenomenon" is fading fast into "phenoms," and the rest of our classic plurals will be gone in another 50 years. O tempora! O mores! Miss Thistlebottom would not be pleased.

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

October was Breast Cancer awareness month.

Did you schedule your mammogram? Don't wait until next year - call 584-4668.

Preventative measures...

- ♦ 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.

A few facts about breast cancer...

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

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PUBLIC FLU SHOT CLINICS

Wednesday, October 17, 9 a.m. to 1 p.m.

Wednesday, November 14, 3 p.m. to 6 p.m.

All clinics will be held in the west lobby of St. Mary-Corwin Medical Center, 1008 Minnequa Ave. Free Valet Parking available.

- **Flu Shots** are \$26. Available to those six months and older.
- **FluMist** is \$30. Available to healthy people aged 5 - 49
- **Pneumonia Shots** are \$40.

No charge for Medicare Part B (no HMO), Secure Horizons HMO and Rocky Mountain Health Plan.

Insurance cards must be presented.

St. Mary-Corwin Medical Center
Centura Health.

719.557.4000 stmarycorwin.org

If you have questions about breast cancer, or other types of cancer, please contact our Nurse Navigator at 584-4841.

news of the weird

COMPILED BY CHUCK SHEPHERD
FOR SENIOR BEACON



LEAD STORY

Crime-fearing female pedestrians in Tokyo can soon protect themselves with fashion designer Aya Tsukioka's skirt that opens into a realistic-looking (except made of fabric), full-size vending machine that she hopes thugs will pass right by. It's one of several fanciful crime-avoiding creations of the genre that Japanese inventors are noted for, according to an October New York Times dispatch. Another, the "manhole bag," resembles a sewer covering when laid on the ground but can hold a person's valuables, again provided that the thug passes it up. Yet another is women's wraparound sunglasses that are extra-dark so that even shy, eye-contact-avoiding females can stare unobserved at potential perverts in trains to guard against the ubiquitous groping.

More Things to Worry About

-- As several sightings were made around Washington, D.C., of dragonfly-looking bugs hovering in the air at political events, government agencies were denying that they had released any tiny surveillance robots, according to an October Washington Post investigation. "I look up and I'm like, 'What the hell is that?'" asked a college student at an antiwar rally in Washington. "They looked kind of like dragonflies or little helicopters. But ... those are not insects." Several agencies and private entities admitted to the Post that they were trying to develop such devices, but no one took credit for having them in the air yet.

-- Air Safety: (1) Nepal Airlines, which was having technical trouble with one of its two Boeing 757s in August, announced that it had fixed the problem by sacrificing two goats to appease the Hindu sky god Akash Bhairab. (2) As passengers boarded a Vueling Airlines flight from Madrid, Spain, in June, they noticed that 29 of the 32 rows of seats

on one side were out of service, but they could hardly have been comforted by the captain's announcement that "(W)e have a safety problem with the door at the front. Don't worry, it's only a safety problem." (No incidents were reported on the flight.)

-- School Security: (1) MJ Safety Solutions of Danvers, Mass., has developed a \$195 bullet-proof backpack for students, using a lightweight, police-equipment-quality panel, and is seeking approvals from school boards to promote them, according to an August Boston Herald report. (2) Britain's Bladerunner company has developed student jumpers and blazers lined with knife-resistant Kevlar, starting at the equivalent of about \$260, according to an August BBC News story.

-- In August, representatives of New East Britain province in Papua New Guinea formally begged the forgiveness of the Fiji High Commissioner for incidents in 1875 when PNG tribes killed and ate Fijian missionaries who had come to spread Christianity. (In fact, the PNG spokespersons pointed out that "forgiveness" was a major tenet of the Christianity that PNG came to accept from the missionaries.)

Leading Economic Indicators

A new condominium development in New York City, near 11th Avenue and West 24th Street (with prices starting at \$6.25 million), features in-unit garages, allowing the resident to drive into the En-Suite Sky Garage System at street level and be lifted to his own unit. Guests and residents who don't own cars will just have to use the ordinary elevators.

Oops!

Spectacular Errors: (1) The Kuala Lumpur phone company Telekom Malaysia acknowledged in April that it mistakenly sent a bill for the equivalent of \$218 trillion (that's 218 followed by

12 zeroes) or 806.4 trillion ringgit. The account was for the late father of Yahaya Wahab, whose final bill should have been the equivalent of \$23. (2) Jayantibhai Patel, 57, was arrested in Foster City, Calif., in October after admitting that he smacked his father in the head with a hammer, requiring his hospitalization. Patel told police that he wanted the father to be put in a nursing home, but was under the impression that only a hospital could assign him to one, and thus, he needed to get him into a hospital.

News That Sounds Like a Joke

(1) After some mild bickering during a delivery at a Wal-Mart in October in Indiana County, Pa., according to police, a Pepsi Cola route man allegedly repeatedly punched a Coca-Cola route man in the face. (2) Reuters reported in September that a 50-year-old man who bought two large sausages at a butcher shop in Mannheim, Germany, returned shortly afterward to have them wrapped for a flight to Dubai. On inspection, the butcher found that the man had stuffed each sausage with an anatomically correct latex dildo, for smuggling into Dubai.

People Different From Us

In September, Matt Wilkinson admitted to KGW-TV of Portland, Ore., that he had been in a coma for three days recently and nearly died after he decided to stick his pet Eastern diamondback rattlesnake into his mouth while drinking with some buddies: "Me, being me, I put his head in my mouth." A doctor told the station that Wilkinson barely made it to the hospital in time because his airway had nearly swollen shut from the venomous bites. Wilkinson said that the incident was "kind of" his "own stupid fault."

Least Competent People

-- (1) Coast Guard officials said they rescued Louis Pasquale, 35, near Freeport, N.Y., in September as he was towing his disabled 35-foot fishing boat back to port 20 miles away by dragging it behind an inflatable boat he was paddling against the current. (He had covered about 100 yards in three hours.) (2) In August in Middlesex Township, Pa., two men from Virginia, who were on the job for a moving company, were detained by police for public intoxication in a motel parking lot, fighting over the question

of whether Virginia is north or south of Pennsylvania.

-- Don't Criminals Need to Keep a Low Profile? (1) Community activist Steven Myrick, 41, was convicted in October of a rape in Torrance, Calif., that had gone unsolved for seven years. Myrick had called attention to himself during a public housing demonstration in which he mooned police officers and was arrested (and a subsequent DNA test tied him to the rape). (2) Vincent Scheffner, 63, a municipal parking-meter worker in St. Paul, Minn., was under investigation at press time on suspicion of theft after a local credit union reported that he had been regularly depositing, for the last year, enormous amounts of coins into his account.

Perfect Logic

Mandy Bailey, who lives in a suburb of Phoenix, is the mother of conjoined 1-year-old girls and wanted to take them to a family reunion in Maryland. She called Delta Air Lines to make sure the girls could ride for free on her ticket. No, said Delta, because even though a child under 2 can ride for free, each infant would need an oxygen mask in case of emergency, and thus, a separate ticket was needed. Bailey kept complaining (giving the story international reach) until a Delta higher-up compromised for the flight: Bailey's sister-in-law, who had been assigned to another row on the flight, was put next to Bailey so she could share her oxygen with the second twin.

Losing Aggression?

Junior New York City hedge fund trader Andrew Tong charged in October that his boss forced him to take female hormones to dampen his aggressiveness, which the supervisor said was leading him to make bad trades, according to a CNBC report. In his lawsuit against Mr. Ping Jiang (a big-time trader who reportedly earns \$100 million a year) and employer SAC Capital (one of the biggest hedge fund names on Wall Street), Tong claimed further that he was harassed and even sexually attacked, and had started wearing dresses.

Unclear on the Concept

-- Israeli police announced in September that they had arrested a gang of eight young Israeli neo-Nazis from the

SEE 'WIRED' PAGE 20.

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For A Healthier You



Haven Behavioral Senior Care Joins Health Community

by Beth Byer - Haven Behavioral Senior Care Joins Pueblo Health Care Community

Since opening its doors August 20, 2007, Haven Behavioral Senior Care at St. Mary Corwin Medical Center has increased access to quality mental health care for senior adults in Southern Colorado. Skilled professionals work together with the patient, family, physicians, extended care facilities and other health care providers to design an individualized treatment plan, addressing the special needs of each patient

Haven Behavioral Senior Care (HBSC) is a state-of-the-art program designed to meet the needs of geriatric patients who are experiencing significant deterioration in cognitive functioning or other associated behavioral issues. As a licensed psychiatric in-patient facility, we are able to provide comprehensive assessments, medication evaluation and stabilization before coordinating a patient's return to their current residence. Our parent company, Haven Behavioral Health Care, Inc. manages psychiatric programs in numerous locations across

the country. This program is Haven's first hospital dedicated to the specific and unique behavioral needs of the geriatric patient.

We continue to receive feedback that intervention and treatment to im-



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prove a geriatric patient's behavior and mood not only improves a patient's quality of life but also makes a significant difference for family and caregivers. At the time of admission, each patient is assessed by a multi-disciplinary

team of professionals which includes among others a Psychiatrist, Master's level therapist, and Registered nurse. An individualized treatment plan is formulated in cooperation with the patient and whenever possible, the family.

Director of Nursing, Bernadette Santisteven, states, "This is a much needed service within our community. There is not another program that is as focused on the needs of seniors.

Dr. Harry Silsby joined Haven Behavioral Healthcare, Inc. in early 2007 to become the Corporate Medical Director. He is now consulting in the development of geriatric treatment programs across the country. His care and dedication to the patients we serve will be instrumental in achieving our goal and vision of being the leader in geriatric psychiatric treatment.

Families and individuals referred to Haven Behavioral Senior Care can be assured that our team of professionals is dedicated to providing the utmost in professional and comprehensive care. Whether the referral source is a family member, a professional caregiver, an individual in crisis, or an outside agency, the Haven Behavioral Senior Care team is skilled in coordinating the evaluation, gathering pertinent information, and completing the admission of the patient.

We understand the importance of managing all details involved when admitting someone to the hospital. Our admission team will oversee the coordination between referral sources, insurance companies including Medicare, community providers, and the family.

We follow those who graduate from our program when they return home or to the facility that has become home. While our patients are often unable to talk about the changes that happen in their lives, we get reports from their caregivers. One graduate, after spending 14 days in our therapeutic milieu returned to her nursing home. The staff was delighted with her increased level of communication and alertness. She has since moved from the secured unit to a room in the general population of the facility.

If you are still wondering what makes us different, Executive Director Eileen Becker, Psychologist and Gerontologist sums it up by saying, "The responses we are seeing within weeks are ones that otherwise might happen in months or perhaps not at all. The combination of activities, counseling and medication management is making a difference in the quality of life for each of our patients."

As an organization, Haven Behavioral Senior Care believes we are able to honor the best interests of individuals and those who love and care for them. When a loved one reaches a turning point in the progression of cognitive or behavioral symptoms relating to their illness, we provide additional treatment that may make a difference.

Pueblo Community Blood Drives November 2007

"5th and Court" Community Blood Drive - Tuesday, Nov. 20 from 8:30 to 11 a.m. Donations inside Bonfils' mobile bus located at 301 W. 5th St., Pueblo. For more information or to schedule an appointment please contact Bonfils' Appointment Center at 1-800-365-0006, ext. 2 or visit www.bonfils.org

"4th and Main" Community Blood Drive - Tuesday, Nov. 20 from 1:30 to 4 p.m. Donations inside Bonfils' mobile bus located at 317 N. Main St., Pueblo For more information or to schedule an appointment please contact Bonfils' Appointment Center at 1-800-365-0006, ext. 2 or visit www.bonfils.org

Spanish Peaks Regional Health Center Community Blood Drive - Wednesday, Nov. 21 from 3 p.m. to 5:30 p.m. Donations inside Bonfils' mobile bus located at 23500 US Hwy. 160, Pueblo. For more information or to schedule an appointment please contact Cathy Bobian at (719) 738-2718

Kmart - North Community Blood Drive - Tuesday, Nov. 24 from 11a.m. to 3 p.m.. Donations inside Bonfils' mobile bus located at 3415 N. Elizabeth, Pueblo. For more information or to schedule an appointment please contact Bonfils' Appointment Center at 1-800-365-0006, ext. 2 or visit www.bonfils.org

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

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

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

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Julie A. Scott, Public Relations Specialist - Bonfils Blood Center - 717 Yosemite Street, Denver, CO 80230

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Fashion: Looooking Gooood!

by Patricia McLaughlin - Mature Market Media Services

HOW TO MAKE A BILLION IN THE FAUX LUXURY BOOM

Luxury, shmuckshury. It's a game anybody can play -- anybody who knows a logo wizard, some kids just out of design school and a venture capitalist.

Luxury is huge now. It used to be rare, precious, exotic, out-of-the-way, hard to find, meant for the very few. Now it's everywhere, all anybody seems to want to buy or sell. Affordable luxury. Aspirational luxury. Ultimate luxury. Luxury brands. Luxury shopping. Luxury cars. Luxury clothing. Luxury skincare. Luxury lifestyle. Luxury fibers. Luxury fabrics. Luxury linens. Luxury spending. Luxury designers. Luxury homes. Luxury hotels. Luxury travel. It's like smog: It seeps into everything and you can't get away from it.

Blame target marketing. For 98 percent of the history of commerce, people raised or grew or made whatever they could -- whatever their skills and know-how and raw materials and circumstances allowed them to produce -- and only then started looking for somebody who needed whatever it was, so they could sell it to him. Prehistoric! Now you figure out who you want to sell the stuff to, and then you figure out what they can be persuaded to want, and then you have a lot of it made in China and sell it to them.

So why shouldn't we -- you and me, I mean -- hop onto the luxury gravy train? How hard can it be?

Numero uno, who's our target market? Naif that you are, you'll want to start by looking for people who need things. Big mistake: Turns out the reason so many of these needy people still need things is that they don't have the money to pay for them. You can't make money on customers who don't have any. So we turn our attention to people with lots of money -- and oops again: Most of them already have way more than they need. But, lucky for us, this is a lesser problem:

Because you can always persuade them to want things they don't need -- i.e., luxuries -- which is why the luxury market is so hot in the first place. Plus, if we target the top layer, they're recession-proof: They can lose a lot of money and they're still billionaires, still out there implacably shopping.

To qualify as luxury, our product should be (obviously) unnecessary. It should be expensive -- and not only expensive, but very expensive, and instantly recognizable as very expensive. It should be emblazoned with the universally known logo of a ferociously advertised luxury brand. It helps if so many other rich people want it that you have to be on a waiting list to get it. And it's even better if the brand is known (or widely believed) to have been patronized by various crowned heads of Europe in previous centuries and to be favored in this one by rockers, rappers, movie stars, champion athletes and other zillionaires. Finally, the product should be unusual (but not downright weird) and trendy, something it didn't occur to anybody to want last year because it didn't exist, and that nobody will want a year from now because, by then, it'll be so hot it will have been knocked off by the millions already.

Now that we have a target market -- rich people with a yen for luxury -- we need a brand. Lucky for us, for a paltry couple of million that we'll get from this venture capitalist my accountant's brother knows, we can buy this cute little company, totally antediluvian, called Sliver and Shambley Shagreen, that made all Queen Victoria's shagreen hatboxes. They're tucked away on a little loch on the left coast of Scotland, one of the very few artisanal companies left in the developed world that still has the skills and the 19th-century technology to produce authentic shagreen -- which involves covering penknives, inkwells, nail buffers, tooth powder flasks, snuff boxes, parasol handles, slide-rule cozies,

needle cases and other archaic accessories with stingray skin, or else the skin of the spotted dogfish or, sometimes, shark. It was very big in the 19th century, right up there with Hermes saddles and Vuitton trunks.

First thing, we get a graphic designer to make us a nice antique-y looking logo of the three S's intertwined in a nice dark, rich-looking racing green with maybe a cheery little crown floating above them in memory of dear Queen Vic. Then we get a marketing consultant to articulate our brand identity -- aristocratic history, fanatical craftsmanship, Old-World obsession with quality, beloved by the dear old late lamented queen, all fiercely updated to suit tomorrow's lifestyle, and so scary-expensive it's irresistible.

We get that fellow who did the skull pocketbooks for Galliano at Dior that time to update the line, do some shagreen clutches, some darling Judith-Leiber-ish evening bags with jeweled clasps, even some big totes in gutsy waterproof canvas with shagreen details for the Kelly and Birkin bag market -- say \$1,000 to \$18,000, to start -- plus cell phone cases, passport cases, wallets, jewel boxes, pillboxes, etc.

We track down a factory somewhere in Asia where they can work with the stingray skin, cheap, because S&S's shagreeners are in their 80s and not likely to hang on that long. (Before we pension them off, though, let's get some really nice black-and-white documentary photography of them doing their thing with their beautiful old gnarled arthritic hands and their gorgeously beat-up antiquated tools in really bleak, beautiful light. For advertising.)

Then we hire some bright kids just out of RISD to work up a secondary line -- cell phone covers, lipstick cases, headbands, etc. -- in less-expensive mackerel skin treated to look a lot like shagreen, so we can price them under \$500 for your affordable luxury market.

Down the line, we'll get some design celeb -- What's Frank Gehry doing? Or what about Bob Venturi and Denise Scott-Brown? -- to do an ironic line of home accessories and accent furniture upholstered in really high-end shiny vinyl printed with hi-def images of real shagreen in wild colors. Warhol woulda loved it. (He loved real shagreen, too, come to think.) (Which reminds me, absolutely we have to do shagreen picture frames. They're totally classic.)

Then we get a few million more from the money guy for a media campaign, we do some ads that show our craggy old guys at their workbenches in the bleak light, and some that show our new card case lying on a marquetry



The logo of Sliver & Shambley Shagreen, maker of fiercely advertised and scary-expensive status accessories covered with stingray skin. Illustration: Patricia McLaughlin.

table with a bunch of bibelots in a stately English country home -- throw in a couple of springer spaniels and some rubber boots. We figure out how to get one of our bags on Gwyneth's arm, place a couple of shagreen picture frames prominently on the grand piano in a House & Garden spread on George Clooney's new Malibu digs, you see where we're going with this?

This time next year, our octogenarian artisans are media heroes. Paris' people are begging us for a shagreen collar for that weird little dog she keeps in her purse. Fi'ty Cent's people are calling for shagreen bling. Clapton's wife commissions a set of guitar cases for a surprise. Lagerfeld has us doing shagreen toecaps for a limited edition of Chanel pumps. Little prep school girls want the headbands in every color. Seiko signs us up to do a luxe line of watches, we're in talks with Target and H&M, and the MOMA store is selling our Day-Glo faux shagreen breadboxes ("sleek, functional, po-mo, ever so faintly tongue-in-cheek") like hotcakes.

You see what we've done? We've leveraged our brand, baby! Little old out-of-the-way Sliver & Shambley Shagreen that nobody ever heard of a year ago is now smokin' hot!

Galliano, here we come! Gucci, watch your back! Look out, Louie V.! MiuMiu, sweetie-pie, man your torpedoes!

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

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Covering The Courts: "Case Of The Goofy Mascot"

by James Kilpatrick

Here is a thought for today: Half the people in the world make mountains out of molehills. The other half tend to make molehills out of mountains.

Two cases that recently have reached the Supreme Court illustrate the first class. In each case, the principal of a public school blundered by a vainglorious exercise of authority. The court wrongly decided one such case from Juneau, Alaska, a year ago. Now it has a chance to reconsider substantially the same issue in a case from Chicago.

The pending case, **Brandt v. Board of Education**, is not much of a case, but it deals with a recurring constitutional question, and it drew an absolutely delightful opinion from Judge Richard Posner in the 7th Circuit. Enjoy.

At the time this brouhaha began, the Beaubien Elementary School in Chicago housed 99 students in its eighth grade. Of these, 27 were enrolled in a special curriculum for academically gifted children. They were known, naturally, as the "gifties." The other 72 were known as the "tards," short for "retards."

In February 2003, the class conducted an election to choose a class T-shirt. The tards submitted 29 designs. The gifties ganged up and submitted only one -- a goofy figure, wholly inoffensive, the work of young Michael Brandt. These budding politicians figured that the vote would be so divided that their single-shot candidate would be a sure thing.

But this election was a **Chicago**

election. When the votes were tallied, the outcome was curiously deemed "too close to call." The presiding teacher refused to disclose the tally. A second referendum was held among the top three candidates. Goofy naturally lost.

Things went rapidly downhill. The indignant gifties printed up their own shirts with their own design. Chris N. Kotis, the Beaubien principal, learned of the symbolic protest and lost his cool. He warned young Brandt and his cohort that their "disrespect" would result in their suspension. Thus this Greek tragedy moved to its inescapable end. (Antigone, you will recall, did what a girl had to do. She defied authority.) Obedient to tradition, the defiant students donned their forbidden shirts. King Kreon-Kotis, fulfilling the role that Sophocles gave him, first confined them to their home room. Then he suspended them.

A "crisis intervention team," like a good Greek chorus, sided with the gifties. Still sore, the students sued the city anyhow. The city won. The students lost. They appealed to the 7th Circuit. The students lost again. Now their appeal is pending in the Supreme Court, where it surely will be soon declined without a single murmur.

In his opinion eight months ago, Judge Posner spoke for a unanimous three-judge panel: The complaining gifties, he observed, had won all they deserved to win: They ultimately had been permitted to wear their own goofy shirt; they had been graduated without incident years ago; their motion for an injunction was

therefore moot.

Turning to the First Amendment issues, Posner agreed that political speech may be printed on clothing. Lady Godiva, indeed, had conveyed a political message by wearing no clothing at all.

"But the picture and the few words imprinted on the Brandt T-shirt are no more expressive of an idea or opinion than the First Amendment might be thought to protect than a young child's talentless infantile drawing which Brandt's design successfully mimics. ...

"The protesters in this case are privileged schoolchildren in a school that contains a majority of nonprivileged children. They insist that unless their T-shirt is adopted by the entire eighth grade, they will as it were secede, and flaunt their own T-shirt. They do not recognize the principal's authority or the legitimacy of the school's procedure."

Posner was doubtful that eighth-grade pupils have any rights under the First Amendment, but in the case at hand they were asserting something less than a right to free speech: They were asserting a right to an explanation of the vote count.

"We do not think eighth-graders have such a right. For the school to hold an election and rig the results, as the plaintiffs suspect happened, is probably not a recommended educational practice, but it is not an infringement of any legal right."

Posner's sound decision in the Chicago case is bound to revive discussion of Chief Justice Roberts' miserable opinion 15 months ago in *Morse v. Alaska*, the case from Alaska. In that case, a handful of impudent students made an impudent banner out of their own materials, on their own time, and displayed it on a public street in the midst of a public parade -- and the Supreme Court, 5-4, said they could be punished for exercising their First Amendment rights. It was a terrible opinion. In time it will be distinguished into insignificance. With the Chicago case, its time is not quite yet.

THE PURGING OF JUSTICE THOMAS

Two questions arise: Why did Anita Hill do what she did then? And why, with the publication of "My Grandfather's Son," has Clarence Thomas done what he has done now?

William Congreve answered the first question three centuries ago: Hell hath no fury like a woman scorned.

The second question is tougher.

An easy answer is that Justice Thomas did it for money -- that is, that he wrote this painful memoir mainly for the \$1.5 million advance he received from HarperCollins. A better answer lies in the theory of catharsis, "a purification of the emotions that brings about spiritual renewal or release from tension." Sixteen years after his agonizing confirmation to the Supreme Court, Thomas had to pull this festering splinter: He would write the pain out of his system. Now! Done! But pus is pretty only to the patient.

In an engrossing account of his boyhood in Pinpoint, Ga., Thomas starts with his hardscrabble beginnings:

"I was 9 years old when I met my father. His name was M.C. Thomas, and my birth certificate describes him as a 'laborer.'"

The meeting took place at a housing project where the father was visiting. Thomas and his younger brother arrived on schedule:

"I am your daddy," he told us in a firm, shameless voice that carried no hint of remorse for his inexplicable absence from our lives. He said nothing about loving or missing us, and we didn't say much in return -- it was as though we were meeting a total stranger -- but he treated us politely enough, and even promised to send us a pair of Elgin watches with flexible bands, which were popular at the time. Though we watched the mail every day, the watches never came."

In the 1950s, Pinpoint, 10 miles southeast of Savannah, "was too small to be properly called a town. No more than a hundred people lived there, most of whom were related to me in one way or another. Their lives were a daily struggle for the barest of essentials, food, clothing and shelter. Doctors were few and far between, so when you got sick, you stayed that way, and often you died of it.

"The house in which I was born was a shanty with no bathroom and no electricity except for a single light in the living room. Kerosene lamps lit the rest of the house. In the wintertime was plugged up the cracks and holes in the walls with old newspapers. Water came from a nearby faucet. We carried it through the woods in old lard buckets ..."

Readers who skip the middle chapters of Thomas' memoir do themselves a disservice. Eventually his race would become the decisive factor in his career, but along the way he provided evidence of real guts and modest talent. Then came his rise to become chairman

SEE "JUSTICE" PAGE 19.



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“Light For The Journey”

By Jan McLaughlin - Director of Prayer Warriors For Prisoners



LAUGHTER... IT REALLY IS GOOD MEDICINE!

“A funny thing happened on the way to the forum...” Is that how that statement goes? Here is something a bit different than the usual LFTJ article. For several months I have shared many incredible experiences about Prayer Warriors For Prisoners, this mission so dear to my heart. Some of you have read LFTJ consistently and have come to know me somewhat, though we may never visit face to face.

(I would love to do that!) Please don't get weary of my mission stories. If you are a Christian, you surely have some God stories of your own. If you aren't a Christian, call me and we will talk about how you can become one! God is ALWAYS showing us new and

incredible things. Life is an adventure and the world is our mission field if we are alert and watching.

This article really isn't an article. It's just some fun things which may make your heart lighter and give you a chuckle. If you can't laugh at yourself, you need to re-think life. It is far too short to be super serious. It isn't really “Murphy's Law” as some call it, it IS LIFE!

Recently, I went into a store to buy avocados. The experience was like searching through mounds of green rocks. Another lady was squeezing them and finding none would yield. We discussed the problem and concluded those things could be used to level several enemy forces. After a lengthy search, I chose two that could possibly be ripe enough to make guacamole by Christmas. I put them in a produce bag and stuck them in my cart. After selecting a small watermelon I walked back to get a red onion. Sticking it in the cart, I rolled the cart in search of the coffee aisle.

Dozens of cappuccino choices captured my attention and drew me into serious study of the back of the cans, for calorie count of course. Suddenly, a voice over the intercom shattered my deep concentration. “Shoppers, please look at your shopping cart. If you have the wrong cart please return it to the produce department.” I laughed uproariously, thinking, “That is hilarious! I've never heard that kind of announcement in a store before.” Then my attention returned to my coffee selection.

I picked up another can and stopped short. Perhaps I should take a look in MY cart. Shock jolted me. I had NO watermelon or avocados. Just a red onion along with other things I had not put in the cart. “Good grief,” I thought, “It's ME!” My first thought was to abandon the cart and the onion and quietly leave the store. However, it had taken a long time to find those two avocados.

Trying to appear nonchalant, I rolled the cart where I could peer around a corner for some woman standing with her hands on her hips watching for the cart thief to return with her cart. I was just thankful there wasn't a purse in it. Relieved that no one appeared to be watching, I pushed the cart to the tomatoes section, grabbed my onion, strolled over to a cart with watermelon and avocados in it and whisked out of the produce department to check-out. Inside, I was bursting with laughter. Suddenly, it didn't matter if anyone saw me. This was hilarious and I love to laugh!

The memory of a major parking lot search for my car popped into my head. I had left a large department store and walked directly to where I was certain my van was parked. Finding it no where in sight, I walked several rows of cars with no luck. A very nice lady saw me and walked over. I tried not to act like my car was lost but she knew. She said, “You can't find your car can you. That happens to me all the time. I'll help you find it. What does it look like?”

I described the silver Dodge Caravan with the KNGSKID license plate. She walked one row and I walked another. Then we each walked two more rows and met where we had begun, near a red pickup where I was certain I had left the van. With frustration and concern, I blurted, “It must have been stolen!” At that very moment, I remembered the caravan was at home in the carport. I had driven the red Toyota pickup I had purchased the week before. I wanted to crawl under the pavement but with a face as red as the truck, I confessed. We laughed hysterically. Thanking her, I

climbed into the truck and drove home laughing all the way. Laughter is GOOD for us.

These things probably never happen to you but if you have experienced a similar incident please e-mail or call and tell me so we can laugh together.

Just one more thing! I have learned the importance of being careful when sending e-mail. Once you hit that SEND button, there is no second chance. Your mistake is launched into cyberspace to plague you forever. Several years ago, I was writing an e-mail to a Christian gentleman in North Carolina whom I was trying to impress. In the subject line, I wrote, Hello from Colorado! Just as I clicked SEND, my eyes caught a glimpse of the subject line. I had left the O off Hello! I was mortified! It is just as dangerous to omit the R in writing Dear Friend! Fiend is NOT a good thing to call a friend if you want to keep that friend.

Truly, laughter is good medicine. Solomon told us so in Proverbs. He also told us what would happen if we are complainers, grouchy, negative and disgruntled. “A cheerful disposition is good for your health; gloom and doom leave you bone-tired.” (Proverbs 17:22 The Message) Laugh much! Laugh uproariously! Laugh at yourself! Laugh with others! Laugh with Jesus! He loves laughter. After all, laughter was His idea!

Have a wonderful Thanksgiving and remember the Source of ALL good things. “Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows. He chose to give us birth through the word of truth that we might be a kind of first fruits of all he created.” (James 1:17-18 NIV) Let your attitude be one of gratitude to a Savior who loves you so much He died so you could experience LIFE and that MORE ABUNDANTLY! (John 10:10)

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

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Grandparenting: "Sports & Society" - "The Big Lie"

SPORTS AND SOCIETY

Dear Grandparenting: I don't follow sports like in my childhood. There used to be plenty of clean-cut, outstanding young men who made headlines for what they did on the field, and not off the field. But that's no longer true. Today's sports pages are increasingly filled with scandals and legal issues and oversized egos - things that reflect troubling trends in society as a whole.

All of which brings me to my grandson Rob in Knoxville. Rob worships professional athletes. Watching and talking about sports is the one big thing we have in common. In your opinion, who are the best examples of professional athletes I can hold up to my grandson as decent role models - people who accomplish great things on the field without being a jerk off the field? Billy, Kingsport, Tenn.

Dear Billy: Your comment reminds us of the late Earl Warren, chief justice of the Supreme Court during the 1950s and 1960s, who remarked that he always first read the newspaper sports

pages, because they contained man's accomplishments, whereas the front page contained man's failures.

Sports, like society at large, has indeed become edgier. But we doubt there's been a wholesale change in the character of professional athletes. What has changed is the intensity of media scrutiny, which now bombards us with reports on every player's warts and flaws. As to a good role model, you could do a whole lot than baseball's Cal Ripkin, whose solid work ethic is in sharp contrast to the flash and self-promotion of others.

GRAND REMARK

My grandson, eight, asked a friend over for lunch. My grandson asked his friend if it was customary to say a prayer before meals at his home.

"We don't have to," replied the friend. "My mother is already a good cook!"

Submitted by Warren Wilbanks.

THE BIG LIE

Dear Grandparenting: My daughter Kathy was always the big breadwin-

ner in her family. Last Friday she was told her job is being outsourced to India, and given two weeks notice. This has naturally caused them stress and anxiety. Kathy thinks she can get another job pretty soon, but her husband Rodney isn't so sure. Kathy says she and Rodney already started arguing about spending money.

I know Kathy will land on her feet again. But my immediate worry is how this impacts my little grandchildren. Kathy says they don't want to upset their kids by talking about it. She thinks they're too busy with school to really notice. I asked Kathy just who do they think they're kidding? One way or another, the kids will soon know something is very different. They may be young, but they're not stupid. I don't think keeping it secret is the right way to handle it. Do you? Big Tess, Kingsport, Tenn.

Dear Big Tess: OK, we admit to occasionally deceiving our kids about Santa Claus, but nothing more. By playing it loose and easy with the truth, your daughter risks losing something even more precious than her job - her chil-

dren's trust. And as a practical matter, we predict the Big Lie won't fly; money is the number one issue couples fight about, so Kathy and Rodney's discussions are sure to spill over into their family life, where the kids will pick it up.

Urge Kathy to proactively inform the children, using age-appropriate language. To minimize your grandchildren's insecurity, it's important for Kathy and Rodney to first come to terms with the transition, because a child's first questions are: Are my parents OK? Will my life go on? Losing a job is bad enough, but don't put the child in the position of thinking they'll lose their bedroom! Given consistency and reassurance, the grandkids can cope.

GRAND REMARK

Letitia, in York Pa., emailed to say she asked her grandson's friend who gave him his odd haircut. "My grandfather," the friend replied.

"Oh, is he a barber?" "No. I think he's a carpenter," said the friend.

Thanksgiving..... Passing On Our Heritage

Arlynn Miller

Remember when Thanksgiving was a big event? In those good ole days we would get together as families, some driving hundreds of miles to be together for a long weekend. Some of the family members might not have been together since last year, and there was so much "catching up" to do. The ladies were in the kitchen cooking (or was it gossiping?) up a storm, and the men sat in the living room talking about how tough the summer was or how well the local football team was doing. We kids were out playing in the barn, damming up the "crick" or maybe playing a game of football with the neighbor kids.

Do these reunions still happen? Do families still get together for the weekend staying in each others homes, helping with the chores and those projects that are so much more fun when we all work at them together? I'm sure many such gatherings still take place, but why does the scene just described seem so nostalgic or somewhat old fashioned?

I'm sure those who celebrated the first Thanksgiving were doing so with a heart full of gratitude to the One who had blessed them with a harvest that would sustain them throughout the winter. They were also grateful to be alive after many of their loved ones had died from terrible sickness or enemy fire. Somehow, thinking about this seems to put a different light on a weekend that has become the biggest

shopping weekend of the year. It seems that we have somehow forgotten how blessed we are to live in this great land of freedom, and that—unlike most people in the world—we have a warm house to live in, many changes of clothes, and no concerns of where our next meal will come from. We of all people have so very much to be thankful for. We are so blessed, and we do well this thanksgiving season to reflect on the past year with grateful hearts to God for His many blessings.

Shouldn't we do everything we can do to bring back that atmosphere of gratitude that was so much a part of those celebrations in the past? How sad it will be for the children of today if we fail to pass on a spirit of thankfulness to Almighty God. Let us not replace such a precious heritage with a day or two of self-centered shopping and other activities that distract us from the real purpose of Thanksgiving. But rather than simply longing for the good ole days, we must work at nurturing a grateful spirit in our time. Thus we will leave a valuable legacy to those coming after us, reminding them of the importance of always thanking God for His blessings.

Remember when Thanksgiving was a big thing. In those good ole days we would get together as families some driving hundreds of miles to be together for a long weekend. Some of the family may not have been together since last year and there was so much "catching up" to do. The ladies were in the kitchen cooking (or

SEE "HERITAGE" PAGE 19.

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Ann Coulter: "Have You Hugged An Islamo-Fascist Today?"

College liberals are in a fit of pique because various speakers are coming to their campuses this week as part of David Horowitz's Islamo-Fascism Awareness Week -- not to be confused with Islamo-Fascism Appreciation Week, which I believe is in April.

Apparently liberals support Islamo-fascism.

The Democratic leadership might want to have a powwow with their base because I believe their public position is to pretend to *oppose* Islamic fascism.

Elected Democrats at least make empty rhetorical gestures about opposing Islamic fascism. Of course, amidst their nonspecific condemnations of Islamic terrorism, they make very specific demands that we genuflect before Islam and perform exotic fetishes on the fascists.

Liberals believe in burning the American flag, urinating on crucifixes, and passing out birth control pills to 11-year-olds without telling their parents -- but God forbid an infidel touch a Quran at Guantanamo.

College campuses across the nation are installing foot baths to accommodate Muslims' daily bathing ritual, while surgically removing the Ten Commandments from every public space in America. Maybe the Ten Commandments could be printed on towels and kept next to the foot baths.

The National Council for Social Studies recommended a lesson plan after 9/11 that included a story titled "My Name Is Osama" about a nasty little white boy, "Todd," who taunts a fine upstanding Iraqi immigrant named "Osama." Go ahead, laugh it up -- we'll see who's laughing when "My Name Is Osama" ends up on ABC's prime-time lineup next year.

This story was proposed in response to an event in which Muslims with names like "Osama" committed the most massive hate crime in U.S. history against 3,000 innocent civilians with names like "Todd."

Still and all, Democrats who seek the votes of their fellow Americans continue to claim in a vague, meaningless way to oppose Islamo-fascism.

And then when speakers like Cyrus Nowrasteh, the writer and producer of the ABC miniseries "The Path to 9/11," and Nonie Darwish, whose father founded the Fedayeen, show up on college campuses to criticize Islamic terrorism, the Democratic base threatens to riot. The only thing that makes the cut-

and-run crowd mad enough to fight is the idea that someone, somewhere might be criticizing radical Islam.

Consequently, the speakers for Islamo-Fascism Awareness Week require the sort of security phalanx one would expect for someone more like Mahmoud Ahmadinejad.

Oh wait -- no. Ahmadinejad was cheered by college students a few weeks ago -- at least until he expressed reservations about sodomy. (On the basis of Ahmadinejad's claims, instead of looking for weapons of mass destruction in Iraq, how about we start looking for gays in Iran?)

Even American intellectuals like Dennis Prager and Michael Medved who are speaking during Islamo-Fascism Awareness Week are denounced by liberals as if they were David Duke. One pro-Islamo-fascism Web site indicts Medved on the grounds that he "has claimed that Islam has a 'special violence problem.'" It doesn't get much more diplomatic than that.

Conservative speakers are constantly being physically attacked on college campuses -- including Bill Kristol, Pat Buchanan, David Horowitz and me, among others. Fortunately the attackers are Democrats, so they throw like girls and generally end up with their noses bloodied by pretty college coeds. But that doesn't make it right.

Michael Moore can waddle anywhere he wants in America without fear of violence from Republicans. But we still have to hear about every testy e-mail Paul Krugman ever receives as if liberals are living in the black night of fascism. Any time Krugman wants to get into a "Most Vicious Hate Mail" contest, just say the word. You don't hear me sniffling.

Congressional Democrats are constantly calling for conservative private citizens to be silenced. Even Democratic candidates for president and their wives are getting in on the act.

A few weeks ago, in the midst of Senate Democrats' demand that Rush Limbaugh's microphone be silenced, Lizzie Edwards distracted herself from the latest National Enquirer by announcing on Air America that Limbaugh's draft deferment was phony.

I was pretty shocked. Who knew Air America was still on the air?

I know every time Democrats call for me to be silenced, I feel a delicious surge of martyrdom. For a brief moment, I understand the thrill the left

gets by going around claiming to be victimized all the time.

I could almost imagine a poem:
First they came for Rush Limbaugh, and I didn't speak up because I wasn't Rush Limbaugh;

And then they came for Ann Coulter, and I didn't speak up because I wasn't Ann Coulter;

And then they came for David Horowitz, and I didn't speak up because I wasn't David Horowitz;

And then ... they came for me ... And by that time there was no one left to speak up.

Liberals claim to be terrified that the Religious Right is going to

take over the culture in a country where more than a million babies are exterminated every year, kindergarteners can be expelled from school for mentioning God, and Islamic fascists are welcomed on college campuses while speakers opposed to Islamic fascism are met with angry protests.

If liberals want to face real fascism, try showing up on a college campus and denouncing fascism.



On Your Toes

by Charles E. Schneider, M.D.

HEEL PROBLEMS

There are many reasons for pain in the heel, but there are three more common reasons: 1). pain at the back and under the heel, 2). pain within the bones and joints of the heel, and 3). pain in the heel because of another problem elsewhere causing a change in the pattern of walking or standing making the heel the area of unusual stress.

When pain occurs in the heel it does not automatically mean there is a heel spur. People who are on their feet a lot, standing or walking, are more commonly the ones who have foot problems. It is even more common for people who have pronated feet or those with a flat arch to experience heel pain. Men seem to be more susceptible to these problems than women because of their employment and activities.

After noting heel pain symptoms, it is not unusual to discover that the pain may be caused by bursitis, trauma to the heel or a spur, although the pain may not initially suggest a spur. All of these problems may be confirmed or eliminated through x-ray.

Bursitis is common in women who wear high heels, but ill-fitting shoes can cause this pain for anyone. Pain is generally noted in these cases between the Achilles Tendon and the skin. A bursa will appear inflamed and will become distended with fluid. If the irritation continues, the skin and underlying area will become thickened. Your podiatrist will advise you as to the treatment plan depending on the severity of the problem. This should not be self-treated since new problems can be brought on and compound the primary painful area.

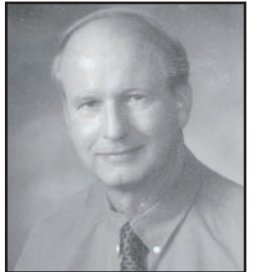
Sever's Disease is another disease which affects the back of the heel below the attachment on the Achilles

Tendon. It usually occurs in both heels simultaneously. Although this commonly occurs in adolescent boys, I mention this because so many people are familiar with Osgood-Schlatter's Disease and Sever's Disease is classified with this. You may have a young friend or relative who develops pain in the heel and finds this area very tender to the touch and walking on tiptoes or running is painful. A podiatrist should be consulted since this disease is possibly the problem.

Since attention has been focused on the Achilles Tendon, I do want to mention a ruptured Achilles Tendon. Probably many of you did not realize that this can happen. What causes this to happen and how will you know if it occurred? A rupture may occur in several ways: 1) the tendon is over-extended (stretched) while it was extended, 2) the ankle is forcefully flexed while at rest and unaware, or 3) there is trauma to the tendon while it is stretched.

How will you know when this has happened? There is acute agonizing pain which makes walking impossible. If the tendon is partially torn it is quite likely the tendon will completely tear at a later date. A complete tear may cause the patient to fall when it occurs. The Achilles Tendon tear requires early treatment. If several weeks lapse, the success of repair decreases and flexibility may be less than before the injury.

For further information contact Charles E. Schneider, DPM 1619 N. Greenwood, Pueblo.



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Finances: Create Wealth

Reverse Mortgages Can Really Help Seniors

by Grant Oakes

You have probably heard of the record number of seniors who have been refinancing their homes with a ever increasing popular loan that will pay off the present mortgage and in most cases give the seniors an additional income. This loan is a "Reverse Mortgage". So what is a reverse mortgage? It is a government designed and federally insured mortgage that allows seniors get additional cash – either in the form of a lump sum or monthly payments by turning their homes into piggy banks. They have been paying into their homes in the form of house payments, insurance, taxes, and upkeep all those years. Now, with a reverse mortgage the house can pay them every month for as long as at least one of them lives in the home.

Most seniors have their home paid off or almost paid off. They are now living in the largest asset that they have. What they may not realize is that there is a way to tap into the value of their home without taking out a home equity loan which they would have to qualify for and would have to repay. If the home is paid off, most seniors don't want to start making house payments again.

Most seniors are now in retirement and they have a small fixed income. However, the cost of living is not fixed. With the price of everything from gasoline to medications to food going up, it is sometimes hard for the fixed income

seniors to make ends meet without drawing on their diminishing savings. The problem with drawing money from savings is that there is less money in the account to create additional interest. Example: if you are fortunate enough to have \$125,000 in savings of some type that is drawing 5% interest. That is \$6250 a year in interest. Now let's say that you need to take out \$50,000 to take a long awaited round-the-world cruise for a second honeymoon or for whatever reason. You would now only have \$75,000 in savings to draw interest or only \$3750 in interest, that's \$2500 less in interest that you earned each year. Now let's say that your home is worth that same \$125,000 and it was appreciating at that same 5%. If you take a reverse mortgage of \$50,000, the home is still worth \$125,000 and it is still appreciating at 5% or an increase of \$6250. The financial difference between using your savings and a reverse mortgage is the \$2500 loss of savings interest. Which would you rather do?

One option would be a \$50,000 reverse mortgage and take a small lump sum to pay off credit card bills, medical payments, or take out a long term care policy, and put the balance in a growing line of credit. In roughly 75% of the reverse mortgages seniors are taking a small lump sum and the remainder in a growing line of credit. A growing line of credit is money that has no accruing

interest and the line of credit grows each year. The line of credit allows them to take the money out as the need arises.

"People have all this wealth sitting idly in their homes" says Peter Bell, president of the National Reverse Mortgage Lenders Association (NRMLA). "If they take out a home equity loan, they're going to have to make monthly payments. That can be hard for seniors who are living on fixed incomes. A reverse mortgage gives them the ability to take out the wealth now and use it for things they want or need now and not worry about paying it back until they leave it or pass on."

Essentially, a reverse mortgage is a way to borrow against the value of your home without having to move out or take on additional debt payments. It's a way to give yourself an extra income, pay off unexpected medical bills, visit the grandkids more often, make repairs to your home – in reality you can use the money for anything you want. A senior may want to remodel their home with wheelchair ramps or other modifications that will allow them to continue to live there independently. In a recent survey, 85% of seniors polled wanted to stay in their home for as long as they can rather than go into a nursing home or long term care facility. A reverse mortgage is a way to provide the additional money to hire the help they need to do just that.

But you do not have to own your home "free and clear" to take advantage of a reverse mortgage. That is a common misunderstanding. If you have enough equity in your home (at least 50%), you might out a reverse mortgage in order to pay off your existing mortgage and eliminate the monthly payments. If you did not have that monthly payment, that is like someone handing you the amount of the house payment every month. Money that you don't have to pay out is the same as found money.

There were some problems in the 1990s with reverse mortgages. But, several federal safeguards have been put into place to insure seniors get a fair deal. One example of this is there is no need to shop interest rates because they are the same nationwide. Another is the fee to originate a reverse mortgage loan is set at 2% of the value of your home up to the FHA mortgage limit in your area. In Pueblo the county limit is \$200,160. This doesn't mean that a senior cannot obtain a reverse mortgage if their home is worth more than \$200,160. The largest reverse mortgage that I am aware of was

for \$160 million on a \$600 million estate. You can see that you don't have to be in just barely "getting by" to do a reverse mortgage. There are even seniors who have used a reverse mortgage to purchase a vacation home and not had to make a single house payment on either home!

Another safeguard is that federal law requires that before signing anything, a person considering a reverse mortgage must receive mandatory counseling at no charge provided by an independent third party so that they understand the ramifications of what they are doing. This can be done over the phone in most cases and it only takes a few minutes but the counselor will take as much time as needed to make sure that you understand all the ins and outs. The impartial person doing the counseling doesn't care if the senior decides to pursue a reverse mortgage or not. The seniors can ask questions and make sure that a reverse mortgage is right for them. I highly recommend that seniors that are going to talk to someone about a reverse mortgage have their children sit in on the meeting so they can ask questions. For the same purpose, the children may want to be on an extension when the call is made with the independent counselor. A reverse mortgage is not right for every senior.

The rules for obtaining a reverse mortgage are quite simple. The senior must be 62 years old or older. The home must be the senior's primary residence. The rule of thumb is that they must have at least 50% equity in the home. Like any mortgage you must pay the taxes, insurance and upkeep on the home. There are no upfront costs and all fees are rolled into the loan. You don't have to qualify for a reverse mortgage. There are no income or credit requirements, even if you had the world's worst credit history and no income, that doesn't matter. That's all there is to it.

Grant Oakes is a Certified Reverse Mortgage Specialist with 4 years of mortgage loan experience. He is a local businessman that has owned Pueblo businesses most of his adult life. He is a senior himself and understands seniors and their problems. Grant's specialty is "in home service". He will come to your home to meet with you and your children, because in your home you are always in control. You can call his cell phone at 719-252-3610 from 9-5 Mon-Fri or call toll free 1-866-671-3207, Ext 8883 anytime for a free 24 hour recorded message with additional reverse mortgage information.

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by Mary Hines - June 1, 2007

GOT PAIN???! BACKS, KNEES, FEET?

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

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Cooking From A to Z: Core Values: Cooking For Comfort

by Annette Gooch

Rugged winter weather has a way of reconfirming the value of simple, well-cooked foods to warm and comfort us. Although the simplicity of a slow-cooked cabbage and lentil stew, potato casserole or hearty salad may belie the true worth of these dishes, in fact they do more than refuel our bodies for the next day's activities. As unpretentious and honest as these rustic foods may be, when well prepared, they can fortify and satisfy us at a core level.

SUCCESS TIPS:

-- To core cabbage, invert the cabbage head and insert a sharp knife at the edge of the core, angling the blade so that the knife tip points toward the center of the cabbage head. Pull the knife around the circumference of the core to free it.

-- To shred the cabbage, slice the head lengthwise into quarters. Then use a sharp knife, grater or mandoline cutter to slice the cabbage into shreds.

Cabbage, leeks and garlic flavor this nourishing cold-weather "ragout," a French term meaning "to revive the taste." The dish may be made up to two days ahead, refrigerated and reheated on top of the stove or in the oven at moderate heat.

PORK RAGOUT WITH LENTILS AND CABBAGE

- 1 tablespoon unsalted butter
- 2 tablespoons olive oil
- 2 cups leeks (white part only), cut in 1/2-inch lengths
- 1 tablespoon minced garlic
- 1 cup dried lentils, picked over, rinsed and drained
- 1 1/2 pounds smoked pork butt, cut in 2 1/2-inch cubes
- 6 cups coarsely shredded green cabbage
- 2 cups chicken or vegetable broth
- 1 cup dry white wine
- 1 teaspoon salt
- 1 1/2 teaspoons freshly ground pepper
- 1 bay leaf

1. In a large, straight-sided skillet over moderate heat, heat butter and olive oil. Add leeks and saute 3 minutes. Add garlic and saute 2 minutes. Add lentils and cook 1 minute. Add pork and saute until browned (about 5 minutes).

2. Add cabbage, broth, wine, salt, pepper and bay leaf. Bring to a simmer, then reduce heat to maintain a simmer, cover, and cook until lentils are very tender (about 1 1/2 hours). Liquid will be mostly absorbed. Serve at once.

Serves 6.

While most American potato

salads are served on the side, this one from Lyon, in France's Rhone Valley, is substantial enough to be the main course. Any fresh or cured European-style sausage, including mild Italian link sausages, German bratwurst or Polish kielbasa, will do for this dish.

Precooked or smoked sausages need only be heated through. If the sausage is fresh (not cooked or smoked), poach it until it is thoroughly cooked; cut into one to test it for doneness. The cooking time specified in the following recipe is for fresh 4-ounce sausage links.

WARM POTATO SALAD WITH POACHED SAUSAGE

- 1 1/2 pounds potatoes, small red- or white-skinned potatoes of similar size
- 1/4 cup Dijon-style mustard
- 6 green onions, minced
- Basic Vinaigrette (see recipe below)
- 1/3 cup minced parsley
- 1/2 cup dry white wine
- 1 1/2 pounds fresh or cured sausage

1. In a large saucepan, cover potatoes with salted water. Bring to a boil over high heat. Reduce heat to maintain a simmer and cook until potatoes are tender when pierced with a knife (20 to 25 minutes). Drain. When potatoes are just cool enough to handle, slice them about 1/4-inch thick and place in a bowl. Add mustard and toss gently to mix. Add green onions and Vinaigrette. Toss gently but well with your hands. Add 1/4 cup of the parsley.

2. In a large skillet over high heat, bring wine and 2 cups water to a boil. Add sausages and cover. Reduce heat to maintain a simmer and cook until sausages are firm and hot throughout (about 15 minutes).

3. Transfer potato salad to a warm platter. Surround with poached sausages. Garnish with the remaining parsley. Serve immediately.

Serves 6.

Crisp and pleasantly bitter on the palate, curly endive beautifully complements the richness of Gruyere cheese in this winter salad. Serve the salad with a ragout or roast meat or poultry.

ENDIVE SALAD WITH GRUYERE
5 ounces Gruyere cheese



Hearty winter salads and ragouts of cabbage, sausages, potatoes and cheese are simple to prepare and warming to the soul. photo:Lifestyle Media Group

- 3 tablespoons minced shallot
- Lemon-Chive Vinaigrette (see recipe below)
- 2 medium heads curly endive
- 1/4 cup minced chives

1. Cut cheese into matchsticks about 2 inches long and 1/8 inch wide. In a medium bowl, combine cheese, shallot and Lemon-Chive Vinaigrette. Marinate 1 hour in the refrigerator.

2. Wash and dry endive. Tear into bite-sized pieces and place in a salad bowl. Add cheese mixture and chives. Toss lightly to mix. Serve immediately.

Serves 6.

Use this traditional French dressing or the lemon-chive variation on cooked vegetables or meats as well as salads. Store any leftover dressing in an airtight jar in the refrigerator; use it within three days.

BASIC VINAIGRETTE

- 1/4 cup red wine vinegar
- Coarse salt and freshly ground pepper, to taste
- 3/4 cup olive oil

In a small bowl, combine vinegar, salt and pepper. Whisk in oil; let stand 5 minutes. Whisk again, then taste and, if necessary, adjust seasoning.

Makes about 1 cup.

LEMON-CHIVE VINAIGRETTE

Substitute 1/4 cup freshly squeezed lemon juice for the wine vinegar. Add freshly grated zest of 1/2 lemon and 2 tablespoons minced chives.



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- November 2:** Pot Roast with Potatoes/Carrots/Onions, two bean salad, wheat bread/marg., cinnamon apple bake.
- November 5:** BBQ Meatball, parslid potatoes, california blend, wheat bread/marg., fruit cocktail, oatmeal cookie.
- November 6:**Roast Pork Loin, orange glazed sweet potatoes, zucchini, wheat bread/marg., orange juice.
- November 7:** Chili Con Carne, veggie salad medley, cornbread/marg., peaches.
- November 8:** Roast Beef/Gravy, mashed potatoes, peas, wheat bread/marg., blush pear dessert.
- November 9:** BBQ Chicken, au gratin potatoes, california blend, carrot raisin salad, wheat bread/marg., apricots/graham crackers.
- November 12:** Beef Stew, saltine crackers, peas, wheat bread/marg., lime fruit gelatin.
- November 13:** BBQ Beef Sandwich, baked beans, mixed green salad/ranch drsg., diced peaches.
- November 14:** Pinto Beans/Ham, cornbread/narg., carrots, apple.
- November 15:** Chicken Cacciatore, linguini, broccoli, wheat bread/marg.,



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lime carrot gelatin, green beans, wheat bread/marg., chocolate pudding.
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- Italian drsg., pineapple tidbits.
- November 21:** Beef Tips/Gravy, mashed potatoes, stewed potatoes, wheat bread/marg., orange pear gelatin.
- November 22:** No Meal-Thanksgiving.
- November 23:** Sweet/Sour Pork over Rice, peas, wheat bread/marg., plums.
- November 26:** Macaroni & Cheese, zucchini, stewed tomatoes, cabbage apple slaw, wheat bread/marg., lime pear gelatin.
- November 27:** Burrito/Green Chili, spanish rice, lettuce/tomato garnish, apricots.
- November 28:** Breaded Fish/Tartar Sauce, au gratin potatoes, carrots, spiced fruit mold, wheat bread/marg., cherry crisp.
- November 29:** Roast Beef/Gravy, baked potatoes, california blend, wheat bread/marg., tapioca pudding.
- November 30:** Lasagna, orange carrot gelatin, peas, wheat bread/marg., diced peaches.
- December 3:** BBQ Chicken, mashed potatoes, zucchini, pickled beets, wheat bread/marg., cranberry mold.

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“Shop-At-Home” Hints To Ease Holiday Stress

by Lisa M. Petsche

If you're a caregiver who can't leave your loved one alone and has difficulty arranging respite care, or you simply don't have the energy or desire to brave the madness at area malls, consider a less stressful way to purchase gifts this holiday season: mail order shopping.

Its advantages are many: operating from the comfort of your home; the convenience of 24-hour access; the option of gift wrapping service; and delivery to your door or the gift recipient's door. There's no travel time involved, no parking hassles or taxi cab costs, no crowds to elbow through and no line-up at the checkout. And, if you're a caregiver, you can shop while your loved one is watching television or napping, or once he or she is in bed for the night.

With the holidays fast approaching, though, the sooner you place an order, the better. You'll want to allow plenty of time not only for standard delivery, but also in case an item is temporarily out of stock. In addition, if you end up requesting special services like hemming, monogramming or gift packaging, this normally delays shipping by an extra day or two - possibly more at this peak shopping time.

Here's some further advice to make mail order shopping a positive ex-

perience.

- Before ordering, obtain information about shipping and other charges. Costs can vary considerably from one company to the next - anywhere from \$3.50 to \$10.95 or more - and are based on either the total order cost or the combined weight of items ordered. Some companies charge an additional flat handling or insurance fee. In some cases, the vendor will waive the shipping fee if you spend more than a certain amount - typically \$75 or \$100.

- Find out the company's return policy so there are no surprises if an item doesn't turn out to be suitable for any reason. Look for companies that stand behind their products with unconditional guarantees.

- Determine the cut-off date for ensuring purchases arrive prior to the holidays. Factors include your geographic location in relation to the company's warehouse, and whether or not you're prepared to pay a premium for expedited delivery.

- To save money - which at the very least can offset shipping costs - look for seasonal clearances, discontinued items and other special offers before ordering out of the regular catalog. Sale pages are typically inserted in the center of print catalogs; on web sites, look for

Matt Coffman and the fine folks of Trinity Life Gardens and North Pointe Gardens are proud to sponsor this Senior Safety page. Trinity Life Gardens and North Pointe Gardens are two of the finest Assisted Living facilities in Pueblo. You can get more information about these facilities you can call Trinity Life Gardens, 719-542-2223 or North Pointe at 719-545-6222. We are in the process of bulding another top-notch facility to serve Pueblo and its environs. Stay tuned!

a section with a title such as Clearance, Overstocks or Outlet Store. If an item is of interest, order right away, since quantities may be quite limited.

- When it comes to clothing, always consult sizing charts before ordering, since these can vary from one company to the next. Some merchants also have special customer service staff available to answer questions about their products - for example, the type of care required or whether a certain item coordinates with another item in the catalog.

- If you're unsure whether a particular item you have in mind is suitable, opt for a gift certificate instead. It will arrive with a card and a copy of the company's latest catalog.

- Save your invoices in a clearly marked envelope or folder, in case you need to return an item for a refund or replacement.

Telephone tips

- Be prepared before you call. Bookmark catalog pages and circle the items you wish to order, for easy reference. Better yet, prepare a list that includes product number, name of item, and desired size and color. Include an alternate color selection or a substitute item in case a product is on back order or is no longer available.

- Have a pen and paper handy to jot down any revisions to your list as well as the reference number provided after you've placed your order.

Internet shopping tips

- Deal only with reputable companies. If you've never heard of a merchant before, look for an "About Us" or "FAQ" (Frequently Asked Questions) section and check it out first. This should include information about the security of their site, and privacy policies about collecting and using your personal data. The company's name, address and phone number should also be listed. If you can't find it, consider shopping elsewhere.

- If personal information such as your social security number, bank account information or date of birth is requested, avoid that merchant.

- Don't provide credit card or other necessary personal information until you're sure the browser is secure (a padlock symbol at the bottom of the screen is a common indicator). If you have any doubt as to the security of the web site, shop instead via the company's toll-free telephone order line.

- Print out a copy of your order once submitted (it will include a reference number). Many companies will also send an e-mail confirmation that your order is being processed. Some offer access to an online area where you can check the status of your order; others offer e-mail notification that advises when your shipment has left the warehouse.

BIO: Lisa M. Petsche is a clinical social worker and a freelance writer specializing in health and senior issues.

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Sometimes I win, sometimes I fail. He never calls a play that's wrong.

For He's the leader of the pack. He's always there and He is strong.

I'd never play the game without him. My heart would fail at each attack.

I would quit and doom my team, Without Jesus as my quarterback.

by Mary Hines
September 6, 2007

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Two Convenient Locations To Serve You

'Tis The Season For Indoor Gardening

by Marty Ross

This is the season of well-dressed windowsills. No matter what weather the fall and winter bring, you can keep right on gardening indoors.

Putting together a stylish indoor garden is easier than ever. The houseplant business has grown way beyond philodendrons and Christmas cactus.

There are hip new houseplants and interesting variations on well-known themes for sale everywhere. Traditionalists won't want to give up their favorite difenbachias and African violets, but the addition of a few new houseplants will freshen any interior landscape. A new plant in a windowsill can't help changing the outlook.

The selection of houseplants at garden shops, big-box stores and even grocery stores hasn't merely grown, it has matured. Cool carnivorous plants are stocked side-by-side with gorgeous moth orchids; fancy-leaf begonias are nudging out dependable but demure scheffelers.

"Nobody ever needs to buy a pothos again," says Ellen Zachos, owner of Acme Plant Stuff in New York and an expert on houseplants of all kinds. "There is so much out there that is more interesting and just as easy to grow."

Zachos admits she is a tireless plant collector, eager to try anything new and offbeat, and she recommends this philosophy to her clients. Rhipsalis, for example, appeals to her enormously.

"It's a tropical cactus without spikes, and they're really cool -- they are modern and sleek looking," she says. Zachos also likes begonias with spotted leaves, tropical ferns that wrap themselves around the rim of a pot as they grow, and obscure, unearthly sansevierias.

Odd juxtapositions of plants don't scare her, either. You should read the tags on unfamiliar plants so you can group those that thrive in the same light conditions together. But beyond that, mix and match however you like.

"Just like in a garden, you're looking to combine color and texture to create a lively tapestry," Zachos says.

If you're new to indoor gardening and not sure where to start, try a few foliage plants. A pot of colorful mums or a fragrant gardenia with snow-white blooms looks lovely in a garden shop, but once the flowers fade, the plants are not particularly interesting.

Foliage plants -- which are grown for their interesting leaves rather than for their flowers -- always look great, no mat-

ter the season. The leaves of a variegated spider plant or the striking red, green and white foliage of a tropical prayer plant (Calathea) don't need flowers to stand out.

Crotons, which have bright yellow spots, flashes of deep orange or even ghostly white variegation, get more spectacular the bigger they get. The dramatic, deeply veined leaves of fittonias look as delicate as lace, but they're as easy to grow and take care of as a sprouting potato.

Most people shopping for houseplants want something adaptable and easy to take care of, Zachos says, and the selection of suitable plants is vast.

Bisser Georgiev, of Hermann Engelmann Greenhouses and Exotic Angel houseplants in Apopka, Fla., says a growing group of indoor gardeners also wants something more.

They're after a certain look in their lives, and they want plants that suit both their decor and their personality. They're pleased if a plant is easy to grow, but they also like houseplants as elements of style and because they are accessories that display an awareness of the environment.

"Generation Y is going to make a difference," Georgiev says. "Guys 18



Bring your windowsills up to date with a new houseplant. Look for something colorful and different. Adding new plants will change your outlook. photo: www.exoticangel.com

to 24 are environmentally conscious. They're talking about clean air and carbon output."

This new generation of gardeners -- guys and gals -- wants colorful houseplants with lots of texture, like the crisply pleated leaves of jungle drum (Carludovica) and the twisted spikes of unicorn plant (Juncus). Forget rubber plants and ivy; these young gardeners are shopping for the unexpected.

The selection at a good garden shop usually takes care of everyone, Georgiev says. Houseplant specialists are searching the world for introductions and bringing a refreshing variety of plants of every imaginable size, shape and color to market. There are more than 400 plants in the Exotic Angel series of houseplants, that cost under \$10 each in small pots, and any one of them will bring a living room to life or make the top of a filing cabinet look surprisingly chic.

But one plant is usually just the beginning. Zachos fills her windowsills with ferns, hangs baskets of begonias from the ceiling and makes room for trailing hoyas on the edges of shelves. Her city apartment and her country home are both filled with houseplants of all kinds.

"I've never met a room that didn't need a plant," she says.

HOUSEPLANT HOW-TO

"The presence of a growing, living thing on a table makes everything else come alive, too," wrote the great decorator Billy Baldwin in his classic book, "Billy Baldwin Decorates," published in 1972. It's still true.

If you're just getting to know houseplants or just came home with a plant you've never grown before, here are some basics.

Most plants are not fussy once you find the right place for them, says Ellen Zachos, a houseplant expert and the owner of Acme Plant Stuff in New York, www.acmeplant.com.

-- Check the light. Most plants come with instructions about the kind of light they need. "If you stick a plant in a room with no windows, it's doomed," Zachos says. In wintertime, the light on a windowsill is often just right. Low-light plants may prefer a north window; plants that need lots of light will do best in a southern or western exposure.

-- It's easy to over-water houseplants. You think you're taking care of them, but you're actually killing them. Be careful, Zachos says. Use your finger to test the soil before you water plants. If the soil is damp, wait a day or so. If you keep houseplants in decorative cache pots, empty them a while after watering so the plants won't be sitting in water.

For more tips on how to buy plants, where to place them and how to take care of them, visit the Hermann Engelmann Web site, www.exoticangel.com



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Traveling: There's Nothing Like A Holiday!

San Diego Touts Large Dead Sea Scrolls Exhibit

by John Stickler-Mature Market News

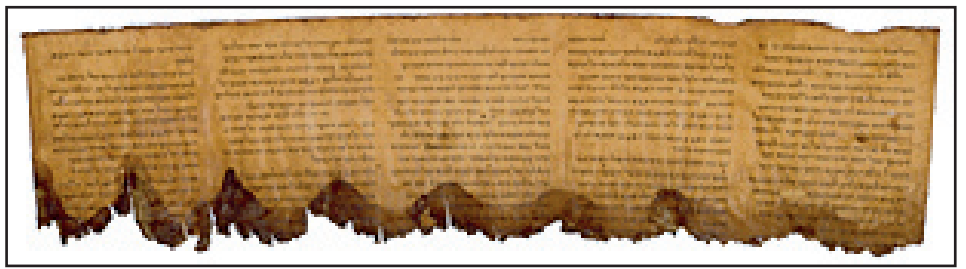
The Roman army was on the march and their orders were DESTROY. The little religious community of Qumran, one day's walk south of Jerusalem, must have had some advance warning for it did what it could to save its precious heritage. Stashing their library of papyrus and parchment scrolls in tall clay jars, they hid them in caves high in the cliffs overlooking their stone-walled compound on the shore of the Dead Sea.

In 68 A.D. the Romans, reacting to perceived disrespect from their Hebrew colony, demolished Jerusalem, and Qumran, leaving only smoldering

rubble. No one went back to retrieve the holy texts.

Fast forward to 1947: a passing Bedouin goat-herder noticed a cave opening, tossed some rocks in, and heard the sound of pottery breaking. Thus were discovered the oldest Old Testament manuscripts ever found, remnants of some 900 scrolls hidden in 11 caves, untouched for nearly 2,000 years.

Today, modern science brings to life that moment in history, allowing us to travel back in time to see and understand what it was like. Working with the Israel Antiquities Authority and the Dead Sea Scrolls Foundation, the San Diego Natural



Psalms found at the Dead Sea Scrolls Site.

History Museum has assembled the largest and most comprehensive exhibit of Dead Sea Scrolls ever presented. Occupying two levels of the museum, some 14,500 square feet, the first level sets the stage for the discovery. Maps, videos, and panoramic color photographs transport you to Israel and the desolate northwestern shore of the Dead Sea. You meet the goatherd, his 1961 portrait could have been taken yesterday, and enter the tent where the first archeologists camped on that inhospitable desert. By the time you descend to the second level, the light- and temperature-controlled exhibition rooms, you are ready for the discoveries.

In all, 27 Dead Sea Scrolls, dating from 250 B.C. to 68 A.D. and written in Hebrew, Aramaic and Greek, are on display, ten exhibited for the first time ever. These include: Psalms scrolls containing passages from liturgy still in use today; the best-preserved of all Deuteronomy manuscripts containing the first known text of the Ten Commandments; and a section of the eight-foot Copper Scroll from Jordan, the only Dead Sea Scroll inscribed on copper. Authentic artifacts unearthed at the Qumran site augment the displays: coins, an inkwell and even a leather sandal.

To bridge the millennia between then and now, tracing the texts up through history, the museum has added ancient, illuminated manuscripts from the National Library of Russia; medieval hand-scribed and printed manuscripts from the British National Library, and much more.

Not to be missed is "Ancient Qumran: A Virtual Reality Tour," shown every half hour in the giant-screen Kaplan theater. This 3-D computer modeling of the caves and the archeological site is eye-opening both in its visual recreation of the building, inside and out, and in the detailed analysis of the complex and its residents.

"This is a once-in-a-lifetime opportunity to encounter some of the world's most significant documents and artifacts, all in the same place," says Dr. Rita Levitt Kohn, curator of the exhibition and director of San Diego State University's Judaic Studies Program.

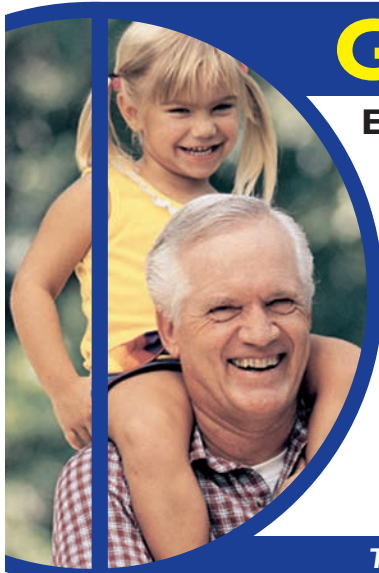
IF YOU GO

The exhibit, Dead Sea Scrolls, will close on December 31, 2007 and is open every day until then except Thanksgiving and Christmas. The San Diego Natural History Museum is located in Balboa Park at 1788 El Prado, San Diego, CA 92101. The mailing address is: P.O. Box 121390, San Diego, CA 92112-1390. For more information about the exhibition, lectures and tickets, call (877) 946-7797.

Hours are: Mon. 1-6:30 p.m.; Tues.-Thurs. 10 a.m. - 6:30 p.m.; Fri. 10 a.m. - 7:30 p.m.; Sat., Sun. & holidays 9 a.m. - 8:30 p.m. Ticket prices are split between peak times (Fri., Sat., Sun. & holidays) and off-peak times (Mon.-Thurs.) Adults are \$28 peak times, \$24 off-peak times; seniors (62+), military with ID, and youth (13-17) are \$24 peak times, \$20 off-peak; Children (3-12) are \$15 any time.

Visit the exhibit online at www.sdscrolls.org

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Solvang: A Bit Of Copenhagen In California

by Jay Clarke

SOLVANG, Calif. -- A Little Mermaid statue graces one street corner, a full-sized windmill on another. The aroma of freshly baked Danish rolls wafts over sidewalks, and you may see a street-car drawn by two horses clip-clopping on Copenhagen Drive.

Capitalizing on its heritage, Solvang has turned itself into a sort of Danish theme park that draws about 1 1/2 million visitors a year. It's a real town, with real people and real businesses, but layered overall with a Danish patina.

Many buildings are half-timbered, some with turrets and metal storks atop roofs. Restaurants serve Danish specialties like pickled herring, open-faced sandwiches and smorgasbord. Tiny lights outline rooflines and trees at night, giving downtown a fairy-tale look that reminds one of Tivoli, Copenhagen's famous amusement park. There's even a B&B called the Storybook Inn whose 10 rooms bear names like Princess and the Pea and Steadfast Tin Soldier -- fairy tales written by Hans Christian Andersen.

But Danish ambience isn't Solvang's only attraction. Since 2004, when the hit movie "Sideways" was shot here in the Santa Ynez Valley, tourists

have come to visit sites seen in the film -- places like the Los Olivos Cafe in Los Olivos, the Santa Ines Mission in Solvang, the Hitching Post II restaurant in Buellton and many wineries scattered around the valley.

Indeed, you can hardly drive through the valley without coming upon vineyards and tasting rooms, as Miles and Jack did in the movie. There are 64 of them at last count, and the wines -- at least the ones I tried -- are excellent.

Most of the wineries are centered on five towns -- Solvang, Santa Ynez, Los Olivos, Ballard and Buellton -- all within a few minutes' drive of each other. While Solvang is the largest of them, each is worth a visit.

In Los Olivos, Mattei's Tavern retains the ambience of the 1880s stagecoach stop it once was. The Wildling Art Museum, a small but interesting facility stuck on a back road, specializes in wilderness art.

The historic Maverick Saloon in Santa Ynez, with its Old West decor, is a popular local hangout. A few doors away is another historic bar frequented by cowboys, the Longhorn Cafe. Ballard is the site of a locally renowned little red schoolhouse that dates to 1883, and Pea



Danish-style buildings are the hallmark of downtown Solvang. photo: Jay Clarke

Soup Andersen's restaurant in Buellton is a California landmark.

Nestling behind the Santa Ynez Mountains about 10 miles in from the Pacific coast near Santa Barbara, the scenic Santa Ynez Valley is a pastoral gem. Besides vineyards, it's an equestrian heaven, with horse ranches offering trail rides and other equestrian activities. You can pet miniature horses at the Quicksilver Ranch, visit spreads that breed ostriches or llamas, sample locally grown green olives and breathe scented air at a lavender farm.

On a more elegant level, the 10,000-acre Alisal Guest Ranch offers 50 miles of riding trails, two 18-hole golf courses, tennis, fishing and boating on a lake, a large swimming pool and accommodations in ranch-design studios and suites with wood-burning fireplaces.

Back in Solvang, visitors keep busy taking in the charm of its Danish roots. Olsen's Bakery, one of the city's oldest, serves such tasty Danish pastries as kringle, kransekage and aebleskiver. Outside the Solvang Shoe Store, parents pose their children for a photo in a huge wooden shoe. An entire museum is given to the life and works of fairy tale writer Hans Christian Andersen.

Though the city was founded by Danes in 1911, today's residents observe few Danish customs. Only about 10 percent of the city's 8,400 residents are of Danish heritage.

"We wear traditional dress only at weddings and anniversaries," says David Rasmussen, whose grandfather came to Solvang in 1915. One exception: Danish Days, the city's big celebration of its Danish roots.

About 20,000 visitors attend that festival, which is held the third week of September. Another big event is Taste of Solvang in March, a wine and food fest with a wine walk visiting the city's 16 tasting rooms, food tastings at 50 stores and tasty Danish desserts to top off the evening.

That's Solvang, an ersatz little Copenhagen in the "Sideways" country of California. It's a hoot.

How often do you get to munch on a kringle for breakfast, lift a glass of local pinot noir in a cowboy bar and go to bed in a hotel room called the Ugly Duckling?

Information: Solvang Conference and Visitors Bureau, (800) 468-6765 or www.solvangusa.com.

Inflammatory Bowel Disease Sufferers

This is a call to action/help! If you have suffered with IBD (Crohn's, Colitis, etc.), please give us a call at 647-1300. Given your experience your help would be invaluable in aiding children and their families.

Join "Never Alone Foundation, Inc." A Non-Profit local organization so no child or family need never feel alone!

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In an effort to provide the finest service and resources, Montgomery & Steward Funeral Directors top priority was to expand our facility to continue to meet the needs of the families we serve. We believe we have achieved that goal.

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Since 1922, our pledge has always been to provide quality care and personalized service to families of all faiths and ethnic origins. We promise to continue that tradition as long as our funeral home bears the names Montgomery & Steward.

If you haven't visited us yet, stop by today and we will be glad to give you a tour.



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Senior Community Update



PUEBLO STEPUP FREE COMMUNITY WELL-BEING CLINICS

We want to keep you healthy! Come check us out and let us check you out. Free blood pressure, blood sugar, oxygen screening and more.

Mineral Palace Towers, 1414 N. Santa Fe, Thursday, Nov. 8th 9-11:30 am.

Memorial Recreation Center - Pueblo West, 230 E. George Drive, Thursday, November 8th.

*Note new time - 8:15-10:30 am.

McHarg Park Community Center - Avondale, 409 Second Street, Monday, November 12th 9:00-11:30 am.

Vail Hotel, 217 S. Grand, Tuesday, November 13th 9:00-10:30 am.

Hyde Park Community Center, 2135 W. 16th, Tuesday, November 13th 1:00-2:30 pm.

Joseph Edwards Senior Center (SRDA), 230 S. Union, Wednesday, November 14th 9:45-Noon.

Ogden Apartments, 2140 Ogden, Thursday, November 15th 9:00-10:30 am.

Fulton Heights Community Center, 1331 Santa Rosa, Thursday, November 15th 1:00-2:30 pm.

Park Hill Christian Church, 1401 E. 7th Street, Monday, November 19th 10:00-Noon.

Minnequa Park Apts., 1400 E. Orman Ave., Tuesday, November 20th 9:00-11:30 am.

Mesa Towers Apt., 260 Lamar, Wednesday, November 21st 9:00 - 11:30 am.

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

Please call Pueblo StepUp @ 557-5886 if you have any questions.

GET MOVING WITH PUEBLO STEPUP COMMUNITY EXERCISE PROGRAMS

Please call Jo Stinchcomb @ 557-3883 for questions about any of Pueblo StepUp's Health & Fitness Programs. Classes are starting October 30th!

Must pre-register for Pueblo West Beginners class.

Arthritis Foundation Exercise Program, Hyde Park Community Center, 2135 W. 16th - Mondays & Wednesdays 9:30-10:30 am.

Tai Chi from the Arthritis Foundation, AARP Center, 1117 S. Prairie Ave.

Tai Chi II, Tuesdays & Thursdays 9:00-10:00 am.

Tai Chi I, Tuesdays & Thursdays 10:10-11:00 am

Memorial Recreation Center, 230 E. George Drive

Tai Chi I, Tuesdays & Thursdays 1:00 - 2:00 pm

Tai Chi II, Tuesdays & Thursdays 2:00 - 3:00 pm

VOLUNTEERS OF ALL AGES NEEDED

Our community depends on the graciousness and commitment of our fellow citizens to pitch in and help when and where help is needed. There are many areas and programs needing help. Check and see where you would fit. Call Gloria Valdez, SRDA, The Pueblo Volunteer Center, 545-8900 for more details.

- Delivering Meals on Wheels to homebound seniors.

- Helping in various departments at St. Mary Corwin Medical Center

- Helping with Habituate for Humanity doing many things from getting the food, clerical and warehouse work to building a house.

- VITA is now looking for volunteers to be trained. Once trained, volunteers will be filling out tax returns for low-income families and individuals in January.

There are many more areas, just give Gloria a call and she'll tell you all about them.

Volunteer today, everyone benefits: you, the people you help, the agency and your community.

GRIEF & LOSS COUNSELING

The Center for Grief & Loss Counseling and Education, a Colorado non-profit organization, is sponsoring a one and a half hour workshop to assist people in learning meditation and relaxation techniques. The class is open to the public and will be held Thursday, November 1, 2007 from 6:00 to 7:30 p.m. at the Franklin Elementary School, 1315 Horseshoe Drive, Pueblo, CO. The facilitator for the seminar will be Marcia Beachy, a psychotherapist in private practice in Pueblo with 23 years' experience in traditional and holistic therapies. Meditation and relaxation techniques are helpful for depression and stress, as well as experiencing one's own unique sense

of spirituality. Donations will be appreciated. Please call Lenore at 252.0433 to register for this event.

The Center for Grief & Loss is also sponsoring an interactive seminar on "Concepts of Spirituality," presented by Sharon Richardson on Saturday, November 10, from 2-4 p.m. This seminar will be held at the Center for Grief at 509 Colorado Avenue, Suite B. Seating is limited. To register, please contact Richardson at 275.1013. Richardson received her Masters in counseling from Adams State College. The seminar will explore the meaning and kinds of spirituality as exemplified through time, the difference between spirituality and religion, and the goals and benefits of spirituality, including the healing of grief.

WHAT CAN YOU DO ABOUT OSTEOARTHRITIS?

Today, more than 10 million Americans suffer from osteoarthritis of the knee, making it the most common form of arthritis in the U.S.

When the cushioning layers of cartilage within the joint are worn down, the bones begin to rub against each other. This leads to swelling and increased stiffness, and many daily activities become painful and difficult. But what can you do to protect your joints, reduce the symptoms, and support your doctor's treatment?

With assistance from some of the world's leading knee experts, the American Arthritis Society has compiled some useful and practical tips for self-care, and made them available on the Society's website. Each tip is interesting and easy to follow. These and many more suggestions regarding osteoarthritis can now be viewed online at: www.americanarthritis.org.

PCC CLASS

A training for child care providers entitled Problem Solving with Children will be held Saturday November 3rd at 9 a.m. at the Pueblo Community College Medical Technical Building -- room 170. Registrants will earn two clock hours of certification training for the Better Kid Care video workshop developed by Penn State University. The training will cover how to encourage children to learn to solve their own problems. Colorado State University Extension -- Pueblo County and Children First sponsor the

workshop. Pre-registration and pre-payment are required to assure adequate materials for each participant. To register, call 583-6566. The cost is \$10.00.

GIFTS IN A JAR CLASS

Make Holiday Gift giving from your kitchen safe and scrumptious! Join us on November 7th from 6 to 8 p.m. at CSU Extension, Pueblo County, 212 W. 12th Street, Room 220. Discover how to make great food gifts on a budget. Even if you feel lost in a kitchen, this class will teach you all you need to know. Particular focus will be given to projects that cost less than five dollars. An instruction booklet complete with food safety guidelines, tested recipes, and gourmet gift giving ideas will be distributed to all class participants. Many of the gifts will be displayed and tasting samples will be available. Space is limited. Call 583-6566 to register. Class cost is \$10.00

OWLS MEETING

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

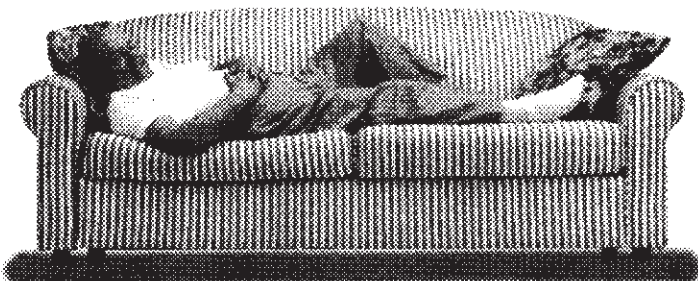
TOM & LOUIE'S CUPBOARD ANNUAL FOOD DRIVE

Pueblo, CO, - - The 12th Annual Tom & Louie's Cupboard Living Memorial food drive will begin on Saturday, November 3 with young people canvassing neighborhoods dropping off bags to city residents who are encouraged to donate non-perishable food items that will be picked-up on Sunday, November 4.

This project was designed in remembrance of the generosity of Father Tom Scheets and Father Louis Stovik to honor their commitment to the community. The annual campaign provides food for Pueblo families in need, specifically, for Thanksgiving has served over 3000 families within the last 11 years and approximately 400 families having been served last year.

The Boys & Girls Club/Girls Inc. of Pueblo County & Lower Arkansas Valley and El Pomar Youth in Community Service participants are supporting the campaign this year. Donations to the TLC Food Drive may be made at the Boys & Girls Club/Girls Inc. located at 2601 Sprague Street. Canned food or cash may also be donated. Turkeys are needed and can be brought to the Fine Arts Building at the Colorado State Fair on delivery day Saturday, November 17.

The Pueblo community is encouraged to support this worthy effort during the holiday season. For more information, call Boys & Girls Club/Girls Inc. at (719) 564-0055.



HE HAS A HARD ENOUGH TIME MOVING OFF IT. WHAT MAKES YOU THINK HE'LL MOVE IT ACROSS TOWN?

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Call 719-647-1300 for more

information on the premiums.

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MOBILE HOMES FOR RENT in quiet rural retirement park. Cotopaxi - 30 miles west of Canon City. \$350 - \$500 per month sewer/water included. 719-539-2623. #1207

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PERMANENTS, \$30: Shampoo & Set, \$10; Wigs styled, \$12. Open Wed.-Sat. CURL CORNER 2318 Thatcher. 544-9160. #108

PERSONAL CARE PROVIDER. Days, nights or weekends. Will do light housekeeping and run errands. First Aid, CPR, Medical Certified. Excellent references. Melinda, 671-4316. #1207

ROOM FOR RENT! Includes cable avail., utilities, laundry. \$290/mo plus deposit. 719-542-2775. Ask for Tom. #1207

1986 FORD VAN with handicap ramp. \$1,000; Motorized wheelchair, \$500.00. Call 719-275-3242 after 6:00pm or leave message. #1207

JET #3 Ultra-motorized chair, stylish design. 23" width seat. \$2,000. 719-560-0136 or 719-564-2871. #1207

I'M ACTIVE-YOUNG 74! Petite, red/green/honest. Non smoker/drugs. Honest. Loving, down-to-earth. Variety of interests. Searching for same in a man middle 60's - middle 70's. Call 719-276-0978. #1207

FOR SALE: Pronto Mobility Chair. Excellent Condition - Black Leather. Less than a year old. Paid \$3,900. Asking \$3,500. Please call at 719-543-0217. #1207

SENIOR CLASSIFIED AD REQUEST

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

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

Phone: _____ Your Name: _____

Mail ad & Check (send no cash) to:

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

2221 S. PRAIRIE #152, Oasis Mobile park, 55 plus Community, Nice 3 bed 2 bath Mobile \$19,900, lot rent is \$358.59 AND;

2221 S. PRAIRIE #67, Oasis Mobile park, 55 plus Community, Well cared for 2 bed 1 bath Mobile only \$9,900, lot rent is \$358.59. Call Jim Valdez, Re/Max of Pueblo, 585-8722. #1107

STAIR GLIDE: 300lb limit. Six or 7 stairs. YOU MOVE! \$1500. appraised by Thornton Wheelchairs Plus. Call Roberta, 566-3715. #1107

FOR SALE: Antique tables - oak 36" x 48"; coffee table 18" x 36"; stored extender leaf 18" x 36" plus base 36" x 48." IBM selectric typewriter. Call 545-0900. #1007

PERSONAL CARE PROVIDER. Experienced! Quality care. Companionship and Dependable.

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CEMETERY PLOT: Roselawn. Currently \$1,060.00, will take \$800.00. Higher Ground. Call Betty, 544-8714. #1007

NURSE CAN PROVIDE Daily or weekly care, medication set-up, assist with meals. Activities for daily living. 30 years experience. References. Kathy, 719-315-2805. #1207

STORED IN - BELMONT SELF-STORAGE. Nice bedroom suite - near new regular mattress. Light brown 4-tiered filing cabinet - seldom used. Only \$95.00 total. 719-546-0239. #1007

GOOD CONDITION. 40 years of Time Magazines - complete, in storage - better than computerized! Make Offer & enjoy history in your library. Call Lynn 544-8325. #1007

FOR SALE: New 48" Round Table & Chairs. Fits 4 chairs. Smoked glass top. MUST SEE! Call 564-2157. #0907

SPECIAL GOVERNMENT PROGRAM, ZERO DOWN, NO MONEY OUT OF YOUR POCKET!!!! If you own land or family will give you land. Bad credit okay. 719-544-4165. #0807

NEWLY RENOVATED Northside Pueblo home for rent. One bedroom, 1 bath, small pets okay. \$350/mo. and electric and gas plus deposit. Call Seth at 970-980-8153. #0907

PERSONAL CARE PROVIDER/HOME CARE 20 yrs. Experience. Quality Care, Companionship, and Dependable. Available Day or Night Fulltime or Part Time. call Connie, 242-4144. #0907

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LANDSCAPE DESIGN SERVICES. Professional, thoughtful designs - specializing in landscape renovations. Well oversee installation too. Call Christine at 607-339-1124 for a free consultation. #0907

NURSE AVAILABLE to assist you in your home. Doctor's appointments, shopping, errands - please call 565-0445 Days. #0807

PERSONAL CARE PROVIDER, CNA, EMT Training. 20 years experience. Kind, gracious, domestic tasks, medical reminders, companionship. Prompt, alert, ethical, well-behaved. Call Sherry 545-3146. #0807

ARIZONA HIGHWAYS Magazines for sale! Various dates from 1951 to 1998. 35 Issues. Make a reasonable offer. Call 545-8886. #0807

IMPERIAL GARDENS. Chapel of the Angels. Glass front. Companion niche. Only \$3,000. Phone (303) 333-6686. #0807

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LOOK AND SEE! (1). Mobile home in excellent condition for rent. (2). For sale very nice mobile home partly furnished, (3). Large mobile home space for rent. Cañon City. 1-719-275-2579. #0707

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

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

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

AARP BULLETIN -

Oct. '07 Issue

Don't Get Tricked Or Pressured!!

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"NEVER ALONE FOUNDATION." Looking for a great charity to support? Inflammatory Bowel Disease (Crohn's & Colitis and others) is a particularly nasty disease that robs the afflicted of quality of life. It hits every age group hard and with no mercy. Please send donations to "Never Alone Foundation" c/o Beacon Publishing, P.O. Box 7215 - Pueblo West, CO 81007-0215. Your donation will allow us to help southern Colorado patients and their families cope with these dread diseases.

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2008 U.S. SENIOR OPEN INTRODUCES A GIFT FORE THE HOLIDAYS

Colorado Springs, CO (October 18, 2007) – The 29th U.S. Senior Open, to be held July 28 – August 3, 2008 at The Broadmoor in Colorado Springs, will be offering a unique Gift Package this holiday season.

The Holiday Gift Package will be available beginning Thursday, November 1, 2007. The Package will include:

- Two (2) Championship tickets, providing grounds access on any-one-day of the Championship
- One (1) Limited Edition Championship ball cap
- Two (2) Ticket lanyards
- One (1) Championship program voucher
- One (1) \$5 gift card to the merchandise tent
- All packaged in a commemorative box

The package will be priced at \$89; retail value is \$140.

A variety of ticket options are also available, ranging from daily tickets to upgraded week-long passes.

Individual tickets are available for the championship rounds and practice rounds. Thursday and Friday championship round tickets are available for \$40 and Saturday and Sunday are available for \$45. Tickets for the practice rounds (Monday – Wednesday) are available for \$20 per day.

A second ticket option is the Fore Pack, which includes four (4) good-any-one-day championship tickets. The Fore Pack allows tickets to be divided up throughout the week or used all on the same day. The Fore Pack is priced at \$135.

The Trophy Club ticket is an upgraded ticket, providing spectators with grounds access to the championship as well as access into the exclusive and upgraded Trophy Club villa located on the golf course. This climate-controlled villa includes amenities such as television monitors, computer scoring terminals, and telephone access for Trophy Club guests to use. Guests may purchase upscale food and beverages within the Trophy Club.

Tickets to the championship are now available. Holiday Gift Packages will be available beginning November 1, 2007. Both tickets and Gift Packages are sold at all participating King Soopers locations, by calling 877-281-OPEN, or on the internet at www.2008ussenioropen.com.

About the U.S. Senior Open:

The 29th U.S. Senior Open to be held July 28 – Aug 3, 2008, will bring a field of 156 of the world's best professional and amateur Senior (over the age of 50) golfers to The Broadmoor East Course. Featured players expected to compete include: Hale Irwin (Honorary Chairman), Mark O'Meara, Nick Price, Tom Watson and Craig Stadler. The U.S. Senior Open will be the sixth USGA championship staged at The Broadmoor dating back to the 1959 U.S. Amateur won by Jack Nicklaus.



Pueblo Children's Chorale Announces 12th Season

by Christina Anderson, Executive Director - (719) 546-2309

PUEBLO — The Pueblo Children's Chorale will begin its 12th season entitled "American Voices" in September. The Chorale consists of 2 Choirs: the Concert Choir for 5th-8th graders under the direction of Dr. Jennifer Shadle-Peters and the Apprentice Choir for 2nd-

4th graders under the direction of Betsy Barto.

On October 23rd, 2007 the Pueblo Children's Chorale will partner with several groups to bring "American Voices: a journey down the river with Huck Finn". The Colorado Children's Chorale from Denver will join the local Chorale with 2 district 70 school choir groups

to bring this music of the Huck Finn era come to life. This performance will be one of the Pueblo City County Library Districts "All Pueblo Reads" the Adventures of Huckleberry Finn events and will take place at CSU-Pueblo's Hoag Recital Hall at 7:00 p.m.

November 11th, 2007 you will find the Chorale's Concert Choir performing for Westcliffe's "In Concert" series. The group will perform a community concert on Sunday evening at 7:00 p.m. and then stay over and attend the local school the next day for a workshop and performance for the school children. Please check our website www.freewebs.com/pueblochildrenschorale for more information on these events.

The Chorale's fall performance is scheduled for November 17th, 2007 and the spring performance will be May 4th, 2008. Both performances will be held at 3:00 p.m. at CSU-Pueblo's Hoag Recital Hall.

Finally, the Chorale will perform for the annual Christmas concert with the Pueblo Choral Society on December 1, 2007, 3:00 p.m. at Praise Assembly Church. This concert is always a holiday treat and very well attended, as it is FREE and the Pueblo Chorale's Christmas "gift" to the community.

Tickets for the October, November and May performances will be on sale at the Sangre de Cristo Arts Center box office 2 weeks before each performance. Tickets can be purchased over the phone by calling the box office at (719) 295-7200.

The Pueblo Children's Chorale has delighted local and national audiences through its musical talent and disciplined ensemble during its 12 years of operation.

For more information on any of these events, please visit the website or call Christina Anderson, Executive Director at 546-2309.

Justice Clarence Thomas

from page 7.

of the Equal Employment Opportunity Commission (EEOC), his elevation to a circuit judgeship, and finally in the summer of 1991 his nomination to the Supreme Court of the United States.

If Thomas had ended his memoir at that point he would have had

a good book but no bonanza. For his own integrity -- and to earn that fat advance - he had publicly to squeeze the festering boil. Without the final 50 pages there would have been no marketable book. So, Anita Hill had defamed him. Members of the Senate Judiciary Committee had listened to her lies. He was fed up:

"This is a circus. It is a national disgrace, and from my standpoint, as a black American, it is a high-tech lynching for uppity blacks who in any way deign to think for themselves, to do for themselves, to have different ideas, and it is a message that, unless you kowtow to an old order, this is what will happen to you, you will be lynched."

Permit me a personal word: My beloved wife, Hearst columnist Marianne Means, has a very different view of Justice Thomas and his book. Last week she characterized his memoir as 289 pages of whine. In her biased view, Anita Hill was a Teller of Truth, a veritable Joan of Arc.

In my own biased view, Hill was a vengeful woman who was determined to get back at a man who clearly thought she was less than wonderful. She has never been able to explain why she followed Thomas -- this beast, this awful person, this tawdry, hyper-sexed, utterly detestable creep! -- from one job to another. But let it go. To each his own catharsis.

I wish Thomas had not published this book. Now can I go to sleep?

Pueblo Senior Safety Triad

Safety for seniors is our goal

- Information & Referral
- Senior Resource Directory
 - Senior Safety Kits
 - Senior Advocates
- Provides Educational Programs
- Assists Senior Victims & Seniors At Risk
- Promotes Safety To Reduce Fear Of Crime

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Each Home Instead Senior Care franchise office is independently owned & operated.

Heritage

FROM PAGE 9.

was it gossiping) up a storm and the men sat in the living room talking about how tough the summer was or how well the local football team was doing. Us "kids" were out playing in the barn, damming up the "crick" or maybe playing a game of football with the neighbor kids. Do these reunions still happen? Do families still get together for the weekend staying in each others houses, helping with the chores and those projects that are so much more fun when we all work at it together? I'm sure there are but why does the scene just described seem so nostalgic or some how old fashion. I'm sure those who celebrated the first Thanksgiving were doing so with a heart full of gratitude to the One who had blessed them with a harvest that would sustain them through the winter. They were also grateful to be alive after many of their loved ones had died from terrible sickness or enemy fire. Some how thinking about this seems to put a different light on a weekend that has turned into the biggest shopping weekend of the year. It seems that we have somehow forgotten how blessed we are to live in this great land of freedom and that unlike most people in the world we have a warm house to live in, many changes of clothes and we have no fear of were our next meal will come from. We of all people have so very much to be thankful for. We are so blessed and we do well this thanksgiving season to reflect on this past year and to have grateful hearts to God for His many blessings and see what we can do to bring back that atmosphere of gratitude that was so much a part of those celebrations in the past. How sad it would be for the children of our day if we forget to pass on a heritage of thankfulness to Almighty God that was given to us by our forefathers and substitute it with a day or two of self center shopping and business that distracts us from the real reason that Thanksgiving Day was instituted. You know we can spend our time wishing for the good ole days or we can begin to adjust our focus a little and bring back that grateful family spirit that was so much a part of our past and remind those coming after us that we are very blessed and we do well to set a day aside to thank God for the blessing of the past year.

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MORE WEIRD NEWS

from page 4.

city of Petah Tikva (near Tel Aviv), who had been attacking and harassing religious Jews (and also gays and foreigners), beating them and videotaping the attacks. A police search turned up weapons and also Nazi materials such as uniforms, portraits of Adolf Hitler and symbolic references to Hitler's Third Reich. Reportedly, the gang members hail from Russia and emigrated under Israel's policy of admitting anyone with at least one Jewish grandparent.

-- Retired assistant school principal Nelson Winbush, 78, of Kissimmee, Fla., is an African-American who has become a passionate promoter and historian of the Confederate States of America, even though it was that entity's secession from the Union that sparked the Civil War. Winbush told the St. Petersburg Times for an October profile that his grandfather had fought for the South, not to retain slavery but because he thought the South was being overtaxed. Winbush became more aggressive in the 1990s, opposing campaigns to remove Confederate flags from government buildings in the South. He has declined to be drawn into the racial implications of the Confederacy, telling the Times, "Black is nothing other than a darker shade of rebel gray."

-- A federal judge ruled in September that New York's College of Staten Island (a public school) could deny formal recognition to a men-only campus fraternity. The Chi Iota Colony sponsored various programs open to women, but not membership, and the college pulled its funding, citing gender discrimination.

Can't Possibly Be True

-- The 2,600 members of the Minnesota National Guard returned recently from extended duty in Iraq, which was reportedly the longest consecutive deployment of any outfit (22 months, counting extensions). However, the Guardsmen still do not qualify for government education benefits. The law allows the benefits only for those on "active duty" at least 730 days, but the Minnesota Guard's orders (as well as some other outfits' orders), were specifically written for "729 days."

Names in the News

Convicted of murder in a home invasion, Mr. Andrew S. "Junebug"

Warrior (the "S" stands for Sweetie) (Tucson, Ariz., June). Discouraged by school officials from attending a Catholic school because of his name, the 5-year-old Max Hell (Melbourne, Australia, July). Arrested for stealing three rolls of toilet paper from a courthouse, Ms. Suzanne Marie Butts (Marshalltown, Iowa, June). Leading a fight in the Kenai Peninsula Borough (Alaska) Assembly to defeat a term-limit rule, Assemblyman Gary Superman (Soldotna, Alaska, September). Arrested on more than 30 counts of child pornography facilitated by peering through bedroom windows, Mr. Jeffrey Ogle (Vallejo, Calif., August).

Smooth Reactions

(1) Po Shiu-fong, 58, was sentenced in July to six months in jail in Hong Kong for stabbing her boyfriend, 49, in his eyes with a chopstick because she thought he was cheating on her. (At the hearing, Po admitted that she had already blinded him in the left eye six years earlier by poking him with her finger because of alleged cheating.) (2) Allen Beckett, 53, was charged with assault in Oklahoma City because, in June, he had allegedly become enraged at a patron who had entered Henry Hudson's Pub wearing a University of Texas T-shirt. Eventually, the two men brawled, during which time Beckett grabbed the man's crotch and would not let go until he tore the scrotum, requiring more than 60 stitches.

Obsessions

-- Australian Les Stewart holds what the Web site Oddee.com calls the "third most bizarre" of all Guinness Book world records: having typed out the written numbers "one" through "one million," over a period of 16 years from 1983 to 1998, according to an August story in his local newspaper Sunshine Coast Daily. He said he typed for 20 minutes at the beginning of every waking hour during that time because he "wanted something to do." "It just came naturally to me."

The District of Calamity

(1) The Washington, D.C., Department of Corrections fired three jailers in August after finding that they had locked up Virginia Grace Soto, 47, in the men's detention unit following her July arrest, despite her protests and despite a formal strip search and despite observing her in the shower. Their reasoning: A

paperwork error listed Soto as a male, and they could not change that. (2) Two high-ranking D.C. school officials were charged in recent months with stealing money from the school system, including Brenda Belton (who pleaded guilty in August), who stole almost \$650,000 while she was in charge of all charter schools in Washington, D.C., and Eugene Smith, who allegedly stole \$46,000 just after he left the job as the schools' director of internal audit.

The Continuing Crisis

-- This past summer, two capital-murder inmates (who might have been executed, regardless) were put to death after curious court policies failed them. Luther Williams' execution was carried out in Alabama in August after the U.S. Supreme Court's refusal to stop it, despite his plea that the state's lethal injection procedure was unconstitutional. However, one month later, the court voted to accept for consideration another case questioning the constitutionality of the injection. (Court policy is that four votes are needed to accept a case, but five are required to stay an execution.) In September, just minutes after the court's lethal-injection case was accepted, lawyers for Michael Richard, who was scheduled to die that evening, rushed to file a stay with the Texas Court of Criminal Appeal and promised delivery by 5:20 p.m. The court clerk responded, "We close at 5"; the petition didn't make it, and Richard was executed at 8:23.

Latest Religious Messages

-- Hindu officials persuaded the Indian government in September to withdraw a report on a construction project because it treated a prominent bridge as a natural stone formation instead of (as Hindus say) a bridge created by the god Ram and his army of monkeys. In another victory for Hindu sensibility, the government cracked down on the rustling of "sacred" cattle in August by issuing ID cards with photos of individual cows, to help guards at the Bangladesh border halt the illegal trade.

Questionable Judgments

-- Shoe designer Marc Jacobs recently crossed a frontier in fashion by introducing women's high-heeled shoes with the "heel" in the front. Wrote London's Daily Mail: "A chunky, 4-inch heel nestles horizontally just under the ball of the foot. Where you'd expect a heel, there is nothing but fresh air." Models of the shoe are priced in the \$500 to \$700 range.

-- Questionable Menus: (1)

Puzzlingly, young adults in Japan seem particularly drawn toward mayonnaise, and thus Koji Nakamura might have a shot at success with his Mayonnaise Kitchen restaurant in a Tokyo suburb, according to an August Reuters story. Included in his fare are several mayonnaise-flavored cocktails, including the "Mayogarita." (2) Health officials in Rockland County, N.Y., issued two complaints against the Great China Buffet restaurant in September after an employee was seen preparing the day's garlic in back of the building by stomping a large bowl of it with his boots on.

-- Maritza Tamayo, principal of New York City's Unity Center for Urban Technologies high school, was fired in August following revelations that she was so concerned about the unruly behavior of some students that she brought in a Santeria priestess in December 2006 to cleanse the building of evil spirits. The students were on holiday break, but workers found chicken blood sprinkled around the building, and Tamayo and two other women in white dresses were seen, chanting, with one balancing a silver tray on her head, holding 40 lit candles.

Recurring Themes

People who decide to urinate in public continue to find the practice dangerous, as News of the Weird has documented many times. A 40-year-old man, somewhat inebriated, attempting to urinate into the River Bulbourne in Hemel Hempstead, England, fell in and drowned (April). A 58-year-old man stood up in his boat to urinate while fishing and fell into a lake near Farmington, N.M., and drowned (August). A train driver in Berlin, Germany, apparently attempting to urinate out of a door at 70 mph, fell to his death (May).

Undignified Deaths

(1) A 27-year-old woman was killed in Melvindale, Mich., while setting off Fourth of July fireworks when she failed to move her head out of the way after launching a 3-inch mortar bomb. (2) A 55-year-old man in Fall River County, S.D., was killed in August when he accidentally shot himself in the stomach. According to police, he was attempting to show friends that a key point in a recent CSI television show was wrong (that is, according to the script, a victim could not physically have managed to shoot herself in the stomach).

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

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Cheap Clothes! Sure, But Keep It Uncomplicated

by Patricia McLaughlin

Sure cheap clothes can look great -- but it helps if they aren't too complicated.

Epiphanies abound. Great truths are proclaimed in the marketplace. Wisdom arises even from the clamor and chaos of the selling floor of your local big-box sportswear discounter. For instance, here I am, standing next to a six-armed standing rack packed with a couple hundred pairs of deceptively identical-looking blue jeans at Steve & Barry's, a store the size of several conjoined high school gyms at the Franklin Mills Mall in Philadelphia. I'm focused like a laser, checking the tags on each pair, searching for the elusive magic combo: Bitten Rinse-Wash High-Rise Stretch Jeans in my size. (Full disclosure: It's 18, but only temporarily.)

Suddenly, from on high, I hear a Voice:

"A sweater," it tells me, "shouldn't cost more than your groceries."

So true!

And a little surprising given the source: The Voice From On High introduces itself as Sarah Jessica Parker, an actress best known for playing a "Sex and the City" character who spent \$40,000 -- the equivalent of a down payment on a (very small) Manhattan condo -- on expensive shoes. (Is it redundant to say "expensive shoes"? After all, Carrie Bradshaw could've spent \$40,000 on cheap shoes if she'd bought enough of them -- but then she wouldn't've been the madcap Jimmy-Choo-and-Manolo-obsessed sex columnist so many came to know and love.)

Parker is the nominal designer of a new sportswear line called Bitten -- as in "bitten by the fashion bug" -- for Steve & Barry's, a relatively young apparel chain on the Old Navy/Target model that, according to one market researcher, "takes extreme value to a new level." (Meaning: Its pricing makes Old Navy look pricey.)

This is the sort of thing that drives my design students nuts. Here they spend years learning to make gussets and godets and cartridge pleats and tell the difference between Vionnet and the V&A, and then they have to scramble for a job fetching coffee and picking up pins for some designer. And then somebody who probably can't thread a serger but happens to be famous comes along and introduces a whole line under her own label with all sorts of attendant hoo-hah and lionization.

But in this case I have to argue that the fact that the designer probably can't make -- or maybe even identify -- cartridge pleats may be an advantage.



Bitten, Sarah Jessica Parker's sportswear line for Steve & Barry's, is casual sportswear tweaked for a downtown-ish vibe, each piece under \$20.

In Parker, Steve Shore and Barry Prevor, who started selling T-shirts made in Prevor's basement at a local flea market when they were in high school, seem to have found a kindred spirit. Her lively, slightly off-kilter way of combining tweaked basics works perfectly with the uncomplicated casual sportswear they know how to make. So does her conviction -- unsurprising in someone who grew up wearing hand-me-downs as one of eight kids -- that every woman has an "inalienable right to have a pulled-together, stylish wardrobe with money left over to live."

Money left over to live -- what a concept! It'd never occur to somebody who was seriously into godets and gussets. Every single thing in the Bitten line costs less than \$20.

Steve & Barry's has been described as targeting "the good-enough customer" -- somebody who wants her jeans to look good and hold together, but doesn't much care about fancy stitching, ringspun denim or dressmaker details. Parker's collection, said to be based on favorite things from her own wardrobe, infuses "good enough" construction and materials with good ideas and a spirit of adventure, and she gets the shapes right.

Consider the High-Rise Stretch Jeans I was looking for. They're dark denim with perfectly straight, narrow

legs. They're long enough even though they come in only one length (probably if they're too long you're meant to turn up the cuffs). And they presumably would've fit perfectly in 18, given that the 16s were almost perfect (buttoned but wouldn't zip) and the 20s were too loose overall. Also, they cost \$14.98, and they hadn't even been marked down yet.

Another point: The unpretentious cotton shirts and sweaters look fine even wrinkled and rumpled, straight out of the shipping container. They don't depend on finesse.

And there they have an advantage over many of the styles in the Simply Vera -- Vera Wang line I checked out at Kohl's the same day. Wang is a great dressmaker, with inventive ideas you don't often run into in the mass market. There were two tops I loved: Both combined black and navy in a way you're unlikely to see at the Gap, and both had great details. But a dress with a Shirred satin front panel looked as if somebody had slept in it, and some of the stitching seemed a little loose. Plus, it cost \$120 -- some dollars which, after Steve & Barry's, seemed ruinously expensive.

A good steaming might've made all the difference. Even so, by the time I checked out the dress online, it -- along with lots of other items from the Simply Vera Wang line -- was sold out. Kohl's shoppers must have the imagination to see beyond wrinkles.

Still, my advice to designers who want to sell to the mass market is: If you expect to sell clothes in stores that don't iron them before they put them out on the rack, design things that either don't wrinkle, or that look good wrinkled.

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

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Spritz: Putting The Squeeze On Holiday Cookies

by Annette Gooch

In its most basic form, a cookie press consists of a metal or plastic cylinder to hold and compact dough. At one end of the cylinder is a mechanism for pushing the dough and squeezing it through a cut-out disk, or plate, that gives the cookie its shape. Creating different shapes and designs is as simple as changing the disk.

Cookie presses are sold at a wide range of prices, depending on their features. Both manually operated and electric models (corded and cordless) are widely available.

If you want a simple press specifically for making cookies, an inexpensive model that feels comfortable in your hand and that comes with a few disks should be sufficient. The size of the cylinder is a consideration, since the bigger the cylinder, the more dough it holds, and the heavier it will be to lift and hold during pressing. The press shown in the photo has a good-sized cylinder and a squeeze handle to control the pressing.

If you'll be using the press not only for cookies but also for decorating cakes, piping mashed potatoes and swirling cream cheese onto crackers, then look for one that accommodates a variety of disks and decorating tips. Depending on

their design and composition (aluminum, tinned or nickel-plated steel, plastic or nylon), cookie presses may go into the dishwasher or require hand-washing.

SUCCESS TIPS:

-- To create cookie wreaths, use a cookie press fitted with a star disk to press long strands of dough; slice strands into 5-inch lengths. Use your fingers to form each length into a wreath. Decorate with colored sugar or candied fruit before baking, if desired.

-- To create ribbon cookies, use a cookie press fitted with a ridged disk to press the dough into long furrowed ribbons; slice ribbons into 2 1/2-inch lengths. Separate ribbons slightly on the baking sheet. If desired, sprinkle cookies with sugar decorations before baking. For a two-tone effect, bake and cool cookies; then dunk each cookie halfway into warm dipping chocolate. Set cookies on a rack to allow chocolate to harden.

-- When preparing baking sheets for spritz cookies, leave the sheets ungreased so the cookies will stay in place as they are released from the press.

-- Baking sheets for spritz cookies should be heavy or else have insulated bottoms to promote even baking. For easier removal of cookies, use unrimmed

sheets. For added protection against burning, baking sheets can be lined with cooking parchment or silicone mats.

One translation of the German word "spritz" is "squirt," a reference to the method used to shape these irresistible little cookies. Spritz baked from this vanilla-flavored dough take on a pale golden hue that complements a variety of colorful decorations.

For the chocolate variation shown in the photo, in step 1 of the recipe add 3 ounces of melted and cooled semisweet chocolate to the butter mixture before beating in the salt, vanilla and egg. In step 2, increase the amount of flour to approximately 2 3/4 cups.

The yield for this recipe is based on using a disk with a small snowflake cut-out, which produces cookies approximately 1 1/2-inch in diameter.

SPRITZ

- 1 cup unsalted butter, softened
 - 1/2 cup sugar
 - 1/4 teaspoon salt
 - 1 teaspoon vanilla extract
 - 1 egg
 - 2 1/2 cups (approximately) sifted flour
1. Preheat oven to 350 degrees. In large mixer bowl, cream butter; gradually add sugar, beating until light. Add salt,



Candied cherry halves crown these chocolate snowflakes squeezed from a cookie press. photo: Lifestyle Media Group

vanilla and egg; beat well.

2. Gradually add flour, beating until just blended. Dough should be firm but not sticky or stiff.

3. Transfer dough to cookie press with a star disk; press dough onto ungreased baking sheets. Note: If adding sugar decorations or candied fruits, apply them before baking.

4. Bake until cookies are set and lightly browned around edges (about 10 minutes). Transfer to wire racks to cool. Store in airtight containers.

Makes about 8 dozen 1 1/2-inch cookies.

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NOVEMBER 6: BEEF STROGANOFF, Orange Spiced Carrots, Ruby Beet Salad, Mixed Fruit.

NOVEMBER 8: BAKED POTATO, Broccoli Cheese Sauce, Tossed Salad Fresh Plum, Fruit Cocktail.

NOVEMBER 13: TACO SALAD WITH SALSA, Tomato & Lettuce Garnish, Strawberry Applesauce, Orange, Cornbread with Margarine.

NOVEMBER 15: ROAST TURKEY W/GRAVY, Cornbread stuffing, Cheesy Cauliflower Broccoli Mix, Cranberry Mold, Pumpkin Bar.

NOVEMBER 20: SWEET & SOUR PORK, Steamed Brown Rice, California Vegetable Medley, Diced Pears.

NOVEMBER 22: No Meal

NOVEMBER 26: BRATWURST ON A BUN, Sauerkraut, Mustard & Onion, Pickled Beets, Sliced Peaches.

NOVEMBER 29: CHILI CON CARNE, Whole Wheat Crackers, Sliced Yellow Squash, PA Mandarin Orange Compote, Cornbread with Margarine.

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NOVEMBER 1: HAM/BEANS, Cut Broccoli, Parslied Carrots, Orange Juice-4oz, Cornbread with Margarine.

NOVEMBER 2: HOT ROAST BEEF SANDWICH w/Wheat Bread, Roasted Garlic Potatoes, California Vegetable Medley, Slaw & Pineapple Tidbits.

NOVEMBER 6: CHICKEN NOODLE SOUP, Wheat Crackers, Spinach/Malt Vinegar, Sliced Yellow Squash, Orange.

NOVEMBER 8: MEATLOAF with Brown Gravy, Cheesy Potatoes, Green Beans, Pineapple Tidbits.

NOVEMBER 9: LEMON BAKED FISH, Tartar Sauce & Lemon, Scalloped Potatoes, Spinach with Malt Vinegar, Banana.

NOVEMBER 13: BEEF STEW, Wheat Crackers, Whole Kernel Corn, Herbed Green Beans, Diced Pears.

NOVEMBER 15: CALIFORNIA VEGGIE BAKE, Spinach Salad/Fresh Pear, Citrus Cup, Oatmeal Raisin Cookie.

NOVEMBER 16: HONEY BBQ CHICKEN, Oven Browned Potatoes, Chopped Spinach, Diced Pears.

NOVEMBER 20: WHITE CHILI WITH CHICKEN, Wheat Crackers, Carrot & Celery Sticks, Cooked Cabbage with Red Pepper, Apple.

NOVEMBER 22: No Meal

NOVEMBER 23: No Meal

NOVEMBER 27: CREAM OF POTATO SOUP, Tuna Salad Wrap w/lettuce & tomato, Hard Boiled Egg, Grapefruit Half.

NOVEMBER 29: CREAM OF

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NOVEMBER 1: HONEY BBQ CHICKEN, Oven Browned Potatoes, Chopped Spinach, Diced Pears.

NOVEMBER 2: CREAM OF POTATO SOUP, Tuna Salad Wrap with shredded lettuce/tomato, Hard Boiled Egg, Grapefruit Half.

NOVEMBER 6: BAKED HAM WITH RAISIN SAUCE, Candied Sweet Potatoes Green Bean Amandine, Cranberry Mold.

NOVEMBER 8: SPAGHETTI AND MEATSAUCE, Tossed Salad, Mixed Fruit, Orange Juice.

NOVEMBER 9: CHICKEN A LA KING, Whipped Potatoes, Tossed Salad, Orange & Apricot Halves.

NOVEMBER 13: TATOR TOT CASSE-ROLE, Tossed Salad, Baked Acorn Squash, Fresh Pear.

NOVEMBER 15: ROAST TURKEY WITH GRAVY, Whipped Potatoes, California Vegetable Medley, Raisin Nut Cup.

NOVEMBER 16: KIELBASA, Parsley Buttered New Potatoes, Mixed Vegetables, Baked Acorn Squash, Pineapple.

NOVEMBER 20: ROAST BEEF, Mashed Potatoes with Gravy, Green Bean Amandine, Apricot Peach Compote, French Bread with Margarine.

NOVEMBER 22: No Meal

NOVEMBER 23: No Meal

NOVEMBER 27: CHICKEN RICE SOUP, Open Face BBQ Beef On a Bun, Creamy Coleslaw, Almond Peaches.

NOVEMBER 29: MEATLOAF with Brown Gravy, Cheesy Potatoes, Seasoned Green Beans, Pineapple Tidbits.

NOVEMBER 30: CHILI RELLENO CASSEROLE, Parslied Carrots, Tossed Vegetable Salad with Lemon.

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NOVEMBER 1: SWISS STEAK WITH MUSHROOM SAUCE, Whipped Potatoes, greens, Orange, Dinner Roll/marg.

NOVEMBER 5: CHICKEN NOODLE SOUP, Wheat Crackers, Spinach/Malt Vinegar, Sliced Yellow Squash, Orange.

NOVEMBER 6: PORCUPINE MEATBALLS, Whipped Potatoes/Gravy, California Vegetable Medley, Almond Peaches.

NOVEMBER 8: CALIFORNIA VEGGIE BAKE, Spinach Sld & Egg/Lite Ital. drsg., Pear/Citrus Cup, Oatmeal Raisin Cookie.

NOVEMBER 12: CHILI CON CARNE, Sliced Yellow Squash, Pineapple Mandarin, Orange Compote, Cornbread/marg.

NOVEMBER 13: TURKEY POT PIE, Cut Broccoli, Tossed Salad Apricot Pineapple Compote, Biscuit.

NOVEMBER 15: ROAST BEEF, Whipped Potatoes with Gravy, Seasoned Greens, Orange, Dinner Roll/Marg.

NOVEMBER 19: CREAM OF POTATO SOUP, Tuna Salad Wrap with shredded, Lettuce and Tomato, Hard Boiled Egg, Grapefruit Half.

NOVEMBER 20: ROAST CHICKEN/MUSHROOM SAUCE, Steamed Brown Rice, Cauliflower Broccoli Mix, Apple Pear Salad.

NOVEMBER 22: No Meal

NOVEMBER 26: COMBINATION BURRITO, Lettuce & Tomato with Salsa, Seasoned Green Beans, Cilantro Lime Rice, Sliced Peaches.

NOVEMBER 27: TURKEY TETRAZINI, Italian Green Beans, Cottage Cheese Peach Salad, Strawberry Applesauce.

NOVEMBER 29: MEATLOAF, Brown Gravy, Cheesy Potatoes, Seasoned Green Beans, Pineapple Tidbits.

GOLDEN AGE CENTER
728 N. Main St.-Canon City M-W-F

NOVEMBER 2: CHICKEN FRIED STEAK WITH COUNTRY GRAVY, Roasted Garlic Mashed Potatoes, Cauliflower Broccoli, Apple & Biscuit.

NOVEMBER 5: BRATWURST ON A BUN, Sauerkraut, Mustard & Onion, Pickled Beets, Sliced Peaches.

NOVEMBER 7: BBQ BEEF BRISKET, Ranch Style Beans, Carrrifruit Salad, Honeydew Cilantro Lime Salad.

NOVEMBER 9: SWEET & SOUR PORK, Steamed Brown Rice, California Vegetable Medley, Diced Pears.

NOVEMBER 12: ROAST TURKEY WITH GRAVY, Cornbread stuffing, Cheesy Cauliflower & Broccoli Mix Cranberry Mold, Pumpkin Bar.

NOVEMBER 14: BEEF STEW, Wheat Crackers, Whole Kernel Corn, Herbed Green Beans, Diced Pears.

NOVEMBER 16: ITALIAN SAUSAGE WITH MARINARA SAUCE AND SPAGHETTI, Baked Acorn Squash, Tossed Salad & Pear.

NOVEMBER 19: COMBINATION BURRITO, Smothered Chicken with Green Chile, Tomato, Lettuce and Salsa, Black Beans with Cilantro, Diced pears.

NOVEMBER 21: BAKED POTATO, Broccoli Cheese Sauce, Tossed Salad, Fresh Plum & Fruit Cocktail.

NOVEMBER 23: No Meal

NOVEMBER 26: TURKEY TETRAZINI, Italian Green Beans, Cottage Cheese Peach Salad, Strawberry Applesauce.

NOVEMBER 28: MACARONI & CHEESE, Green Salad with Lemon, Whipped Hubbard Squash, Strawberry Applesauce.

NOVEMBER 30: DIJON CHICKEN, Steamed Brown Rice w/Parsley, Shredded Green Salad, Broccoli, Strawberries.

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

Some Simple Lifestyles Take Effort

by Claire Whitcomb

If only living simply was a simple process. Then we wouldn't need the burgeoning new genre of books devoted to a simple lifestyle.

Two worth adding to your shelf are Sarah Susanka's "The Not So Big Life: Making Room for What Really Matters" (Random House, \$25) and Sarah Nettleton's "The Simple Home: The Luxury of Enough" (Taunton, \$40).

In different ways -- Susanka's book is primarily text, Nettleton's is beautifully photographed by Randy O'Rourke -- these two books remind us that a house should reflect your life and your dreams.

If, like Cinderella's stepsisters, you feel shoehorned into a poorly fitting space, something needs to be done. You could remodel your house, you could remodel your life -- or you could do both.

To end up with a simpler result, it's necessary to understand that bigger houses lead to bigger lives. As Susanka says: "When we own stuff, we have to maintain it. We also have to earn enough money to procure it, house it, protect it, keep it clean and insure it against theft or loss."

In writing her bestselling series on "The Not So Big House," and in venturing into the self-help terrain of "The Not So Big Life," Susanka has been on quite a journey. She has abandoned her overstuffed, overstressed life and fine-tuned the ways in which small changes reap big rewards.

These are among the design tips she offers her architectural clients and readers.

-- If your kitchen feels isolated and uninviting, add an interior window or enlarge the doorway. Once the room feels connected to the rest of the house, people will love congregating there.

-- If you long for a library but don't have room, carve out book storage by lining a hallway or a landing with shelves. Or rim a room with a high shelf that can hold books you love but aren't planning to read immediately.

-- Create interior vistas. When you have a place to look -- out a window, into another room -- your home will feel much more engaging.

-- Don't forget mirrors. Bathing a room in reflected light will change its mood.

-- Pay attention to how you enter your house. If you access it through the laundry, you won't be rewarded with a sense of peace and welcome. Rearrange your traffic flow so you enter through a space that allows a serene transition from the busy outside world.

-- Create a space that's just yours. Stake out a corner of the dining room, claim a table in the guest room or convert a walk-in closet. Susanka feels it's essential that each family member have a place to read, create and dream so that a house is an inspiring place to be -- for everyone.

Like Susanka, Nettleton is a trained architect who believes in "learning what matters for you and your family and skipping the temptation to add on costly options that you might not really need."

As she points out in "The Simple Home," it's all too easy to splurge on granite countertops when improved daylight might make your kitchen far more luxurious. You can be seduced by fancy furniture when built-in storage could cut down on the amount of furnishings you need -- and the amount of clutter that accumulates -- allowing you to lead a much more magazine-perfect life.

The luxury of enough is a won-



This spare cupboard stair sets the tone for a renovated farmhouse in New York's Hudson Valley. With its restrained furnishings and color scheme, it illustrates the luxury of enough in Sarah Nettleton's new book "The Simple Home." photo: Randy O'Rourke

derful concept. It marries enlightened living and smart design in these key ways:

-- The simple home is flexible. With multipurpose rooms and furnishings that can move from space to space, a lot more living takes place in a lot less space.

-- The simple home is thrifty to maintain. When floors can be broom-swept and cross-ventilation reduces the need for air-conditioning, a house is more enjoyable to live in and more affordable over time.

-- The simple home is sustainable. By using doors from salvage yards and reclaimed rock for a fireplace, you can reduce a house's impact on the environment -- and add character.

The one thing that simple homes aren't is simple. Distilling all your thoughts on how you want to live is a complex process. But as these two books show, the end result is a house in which simple pleasures create luxury on a daily basis.

Creating A Healthy Medicine Cabinet For Home

by Wendie Stauffer, Reflexologist - Golden Flower Health Clinic - 719-542-9210

Essential oils can be extremely effective in creating a healthy medicine cabinet. They can be used in First Aid treatment for burns, insect bites, cuts, bruises, and more. Certain constituents make them highly effective for sanitizing, disinfecting, deodorizing and air purification. Some essential oils make excellent toxin-free cleaning agents for removal of grease, oil, carpet stains,

crayon, etc... Powerful anti-oxidant properties in some essential oils make them amazingly effective in anti-aging, energy and health giving applications both alone and when combined with supplements. And, of course, nothing beats the benefits of pure essential oils in personal care products for skin, hair and personal hygiene. (Remember, in the United States, for cosmetic industry regulations the oil bottle need only contain 5% of the essential oil in order to be labeled 100% pure. It's important to know your com-

pany!)

Let's take a look at the many different products in your home that you could replace with just a few small bottles of essential oils. This also becomes economical as well. A friend recently replaced \$43.00 worth of commonly used medicine cabinet items with one bottle of peppermint. You'll be amazed when you "transfer" your commonly used personal care item list to using toxic-free Young Living products. Most household budgets allow for toothpaste, shampoo, sports creams, cough syrups, decongestants, etc... When you read the labels and discover the toxic contents, it will make sense to "transfer" that budget to quality, toxin-free products. Here are a few simple examples of how essential oils can replace several medicine cabinet items: After Shave: Lavender

- Allergy symptoms: Raven or RC
- Anti-Bacterial Cleaners: Lemon or Thieves
- Athlete's Foot Creams: Lemon or Melrose
- Bad Breath: Peppermint
- Ben Gay or Icy Hot: PanAway or Peppermint
- Burn Ointments Lavender
- Coughs / Congestion: RC
- Deodorant: Lavendar or Geranium
- Dramamine: Peppermint
- Heartburn: Peppermint in warm water
- Insect Repellants: Purification
- PeptoBismol: Peppermint or Di-Gize
- Sinus Tablets: Peppermint

For more information regarding Young Living Essential Oils, contact Wendie, Reflexologist, Golden Flower Health Clinic, 719-542-9210, offering "Pathways To Your Health".

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Social Security & You

by Melinda Minor, District Manager - Pueblo



SOCIAL SECURITY REMINDER FOR WORKING RETIREES: LET US KNOW NOW IF YOU EXPECT TO EARN MORE THIS YEAR THAN YOU THOUGHT

A growing number of retirees are including work — either full or part-time — in their retirement lifestyle. Some of these retirees work because they need the income; others work because they find it helps them to stay physically and mentally active. Whatever their reasons for working, all retirees need to understand the relationship between working and their Social Security benefits ... including when to let Social Security know about their earnings.

Here are a few brief reminders if you or someone you know is a “semi-retired” beneficiary.

For workers who are ‘full retirement age’ or older:

If you work and are full retirement age or older, you may keep all of your benefits, no matter how much you earn. This year, the full retirement age for workers born in 1942 is 65 years and 10 months. The full retirement age for workers born in the years 1943 through 1954 will be 66 years of age, and then gradually rise to age 67 for people born in 1960 or later. You can find out exactly what your full retirement age is by visiting our website at www.socialsecurity.gov/pubs/ageincrease.htm and typing in your year of birth.

For workers who are between age 62 and full retirement age:

The earliest you can apply for Social Security retirement benefits is age 62. And if you are younger than full retirement age, there is a limit to how much you can earn and still receive full Social Security benefits. If you are younger than full retirement age during all of 2007, we

must deduct \$1 from your benefits for each \$2 you earned above \$12,960. And we do not count pensions, savings or investment income toward these threshold amounts — only wages or self-employment income.

If you reach full retirement age during 2007, we must deduct \$1 from your benefit payment for each \$3 you earn above \$34,440, until the month that you reach your full retirement age.

Because we adjust the amount of your Social Security benefits based on what you have told us you would earn this year, it is important to let us know if you think your earnings for 2007 will be different than what you originally told us.

If other family members get benefits based on your work, your earnings after you start getting retirement benefits could reduce their benefits, too. However, if your spouse and children get benefits as family members, their earnings affect only their own benefits.

It’s important to note that if a retiree’s earnings cause benefits to be withheld before they reach full retirement age, Social Security will increase that retiree’s monthly benefit amount starting at full retirement age. This will also increase the benefit amount paid to his or her survivors.

If you need help in estimating your earnings, contact us at 1-800-772-1213. When you call, please have your Social Security number handy.

For more information about Social Security retirement benefits and working, read the pamphlet, *How Work Affects Your Benefits*. You can find a copy online at www.socialsecurity.gov/pubs/10069.html. Or you can call 1-800-

772-1213 (TTY 1-800-325-0778) to request a free copy.

QUESTIONS & ANSWERS DISABILITY

Question:

I have worked the loading dock all my life. But recurring back problems have become so bad that I cannot lift the heavy boxes any more. Can I apply for Social Security disability benefits?

Answer:

Yes. You can qualify for disability benefits for any impairment or combination of disabling conditions if they are found to be so severe that they keep you from doing any substantial work for at least a year, or if they are expected to result in death. But while you can apply for benefits, you also should know that for Social Security, your disability must be so severe that it prevents you from doing any kind of work you’re suited to. If there is other work that you can do, your claim might not be approved. Learn more about Social Security by visiting our website at www.socialsecurity.gov, or call us at 1-800-772-1213 (TTY 1-800-325-0778).

MEDICARE

Question:

I never got around to applying for Medicare Part D, or for the extra help. I remember reading earlier this year that the late enrollment penalties had been waived. Is that still true now that the year’s more than half over?

Answer:

Yes, it’s true for the entire year. There are no late enrollment penalties in 2007 for people who qualify for the extra help. This means that if have limited income and qualify for the extra help but didn’t sign up during your initial enrollment period, you can do so now and still not have to pay a penalty. If you do not qualify for the extra help, you must wait for the next enrollment period for the Medicare prescription drug program, and you may have to pay a penalty. For more information about Medicare’s prescription drug program and special enrollment periods, visit www.medicare.gov. To learn more about the extra help and to apply, visit Social Security’s website at www.socialsecurity.gov.

Question:

When I first became eligible for Medicare, I didn’t enroll in Medicare Part B. Now that I’m going to the doctor more often, I think I need it. Can I enroll?

Answer:

Once your initial enrollment period has passed (three months after the month you became entitled to hospital insurance), the only time you may enroll in Medicare Part B is during the general enrollment period, from January 1 to March 31 of each year. Since you missed the deadline back on March 31, the next time you will be allowed to enroll in Medicare Part B will be in January 2008. You can learn more about Medicare by reading our electronic booklet, *Medicare* (SSA Publication No. 05-10043) at www.socialsecurity.gov/pubs/10043.html. Or visit the Medicare website at www.medicare.gov. You may also call Medicare at 1-800-MEDICARE (1-800-633-4227; TTY 1-877-486-2048) or Social Security at 1-800-772-1213 (TTY 1-800-325-0778.)

QUESTIONS AND ANSWERS GENERAL

Question:

I’ve always been afraid to do serious business via the Internet, whether it’s banking or shopping. Is it safe to apply for Social Security benefits online?

Answer:

Yes. There’s no need to be afraid to apply for Social Security benefits online. It’s safe and secure, and it will save you a trip and the time needed to drive to your local Social Security office to apply in person. Just logon to your computer and visit our website, Social Security Online, at www.socialsecurity.gov/applytotire. Here you can apply online for your Social Security benefits from the comfort of your home or office.

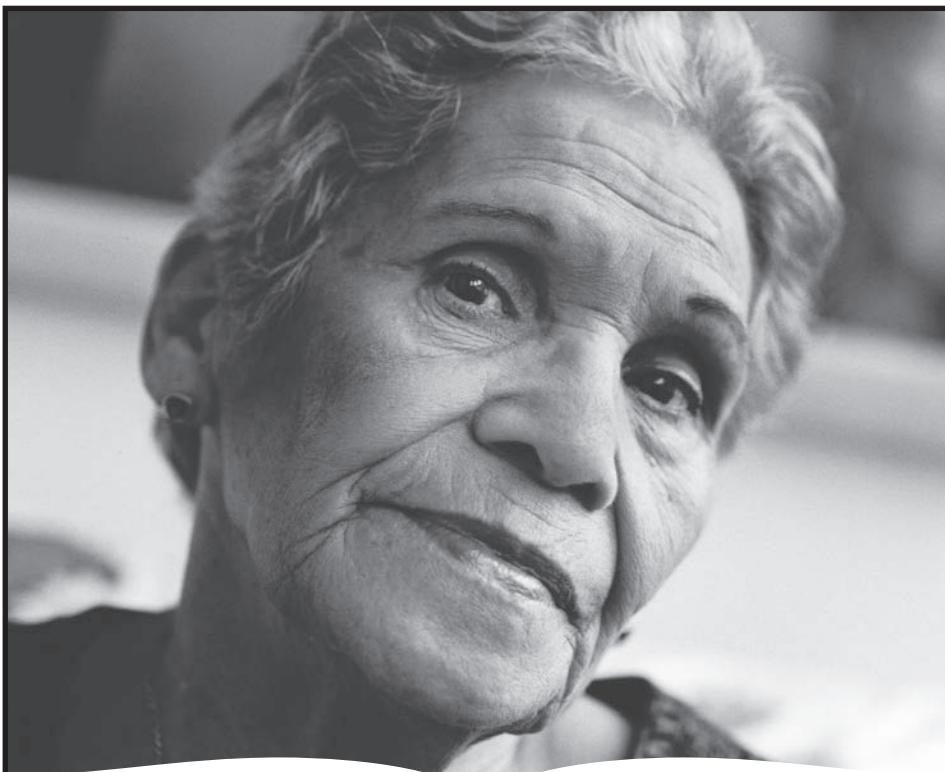
Question:

I’m a teacher and my biggest connection to Social Security is when I’m asked to certify student attendance for children who get benefits. Do you have information focused on specific audiences like teachers?

Answer:

Yes, we have a website dedicated to teachers and school officials. You can visit it at www.socialsecurity.gov/schools1.htm. We also have information online dedicated to financial planners, human resource professionals, health or school professionals, and women too. Just go to Social Security Online at www.socialsecurity.gov, and see the “Information for” section in the right column.

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WW II VETERAN RECALLS POW EXPERIENCES

Book Review by Betty Jo Tucker

Keith Turnham's "Death Denied" offers readers a harrowing yet inspirational account of the author's time as a German POW during World War II. Describing the tragic incident that landed him in enemy territory, Turnham writes, "In an instant there was a collision and a terrific explosion as our plane shuddered violently. In fact what was happening was something we were never prepared for in training - a mid-air collision. Here I was, standing at the open waist gunner's window, watching this horrible sight unfold before my eyes. Oh Lord!"

Parachuting from the plane, this young American aviator suffered a broken leg and was captured by a Ger-

man soldier who had attended the University of Wisconsin before becoming a member of the German army. Assigned to a prisoner of war camp, Turnham endured horrific torture and other deplorable, inhumane conditions. He was also forced to participate in an appalling 87-day death march.

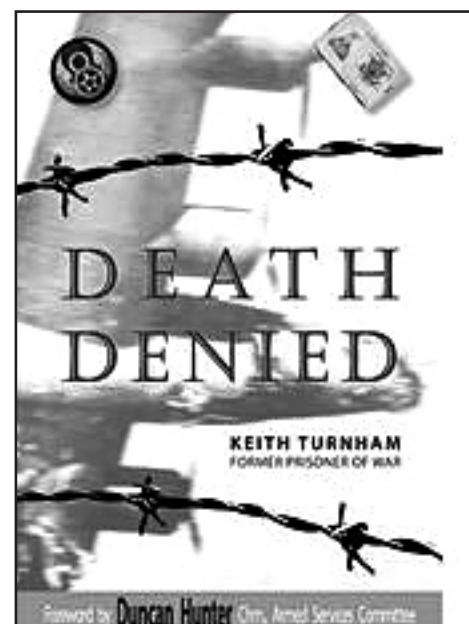
After reading Turnham's riveting recollection of his life as a POW, I'm filled with admiration for him. How was this man able to survive so much suffering? I think his faith and positive attitude played key roles here. Turnham explains, "In retrospect, Someone was watching over me, as my life was challenged over 200 times during those thirty months, and I will be forever grateful to that Super Power who was on my

side."

Obviously, Turnham is not a professional writer, but that makes this remarkable memoir all the more personal and involving. He tells his compelling story in a down-to-earth manner which draws the reader into everything he's remembering. Once begun, "Death Denied" is a hard book to put down!

Keith Turnham, now retired from his position at Western Electric Company, lives in San Diego with his charming wife Genny. The Turnhams, who have appeared in more than 30 movies or commercials, oversee testing at UCSD.

To order "Death Denied," visit www.TurnhamDeathDenied.com or call toll free 866-495-7633.



YOUR GUIDE TO HEALTHY HOLIDAY PARTYING

by Sandra Gordon

During the holidays, food isn't just food, it's a delicious experience loaded with tradition and temptation. And if you're not careful, in the five weeks between Thanksgiving and New Year's, the indulgent delights of stuffing, pumpkin pie and eggnog can become the harsh reality extra pounds. The good news? During the winter holiday season, a study by the National Institutes of Health concluded that most people probably gain only about a pound. That doesn't sound like much until you consider that the extra weight doesn't tend to go away after January 1. It tends to accumulate through the years and a small-yet-sneaky successive holiday weight gain can snowball to become a major contributor to obesity later in life, the study determined.

Plus, the one-pound holiday weight gain is an average. "In my experience, there are plenty of people who gain more like six to eight pounds," says Linda Spangle, author of 100 Days of Weight Loss, and a weight-loss counselor in Broomfield, Colorado.

To survive the season, you need to party healthy, not hearty. The key is putting together a party strategy that keeps your portions—and your appetite—under control. Here's how:

Don't Arrive Famished

"For several days before a party, cut back on both fat and calories," advises Riska Platt, R.D., a spokesperson for the American Heart Association. That way,

you'll be able to eat a little more without worrying about it. But never arrive at a party starving, or you'll overeat. Instead, have a piece of fruit, a small salad or a cup of low-fat yogurt before leaving home. A solid snack will keep you from pouncing on the mini hot dogs as soon as you arrive.

Use Delay Tactics

Once you arrive at a party, have a virgin Bloody Mary, a diet soda, or a glass of seltzer mixed with fruit juice. Hold off on the hors d'oeuvres and champagne for a while. "The longer you put off eating and drinking alcohol, the less time you'll have to overindulge," says Cathy Nonas, R.D., director of diabetes and obesity programs at North General Hospital in Harlem and author of Outwit Your Weight. Research shows that consuming alcohol and high-fat appetizers may cause you to eat more during the main course.

To avoid feeling deprived and dodge the social pressure from others, put the seltzer in a wine glass or the diet soda in a high-ball glass. "No one will know you're having a completely low-damage drink," says Spangle. But what if others offer you food or pressure you to indulge? A retort like: "No thank you. I'm watching my weight," will draw you into uncomfortable conversations about what diet you're on and why you really shouldn't be a party pooper, Spangle says. A better idea: Repeat this comeback: "Not just yet. I'm just going to wait a little while." "It's a magical line, one that most people won't challenge," Spangle says.

Fill Your Plate

You read it right. Once you give yourself the go-ahead to dig in, use a plate rather than grabbing handfuls of everything. (A fistful of nuts, for example, packs 15 grams of fat and nearly 200 calories.) Fill three-quarters of your plate

with chopped fresh vegetables and fruit, reserving the remaining quarter for anything you want, whether or not it's low in fat. If you're at a buffet dinner, serve yourself healthy foods—salads, grain dishes and vegetables that aren't covered in cream. Don't feel obligated to eat whatever you take—ditto with dessert. And whatever you do, sit down to savor each and every bite.

"What you don't want to do is fill up your plate with a drink in your hand, then starting chatting," says Spangle. "Before you know it, you'll have an empty plate and barely a memory of having eaten." To reduce the risk of unconscious consumption, she recommends mingling without food. Once you've said your hellos, then go ahead and slowly dig in to your allotted portion. And think twice before you go back for more.

Every Second Counts

Speaking of seconds, if you're eating a traditional high-fat holiday meal, keep in mind that another helping of mashed potatoes (110 calories), a slice of turkey breast (120) and a narrow sliver of pecan pie (215) doesn't seem like much. But do the math and you'll discover that "just a little more" can easily add up to more than 440 calories and about 14 grams of fat. So if you're not the one preparing the meal (and making sure it's low-fat), make your first plateful of holiday dinner your last. A temptation tamer: Take a 20-minute intermission before reaching for seconds to give the urge to refill your plate an opportunity to pass. During that time, have a cup of tea, or hang out in the living room away from the buffet. Afterward, if you're still hungry, opt for another serving of steamed vegetables or a salad.

Change Your Tune

Research shows that eating while listening to fast, loud music may cause you to consume more food. It takes

your brain about 10 minutes to register satiety. But the faster the musical beat, the more quickly you'll eat, which means you may have already gone back for seconds before your brain tells you that your stomach's full. On the other hand, soft background music has a calming effect and may foster one of the qualities of a great party—interesting conversation. When dining at home over the holidays, put slow and soothing tunes on the CD player.

Exercise Every Day

Throughout the holiday season, squeeze in exercise every day, even if you swear you're too busy. Exercise quells your stress level, boosts metabolism and provides a feeling of well-being that can fuel your resolve to eat healthy during the holidays. "When you exercise consistently, you're less likely to say, 'Oh, forget about it. I'm just going to pig-out tonight,'" Spangle says.

The Healthy Holiday Bar

With the exception of creamy concoctions like eggnog and Baileys Original Irish Cream (9 and 10 grams of fat per 4- and 2-ounce serving, respectively), many holiday beverages are fat-free. But moderation is key—you know from experience that after a few drinks, your resolve to have just a taste of the melted Brie dip can fly right out the window. And don't forget that the calories from drinks can surreptitiously add up too. To slash liquid calories, take these holiday tips:

--For red or white wine (80 to 85 calories per 4-ounce glass), slash calories in half by making a spritzer (half wine, half sparkling water).


--For beer (145 calories per 12 ounce glass), choose a lite beer and save 45 calories per glass.

--Sangria (80 calories per 4-ounce glass), pack the fruit garnish into the glass first to crowd out the beverage.

--Champagne (100 calories per 4-ounce glass), dilute with orange juice and squeeze out 20 calories per flute.

--Margarita (195 calories per 4.5-ounce glass), save 20 calories per ounce with the frozen version.

Vodka with cranberry juice (130 calories per 6-ounce glass), serve heavily iced with just a splash of vodka



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Practical Gift Ideas For Frail Loved Ones

by Lisa M. Petsche

Friends and relatives of seniors who are housebound or reside in a care facility often find it difficult to come up with suitable gift ideas at this time of year.

They must take into account, for example, any sensory impairments - such as vision or hearing loss - the recipient may have, as well as dietary restrictions resulting from a medical condition, dental issues or a swallowing disorder. Gift shopping for someone who is mentally impaired due to dementia can also be challenging.

Following is a wide range of ideas to consider, depending on the recipient's particular situation.

Practical items:

- Toiletries such as moisturizing lotion; bar soap and deodorant; a toothbrush and toothpaste or denture cleaner; conditioning shampoo; facial tissue; a comb or hairbrush and hair accessories; cologne; talcum powder; lipstick and nail polish; a hand mirror.

- Apparel such as track suits, pajamas or nightgowns, underwear and socks. Consider adaptive clothing - such as Velcro-closing dresses and shirts - which can make dressing much easier. All items should be easy-care.

- A lap blanket.
- Velcro-closing running shoes or slippers with non-skid soles.

- A personalized drinking cup or mug. Adapted dishes and utensils - such as plates with rims - can be another good idea, to maximize independence with eating. These can be found at medical supply stores.

- A reacher (from a medical supply shop) for picking up things off the floor or retrieving items on high shelves.

- A portable telephone, or one with an over-sized, lighted keypad. Look for one that has a programmable memory for frequently used numbers.

- Writing paper and envelopes or a set of all-occasion cards, along with a book of postage stamps.

- Hearing aid batteries.

- A night-light (decorative ones can be found in gift shops and crafters' stores).

- A rechargeable flashlight that automatically comes on when the power fails.

- A gift certificate to a pharmacy or other business that offers free delivery.

- A book of tickets for accessible transportation.

Other ideas:

- A special tabletop or window decoration.

- A large photo calendar reflecting a favorite interest, such as pets, gardening or sports.

- Family photos, either framed or assembled in an album. Use labels to identify individuals, and include the date each photo was taken.

- Children's art work, laminated or framed.

- A soft, stuffed animal.

- Scented sachets for tucking into drawers.

- A magazine subscription, large-print book or "talking" book (on audiotape). Picture books (coffee table type) are another good idea.

- A deck of playing cards, perhaps in large print.

- Costume jewelry or a colorful scarf.

- Plants - silk is usually best, since no care is required.

- A small radio or CD/cassette tape player and favorite music.

- Food items and treats that take into account dietary restrictions. Bring enough so the person can share with caregivers or fellow residents if he or she wishes.

If the person resides in a nursing facility, staff may be able to provide other suggestions as well. They can also supply information regarding preferred brands of toiletries, proper clothing and shoe size, and favorite treats. If in doubt, consult with them regarding the appropriateness of a specific item you have in mind.

A Season Of Joy? Not For Everyone!

Coping tips for those who have recently experienced a loss

by Lisa M. Petsche

Many people are filled with joyful anticipation and festive good cheer at this time of year. But always some are filled with anxiety and dread, wishing only to get the holidays over with as quickly and uneventfully as possible.

They may have lost a loved one over the past year or experienced some other upheaval - perhaps physical or mental illness, unemployment or financial problems, involuntary relocation or the breakdown of an important relationship.

Their emotions put them completely out of step with those around them, further intensifying their feelings of grief and isolation.

More than any other time of year, the holiday season epitomizes family togetherness and is steeped in ritual and tradition. It's a time of reaching out to others in a spirit of caring and generosity.

But how can you embrace this spirit when you are hurting or feel empty inside?

Following is some advice from mental health professionals:

- Acknowledge that this year is different; don't try to act as if nothing has changed. Be prepared to lower your expectations.

- Accept your feelings, including ups and downs from one moment or day to the next. Face your heartache and allow the tears to come, knowing they are a necessary part of healing.

- Resist the urge to isolate yourself. It's important to stay connected to people who care. But do let loved ones know your limitations.

- Evaluate the meaning of the holidays in your life. Decide what is really important to you, focus on it and forget the rest, at least for this year. Some people find it comforting to continue with familiar traditions, while others prefer to start new ones or mix old and new. Do what feels right for you.

- Keep in mind that traditions are especially important to children during times of upset, providing them with much-needed comfort and security. So although certain practices might now be a source of discomfort or hold little meaning for some of the adults in your family, they may still be worth continuing, perhaps with modifications.

- Plan ahead to help reduce anxiety and stay focused. Whatever holiday-related tasks you decide to take on, ask for help and delegate responsibilities. Make lists to keep organized. Grief saps energy and affect concentration, and you don't want to

SEE "WOOLRICH" PAGE 27.

Villa Pueblo Senior
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Gift Guide: Have Yourself A Techno Christmas, Or Not

by Jeremy Schmidt

The old man and the young technophile were sitting at a campfire, arguing in a good-humored way. About Christmas.

"I don't want a jacket that's also an MP3 player that rattles when I walk," the old man was saying. "Not even for Christmas."

The technophile (let's call him Phil) said he'd love to find one under the tree. "It doesn't rattle. It just plays music if you want it."

They were on a backpack trip, camped at an alpine lake with a wonderful view of jagged peaks and snowfields. The old man leaned against his pack and gazed over the moonlit water.

Phil was multitasking -- not just talking and looking at the scenery, but watching a music video on his iPod, calling up data on his GPS (9.37 miles that day), checking for a signal on his flip-phone (no luck) and tinkering with a tiny titanium cookstove he'd acquired just for this trip.

Phil loves the latest outdoor gear. He enjoys reading owner's manuals and knowing how to operate stuff. Synthetic laminated fabrics, molded shapes and materials tested by NASA give him goose bumps.

The old man (that's me, I confess) acknowledges that major improvements in material and design have opened astounding horizons in the world of adventure. Extreme altitude, wild white-

water, smooth rock faces, even the skies are accessible because creative designers have worked magic with modern materials.

But the old guy is still fond of traditional gear. The creak of leather, the smell of canvas, the warm shine of brass -- these he finds deeply satisfying.

He enjoys teasing younger folks who never heard of poplin: "Everything I need for the outdoors was made 50 years ago. Make that 100 years."

"Museum pieces," snorts Phil. "Outdated, impractical."

"Nope, they work as well as they ever did. What do you think is changed? Rain's wet as ever. Wind blows like it always did. Sand gets in your food, and rivers flow downhill. Wool was warm a hundred years ago. It still is."

If you've got someone like the old guy on your Christmas list, take heart. Gear for anyone hopelessly and happily mired in the past can still be had. Following is a shopping list of old classics and new counterparts.

Phil loves his GPS unit, a Garmin eTrex Vista loaded with topographic maps (\$300, www.garmin.com). "Can you beat that?" he crows.

"Well," says the old man. "I've got a map here in my pocket. Made of paper, ever heard of that?" He uses it with a shiny brass Forestry Compass made by Stanley London (\$62, www.brasscompass.com), an English company that makes a variety of old-fashioned navi-

gational aids, including brass telescopes and fully functional sextants. They look good on a bookshelf, but they could also take you around the world, like they did Captain Cook and Magellan, and all those other dinosaurs.

Next is Filson, a Seattle company that produces the same gear it sold to Klondike gold rushers back in 1898, mostly clothing and luggage. Its cruiser jacket (\$190, www.filson.com) is made of waxed cotton called tin cloth. The design is unchanged since it was patented in 1914, and is still popular. New concepts with old materials include the leather and brass-trimmed briefcase/computer bag (\$235).

For his part, Phil would pick the Keen Alameda Computer Bag (\$100, www.keenfootwear.com) made from recycled aluminum and polyester.

He'd also want the Jetstream Jacket from Patagonia (\$200, www.patagonia.com), with its welded seams, stretch panels and waterproof/breathable fabric. Phil would shake his head over the old guy's wish for a Drover Oilskin Jacket from Down Under Saddle Supply (\$76, www.downunderweb.com). It comes from Australia, where oilskin, the original waterproof/breathable fabric, is still in common use.

Snowshoes have enjoyed a rebirth lately. Phil likes the urethane-and-aluminum MSR Lightning Ascent model (\$260, www.msrgear.com). The old guy says wooden shoes aren't just for the cabin wall. He cruises the forest on Faber's ash-and-rawhide Bear Paws (\$130, www.fabersnowshoes.com), a design unchanged for more than a century.

You know who covets an Old Town Guide model canoe (\$4,500, www.oldtowncanoe.com) built on the original forms from the time of Thoreau. Anyone who's floated a cedar canoe on a calm lake knows that the knock-knock of a paddle against a wooden gunwale satisfies something deep in the human psyche. Phil would still go for Old Town's newest model, the infused composite 50-pound Koru (\$3,000).

Phil's little Snowpeak Titanium GigaPower stove (\$75, www.snowpeak.com) is truly a gem. The old man admires it but points out that campfires have prov-



Filson, a Seattle company that produces the same gear it sold to Klondike gold rushers back in 1898, has a cruiser jacket (\$190) that is made of waxed cotton called tin cloth. The design is unchanged since it was patented in 1914. photo: courtesy of Filson

en their worth for a long time. However, even he admits that open fires are inappropriate in high-altitude fragile environments. So he touts the Kelly Kettle (\$75, www.kellykettle.com), an ingenious water boiler, invented a century ago in Ireland, that runs on twigs and pine needles.

Phil flips on his thumb-sized Petzl Tikka headlamp (\$50, www.petzl.com) to check his cell phone, which has a dead battery. The old man strikes a match and lights his candle lantern (\$12 to \$25, www.rei.com).

"Back to the age of fire," grumbles Phil. "Merry Christmas."



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Reeling "Look Who's Cooking"

by Film Critic Betty Jo Tucker, Pueblo



LOOK WHO'S COOKING!

Anyone can cook, at least according to "Ratatouille," another lively and amusing Pixar movie. However, I'm not sure I agree with the film's premise. Maybe a rodent can become a successful Parisian chef, but I have trouble even fixing a BLT without destroying half my kitchen. Obviously, this movie – available on November 6th as a home entertainment offering --is pure fantasy. Good thing it's so much fun to watch!

Unlike every other rat in the world, Remy (voiced by Patton Oswalt) loves gourmet food – and not simply its taste. He almost swoons over certain textures, smells and various culinary combinations. Imagine how unhappy Remy is with the traditional rodent garbage fare. Still, he manages to maintain a positive attitude about becoming a chef. "I've always believed with hard work and a little bit of luck, it's only a matter of time

before I'm discovered," he declares.

Remy's luck comes in the form of a down-and-out garbage boy named Linguini (voiced by Lou Romano). When these two discover a special form of inter-species communication, they become the toast of Paris because of the delicious food they create. Or rather, Linguini achieves this high status – for who wants to eat anything prepared by a rat, for gosh sakes? Linguini also earns attention and affection from Colette (voiced by Janeane Garofalo), a spunky colleague who works with him in the famous Gusteau restaurant.

How long can Linguini's secret remain hidden? Is it possible for Linguini and Remy to win over the hardest-to-please food critic in Paris (voiced with magnificent arrogance by Peter O'Toole). Will the "little chef" become jealous of his friend's fame and discontinue their strange partnership? What can Remy do about his commitments to his large family, especially since most of them fail to under-

stand his cooking passion? All these important questions are answered with artistry and hilarity in this delightful animated comedy.

Remy may not be as cute as Mickey Mouse, but he grows on you, blue fur and all. Because he seems to be in constant danger of being exposed, it's impossible not to worry about him. He has to run, hide and avoid all kinds of pitfalls in comic physical activities reminiscent of Jackie Chan or Buster Keaton films.

According to director Brad Bird ("The Incredibles"), Remy is "a great and relatable hero" because in order to do the one thing he loves, he has to go into a completely hostile world. "The question is: just how bold and clever can this little guy be in pursuing the thing that matters most to him, and what will he discover along the way?"

"Ratatouille" benefits from Bird's fluid direction as well as from the rich painterly look of the film. Paris never appeared more enticing on screen than in scenes showing Remy gazing at its sparkling skyline at night. Finally, there's the food prepared by Remy and Linguini that looks so appetizing – even to a die-hard vegetarian like me.

Bon appétit!

(Released by Walt Disney Pictures/Pixar and rated "G" as suitable for all audiences.)



COMING TO THE BIG SCREEN

Several movies designed to tickle your funny bone arrive this month in the nation's multiplexes. The four I look forward to seeing the most are: "The Bee Movie," an animated flick with Jerry Seinfeld voicing the main insect character (Nov. 2); "Fred Claus," a comedy featuring Paul Giamatti as Santa and Vince Vaughn as his slacker brother (Nov. 9); "Mr. Magorium's Wonder Emporium," a special-effects fantasy starring Dustin Hoffman as the owner of a magical toy store (Nov. 16); and, best of all, "Enchanted," a fairy tale combining live action with animation in the story of a princess, played by Amy Adams -- who's banished by a wicked witch, portrayed by Susan Sarandon -- from cartoon land into the real world of New York City (Nov. 21). All four movies seem good bets to put movie fans in a holiday mood.

Please remember that all release dates are subject to change.

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

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