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Senior Beacon

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

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FOUR WOMEN TELL OF THEIR BATTLES

“We Fought Back Against Breast Cancer!”

by Sandra Gordon

A breast cancer diagnosis can be terrifying, bringing with it an endless list of unanswerable questions and fears. But important lessons often come from facing harrowing experiences. In this breast cancer report, six inspiring women share the stories of how their battles made them stronger and wiser.

“I was determined to treat my cancer my way.”

Lynette Bisconti, 43, was overjoyed late in 1997 when she learned she was pregnant. But a month later that happiness turned to heartache. After having surgery to remove what was presumed to be a benign cyst on her left breast, she was told she had cancer. “The doctors said the hormones my body was producing would likely fuel the cancer, and that I had to terminate the pregnancy immediately to save my own life,” she says. Lynette spent the next few days wrestling with the dilemma of what to do and at the same time began to experience bleeding that made her think she might be miscarriage. When she went in for an ultrasound, the obstetrician told her, “This little guy is hanging on.”

Lynette’s mind was made up in that moment. “My heart leapt,” says Lynette. “I knew that no matter what, no matter how bad it got, my baby and I would get through this together.”

Biggest hurdle: Finding physicians who respected her decision. Three weeks after her diagnosis Lynette had a mastectomy. “The lab report was bad. I had an aggressive cancer that had spread to several lymph nodes. I was told that if I went ahead with chemotherapy, which was the next step, my baby might die or be brain damaged.” Six other physicians she consulted said the same thing: She had to terminate her pregnancy and get into chemotherapy immediately. “I left every visit crying,” she says.

After a truly agonizing first trimester, Lynette got a referral from a family friend that led her to the Cancer Treatment Centers of America (CTCA), in Zion Illinois. “At the CTCA I met doctors and medical personnel who treated me with respect and compassion.”

ADVICE TO OTHERS: If you’re not getting the answers you want, keep searching.

While going to see more than six doctors may seem crazy, it might be necessary, says Lynette. She was not satisfied until she found a place that would treat her the way she wanted to be treated. She decided to go with fractionated-dose chemotherapy (smaller doses of chemo over a greater length of time), which was considered gentler for both her and her unborn baby. “They also allowed me to refuse anti-nausea medication and steroids, to avoid exposing my baby to those drugs,” she says.

LIFE GOES ON: Lynette gave birth to a healthy baby boy on August 31,



Diane Greene and her 3 sisters. In the photo, they are left to right: Laura McGowan, Carol Wolkiewicz, Linda Phaneuf, and Diane Greene.

1998. “When I held Frankie for the first time, I just thought, We did it!” Frankie continues to thrive and Lynette has been in remission for eight years now.

“I realized I couldn’t do it alone.”

When Sandi Saltzman, 51, a self-described “tremendous multitasker,” was diagnosed with invasive ductal carcinoma in 2000 (a type of breast cancer that starts in the milk ducts) she told her daughters who were then 14, 16 and 18, that breast cancer wasn’t a big deal. “I didn’t want to worry them,” says the elementary school reading specialist. But the tactic backfired on her. While Sandi was recovering from her lumpectomy and then undergoing six months of debilitating chemotherapy, her daughters didn’t understand why their mother wasn’t up to taking them to the mall, or doing the usual carpool or cooking dinner. “One even said, ‘What did you do all day?’ when she found me sitting on the couch, just as I had been when she left for school that morning,” says Sandi. “At the time I felt that my daughters were being insensitive, but I realize now that I set them up. I think they were also scared of losing me, and thought that if they didn’t treat me with kid gloves, everything would be normal.”

Biggest hurdle: Asking for a little help. “It was tough for me to request assistance, even from my friends who called constantly. I had always been so self-sufficient. But toward the end of my chemo, when I couldn’t fake it anymore, I realized that it’s okay to feel vulnerable and that people really want to do things for you,” says Sandi.

ADVICE TO OTHERS: Perform self-exams regularly. Sandi found the abnormal lump in her breast soon after her annual mammogram came back clean. Her mother also had breast cancer that was detected by a self-exam. “I hound my daughters to check themselves monthly. I also urge them to see their gynecologists every six months. If caught early, your chances of surviving cancer are so much better.”

LIFE GOES ON: Sandi, who is still cancer free after six years, is back to your multitasking ways. And her mid-

dle daughter, Rachel, a senior in college, spends her free time working on breast cancer fund-raisers. “Rachel recently spearheaded an event for the Susan G. Komen Cancer Foundation that raised \$32,000,” Sandi says proudly. “We faced our fears.”

Growing up, Diane Greene and her three sisters, Laura McGowan, Carol Wolkiewicz, and Linda Phaneuf, first learned about breast cancer when they were teens. Their mother and her brother and sister were diagnosed with the disease—all three died between the ages of 50 and 60. “We hoped the cause was environmental, not genetic,” says Diane, 47, the mom of two teenage boys. But in 1998, at the age of 38, Diane found a lump that turned out to be malignant. After a mastectomy with reconstruction and six months of chemotherapy, Diane

SEE ‘BREAST CANCER’ PAGE 2.

St. Mary-Corwin To Provide Flu/Pneumonia Shot Clinics

Pueblo, CO --- Two community flu shot clinics will be held this fall at St. Mary-Corwin Medical Center, 1008 Minnequa Avenue. Both clinics will be held in the West Tower main lobby located at the corner of Minnequa Avenue and Lake Avenue.

The clinics will be held on Wednesday, October 17, from 9 am to 1 pm; and on Wednesday, November 14, from 3 to 6 pm. Flu shots will be available to those 6 months and older.

FluMist will be available to

healthy people between 5-49 years of age for \$30. The cost for flu shots is \$26, and pneumonia shots will cost \$40. Cash and checks will be accepted, no credit cards.

There may be no charge for people with Medicare Part B (no HMO), Secure Horizons HMO, and Rocky Mountain Health Plan. Participants must show insurance card. For more information call (719) 557-HELP (4357).

WARNING OF FRAUDULENT PHONE CALLS

Calls Impersonating Health Dept. Staff

Pueblo, CO – Earlier this week the Pueblo City-County Health Department received complaints about a person representing themselves as a Health Department employee making phone calls to people in the community asking for donations and personal information.

“The Health Department does not call households and ask for money,” stated Dr. Christine Nevin-Woods, executive director of the Pueblo City-County Health Department. She explained, “When receiving an official phone call from the Pueblo City-County Health Department, a staff member will always introduce themselves giving their name, and title, stating they work for at the Health Department.” She continued, “Employees will already know certain facts that relate to the reason for the phone call. A person can also call the main Health Department number: 583-4300 during normal business hours (8:00 a.m. to 5:00 p.m.) and ask to speak with a particular staff member to verify if the phone call is legitimate.”

Nevin-Woods added, “If you receive a phone call from someone at an odd hour of the night, identifying themselves as working for the Health Department and/or asking for personal information, question the validity of the phone call by asking for their name, title, work number, and division they work for at the Health Department.”

Report these impersonation phone calls to the local law enforcement agency. It is recommended to provide local law enforcement with any information leading information, such as a phone number that appears on caller I.D.

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Just One Guy's Opinion

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



Same Old Same Old

Here we go again. Hillary Clinton is receiving laundered money from a Chinese guy who is now up to his neck in trouble. The only difference between this new guy "Norman" Chou(?) and the Johnny Chung et al from husband Bill's shenanigans is that those Chinese peddlers got out of Dodge never to be seen again. Of course Hillary says she knows nothing of this guy "Norman" but when a contributor gives you \$850,000 or more are we supposed to believe that she doesn't know about it? These Clinton people are always trying to pull the wool over everyone's eyes. They are unsavory people at best and it infuriates me that they get away with it.

They are now getting around the amendment to the Constitution that states you can only be elected to the Presidency for two terms and 10 years total and are laughing at "we the people" as they do it. Bill's stumping just like he did when he was running for the Presidency. Are the Democrats so inept that all they can do is rerun this bunch all over again? What a sad commentary. The sin of the loss of life by our brave soldiers does not lie with George W. Bush. The sin is that they are dying to preserve our way of life that is being co-opted by the likes of the Clinton's, Pelosi's, Reid's and other politicians on both sides of the aisle. We really do need to have and enforce to term limits in all phases of government.

Flaunting the Constitution by the Clintons spits in the face for all those who have died in defending it.

Suspension Of Disbelief?

Those of you who are on the Mrs. Bill Clinton bandwagon please read the above header. That's Mrs. Clinton's way of saying she thinks someone is lying. What chutzpah! She can't even call someone a liar. This, from one-half of the family that are known as congenital liars. Please my fellow men and women, don't vote for this family again. If for no other reason that we've heard this same tune before and like O.J. Simpson rising from the ashes, we don't need these people again. Please!

And, remember, it was these two who ruined the Democrat party in the first place with mass defections throughout the eight years of their dubious rule. Let's not forget the egregious error they made by not taking bin Laden into custody when they could have, not once, but three or four times. And these are the people who wanted to ruin our health care system with long lines and interminable waits for surgeries and especially diagnostic tests, while exempting themselves from same.

Playing the politics game where your side wins is one thing, but these folks are dangerous as history has attested.

Please, not these despicable people again. Let's give someone else a try.

The Spirit Of The Heart

On September 15 at Desert Hawk Golf Course *Senior Beacon* and *GolfNutz* combined forces and staged the Second Annual Robin Lynn Grasso Charity Golf Scramble. Last year all proceeds from the event went to Crohn's & Colitis Foundation of America (CCFA) for research. This year, because of the success of last year's tournament, my family and a group of other's, some of whom have loved ones with one or both of these terrible diseases, formed a non-profit organization named *Never Alone Foundation, Inc.*

The Foundation is in existence so no child or family will never be alone with Inflammatory Bowel Disease (IBD). You see, the doctors of this area and southeastern Colorado don't have the expertise to deal with pediatric gastro-enterology. There isn't a doctor in these parts that will even see a child let alone treat he/she.

What's more, they really can't help you in your quest for physicians who will. It's been that way since my family was forced to deal with IBD back in January, 2000 and we need to let new patients and their families know there is help here.

Hence the reason for the Foundation. It has a specific charter to do what's right by these kids and their families and is not restricted to just children, but children are its focus. But I am far afield here.

The reason for this piece is to thank the 127 players who came and played and donated their time and resources to such a noble cause. Not too many years ago I was told a story about how each one of us has a closet in heaven. If this closet has flowers in it when it's time you go to heaven, nothing was said about what happens when the closet is empty, but I can guess.

It was explained that when you do the right things, especially selfless acts, flowers are put in your personal closet. When you don't do the right things, flowers are taken away.

As I told the gathering, their selflessness in helping this fledgling organization earned them enough flowers that they could mess up for awhile and still be ahead. Thank you all; sponsors, players, board members, my wife Jeannie and daughters Robin and Rebecca. We now can move forward with our dream. Never Alone!

Of Pink Elephants & Dolphins Too!

On page 27 of this edition, you will see a spectacular sight. Wendie Stauffer who runs the Golden Flower Reflexology business in Pueblo and is a contributor to *Senior Beacon* from time to time sent a series of pictures of this marvelous pink dolphin. I'm certainly happy she didn't send any pink elephants for me to see. But that subject matter is left for another time. Take the time and enjoy.

Godspeed!

Where Are They Now?

by Marshall Jay Kaplan

Van Williams

Well folks, The Green Hornet has just been spotted in Idaho! Actor Van Williams is alive and well in his 73rd year – a content married man and father of three.

Van Williams was born on February 27, 1934 in Fort Worth, Texas. Van was the son of a cattle rancher and in turn, studied animal husbandry when he attended Texas Christian University. The direction of his career changed after his family moved to Hawaii.

While living and working in Hawaii, Van was approached by none other than Elizabeth Taylor and her husband, Mike Todd, who were filming in the area. They both encouraged the young Van to try his luck in Hollywood. Unfortunately, Todd was killed in a plane crash before he could assist Van. However, Van decided to follow the late producer's advice. He moved to Hollywood, took acting and voice lessons and in a very short time was being cast on TV series such as *The Lawman* in 1959.

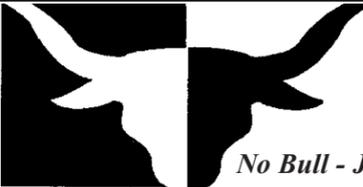
Most notably during the next three years, Van made an impression as 'Kenny Madison' – a recurring character on the hit show, 'Surfside 6'. He also had roles on 'The Dick Van Dyke Show' and 'The Beverly Hillbillies'.

With the success of the cult TV hit, 'Batman' (starring Adam West), studio execs coat-tailed on the show's success with another superhero series, 'The Green Hornet' – an emerald suited super hero with his partner Kato (played by the late Bruce Lee). The show was a huge success and the character even appeared on three episodes of *Batman*. As with *Batman*, *The Green Hornet's* success was quick to achieve and quick to end, lasting only for the 1966-1967 season.

After the show ended, Van returned to guest roles on TV shows (*Mannix*, *Ironside*). After the sudden death of his friend and co-star, Bruce Lee in 1973, Van really slowed down his acting career, focusing on building a marketing business in California. He also served as a reserve deputy with the Malibu station of the Los Angeles County Sheriff's Department. In 1993 Van returned to the screen after a 14 year absence to play the 'Green Hornet Director' in the film 'Dragon – The Bruce Lee Story'.

In the mid-1990's Van became a partner in a 4000 acre ranch in Oahu, Hawaii. Recently, Van and his wife, Vicki moved to Ketchum Idaho where they currently reside alongside neighbor and long time friend, Adam West. Van has recently begun responding to celebrity fan mail from his Idaho address. And yes, Green Hornet fans – super heroes still have to pay for postage stamps!





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ON THE RIGHT: "LUNCHING FREE"

by William F. Buckley

In the late 1950s, the formal engagement in state socialism by Great Britain had twice been confirmed by the voters. And the socialists had been twice disfranchised. Great Britain was a mess. Clement Attlee, the clever lawyer-intellectual who embraced the dreams of common ownership, couldn't quite sell the country on the success of it.

And it wasn't the extravagance of the socialist program that reared its ugly head to sound the alarm for the needs of order and moderation. Given the hugeness of the socialist enterprise, the monies Attlee demanded in order to finance his programs were, by current standards, modest. Everything about Attlee was modest -- "a modest man who has a good deal to be modest about," Churchill said of him.

Attlee's parsimonious habits cling to the memory. I had a personal taste of them when lecturing at the University of Wisconsin in 1959. The evening before my own appearance -- to plead the cause of Barry Goldwater, whose name was being dangled as fit for the presidency -- Attlee had spoken. After his lecture, some of the kids drove him to the airport. On presenting his ticket to New York, he was told by the steward that he would need to supplement the ticket fare by \$55.

Why? Attlee asked.

Because that was the price of a

first-class ticket. And the flight on which he was ticketed was first-class only.

To the alarm of his student hosts, Attlee demanded to know at what time there was a flight that had tourist-class seats. Answer: at 3 o'clock in the morning. Attlee asked that he be awakened in time for that flight, intending to doze in the waiting room. No expostulation would change his course. There was a wan smile, and Clement Attlee, father of British socialism, went with his overnight case to the waiting room and bade his hosts goodnight. I told the kids that if Goldwater had been there, he'd have come up with the \$55 from his own pocket.

The socialist government was widely considered to be the disaster that Winston Churchill, running in 1951 to replace Attlee as prime minister, insisted it was. But the British socialists made one contribution to modern democratic practices that stuck: free medicine.

It was uproariously popular. I raised the point with Sen. Goldwater before his own appearance in Wisconsin, and he told of his vehement opposition to the program, a version of it having been introduced in a Senate bill by Estes Kefauver and Hubert Humphrey. Goldwater summoned his deepest reserves of gravity and said to me that if enacted, the Kefauver-Humphrey bill would end up costing

\$5 billion.

I thought the sum indefensibly exaggerated, but this morning's New York Times examines the health-reform measures being advocated in the current season by the leading Democratic contenders for president. The plans are briefly described, and one section is devoted to cost. The estimated annual cost of Sen. Hillary Clinton's plan is \$110 billion. Of Sen. Barack Obama's, "\$50 to \$65 billion." Of John Edwards', "\$90 to \$120 billion."

Applying the inflation factor (\$1 in 1960 had become \$16 by 2005), we can fiddle with the economic details but still quickly realize that "free" medicine (which is what the Democrats are essentially talking about) exceeds the cost of such programs as estimated 50 years ago.

The best analytical breakdown of the public question is this:

(1) The British established, with their ringingly popular National Health system, that politically it is unbeatable. No matter what was done with nationalized steel or other industries, you had to hang onto free medicine.

(2) The politicians on this side of the Atlantic acknowledge that free health care, or its equivalent (there are differences among the Clinton, Obama and Edwards proposals), is an economic

luxury that is demanding a primary lodging in the political programs of the major parties. So is it an economic luxury? Yes. And the country can afford an economic luxury, the analysts will tell you.



It will be very hard to allocate the cost. Except that it will be assigned to -- the rich. That is an indispensable feature of any redistributionist scheme: figure out a way to conceal the cost and place the burden, to the extent it cannot be hidden, on others than those who are benefiting from the program. It is not surprising that all the candidates surveyed in the New York Times story recommended that the burden of the cost should be assigned to those taxpayers who earn more than \$250,000 -- yes, the people who benefited from the tax-reduction packages of President Bush.

The adage of Milton Friedman that there is no such thing as a free lunch is undamaged by the circumlocutions of the politicians. Is the challenge to the Republicans simply a matter of parsing the subtle march, by the opposition, toward collectivist policies?

The Writer's Art: "When Less Is Often More"

by James Kilpatrick

One of these days, gentle reader, because you are known for loving the written word, you will be asked to speak at a memorial service or write a postmortem piece for publication.

This is the secret: If you would move your listeners to tears, do not let

them see you cry.

I have forgotten if that is my own advice, or whether I cribbed it from someone else, but it works. There are other tricks to the obituary trade, but restraint is the big one. A lovely example appeared in Sports Illustrated a few weeks ago. It was the beautiful work of columnist Rick Reilly. Look at how he does it: He never sheds a tear.

This was his lead:

"One day five years ago, bubbly, gorgeous soccer goalie Korinne Shroyer came home from eighth grade, found her father's revolver in his closet and fired a bullet into her skull."

Look at that sentence, all you would-be writers or preachers: Except for "bubbly, gorgeous," which contributed greatly to the sentence, there isn't an adjective to be seen. Every word is a familiar word: goalie, home, revolver, bullet, skull. Note, especially, "skull." Not "head" or "forehead" or "cranium" or "pre-frontal lobe." The noun lands like

a blow to the belly. This young woman fired a bullet into her skull.

Now that he has our attention, Reilly goes on, almost casually, to tell us something about this suicidal child. He uses facts, not adjectives. She lived in Lynchburg, Va. Her persistent severe depressions led to a prescription for Paxil. She lingered near death for six days. Now we meet her grieving parents, Kevin and Kristie. They decide to offer her viable organs as gifts:

"Her green eyes would go in one direction, her glad heart another, her kidneys still another. Her liver and her pancreas went somewhere else, and her two good lungs -- the ones that played the saxophone -- went to a Gainesville, Ga., man named Len Geiger."

Reilly will not cry. Geiger "was so close to dying he was practically pricing caskets." But Geiger was desperately in need of a lung transplant. He received Korinne's healthy young lungs in an op-

eration at the University of Virginia hospital. The surgery worked. "He got his second wind and his second life." (Note the cadence of that sentence.)

Before long, Geiger wrote to express his thanks. The families met, exchanged photographs, became friends. In a passage that could have become icky but stayed poignant, Kristie Shroyer asks permission to put her hand on Geiger's chest, just to feel his beating heart.

Climactically, the narrative moves seamlessly to the day in which Kevin and Kristie Shroyer and Geiger join in running a marathon. "It took them six hours and 25 minutes, but they finished, hands clasped together, the three of them."

Reilly adds a coda: "Kevin and Kristie aren't whole yet, but they're getting on with their lives. Geiger, meanwhile, is relishing his. He met a woman, Christina, married her, and they named their first baby after Korinne -- Ava Corinne. Sometimes he stares at her, awed. 'I know that without Korinne, I'm not here today, and neither is Ava Corinne.'

"Sometimes life just takes your breath away, doesn't it?"

To borrow from Alexander Pope, I don't mean to break a butterfly upon a wheel, but we can learn from this casual column in the back of a sports magazine. The piece runs to 750 words. I counted only 14 descriptive adjectives. Here is a story of a dead child who saves the life of a stranger. Rick Reilly told it in Sports Illustrated, for Pete's sake. In the back of the book! Gives you something to think about.

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

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Government in Action!

-- Bookkeepers Wanted: (1) Pentagon investigators discovered in August that a small South Carolina company fraudulently collected \$20.5 million in shipping costs, including one invoice of \$999,798 for sending two washers (cost: 19 cents each) to a base in Texas. According to Bloomberg News, the Defense Department was said to have a policy of automatically and unquestioningly paying shipping bills labeled "priority." (2) The Senate Finance Committee found in April that more than 450,000 federal employees and retirees owe back federal income taxes (totaling about \$3 billion), including almost 5 percent of the employees and retirees of the U.S. Tax Court.

--BureaucratsBeingBureaucrats: (1) About 30 Iowa school districts had their funding applications for preschool grants tossed out in September, the state Department of Education said, because the paperwork was not double-spaced, as required. (2) In August, the Palestinian Authority admitted that, after Hamas violently split from the government in mid-June, civil servants nonetheless failed to act quickly and thus in July continued to pay the salaries of about 3,000 Hamas security officers (who were formerly PA employees, but who by then were fighting the PA).

-- Jane Balogh, 66, was informed in September that she will not be prosecuted for defrauding elections officials in Seattle, despite having illegally registered her dog, Duncan M. MacDonald, to vote. Balogh, protesting how easy officials have made it for people to vote illegally, put her home phone account in Duncan's name, which is all the proof required for registration, then signed him up, and when an absentee ballot arrived, she went public about her scheme. However, despite the public

confession, Duncan continued to be sent official absentee ballots for the two subsequent election cycles.

Police Blotter

-- Just Say No: In September, police in Hertfordshire, England, stood fast under criticism for their program of placing posters around the area reading, "Don't Commit Crime." Said a police spokeswoman, "If stating the obvious helps to reduce crime or has any impact at all, we will do it." (The police also installed signs at gas stations: "All Fuel Must Be Paid For.")

-- People Who Are Messes: (1) Tommy Tester, 58, minister of Gospel Baptist Church in Bristol, Va., was arrested in July after he allegedly urinated at a car wash, in front of children and police officers, while wearing a skirt. (Police said alcohol was involved.) (2) Catherine Delgado, 35, was arrested in Annapolis, Md., in August after she appeared, smudged with fudge, in a hotel lobby around midnight with "large slabs of fudge bulging out of her pockets" (according to a Washington Post story). A police officer later checked a nearby Fudge Kitchen store and found the door inexplicably open and a large display quantity missing from the front window. (Police said alcohol was involved, along with fudge.)

News That Sounds Like a Joke

-- Oral-B's Triumph SmartGuide toothbrush, available in the United Kingdom for the equivalent of about \$280, uses navigation technology to transmit the exact location of the toothbrush to a base unit so that the user can see which areas in his mouth the brush might have missed. The wireless LCD mouth display can be mounted on a mirror or held in the free hand.

-- At about 9 p.m. on Aug. 23, a fire broke out in the Comedy Zone nightclub in West Knoxville, Tenn.,

right in the middle of an act in which a hypnotist had just placed 10 audience members into a trance. However, despite an "everyone for himself" attitude that typically marks such emergencies, the 10 hypnotized subjects somehow managed to make it out of the club safely.

People With Too Much Money

The adolescent offspring of some well-to-do parents are serious art collectors, according to a September Wall Street Journal report, and their interest appears not to be motivated solely by parents' strategies to shield income from the tax collector. Ms. Dakota King, 9, for example, owns 40 pieces and specializes in animals and "happy colors." Ms. Shammil Fleischer-Amoros, 10, who admitted, "I'm really scared, but Daddy told me I have to negotiate," succeeded in getting \$200 knocked off of a \$3,200 sculpture she really wanted. An 11-year-old last year "waved a paddle" to win a \$352,000 Jeff Koons sculpture.

Obsessions

Just when Internet newspaper sites appear to be gaining ground as replacements for printed editions, a 70-year-old woman identified only as Maggie told the Edmonton (Alberta) Sun in September that her paper edition of the Sun is a crucial part of her daily diet, literally. She eats it, in strips, and has, she said, for the past seven years because it tastes good. "I can't explain it," she said, and it was only when she recently experienced a blockage of her esophagus, and doctors found a ball of paper, that she revealed her obsession. Doctors cited by the Sun said that except for the blockage danger, newspaper eating is not unhealthy.

Least Competent Criminals

Too Puny for a Life of Crime: Keith Bellanger, 20, failed in his attempted burglary in Duluth, Minn., in September when homeowner Wayne Boniface, age 69, walked in and beat him up so thoroughly that Bellanger had all his clothes ripped off trying to get away. And in Bay Shore, N.Y., in September, a 32-year-old man wielding a tire iron, who was attempting to mug Bruce Ferraro, 74, on the street, was forced to abandon the job and run for it when Ferraro, after a struggle, took the iron away from him. (The mugger was captured by police

nearly when his car stalled.)

Recurring Themes

Some Americans continue to prefer to "do it themselves" to get rid of pests on their property, with tragic results. In June, Mike Harstad of Jamestown, Calif., attempting to eliminate a wasps' nest with a can of Pledge and a cigarette lighter, ultimately burned down his mobile home and contents and destroyed an outbuilding, a truck, a boat and a trailer. In August, a Whitehall, Pa., man, William Sekol, 82, attempting to destroy a yellow jackets' nest beneath a storm sewer grate in his front yard, put a dried tree over the grate, doused it with gasoline, and lit it (supposedly to suffocate the yellow jackets underneath). However, some gasoline ran into the sewer, where its fumes combusted. In the resulting explosion, Sekol's mustache and eyebrows were singed.

Undignified Deaths

Surprisingly Complicated: A 24-year-old woman in Lawrenceville, Ga. (in July), and a 59-year-old woman in Lincolnton, N.C. (in August), were killed after failing to negotiate driver's-side devices allowing them entrance to, respectively, a gated parking lot and an automatic car wash. The Georgia woman had leaned out her window to insert a card into the gate-opening machine when her car lurched forward and pinned her head between the car and the door. The North Carolina woman had reached out her open car door to punch in a code for the wash when her car lurched forward, similarly pinning her head. (Police in both cases said that the cars should have been in Park.)

More News that Sounds Like a Joke

(1) In July, National Hockey League player Derek Boogaard, an "enforcer" known for his willingness to brawl, opened the Derek and Aaron Boogaard Fighting Camp in Regina, Saskatchewan, to train teenage hockey players in that highly essential skill. (2) Iran's state-sponsored news agency IRNA announced in July that its agents had broken up a Western countries' "spy ring" that employed more than a dozen squirrels trying to bring "spy gear" of foreign agencies into the country.

SEE 'WIRED' PAGE 20.

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For A Healthier You



The Case For Organic Food: You Are What You Eat!

by Sandra Gordon

Forget the cardboard bins of the 60s, 70s and 80s, the mottled apples, anemic potatoes and the wormy ears of corn. Thanks to a healthy consumer demand, you'll now find a cornucopia of really good-looking organic options in mainstream outlets, such as neighborhood supermarkets, mass merchandisers and club stores, not just in natural food markets. According to the Organic Trade Association in Greenfield, MA, Americans spend nearly \$14 billion annually on organic food, a segment of the food market that has increased nearly 20 percent yearly over the last decade.

Why the explosive interest in the synthetic-chemical-free stuff? Today's conscientious consumers perceive organic as part of a healthier lifestyle, says Katherine DiMatteo of the Organic Trade Association. Moreover, many of us are growing increasingly concerned about the impact of synthetic pesticides, herbicides and the like on the health of the environment. According to a study conducted by the Hartman Group, 70 percent of grocery shoppers think organic products are better for their health; 78 percent think they're better for the environment.

But for the peace of mind the organic alternative offers, you can sometimes pay 20 to 100 percent more. (Without the aid of pesticides, organic crop yields are often lower per acre, which means less supply at a higher price for consumers.) The good news? Things are changing. Organic farmers are banding together to minimize costs for themselves and passing the savings on to the consumer. Sizeable natural foods supermarkets are also using their mega buying power to ultimately give you a better deal. That's good reason to switch to organic, if you haven't already. Here are four more good reasons for you to considering making the switch to organic.

Organic is Safer

Many consumers take comfort from the idea that organic foods don't contain certain pesticide residues. In fact, food labeled "USDA organic" must also be at least 95 percent organic, meaning

that all but 5 percent of the content was produced without most conventional pesticides and fertilizers. It also can't be irradiated (a one-time exposure to radiation intended to kill pathogens such as salmonella, listeria, or E. coli), genetically modified (a technique that alters a plant's DNA), or produced with hormones or antibiotics.

Animals used for meat products must be fed organically-grown feed. Other terms can also be found on organic food labels, such as "natural," "free-range," and "hormone-free," but these terms by themselves don't mean organic. Only food that has been certified to meet the USDA organic standards can say "organic."

Still, thanks to wind "drift" from neighboring conventional fields or contamination in trucks or warehouses, even organic produce may have some residues, though in considerably smaller amounts. But overall, organic foods contain less pesticide residues. A study in Food Additives and Contaminants showed that organic foods had residues of fewer pesticides that were present at lower levels than those found on conventionally grown foods.

For years, the worry about pesticides was cancer. But government scientists now assert that due to more refined testing methods and environmentally-friendly chemicals, the insect and weed killers sprayed onto conventional crops comply with pesticide safety standards set by the Environmental Protection Agency (EPA) and therefore aren't at dangerous levels.

Still, advocacy groups such as Consumers Union contend that even minimal pesticide residues within legal limits can be a health threat if your exposure is significant. Consumers Union analyzed four years of USDA data from 27,000 produce samples (one sample equaling about five pounds) of 27 different foods. The pesticide residues on most tested produce fell within government legal standards. However, of the produce tested, seven types - peaches, winter squash, apples, green beans, grapes, pears and spinach -

had "high" toxicity scores. Translation: If you consumed these foods often and were particularly susceptible to the effects of a compound, you could ingest levels that exceeded those the government deemed safe.

Besides the carcinogenic possibilities of pesticide residues, neurological damage is the latest worry. A group of about 40 pesticides - the organophosphates, which account for of all the pesticides used in the U.S. - is causing particular concern among government scientists and nutrition experts. At unsafe residue levels due to multiple exposures, organophosphates are thought to overstimulate the nervous system, causing acute and chronic symptoms such as muscle weakness or even paralysis. Sixty million pounds of organophosphates are used on food crops each year, and other 17 million pounds are applied in residential and commercial buildings (such as schools) for pest control and lawn care.

Organophosphates are a potential health threat for everyone. "Every day, there is some baseline of exposure that might be impacting our cells and creating damage we need to repair," says Lynn Goldman, MD, MPH, a professor at the Johns Hopkins Bloomberg School of Public Health. "If you have it available and can afford it, buy organic."

Organic is Healthier

In general, foods produced organically or conventionally contain roughly the same kinds and amounts of vitamins and minerals. But when it comes to disease-fighting phytochemicals, organic produce may have the edge. A study in the Journal of Agriculture and Food Chemistry found that organically grown tomatoes are higher in levels of flavonoids—nutrients found in abundance in some fruits and vegetables. If picked, processed and marketed close to home, organic produce is typically allowed to ripen longer on the vine. Conventional produce, on the other hand, is often plucked green from the field to ripen en route to distant markets.

According to the United States Department of Agriculture (USDA), vine ripening may permit a fruit or vegeta-

ble to maximize the content of its phytochemicals, a theory currently under USDA investigation. These natural plant chemicals are thought to help ward off diseases such as heart disease, Alzheimer's and cancer.

Organic Tastes Better

Many organic food aficionados think organic just tastes better. In general, organic produce is a "hot" item on today's restaurant menus. But there's only one way to find out if organic rates higher on the flavor scale: Taste it for yourself and compare.

Seizing Healthy Savings

Savvy customers can save 10 to 70 percent on organic products by taking advantage of the following budget-cutting opportunities.

Watch for in-store specials. To maximize savings, pick up the in-store flyer before you shop. Come equipped with a shopping list and stock up on savings by buying enough sale items for several meals. Do a price check of several local grocery stores for often-purchased organic items to find the lowest prices.

Buy in bulk or by the case. Buy flour, legumes, nuts and spices from the bin (you save because you do your own packaging). Buying by the case works well with food you consume frequently.

Take home the house brand. Similar to conventional supermarkets, many natural foods stores such as Wild Oats and Whole Foods manufacture their own line of products-- from everything pasta sauce and cereal to olive oil.

Shop in season. This general savings rule of thumb applies to organic produce, too. Organic apples, for example, can be much less expensive than conventional conventional apples when you buy them at peak season (fall) than at any other time of the year. The quality's tops, too.

Hit the farmers' markets. You can find organic produce there, and a USDA study in 2002 found that about 40 percent of those farmers don't charge a premium. Check www.localharvest.org for organic grower listings in your area.

Tips for Safer Eating

For the earth, for your health and the health of your family, it makes sense

SEE "ORGANIC" PAGE 9.

New Hearing Aid Technology Helps Local Coloradoan Improve Quality of Life



George Varga

Not many of us take care of our hearing like we should. A vast majority of us put up with hearing loss. Everyone with hearing loss should realize that there is real help available with the new improved technologies that have become available within the last few years.

Hearing loss can develop with age or can be caused by noise exposure. But, whatever the cause, it is a big life inconvenience in dealing with everyday activities. A great way to gain confidence and feel good about yourself is to have your hearing restored with new technologies available. It is a wonderful thing to have the quality of life back.

I have had an extensive hearing evaluation done by audiologist, Mary C. Martino, M.A., including the fitting of a pair of the latest digital, mini, behind-the-ear hearing aids. On a scale of one

to ten, I would rate this office a 10 plus. Mrs. Martino wants you to feel comfortable at all times and to be successful in your daily listening activities. The results that I got were very successful and greatly improved my hearing ability.

The fit of these hearing aids is extremely comfortable and almost invisible. Being able to easily switch between programs is very helpful in different environments. My experience with this office was exceptional and I would not consider changing to another practice. I recommend this practice to everyone. I am very satisfied with my hearing care.

To schedule a hearing evaluation call today. Mrs. Martino will be pleased to evaluate your hearing and answer your questions regarding the new technology in hearing aids. Call our hearing information hotline at 719-671-0645 and request your FREE informational brochure describing the new technologies available in hearing care.

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Fashion: Looooking Gooood!

by Patricia McLaughlin - Mature Market Media Services

KEEPING UP WITH THE WINTOURS

Fashion procrastination used to be a sin. It's starting to look more like a virtue.

(CAPTION: Feathers? Wouldn't they tickle? Do we really want to go fluffing around in a lot of feathers just because some magazine thinks it's a good idea?)

The stack of September fashion magazines next to the sofa is at least a foot high. (OK, there are a couple of Augusts and Octobers in there, too.) I've been through them all a couple of times, taking notes.

But why? To find out what's new? To find out what I've already got that might look new if I, you know, pinch its little cheeks and let down a hem or something? To learn what I've got that I better quit wearing outside of the house unless I want people to think I'm some kind of a nut, or else just living in my own little impervious world like Miss Havisham? To see if there's anything new I actually like? And where to get it? And how to wear it without looking like a total fool?

Fashion magazines offer info and advice on all these fronts. My question: Which, if any, do you actually care about?

For instance, in the spring of 1998 pretty much all the professional advice agreed that gray was the new black. One color authority told me the old black (i.e., black) was starting to look too kneejerk, too thought-out, too serious. Gray looked easier, more casual, less intense and less intentional. Another color authority told me the rise of gray was a transitional phase, easing

us out of the hot citrus of the mid-1990s -- lime, orange, grapefruit, hot pink -- and into a new era of blues and cooled-down greens.

Fine. I immediately started knitting a blue and gray striped shawl, figuring I'd be finished by September, only I wasn't. I bought a couple of gray sweaters on eBay, but never figured out what to wear them with. Thus, the Great Gray Wave of 1998 passed me by.

Similarly, in 2000, everything was suddenly ladylike. Designers from Michael Kors to Jil Sander to Tom Ford at Gucci knocked off the tweeds, plaids, houndstooth checks, dressmaker suits and tucked-in silk blouses with soft bows at the neck worn in the 1950s and '60s and early '70s by Ladies Who Lunched. Meaning to hop on the bandwagon, I tracked down a Vogue pattern for a raglan-sleeve blouse with what used to be called a pussycat bow at the neck. The pattern envelope still reproaches me, pristine and unopened, pushpinned to one of the shelves above my sewing machine.

Coincidentally, at least a few of the magazines in the stack in front of the sofa now are betting on gray for this fall, and several of them seem to think blouses with bows at the neck are the latest thing. Should I try again? Do I care? Does anybody except the pros pay attention to what's supposed to be in and out anymore?

Once upon a time, people took it for granted that fashion existed to be kept up with. It was a woman's job, one among many. If she went tooling around in old, holey, out-of-date clothes, people would assume her husband

couldn't afford to dress her decently. By contrast, a wife who dressed well was a testament to her husband's success. The American economist Thorstein Veblen called it vicarious consumption: Men were too serious to show off their own success. It was beneath their dignity, and anyway they dressed too plainly. So the frivolous work of demonstrating affluence by going around draped in a lot of expensive lace and silk and fur and feathers and flounces and furbelows (whatever those were) was left to their wives, who had nothing better to do.

Things have changed since then. Many women have better things to do, and men can always buy themselves Ferraris and yachts and private jets and gaudy, complicated watches if they want them.

So, now that you don't owe it to some man to wear what the fashion authorities say you should, why would you bother?

Some women don't. But shopping is our national pastime: So plenty of us are still out there looking for something new and different -- or else, something just like the thing we used to have that wore out.

But, ever since the Midi Debacle of the early 1970s, when the fashion establishment, cheered on by Women's Wear Daily, tried and utterly failed to muscle women into long skirts, the shoe has been on the other foot, so to speak. Instead of us feeling obliged to keep up with fashion, it's been up to the fashion designers and manufacturers and forecasters and retailers to figure out what we want and sell it to us. Instead of doing what we're told -- wearing what the magazines say we should -- we look to see if there's anything we want and don't already have. They propose, we dispose.

Flipping through my stack, I liked the idea of bright tights and gloves, tunics, oversized sweaters (which are really a knitted version of the tunics), wide-leg jeans, dramatic sleeves. I liked the tweeds and tartans, and some of the military jackets. But I liked all



those things last year, too. I liked the high-heeled oxfords, but I'll probably make do with my collection of vintage nun shoes, easier to walk in because the heels aren't as high. Some of the hats are interesting. I might try wearing my capes again, or maybe not. I'm not sure about feathers, or the cropped, bracelet-sleeved Doris Day jackets. I'm absolutely not spending \$4,000 on a giant alligator purse festooned with a lot of locks and chains and gewgaws and riveted with rivets and studded with studs.

As for the re-emergence of gray and the new currency of bow blouses, I'm just not sure. My gray shawl is ready to go, and so is the blouse pattern, but there's something weird about the whole idea. If you happen to want a blouse with a big bow at the neck, fine. But why would you want it more because 8 million other people are going to be wearing it? Maybe I'll wait 'til next year.

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: "A Good Case To Leave Alone"

by James Kilpatrick

Dick Heller's status in the District of Columbia is clear: He is a special police officer with a responsible job. By day he's an armed guard at the Federal Judicial Center. But when he applied under D.C. law for permission to keep a pistol at his home, permission was denied.

Sometimes, as Beadle Bumble said in "Oliver Twist," the law is indeed "a ass, a idiot." Heller and other plaintiffs challenged the district's ordinance. They lost in U.S. District Court but won a notable victory last March on appeal to the D.C. Circuit. Now, regrettably, Mayor Adrian Fenty has appealed Judge Laurence H. Silberman's opinion to the Supreme Court. We will know in a few weeks if the high court will hear the city's argument.

Heaven knows the district could use a ton of effective gun control, but in seeking an appeal in this case the mayor serves no useful purpose. He risks an opinion that could wake up a nationwide kennel where sleeping dogs lie. We now have a status that is better left quo.

As many years of litigation have made clear, our nation is inhabited by 300 million constitutional lawyers, half of whom belong to the National Rifle Association. All of them are experts at interpreting the Constitution's Second Amendment, which reads in its muddled entirety:

"A well regulated Militia, being necessary to the security of a free State, the right of the people to keep and bear Arms, shall not be infringed."

When the Founding Fathers agreed on that language, they were having a very bad hair day. The first 13 words constitute a hanging or "dependent" clause, but the clause hangs invisibly on nothing and its interpretation depends upon what you had for breakfast. Reduced to its essentials, the Amendment reads,

"The right shall not be infringed." What right is this? It is the right "to keep and bear arms." Whose right is this? It is a right "of the people."

All the rest is surplusage -- 18th-century surplusage at that. As Judge Silberman explained in the pending case, the language dates from Colonial days. Militiamen were required to outfit themselves with a good musket or firelock, a sufficient bayonet and belt, and two spare flints. Commissioned officers also were armed with "a sword or hanger and espartoon." Dragoons had to ride to muster on a serviceable horse, "with a mailpillion and valise."

None of that is relevant to Dick Heller's case, and the mayor does not help his cause by relying even in part upon the militia clause. Judge Silberman generously described the city's position as "strained."

A better interpretation of the amendment focuses upon the right of individuals to possess arms for private use. Like every other "right" protected by the Constitution, this right "of the people" is not unlimited. Gun ownership may be regulated just as free speech, jury trial and criminal punishment may be regulated. In the case at hand, the District of Columbia makes no objection to Heller's keeping a shotgun at home. Under the ordinance, only handguns are prohibited.

In construing the constitutional issue, Judge Silberman focused sharply on the relevant verbs. The protected right is a right of the people not only "to bear" arms but also "to keep" them. Counsel for the district had argued that "to keep" means the government's collective right "to keep up a militia." That construction, said the court, "mocks usage, syntax and common sense."

Judge Silberman summarized the court's 55-page exposition:

"We conclude that the Second Amendment protects an individual right

to keep and bear arms. ... But that is not to suggest that the government is absolutely barred from regulating the use and ownership of pistols. The protections of the Second Amendment are subject to the same sort of reasonable restrictions that have been recognized as limiting, for example, the First Amendment."

Quoting case law, the judge suggested that it would be reasonable for the city to ban the carrying of pistols to a church or polling place. The city could forbid the carrying of concealed weapons. Such reasonable regulations "would promote the government's interest in public safety consistent with our common law tradition." In the case at hand, all Dick Heller seeks is a right to possess a loaded pistol in his own home. The case has nothing to do with "whether the city can ban the carrying of handguns in public or in automobiles."

Thus construed, Silberman's opinion makes constitutional sense. Let it stand.

YOU AND YOUR DRIVER'S LICENSE

How private is "private"? How personal is "personal"? The Supreme Court may have to ponder these imponderables once again if it agrees to hear an appeal filed last month by the state of Florida. We're talking about you and your driver's license.

The facts are not in dispute. Back in 1994 Congress passed the Drivers' Privacy Protection Act. The law requires states to compile certain information about their licensed drivers. Then it imposes severe penalties upon individual state officials who impermissibly disclose the information. In the case at hand, four resident car owners in Florida sued officials of the state highway department for selling the personal information gleaned from their license applications. The owners lost in the District Court but won in

the 11th Circuit.

This is a curious case. Why are the plaintiffs so wrought up? Every state regulates the licensing of those who drive motor vehicles. In Florida, typically, an individual who seeks an operator's permit must disclose date of birth, sex, Social Security number and mailing address. The states use the information for their own purposes and routinely sell the data to marketers who have goods to sell or causes to promote.

What's the big deal? In the case at hand, Mary Ann Collier, Arthur L. Wallace, Roy McGoldrick and Robert Pino found the state's record-selling law so unbearably offensive that they retained counsel and went into U.S. District Court. Their personal information, they complained, was so intensely personal -- so intimate, so private -- that its disclosure would violate their constitutional right to privacy. They sought damages for themselves, and for their lawyers too.

Judge Rosemary Barkett, speaking for a panel of the 11th Circuit, found the federal statute abundantly clear. In her view, the privacy-loving plaintiffs had a right to sue individual Florida officials, and the lower federal court had the power to award them both actual and punitive damages.

Summoning three adverbs, where one would have abundantly sufficed, the panel ruled: "We find that the plain language of the Privacy Protection Act clearly, unambiguously and expressly creates a statutory right which may be enforced by enabling aggrieved individuals to sue persons who disclose their personal information in violation of the act."

Moreover, said Judge Barkett, under federal law dating from the Civil War, the four plaintiffs had a right individually to sue the state. The Drivers' Privacy Protection Act "unambiguously requires the consent of individuals before

SEE "LICENSE" PAGE 9.

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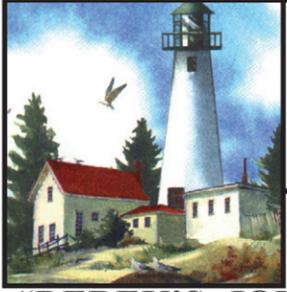
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“Light For The Journey”

By Jan McLaughlin - Director of Prayer Warriors For Prisoners



“DEREK’S JOURNEY”

The letter arrived with Prayer Warriors For Prisoners mail and I could hardly wait for my friend, Dolores, to read it. The envelope was addressed from Derek in Florida, one of the prisoners to whom she sent a Christmas card. He responded to Dolores’s hand written Scriptures and comments shortly after he received it, expressing his gratitude and telling how it had affected him at the time. In her reply, Dolores asked for his testimony of how God had worked in his life through his prison experience.

Later that evening was with several friends for fellowship and dessert. I was so excited about the letter and asked Dolores if she wanted to read it aloud. She said, “Why don’t YOU read it!” She didn’t have to ask twice for the impact and joy of this letter had to be shared. Except for a few quiet comments such as “wow” and “amen.” the room was silent as I read. Heads shook at the incredulous story of a life gone astray and a loving Shepherd bringing him back to the fold. Allow Derek’s story speak to your heart.



When I was a boy, my mother always took us kids to church and afterward, we went to visit my grandmother. I still remember those days like it was yesterday. My mom and grandmother were Christians. I’ve always believed in God but my life has been far from the standards of a Christian. My mother was a single parent and because I was the oldest, was expected to look after my siblings while mother worked two jobs. I entered my teen years and rebelled. I was selfish, not thinking how hard it was on my mother to support us.

I tried to enjoy life and live it to the fullest but frankly I always felt something was missing. I just couldn’t figure out what it was. After high school, I joined the Marine Corps and this was my opportunity to have fun, explore the world and be on my own. In my travels, I met many Christians, some who were serious Bible students. Because my interests were totally self focused, I found it amazing how many people were into the Bible. I often wondered, “What is it with these people!” But every time I talked with a Christian, they always quoted that same message or Scripture. Eventually, I moved to Florida and got caught up in a lot of things. In my mind, what I was doing was ok. I was having fun without hurting anyone. Neighbors invited me to church and quoted Scripture to me. Even my neighbors quoted that same phrase as my

grandmother and others I met in my travels in the service. I used to think, “what is it with that phrase?”

Today, I’m in prison in Florida and definitely NOT living life to the fullest! I’ve been in prison for almost seven years and seen some terrible things. Sometimes I cry at night thinking, “I don’t want to be next!” Since I came here, my grandparents and mother have died. When Christmas and my birthday come, I am so depressed because and I have no communication from the outside world. My life is so worthless that I don’t even care if I live any more.

About a week before Christmas last year someone broke into my locker and stole some of my things. This hurt because I have no way of replacing them. Yes, I admit it, I cried even though I’m not proud of it. But you must understand, the only thing I had in this world is now gone. It was a picture of my mother and grandmother and me together when I was a little boy. It was my prized possession. Looking at that picture gave me strength because it reminded me of the love I once received from my two favorite people. Now, I have nothing... nothing at all.

As I lay on my bed shortly after getting robbed, memories of my grandmother came flooding back. Then I remembered one thing she used to say, “Sometimes people don’t realize how much they need God until God is all they have.” She used to say that and that other quote from the Bible. I could not, for the life of me, get that phrase out of my head. Then, that same night, I received a Christmas card and who was sending it to me? The people at Prayer Warriors For Prisoners.

As I read it, I thought how nice it was for someone to go out of their way. Then I got to the part that had the same

quote that all those people used over the years; the same exact one I always heard my grandmother use. “Ask and you’ll receive. Seek and you will find. Knock and the door will be opened to you.” I couldn’t hold back the tears. After all these years, I suddenly knew what it meant and also what I needed to do. I asked Jesus to come into my heart and cried harder than I’ve ever cried. If I had to come to prison to find the Lord, I’m fine with that. I understand I made a life changing decision and it isn’t going to be easy.

People tell me I am different somehow, but please remember to pray for me. I am in a very hard place but I learned one thing recently: Jesus is always there! “Ask and you’ll receive. Seek and you will find. Knock and the door will be opened unto you.” I guess NOW I can say I am living life to the fullest! Finishing the letter, I noticed Dolores wiping her eyes as I brushed tears from my own. No one spoke for several minutes as we considered in awe the power of God’s hand moving through an obedient servant as she performed a simple act of kindness, sending a Christmas card to a prisoner. Dolores’ words broke the silence, “I never dreamed God would use me to affect someone so deeply.” At a recent PWFPP event, a chaplain shared about the hopelessness of prisoners and awesome God who hand selects people to give prisoners hope. Dolores was chosen to restore hope to Derek. God gave them both an incredible gift. Her “visit” dramatically impacted Derek and changed both their lives for eternity. Jesus loves prisoners so much, He identified with them when He said “I was in prison and you visited me.”

Be a part of the Prayer Warriors For Prisoners Christmas Card Outreach this year. Participate as an individual or hold your own card party at church, home or study group. Invite others to join you. Celebrate the gift of giving by reaching out to the “least of these”. Make a difference in someone’s life for eternity. God wants to use you to change a heart. Call today for information.

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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: "Helicopter Parents & Disaster Relief"

HELICOPTER PARENTS

Dear Grandparenting: I'm going crazy watching my son and his wife spoon-feed my grandson Rick who's in college and nearly a grown man. Rick is one of the smartest people I know, but you might think he was a moron the way my daughter-in-law is always behind the scenes involved in every little decision about Rick's life. One example is when Rick was trying to change his college roommates. His mother gave Rick a big checklist of qualities to look for in a "perfect roommate" and then kept calling Rick for updates. I could go on and on.

I know parents sometimes have a hard time letting go, but sooner or later we all have to stand on our own two feet. I may be female, but I was given much more independence at an earlier age than Rick. I'm a big believer in learning from your mistakes, but all Rick seems to be learning is that mommy and daddy will always be standing close by. Don't you think this is the wrong approach? Randi, Coos Bay, Oregon

Dear Randi: We agree. Well-intentioned as it may be, such micromanagement primarily serves the parents' needs, and can retard their children's maturation. This overly involved parenting style is so prevalent it's been given

the name "helicopter parents." They hover over their children, always ready to swoop down to the rescue.

Social observers say it's a recent phenomenon, rooted in the generation of protective Baby Boomer parents accustomed to being in close contact with their children through cell phones and email. Others say today's parents are inclined to hover because there's more free-floating anxiety in the world, and because society is generally tougher and more competitive.

GRAND REMARK

"I don't intentionally spoil my grandkids. It's just that correcting them often takes more energy than I have left." Gene Perret, humorist

DISASTER RELIEF

Dear Grandparenting: My granddaughter LuAnne is only six, but she's become bent out of shape about dying in a hurricane ever since she learned that the fall is the peak season for big storms to strike the United States. She keeps crackers, bottled water and an extra pillow in a "fort" underneath her bed. I don't think I'm imagining the fact that she's become extra jumpy too.

We had some family in New Orleans during Katrina, but that was several years ago, so LuAnne should be over that by

now. Time and again I've told LuAnne there is no use worrying. I grew up during the Cold War, and my father built a bomb shelter in case of nuclear attack, but of course that never happened either. So I don't think it does any good needlessly worrying yourself to death about things you can't control. How can I help my little LuAnne get over this hurricane thing? Bess Jane, Boston

Dear Bess: Don't talk down to LuAnne; meet her at the level of her need. It is critically important for caretakers to explain catastrophic events to children in words they can understand; children can imagine scenarios far scarier than any

truth. Reassure LuAnne of her safety; explain what steps will be taken to keep her from harm's way.

In times of crisis, whether real or imagined, children take their cues from adults. Our advice is to listen and respond appropriately, be patient and available, and remain at the ready to dispense some extra hugs.

GRAND REMARK

Sandra Rogers of Rogersville, Tennessee was babysitting her four-year old grandson when he asked why she had poke-a-dots on her cheeks. "I had slapped on a little blush to look more alive. Instead, I looked more like a clown!"

Licenses

from page 7.

their motor vehicle information may be released."

In a brief accompanying his appeal to the Supreme Court, Florida's Attorney General Bill McCollum may protest too much. The defendant state officials are being sued in their individual capacities. The privacy-worshipping plaintiffs ask for damages amounting to "literal billions." The "in terrorem effect" of Judge Barkett's opinion "is breathtaking." If it were affirmed, "states will not be able to adopt or implement any law or policy that even arguably violates the Drivers' Privacy Protection Act."

What a prospect! As long as Judge Barkett's opinion stands, "private plaintiffs are free to bring -- and are bringing -- massive class actions against state officials individually, seeking billions of dollars based on the officials' enforcement of state laws, policies and practices. ... If state officials can be sued for billions of dollars for implementing otherwise constitutional state law and policies, none will agree to serve."

The state advances a second line of defense: The challenged act "violates the 11th Amendment" to the Constitution. Interested laymen may well ask,

how's that again? The 11th Amendment of 1795, as it affects this case, says that federal courts may not entertain any suit against Florida commenced "by citizens of another state." But so far as the record shows, plaintiffs Collier, Wallace, McGoldrick and Pino are all citizens of Florida. Besides, their suit is not against the state but against officials of the Department of Highway Safety and Motor Vehicles in their individual capacities.

In any event, the lower courts in this case ignored the 11th Amendment altogether. (The district judge "declines to accompany the parties on their wild ride through constitutional law.") My guess is that the Supreme Court will decline to hear Florida's poignant cry for relief. Only seven years have passed since the court unanimously rejected an appeal sought by South Carolina from an adverse ruling involving this same federal statute.

If the case finally is remanded for trial, the defendants individually should make a generous offer in settlement: Ten cents for each plaintiff. And a nickel for counsel.

(Letters to Mr. Kilpatrick should be sent in care of this newspaper, or by e-mail to kilpatjj(at)ao1.com.)

Organic

from page 5

to go organic. As you make the transition, keep these pointers in mind:

--To reduce your exposure to synthetic toxins that may still lurk in organic food, try to eat as varied a diet as possible -- and encourage your kids to do the same.

--Stay away from fad diets, for example, which require you to fixate on a select few foods.

--Thoroughly rinse all produce -- both organic and otherwise -- before preparing it to get rid of possible pesti-

cide and other chemical residues.

This will also increase your chances of washing away disease-causing bacteria such as listeria and E. coli, the latest threats to the entire food supply and your health.

Sandra Gordon (www.sandrajgordon.com) writes about health and nutrition for Family Circle, Prevention, Fitness and Parents. Her latest book is Consumer Reports Best Baby Products, 2007.

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Ann Coulter: "Is There A Trial Lawyer In The House?"



IS THERE A TRIAL LAWYER IN THE HOUSE?

The only "crisis" in health care in this country is that doctors are paid too little. (Also they've come up with nothing to help that poor Dennis Kucinich.)

But the Democratic Party treats doctors like they're Klan members. They wail about how much doctors are paid and celebrate the trial lawyers who do absolutely nothing to make society better, but swoop in and steal from the most valuable members of society.

Maybe doctors could get the Democrats to like them if they started suing their patients.

It's only a matter of time before the best and brightest students forget about medical school and go to law school instead. How long can a society based on suing the productive last?

You can make 30 times as much money as doctors by becoming a trial lawyer suing doctors. You need no skills, no superior board scores, no decade of training and no sleepless residency. But you must have the morals of a drug dealer. (And the bank wire transfer number to the Democratic National Committee.)

The editors of The New York Times have been engaging in a spirited debate with their readers over whether doctors are wildly overpaid or just hugely overpaid. The results of this debate are available on TimeSelect, for just \$49.95.

"Many health care economists," the Times editorialized, say the partisan wrangling over health care masks a bigger problem: "the relatively high salaries paid to American doctors."

Citing the Rand Corp., the Times noted that doctors in the U.S. "earn two to three times as much as they do in other industrialized countries." American doctors earn about \$200,000 to \$300,000 a year, while European doctors make \$60,000 to \$120,000. Why, that's barely enough for Muslim doctors in Britain to buy plastic explosives to blow up airplanes!

How much does Pinch Sulzberger make for driving The New York Times stock to an all-time low? Probably a lot more than your podiatrist.

In college, my roommate was in the chemistry lab Friday and Saturday nights while I was dancing on tables at the Chapter House. A few years later, she was working 20-hour days as a resident at Mount Sinai doing liver transplants while I was frequenting popular Upper East Side drinking establishments. She was going to Johns Hopkins for yet more

medical training while I was skiing and following the Grateful Dead. Now she vacations in places like Rwanda and Darfur with Doctors Without Borders while I'm going to Paris.

Has anyone else noticed the non-existence of a charitable organization known as "Lawyers Without Borders"?

She makes \$380 for an emergency appendectomy, or one-ten-thousandth of what John Edwards made suing doctors like her, and one-fourth of what John Edwards' hairdresser makes for a single shag cut.

Edwards made \$30 million bringing nonsense lawsuits based on junk science against doctors. To defend themselves from parasites like Edwards, doctors now pay hundreds of thousands of dollars in medical malpractice insurance every year.

But as the Times would note, doctors in Burkina Faso only get \$25 and one goat per year.

As long as we're studying the health care systems of various socialist countries, are we allowed to notice that doctors in these other countries aren't constantly being sued by bottom-feeding trial lawyers stealing one-third of the income of people performing useful work like saving lives?

But the Democrats (and Fred Thompson) refuse to enact tort reform legislation to rein in these charlatans. After teachers and welfare recipients, the Democrats' most prized constituency is trial lawyers. The ultimate Democrat constituent would be a public school-teacher on welfare who needed an abortion and was suing her doctor.

Doctors graduate at the top of their classes at college and then spend nearly a decade in grueling work at medical schools. Most doctors don't make a dime until they're in their early 30s, just in time to start paying off their six-figure student loans by saving people's lives. They have 10 times the IQ of trial lawyers and 1,000 times the character.

Yeah, let's go after those guys. On to nuns next!

But Times' readers responded to the editorial about doctors being overpaid with a slew of indignant letters -- not at the Times for making such an idiotic argument, but at doctors who earn an average of \$200,000 per year. Letter writers praised the free medical care in places like Spain. ("Nightmare" in the Ann Coulter dictionary is defined as "having a medical emergency in Spain.")

One letter-writer proposed help-

ing doctors by having the government take over another aspect of the economy -- the cost of medical education:

"If we are to restructure the system by which we pay doctors to match Europe, which seems prudent as well as inevitable, we must also finance education as Europeans do, by using state dollars to finance the full or majority cost of higher education, including professional school."

And then to reduce the cost of medical school, the government could finance "the full or majority cost" of construction costs of medical schools, and "the full or majority cost" of the trucks that bring the cement to the construction site and the "the full or majority cost" of coffee that the truck drivers drink while hauling the cement and ... it makes my head hurt.

I may have to see a doctor about this. I should probably get on the waiting list now in case Hillary gets elected.

That's how liberals think: To fix an industry bedeviled by government controls, we'll spread the coercion to yet more industries!

The only sane letter on the matter, I'm happy to report, came from the charming town of New Canaan, Conn., which means that I am not the only normal person who still reads the Times. Ray Groves wrote:

"Last week, I had the annual checkup for my 2000 Taurus. I paid \$95 per hour for much needed body work. Next month, when I have my own annual physical, I expect and hope to pay a much higher rate to my primary care internist, who has spent a significant portion of his life training to achieve his position of responsibility."

There is nothing more to say.

On Your Toes

by Charles E. Schneider, M.D.

NAIL SURGERY

There are several nail problems which would require toenail surgery. These deformities would include:

- Ingrown toenails
- Incurved nails
- Fungus nails
- Or, injury to a toenail

The ingrown and incurved nail are painful because the nail grows into the skin causing pain, tenderness, swelling and infection.

Without treatment the infection may spread causing further destruction of the tissue and possible bone damage. After the infection is cleared a nail may be permanently removed.

Nail surgery is performed in the office under local anesthesia. Permanent removal of the nail is recommended so that this is not a recurrent problem. Depending on the severity of the problem a portion of the entire nail can be removed.

When a nail has fungus, it can spread from nail to nail if early treatment is not started. The fungus nail will discolor and become abnormally thick. The nail may become too thick to be cut. The

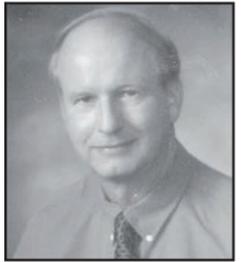
nail then may be removed to prevent further spreading of the fungus and for personal management. A deformed and/or thickened nail may result from an injury to the nail.

Another complication causing pain to the nail is a bone spur to the tip of the toe under the nail. The pressure of the nail on the spur and pinching the skin can cause discomfort. If the nail alone is removed the spur will continue to rub creating a corn on the top of the toe.

The more effective treatment would be to reduce or remove the spur. This procedure can be performed in the office with the patient placed in a surgical shoe and walking immediately following surgery.

These are some of the nail conditions which could be managed with nail surgery and reduce the patient's discomfort. Consult your podiatrist for care of nail conditions.

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



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Finances: Create Wealth

Are Reverse Mortgages Too Good To Be True?

by Grant Oakes

We have all heard about the great benefits of reverse mortgages, what about the down side? There are always two sides to every story. You have undoubtedly heard the old saying, "The large print gives and the small print takes away." Let's explore the small print and see what is going to be taken away.

They say "You never have to pay it back!" Well that may be true but if we look a little deeper we find that the reality is this: You don't have to pay it back as long as one of you lives in the home. The loan must be paid back when one of these three things occur.

#1) You move out of the home. Then the loan and accrued interest must be paid back, it is usually paid back to the lender by selling the home and part of the proceeds then go to the lender. The balance of the proceeds is yours.

#2) You are both out of the home for 12 consecutive months, example: you both are in a "long term care facility" for over 12 months. Then you or your heirs are expected to pay the lender back. But suppose you've had a long full life as a matter of fact you have lived longer than the lender anticipated and the accrued interest and principal now amounts to \$125,000 on your \$100,000 home. Not to worry, you and/or your heirs have at least 12 months to sell the home for the fair-market-price. Again the balance of the proceeds is yours.

But if the home can only be sold for \$100,000 then the FHA steps up and pays the lender the additional \$25,000. Both you and your heirs are protected. Now, I need to bring up two things:

(a) with any luck at all your house has been going up in value all these years and it is worth more than the \$125,000 in the above scenario. And

(b) the reason that the FHA will step up and pay the difference is that part of the closing costs in a reverse mortgage is a mortgage Insurance premium the FHA uses to pay off any deficits like the \$25,000 mentioned above. Remember the lender doesn't want your home. The lender has loaned you the money strictly to make money on the interest.

#3) you and your spouse both pass on. It will happen to all of us some-

day. In which case the procedure is the same as in #2) above #3a) one of you passes on. It may happen someday. But, if the spouse still lives in the home, this triggers absolute nothing. No change!

If you and your spouse were receiving a check each month from your reverse mortgage, the checks in the same amount will continue to be delivered to the spouse, as long as the spouse lives in the home. When you both pass on we revert back to #2) above.

They say "Closing costs are about the same as a regular "forward" mortgage." "About" is the operative word here. Because the Home Equity Conversion Mortgage (HECM) is so tightly regulated by the FHA, most of the closing costs are "set in stone". The 2 largest costs are the "Origination Fee" and the "Mortgage Insurance Premium (MIP) which is the premium that is charged by the FHA to pay for any deficit that may occur during the loan period. Each of these equals 2% of the loan amount. Origination fee is a part of any loan however in some regular "forward" mortgages the origination fee is not controlled by the government and it can be from 2.5 to 5 times greater than the fee for a HECM reverse mortgage.

It is true that in a regular loan you do not have to pay the FHA insurance fee. But there are other fees in the closing costs in a forward mortgage that are not allowed in a HECM reverse mortgage that could make the closing costs higher for a regular "forward" mortgage than the regulated costs for a reverse mortgage. In both a regular and a reverse mortgage the closing costs can be rolled into the loan,

Please understand "Rising Debt, Falling Equity." This is one concept that all seniors need to understand fully. In a regular "forward" mortgage as you pay the monthly payment, you are paying on the principal, interest, and sometimes the property taxes and insurance.

As you make payments the principal is reduced and equity is increased (equity is the difference on what you owe on your home and what the home is worth.) In a regular "forward" mortgage you have "Rising Equity, Falling Debt". At the same time as home prices rise your

house appreciates (goes up in value). It may go through some hills and valleys but over time homes tend to appreciate which adds to you equity.

In a reverse mortgage, you have the reverse "Rising Debt, Falling Equity". You are taking some of your equity out in cash so your debt increases and your equity decreases. During a reverse mortgage the lender is sending you cash and you are making NO repayments. This causes your debt to increase and you are spending your equity so it is decreasing. This will be true unless your home is appreciating at a faster rate than what cash you are taking out of your equity. But that is exactly what informed reverse mortgage borrowers want: to "spend down" their home equity while they live and enjoy their lives in their own homes.

Their lives are still the same... only better. This, of course, is without having to make monthly loan payments. A recent survey found that 85% of the seniors wanted to stay in their homes with their familiar surroundings as long as they could. That is what a reverse mortgage allows them to do.

Remember just like a regular "forward" mortgage, with a reverse mortgage, you always retain title to your home. The bank does not own your home. It is always yours and your heirs. Another point that needs to be made is, the money from a reverse mortgage is tax free and it does not affect your Social Security.

You need to know "Not every senior can qualify for a reverse mortgage." There are 3 major rules and 3 minor rules for a reverse mortgage.

(#1) The title holders must be at least 62 years old. If one person is 62 and one person is under 62 there is still a way to do a reverse mortgage.

(#2) Your home must be your primary residence. This does not mean that you can't have a second or vacation home, it just means that a primary residence is where you get your tax notices and where you are registered to vote, etc.

(#3) you must be a homeowner with equity in your home. You may still qualify if you have a mortgage on your home provided that you have enough equity to pay off the mortgage that you have now. The rule of thumb is that you need at least 50% equity to apply for a reverse mortgage. That means that you must owe less than 1/2 of what the house is worth. Now here are the minor rules.

(#1) You must pay your property

taxes.

(#2) You must pay your homeowners insurance.

(#3) You maintain the condition of your home. I consider these last 3 "minor rules" because we all have to do them anyway. There are no income or credit qualifications. It doesn't matter what your credit rating is or if you have any income at all. The lender is not looking at how you are going to pay them back because you never have to pay the loan back as long as one of you lives in the home as you primary residence.

You say "There won't be anything left for my children to inherit." It is true that you will be spending down some of the equity in your home but let us look at a couple of facts.

(#1) The stats show that there will still be equity in your home when the time comes for your children to inherit your estate.

(#2) You have sacrificed all your lives for your children.

You raised your children right. Do you really think that inheriting a little more equity in your home is more important to your children than your happiness, your well being and enjoying your retirement rather than just getting by? I don't think so.

If you still think that the equity in your home is the most important thing for them, ask them what they want you to do. Then if you want, you could use part of the money you get from a reverse mortgage to purchase a life insurance policy that will increase your inheritance for them. That will give them the best of both worlds.

I have tried to answer all the questions that come up when seniors say "it sounds too good to be true." If I have missed some, call me and I will address them next time.

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.

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

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Cooking From A to Z: AUTUMN DESSERTS: FALLING FOR FRUIT

by Annette Gooch

As cooling and refreshing as the luscious fruits of summer are, they're soon forgotten as autumn and early winter bring yet another bounty of fruits to rediscover or perhaps taste for the first time. The change from summer to fall is mirrored both by the warmer, richer colors and more concentrated flavors of autumn fruits. Apples, grapes, citrus, pears and quince are the ingredients for enticing cool-weather desserts, some cooked and some made with uncooked fruit.

SUCCESS TIPS:

-- When shopping for late-harvest grapes, look for rich color (dark red, purple, blue-black or amber, depending on the variety). Although color is generally a reliable indicator of sweetness in grapes, taste is the best test.

-- Quince is a specialty fruit available in most areas of the country from late October through early January. Look for firm fruit with good yellow color and a somewhat regular shape (which is easier to peel than irregular-shaped quince). If the fruit is pale and has no aroma, store it at room temperature for

a few days until it is mostly yellow and emits a pleasant fragrance, but don't allow it to become mealy. Use it at once or store it in the refrigerator for up to one month.

Start off a leisurely weekend breakfast or brunch with this combination of fruits available all year long -- apples, bananas and oranges -- plus late-season grapes, pears and glistening ruby pomegranate seeds. Richly colored grapes such as purple-blue Concord, dark red Emperor or other late-harvest varieties provide lots of color and flavor.

AFTER THE FALL FRUIT CUP

- 3 oranges
- 2 unpeeled tart red apples, cored and diced
- 2 firm bananas, sliced about 1/2 inch thick
- 1 cup halved grapes, seedless or seeds removed
- 2 firm but ripe Bartlett pears (peeled, cored and diced)
- 1/4 cup pomegranate seeds
- 1 tablespoon lemon juice

1. Working over a large bowl to catch any juices, peel and segment oranges; place in bowl.

2. Add remaining ingredients; mix lightly. Serve at once or cover and refrigerate for up to 3 hours before serving.

Serves 6.

Even though quince often resembles a bumpy, misshapen yellowish apple or pear, it is said to be the "golden apple" (a love symbol) of Greek mythology. Its flavor is as complex as love: The initial applelike sweetness of raw quince is followed by an extremely sour aftertaste. A few people relish thin slices of the raw fruit, but it is more often cooked, which softens the flesh, turns it salmon pink, and gives it a pleasing fragrance and milder flavor.

In North African and Middle Eastern cuisine, quince is used in stews and other savory dishes while in Spain and Latin America, it is made into a sweet gel or paste and served with cheese. In Europe and the United States, quince is almost always cooked with sugar and spices to make sauce or preserves, or combined with apples or pears for pies or compotes such as this one.

PEAR AND QUINCE COMPOTE

- 3 firm pears or Golden Delicious apples
- 3 firm quinces
- 1 cup water
- 1/2 cup white wine
- 1/2 cup sugar
- 2 tablespoons honey
- 1/2 vanilla bean
- 1 cinnamon stick
- 16 walnut halves, toasted, for garnish

1. Peel, quarter and remove core and seeds from pears and quinces, placing them in separate lidded containers; cover to reduce oxidation and set aside. In a 2-quart saucepan, combine water, wine, sugar and honey; stir to blend.

2. Bring mixture to a boil over medium-high heat and stir until sugar is dissolved. Add vanilla bean, cinnamon stick and quinces. Reduce heat to medium-low and simmer for 18 minutes.

3. Add pears and continue cooking for 15 minutes more. Using a slotted spoon, remove fruit to a serving dish; discard vanilla bean and cinnamon stick. Over high heat, boil pan juices until reduced by half. Pour liquid over fruit.



The rich colors and complex flavors of grapes, apples and other fall fruits reflect the autumn landscape. photo: Lifestyle Media Group

Garnish with walnut halves. Serve in dessert dishes.

Serves 8.

Serve this handsome fruited gelatin as a refreshing dessert, presenting it in individual dishes.

GRAPE AND TANGERINE MOLD

- 3 cups unsweetened grape juice (white or purple)
- 1 packet unflavored gelatin
- 1 1/2 cups halved black, purple or red grapes (seeds removed or seedless)
- 1 cup peeled and seeded tangerine or orange sections
- 1 cup halved seedless green grapes

1. In a large saucepan, combine grape juice with gelatin; simmer gently, stirring frequently, until gelatin is dissolved. Let mixture cool slightly; divide among 6 to 8 heatproof dessert dishes (leaving some head room in each dish for the fruit). Let mixture partially congeal in refrigerator.

2. Combine grapes and tangerine sections; mix into the partially congealed gelatin. Let chill until completely set (about 1 to 1 1/4 hours).

3. Set each dish of gelatin on a dessert plate and serve at once.

Serves 6 to 8.



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- October 1:** Roast Beef Sandwich, cream of veggie soup, mixed green salad/ranch drsg., wheat bread/marg., strawberries/bananas.
- October 2:** Sweet/Sour Pork/Rice, zucchini/tomatoes, cukes/onions salad, wheat bread/marg., cranberry fluff.
- October 3:** Chicken cacciatore, linguini, broccoli, wheat bread/marg., cherry crisp.
- October 4:** Roast Beef/Gravy, mashed potatoes, peas/carrots, wheat bread/marg., spiced fruit mold.
- October 5:** Baked Ham, confetti rice, mixed veggies, pineapple slaw wheat bread/marg., orange juice.
- October 8:** Salisbury Steak, mashed potatoes, carrots, cherry fruit gelatin, wheat bread/marg., watermelon.
- October 9:** Hot Turkey Sandwich, mashed potatoes, harvard beets, wheat bread/marg., fruit blend juice.
- October 10:** Spicy Sausage Patty, parslied noodles, cabbage, carrot raisin salad, wheat bread/marg., banana.
- October 11:** Breaded Fish/Lemon Juice, tator tots, peas, cabbage apple slaw, wheat bread/marg., raspberry sherbet.
- October 12:** Lasagna, basil green beans, let/tom salad/ranch, wheat bread/marg., grapes.
- October 15:** Beef Tips/Gravy, mashed potatoes, mexican corn, wheat bread/marg., blueberry crisp.
- October 16:** Beef Stew, confetti rice,



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- zucchini, cukes/onions salad, wheat bread/marg., peach.
- October 22:** Turkey Green Chili, mashed potatoes, mexican corn, wheat bread/marg., blueberry crisp.
- October 23:** Beef Stronganoff Over Noodles, peas, mixed green salad/ranch, wheat bread/marg., apple.
- October 24:** Honey Mustard Chicken, stewed tomatoes, basil green beans, wheat bread/marg., raspberry sherbet.
- October 25:** BBQ Beef Sandwich, mixed veggies, spiced fruit mold, blush pear dessert.
- October 26:** Roast Turkey/Gravy, orange glazed sweet potatoes, broccoli, wheat bread/marg., grapes.
- October 29:** Meat Sauce, carrots, lettuce/tomato salad/Italian drsg., wheat bread/marg., strawberries/PA.
- October 30:** Enchilada Casserole, peas, mexican coleslaw, wheat bread/marg., oatmeal cookie, applesauce.
- October 31:** Chicken A La King, biscuit, oriental veggies, lettuce/tomato salad/ranch, peach.
- November 1:** Macaroni/Cheese, zucchini, veggie salad medley, wheat bread/marg., chilled plums.
- November 2:** Pot Roast with Potatoes/Carrots/Onions, two bean salad, wheat bread/marg., cinnamon apple bake.

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“Home Sweet Home” Can Turn Bitter

Hail Storm Pummels Area and Provides Prey for Scammers

by Katie Carroll- BBB

Did the hailstorm pelt your pansies? Pound your Pathfinder? Wallop your windsocks? Unfortunately, natural disasters provide an excellent opportunity for unscrupulous people to profit by taking advantage of people whose lives have been disrupted. Consumers need to carefully research any organization offering repair services related to the recent hailstorm that occurred in your area.

“It’s important to know who you are doing business with,” said Carol Odell, Executive Director/CEO of the Better Business Bureau of Southern Colorado. “Check with the Better Business Bureau. Obtain references and bids. People are anxious to get their lives back to normal, and it pays to take the time to protect yourself and your money.”

In the aftermath of a hailstorm, consumers whose property is damaged will need restoration services. Contractors, landscapers, roofers and auto body repair shops will be offering their services to home and business owners who suffered damage. Consumers may avoid problems by observing the following suggestions:

- Get detailed proposals and contracts in writing.

- Solicit two or three bids from different companies.

- Never pay a contractor for the entire job in advance, and avoid paying in cash.

- For landscapers, contact the Professional Lawn Care Association of America at 800/458-3466.

- Check with the Better Business Bureau of Southern Colorado at www.bbbsc.org or 719-636-5076, 866-206-1800, before hiring any company.

- Call your area’s Regional Building Department to check on the license of a contractor or roofer.

- Check the references of any person offering repair work.

Never feel hurried, intimidated or coerced by someone offering to fix your roof, house, yard or car. A reputable repairperson will wait while you do your homework.

Magazine Sales Scam Alert

People living in Colorado Springs, Denver and Larimer County have reported young adults going door-to-door selling book and magazine subscriptions for the Children’s Hospital, University of Denver basketball team and for the Denver Health Medical Center. They state that part of the proceeds will be used for a related trip these young adults are planning. Many persons have written checks, but then did research.

It turns out DU does not have

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a basketball team, Children’s Hospital doesn’t participate in any door-to-door sales program, nor does Denver Health Medical Center. Kathy Crawley, Vice President of the Children’s Hospital Foundation, says, “We ask the public to be very cautious. Please do not buy magazines from salespeople who claim to work on behalf of The Children’s Hospital.”

Consumers have filed complaints with their local law enforcement agencies. They have stated these young adults say they are independent contractors for Integrity Program, LLC. Integrity Program, LLC is out of Phoenix, Arizona and Las Vegas, Nevada. This company has an unsatisfactory record with the BBB due to unresolved complaints. As of September 12, the Bureau processed a total of 106 complaints in the last 36 months. A full BBB reliability report on this company is available at: www.vegasbbb.org.

The BBB reminds consumers to be cautious of door to door solicitations.

- Do not feel pressured to purchase any product or service. A legitimate offer will be there in a couple of days. Do not be threatened or “guilted” into a purchase. Some unscrupulous salespersons will try to play on your sympathies or tug at your heartstrings.

- Ask for identification, a company name, address and telephone number. Make sure your contract has the name and physical address of the seller or business organization.

- Investigate claims made by salespersons. Is the money really going to the specified organization or charity? Call the charity’s number (in the phone book) which the seller claims to represent—verify that they have someone soliciting donations in your area.

- Ask the seller to provide you with notification of your right, in writing, to cancel the sale (if applicable)

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Toxic Waste Group Gets Grant

Contact: Colorado Citizens Against ToxicWaste (CCAT)
Co-Chairs, Carol Dunn 719-275-2822, and Sharyn Cunningham 719-275-3432
TAG Project Manager Jeri Fry 719-275-4010

CCAT announced the completion of their \$50,000 Technical Assistance Grant (TAG) with a presentation of the two-volume set of reports to Fremont County and Canon City this week. These published works are by two independent technical scientific advisors who contracted with CCAT to study the Cotter/Lincoln Park Superfund Site near Canon City, Colorado. The United States Environmental Protection Agency (USEPA) awarded the TAGrant to Colorado Citizens Against ToxicWaste, Inc. (CCAT) in September 2003.

“Since a Superfund Site is, by definition, one of the most toxic places on Earth,” said Jeri Fry, TAG Program Manager, “the CCAT Board was honored to receive this grant for use as part of our organization’s mission to educate.”

The purpose for TAG funds is to hire technical scientific advisors to assist the community in interpreting technical reports, site conditions, and EPA’s cleanup proposals and decisions. The Cotter/Lincoln Park Superfund Site is enormously complex and over 20 years old. This project has taken 3 years. These new comprehensive reports are written for the layperson to understand. They bring together information from over two decades of work by a variety of previous experts in an easy to understand publication.

CCAT is a 501(c)3 non-profit corporation with a goal to inform and educate the public regarding toxic and radioactive and toxic waste.

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Two Convenient Locations To Serve You

Well-Dressed Garden: Cemeteries Inspire Fall Gardens

by Marty Ross

If you're spooking around for garden ideas this fall, try visiting an old cemetery. Among the tranquil groves of oaks and evergreens, stately monuments and wrought-iron fences around family plots, you'll find inspiration for your own restful backyard.

Well-landscaped cemeteries set an example for us all. Mount Auburn, in Cambridge, Mass., was designed as both a cemetery and park. The distinguished 175-year-old cemetery, now recognized as a national historic landmark, is planted with 5,000 trees and astonishing collections of shrubs and flowers.

It was planned as a graveyard with a special mission: a place where the living could come both to pay their respects to the dead and to enjoy nature. Modern cemeteries, with their acres of flat grave markers set flush with the lawn so they can be mowed over, can't be compared to the moody, marvelous landscapes of Mount Auburn and other historic cemeteries around the world.

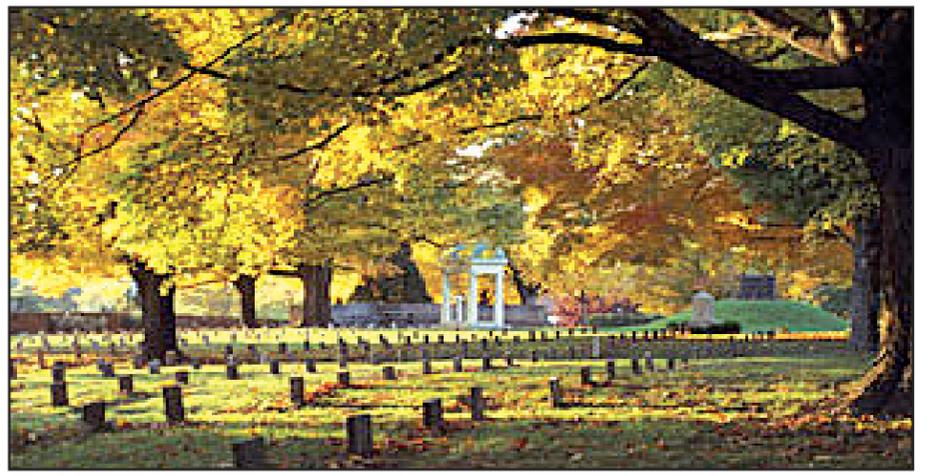
"A cemetery doesn't have to be drab and boring; it's an inspira-

tional place," says David Barnett, vice president in charge of operations and horticulture at Mount Auburn, www.mountauburn.org. The cemetery takes its horticultural role seriously, organizing garden walks throughout the year to help visitors learn to recognize trees and shrubs and to give them ideas they can use at home.

Mount Auburn's impressive plant collections demonstrate the enormous variety of species that will thrive in the Boston area's challenging climate. Barnett sticks with traditional plants in the oldest parts of the cemetery and adds new varieties of hydrangeas, viburnums and ornamental grasses in the modern sections. Like many gardeners, he is particularly interested in low-maintenance plants.

"We're focusing on practices that will help us achieve a sustainable environment," he says. "We want to reduce labor, noise and pollution and improve the cemetery as a habitat for wildlife. We are a 175-acre oasis."

Old City Cemetery, www.gravegarden.org, a Virginia historic



Trees, shrubs and flowers growing in old cemeteries were all chosen because they thrive with little care. Garden ideas flourish among the monuments and tombstones in such memorial parks as Old City Cemetery in Lynchburg, Va. photo: Old City Cemetery

landmark in Lynchburg, has long traditions of its own. The 26-acre cemetery, established in 1806, is known for its peaceful setting, fine trees and important collections of shrubs, roses and daffodils, many of which were planted in the 19th century by the families of those buried there.

The cemetery embarked on an ambitious planting program in the 1980s, adding to plants found on the

grounds in a careful assessment of the existing botany.

"I saw family plots that were outlined with daffodils, and little boundaries of privet hedge, graves with iris around the perimeter," says Jane B. White, who has just retired as director of the cemetery.

White and her co-workers understood that this was an important and unusual flowering heritage. Now the cemetery's rose collection is celebrated in an annual antique rose festival in mid-May, when visitors can buy rooted cuttings of roses growing on the grounds to plant in their gardens at home.

"The public is always looking for something new," White says, "but it's a wonderful thing to look back on where things came from."

About 60 different roses planted along a 500-foot brick wall around Old City Cemetery's Confederate section present a history of roses from the 16th century to the 1950s.

Hundreds of daffodils in the celebrated daffodil collection bloom in the spring in the cemetery's shrub garden, a sweeping bed full of old-fashioned flowering shrubs and small trees. Beautyberry, deutzia, winterberry hollies, butterfly bush and hydrangeas are among the shrubs chosen both for their historical appropriateness and for year-round interest. Low maintenance is also a priority.

"I thank goodness these things survive," White says of the enduring qualities of old-fashioned plants.

In the fall, especially, old cemeteries seem to inspire reflection. As you wander the paths, reading the inscriptions on monuments, you might notice bright red hips on rose bushes, or fall bulbs such as autumn crocus and sternbergia, coming into bloom around the graves and in the skirts of shrubs.

The sculptural structure of deciduous trees reveals itself as the leaves fall, and peaceful drifts of bright orange and gold leaves around the tombstones sparkle against handsome backgrounds of evergreens.

When you stop to listen, the birds seem to sing a little more wistfully than they did in June. Butterflies pause on late flowers but move on; they have somewhere else to go.

It's easy to lose yourself for a few minutes, here between life and death, but the fall is a time to plant daffodils and to be thinking ahead, not back. Whistle a little tune on your way out of the graveyard and stop at a garden shop on the way home. Life is crazy, but life goes on. Spring will soon be coming around again.

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Pastures Are Greener In Aiken, South Carolina

by Elliott Hester

AIKEN, S.C. -- Say polo, and one thinks perhaps of Prince Charles or Palm Beach -- not this small South Carolina town, population 26,000. But polo is big here and getting bigger.

This is equestrian country, with 38 polo fields, dozens of stables, horse trails, housing developments with horse facilities -- and even some special traffic-light crossing switches placed at a horseback rider's height. Major polo tournaments are held here, including the Gold Cup in 2006 and 2007 and the annual Triple Crown.

Nor are equine activities limited to polo. There are events and training for thoroughbreds, standardbreds, dressage, fox hunting, steeplechasing and trotters -- a total of nine disciplines. Enshrined in Aiken's Thoroughbred Hall of Fame are such Aiken-bred equine stars as Kelso, horse of the year from 1960 to 1964, and Pleasant Colony, who won the Kentucky Derby, Preakness and Wood Memorial races in 1981.

Why Aiken?

"The temperature and soil conditions are perfect," says Gay Elliott, who with her husband, Steve, operates the General Elliott Inn across the street from the 1,000-acre New Bridge Polo and Country Club, the area's biggest and most important equestrian layout.

During major matches such as the Gold Cup and Triple Crown, New Bridge's five polo fields are ringed with tents and booths and as many as 10,000 spectators. Whitney Field, built in 1882, is the oldest polo field in the United States and still the site of Aiken Polo Club matches. Spring and fall are the polo seasons, with some of the biggest events taking place in September.

Polo came to Aiken 125 years ago, about the same time Aiken was becoming a favorite winter retreat for wealthy families. Over the years, members of this "winter colony" included such distinguished names as John Jacob Astor, William K. Vanderbilt and Col. Robert McCormick.

Evelyn Walsh McLean rented a home here and reportedly kept the



Polo is the sport of choice in Aiken, with major tournaments in spring and fall.

photo: Thoroughbred Country

famous Hope diamond in a silk stocking in a dresser drawer. The Willcox Inn, still an elegant hotel here, has had among its famous guests Franklin D. Roosevelt, Elizabeth Arden, Harold Vanderbilt, Winston Churchill and Averell Harriman.

Today, many professional polo players own polo fields here or partner

with a "patrone," a wealthy sponsor who foots the bills.

"It (polo) is called sport of kings for good reason," Steve Elliott says. "It takes a lot of money to have horses. It could cost a patrone \$1 million for just a month -- and out of it he gets only trophies."

Polo is not the only sport with special cachet here. Golf is a venerable avocation. The Augusta National Golf Club, home of the prestigious Masters tournament, is just 20 minutes away in Augusta, Ga., and its aura rubs off on Aiken.

Every spring hundreds of golfers and golf fans pour into the area for the annual tournament, filling every hotel room for miles around, including Aiken. Many of them, including the pros, play or practice on Aiken's golf courses.

One of them is the Palmetto Golf Club, whose course is one of the oldest in America; its clubhouse was designed by famed New York architect Stanford White. It is open to the public only one week a year, the week before the Masters, and such Masters champions as Ben Hogan, Sammy Snead, Byron Nelson and Bobby Jones have toured its 18 holes.

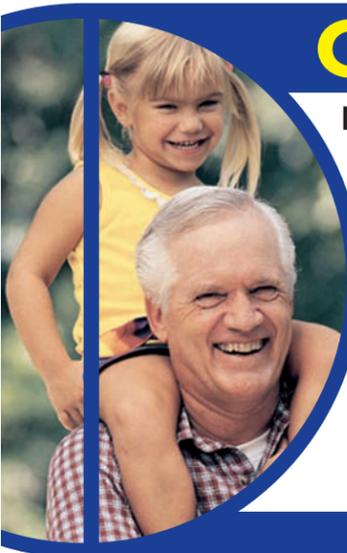
Ben Crenshaw tuned up on the course just days before winning the 1995 Masters and comes back regularly. Also popular is the semiprivate Aiken Golf Club, designed by Donald Ross and the first in America to have women's tees.

Nature also does well by Aiken, which has the largest urban forest in America. Its 2,100-acre Hitchcock Woods, totally within city limits, is bigger than New York City's Central Park. Another green area, Hopeland Gardens, not only has miles of trails but is the home of the Aiken Thoroughbred Racing Hall of Fame and the Carriage Museum. And Aiken State Natural Area's 1,000-plus acres are popular with hikers, campers and canoeists who ply the Edisto River.

Those wanting to learn more about Aiken's rich history should visit the Aiken County Historical Museum, which has a remarkable miniature circus on view, with a miniature parade, circus rings and even a mess tent complete with miniature place settings. Historic photos of famous golfers line one hallway, and artifacts from the Civil War also are on view.

Downtown Aiken is a pleasant district whose streets have tree-lined medians and local hangouts like Pat's Martini Bar, the Aiken Brewing Co. and West Side Bowery. The new Convocation Center at the University of South Carolina Aiken brings in name entertainers, and its DuPont Planetarium is also popular.

Information: Thoroughbred Country, (888) 834-1654 or www.tbredcountry.org.



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Butch/Sundance? Pilgrimages Lend Purpose To Adventure

by Patrick Joseph

No doubt, Bus 142 will see an increase in visitors this year. The rusty old International Harvester school bus had become an unlikely shrine even before Sean Penn brought Jon Krakauer's "Into the Wild" to movie screens.

Krakauer's best-selling book tells the story of Christopher McCandless, an idealistic young man who renounced all family ties and worldly possessions to wander the continent "in search of raw, transcendent experience." It was a journey from a privileged home in Northern Virginia to a mysterious death in the Alaskan wilderness.

In the summer of 1992, his body was found in the abandoned bus, which sits just outside Denali National Park on a lonely section of the Stampede Trail.

Inspired by the tragic tale, countless visitors have hiked to the site -- braving mosquitoes, bears and a dangerous river crossing en route -- in order to pay their respects. A growing stack of notebooks inside the bus records their thoughts and impressions -- odes to someone they never knew.

Of course, Christopher McCandless is not alone in having inspired this sort of pilgrimage. The impulse to follow

in the footsteps of literary and historical figures, to commune with the past and pay respects to lost souls, is nearly universal. And why not? Such pilgrimages heighten the experience of travel by lending purpose -- even meaning -- to what might otherwise be aimless indulgence.

That said, here are a handful of other potentially pilgrimage-inspiring destinations, scattered across both time and geography.

Kerouac's Lookout: This year marks the 50th anniversary of the publication of "On the Road," the novel that made author Jack Kerouac an icon of the Beat Generation. But in the summer of 1956, the year before he was thrust into the limelight, Kerouac was leading a very different existence, working as a fire spotter in what is now North Cascades National Park.

The lookout Kerouac manned still stands atop Desolation Peak and can be reached via a short boat ride, followed by a strenuous seven-mile hike. Visitors should be sure to carry a copy of either "Desolation Angels" or "The Dharma Bums" in their rucksacks. Both novels drew extensively on the author's experiences that summer.

For more trail information, visit

North Cascades National Park online, www.nps.gov/noca/.

The Outlaw Trail: In 1901, the notorious bank robbers Butch Cassidy and the Sundance Kid took a respite from their larcenous ways and sailed to Argentina, ultimately buying a ranch in a lonely region of Patagonia. There they lived a quiet life, farming and raising cattle until 1905, when Pinkerton agents began to close in, and the duo made a break for it.

Their hideout still stands near the town of Cholila, Argentina. For adventure's sake, it is best approached via a multiday horseback ride from Cochamo, Chile. Riders pass through the spectacular Valdivian rainforest and cross into Argentina at Paso Leon -- the same route the outlaws used to drive their cattle to market.

For more information, contact Campo Aventura, www.campo-aventura.com.

Stevenson's Long Walk: Although best remembered as the author of "Treasure Island" and "The Strange Case of Dr. Jekyll and Mr. Hyde," Robert Louis Stevenson was also one of the all-time great travel writers. One of his earliest and best travelogues is called "Travels With a Donkey in the Cevennes." In it, the Scottish author recounted a 120-mile journey he made in the late 1870s, accompanied by his four-legged companion, Modestine, across a wild, sparsely populated section of southern France.

Today the Cevennes is partly protected as a national park, and the route Stevenson took is known as the Grande Randonnee 70. You can find the complete itinerary online at www.gr70-stevenson.com.

Basho's Journey: "Everything about me was bewitched by the travel gods, and my thoughts were no longer mine to control. The spirits of the road beckoned, and I could do no work at all." So wrote Matsuo Basho, Japan's greatest poet, who, in 1689, set out from Tokyo (then called Edo) and walked hundreds of miles into the northern interior of Honshu, climbing mountains and hiking coastline along the way. The journey is chronicled



Bank robbers Butch Cassidy and the Sundance Kid took a respite from their larcenous ways and settled on a ranch in a lonely region of Argentina. Their hideout still stands near the town of Cholila, Argentina. photo: Patrick Joseph

in his most famous work, "Oku no Hosomichi," or "The Narrow Road to the Deep North."

To see the waypoints of Basho's journey, visit http://wikitravel.org/en/Narrow_Road_to_the_Deep_North.

Otzi's Last Steps: In 1991, a 5,000-year-old man was discovered by hikers in the Otzal Alps on the border of Austria and Italy. The mummified corpse was face down, the body half-frozen in a glacier. Forensic analysis suggests that Otzi, as he was dubbed, died as a result of a violent skirmish. In addition to other wounds, he had an arrowhead lodged in one shoulder.

The iceman's resting place on a high mountain saddle can be reached via a long day's hike from the resort town of Vent, Austria. An overnight stay at the Similaunhutte Refuge at 9,000 feet helps make the trip more manageable.

For a multiday guided adventure in the region, contact Mountain Travel Sobek, www.mtsobek.com/mts/ata.



This extremely rare and beautiful "pink dolphin" was spotted and photographed by Capt. Erik Rue of Calcasieu Charter Service on June 24th, 2007 during a charter fishing trip on Calcasieu Lake south of Lake Charles, LA. It appears to be an uncanny freak of nature, an albino dolphin, with reddish eyes and glossy pink skin. It is small in comparison to the others it is traveling with and appears to be a youngster traveling with mama. Ed. Note: Thanks and a hat tip to Wendie Stauffer for sending this to us via e-mail at news@seniorbeacon.info.

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Senior Community Update



2-1-1 EXPANDS INTO BACA COUNTY

2-1-1 for Southeast Colorado Expands Phone Service into Baca County

On September 18, 2007, at a special meeting held in Springfield, Colorado, it has expanded 2-1-1 phone service into Baca County.

Over 90% of the 275,000 residents of our region now have access to 2-1-1 phone service. The goal is to provide service in the remaining two counties before the end of 2007, as funding and specific resource information becomes available.

2-1-1 is a free, easy to remember phone number that anyone can call to reach a person trained to help them assess their needs and put them in touch with the community services available to meet those needs.

By dialing 2-1-1, individuals can also find opportunities to volunteer or make donations.

For more information, please call Pat Gash at 2-1-1 or 719-583-6611.

GENEALOGICAL SOCIETY

The Southeastern Colorado Genealogy Society holds regular meetings on the 2nd Saturday of the month at 2:00pm in Meeting Room "B," Robert Hoag Rawlings Public Library, 1st floor, 100 Abriendo Avenue, Pueblo, CO.

At the Sept. 8 meeting, "Refresher and Beginner's Genealogy Classes will be offered one hour before the regular meeting.

No charge. Non-Members welcome.

To register, call 546-1973.

SEASONS OF GRIEF

The Seasons of Grief, a workshop for adults experiencing bereavement at the death of someone close will meet for five sessions beginning Thursday, September 6th through October 4th from 6:30pm to 9:00pm at the First Presbyterian Church, 220 W. 10th St., Pueblo. The cost is \$20.00. Scholarships are available. For more info call Suzanne D'Spain, 719-542-7322.

OWLS NEWS

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 res-

ervations, please contact Jack Briggs at Jack.Briggs@comcast.net or call him at 546-6189."

S

RDA MYSTERY TRIP

October 6th - Leaving SRDA at 3:30 pm - Returning by 8:00 pm

Be prepared for either warm weather or cool weather.

Trip Includes: Transportation, Food & Entertainment - \$35.00.

Register at SRDA, 230 N. Union Ave. or call 545-8900.

ALSO: Free Movies at SRDA, 230 N. Union Ave 545-8900.

September 7th - Back Draft

September 14th - Towering Inferno (Steve McQueen)

September 21st - Hell Fighters (John Wayne)

September 28th - Hunt for Red October (Sean Connery)

ATTENTION STRING PLAYERS!

The Fremont Chamber Orchestra is seeking new members. If you play the violin, viola, cello or bass, come and join this fun loving group of musicians. The orchestra rehearses on Tuesday evenings, from 6:30 - 7:30 pm, at the Wells Fargo Bank, in Penrose, Colorado. Rehearsals will begin on September 25th, 2007.

For further information, please contact Jean Whitmore at 429-6091 or the Fremont School of the Arts at 784-3400.

VOLUNTEER OMBUDSMAN

Wanted, Volunteer Ombudsmen to share their time, talents and caring hearts with the elderly residents of Long-Term Care and Assisted Living facilities. This would be a great opportunity for retired Nurses, Social Workers, and Individuals who love and want to work with some of the most vulnerable members of our society. In this capacity, you would advocate for these residents and when necessary investigate and obtain proof of deviation from nursing home care standards. If interested please call 583-6123. This Volunteer position is with the Pueblo County Long-term Care Ombudsman Program. You Must Be Able To Pass A Criminal Background Check Before Being Accepted.

GIFTS IN A JAR CLASS

Make Holiday Gift giving from your kitchen safe and scrumptious!

Join us on October 10th or 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

GUN SLINGING "MACBETH"

(Denver, CO) Listen Productions presents "Macbeth", opening October 20, 2007 at the Buntport Theater, 717 Lipan in Denver. www.cowboymacbeth.org 720-290-1104

Shakespeare's lean and mean yarn follows Macbeth's bloody rise to power after three mysterious witches tell him he's destined for his heart's desire.

"Macbeth" opens October 20 and runs through November 17, 2007 at Buntport Theater (717 Lipan in Denver). Performances are Thursday, Friday, Saturday at 7:30 p.m.; Sunday at 4:00 p.m. Tickets are \$20, and available at 720-290-1104. Thursday performances are 2-for-1 admission. No show Sunday, October 21.

Special Events:

Wednesday, Oct. 31- Halloween performance at 7:30. Come in costume for \$10 tickets.

Saturday, Nov. 3- Wild West Poker Tournament at High Noon. \$40 suggested donation.

Saturday, Nov. 10- Banquo's Banquet with musical performances by GerRee Hinshaw and Jasper Ryckman. \$100 includes \$80 tax deductible donation and post-show hoedown.

TASTE OF PUEBLO

Sunday, October 7th, 2007, is the 5th Annual TASTE OF PUEBLO benefiting the Care and Share Food Bank. Tickets are \$35.00 (of which \$25.00 is tax deductible).

ALL PROCEEDS STAY HERE IN PUEBLO!

Each \$35.00 ticket will enable Care and Share to acquire over 300 pounds of food for Pueblo's hungry fami-

lies.

Please contact us at 296-6995 or via e-mail, to reserve your tickets today.

PUEBLO WEST HEALTH FAIR

PUEBLO, Colo. (September 20, 2007)--- Parkview Medical Center will soon have a new emergency room facility in Pueblo West and as a way to meet new neighbors, will host a health fair on Saturday, October 6 from 7 am to noon at Pueblo West High School. The Pueblo West Health Fair will include free blood pressure, height & weight, vision, blood sugar and spirometry screenings.

The Pueblo West Health Fair will also give attendees the opportunity to get prepared for the upcoming flu season. Flu shots will be available for those 18 and over, at a cost of \$25, cash or check accepted or FREE for Medicare B recipients with valid card.

Health Fair attendees will have the opportunity to see an architectural rendering of the new facility as well as meet Parkview employees and learn about:

- Preventing Stroke
- Sleep Disorders
- Diagnostic Imaging
- Rehabilitation Services
- Heart Disease
- Volunteer Opportunities
- Osteoarthritis & The Joint Center at Parkview Medical Center
- Wound Center
- Diabetes Care Center
- Cancer Care
- Endoscopy
- "Life in the ER" scenario
- Spirit of Women

Parkview's Kidsville Express injury prevention program will also be at the event as well as the Great Hospital Adventure Puppets, story telling and a coloring contest for special prizes.

For more information on the event, contact the Health Initiatives department at Parkview (719) 584-7324. For more information on upcoming Flu Shot clinics call Parkview's flu shot hotline, 595-SHOT.

ALZHEIMER'S SUPPORT GROUP

2nd Tuesday of every month - 9-10:00am - Chateau Guest House 1234 W. Abriendo

2nd Tuesday of every month - 7-8pm - Alz. Assoc. 4104 Outlook Bldg. B (night group)

3rd Thursday of every month - 9:00-10:30am - Alz. Assoc. office 4104 Outlook Bldg. B

4th Tuesday of every month - 9-10:00am - Aloysius Catholic Church (basement) Hwy 165 - Rye

4th Wednesday of every month - 9-10:30am - Alz. Assoc. office 4104 Outlook Bldg. B

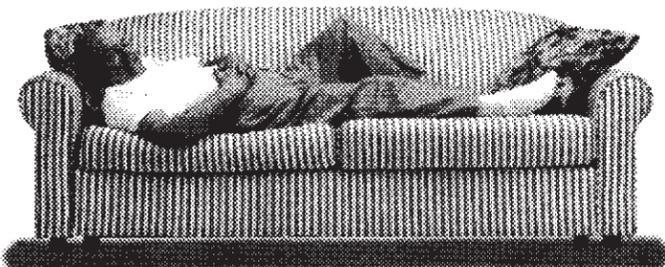
Please call 544-5720 for more information.

DIVORCE RECOVERY

A Divorce Recovery Workshop for divorced and separated people of all ages and beliefs will meet for seven sessions beginning Thursday, October 4th through November 15th from 6:30 - 8:30 pm at the First Presbyterian Church, 220 W. 10th Street, Pueblo. The cost is \$30. Scholarships are available. For more information, please call Suzanne D'Spain at 719-542-7322.

ANGELS HAVE WHEELS

All Medicare recipients should now be aware that if they suffer from conditions such as arthritis, cardiovascular disease and respiratory disorders, and have difficulty walking or propelling a standard wheelchair, they may be eligible to receive an electric wheelchair paid for by Medicare. Info? 1-800-810-2877.



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

The hardest part of your next move should be getting up to give us a call. For just a few dollars more than renting a truck and doing it yourself, **TWO MEN AND A TRUCK** provides fast, reliable service you can depend on. So if you're planning a move in the near future, give us a call. Then do like the rest of our customers. Relax.

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SENIOR CLASSIFIEDS

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

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. Available day or night. Full-time or part-time. Call Connie, 543-7853. #1007

HOUSECLEANING. Three-Hour Minimum. \$10 per hour with you supplying the cleaning goods. Near a bust stop. Carolyn, 719-561-8682. #1007

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 -

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.

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

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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

GOTLAND? 0 Down, 0 Closing costs if you own land or have family land! Guaranteed approval. Bad Credit, O.K. LAND DOES YOUR GOOD CREDIT!! 719-545-0945. #0807

LANDSCAPE DESIGN SERVICE-

ES. 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

IMPERIAL GARDENS. Two cemetery plots. Devotion area. Lot 296. Spaces 1 & 2. \$500. Call 564-3542. #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

CREMATION URNS. Beautiful walnut or cherry (real wood). AFFORDABLE. Pueblo West Woodworking. Call 7 days a week/anytime. (719) 406-7397. #0707

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.

ALTERNATIVE TO NURSING HOME Personal care in my home or yours long/short term. Hospice care. Lots of TLC. Meals. 16 years experience. References. 545-1448. #0607

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

TWO MOBILITY SCOOTERS for easy access home or away, with baskets, 3 wheels, \$650.00 each. 719-547-4654 or 719-671-3560. #0607

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

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

NURSING HOME PRICES TOO HIGH? Qualified CNA will provide 24-hour care in my Christian family home. Single or couple welcome. Discount for couple. Hot meals, transportation and more. Pets O.K. On the Mesa - Pueblo Area. 719-778-9194. #0607

DONATE TO PUEBLO'S OWN "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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Never Burst
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CANON CITY FORUM TO TAKE PLACE OCTOBER 6TH

Community Members Invited To Share Views on Health Reform

WHAT: Pueblo-area residents will have an opportunity to share their opinions about health reform with members of the Blue Ribbon Commission for Health Care Reform at a community meeting on October 6.

WHERE: Saturday, October 6, 5:00 – 8:00 p.m., Canon City Skyline School, Commons Area - 2855 9th Street, Canon City.

This location is ADA accessible. Good faith efforts will be made to fulfill all requests for reasonable accommodations with advance notice. Requests should be submitted to 208commission@coloradofoundation.org or 303-837-8466 ext. 137.

DETAILS: Meeting attendees will be asked to address the following specific questions:

-- What should be the role of each of the following in providing or assuring access to health care?

- Individuals, • Employers, • Health care providers and support services, • Government

-- Please discuss anything that you think the Commission should pay particular attention to in the five proposals being evaluated – OR – anything that you think is missing from the conversation that would make a difference to you as the Commission moves forward with recommendations for health reform.

In order to allow all attendees an opportunity to share their views, we respectfully request those testifying to limit their remarks to three minutes.

Meeting attendees are asked to provide written testimony in addition to oral remarks. Those who would like to comment on specific proposals are asked to do so in their written remarks. Written comments will be accepted from October 1st to October 22nd, 2007; E-mail: 208outreach@coloradofoundation.org Fax: 303.837.8496; Mail: Colorado

Foundation for Families and Children
ATTN: Blue Ribbon Commission for Health Care Reform 303 E. 17th Avenue, Suite 400 Denver, CO 80203.

Background

This is one of a series of public forums designed to capture community input about how to expand access to health coverage and reduce costs in Colorado. The Commission will use this input to help shape its recommendations to the legislature.

The Commission is evaluating five different approaches to comprehensive health reform. Overviews of those five proposals may be found on the Commission's Web site, www.colorado.gov/208commission.

How Will the Commission Use This Testimony?

- An oral summary of the testimony received will be presented to the full Commission when it meets on Oct. 18-19, 2007.

- Written testimony will be distributed to all Commissioners.

- Testimony from these meetings – along with that received at similar community hearings in March and May, and all testimony provided at Commission meetings – will be incorporated in the Commission's final report to the legislature.

About the Commission

Colorado has approximately 792,000 uninsured residents with nearly 180,000 of them children. Public opinion polls show concern about health care as the top issue for Americans. Coloradans, like most Americans, are anxious for solutions to the rising cost of health care and the growing number of people who cannot afford health insurance or who do not have adequate coverage.

The Blue Ribbon Commission for Health Care Reform was created by the Colorado Legislature in 2006. The

Commission is charged with making recommendations for comprehensive health care reform with the goal of increasing health care coverage and decreasing costs for Colorado residents, with particular emphasis on the issues of the uninsured, underinsured, and those at risk of financial hardship due to the costs of medical care. The Commission is required to

make final recommendations for comprehensive health care reform to the General Assembly by January 31, 2008.

For additional information please contact Amy Livingston at 303-837-8466, ext. 130 or e-mail the Commission at 208outreach@coloradofoundation.org.

Breast Cancer

from page 1.

underwent genetic testing, as did her three sisters. Three of the four tested positive for the mutated BRCA2 gene, indicating that they are 40 to 80 percent more likely to develop the disease than the average woman.

Biggest hurdle: Deciding to have our breasts removed. Laura, 50, a human resources recruiter, with three boys, was the first sister to have a bilateral prophylactic mastectomy (the removal of tissue beneath the skin and nipple of both breasts) soon after testing positive. A few months later, when Diane had an MRI, the radiologist saw some suspicious spots in her remaining breast that were too small to even biopsy. She went ahead with a prophylactic mastectomy. (The breast was cancer free.) Linda, 51, who also has three sons, waited six years after testing positive to have a bilateral preventive mastectomy. "I had to have two biopsies (both were benign), two years in a row. That made the decision to have the surgery easy," she says.

ADVICE TO OTHERS: Be proactive. The sisters are thankful they took advantage of technology their parents' generation didn't have. "We all talked and thought about breast cancer for so many years," says Laura. "Having our breasts removed has given us much more peace of mind." (All three also had reconstructive surgery.)

LIFE GOES ON: The sisters go about their daily lives knowing that they've done all that they can. They're not totally in the clear because not all breast tissue can be surgically removed with a mastectomy. "You can't completely forget about it," Diane says. Instead of trying to put it out of her mind, Diane decided to help other by volunteering for a breast

cancer hotline. "I was afraid I would just be reliving my experience again and again. But it turns out, I've found helping to be healing."

"I paired my passion for bike riding with breast cancer."

When Carol Lundin's sister, Cathy, died of breast cancer in 1991, it was a devastating blow. Carol, a 48-year-old teacher, didn't begin to heal until she embarked on a 3,000-mile cross-country breast cancer fund-raiser bike trip in 2000. The experience motivated her to relocate from New Hampshire to Oregon and found the Cancer Renewal Project (which sponsors adventure-based retreats for breast cancer survivors) with a friend she met on the ride.

BIGGEST HURDLE: Not letting cancer beat me. Four years later Carol became one of the women she'd been helping: She was diagnosed with breast cancer. "I feared it would prevent me from continuing my work," she says. But a month after having a mastectomy and four days before starting chemo, she climbed 9,000-foot Mount St. Helens, in Washington.

ADVICE TO OTHERS: Talk positively to yourself. "On my worst days of chemo, I'd say, 'This is nothing compared to climbing a mountain.' Recently, as I pedaled uphill in the rain, I said, 'This is nothing compared to chemotherapy.' The tough experiences we have can create a cycle of resilience."

LIFE GOES ON: Cancer free for two years, Carol continues to help others. She now has her master's in social work. "There are few summits, literally or figuratively, I'm afraid to tackle," she says.

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MORE WEIRD NEWS

from page 4.

The Continuing Crisis

-- Modernizations: (1) Congregants of Rev. Tom Ambrose, of St. Mary and St. Michael Church in Trumpington, England, met in September to complain of several things about their vicar, most notably that he delivered the Christmas sermon last year (and several since then) using Microsoft PowerPoint. (2) George Zokos is a professional shepherd in Tyrnavos, Greece, but due to health problems three years ago (according to an August Agence France-Presse dispatch), he now herds the sheep from his car.

-- One priority of President Vladimir Putin's Nashi national youth movement is procreation to build up Russia's declining population, according to a July report in London's Daily Mail (which also charged the Nashi with inculcating authoritarianism). Its two-week convention in July (with 10,000 in attendance) featured on-site sexual encouragements with not a condom in sight. And in Russia's Ulyanovsk province, the government again this year promoted Sept. 12 as a patriotic conception day, featuring SUVs and other prizes to couples who manage to time their blessed events for June 12, which is

Russia's Constitution Day.

Civilization in Decline

-- Sweden's English-language Internet news site, The Local, reported in August that a couple in Kinda Municipality had just been denied generous welfare benefits because they object to the government's work requirements. The husband wanted the payments even though, he wrote, "Conventional work is out of the question for me, both in terms of my conscience and on an intellectual level, as it seems objectionable with regard to both my personal well-being and the well-being of society as a whole. Emotionally, too, (conventional work) creates unbearable pain and dejection."

-- Video Nation: (1) A 38-year-old man drowned off Ocean City, Md., in July, trying to save his two sons from a rip current. Two men from a nearby parasailing boat had jumped in to help and could have used more assistance, one said, except that the boat's passengers declined, with several more concerned with video-recording the drowning. (2) As a 27-year-old woman lay dying from a stab wound incurred at a Wichita, Kan., convenience store, in June, at least five customers stepped over her to enter the store, including one who stopped to photograph her on a cell phone camera.

Everyone Has a Button Waiting to Get Pushed

(1) In August, employees at the bar Changes, in Seattle, had to break up a karaoke-night attack by a woman on a man who was singing the Coldplay song "Yellow." The woman had shouted, "Oh, no, not that song. I can't stand that song." She charged the stage, screamed at the man and shoved him (and it eventually took four men to hold her for police). (2) Megan Conroy, 18, pleaded guilty in Brisbane, Australia, in September, to assaulting a 40-year-old man in May (by kicking him in the testicles) because he

had mispronounced her first name. (And if you ever meet her, it's "mee-gan," not "may-gun.")

Least Competent People

-- Quinton Thomas, 22, inadvertently strengthened the murder charge against him in April when he mailed a letter from the jail in Rockville, Md., believing that the contents would not be read by jail officials. However, Thomas had gotten the recipient's address wrong, causing the post office to "return to sender," and, as longstanding policy, officials inspect all incoming mail (for contraband). According to an August Washington Post report, Thomas characterized his emerging alibis and also wrote about a witness, "This white (expletive) can't make it to court on May 7 through May 12, ya feel me. I don't care what you gotta do, you don't even gotta stink the cracker, he just cant make it to Rockville that whole week, Homie."

Yikes!

-- Australian rugby league player Ben Czislowski, 24, complaining of an eye infection and pain in July, was found by doctors to have, embedded in his head, a tooth belonging to opponent Matt Austin, with whom he had violently collided in an April match. Austin also lost several other teeth in the collision.

-- A Solution More Disturbing Than the Problem: David Armour, then 13, "wheezed all the time and could not do any exercise," said his mother, of Glasgow, Scotland, speaking about her son's severe asthma. His complete recovery, according to a July report in the Scottish Daily Record, is attributed to two years of dedication in learning to play the bagpipes.

(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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{ excursions }



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IT'S YOUR FUTURE

How The Butler Did It: Secrets From The Pantry

by Claire Whitcomb

Forget the chandeliers and oriental carpets. The room that architectural historian Catherine Seiberling Pond finds most intriguing is the pantry.

"You see the layers of family life -- old flour scoops, fine porcelain and Jello, all in one place," says Pond, recalling her days cataloging household possessions at the Skolfield-Whittier House, part of the Pejepscot Historical Society in Brunswick, Maine.

As a sort of museum within a

museum, a pantry offers a very personal glimpse of the way people lived, ate and cooked. As a newly trendy feature in contemporary kitchens, it lets homeowners consider what's for dinner without having to open endless cupboard doors.

There are, of course, different kinds of pantries -- colonial larders, butteries, farmhouse workrooms and estate serving areas.

If you're interested in finding out how the butler did it -- or how the housewife stored her peaches -- Pond's book, "The Pantry: Its History and Modern Uses" (Gibbs Smith, \$17), is required reading.

Pond grew up in Akron, Ohio, in a pantry-free house with a pink-and-black kitchen. But down the road, her grandparents' pantry was lined with white-trimmed glass cabinets that held huge serving platters, crystal fingerbowls and the cook's ginger cookies that Pond remembers longingly.

Still farther down the road was Stan Hywet, the 1910 English-style estate built by Pond's great-grandfather, F.A.

Seiberling, founder of Goodyear Tire and Rubber Co. The house became a museum in 1957, so Pond never witnessed its 10-foot by 20-foot butler's pantry in operation. But memories of family gatherings came down through relatives, along with a fair amount of china.

When she was looking for a way to display it, Pond decided to renovate a pair of pantries in her intriguing brick-end house in Hancock, N.H. Built by John and Henry Whitcomb, who were both married on Dec. 26, 1813, it is actually two mirror-image dwellings with a shared wall. At some point the wall was removed, which is fortunate because Pond is a collector who likes display space.

She relied on motifs from her grandparents' house: creamy white trim, glass-paned cupboard doors, black hardware, pull-out drawers for linen storage and wooden counters for serving.

"You can create this type of a pantry in a small space or even a large closet," Pond says. "You don't need an architect -- just a good cabinetmaker."

Because she and her sons like to can applesauce and make jelly, Pond also has a traditional farmhouse pantry. She points out that until the rise of the supermarket, most fruits and vegetables were homegrown and canned. Herbs were hung up to dry, and storage was an art.

As Sarah Josepha Hale specified in her 1839 book, "The Good Housekeeper," fresh lard and suet were best stored in tin vessels, yeast in wood or earthenware, vinegar in wood or glass.

"Crusts and pieces of bread should be kept in an earthen pot or pan, closely covered in a dry cool place," she wrote.

Putting up food was a ritual, even at estates like Stan Hywet. Pond excerpts her great-grandmother's ledger, which notes that on June 18, 1944, Mrs.



Even in just a small nook, a pantry offers a chance to turn food storage into display. Here vintage tins and utensils mingle with kitchen staples, eliminating the need for the kitchen to be crowded with cabinets.

photo: Sue Daley and Steve Gross

Perkins' sister came to help can 10 quarts and 2 pints of cherries that had just been "picked by Loretta."

With the post-war boom in both automobiles and shopping centers, the pantry was deemed an inefficient relic, too large and too far from the stove. Home economists advised replacing it with a breakfast nook and filling the kitchen with built-in cabinets.

But the pantry's out-of-the-way location was precisely what made it so appealing. Pond quotes one of her fellow New Englanders, 87-year-old Lucy Davison, as saying, "I love my pantry. I do my baking preparations in there because we entertain in the kitchen -- you just leave the bread and the old milk cup and dirty bowls. You can take off your apron and close the door."

That idea of closing the door, both on cereal boxes and chaos, is making people reconsider the pantry. But there's an emotional element as well.

"The crisp, even tidy sound of the word conveys a sense of order," Pond says.



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Tex-Mex Made Quick And Easy: It's A Wrap!

by Annette Gooch
SUCCESS TIPS:

-- In traditional Mexican cooking, flour tortillas are warmed one at a time. Preheat a heavy skillet, flat griddle or "comal" (a cast-iron cooking plate) over high heat. Dampen your hands with water and rub the flour tortilla lightly. Place it in the skillet and cook it briefly, turning it only once, just until the tortilla softens.

-- To warm a quantity of flour tortillas, wrap them in aluminum foil and place in a toaster oven or conventional oven for approximately five to seven minutes at 200 degrees.

This version of a meaty Tex-Mex favorite substitutes well-trimmed sirloin for the more traditional "fajita meat": skirt steak, cut from the beef plate. For convenience, you can cook the filling ahead and refrigerate or even freeze it to serve at another time. If serrano or jalapeno chilies are too fiery for your taste, substitute canned mild green chilies or bell pepper.

EASY BEEF FAJITAS

- 1 cup sliced onions
- 1 cup sliced mushrooms
- 1 teaspoon olive oil
- 1/3 cup dry sherry
- 1 pound sirloin tips, trimmed of fat

2 serrano or jalapeno chilies, seeded and minced

- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground coriander
- 1 tablespoon minced fresh cilantro
- 4 large whole-wheat or white-flour tortillas
- 1/2 cup bottled salsa
- 1/2 avocado, thinly sliced and sprinkled with lime or lemon juice
- 1 cup nonfat plain yogurt or sour cream

1. In a large skillet over medium-high heat, saute onions and mushrooms in oil and sherry for 10 minutes. Cut steak into 1 1/2-inch strips and add to skillet, sauteing for 2 minutes more. Add chilies, cumin, coriander and cilantro, and cook 3 more minutes, stirring frequently. If desired, the filling can be prepared up to this point and refrigerated or frozen for reheating at another time.

2. Warm tortillas and wrap in a clean cloth napkin. Set out bowls of salsa, sliced avocado and yogurt or sour cream. Serve meat filling directly from skillet or in pre-warmed serving dish and invite diners to assemble their own fajitas.

Serves 4.

A satisfying chili made with turkey and spicy seasonings fills these tasty burritos. For a more substantial meal,

serve refried beans or Mexican-style rice on the side.

TURKEY CHILI BURRITOS

- 1 cup minced onion
- 1 teaspoon olive oil
- 1/2 cup defatted chicken broth
- 1 tablespoon minced garlic
- 4 cups diced boneless turkey meat, skin removed
- 1/2 cup diced celery
- 1/2 cup chopped carrot
- 1/4 cup minced parsley
- 1 cup diced fresh tomatoes, peeled and seeded, or 1 cup canned diced tomatoes
- 1 cup water
- 1/2 teaspoon ground cloves
- 2 tablespoons chili powder, or to taste
- Tabasco sauce, to taste
- 4 ounces canned mild green chilies, chopped
- Salt and pepper, to taste
- 12 flour tortillas
- 1/2 cup grated low-fat jack cheese

1. In a Dutch oven over medium-high heat, saute onion in oil and broth until soft. Add garlic, turkey, celery, carrot, parsley and tomatoes and cook, stirring frequently, for 10 minutes.

2. Add the water, cloves, chili powder, Tabasco and green chilies. Lower heat, cover, and cook for 25 minutes. Taste



The spicy sirloin and mushroom filling for these Easy Beef Fajitas can be made ahead and reheated for a satisfying Tex-Mex meal in a hurry. photo: Lifestyle Media Group

for seasoning and add salt and pepper, if necessary.

3. Warm tortillas by wrapping in foil and placing in a toaster oven or conventional oven for 5 minutes at 200 degrees.

4. To serve, spoon approximately 1/2 cup chili into each tortilla and cover with a little of the grated cheese. Roll one side of the tortilla toward the center, fold a small portion of the tortilla on each end toward the center to help hold the filling in place, and finish rolling the tortilla.

Serves 6.

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

1405 Broadway-Penrose (Tues/Thur)

OCTOBER 2: MEATLOAF/Brown Gravy, Cheesy Potatoes, Green Beans, Pineapple Tidbits.

OCTOBER 4: TURKEY POT PIE, Tossed Salad, Orange Juice -4oz, Apple

OCTOBER 9: CHICKEN RICE SOUP, Wheat Crackers, Open Face BBQ Beef On a Bun, Creamy Coleslaw, Almond Peaches

OCTOBER 11: BAKED HAM WITH RAISIN SAUCE, Candied Sweet Potatoes Green Bean Amandine, Cranberry Mold.

OCTOBER 16: SPAGHETTI AND MEATSAUCE, Tossed Salad with Lite Italian Dressing, Green Beans, Orange.

OCTOBER 18: CHICKEN CORDON BLEU, Rice Pilaf, Asparagus, Watermelon

OCTOBER 23: CREAM OF POTATO SOUP, Tuna Salad Wrap with shredded, Lettuce and Tomato, Hard Boiled Egg, Grapefruit Half.

OCTOBER 25: HOT TURKEY SANDWICH, Whipped Potatoes, Asparagus Amandine, Pineapple Mandarin Orange Compote.

OCTOBER 30: HUNGARIAN GOULASH, California Vegetable Medley, Green Peas, Pineapple Tidbits.

SALIDA MENU

719-539-3351 before 9:30am Tue/Th/Fri

OCTOBER 2: CHICKEN NOODLE SOUP, Wheat Crackers, Chopped Spinach/ Malt Vinegar, Sliced Yellow Squash, Orange.

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

OCTOBER 5: LEMON BAKED FISH, Tartar Sauce & Lemon, Rice Pilaf, Green Beans with Mushrooms, Fruit Salad.

OCTOBER 9: CHILI CON CARNE, Whole Wheat Crackers, Cut Broccoli, Raisin Nut Cup, Apple.

OCTOBER 11: BAKED PORK CHOP WITH COUNTRY STYLE GRAVY, Whipped Potatoes, Hot Bean Casserole, Fruit Salad & Applesauce.

OCTOBER 12: TURKEY SALAD ON A BED OF LETTUCE W/ TOMATO, Steamed Brown Rice, California Vegetable Medley, Raisin Applesauce.

OCTOBER 16: BEEF STROGANOFF, Orange Spiced Carrots, Ruby Beet Salad Mixed Fruit.

OCTOBER 18: CHILI RELLENO CASSEROLE, Parslied Carrots, Tossed Vegetable Salad with Lemon.

OCTOBER 19: MACARONI & CHEESE, Shredded Green Salad with Lemon, Whipped Hubbard Squash, Strawberry Applesauce.

OCTOBER 23: HAMBURGER WITH CATSUP, MUSTARD & ONION, Sliced Tomato on Lettuce, Baked Beans, Potato Salad & Watermelon.

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OCTOBER 25: LENTIL BLACK BEAN SOUP, Egg salad Sandwich on Wheat Bread, Sliced Tomato on Lettuce, Banana.

OCTOBER 26: ORIENTAL PEPPER CHICKEN, Steamed Brown Rice, Cut Broccoli, Pineapple Tidbits.

OCTOBER 30: BEEF BARLEY SOUP, Wheat Crackers, Sesame Broccoli, Apricot Pineapple Compote, Apple.

FLORENCE

100 Railroad St. - Florence Tu-Thur-Fri

OCTOBER 2: BEEF STEW, Wheat Crackers, Whole Kernel Corn, Herbed Green Beans, Diced Pears.

OCTOBER 4: SWEDISH MEATBALL, Whipped Potatoes with Cream Gravy, Chopped Spinach, Mixed Fruit.

OCTOBER 9: SALISBURY STEAK, Whipped Potatoes with Gravy, Italian Green Beans, Cantaloupe.

OCTOBER 11: SWEET & SOUR PORK, Steamed Brown Rice, California Vegetable Medley, Diced Pears.

OCTOBER 16: TURKEY POT PIE, Tossed Salad, Orange Juice-4oz, Apple.

OCTOBER 18: ROAST PORK WITH GRAVY, Oven Browned Potatoes, Parslied Carrots, Strawberry Gelatin Salad, Dinner Roll with Margarine.

OCTOBER 23: ENCHILADA PIE, Sliced Tomato on Lettuce, Sliced Yellow Squash, Mixed Fruit.

OCTOBER 25: BEEF STROGANOFF, Orange Spiced Carrots, Ruby Beet Salad, Mixed Fruit.

OCTOBER 30: CHILI CON CARNE, Whole Wheat Crackers, Sliced Yellow Squash, Pineapple Mandarin Orange Compote, Cornbread with Margarine.

OCTOBER 1: BEEF STEW, Wheat Crackers, Whole Kernel Corn, Herbed, Green Beans, Diced Pears.

OCTOBER 2: ROAST BEEF, Mashed Potatoes w/ Gravy, Green Bean Amandine, Apricot Peach Compote, French Bread w/ Margarine.

OCTOBER 4: CHICKEN FAJITA, Tomato, Lettuce Garnish, Cilantro Rice, Cooked Cabbage with Red Pepper, Grapes.

OCTOBER 8: CHILI CON CARNE, Wheat Crackers, Sliced Yellow Squash, Fresh Apple, Cornbread with Margarine.

OCTOBER 9: HOT TURKEY SANDWICH, Whipped Potatoes, Asparagus Amandine, Pineapple Mandarin Orange Compote.

OCTOBER 11: HAMBURGER WITH CATSUP, MUSTARD & ONION, Sliced Tomato on Lettuce, Baked Beans, Potato Salad & Watermelon.

OCTOBER 15: HAM AND BEANS, Cut Broccoli, Parslied Carrots, Orange Juice-4oz, Cornbread with Margarine.

OCTOBER 16: ORIENTAL PEPPER CHICKEN, Steamed Brown Rice, Cut Broccoli, Pineapple Tidbits.

OCTOBER 18: SPINACH LASAGNA, Tossed Vegetable Salad, Seasoned Green Beans, Tangerine.

OCTOBER 22: COMBINATION BURRITO, Lettuce & Tomato garnish w/ Salsa, Seasoned Green Beans, Cilantro Lime Rice Sliced Peaches.

OCTOBER 23: CHILI RELLENO CASSEROLE, Parslied Carrots, Tossed Vegetable Salad with Lemon.

OCTOBER 25: TUNA NOODLE CASSEROLE, Italian Green Beans, Pineapple Tidbits.

OCTOBER 29: LENTIL BLACK BEAN SOUP, Egg salad Sandwich on Wheat, Bread, Sliced Tomato on Lettuce, Banana.

OCTOBER 30: BEEF AND BROCCOLI STIR FRY, Steamed Brown Rice, Steamed Carrots, Pineapple Tidbits.

GOLDEN AGE CENTER

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

OCTOBER 1: ENCHILADA PIE, Sliced Tomato on Lettuce, Sliced Yellow Squash, Mixed Fruit.

OCTOBER 3: ROAST CHICKEN WITH MUSHROOM SAUCE, Steamed Brown Rice, Cauliflower Broccoli Mix, Apple Pear Salad.

OCTOBER 5: HAMBURGER WITH CATSUP, MUSTARD & ONION, Sliced Tomato on Lettuce, Baked Beans, Potato Salad & Watermelon.

OCTOBER 8: BEEF AND BROCCOLI STIR FRY, Steamed Brown Rice, Steamed Carrots, Pineapple Tidbits.

OCTOBER 10: TOMATO SOUP, Turkey on Wheat with Mustard and Salad Dressing, Green Beans, Tangerine.

OCTOBER 12: MEATLOAF, Brown Gravy, Cheesy Potatoes, Green Beans, Pineapple Tidbits.

OCTOBER 15: HUNGARIAN GOULASH, California Vegetable Medley, Chopped Spinach, Banana.

OCTOBER 17: ROAST TURKEY WITH GRAVY, Whipped Potatoes, California Vegetable Medley, Raisin Nut Cup.

OCTOBER 19: HAM AND BEANS, Cut Broccoli & Parslied Carrots, Orange Juice-4oz, Cornbread with Margarine.

OCTOBER 22: LEMON BAKED FISH, Tartar Sauce & Lemon, Rice Pilaf, Green Beans with Mushrooms, Fruit Salad.

OCTOBER 24: AMERICAN LASAGNA, Herbed Green Beans, Seasoned Cabbage, Banana, Italian Bread with Margarine.

OCTOBER 26: CHICKEN SALAD SANDWICH On Whole Wheat Bread, Sliced Tomato on Lettuce, Orange juice - 4oz, Sliced Peaches.

OCTOBER 29: TURKEY POT PIE, Cut Broccoli, Tossed Salad Apricot Pineapple Compote, Biscuit.

OCTOBER 31: FRENCHDIPSANDWICH WITH AU JUS, Oven Browned Potatoes, Mixed Vegetables, Strawberry Applesauce.

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

Fashion: Hair Is A Heartbreaker, Isn't It?

by Patricia McLaughlin

It will never deliver the happiness we hope for. It's time we moved beyond it.

Where do you get your ideas?

It's a question every writer gets. Some credit close observation of the details of everyday life. Some turn to great literature -- or long walks, yoga, meditation, fasting, prayer. Some do drugs. Probably some go to these stunningly expensive creativity workshops in Venice or Tahiti or the South of France that I'm always getting e-mail come-ons from.

I personally recommend fashion shows. The effect is a little bit like tossing your consciousness into a Waring blender and punching the macerate button. Your delicate creative apparatus is buffeted by crowds, disdained by PR interns, made to stand in lines, hunched into tiny chairs, plied with free fashion mags, blitzed by camera flashes, challenged to choose among eight different unfamiliar kinds of free exotic coffee (FYI, a Liegeois is a shot of espresso cooled off with a small scoop of Haagen Dazs vanilla -- not bad), and deafened by a succession of pounding mix tapes, each more grandiose than the one before. Women with enormous handbags climb over you as you sit there hunched in your tiny chair, hypnotized

and half-terrified by crashing chords and skitterish drumbeats that give you to expect something epic -- something unthinkable -- something on the order, say, of the imminent arrival on the runway of Attila the Hun and his 10 million raping and pillaging barbarians. Or, anyway, something more earthshaking than a few dozen summer dresses.

A few hours of this -- the crowds, the noise, the stress positions, the coffee -- and your little gray cells start to snap, crackle, pop, shimmer and turn different colors, and you get ... ideas. You see things.

As Shelley put it, probably after viewing the Spring 1818 collection of Louis-Hippolyte Leroy, favorite designer of the Empress Josephine, "the painted veil which those who live call life" is lifted: Unimagined possibilities reveal themselves.

Like: What if humans had no hair?

Seriously: Think what a different world it would be.

Suppose you could add up all the time and energy members of the human race have devoted to hair through all of history, from the seconds it takes to push it out of the eyes to the hours and hours it takes to have it permed, straightened,



Bad hair day at Bryant Park. Well, the hair itself looked fine, but it made the models who showed Marc Bouwer's designs for spring 2008 look alien and underfed. photo montage: Patricia McLaughlin

deep-conditioned, glossed, highlighted, lowlighted, blown out, etc. Then add all the time we spend desperately wishing it were different and better -- straighter, wavier, curlier, shinier, bouncier, swingier, sexier, sleeker, silkier, spikier, softer, thicker, fuller, prettier, trendier, blonder -- also more manageable/flattering/stylish/touchable/cool -- and less dry, oily, limp, thin, flyaway, frizzy, shaggy, messy, mousy, drab, weird.

Now suppose you could invest that humongous amount of essentially wasted time and energy in some constructive pursuit. Almost anything, from curing cancer to knitting socks, would be an improvement, no? Say we settled on knitting: We could end socklessness worldwide in a matter of days.

OK, I'm an idealist.

And OK, I don't mean to overlook or underestimate the potential beauty of hair, or the creativity of hairdressers, or the amazing breakthroughs we've made in hair science. And I think it's completely understandable that our egos and emotions are so enmeshed and entangled and caught up in our hair, given that the ability to grow a full head of long hair is one of our obvious distinctions as human beings. Hey, you'll never see a monkey with a mohawk or a mullet.

But somewhere in the middle of the Marc Bouwer show it came to me with a terrible clarity that we're barking up the wrong tree here. We're only making ourselves miserable. Despite all our hopes and dreams and miracle mousses and flatirons and ionic dryers, our quest for hairvana is still way too likely to end in heartbreak.

I should've been paying attention to the clothes which, a couple of people said afterward, were quite nice. I should've been looking to parse what the run-of-show described as "classic draping combined with sharp, clean architectural lines."

But I couldn't take my eyes off the hair, which was skinned back and slicked down and twisted into tight, tall,

skinny topknots that stood straight up on top of each model's head as if she were carefully balancing a cruller or a cinnamon twist or a mini-baguette on her head. They were beautifully executed, and probably the severity of the coiffure was meant to focus your attention on the clothes instead of the models, but it looked so painful. With their hair pulled back so tight, how could their heads not ache? Mine did, just watching. They poor things looked almost scalped.

Models of course have no excess flesh, and especially need the softening effect of volume and motion that hair can give. Deprived of it, they looked underfed and exposed. Every little knobby protuberance of their skulls stood out. Faces looked hard. Necks looked scrawny. Ears looked huge.

Probably someone had told them not to smile or flirt with the photographers as a way of underlining the collection's serious aesthetic, highlighting what the run-of-show called its "juxtaposition of geometric edges and flowing organicism." But they just looked angry, as if they knew they didn't look pretty, and resented it. They glared at the cameras. Some looked as if they might bite.

You spend frightening amounts of money on a show, you hire 21 of the most beautiful women in New York, you have their hair done by a stylist who works on celebrities and is interviewed in magazines, and the effect is plain scary? If this happens to the pros, what hope is there for the rest of us? Our aspirations for our hair, our emotional investment in it, our long-cherished hopes for volume and swing and shine and chic and manageability -- it's a losing proposition.

Now that we have hats, we don't really need hair to keep our big brains warm anymore. If evolution has a brain in its head, in a few thousand years we'll all be as bald as billiard balls. And the bad hair day will be a distant memory, like the stone ax and the whalebone corset.

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Social Security & You

by Melinda Minor, District Manager - Pueblo



CONCERNED ABOUT MONEY FOR RETIREMENT? SOCIAL SECURITY AND A SOLID SAVINGS PLAN CAN EASE YOUR WORRIES

Do you sometimes wonder whether you'll be able to afford retirement? It's a common concern among workers, especially members of the baby-boom generation. The oldest of the boomers will be 62 in just a few months — in January 2008. But even the most anxious of this group should be able to relieve at least some concerns about retirement income by understanding just how much money is needed, and then planning a way to reach that goal. Most financial advisors say that you will need at least 70 to 80 percent of your pre-retirement income to enjoy a comfortable retirement. Other advisors say that you may need an even higher percentage of pre-retirement income. So where will it come from?

The truth is that today Social Security is the largest source of income for most older Americans. For the average wage-earner, Social Security will replace about 40 percent of pre-retirement earnings. But Social Security was never intended to be your only source of income when you retire, and to reach the 70-80 percent replacement income goal you also will need other savings, investments or pension income, or part-time work.

As Michael J. Astrue, Commissioner of Social Security, has noted, "Saving and investing wisely are important not only for you and your family, but for the entire country. If you want to learn more about how and why to save, you should visit www.mymoney.gov, a federal government website dedicated to teaching all Americans the basics of financial management."

The topics discussed at this website include paying for an education,

starting a small business and, of course, retirement planning.

The retirement planning link takes you to more than a dozen other links with valuable financial information. There is, for example, "A Special Guide for Seniors and Families" from the FDIC; "Top 10 Ways To Prepare For Retirement" from the Department of Labor; "Tax Information for Retirement Plan Participants" from the IRS; and several links to Social Security sites, including Social Security retirement benefit calculators, special guides for women and retirement planners.

So if you are concerned about being able to afford retirement, just remember that knowledge is power. Get valuable information from Social Security at www.socialsecurity.gov, or from the federal website for financial literacy at www.mymoney.gov.

EASIER WAY TO COMPLETE DISABILITY REPORT — ONLINE

Applying for disability benefits from Social Security is easier than it's ever been before. Until recently, the disability report had to be completed manually. Now, you can save time by completing it online and sending it to us electronically.

An important part of applying for disability benefits for adults is completing the adult disability report, or form 3368. The report asks important questions about your disabling condition, medical records, health care provider contact information, and information about your educational and work history. This information is important to help us determine your disability.

We use your disability report and information to help us answer these five questions:

1. Are you working?
2. Is your disabling condition severe enough to limit your ability to do

work?

3. Is your condition on our list of impairments, and is it expected to last for at least a year or end in death?

4. Can you do the work now that you did in the past?

5. Can you do any other work?

There are two versions of the adult disability report that can be completed online, depending on whether you are the person applying for benefits, or a professional representative.

If you are applying for disability benefits on your own behalf, you can complete the online disability report at the following link.

www.socialsecurity.gov/disabilityreport

If you are representing a disabled person, you can complete our professional version of the disability report. Examples of representatives include attorneys and non-attorney representatives, employees of government agencies, social agencies, hospitals, nursing care facilities, homeless shelters, or non-profit agencies, and anyone else who assists applicants in applying for disability benefits.

If you are representing someone and want to apply for benefits on their behalf, you can go to the following website to complete their adult disability report.

www.socialsecurity.gov/i3368prohelp/

Keep in mind that in addition to the disability report, we will also need a completed application for disability benefits. The online application can be found at the following address.

<http://www.socialsecurity.gov/applyfordisability/>

To learn more about Social Security, visit our website at www.socialsecurity.gov, or call us at 1-800-772-1213 (TTY 1-800-325-0778).

SSA AND SSI:

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It's a question we receive often, in a variety of ways. "What's the difference between SSA and SSI?" Or "Are Social Security and Supplemental Security Income the same thing?"

The short answer is no, they're not. Here's the long answer.

The Social Security Administration (SSA) is the government agency that administers both Social Security benefits and Supplemental Security Income (SSI) benefits. But the two programs are not the same, and the funds come from different places.

Social Security comes in three varieties: retirement benefits, disability benefits and survivors' benefits. SSI comes in two: disability and aged benefits.

Social Security benefits are funded through the Social Security trust funds; your Social Security payroll or FICA taxes are earmarked for Social Security benefits. SSI is funded through general tax revenue.

Social Security is a social insurance program based on contributions. In order to collect benefits, you must have paid into the system and become insured. Most people need about 40 credits, or 10 years of work, to qualify. SSI is a needs-based program that pays benefits to people with limited income and resources who are either disabled or age 65 or older.

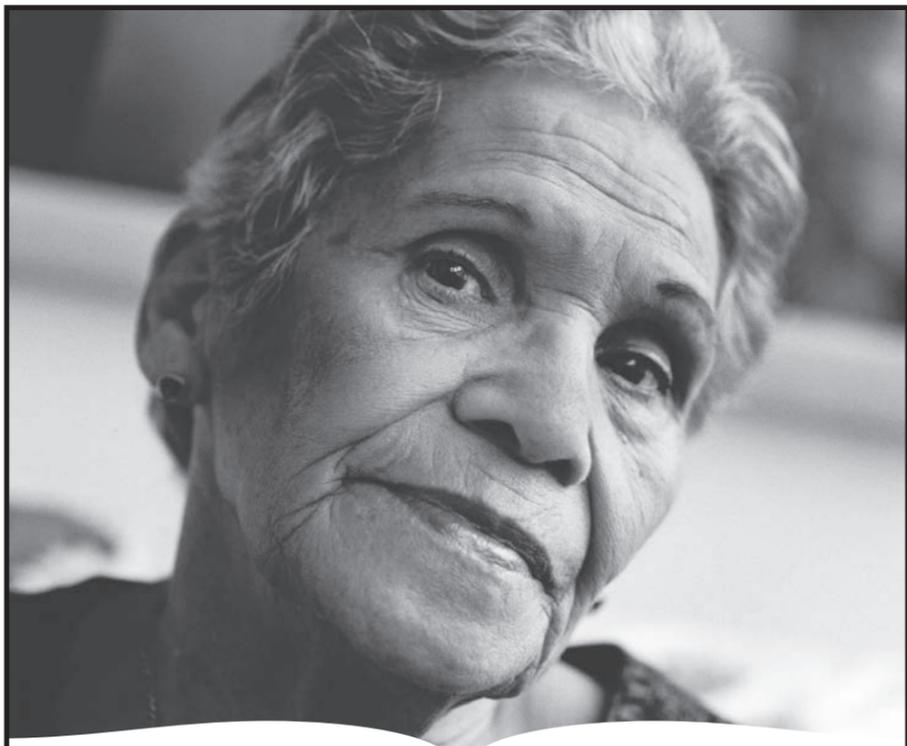
When you get Social Security, what you own, including bank accounts, property, and investments, does not affect your benefits. Since SSI is needs-based, your resources do count when you receive SSI benefits.

Social Security was established by the Social Security Act on August 14, 1935. SSI was created by the amendments of 1972.

One thing that is the same for both Social Security and SSI Benefits is that you can easily sign up for direct deposit of payments—the safe, quick and convenient way to receive your payments on time, every time.

SSA and SSI may seem only a letter apart, but there's a world of difference between the two programs.

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EXPERIENCING INFORMATION OVERLOAD?

RECORD-KEEPING TIPS TO HELP ORGANIZE CAREGIVING

by Lisa M. Petsche

As caregiver to a frail, older relative, one of your challenges involves managing a wealth of information relevant to his or her health and well-being. This includes medical, financial, legal and other important details.

It's easy to become overwhelmed by all the data there is to keep track of, such as schedules, appointments, due dates, identification numbers, names, locations and phone numbers of health care professionals, and so on. The resulting disorganization may lead to missed appointments or unnecessary expenses, among other consequences.

On the other hand, keeping information organized and centralized makes it quick and easy to access, saving you time and energy and avoiding frustration. It also facilitates communication with service providers, ensuring timely, thorough and accurate sharing of key information. In addition, a good record-keeping system helps ensure continuity of care when you take breaks from caregiving, and also in the event of a crisis should you become unable to look after your loved one.

What to organize

Following are types of information regarding your relative that it's im-

portant to have easy access to.

Vital statistics: Date and place of birth, immigration and citizenship papers, military service records, employment history and marriage and divorce records. Keep birth certificates and other identification together in a safe place.

Medical: Height, weight, blood type, allergies, immunizations, family health history and personal health history - including tests, diagnoses, treatments and results, hospitalizations and surgeries. Keep a log of doctors and other health care professionals seen and recommendations made - for example, lifestyle changes, medication or referral to a specialist. Maintain a listing, too, of home care providers and other healthcare organizations and services involved with your relative.

This is also the place to include medication information sheets from your loved one's pharmacy; punch holes in them or store them in top-loading page protectors if you decide to use a binder. Do the same with disease-related information in the form of brochures and other

literature.

Financial: Bank accounts, safety deposit boxes, investments, assets, income, debts, credit cards, insurance policies, income tax records and funeral prearrangements. Include contact information for banks, financial planner, insurance broker and accountant. Also include household bills if your relative lives on his or her own and you are assisting with their management.

Legal: Information pertaining to power of attorney, advance directives and estate planning falls into this category. Include contact information for lawyers and any other legal professionals that have been consulted.

Personal: Contact information for relatives and friends is key here. Be sure to obtain work and cell phone numbers in case you need to reach them right away. Some other contacts to include: neighbors (especially if your loved one lives alone), faith community and clubs and groups to which your loved one belongs. This is also a good place to record your relative's wishes around funeral arrangements if there are no prearrangements in place.

Other: Anything else that doesn't fit into the above categories, including your loved one's daily routines and weekly schedule, and miscellaneous community resources he or she accesses (specialized transportation, for example).

How to organize

One option for organizing information is a portable file box containing hanging file folders with plastic tabs and manila file folders. Another idea is a three-ring binder equipped with dividers, lined paper and transparent sheet protectors (a three-hole punch is also helpful). Label hanging folders or dividers according to major types of information - medical, financial and so on. You may wish to subdivide each of these categories, using separate sections or folders for medications, medical visits and hospitalizations in the medical category, for example.

Charts are the best way to organize information such as medication use. Most pharmacies have a medication log available for customers, which saves you from having to create your own.

To centralize vital statistics and financial and legal information, consider utilizing one of the estate planning booklets distributed through funeral homes and financial planning firms.

The final phase after collecting and organizing information is maintaining it so that it remains up-to-date. Set aside a monthly time to review information, and make a habit of updating records immediately after medical visits and hospitalizations.

Lisa M. Petsche is a medical social worker and a freelance writer specializing in health and eldercare issues.

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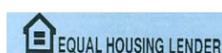
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Abe Lincoln's War Dept. Used These Blankets!!

by Patricia McLaughlin
WOOLRICH

How an almost accidental brand nearly lost its checkered shirt, got its consciousness raised and learned to embrace its brand identity.

(CAPTION:)

Tim Joseph still gets the occasional angry letter from an aggrieved customer upbraiding Woolrich for abandoning its proud 177-year made-in-America heritage and moving its manufacturing offshore. The usual assumption is that the company sacrificed the quality of its products on the altar of corporate greed.

In fact, Woolrich held out long-

er than most -- too long, its critics said. As late as 1990, still owned and run by the same family that built its first mill in 1830, it was washing and carding and spinning and weaving wool into blankets -- the same brand Abraham Lincoln's War Department specified be issued to Union soldiers fighting the Civil War -- at its Woolrich Woolen Mills in Woolrich, Pa. The sturdy buffalo-check shirts it's best known for, the watch-pocketed railroad vests that have been in its catalog since the mid-1800s and the down-filled Arctic parka it designed in 1972 for workers building the trans-Alaska pipeline were all still being made in its own factories

right here in the good old U.S. of A. As were its famous red-and-black-plaid lumber jackets, the ones that hunters used to wear with matching red-and-black-plaid wool pants and matching wool caps with earflaps. (Think Elmer Fudd.) It was "considered by many to be the first commercially made camouflage for hunters," according to Field & Stream -- and in its day was worn by so many of them for deer season in the Commonwealth that it came to be called the "Pennsylvania Tuxedo."

Joseph, the company's director of marketing and media, says Woolrich rejiggered its operations, retooled its factories, tweaked and tinkered with its production in hopes of raising productivity enough to keep its stateside factories viable. Even so, at the end of 1990 it had to lay off more than half its workers: It had more backed-up inventory than it had orders in the pipeline.

The mom-and-pop clothiers that had been selling its clothes forever in "tens of thousands" of American downtowns were failing or bailing under pressure from big suburban malls and big-box discounters like Wal-Mart and K-Mart. Customers might like the idea of buying clothes made in America but, when it came down to it, they liked paying lower prices better.

For 160 years, the company's product had been determined by where it came from. Woolrich turned raw wool into warm cloth and sold it to lumbermen and farmers. Its corporate biography, published in 2005, portrays it as adapting all along -- up to a point. When sewing machines came along, it bought them and started turning its woven woolens into practical ready-made garments for those same lumbermen and farmers. As the recreational market grew, it learned to make clothes for people who were outdoors to play instead of work -- hunters, hikers, backpackers. Woolrich even made woolen bathing suits and golf knickers. It made

1,296 all-wool garments to outfit Admiral Richard E. Byrd's 1939 Antarctic expedition.

Critics of modern marketing tend to see the carefully crafted brand identities of powerful corporate megabrands as total rip-offs -- mendacious mental constructs engineered to persuade gullible consumers that if they pony up \$200 for a fancy brand of jeans, they'll be instantly transfigured and rendered utterly cool.

For its first 160 years, Woolrich's brand identity had been almost accidental. It "was less a signature than a simple statement of what it produced," as a Wall Street Journal story put it this spring. Its product line was a function of what it had always made, what it knew how to make, what it had the mills and skills and machinery to make.

1990 forced a dizzying change of perspective. The company's management had to look at its brand and its business through the other end of the telescope. It had to look out instead of in, it had to look at fashion as well as function: What did the world want from it, what would its customers accept, how could the company provide it?

Gary Fritschi, merchandise manager for women's outerwear and suits at Doneger Group retail consultants, says the company was "almost cursed by success." It had been "so successful with that red and black plaid that that's what they became known for." After all those years of buffalo-checked lumber jackets, it couldn't start turning out sequined tutus. Well, it could, but who would buy them?

So, for the first time, Woolrich became a serious student of its own brand identity. What did Woolrich mean to people? How could it transform itself into a "lifestyle company" -- i.e., a company that sells products designed to fit into a particular lifestyle, rather than a company

SEE "WOOLRICH" PAGE 27.

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Cooking From A To Z: Let's Talk Vegetable Pairings

by Annette Gooch

Rather than making sweeping changes, go easy. Start small. Instead of banishing beloved childhood favorites from the table, change the way you cook or season a single dish, or add a new one to the table. The following recipes feature flavorful pairings of cool-weather vegetables, simply cooked and tastefully seasoned.

SUCCESS TIP:

-- To save time and fuel when steaming two or more vegetables, keep in mind that vegetables with similar cooking times can share the same steaming rack and pan. To avoid overcooking, check each variety for doneness a minute or two before the end of the suggested cooking time. If one variety tests done, remove it from the steamer and let the other(s) finish cooking.

Steaming and simple seasonings complement this pairing of brussels sprouts and carrots. When you shop, pick firm, young brussels sprouts with good green color and tightly closed leaves with no sign of yellowing. At home, wash the sprouts and trim the stem ends. Then peel off any damaged or loose leaves and cut an X into the stem end of each sprout for faster, more even cooking.

The carrots for this dish should be on the small side, smooth-skinned and crisp. Wash them well and remove the tops and any rootlets. Young carrots won't need peeling, but larger ones may. If you cut the carrots to the size specified in the ingredients list, they will take approximately the same cooking time as the brussels sprouts, so you can steam them



Steamed brussels sprouts and carrots complement each other beautifully in form, color, texture and taste; the combination goes especially well with pork chops, turkey or chicken.

together in one pan.

STEAMED BRUSSELS SPROUTS WITH CARROTS

1/2 pound brussels sprouts, washed, trimmed and prepared for cooking
1/2 pound small or medium carrots, peeled if necessary, sliced lengthwise into 2- by 1/2-inch pieces
Salt and freshly ground pepper
Lemon juice or unsalted butter, to taste (optional)

1. Place a steamer, wire basket or rack in a pan with 1 to 2 inches water in the bottom over high heat. When the water simmers, arrange the sprouts on one half of the steamer and the carrots on the other. Cover tightly.

2. Cook until both vegetables are just tender when pierced with a fork (about 4 to 5 minutes for carrots and about 5 minutes for brussels sprouts).

3. Transfer at once to a serving bowl large enough to hold them comfortably. Add salt and freshly ground pepper; finish with a sprinkling of lemon juice or a tablespoon or two of butter, if desired. Serve at once.

Serves 6.

Pureeing unfamiliar vegetables often enhances their appeal, although this sophisticated combination will probably never replace mashed potatoes. Still, people who try leeks for the first time are often pleasantly surprised to find they're sweeter, milder and more subtle than onions. Here they complement turnips.

At the market, look for firm, well-shaped leeks with bright green leaves. At home, trim off the fibrous root end of the leeks and, for this recipe, all but 2 inches of the dark green tops. Split the leeks lengthwise and soak them for

several minutes in cold water. Then rinse the leaves under cold running water, separating the layers of the stalk near the root end to remove any remaining dirt or grit.

When you shop for turnips for this dish, choose smallish, well-shaped ones with smooth skin. Wash them with a brush to remove any dirt. Trim away the taproot and any rootlets. If the skins are thin and tender, they may not need peeling. But if only larger turnips are available, trim both ends closely and peel them.

For convenience, this dish can be prepared and stored in the refrigerator for up to three days before serving. Reheat the puree in the top of a double boiler over low heat to prevent scorching.

LEEK AND TURNIP PUREE

4 medium leeks, trimmed, cleaned and finely chopped
2 tablespoons butter, or to taste
8 small turnips, peeled and diced
2 cups water
1 teaspoon salt, or to taste
1/2 teaspoon freshly grated nutmeg
1/4 teaspoon ground white pepper

1. In a 3-quart saucepan over low heat, gently cook leeks in butter, stirring them occasionally, until translucent and softened (about 20 minutes).

2. Stir in turnips, the water and salt. Simmer over low heat until tender (about 20 minutes).

3. When turnips are easily pierced with a knife, puree vegetables in a food processor or blender until smooth. Season with nutmeg and pepper.

Serves 6

Woolrich

from page 26.

that sells what it happens to know how to make?

It had always sold functional clothing that kept people warm outdoors and blankets that kept them warm indoors. Market research found consumers associated the name with high quality and good value. Since 1990, Woolrich has blocked out a future based on careful extensions of that core brand identity into new markets. Now it sells canvas barn jackets and fleece windbreakers as well as its classic plaid field coat. It sells Henleys and mock T's and washed-down sweatshirts. It sells shirt jacs in canvas and corduroy along with its buffalo-check wool shirt (and now it's washable wool). It makes sportswear cut for women, instead of menswear downsized and recolored. It makes little plaid shirts and fleece-lined denim jackets for toddlers. Besides blankets, it puts its name on bedskirts, ultrasuede shower curtains, lamps, furniture, rugs and table-top accessories. Joseph says there's even a licensee in Maryland building Woolrich timber-frame homes. In 2000, Woolrich launched a catalog and an online retail site.

To do this, it built a network of offshore manufacturers and licensees it trusts to do the actual production. There've been a couple of false starts, like the children's wear licensee that wanted to make Woolrich surfwear, but only a couple. The folks who write the angry letters, Joseph says, tend to "equate imported with inferior goods, but we believe the quality is as good as it has ever been."

The company still acts more like a manufacturer than a retailer: "We design here, spec the sizing, create the templates and patterns here, then have the fabrics made and the garments cut and sewn offshore," Joseph says. "And then our quality assurance staff here checks to



An illustration made for an early Woolrich ad shows a contented, pipe-smoking hunter clad in the "Pennsylvania Tuxedo" returning home with his prey. The title, "The End of a Perfect Day," reminds us that it's history's winners who get to write the captions. Image: Woolrich Archive.

make sure the specs are met."

He says the company's designers "watch what's happening at the front end of fashion," so they can translate it into "a fresh blend of colors and styles ... that still fits with the Woolrich brand." In other words, nothing too weird or avant-garde. "I don't see us rushing into trendy teenage styles," he says. But he's noticed that every few years, one pop subculture or another seems to cycle back to Woolrich territory. GQ just ran a feature on "Rugged Good Looks" that featured the brand, and the hot snowboard and skateboard brands are showing lumberjack looks for this winter.

And, when you run into one of the old buffalo-check wool shirts or the classic Elmer Fudd hunting coats on eBay these days, it's likely to be advertised as "emo" or "retro" or "rockabilly" or "awesome vintage!!"

Hard to know what Elmer would've made of this. Think of it as one of the mysteries of brand identity.

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Reeling "Zombies On The Run"
by Film Critic Betty Jo Tucker, Pueblo



ZOMBIES ON THE RUN

Yikes! Zombies are back in London for "28 Weeks Later," the sequel to 28 Days Later. For readers who didn't see that first sci-fi scarefest, it concerned a virus infecting people living in England and turning them into flesh-eating zombies. But not the plodding, old fashioned type of zombie seen most recently in "Shaun of the Dead." No, siree. This one's a RAGE virus, causing victims to become hyper and hysterical – to the point of running around bashing anything and anyone in

their way into a bloody pulp.

In "28 Weeks Later," available on DVD this month, it's believed the rage virus has been destroyed. For some reason or other, the U.S. army is in charge of reconstruction and the return of refugees to London. Focusing on a particular family among these refugees, "28 Weeks Later" evokes our empathy for a brother (Mackintosh Muggleton) and sister (Imogen Poots) who end up being chased relentlessly by newly infected zombies as well as by forces charged with annihilating the virus.

We desperately want these sib-

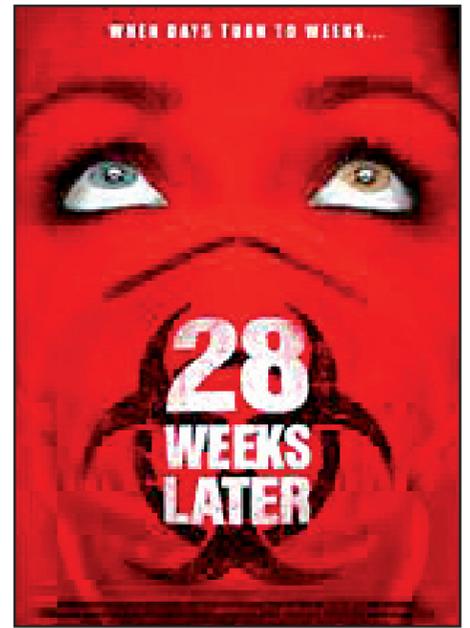
lings to survive, not merely because they've been through so much suffering but also because one of them may be immune to the rage virus. If so, an antidote might be developed after further study.

I think that's all I should reveal about the plot. I don't want to spoil the thrill of watching the many the surprises this movie contains. However, regarding performances, Muggleton and Poots are outstanding. They do an excellent job projecting extreme fear as well as their emotional attachment to each other. Not as successful here is Robert Carlyle ("Angela's Ashes"), who plays their father. His thick accent makes him very hard to understand most of the time.

My only other criticism of "28 Weeks Later" involves its uneven cinematography. Jerky hand-held camera work and hectic, blurry zombie rampages really annoyed me because I couldn't tell what was happening during those parts of the film. Still, the claustrophobic, you-are-there type of photography in other scenes adds to the movie's suspense and terror. Also, the bleak look of a ravaged London, reminiscent of "Children of Men," is quite impressive for its surrealistic presentation in several brilliant sequences.

Directed passionately by Juan Carlos Fresnadillo, "28 Weeks Later" is an intensely exciting film that highlights such humanistic themes as courage, morality, "the greater good," and family loyalty in a crisis situation. But, even more important for horror fans, it's very, very scary. I look forward to the third installment, which will surely follow.

(Released by Fox Atomic and rated "R" for strong violence and gore.)



HUMOROUS HAUNTING

While reading Jim Gilbert's very funny novel, "Hosts of Ghosts," I found at least one laugh in every paragraph of its 243 pages. I also couldn't help thinking what a great comic movie it would make. Of course, as a film critic, I look for the cinematic potential in everything I read.

Just imagine how the following story would look on screen:

Writer Sam Martin, a single father trying to raise his young son and maintain his career, faces some very unusual obstacles, to say the least. Son Peter is gifted (or cursed?) with the ability to call up and command the spirits of the dead. Adding to his problems, Sam has decided to move into a haunted house – and he's attempting to keep all this from his new girlfriend, who just happens to be the local law enforcement officer. The titular "hosts of ghosts" pester Sam relentlessly. They keep him from sleeping, play practical jokes on him and interfere with his budding romance. How I would love to see Jack Black playing Sam in the movie adaptation!

Are you listening, filmmakers? To order a copy of this supernatural adventure comedy, go to the publisher's website at www.eTreasurespublishing.com.

ELIZABETH: THE GOLDEN AGE

If I had the nerve, I'd dress up like Queen Elizabeth the First for Halloween this year. Of course, that's out of the question, so I'll be happy watching "Elizabeth: The Golden Age" on the big screen instead. Starring the wonderful Cate Blanchett as Elizabeth, this historical epic should arrive at multiplexes on October 12, and it's the movie I'm most eager to see this month. The BIG box office success, however, will probably be "Saw IV," a gorefest sequel which is scheduled to begin torturing horror fans on October 26. Happy Halloween!

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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