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# Senior Beacon

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

Feb., 2008 Vol. 26: No. 7 Established Aug., 1982 307 Consecutive Months!

## Museum Receives \$250,000 Challenge Grant

Special thanks to Bob Campbell

PUEBLO – The Gates Family Foundation out of Denver, CO has moved the Steelworks Museum of Industry and Culture one step further in creating a national tourist destination dedicated to preserving the irreplaceable history of the people and industry that built the West.

The Gates Family Foundation awarded a \$250,000 challenge grant to the Bessemer Historical Society (BHS) in 2005 in support of the organization's capital campaign to raise funds to develop the Steelworks Museum of Industry and Culture and preserve the historically significant archives and artifacts of the Colorado Fuel and Iron Company (CF&I). BHS has raised over \$2.5 million in private giving towards the goals

outlined in the organization's master plan and has successfully completed the Gates Family Foundation Challenge.

Maria E. Kennedy, Executive Director of BHS and the Steelworks Museum of Industry and Culture, commented: "We are enormously grateful for the farsighted and generous support of the Gates Family Foundation. This grant will help further our goals to preserve, beautify and make available to the public an invaluable piece of our local and national history."

BHS opened the first phase of the Steelworks Museum of Industry and Culture in January of 2007. BHS successfully completed the rehabilitation of the Historic CF&I Medical Dispensary to house the first phase of the museum and

renovate the exteriors of the rest of the buildings in the historic complex.

The Gates Family Foundation Grant will be used to develop the historic landscape restoration and outdoor exhibits and interpretation of the museum site. BHS is continuing to raise funds for further work on Phase II of the Museum site.

The Steelworks Museum of Industry and Culture is open from 10-4 Monday- Saturday. For more information about the museum project please call 719-564-9086 or visit [www.cfisteel.org](http://www.cfisteel.org).

The Steelworks Museum of Industry and Culture (a project of the Bessemer Historical Society-BHS) is Pueblo's newest museum located at the National Register site of the Colorado



Courtesy Photo – Bessemer Historical Society. ca. 1903-1905

Fuel and Iron Company office complex on the corner of Abriendo and Canal St. BHS was formed in 2000 to accept the 121 years of CF&I archives, to preserve the historic buildings and to tell the story of mining, steel production and the workers and their families.

--Steelworks Museum--

## 2008 Can Mean Warmth With Help From LEAP

DENVER – January 2008 – Many anxiously await the winter months in Colorado, looking forward to the snow and the fun activities it brings. For many hard working Coloradans however, winter means freezing temperatures and increasing heating costs that force many families to go without heating their homes.

Living in homes with inadequate heat is unhealthy for all, but for children and senior citizens it can be particularly harmful as they are more susceptible to the flu and pneumonia. The Low-income Energy Assistance Program (LEAP) helps families keep their homes warm and safe by assisting with their expensive heating bills through the cold winter months.

LEAP pays the highest benefits to those with the highest heating bills and lowest incomes by family size. Applicant income cannot exceed 185 percent of the federal poverty index, which equals a maximum income of \$3,184 per month

before taxes for a household of four people. The anticipated average LEAP benefit for 2007-2008 is approximately \$316 per family.

LEAP applicants must provide a copy of valid identification and a completed affidavit indicating that they are lawfully present in the United States with their applications to the program. Applicants must also be responsible for paying heating costs, either to a utility company, or to a landlord as part of rent.

"Heating homes during the coldest winter months can be very expensive for families, often leaving little money for anything else," Scott Barnette, LEAP director said. "LEAP can help families cover heating costs through the harshest months, freeing up funds for other necessities such as groceries."

While LEAP provides assistance paying for heating bills, there are additional ways to keep yourself and your

family warm and safe. The Center for Disease Control (CDC) offers the following tips you should know to prevent cold-related health and safety problems:

- If you plan to use a wood stove, fireplace, or space heater, be extremely careful. Install a smoke detector and a battery-operated carbon monoxide detector near the area to be heated. Test them monthly, and replace batteries twice yearly.

- If you don't need extra ventilation, keep as much heat as possible inside your home. Avoid unnecessary opening of doors or windows. Close off unneeded rooms, stuff towels or rags in cracks under doors, and close draperies or cover windows with blankets at night.

- Eating well-balanced meals will help you stay warmer. Do not drink alcoholic or caffeinated beverages—they cause your body to lose heat more rapidly. Instead, drink warm, sweet beverages

or broth to help maintain your body temperature.

- Extreme cold can cause water pipes in your home to freeze and sometimes rupture. When very cold temperatures are expected:
  - Leave all water taps slightly open so they drip continuously.
  - Keep the indoor temperature warm.
  - Improve the circulation of heated air near pipes. For example, open kitchen cabinet doors beneath the kitchen sink.

Applications for LEAP are accepted anytime between November 1 and April 30 of each year. For more information about LEAP, please call 1-866-HEAT-HELP (1-866-432-8435) or visit [www.cdhs.state.co.us/leap/index.htm](http://www.cdhs.state.co.us/leap/index.htm) to view the most current program application requirements.

## St. Mary-Corwin Medical Center Celebrates National Heart Month

Pueblo, CO --- February is National Heart Month. During February, St. Mary-Corwin Medical Center and Centura Health are highlighting their commitment to fighting cardiovascular disease in Pueblo, throughout southern Colorado, and the across the state of Colorado. Centura Health is the largest provider of heart attack care in the state of Colorado.

Cardiovascular disease and stroke continue to be the nation's number one and number three killers, claiming 870,000 lives each year. St. Mary-Cor-

win and Centura Health invite the community to participate in several opportunities to learn more about developing a heart healthy lifestyle for you and your family.

A dedicated Web site focusing on cardiac care is available at [www.centuraheart.org](http://www.centuraheart.org). The web site features two unique programs specific to heart care: "InVision Guide to a Healthy Heart" and "Jump Start a Heart."

Centura is the nation's first health care provider to provide the InVi-

sion complimentary web tool. InVision is an interactive site that illustrates the marvels of the cardiovascular system, why and how medical problems arise, and treatment and lifestyle options that are available to maintain a heart-healthy lifestyle. Cutting-edge, 3D visuals show the effects of smoking, stress, lack of exercise, a poor diet and other well-established risk factors associated with heart disease. Users can personalize their experience on the site through a series of options that includes fetal circulation,

blood pressure, enlarged heart, heart attack, diet, exercise, and more.

The "Jumpstart a Heart" program provides education and helps place AEDs into local communities. Nonprofit organizations are eligible to complete a grant application to receive funds to purchase their own AED. Nonprofit organizations are encouraged to apply for an AED grant by visiting [www.centuraheart.org](http://www.centuraheart.org) and downloading the AED grant application. Grants are awarded four times a year. On February 11, Centura Health will be awarding the first seven AED grants to nonprofit organizations across the front range. In Pueblo, St. Mary-Corwin and Centura Health will present a grant to Parkhill Christian Academy.

To support the local "Jumpstart a Heart" program, St. Mary-Corwin associates will host a Jeans Day. Contributions from the Jeans Day will benefit the St. Mary-Corwin AED Fund for the purchase of additional AEDs in the community.

The Denver Museum of Nature and Science is hosting "Hearts of Gold," on February 23 from 9am-5pm. This event will showcase the Centura cardiovascular network of care, with activities including an InVision Guide, da Vinci robot and AED demonstrations; sheep heart

SEE "JUMP START" PAGE 16.

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# Just One Guy's Opinion

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



## Mark Friday May 9th

Mark Friday, May 9th on your calendar. Why, you ask? It's the 11th, not the second or the third or the fifth.... but the 11th anniversary of the Seniors Life & Health Festival to be held in the Events Center at the Colorado State Fairgrounds in Pueblo. Kathilee Champlin, who has been the director of the event from year one along with *Senior Beacon*, promises another boffo event. This year the sponsors include Rocky Mountain Health Plans, AARP Colorado, KRDO News Radio/News 13, Pueblo County Commissioners and Parkview Medical Center. The show runs from 8:00am - 4:00pm and the best of all it doesn't cost a penny for admittance, never has. Be sure to read *Senior Beacon* for all the details as the year unfolds.

## Special Series For The Ladies

Starting on page six in this issue of *Senior Beacon*, our contributing writer of all things fashion, Patricia McLaughlin, performs a hat trick of sorts. No, she didn't score three goals in one hockey game but we have three very good articles about women and aging and fashion. Page six starts with a treatise on what "Old" means. You then need to go to page 10 and read the article about Charla Krupp who was the style adviser on "Sex in the City." And finally, McLaughlin (no relation to our own Jan McLaughlin) ties the first two premises together neatly with her third byline on page 23. We hope you enjoy it!

## Why The Hysteria?

*Warming ocean temperatures* were supposed to cause gigantic killer hurricanes yearly, this was told us right after Katrina in 2005. That didn't happen so now we are now being told that because of the warmer temps in the seas there is a different wind pattern and this wind pattern shears off the developing hurricanes and they don't reach landfall especially over the past two years. So, now do we say global warming is beneficial or do we dutifully follow lord "algore" to the promised land?

*Perhaps the craziest run of the lemmings* is the man-made, algore-induced global warming hysteria which has infected our congressional leaders as well as GWB to sign a horrendous bill that mandates the discontinuance of the use of the incandescent light bulb. You know the one. Thomas Edison made it. It has served us well for a 100 years. It lights our way, is inexpensive and is unobtrusive. But no, algore says that one of the best ways for us to reduce man-made global warming is to use these florescent light bulb thingamajigs. They last longer he says. They pollute less he says. And the lemmings follow this idiotic narcissist who has had no formal training whatsoever in anything except how to feed from the public trough.

*Now General Electric plants throughout the land* who make the filaments, *et al* for these bulbs will be shutting down due to government mandate. Guess what ladies and gents? The only people in the world who mass produce the new long-lasting and expensive bulbs are the Chinese. Good grief. The Chinese? Talk about exporting jobs. But the best is the lemmings are leading us over the cliff and into the sea. Guess what these magical bulbs contain. Give up? M-E-R-C-U-R-Y. Just think, if you are fortunate enough not to have seizure-induced episodes from these new bulbs, you get to drink mercury from waste sites around the nation.

*Let's see, the mercury from the spent bulbs* will seep into the ground water from the landfill which will seep into the water supply and we get to drink it. Also, I am told that these new bulbs actually emit a greenish hue that can be seen in photographs. Now that can't be good, could it? Plus, from personal experience, those bulbs

are dimmer and don't seem to last THAT much longer than our old stand-bys. Here's an idea. Over the next six years stock up on the incandescent light bulbs and see better, don't pollute the landfills and best of all, strike a blow for common sense.

*Here's another great idea. Let's not ever drill* for oil, build a refinery or have nuclear power running our energy grid, ever! Just use corn, wind and sun, throw in a little mercury-laced hydrogen too! That ought to solve the non-existent energy problem. The Henny-Penny's of the world have convinced the lemmings that oil is evil and nuclear energy is even more evil. What has made the world so great in terms of technology in all facets of life? What is the one driving force behind the world prosperity we have reached? Not tin-pot leaders who keep their people in bondage. Not huggers of everything green to the detriment of all. It is oil. Oil is what drives capitalism and capitalism is what has given us and the world it's 150 year skyrocket. Oil is the lifeblood of the world economy, so let's stop using it!

*Why are we lemmings?* Why don't we have common sense? Everyone else in the world is searching for oil because they know how important it is to their individual well-being. The Chinese are drilling off the coast of Cuba for crying in the night. First, we can't drill in Alaska in a 12,000 square mile area of God-forsaken tundra and mosquitoes because we might disturb it and second, oil executives will get rich. They're already rich! So what if they get a little richer. We will slowly and painfully deteriorate as a nation and be squeezed by the oil producers until we either succumb to their monetary demands or return to the horse and buggy. Can't any grown-up see this? Is there any hope for this country to realize we are dooming ourselves? Will no one come forth with common sense?

*There might be a finite amount of oil in the world* but we haven't even scratched the surface of just how much there is out there. And nuclear power is the safest, cleanest and most efficient energy the world has ever known. The French, the FRENCH, use nuclear power to handle approximately three-quarters of their energy needs and we're going to use expensive and unreliable wind and solar power? What insanity is this? Fine, add the wind and the sun and the corn and the mercury-laced hydrogen but for the sake of all that's holy let us get the oil we have and use our talents so as to harness our nuclear know how. Can no one see the sense of this?

*Humankind can no more destroy the world through man-made global warming* than I can lift the Empire State Building. The SUN warms the world. Mars temperatures are rising. There are no humans there. That should be enough said about the matter. Are you listening algore?

*We are not in a recession.* The economy is chugging along quite well. Anybody remember the Carter years and early Reagan years until he cut tax rates? And don't get me started on the Great Depression. Please people, don't be lemmings. Think. Read. Don't let the news media who never get to the bottom of stories anymore (if they ever did) scare you into believing all this nonsense.

*Please remember algore believes* he was the inventor of the internet and go buy some incandescent bulbs and store them in a closet somewhere so as you get older and your vision dims you won't fall and break your hip replacing one of those new-fangled, expensive, dim algore Chinese bulbs.

*Lastly, do you remember the last great idea* "they" had to save the environment? The low-flush toilet! Now wasn't that a great idea to save water. Good grief, you have to flush the toilet as many as three times in some instances to do the same job the old toidies did in one flush! Wake up America. Where's the good old fashioned horse sense we used to have?

Godspeed! *If you'd like to comment, e-mail me at [news@seniorbeacon.info](mailto:news@seniorbeacon.info)*

## Bet You Didn't Know This \*77

Very Important to Read This!!!! YOU MUST KNOW \*77

I knew about the red light on cars, but not the \*77. It was about 1:00 p.m. in the afternoon, and Lauren was driving to visit a friend. An "UNMARKED" police car pulled up behind her and turn on his red lights. Lauren's parents have always told her never to pull over for an unmarked car on the side of the road, but rather to wait until they get to a gas station, etc.

Lauren had actually listened to her parents advice, and promptly called \*77 on her cell phone to tell the police dispatcher that she would not pull over right away. She proceeded to tell the dispatcher that there was an unmarked police car with a flashing red light on his rooftop behind her. The dispatcher checked to see if there were police cars where she was and there weren't, and he told her to keep driving, remain calm and that he had back up already on the way. Ten minutes later 4 cop cars surrounded her and the unmarked car behind her. One policeman went to her side and the others surrounded the car behind. They pulled the guy from the car and tackled him to the ground. The man was a convicted rapist and wanted for other crimes.

Thanks and kudos to Wendie Stauffer who is a reflexologist extraordinaire at the *Golden Flower Health Clinic* in Pueblo who sent this via the internet.

**Southern Colorado's**  
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Grand Hall 8-2:30 p.m. \* Bingo 2:30-4:30 p.m (must register)

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- Senior of the Year
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## Senior Beacon

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

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

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# ON THE RIGHT:

# "BARACK VS. HILLARY"

by William F. Buckley



Students of current events writing on Tuesday morning are expected to discover whether Mr. Obama or Mrs. Clinton is responsible for the collapse of the stock market. Because the accents in which they engaged each other on Monday night certainly asked the voters to conclude that the collapse of the stock market was the doing of one of them.

You may smile, but they are not smiling. It's true that political competitors, in a very hot race, become, well, unfriendly. When outgoing president Herbert Hoover suffered the indignity of having to ride in the same limousine with President Franklin Delano Roosevelt from the White House all the way to the Capitol, he made his feelings known during the seven-minute ride with the president. He did not open his mouth.

Well, that's the direction in which Clinton and Obama are headed. The New York Times writes that the "totality of the attacks" lays bare "the ill will and competitive ferocity that has been simmering

between them for weeks."

When two antagonists are required by a scheduled event to speak to their opponent, and when it is clear that they would much rather tear out the eyes of their opponent, they tend to seize on a casus belli which you and I would not think all that mortal, if directed at you or me. Mrs. Clinton railed against Obama because, she said, he never acknowledged responsibility for legislative measures that he had voted for.

He fought back by charging that the Clintons spend all night every night combing through the 4,000 votes cast by Obama in the Illinois state legislature, looking for something to criticize. By contrast, he said, he had himself attempted to maintain "a certain credibility" in the race.

Well, that brought on a charge by Hillary that Barack was tied in with a slumlord in Chicago. In fact, early in his career he had worked for a law firm that did legal work for Antoin Rezko, but

that was the sum total of that connection. During this season he has already returned \$40,000 in political contributions that were linked to the alleged slumlord.

Obama came back by pointing out that Mrs. Clinton had served as a (paid) director of Wal-Mart from 1986 to 1992, while he was "working on the streets of Chicago" as a community organizer. Mrs. Clinton did not have much to say about that.

The animal spirits got so hot that before long, Barack was taking on not only Mrs. Clinton but Mr. Clinton. "I can't tell who I'm running against sometimes," he said, charging that Bill Clinton had done as much as his wife to distort Obama's views and record. At several points, Obama used the phrase "Senator Clinton and President Clinton."

Well, one of the two stands a very good chance of becoming president. And it can only be said with confidence about their current contentions that not a correction will be made, in 2009, when

their differences will be taken as simple campaign oratory. That is how, after the 1940 election, Wendell Willkie characterized his observations about FDR, whom, during the campaign, he had said should be handcuffed, sent to Sing Sing, and deprived of bread and water.

All told, it seems a pretty conventional modern contest for power between candidates who wish to exceed each other in promises made to the voters. "Health care should be universal," said Hillary. Obama might have answered, "Success in the stock market should be universal." But there isn't anything a president can do to secure that, so if Obama wins, he'll have to settle for providing health care for Dow Jones.

# Writer's Art: "When More Is Less" "Remember?"

by James Kilpatrick

The Court of Peeves, Crotchets & Irks resumes its winter assizes with a motion from Jane Williams of Buffalo for a ban on "seems like." The motion has been hopefully granted before and will be forlornly granted again.

Mrs. Williams cites to a recent article in USA Today about a slump in retail sales that coincides with inclement weather: "Few months pass without at least one retailer blaming Mother Nature for what ails its stores. But while it can seem like a lame excuse, the fact is that weather can play havoc with a retailer's ability ..."

The court gazes upon that paragraph and sighs. The "like" in "it can seem like" is not only clutter, it is clutter compounded. The allusion to "Mother Nature" is hackneyed. "Lame excuse" is a cliché. So, too, with "play havoc." As for "the fact is" -- aaarrgh! Of course weather can affect a retailer's sales! Facts are precious. Once we get past "two plus two equals four," unqualified facts are hard to come by -- and if that second "two" happens to be "minus two," then "two plus two" equals zero.

Elinor H. Norcross of Columbus, Ohio, also petitions for relief from redundancy. She offers in evidence a photo caption last October: "The largest chest of drawers in North Carolina turned out to be not that big of a deal." The court

ventures a notion that "that big OF a deal" may be a Southernism. After all, south of that famous Mason-Dixon line there remains a tendency to hire six words when four would do the job. The court appeals to Joan Hall at the Dictionary of American Regional English: Is the surplus "of" no more than a Dixie lullaby?

Richard Jafolla of Vero Beach, Fla., moves for an injunction against the "-ology" suffix, specifically against the "-ology" in "mythology." He cites to a piece by Lou Cannon in The New York Times two months ago. The column began, "Political mythologies endure." A few paragraphs later, "The mythology of Neshoba is wrong." Our perceptive plaintiff asks, "Whatever happened to the word 'myth'?"

The court is always reluctant to deny a motion from a petitioner in Vero Beach, one of the pleasantest places on the planet, but the "-ology" suffix has been entrenched for too long to be dislodged today. Offhand, the court notes that "astrology" dates from the 14th century and "demonology" from the 16th. Some really interesting "-ologies" came along with "sexology" in 1902, and now we have ethnomusicology (1950) and agroecology (1967). Open a dictionary, and an "-ology" flies out. Followed by a society for its protection.

Robert D. Raiford of Charlotte, N.C., petitions the court for one more in-

junction against the mutation of "fun." His complaint, of course, is against "a fun thing to do." The court gives up. It notes that "fun" began as a friendly noun in 1727 ("playful, often boisterous action or speech"), soon fathered the adjectival "funny" in 1756, developed into a verb in 1833 ("Aw, mom, we were just funnin' around"), and further spawned a bastard adjective in 1846.

Now we find in the new "Shorter" Oxford Dictionary such coinages as funfair, funfest, fun house, and for aficionandos of friendly exercise, a "fun run." The sages of Merriam-Webster add the comic "funnies." The court recognizes "funnily," the adverb, and "funniness," another noun. Also in evidence: funny bone, funny book, funny car, funny farm, funny money and, most recently, "funplex" (1986), a cluster of amusement enterprises.

The last word goes to Beth Howard of Seattle. She cites to a story in USA Today in November about the appointment of Samuel Alito "to replace" Sandra Day O'Connor on the Supreme Court Says the plaintiff: "He didn't REPLACE O'Connor, he SUCCEEDED her!" Point well taken! And thinking of things well taken, let us consider a week's recess.

## IF WE COULD ONLY REMEMBER

Tradition! It was the message of

"Fiddler on the Roof," and it works for this column whenever a new year rolls around. This is when you get the "only" column, continuing a tradition that began in the 1980s.

This is the annual message to writers: No little dog trick will do more to improve your prose than mastering the placement of "only." The rule is to snuggle the defining "only" close to the word it modifies. In that regard, we recall a fracas in a schoolyard. There ...

-- Only John hit Peter in the nose. Other assailants may have hit him in the eye or on the back, but only John ...

-- John only hit Peter in the nose. He did not stab him or shoot him; he only hit him.

-- John hit only Peter in the nose. John may have hit Reginald in the back and Billy on his rump, but John hit only Peter in the nose.

-- Finally, John hit Peter only in the nose -- not in the eye or chin or chest, but only in the nose.

As Constant Reader knows, I wear one hat in writing about English usage and another in writing about the Supreme Court. Wearing both hats, I turn to a petition filed in the high court by counsel for certain property owners in Ames, Iowa. They were appealing from an opinion by Justice Michael Streit in the Supreme Court of Iowa. He began:


"In an effort to stem the flow of students into residential areas, Ames, the home of Iowa State University, passed a zoning ordinance which only permits single-family dwellings in certain areas of the city."

Hizzoner mislaid his "only." He meant to say that the ordinance permits only single-family dwellings. On down the line, on page 14, we learn that an association of property owners "only challenges the zoning ordinance on equal protection grounds." His point was that the owners challenge the law only on equal protection grounds.

Justice David Wiggins dissented. Speaking for two colleagues, he said that "we must not only ask whether the ordinance serves a legitimate government purpose, but also whether the claimed state interest is realistically conceivable." A few pages on, he asked a rhetorical question: "Is Ames only interested in promoting traditional families?" Those "onlys" needed better housing.

It is hard to believe, but even writers for The New York Times have a problem with "only." Thomas Friedman writes trenchant pieces on foreign affairs, but he nodded last month in asserting that the world's energy problems "can only

SEE "REMEMBER" PAGE 18.



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# news of the weird

COMPILED BY CHUCK SHEPHERD  
FOR SENIOR BEACON



**LEAD STORY**

Mayor Grace Saenz-Lopez (Alice, Texas, pop. 19,000) and her twin sister were indicted in January for hiding evidence in a dognapping case. Saenz-Lopez had agreed to baby-sit a shih tzu but, alarmed by the dog's sickliness, she kept it and lied to the owners that it had died. When it was spotted at a local grooming service, Saenz-Lopez and her sister allegedly began a cover-up that included the mayor's once pretending to be her sister. The mayor told her lawyer that if not for her husband, she would go to jail "for the rest of (my) life" rather than give the dog back. Most recently, Saenz-Lopez reported that the dog had run away, but many of her constituents are skeptical.

**Government in Action!**

-- Among the accusations that emerged from an FBI investigation of the U.S. government's beleaguered Special Inspector General for Iraq Reconstruction (according to a December Washington Post report) is that the deputy director of that office, Ginger Cruz, a self-described Wiccan, had been threatening to place hexes on employees if they co-operated with outsiders' evaluations of the agency. (She was cleared of those charges by the internal SIGIR staff.)

-- A commercial, pre-packaged

ham-and-cheese sandwich using one slice of bread is regulated by the U.S. Department of Agriculture, which conducts daily inspections under its jurisdiction, but a ham-and-cheese sandwich on two slices of bread falls to the Food and Drug Administration, which inspects plants about once every five years. That anomaly surfaced in the current presidential campaign and was verified by a Congressional Quarterly-St. Petersburg Times "Politifact" researcher in December. A USDA official admitted to the Times that there "is no rationale or logic" behind the distinction: "(I)t's an issue that makes it look like we don't know what we're doing."

-- Political Campaign Strategies:

(1) Lee Myung-bak was elected president of South Korea in December, perhaps attributable in part to his organization's spraying a sharp fragrance they call "Great Korea" in the air at campaign events and then on election day at polling places, hoping for an olfactory influence on undecided voters. (2) Matthew Lajoie, 21, could have used chemical help in his race for an at-large school board seat in Brunswick, Maine, in November. He spent the campaign trying to convince voters that he is a changed man from the one who had amassed 18 criminal convictions in the previous two years. (He lost but received 10.5 percent of the votes.)

**Great Art!**

-- Samina Malik, 23, was convicted in a British court in December and given a suspended nine-month sentence for having amassed a large collection of how-to books on terrorism. She came to authorities' attention as the self-described "lyrical terrorist" who writes poetry glorifying the Islamic mujahadeen fighters who specialize in beheadings. (From her "How to Behead": "Tilt the fool's head to its left / Saw the knife back and forth / No doubt that the punk will twitch and scream / But ignore the donkey's ass / And continue to slice

back and forth.")

**Police Blotter**

-- The Austin (Texas) Police Department announced in January that it had suspended Officer Scott Lando, 45, based on preliminary indications that he had been hiring a prostitute while on duty. According to a search warrant affidavit (disclosed in the Austin American-Statesman), Lando had paid for the woman's services in part by giving her free rein over part of Mrs. Lando's closet, declaring that his wife "would never miss" some of the items.

-- Chutzpah: (1) Georgia Ann Newman, 36, was arrested and charged with battery on a police officer after she not only spit on a Charleston, W.Va., officer but, as he was leading her away, wiped her nose on his uniform shirt. (2) Teresa Walker, 44, was arrested in Cincinnati in October in the course of a minor traffic stop because, while the ticket was being written, she allegedly called the police department on her cell phone to complain that the officer was writing too slowly. She later denied the officer's charge that she had threatened to "shoot" him if he didn't speed it up, but only to "sue" him.

**Turning Their Lives Over to Sat-Nav**

Satellite-navigation is undoubtedly a boon to drivers, but reports are accumulating of incidents in which drivers turned over too much discretion to the technology. For example, in January in Bedford Hills, N.Y., a visiting Silicon Valley computer technician absently obeyed his car's global positioning system and wound up, stalled, on railroad tracks, where a passing Metro-North train smashed into it (after the man had exited).

**Medical Personnel With Issues**

(1) In October, Syracuse, N.Y., dentist George Trusty was sued in federal court after a drill bit snapped off and lodged near a patient's eye, allegedly because Trusty was dancing to the song "Car Wash" on the radio while tending to the patient. (2) In January, former Skokie, Ill., eye doctor's assistant Joseph Vernell Jr. was sued after a patient complained that, in a dark room "exam," Vernell was detected licking her toes (but then explaining that he was actually "checking (her) sugar level").

**Least Competent Criminals**

Too Late: According to police in Honolulu in January, it was Ellis

Cleveland who robbed four banks within a five-day span, and that's what an officer said to him as they arrested him. Responded Cleveland, "Four. I didn't do four. I only robbed three banks. But it doesn't matter because I'm not talking to you guys. I want a lawyer." Police later said that Cleveland was not counting the attempted robbery on Dec. 31 of the Bank of Hawaii because, after three different tellers tried unsuccessfully to decipher his holdup note, Cleveland gave up and walked out empty-handed.

**Update**

News of the Weird has mentioned several times (last in 2001) the federal court order requiring the U.S. Bureau of Indian Affairs to rectify decades' worth of negligence in administering the Indian Trust Fund, which might involve as much as \$2.5 billion. Included in a 2001 court order was a prohibition against BIA's maintaining a department Web site until it proves that it can secure all the records necessary for the court-ordered accounting, and according to a Boston Magazine story in January (reporting on the bureau's handling of a Massachusetts casino), the agency still lacks department-wide Internet access. However, there is one room on the fourth floor of the bureau's Washington, D.C., office that is connected to the Web, but e-mailers and Googlers have to leave their desks and go to that office.

**The Jesus World Tour (all new!)**

Recent Playdates: Marion County, Fla., January (image of Jesus on a slice of raw potato); Tampa, Fla., January (image of Jesus on a slab of granite); Houston, January (image of Jesus on another slice of raw potato); Meadow Lake, N.M., December (image of Jesus on a sprayed-on wall covering); Homestead, Fla., December (image of Jesus on a chest X-ray); Port St. Lucie, Fla., November (image of Jesus on a pancake); Houston, October (image of Jesus on a bathroom towel); Forest, Va., August (image of Jesus on a smudge of driveway sealant); Manchester, Conn., August (image of Jesus on a kitchen cabinet door); Lodi, Calif., August (image of Jesus on a backyard fence).

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

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# For A Healthier You



## Everyone Deserves Dignity & Freedom

by Patrick Craig-Ombudsman

Restraint-free individuals can eat, dress and move independently; maintain their muscle and strength; interact with others; and maintain their freedom and dignity.

### WHAT ARE PHYSICAL RESTRAINTS?

A physical restraint is any object or device that the individual cannot remove easily which restricts freedom of movement or normal access to one's body. Examples include vest restraints, waist belts, Geri-chairs, hand mitts, lap trays (sometimes called lap buddies), and siderails.

### POOR OUTCOMES OF RESTRAINTS:

- Accidents involving restraints which may cause serious injury: bruises, cuts, entrapment, siderail deaths by strangulation and suffocation.
- Changes in body systems which may include: poor circulation, constipation, incontinence, weak muscles and bone structure, pressure sores, agitation, depressed appetite, infections, or death.
- Changes in quality of life which

may include: reduced social contact, withdrawal, loss of autonomy, depression, disrupted sleep, agitation, or loss of mobility.

### PHYSICAL RESTRAINTS ARE USED IN PLACE OF GOOD CARE BECAUSE:

- Facilities or family members mistakenly believe that they ensure safety;
- Facilities fear liability;
- Facilities may use them in place of adequate staff.

### RESTRAINTS ARE MOST OFTEN USED ON:

- Frail elderly residents who have fallen or may fall.
- Residents with a dementing illness who wander unsafely or have severe behavioral symptoms.

### PHYSICAL RESTRAINT USE:

In many facilities, residents are restraint-free without any increase in serious injuries. It is unrealistic to expect that all falls and injuries can be prevented.

The Nursing Home Reform Act of 1987 (OBRA '87) states the resident has the right to be free from physical or

chemical restraints imposed for purposes of discipline or convenience and not required to treat the resident's medical symptoms.

This law also includes provisions requiring:

- Quality of care—to prevent poor outcomes;
- Assessment and care planning—for each resident to attain and maintain her/his highest level of functioning;
- Residents be treated in such a manner and environment to enhance quality of life.

Years of experience provide many strategies for safe restraint reduction and elimination. Restraint reduction involves the whole facility, including administrators, nursing directors, physical and recreational therapists, nursing assistants, and housekeeping personnel. Family members and advocates can encourage the facility's efforts, and expect and insist that the facility:

- Complete a comprehensive resident assessment that identifies strengths and weaknesses, self care abilities and



help needed, plus lifelong habits and daily routines.

• Develop an individualized care plan for how staff will meet a resident's assessed needs. It describes the care goals (e.g. safe walking), and when and what each staff person will do to reach the goal. The care team includes staff, residents and families (if the resident wants), and devises the plan at the quality care plan conference. The resident may also invite an ombudsman to attend. Care plans change as the resident's needs change.

• Train staff to assess and meet an individual resident's needs—hunger, toileting, sleep, thirst, exercise, etc.—according to the resident's routine rather than the facility's routine.

• Make permanent and consistent staff assignments and promote staff flexibility to meet residents' individualized needs.

• Treat medical conditions, such as pain, that may cause residents to be restless or agitated.

• Support and encourage caregiving staff to think creatively of new ways to identify and meet residents' needs. For example, a "night owl" resident could visit the day room and watch TV if unable to sleep at night.

• Provide a program of activities such as exercise, outdoor time, or small jobs agreed to and enjoyed by the resident.

• Provide companionship, including volunteers, family, and friends by making the facility welcoming.

• Create a safe environment with good lighting, pads on the floor to cushion falls out of bed; a variety of individualized comfortable seats, beds and mattresses; door alarms; and clear and safe walking paths inside and outside the building.

Facilities can implement specific programs for reducing physical restraints, including:

• Restorative care, including walking, and independent eating, dressing, bathing programs;

• Wheelchair management program—including correct size, and seat cushion good condition;

• Individualized seating program—chairs, wheelchairs, tailored to individual needs;

• Specialized programs for residents with dementia, designed to increase their quality of life;

• Videotaped family visits for distant families;

• Wandering program—to promote safe wandering while preserving the rights of others;

• Preventive program based on knowing the resident—to prevent triggering of behavioral symptoms of distress;

• Toileting of residents based on their schedules rather than on staff schedules.

### FIND AN ADVOCATE:

Contact your local or State Ombudsman, Patricia Tunnell, 1-800-288-1376, if you have concerns about the care a resident is receiving. An ombudsman is a state-certified advocate for residents of long-term care facilities who is familiar with the local facilities and often with the staff and residents. All conversations with an ombudsman are confidential unless permission is given to use a person's name.

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# Fashion: Looooking Gooood!

by Patricia McLaughlin - Mature Market Media Services

## OLD?????!!!!

*Is it really the worst way to look?*

Almost nobody seems to think we made a big mistake by investing humongous amounts of time, money, energy and genius in medical research that lets us stay alive for longer than ever before. Think of all the things we might've achieved instead if we didn't mind dying young: Instead of penicillin, we could have placebos that come with childproof caps that adults could open easily. Instead of angioplasty, we could have computers that don't crash. Instead of chemo, we could have cars that run on something cheaper and more abundant than oil -- junk mail, say?

But no. We were dead-set on staying alive, and now most of us can. Nobody dies of TB at 30 anymore, the way some of our great-great-grandparents did. For the first time in history, most of us have a decent shot at living long enough to experience old age -- which we used to aspire to.

But now, perversely, instead of flaunting our success, instead of glorying in our long-hoped-for survival into old age, instead of celebrating its barely explored possibilities, we routinely -- half the time without even noticing -- stigmatize it. Old age is the new leprosy. We fear it. We ridicule it. We don't want to touch it or know about it or have anything

to do with it.

OK, aging undeniably has its disadvantages--there's nothing wonderful about wrinkles, arthritis, etc. But, as they say, consider the alternative. And bear in mind that, at least as I remember it, being 20 was also no picnic either -- no money, no idea what to do next, no sense of how the world worked. The only reason we aren't terrified of youth is that we aren't getting younger.

Naturally, given our visual culture, much of the fear of aging turns out to be the fear of looking old. Marketing, naturally, does its best to amplify that fear, and channel it into shopping. The number of products that purport to "defy aging" -- as if anything could -- is truly amazing.

Case in point: "How Not to Look Old," veteran beauty and fashion editor Charla Krupp's new book, is almost certain to be a best seller. (The subtitle is "Fast and Effortless Ways to Look 10 Years Younger, 10 Pounds Lighter, 10 Times Better," but think about it: If it were truly fast and effortless, would it take a whole book to explain??)

Much of Krupp's fashion and beauty advice is plausible enough -- skip the Joan Crawford-dark lipstick, never buy unflattering clothes, find jeans that fit, etc. But most of it is directed at keeping you from looking clueless, stuffy, fat, boring, out of date, inappropriate, underdressed, overdressed, badly dressed, generally

unattractive, etc. -- none of which is quite the same as looking old. She promises that readers over 40 who follow her advice will look 10 years younger. That's debatable -- but it's marketing genius. Last time I checked on Amazon, the book had only been out for a week and was already ranked ninth in sales. Apparently most women are more frightened of looking old than they are of looking badly dressed -- or we'd never leave the house in leggings and baggy T-shirts.

Conflating looking old with looking bad may sell books, but it's a lie. As you know if you happened to see Julie Christie in "Away From Her." Christie looks old in the movie; she has plenty of wrinkles, and her sturdy, freckled arms reminded me of my grandmother's. She's also radiantly beautiful. She didn't look better in the '60s, only younger.

Old isn't necessarily ugly -- and being young, in case you haven't noticed, is no guarantee of being beautiful.

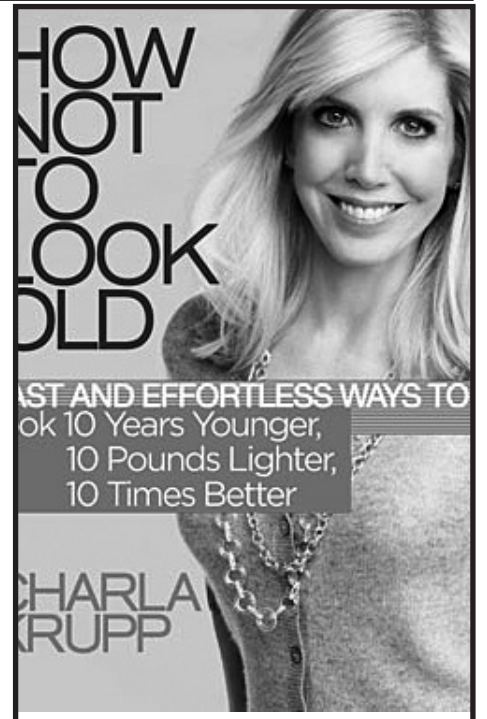
To assume, even before we get there, that old age is ugly is foolish and damaging.

Let's stipulate up front that a lot of getting dressed is and always has been about disguise and pretense. We typically do ourselves up to look -- insofar as we can -- thinner, richer, cooler, smarter, better connected, etc. than we are, and we don't worry that much about any potential corrosive effects of the transaction.

But when you pretend to be something you aren't, you implicitly admit that there's something inadequate, something shameful, about what you are.

It can't be healthy to believe that public acceptance -- by neighbors, colleagues, boss, grocer, discount drugstore checkout person -- depends on your ability to pass for younger than your actual age. You can't believe that without also believing there's something intrinsically wrong/inferior/undesirable/unworthy about being whatever age you are.

Imagine if somebody published a style manual for persons of color called "How to Pass for White." It's unthinkable for a couple of reasons. For one, it'd be a public relations disaster on the Imus scale, because it's insulting to imply there's something intrinsically wrong/undesirable/inferior/shameful about not being and looking white.



*Books like this one casually assume that looking old is every woman's worst nightmare. But isn't it shortsighted to stigmatize something that will happen to every one of us with the good luck not to die young?*

And, anyway, the book wouldn't sell. As Sen. Obama's recent success in Iowa illustrates, Americans don't stigmatize race the way we used to. How many persons of color would be willing to deny a significant aspect of their identity -- and then go to a terrific amount of trouble: new wardrobe, new makeup, demanding maintenance routine, uncomfortable underwear, etc. -- just to look white? Big whoop.

So why is it plausible to assume that getting old -- something every single one of us is doing at every single moment of our lives -- is so appallingly shameful that every woman over 40 should be willing to jump through hoops to pass for 10 years younger than however old she is?

**Next, Go To Page 10 of this issue and read on.**

The specifics: How to look your age without looking clueless, stuffy, fat, boring, out of date, inappropriate, underdressed, overdressed, badly dressed, and/or generally unattractive.

## 2008 Senior Citizen Of The Year Award

May 2008 is Older Americans Month and citizens have the opportunity to nominate and honor a very special senior citizen during the annual Senior Life Festival being held May 09, 2008 at the Colorado State Fair Grounds Events Center.

The Pueblo Area Agency on Aging and the Pueblo Advisory Council on Aging will award this honor to an outstanding Pueblo County senior citizen who has made significant contributions to our community through volunteer services. There are many seniors in Pueblo County who deserve this honor and we would like to encourage you to nominate a senior citizen for this award. The nominee must be 60 years of age or older and the award can be made posthumously.

Nominations may be submitted to Pueblo Area Agency on Aging, 2631 E. 4th Street, Pueblo, CO 81001. Be sure to include name address and phone number of nominee as well as your name and phone number. A brief description of why you feel this senior is deserving of this award, or nomination forms are available through the Pueblo Area Agency on Aging, 719-583-6120. Nominations will be accepted until March 21, 2008.

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# Social Security & You

by Melinda Minor, District Manager - Pueblo



## SPECIAL EXTRA EARNINGS FOR MILITARY SERVICE

Note: Change in special military service credits.

In January 2002, Public Law 107-117, the Defense Appropriations Act, stopped the special extra earnings that have been credited to military service personnel.

Military service in calendar year 2002 and future years no longer qualifies for these special extra earnings credits.

Since 1957, if you had military service earnings for active duty (including active duty for training), you paid Social Security taxes on those earnings.

Since 1988, inactive duty service in the Armed Forces reserves (such as weekend drills) has also been covered by Social Security.

Under certain circumstances, special extra earnings for your military service from 1957 through 2001 can be credited to your record for Social Security purposes. These extra earnings credits may help you qualify for Social Security or increase the amount of your Social Security benefit.

Special extra earnings credits are granted for periods of active duty or active duty for training. Special extra earn-

ings credits are not granted for inactive duty training.

If your active military service occurred

From 1957 through 1967, we will add the extra credits to your record when you apply for Social Security benefits.

From 1968 through 2001, you do not need to do anything to receive these extra credits. The credits were automatically added to your record.

After 2001, there are no special extra earnings credits for military service. [Return to Top]

### How You Get Credit For Special Extra Earnings

The information that follows applies only to active duty military service earnings from 1957 through 2001. Here's how the special extra earnings are credited on your record:

#### Service in 1957 Through 1977

You are credited with \$300 in additional earnings for each calendar quarter in which you received active duty basic pay.

#### Service in 1978 through 2001

For every \$300 in active duty basic pay, you are credited with an additional \$100 in earnings up to a maximum of \$1,200 a year. If you enlisted after Sep-

tember 7, 1980, and didn't complete at least 24 months of active duty or your full tour, you may not be able to receive the additional earnings. Check with Social Security for details.

*Special thanks to reader Duane Noe and his wife who wrote in to our internet account: [www.seniorbeacon.info](http://www.seniorbeacon.info). We, in turn, contacted Melinda Minor at Social Security locally and she responded in a positive manner to this information.*

## SOCIAL SECURITY EXPEDITES DISABILITY APPLICATIONS FOR AMERICA'S 'WOUNDED WARRIORS'

Men and women serving in the U.S. military who become disabled while on active duty are receiving 'expedited processing' of disability claims from Social Security. The expedited process is for military service members who were disabled on or after October 1, 2001, regardless of where the disability occurs. People in the military can apply for and receive benefits even while receiving military pay.

And to make things easier for our service men and women, we've developed an easily accessible website all

about benefits for wounded warriors. Whether you're stateside or deployed abroad, just visit [www.socialsecurity.gov/woundedwarriors](http://www.socialsecurity.gov/woundedwarriors). The website has everything you need to know about Social Security and military service — including a link to apply for disability benefits online.

As Social Security Commissioner Michael Astrue said, "I want to assure the brave men and women of our Armed Forces and their families that they will not have to wait for these needed benefits. Expedited processing is just one way Social Security can show our military personnel how much we appreciate their service in defense of our freedom." Once the application for Social Security disability benefits is taken, it is uniquely identified as being from a U.S. military service member, and it is expedited through all phases of processing, both in Social Security and the state Disability Determination Service, where the actual medical determination of disability is made.

Disabled military personnel may apply for disability benefits at any time while in active military status, or after discharge, whether they are still hospitalized, in a rehabilitation program or undergoing out-patient treatment in a military or civilian medical facility.

It is important to understand, however, that the definition of disability under Social Security is different than the definition of disability for veterans' benefits. To be considered disabled under Social Security, you must be unable to do substantial work because of your medical condition(s); and your medical condition(s) must have lasted, or be expected to last, at least one year or be expected to result in death. Also, Social Security does not provide benefits for people with partial disability or short-term disability.

Military servicemen and women can receive expedited service whether they apply for Social Security disability benefits online or in person at the nearest Social Security office. The online site for applications from military personnel is [www.socialsecurity.gov/woundedwarriors](http://www.socialsecurity.gov/woundedwarriors). Disability applicants can also call 1-800-772-1213 (TTY 1-800-325-0778) to schedule an appointment at their local Social Security office.

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# “Light For The Journey”

By Jan McLaughlin - Director of Prayer Warriors For Prisoners



## “ABOUT PET PEEVES!”

“Pet Peeves!” Yes, I know! Christians aren’t supposed to have these. We are to be tolerant, uncomplaining and walk upright before the Lord. But a few things REALLY bug me. I will lay this all out so you know God isn’t finished with me. It’s ok if you want to pray for me but honestly... a long time may pass before these things stop bothering me. You may even have to pray for yourself when you learn what MY pet peeves are!

These come in no special order as each irritates equally.

The disrespect young people have for their elders is absolutely appalling. For example: It is nauseating to be being called “sweetie” or “sugar” or “darlin” by a much younger women who clearly knows my name by looking at my I.D. or credit card. My name is right in front of her. And if it isn’t, I have a voice. She can ASK my name. I DO have a name. It is NOT “darlin”, sweetie or sugar! I don’t know if they think it is cute but I feel patronized and belittled. It is disrespectful and degrading. When I ask the person to address me my name she or he is offended, as if to say... “What’s YOUR problem, lady?”

I am especially upset at hearing young girls speak to elderly men and women as though they are toddlers. It is embarrassing for the elderly but they remain silent, fearful of hurting feelings.

These names are terms of endearment, meant for just that: To express love for someone dear and should NOT be used to address strangers, regular customers or clients. The elderly deserve respect. PERIOD!

Another pet peeve also concerns the elderly as well as the handicap. My emotions border on fury when a self-centered, inconsiderate able-bodied man, woman or teen uses a handicap sign to rob a truly disabled person of a parking space. I see it all the time. Sometimes the capable person doesn’t even use a handicap placard, but parks in a handicap space. Perhaps they feel entitled to do so. Fines for parking wrongfully in handicap areas when not handicap should be enforced whether a placard is used or not! If you are guilty of this, you are probably breathing a sigh of relief that I am not the police chief! However, don’t feel too relieved. I plan to have a talk with him and I am taking down license numbers!

Finally, (only because I am running out of space... I could list a few more) have you noticed that our young people seem to have been baptized in a “spirit of entitlement”? They want a pay check but few want to work. It isn’t just teen-agers. The entitlement mind-set permeates the entire country. The author of an article in Focus on the Family magazine said it quite well when she lamented not saving money in order to leave an inheritance for her children. “I’m part of the ME Generation, taught from birth that we are entitled to the best. We grew up watching our parents slave away to give us the best of everything they never had.... I learned from TV (which was invented just for us as was fast food): “See it! Want it! Get it!”

Is this why Americans are billions of dollars in credit card debt and families and marriages are crumbling

under pressure?

Everyone is ENTITLED to something. The “I deserve it” mentality is corrupting our culture. Ask a child to take out the trash, wash the dishes, pick up their clothes. Is a bribe necessary for compliance?

How is it that the child becomes the parent and the parent the child? Perhaps it begins around two and a half years old or earlier. A new headline from 2004 read “Seven million adults in U.S. prison, on probation or on parole.” That estimates one in every 36 adults was under correctional supervision by the end of 2004. We are into 2008 and those numbers have skyrocketed. Do we need to re-think childhood discipline? Does the government need to change policy on childhood spanking? Perhaps if parents weren’t terrified of Social Services and were allowed to discipline their children, the government wouldn’t lock them in cages when they grow up.

It is rare but incredibly refreshing to meet a young person who is dependable and has an honest work ethic. Only a few seem to exist and they reveal good upbringing and integrity. Also being treated with respect in doctors’ offices,

restaurants and stores is refreshing. Witnessing young people treating the elderly with courtesy and respect by addressing them appropriately is especially encouraging.

So, these are some of my pet peeves. You may be among those who totally disagree. That’s ok. It’s also ok to agree. Just don’t call me “hon,” “sugar,” “sweetie” or “babe!” Not unless you are very close to my age and know me well enough to use terms of endearment when you speak to me.

God has told us to respect the elderly. Some may have a different view of what respect means but I am convinced that addressing them appropriately is a large part of it. If respect is shown, respect will be manifested in every other area.

“Rise in the presence of the aged, show respect for the elderly.” Lev 19:32 NIV  
**Jan McLaughlin is Director of Prayer Warriors For Prisoners and can be reached at 719-275-6971 or by e-mail, [prayerforprisoners@msn.com](mailto:prayerforprisoners@msn.com)**

## Help For Parents With Advanced Illness

by Debra Grainger - Sangre De Cristo Hospice

The Colorado Health Foundation Awards Hospice \$216,000 for PAL Program

Health care has just gotten easier for folks in southern Colorado living with a life-limiting illness. Sangre de Cristo Hospice and Palliative Care which serves a six-county area, has been awarded a three-year grant from The Colorado Health Foundation for more than \$216,000 to support a Patient Advocacy for Living (PAL) program. The program helps patients and families who face prolonged and progressive health issues get the care they need when they do not meet hospice criteria or have insurance coverage. PAL prevents costly hospital and emergency room visits—often the only recourse during a health crisis for those living with advanced cancer, respiratory or heart conditions.

“This is an unmet need in our community,” says Jann Schoenholtz, SCHPC West Administrator. “By becoming involved earlier with patients in the PAL program, we can improve the quality of life for patients and families by helping them manage symptoms and control pain.”

Huerfano and Las Animas Counties were recognized by the Colorado Hospice Organization as the greatest population base not served by hospice care in the state of Colorado. Point: (Waiting for data points here from Colorado Hospice Org. Cost comparisons of palliative care vs. hospital, emergency room or frequent clinic visits.)

Pilot program and its success described here. Second and third year grants from the Foundation are contingent upon SCHPC raising about \$72,000 a year in other sources of revenue to support the program. (Partnership /cooperation of other community agencies could be listed here as well as call for community assistance in raising funds.)

“Rural areas of Colorado are faced with many health care and health access challenges,” says Anne Warhover, president and CEO of The Colorado Health Foundation. “With this grant, the hospice can make a positive difference in the lives of those dealing with a long and difficult health crisis.”

If you would like more information on the program or would like to assist in fundraising efforts to meet the goals of this grant, contact Jann Schoenholtz at (719) 275-1261 or Ron Coffin at (719) 542-0032.

*Sangre de Cristo Hospice and Palliative Care, now in its 24th year, serves patients and family in Pueblo, Fremont, Custer, Park, Huerfano and Las Animas counties. In 2007 they provided hospice care to more than 800 patients and their families including free care and counseling totaled at more than \$250,000.*



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# Toll Of Caregiving Widespread, Study Says

by Robin Mosey from the Home Instead Senior Care office in Pueblo, Colorado

I am an 80-year-old woman who has been caring for my 85-year husband with Alzheimer's disease for the past two years. I love caring for my husband, but the stress is starting to get to me. I don't have a life anymore. Am I alone?

No, you're not and it's time for you to start reaching out for support. The recently released Evercare/National Alliance for Caregiving Study of Caregivers—What They Spend, What They Sacrifice, reported they were spending on average 35.4 hours a week caring for their loved ones, with 19 percent providing care for more than three years and 32 percent caregiving for more than five years.

To accommodate the caregiving time and expenses they had, study respondents were making the following sacrifices:

- Cutting back on leisure activities (49 percent) and vacations (47 percent);
- Saving less or not at all for their children's future (38 percent);
- Using their savings (34 percent);
- Cutting back on basics such as clothing, utilities or transportation (27 percent) and groceries (25 percent); and,
- Cutting back on personal medical or dental expenses (23 percent).

Here's an interesting observation from a study participant that will relate to you: "Time is the most expensive commodity I provide – but it has no price tag," one caregiver wrote in a diary. Despite the sacrifice, caregivers also said it was a commitment they made willingly.

Study respondents reported on the personal and emotional impact which includes:

- Heightened stress or anxiety (65 percent);
- Difficulty sleeping (49 percent);
- Increased financial worries (43 percent);
- Depression or hopelessness (37 percent), and
- New or worsening health problems (26 percent).

So, as you can see, others share your plight. You need respite help to maintain your own health and sanity.

For resources and more information, contact the Alzheimer's Association at [www.alz.org](http://www.alz.org).

Or call your local Home Instead Senior Care office. The company's non-medical CAREGivers are often employed to provide respite care to families and are specially trained to work with all types of family situations.

For more information about Home Instead Senior Care, contact Robin Mosey at (719)545-0293 or visit [www.homeinstead.com](http://www.homeinstead.com).

\*Information on the "Evercare/NAC Study of Caregivers: What They Spend, What They Sacrifice" is available online at [http://www.evercarehealthplans.com/pdf/Evercare\\_Cost\\_Study\\_11-19.pdf](http://www.evercarehealthplans.com/pdf/Evercare_Cost_Study_11-19.pdf).

## Southern Colorado Community Blood Drives For February, 2008

### BEULAH COMMUNITY

Beulah Community Blood Drive  
Saturday, Feb. 23 from 9 to 11:30 a.m.  
Donations inside Bonfils' mobile bus located at the Stompin' Grounds Café, 8913 Grand Ave., Beulah. For more information or to schedule an appointment please contact B.J. Hiatt at (719) 485-3407.

### BUENA VISTA COMMUNITY

Buena Vista Community Blood Drive  
Thursday, Feb. 7 from noon to 4:30 p.m.  
Located at the LDS Church, 611 Arizona St., Buena Vista. For more information or to schedule an appointment please contact Susan Miller at (719) 395-2935

### FOWLER COMMUNITY

Fowler Community Blood Drive

Wednesday, Feb. 27 from 2 to 6 p.m. Located at Fowler Elementary School, 601 W. Grant, Fowler. For more information or to schedule an appointment please call Bonfils' Appointment Center at (800) 365-0006 opt. 2 or visit [www.bonfils.org](http://www.bonfils.org)

### LA JUNTA COMMUNITY

La Junta Community Blood Drive  
Tuesday, Feb. 5 from noon to 4:30 p.m.  
Donations inside Bonfils' bus located at the Arkansas Valley Medical Center, 1100 Carson, La Junta. For more information or to schedule an appointment please contact Colorado Bank & Trust at (719) 384-2000 or visit [www.bonfils.org](http://www.bonfils.org)

### LAMAR COMMUNITY

Lamar Community Blood Drive  
Tuesday, Feb. 19 from 10:30 a.m. to 2:30 p.m.  
Donations inside Bonfils' bus located at the Lamar Christian Church, 811 South Main St., Lamar. For more information or to schedule an appointment please contact Brenda May at (719) 336-5200 or visit [www.bonfils.org](http://www.bonfils.org)

### MONTE VISTA COMMUNITY

Monte Vista Community Blood Drive

– In memory of Nancy Davis

Thursday, Feb. 14 from noon to 4:30 p.m.

Located at the LDS Church, 99 W. Prospect, Monte Vista. For more information or to schedule an appointment please call Bonfils' Appointment Center at (800) 365-0006 opt. 2 or visit [www.bonfils.org](http://www.bonfils.org)

### TRINIDAD

Trinidad State College Community Blood Drive  
Thursday, Feb. 21 from noon to 5:30 p.m.

Located at the Sullivan Student Center, Prospect Street, Trinidad. For more information or to schedule an appointment please contact Century Savings & Loan at (719) 846-2257 or visit [www.bonfils.org](http://www.bonfils.org)

### WESTCLIFFE COMMUNITY

Wet Mountain Rotary Club of Westcliffe Community Blood Drive  
Wednesday, Feb. 13 from 11:30 a.m. to 4:30 p.m. Located at Cliff Lanes, 25 Main St., Westcliffe.

For more information or to schedule an appointment please contact

Bonfils' Appointment Center at (800) 365-0006 opt. 2 or visit [www.bonfils.org](http://www.bonfils.org)

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

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

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

For more information about Bonfils Blood Center, please visit [www.bonfils.org](http://www.bonfils.org) or call (303) 363-2300 or (800) 365-0006.

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# Fashion: Want To Look Like Charla Krupp?

**DO YOU REALLY WANT TO LOOK LIKE CHARLA KRUPP? AND, IF SO, WHY DON'T YOU ALREADY?**

Don't women who go around in shapeless "mommy jeans" and tucked-in turtlenecks already know they might look better in something sleeker and less comfortable that needs to be dry-cleaned?

The older you are, the more likely you are to wish you looked younger. But have you thought it through? Assuming you're a middle-aged woman, would you really want to look young enough not to know Paul McCartney was in a band before Wings? Young enough to draw a total blank on the Cuban Missile Crisis?

History is powerful; it makes you who you are. How much younger could you look and still look like yourself? Not like the girl you were 20 years ago, but like the person you are now? How much younger could you look and still look like you know what you know?

We think we want to look younger because every ad in every magazine tells us we do. But don't we really just want to look better? And even that's problematic, as you notice almost imme-

diately when you start looking into the self-renovation books directed at female baby boomers terrified at the prospect of aging out of the Pepsi Generation.

How much better do you really want to look? And whose idea of better?

Charla Krupp, for instance, author of "How Not to Look Old: Fast and Effortless Ways to Look 10 Years Younger, 10 Pounds Lighter, 10 Times Better," looks fabulous for her age, whatever that may be -- she'll only say she's "over 40." She could easily join the cast of "Sex and the City: 10 Years Later." (OK, maybe 15.) Her book assumes you want to look like that, too, and are willing to do what it takes -- i.e., invest in regular blonding, expensive haircuts, buckets of pricey hair goop, heroic teeth-whitening and -straightening, manicures and pedicures, professional eyebrow shaping, dermatological interventions and attendant buckets of face goop -- and also wear fishnet hose, thong panties, \$200 jeans, stiletto heels, and a whole armamentarium of complicated "shapewear" that I personally suspect is considerably less comfortable than she claims.

## America's Favorite Sermons

"AMERICA'S FAVORITE SERMONS" Doesn't Neglect Love and Romance  
by Betty Jo Tucker

You may be wondering why I saved my article about "America's Favorite Sermons," published in 2007 by CSN Books, until February of this year. The answer is a simple one. Although this compilation of sermons from noted Christian leaders contains several inspirational sections, my favorite is Dr. Tony Foglio's sermon about "Romance." Dr. Foglio, founding pastor of Sonrise Community Church, is a sought-after speaker known for his relevant, practical and applicable style of preaching and writing. He has authored several books including "The Sonrise Devotional Bible" and "Overcoming." After reading his "Romance" sermon, I understand why, under his leadership, Sonrise Community Church grew from six families in 1989 into a nationally recognized ministry of more than 3000 today.

Here are four gems from Dr. Foglio's sermon:

"Without love, the phrase 'I love you' is but a means to gain an advantage. If love is not your true purpose, then wait until it is. The truth of our text is applicable to every realm of your life from courting to marriage. Therefore, make love the root of your words and your words will bear

fruit."

"I was talking to my friend D.J. recently

...He said, 'My wife said, Don't buy me anything for Valentine's Day, a simple card will do.' I said, 'Your wife fibbed to you. That simple card better have something more in it than I LOVE YOU.'"

"Love is kind. There are many ways to be kind. Most of us are kinder to a waitress in a restaurant than we are to our spouses at the dinner table. At least we give the waitress our attention, eye contact, a thank you, a smile and a tip."

"Love is patient. Romance, like the passing of days, comes and goes, but true love never fails...This avocation of love rightfully will bring about that emotion of love: romance. If you get this and practice it, you won't only express your love once a year on Valentine's Day; you will endeavor to love one another each and every day."

Words to live by indeed. Happy Valentine's Day!

(For more information about "America's Favorite Sermons," please go to [www.afsermons.com](http://www.afsermons.com) or call this Toll Free number: 1-866-484-6184.)



I'm not saying it isn't a great look for somebody who works for a fashion magazine but, frankly, I don't see it working for every middle-aged woman in America. Suppose you're a banker or a mortician or a psychotherapist or a college president or a minister. Mightn't all that "Sex and the City" fabulousness, all that tossing of the long blond mane and batting of the individually applied false eyelashes, seem a little misplaced, a little distracting? And wouldn't you feel like an impostor?

Give Krupp full points for coming out against dragon-lady nails, extreme decolletage, the kind of thick black liquid eyeliner that looks like cracked asphalt, the harsh shoe-polish effect of hair dyed all one dark color, matchy-matchy lady suits worn with tediously matched-up shoes and purses, and anything borrowed from the sartorial vocabulary of rebellious teens (multiple piercings, short-shorts, micro-minis, super-low-riding jeans, tube tops, tattoos, tie-dye, toe rings, etc.). Give her credit for offering alternatives for readers who are low-, medium- or high-maintenance.

And, yes, dark-red Bette Davis lipstick can make you look a little scary, and dark lipliner is worse. Cakey foundation is a mistake, as is stiffly sprayed hair, as are sheer beige stockings with reinforced toes paired with sandals or peep-toe shoes. But these don'ts don't look old as much as they look old-fashioned.

Nothing, she says, is more aging than gray hair. But that's exactly backward: Aging is what causes gray hair, not the other way around. And anyway, why should you have to pretend you don't have gray hair if you do? Unless you truly believe that aging is shameful per se?

She thinks you're better off leaving your legs bare than wearing sheer hose; but what if you're cold, or live in the provinces where some people still think not wearing stockings is borderline-indecous or, anyway, inappropriately casual?

She wants you to toss or shorten any skirts that are longer than just below the knee, but what if you like your long skirts?

She thinks you should grow out your hair because -- unlike the previous generation of fashion dictators -- she believes short hair is aging and long hair looks younger. But doesn't it depend on the person and the haircut?

And why shouldn't you wear sneakers with jeans if you want to? And, OK, wearing your reading glasses on a cord around your neck does serve to identify you as a middle-aged presbyopia victim, but it's the trade-off you make if you want to be able to read anything anytime anywhere without having to waste time looking for glasses.



Some aging baby boomers would give almost anything to look as "Sex and the City" fabulous as style adviser Charla Krupp, but some might rather look like themselves. Photo: Michael Waring

It's also true that baggy "mommy jeans" worn with tucked-in turtlenecks are not a great look. Nor is the ubiquitous baggy souvenir T-shirt.

But don't we already know that? Does anybody think women who dress that way do it because nobody's mentioned to them that they might look sharper in dark, well-fitted jeans and a nice tailored jacket?

I don't think so.

Age has (at least) two effects on a woman's relationship with her wardrobe. It changes her body in ways that make it harder to find clothes that fit well, which makes shopping a trial, and wrings much of the pleasure out of fashion. At the same time, the older you get, the harder it is to believe -- what every 14-year-old takes for granted -- that how you look can change your life. Both those changes discourage you from investing large chunks of time, money and energy in your appearance: It's way more work than it used to be, and what difference will it make anyway?

When I go out to the corner grocery in no makeup and frizzed-out hair, in the same leggings and T-shirt I wore to yoga, it isn't because I think it looks fabulous; it's because it's what I have on.

If I were 14, I could spend half an hour fussing with my hair first, in case I might run into Prince Charming at the deli counter. But I'm not and I can't and I know I won't, so why should I?

**Check out page 23 for the final installment of this series.**

Reasons to pay attention anyway, and how it might pay off.

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# Traveling: There's Nothing Like A Holiday!

## Greenville: Once Capital Of Nonexistent State

by Jay Clarke

GREENEVILLE, Tenn. -- It's hard not to be intrigued by a town that once was the capital of a rogue state, makes copper blanks for the U.S. Mint and serves peanut-butter milkshakes.

Situated 70 miles northeast of Knoxville at the base of the Shenandoah Valley, Greenville, which celebrates its 200th anniversary this year, is the birthplace of Davy Crockett. As the city lies in the foothills of the Great Smoky Mountains, it offers access to such outdoor activities as river rafting, hiking and fishing.

Its connection to Andrew Johnson, though, is Greenville's main claim to fame. Johnson came here as a 17-year-old in 1826, set up shop as a tailor, taught himself to read, got into politics and went on to become the 17th president of the United States when Abraham Lincoln was assassinated.

His greatest accomplishment as president, perhaps, was the purchase of Alaska from Russia, which opponents at the time derisively labeled "Johnson's Ice Box." He also tried to follow Lincoln's more lenient plans for Civil War Reconstruction against the opposition of a hostile Congress and survived an

impeachment attempt by a single vote.

What isn't as well known, though, is that Johnson is the only American to have held every nonjudicial office. He served as an alderman, mayor, state representative, state senator, governor, U.S. representative, U.S. senator, U.S. vice president and president. And a few years after his presidency, he returned to Congress as a senator.

How did a man who never went to school rise to such prominence?

The story of his life and presidency are told at the Andrew Johnson National Historic Site here. His weatherboard tailor shop is preserved there, along with tailoring tools and samples of his stitching. One room tells how he vetoed 29 bills in his confrontations with Congress; another details the impeachment effort and its resolution. Here, too, visitors can learn that Johnson was the first president to stage an Easter egg roll on the White House lawn.

Also open to the public here are Johnson's early home and his burial place, which is marked by an elaborate obelisk in the National Cemetery.

A quirk about Greenville's early history is that it served as a state capital for a few years -- not of Tennessee, but

of the lost State of Franklin. After the American Revolution, North Carolina ceded lands to its west to the federal government, which did not at first accept them. In this vacuum, residents of that area established the State of Franklin and petitioned unsuccessfully to become part of the United States. Greenville became one of the three state capitals in the almost-state's four-year span.

Also in that turbulent time, a legendary American folk hero was born nearby. Noted frontiersman and politician Davy Crockett, who died at the Battle of the Alamo in Texas, spent some of his early years here. A replica of the log cabin where he was born stands in a 105-acre state park a few miles from Greenville.

Tourism is Greenville's top industry, but it also is home of manufacturing. Jardee Zinc makes penny blanks for the U.S. Mint, EcoQuest makes air purifiers and John Deere manufactures lawn mowers here.

While Greenville boasts of being Tennessee's second-oldest town, the oldest one, Jonesborough, is just 24 miles away, and it also is worth visiting.

Along with Greenville, Jonesborough was a onetime capital of Franklin. Its Chester Inn played host to many famous people, among them three presidents. One of them, Andrew Jackson, practiced law in Jonesborough for some years.

But today the town really is known more as the home of the internationally renowned National Storytelling Festival,



An elaborate obelisk marks the burial place of Andrew Johnson, 17th president of the United States. photo: Jay Clarke which attracts thousands of visitors every October.

And about that peanut-butter milkshake: It's surprisingly tasty. Get it at the Little Top drive-through restaurant in Greenville, along with a chip burger (ham and cheese).

Information: Greene County Partnership, (423) 638-4111, or [www.greene-countypartnership.com](http://www.greene-countypartnership.com).

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## Sledding's Enduring Magic!

by Patrick Joseph

If you grew up in a place where it snowed and there were any hills to speak of, you probably owned a sled -- one you no doubt remember with great fondness.

Few activities excite the level of nostalgia that sledding does. Mere mention of the activity calls up childhood memories of streets filled with yelling kids and the sound of metal runners shushing through the snow and clattering across ice.

"The Sled Book," a diminutive new volume from Seattle-based Skipstone Press, celebrates what it rightly deems "winter's favorite pastime." Designed with the gift-giver in mind, the book's design harks back to a simpler era, and in a mere 75 pages, author Brice Hoskin touches on everything from the history of sleds to proper sledding etiquette before serving up apres-sled recipes for cocoa and hot toddies.

Hoskin, 40, knows his subject well. A former business writer turned sled-maker, he owns and operates Mountain Boy Sledworks in Silverton, Colo. From a workshop on Greene Street, he



Kicksleds, which resemble a chair on skis, are popular in Silverton, Colo. photo: Mountain Boy Sledworks

and his employees turn out beautifully handcrafted flyers, toboggans and kicksleds.

What's a kicksled? Picture a chair on skis or a dog sled without the dogs, with the musher doing all the work. It's the sled as personal transport.

Silverton, located high on Colorado's Western Slope, is a kicksled town, home to the annual Kicksled Rodeo. According to Hoskin, people in Silverton, including himself, go shopping and take the kids to school via kicksled. Reached by phone on a recent winter's day, he explained the appeal.

"Today in Silverton, every road in town is covered in hard-packed snow and ice," Hoskin says. "It's terrible for driving, and it's not much good for walking either, but it's perfect for kicksleds."

For anyone interested, "The Sled Book" offers a helpful primer on the proper use of a kicksled, but most forms of sledding require no instruction what-

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SEE "SLEDDING" PAGE 13.



# How About Bird-Friendly Decor For The Yard?

by Marty Ross

Gardening and bird-watching go hand in hand, and bird feeders, birdbaths and birdhouses give you a chance to add sculptural elements to your yard and help the birds, too.

As you learn to recognize more and more birds in your own backyard, you'll also develop a deeper appreciation for your garden as a natural habitat.

"That's part of the joy of the experience -- noticing the details," says Jonathan Alderfer, chief consultant for National Geographic's birding program and co-author of the new "Birding Essentials."

"If you're actively looking for birds, you see everything more clearly," Alderfer says. He has been watching birds for about 30 years, and he never grows tired of it.

The winter months are a great time to study backyard birds and to get to know your resident bird population. A well-placed bird feeder is all you need to get started, but once you have experienced the pleasure of watching a little wren hop from the fence to the suet feeder and back, or after a family of bright red cardinals stop by for a lunch of sunflower seeds, you may want more than a single feeder. Different kinds of feeders will also attract a greater variety of birds.

Garden shops have expanded their selections of bird-friendly garden decorations in the past few years, as have mail-order garden specialists.

"We added this category about 10 years ago, and it's grown every year," says Cindy Goodenow at Gardener's

Supply Co. ([www.gardeners.com](http://www.gardeners.com)). Customers are looking for bird feeders and accessories that are both functional and decorative, Goodenow says. Feeders that look like cattails and corncocks are big sellers.

"Customers like color," she says, "and they like the rustic look, too." Goodenow says the company was surprised by the response when it offered colorful birdhouses in three different summery hues for \$30 each, with a special price of \$79 for all three.

"People are going for all three," she says. "They're outselling the individual houses."

Goodenow has five bird feeders and a birdbath in her own backyard in Vermont.

"For me it's just a natural thing," she says. "Gardeners are in tune with nature, and the birds are part of that."

Like European houses and refrigerators, European bird feeders tend to be smaller than American models, Goodenow says. In Europe, small feeders are replenished frequently. Americans like big hopper or tube feeders that hold a lot of seed or suet.

Alderfer lives in Washington, D.C., and watches birds from the window of his studio, where he paints and sketches birds. His garden is planted with hollies, pine trees, flowering shrubs and perennial plants that produce berries or seeds that attract birds.

"Every year I mow a little less and let the plants creep in farther," he says. "Every year, I have less lawn and more wild areas."

As an artist, Alderfer appreciates the visual appeal of a lawn, but as a bird-watcher, he knows that lawn has little appeal.

"I'm paying more attention to habitat," he says. Asters, coneflowers and beebalm, which all attract butterflies, also are great bird plants. Finches and chickadees eat the seeds of asters and coneflowers, and hummingbirds will visit beebalm all summer long.

Alderfer has a plain, flat platform feeder for black-oil sunflower seed, a tube feeder for niger seed (also called nyjer or thistle) and a suet feeder. From spring until late in the fall, he also feeds

hummingbirds.

Squirrels, sparrows, starlings and mourning doves all take their share of birdseed in the winter, and that's all right with Alderfer. His favorite birds are the woodpeckers, but watching common birds like sparrows develops your observation skills.

"If you concentrate on the common birds first, then you'll know when you're seeing something different," Alderfer says.

Birdhouses (the experts call them nesting boxes) will let you observe the nesting habits of many birds. Alderfer has nesting boxes for wrens and chickadees in his garden. When a branch dies in one of his trees, he leaves it there (unless it is a menace) for the woodpeckers, titmice and other cavity-nesting birds.

This winter he put up a new nesting box for screech owls. Nesting sites for these little owls can be scarce in the big city, but they willingly move into an appropriately placed box.

"I'd love to have a family of screech owls as neighbors," Alderfer says. "They're up all night, but they mind their own business."

## BRING ON THE BIRDS

Jonathan Alderfer is co-author of the new "National Geographic Birding Essentials" ([www.nationalgeographic.com](http://www.nationalgeographic.com), \$16) and of National Geographic's "Field Guide to the Birds of North America" (\$24). He is also the editor of National Geographic's "Complete Birds of North America" (\$35).

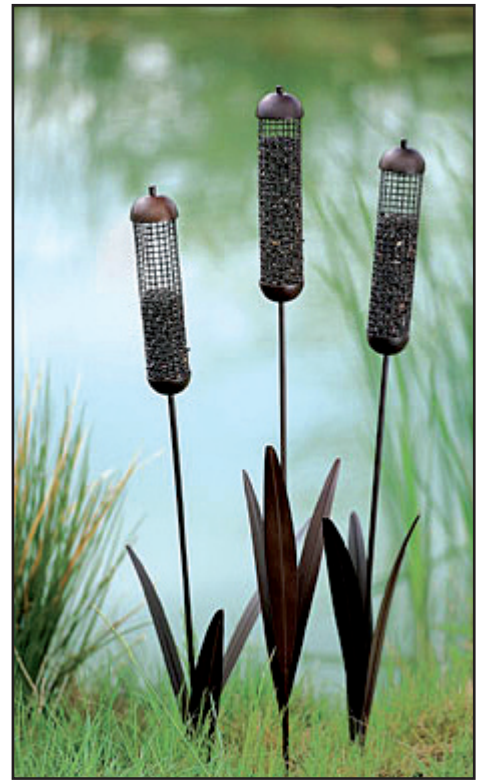
He keeps a list of the birds that visit his backyard in Washington, D.C., and about 140 species have visited his garden so far. Here are some of his ideas and suggestions for gardeners and bird-watchers at every level.

-- Place feeders where you can see them from the windows.

"You can get great looks even without binoculars," Alderfer says. If you don't have a feeder, just sprinkle seed on the ground or on a patio.

-- When you want to look closer and learn more, it's time for a pair of binoculars and a field guide. "Birding Essentials" offers advice on choosing binoculars, or you can search the Internet for "Cornell" and "binoculars" for an article from the Cornell Lab of Ornithology ([www.birds.cornell.edu](http://www.birds.cornell.edu)) on birding binoculars of all kinds.

-- Garden for the birds. Plant native plants, because that's what the



Attract a flock of admirers to your garden with bird-friendly garden decorations like these feeders that look like cattails. While you're watching the birds and learning to identify them, you'll learn a lot about your garden, too. photo: Gardener's Supply Co.

birds are adapted to, and remember to include evergreens for shelter from wind and weather during the winter.

-- Water attracts birds. A heated birdbath will bring birds to your yard even in the dead of winter. In spring and summer, a dripper attachment or a battery-operated "water wiggler" (sold at bird specialty shops) will make your birdbath more visible to birds.

Alderfer suggests making a pinhole in the bottom of a one-gallon milk jug, filling it with water and hanging it from a shepherd's-crook pole (available at garden shops) or a branch above a birdbath.

"It will drip for hours," he says. "It attracts birds that don't come to water that often, like vireos and warblers and thrushes."

-- Don't forget the hummingbirds. A hummingbird feeder will bring these tiny birds right up to your window.

"You get quite a show," Alderfer says, "and kids love them."

-- Take it all in. "Birding isn't just about identifying birds," Alderfer says. "It's about the natural world that you live in -- in your own backyard, in your county, in your state. As you become educated about the natural world, conservation becomes important. Get involved."

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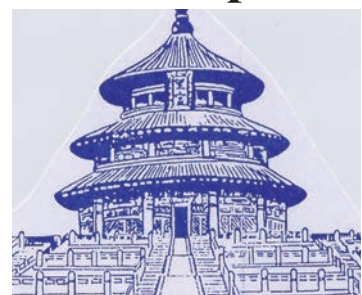
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# Diet/Support Play Roles In Living With Parkinson's

by Robin Mosey from the Home Instead Senior Care office in Pueblo, Colorado

My 78-year-old mother, who is divorced from our dad, has just been diagnosed with Parkinson's disease. I've read a lot about this disease and frankly, the prognosis does not seem to be encouraging. Is there any positive news about this condition and what we can do to help

mom get along at home?

As you probably already have learned, Parkinson's disease is caused by the progressive death of the neurons responsible for producing dopamine, a neurotransmitter closely linked with movement control.

Researchers from the Université Laval (Quebec City) recently discovered

that omega-3 fatty acids can help protect the brain from Parkinson's disease. Researchers believe that their findings can not only help prevent the disease but slow down its progress.\*

Apparently, it's all about balance between two fatty acid groups – omega-3 and omega-6. According to the University of Maryland Medical Center, a healthy diet should consist of roughly two to four times more omega-3 fatty acids than omega-6 fatty acids. The typical American diet tends to contain 14 to 25 times more omega-6 fatty acids than omega-3 fatty acids, and many researchers believe this imbalance is a significant factor in the rising rate of inflammatory disorders in the U.S.\*\*

Omega-3 fatty acids can be found in fish, such as salmon, tuna, and halibut, other marine life such as algae and krill, certain plants (including purslane), and nut oils. Most omega-6 fatty acids are consumed in the diet from vegetable oils such as linoleic acid (not to be confused this with alpha-linolenic acid, or ALA, which is an omega-3 fatty acid).

Canadian researchers observed

that when mice were fed an omega-3 rich diet, they seemed immune to the effect of MPTP, a toxic compound that causes the same damage to the brain as Parkinson's. By contrast, another group of mice that were fed an ordinary diet developed the characteristic symptoms of the disease when injected with MPTP.

Please talk with your mother's doctor about medication options and other ways to help her treat this disease. And don't forget the benefit of support. If your mother needs extra help with tasks such as meal preparation, light housekeeping and medication reminders, contact Home Instead Senior Care. The company's CAREgivers can be of assistance.

For more information about Home Instead Senior Care, contact Robin Mosey at (719)545-0293 or visit [www.homeinstead.com](http://www.homeinstead.com).

\* For more information about the study: <http://www.sciencedaily.com/releases/2007/11/071126110453.htm>

\*\* For information about omega fatty acids from the University of Maryland Medical Center: <http://www.umm.edu/altmed/articles/omega-3-000316.htm>.

## On Your Toes

by Benjamin Marble, DPM  
Pueblo Ankle & Foot Care



### Respecting Your Feet

Women's and especially men's feet rarely get the respect they need. Men often resist going to the doctor when they are sick or in pain. But most foot conditions are treatable, and easier to treat, when diagnosed early.

Here are ten common ailments that men can get help for quickly and easily. These should be taken care of early before they spiral out of control and make a more involved treatment regimen necessary. Some of these conditions you may recall from prior "On Your Toes" articles.

Heel pain is often caused by tissue inflammation, but can also result from a broken bone, a tight Achilles tendon, a pinched nerve, or other problem. A qualified physician will know how to diagnose

and treat the true cause of heel pain.

Ankle sprains always, always, always require a prompt visit to the doctor. Those who skip out on medical care are more likely to suffer repeated ankle sprains and then develop chronic ankle instability.

Big toe stiffness and pain develops slowly over time, as cartilage in the big toe joint wears down. This eventually leads to arthritis. The sooner this is diagnosed, the easier it is to treat.

Achilles tendonitis usually develops from a sudden increase in physical activity, such as when playing weekend sports. Chances of an Achilles tendon rupture can be reduced by treatment of the symptoms of Achilles tendonitis: pain and tenderness on the back of the foot or heel.

SEE "MARBLE" PAGE 19.



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## SLEDDING

from page 11.

soever. Of the Swiss luge, Ernest Hemingway once wrote that it was as easy to learn as riding a bike. In fact, most sleds are even easier to master -- about as simple as falling off a bike.

Take your classic flyer-style sled. You simply lie or sit on it and point yourself downhill while steering with hands or feet. Both sitting and lying down are time-honored styles, but riding belly-down provides the greatest thrills.

Something about the proximity of nose to slope makes it feel fast. And speed, as Hoskin observes in his book, is "what sledding is about -- barreling downhill, face to the wind and thinking only 'faster, faster.'"

In that sense, sledding offers many of the same thrills as skiing at a fraction of the cost. No specialized clothing is required, and the sled itself can be improvised. In a pinch, a grain scoop makes an excellent sled, as does a cafeteria tray or an inner tube.

And you can still buy a genuine Flexible Flyer -- one of the truly classic American outdoor products -- for less than \$100. A good toboggan may cost double that but offers the greater economy: Mom, Dad, Buddy and Sis can all hop on board a toboggan and still have room for Rover.

No lift tickets are required for sledding, which means the sport is good

exercise. You earn your thrills by burning calories on the uphill climb.

Best of all, the descent is so much fun, you don't mind the work. The sledder's refrain confirms as much. Heard at the bottom of sledding runs everywhere, the refrain is this: "Let's go again!"

If you're thinking sledding is for kids only, that probably means you haven't been on one in a while. Hoskin says he has witnessed the same phenomenon over and over: Some gray-haired dad or middle-aged mom will go sledding for the first time in years and immediately fall back in love with it.

"From the looks on their faces, you'd think they were 12 again," he says. "Most things you did as a kid, if you picked them up again as an adult, they wouldn't be much fun. But sledding is different. Even as an adult, it's still just magical."

And therein lies a useful prescription: To recapture your youth, go sledding.

### IF YOU GO

"The Sled Book: Notes Concerning Winter's Favorite Pastime" (\$12.95) is published by Skipstone Press, an imprint of The Mountaineers Books, [www.mountaineersbooks.org](http://www.mountaineersbooks.org).

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## Better Business Bureau Announces Speakers/Scams

By Katie Carroll-BBB Communications

The Better Business Bureau is holding its monthly networking meeting Buzz with the Bs again this year. The program is designed to educate business owners and features expert speakers on a variety of topics.

All seminars are held at The Caddie Shack restaurant at the Valley Hi Golf Course on the second Friday of each month from 7:15 to 9:00 AM.

Below is a list of the speakers scheduled for the next few months:

**February:** Richard Myers, CS Police Department-State of the Department.

**March:** Sue Breeze, Presentation Coach Presentation Tips for Everyone

**April:** Cheri Enterline, SS Clutternot! Restore Order, Regain Control for Life.

**May:** Elsa Miller, Duraclean Mater Cleaners-Katrina Experiences from the Front Line

Attendees do not need to be a part of the BBB membership. All are welcome.

The cost of the entire event, which includes breakfast, is \$12.00.

Please RSVP to [info@bbbbsc.org](mailto:info@bbbbsc.org).

### BBB WARNS CONSUMERS TO AVOID WEIGHT-LOSS SCAMS THAT ONLY MAKE YOUR WALLET LIGHTER

Americans by the thousands resolve every New Year to lose weight.

However, the Better Business Bureau warns consumers that the number of complaints received about weight-loss services, policies, procedures, products and most effective have increased by more than 40 percent since 2002.

According to the Centers for Disease Control and Prevention (CDC),

more than 34 percent of U.S. adults age 20 and over are obese. And a year-end survey conducted by the Federal Trade Commission (FTC) found an estimated 4.8 million Americans were duped by dozens of weight-loss schemes involving the purchase of a multitude of bogus products, making fat-fighting fraud the most common consumer scam in 2007.

Here are some red flags and ticks to be aware of. Unfortunately, most of these products do not work.

#### Fraudulent Clinical Trials

BBB's across the country are hearing about offers to take part in "weight loss medical trial tests" for a new weight-loss drug. Companies advertise on the Internet asking the consumer for \$144 to take weight loss pills every day for two years. The company promises to refund the \$144 after the first month and compensate consumers \$319.73 each month thereafter. Consumers say that they paid the \$144, received pills, and never heard from the company again. They never received a refund, compensation, or additional pills.

#### Weight-Loss Tea

BBBs in the north east have received complaints from 19 states about a company that offers an "iron-clad" refund for their weight-loss tea. But dozens of consumers say that when seeking a refund, company representatives provide vague answers. The representatives tell the consumers to use the products for 4-6 weeks and insinuate that the consumer is not using the product properly. This is really just a stall tactic to get the consumers to go past the 60-day mark so the company doesn't have to honor its refund policy.

#### Hypnosis

BBBs in Dallas and Northeast

The fine folks at Thornton Wheelchairs Plus Are Proud To Sponsor the Senior Safety Page for all the loyal readers of Senior Beacon. Enjoy this month's page.

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Texas have received complaints against a company that promises consumers to

"QUIT SMOKING & LOSE WEIGHT in one brief HYPNOSIS SESSION" and offers a 100 percent money back 10-year guarantee if the hypnosis doesn't work. Until confronted by the BBB, the company stated they were "the only organization of our kind endorsed by the Better Business Bureau." In fact, the BBB does not endorse any organization of business. Complainants report that consumers are paying more than \$250 for the hypnosis seminar and a set of CDs. They all allege that the hypnosis is ineffective and that the company doesn't honor its refund policy.

#### Fat-Dissolving Injections

The BBB of St. Louis has received more than 350 complaints and reports about a company that administered fat-dissolving micro-injections for upwards of \$10,000. The procedure is not approved by the Food and Drug Administration (FDA) and consumers are complaining that the injections were ineffective and caused extensive swelling and pain. Reports to the BBB also reveal improper billing practices and difficulty obtaining refunds. The St. Louis-based company went out of business suddenly in December citing "economic conditions" and shut 17 of its 18 offices nationwide - however, many other companies across the country currently offer similar procedures.

Given these situations, the BBB is advising consumers to research the reputation of companies offering weight-loss solutions before making a purchasing decision. Go to [bbb.org](http://bbb.org) for trustworthy information.

### DON'T FALL FOR MYSTERY SHOPPERS

After all the shopping is done for this holiday season, consumers may find themselves strapped for cash. Schemers are very aware of the draw-in of "easy" money. A "secret shopper" scam using the company name Master Research claims a Maryland address and is swindling consumers across the country out of their savings. The Better Business Bureau is urging all consumers to be aware of work-at-home scams like Master Research.

Master Research posts help wanted ads on CraigsList.com, CareerBuilder.com and newspapers seeking

customer service evaluators, secret shoppers and temporary positions.

In the advertisements no company name is given. When the job-seeker calls to respond (866-883-6274) they reach a company representative and are asked only for their name and address, or they merely reach voicemail. Within a week, the candidate receives a package in the mail that explains they have been selected to participate in the Master Research program. In the package is a check for \$2,990.00 for use in the "training process."

Participants are advised to go to Wal-Mart and wire money to Canada. They are instructed that, as a participant, they get to keep \$300.00 for their services. Thus far, consumers have reported losses as great as \$7,990.00 as a result of cashing these fraudulent checks.

The checks are falsely issued under a real financial institution, Chesapeake Bank, but include a phony Baltimore, MD address and phone number. Upon calling the number, BBB discovered a bogus "collections" agency who acknowledged Master Research as a "credible client." The BBB representative was asked if she needed to verify a check number.

A Chesapeake Bank representative in Baltimore alerted BBB that the FBI has had an open investigation on Master Research since April, 2007.

Your BBB offers these tips to help you avoid being swindled by fake check scams:

Be suspicious of any check from an individual or business that you do not know.

- Independently verify that the check is drawn from an actual account at a legitimate financial institution.

- Do not rely on the telephone number listed on the check. Use directory assistance to get the telephone number of the financial institution and call them to verify the check.

- When a company claims to have a "secret shopper" position like Master Research, check with the Mystery Shopper Provider Association at <http://www.mysteryshop.org/> to learn more about Mystery Shopping and to confirm the legitimacy of a company.

- Do not rely on the money until the funds have been finally collected by your financial institution. Funds 'available' is not good enough. **Start with Trust**





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# Cooking From A to Z: There Are Apples For Every Season

by Annette Gooch

The supply of good-quality apples spans the seasons, thanks to advances in controlled-atmosphere storage and the availability of imports. So even if the season for your favorite domestic apple is a short few weeks in late summer or fall, there are other varieties to fill in the gap until the next harvest. Some focused taste-testing is the best way to evaluate newly developed varieties for flavor, texture and keeping qualities.

A crisp, raw apple is a satisfying snack in a convenient, attractive package, but there are dozens of other ways to savor their crunchy, mellow sweetness -- and not just in pie or turnovers. From coleslaw to salads made with spinach, lettuce, shredded vegetables, fruit, chicken or tuna, apples enhance all kinds of salads.

Incorporating chopped or shredded apple into the batter for muffins or other baked goods gives the finished product subtle sweetness and a moister crumb to boot. And sliced or quartered apples that have been steamed in a little butter or oil make a pleasing "extra" to serve alongside

eggs, sausage, pancakes or waffles at breakfast.

Simmering chopped apple in chicken broth yields a light, satisfying soup to start off a meal or sip between meals as a pick-me-up. Besides pairing tastefully with onion, winter squash, turnips, red cabbage, chard and kale, apples are a classic accompaniment for roast chicken, veal or pork.

**SUCCESS TIP:**

-- Store fresh apples in the refrigerator, preferably in a perforated plastic bag to help them retain moisture. To preserve their quality, store apples in their own crisper drawer or sealed plastic container, separately from vegetables or other fruits.

The aromas of apple, cinnamon and pecans fill the kitchen as these muffins are baking. The batter takes very little time to mix, but the muffins do require half an hour's baking time. Freeze any leftover muffins in a sealed plastic container and reheat them for serving.

**APPLE-PECAN MUFFINS**

- 2 cups flour
- 1/3 cup sugar
- 1 tablespoon baking powder
- 1/2 teaspoon salt

- 1/2 teaspoon ground cinnamon
- 1 egg
- 1 cup milk
- 3 tablespoons melted butter or vegetable oil
- 1 medium tart apple (peeled and cored)
- 1/4 cup finely chopped pecans

1. Preheat oven to 400 degrees; lightly grease a muffin pan with 12 (2 1/2-inch) cups. In a large bowl, stir together flour, sugar, baking powder, salt and cinnamon.

2. In a medium bowl, beat egg with milk and melted butter. Shred the apple directly into the egg mixture; stir to blend. Combine egg mixture with the flour mixture, stirring just until flour is moistened. Do not overbeat the batter.

3. Spoon batter into muffin pan. Sprinkle top of each muffin with 1 teaspoon of the chopped pecans.

4. Bake until well-browned (25 to 30 minutes). Serve warm.

Makes 1 dozen muffins.

The cool crispness of fresh apple and jicama, a white-fleshed tuber native to the Americas, balances the richness of walnuts.

**JICAMA-APPLE SALAD WITH WALNUT VINAIGRETTE**

- 3 tablespoons each olive oil and walnut oil
- 3 tablespoons sherry vinegar
- Pinch sugar

- 1 medium jicama (approximately 10 to 12 ounces), peeled and julienned
- 1 crisp tart apple, cored and julienned
- 6 tablespoons coarsely chopped walnuts

2 small or 1 medium head Bibb lettuce, washed, separated into leaves and dried

1. To prepare walnut vinaigrette, in a medium bowl, whisk together oils, vinegar and sugar. Add jicama, apple and walnuts, tossing to coat.

2. To assemble, arrange lettuce leaves on four salad plates. Onto each plate, mound a fourth of the jicama-apple mixture. Serve at once.

Serves 4.

Sip this spicy-sweet broth to warm up on a cold day or serve it as a prelude to dinner.

**APPLE-GINGER SOUP**

- 4 medium tart apples, peeled, cored and coarsely chopped
- 4 cups chicken broth
- 2 thin slices fresh ginger, chopped
- Salt, to taste

1 small apple, unpeeled and finely diced, for garnish

1. In a medium saucepan, combine chopped peeled apples, broth and ginger. Over high heat, cover saucepan and bring broth to a boil; reduce heat to medium and cook until apples are very soft (approximately 10 minutes). Remove and discard ginger slices.

2. Allow apple mixture to cool slightly; then use an immersion blender to puree the apples until broth is smooth. Alternatively, pour the cooled mixture into the workbowl of a food processor; process until apples are pureed. Return soup to saucepan.

3. Over high heat, bring soup to a simmering boil (approximately 2 or 3 minutes). Taste soup; add salt if needed. Ladle into mugs or soup bowls; garnish each serving with some of the unpeeled chopped apple.

Makes 4 cups, 4 servings.

## Gracious Home Environment

- Assisted Living Home • Private Pay • Medicaid Certified • State Licensed • Double Occupancy • Private Rooms • One Energy-Efficient Apartment • Medicare Certified • Respite Care • No Hidden Fees • Laundry & Meals Included • In-Home Activities • Large Open Deck with Views

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

**FEBRUARY 1:** Chili Con Carne, veggie salad medley, cornbread, marg., diced peaches.

**FEBRUARY 4:** Roast Beef/Gravy, mashed potatoes, peas, wheat bread/marg., blush pear dessert.

**FEBRUARY 5:** BBQ Chicken, au gratin potatoes, california blend, carrot raisin salad, wheat bread/marg., apricots/graham crackers.

**FEBRUARY 6:** Breaded Fish/Lemon Juice, spanish rice, broccoli, wheat bread/marg., orange.

**FEBRUARY 7:** BBQ Beef/Bun, baked beans, mixed green salad/ranch drsg., diced peaches.

**FEBRUARY 8:** Salmon Squares/Lemon Juice, veggie alfredo paste, peas & carrots, wheat bread/marg., spiced fruit mold, lemon pudding.

**FEBRUARY 11:** Chicken Cacciatore, linguini, broccoli, wheat bread/marg., pineapple upside down cake.

**FEBRUARY 12:** Country Style Steak, mashed potatoes, acorn squash, wheat bread/marg., banana.

**FEBRUARY 13:** Spaghetti/Meatsauce, basil green beans, lime carrot gelatin, wheat bread/marg., chocolate pudding.

**FEBRUARY 14:** Chicken A La King, Biscuit/marg., broccoli, mixed green salad/Italian drsg., chilled applesauce.

**FEBRUARY 15:** Tuna Noodle

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**PUEBLO NORTH**  
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1401 Main Street  
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\*\$1,000.00 minimum deposit to open. Penalty for early withdrawal. Rates subject to change. Must open deposit account with funds from any financial institution other than Pueblo Bank & Trust. Subject to certain terms and conditions. Contact a branch representative for details. All offers valid Jan. 2, 2008-Mar. 31, 2008

Casserole, peas, pineapple coleslaw, wheat bread/marg., fruit cocktail.

**FEBRUARY 18:** Roast Turkey/Gravy, mashed potatoes, basil green beans, cranberry sauce, wheat bread/marg.,

peach cobbler.

**FEBRUARY 19:** Sweet/Sour Pork/Rice, peas, wheat bread/marg., plums.

**FEBRUARY 20:** Macaroni & Cheese, zucchini, stewed tomatoes, cabbage

apple slaw, wheat bread/marg., cherry fruit gelatin.

**FEBRUARY 21:** Burrito/Green Chili, spanish rice, lettuce/tomato garnish, apricots.

**FEBRUARY 22:** Breaded Fish/Tartar Sauce, au gratin potatoes, carrots, spiced fruit mold, wheat bread/marg., banana.

**FEBRUARY 25:** Roast Beef Au Jus, baked potato, california blend, wheat bread/marg., tapioca pudding.

**FEBRUARY 26:** Lasagna, orange carrot gelatin, peas, wheat bread/marg., diced peaches.

**FEBRUARY 27:** BBQ Chicken, mashed potatoes, zucchini, wheat bread/marg., pickled beets, cranberry mold.

**FEBRUARY 28:** Meatloaf/Tomato Sauce, parsleyed noodles, wheat bread/marg., chilled apricots.

**FEBRUARY 29:** Macaroni/Cheese, peas, carrot raisin salad, wheat bread/marg., applesauce cake.

**MARCH 3:** Tomato Swiss Steak/Rice, basil green beans, mixed green salad/ranch drsg., wheat bread/marg., chilled plums.

**MARCH 4:** Baked Glazed Ham, cranberry sauce, orange glazed sweet potatoes, cabbage, wheat bread/marg., fruit blend juice.

2% MILK With ALL Meals!



# Finances: Create And Keep Wealth

## Some Sound Financial Advice From *Napnet.com*

**Seven "Must-Do" Tax Tips To Save Time And Money This Tax Season**  
(NAPSI)-An accurate, money-saving tax return begins with Form W-2, the Wage and Tax Statement. Review your W-2s carefully to save time and money this tax season.

After you complete your tax return, check out tip four below to give yourself an instant raise. The American Payroll Association, the nation's leader in payroll education, offers these tips:

1. Ensure the name and Social Security Number (SSN) match your Social Security card. Ask the payroll department for a corrected W-2 if they don't match.
2. Double-check the W-2 against

your final 2007 paystub. Your final paystub can help identify potential W-2 errors. If any figure seems incorrect, contact your payroll department. Things to watch include:

- Box 1 should differ from your final paystub year-to-date gross pay if you participate in a 401(k) or other employer-sponsored savings plan.
  - Box 3 total shouldn't exceed \$97,500-the Social Security wage base.
  - Boxes 1, 3 and 5 should be less than your final paystub year-to-date gross pay if you use pretax deductions such as medical and dependent care spending accounts.
3. Determine whether you are missing out on any tax credits. Read the

back of your W-2 copies B, C and 2 to determine if you are eligible for any credits.

4. Give yourself an instant raise. Adjust your tax withholding by filling out a new W-4 form after you get married, have a baby or get a big tax refund (more than \$1,000). If you get a big tax refund, it means you are overpaying your taxes and giving the government an interest-free loan.

Making an adjustment could give you more money each payday. The W-4 calculator at [www.nation.alpayrollweek.com/W4](http://www.nation.alpayrollweek.com/W4) can help determine the proper withholding allowances to claim on Form W-4.

5. Verify you've received a W-2 from every company that paid you during the year. Contact the payroll department of any company that has not sent you a W-2 by mid-February. Have your full name, SSN, employee number and address ready.

6. Expect Form 1099-MISC for any freelance work. If you earned more than \$600 in a year for contract work from any company, expect a Form 1099-MISC.

7. Search for lost W-2s before getting replacements. Many companies charge a reissue fee to replace a lost W-2. Request a "reissued statement" from your payroll department to replace a lost W-2 if you can't find it after searching for it.

For tips to help you get even more from your paycheck, visit [www.nationalpayrollweek.com](http://www.nationalpayrollweek.com).

### Follow The Money

(NAPSI)-Using a spending plan and keeping a budget book can help you know where your money is going.

To get more from your money:

- Look for movie theater price specials, perhaps weekend mornings. Look for listings of free entertainment in local papers.

- Visit secondhand stores for furniture and other items that need not be brand new, particularly if you might move soon.

- Use lists when food shopping.
- Buy limited amounts of fresh produce, to reduce spoilage.

- Avoid shopping with children.
- Read newspapers and magazines in libraries.

- Look for coupons in newspapers and file them by expiration date or type of product.

- Spend less on trendy clothing items than classic styles.

- Buy a belt in a new pattern or style rather than a whole high-fashion outfit.

- Stay current by visiting thrift shops for recent best-selling books, CDs and DVDs.

- Designate a drawer or metal box for all your receipts and current financial information to keep it organized and in one place.

Budget books and receipt filing books by Dome are in office supply stores. Or visit [www.domeproducts.com](http://www.domeproducts.com).

### Are You or Your Parents at Least 62 Years Old?

And do they have at least 50% equity in their home? And for as long as they live in their home, would they like to have extra tax free money every month and never need to make a house payment?

If you answered YES to the above questions, please call the Toll free 24 hour recorded message line 1-866-671-3207, Ext 2222

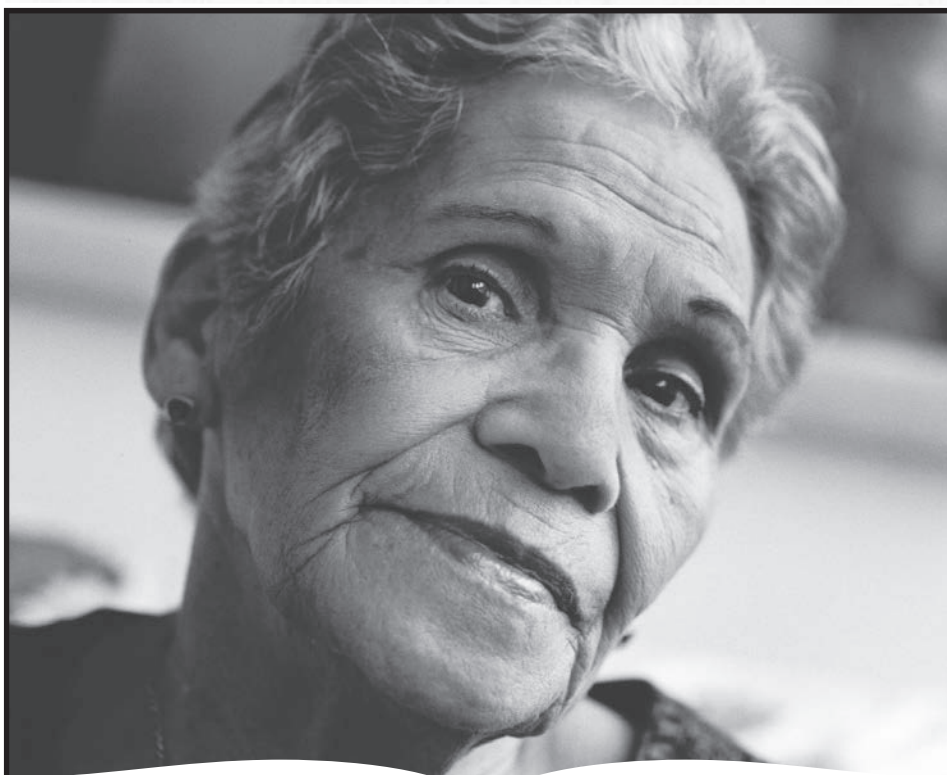
To listen to additional free information about an Authorized and Insured Plan by the Federal Government just for seniors like you.

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### "Jump Start" At St. Mary-Corwin

from page 1.

dissections; doctor-for-a-day dress up encouraging healthcare careers and cardiovascular screenings.

Women & Heart Health will be held on Feb. 26 at St. Mary-Corwin in the Cancer Center Conference Room from 2 to 4 pm. The event focuses on women's health and includes free cholesterol and blood pressure tests, individualized heart assessments and what's new in heart health. Call 557-5556 to r.s.v.p. for Women & Heart Health.

The public is encouraged to participate in these heart month events and visit [www.centuraheart.org](http://www.centuraheart.org) to learn more

about the importance of a healthy heart. As Colorado's largest health care provider, the Centura Health family includes 12 hospitals, seven senior living residences, medical clinics, Flight For Life Colorado and Centura Health at Home. St. Mary-Corwin Medical Center in Pueblo and St. Thomas More Hospital in Canon City are two of the 12 health care facilities in the Centura Health system committed to bringing the best in care, education, prevention and technology to local communities.

For more information contact (719) 557-3814 or visit [www.centuraheart.org](http://www.centuraheart.org).

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

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

**A:** Based on Clinical Studies and rave reports from our customers themselves, **GOOD FEET ARCH SUPPORTS** are extremely effective! Skeptics have become enthusiastic fans from the moment they try them.

Your feet (about two percent of your body mass) support the other 98% of your body's weight. And if your feet are out of whack, you'll feel it in your back, knees, neck, and of course, your feet themselves. **GOOD FEET ARCH SUPPORTS** get your feet and your body into proper alignment and posture. It's that simple!

When you visit **The GOOD FEET STORE**, a trained representative will take a **COMPLEMENTARY** footprint to demonstrate just how our supports work. There is no obligation to buy but, chances are, we have what you need. In about half an hour you'll be walking out the door with your new arch supports on your feet and a smile on your face.

Don't be fooled. There is only one arch support store, **The GOOD FEET STORE**. Imitation is the sincerest form of flattery but, it has no place in your shoes.

### THE GOOD FEET STORE

In PUEBLO: 4602 N. Elizabeth St. - Ste 150 (719)404-0740

In Colo. Spgs: 5327 N. Academy Blvd. (719)599-9033

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# Senior Community Update



**DESERT HAWK LADIES 9 HOLE GOLF CLUB**  
 The Desert Hawk Ladies 9 Hole Golf Club will hold its opening season meeting on Tuesday March 4 at 9:00 am at the Desert Hawk Clubhouse, Pueblo West. Those interested in joining the group or learning more about the club are invited to attend. The group plays 9 holes of golf each Tuesday morning April through October. Dues are \$65 which includes membership in CWGA, local handicap, local awards, tournaments and fun day. For further information contact Mary 547-3528 or Marilyn 547-0528.

**SUPER SENIORS SERIES**  
 The 1st Super Seniors Series presents - Shirley Haddan, Medicare Expert, "The Five Misconceptions of Medicare," Fran Brodin, Certified Biofeedback Therapist, "Five Ways to Improve Memory and Concentration," Robin Mosey with Home Instead Senior Care "10 Reasons why you should go through a reputable company for your home care needs" and Acupuncture by Tanya Salas.

The non-profit organization Orchard of Hope Foundation will also be present.  
 ON Saturday March 1, 2008  
 WHEN Two sessions - 10am and 2pm  
 WHERE Thatcher Bldg Basement  
 503 N Main Street  
 Pueblo, CO 81003

Come join us for this important information.  
 RSVP (719) 406-3166  
 We will provide Sweet Bread, Cookies, Coffee, Punch and Prizes

**LASTING MEMORIES**  
 Lasting Memories - Workshop is free - Feb. 19, 2008 - 2:00- 4:00 P.M. This workshop will teach you to share your precious memories and let them live in the hearts and minds of those you love. Lori Burner Author of Lasting Memories, will help motivate and inspire you to write from the heart the joys and struggles of life. It's easy and fun! Take this trip down memory lane and share your legacy with you family and friends. Seating limited call 647-0991. Healing Arts Group Cancer Center. Saint Mary Corwin Hospital. Lori Burner

**TIME FOR TAXES**  
 Get a jump on your taxes this year.  
**Where:** Joseph Edward Senior Center (SRDA), 230 N. Union Avenue, Pueblo, CO  
**Begin:** February 1, 2008  
**Closed:** February 18, 2008  
**End:** April 14, 2008

**Time:** 9:30 AM to 2:00 PM (First come-first served)  
 The program serves persons 55+, low income working families, single parents and young wage earners, (high school and college students). All returns are done on computer and E-filed, Direct Deposit of refunds is encouraged for safety and a speedier refund. All counselors have passed an IRS/AARP tax course for certification.

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

- Delivering Meals on Wheels to homebound seniors.
- Helping in various departments at St. Mary Corwin Medical Center
- Helping with Habituate for Humanity doing many things from getting the food, clerical and warehouse work to building a house.
- VITA is now looking for volunteers to be trained. Once trained, volunteers will be filling out tax returns for low-income families and individuals in January.

There are many more areas, just give Gloria a call and she'll tell you all about them.  
 Volunteer today, everyone benefits: you, the people you help, the agency and your community.

**OWLS MEETING**  
 The Older, Wiser, Livelier Seniors meet the second Tuesday of each month for bowling at Bowlero-Midtown Shopping Center at 2 p.m.. For information: 545-2803  
 The group also meets the third Wednesday of each month at 6 p.m. for dining and socialization at various area restaurants. RSVP: Jack Briggs at Jack.Briggs@comcast.net or 546-6189 for reservations and location.

**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.

- PUEBLO STEPUP FREE COMMUNITY WELL-BEING CLINICS**
- Mineral Palace**, 1414 N. Santa Fe Ave. Thursday, February 14th (9:00 - 11:30)
  - Memorial Recreation Center** - Pueblo West 230 E. George Dr. - Thursday, February 14th (8:15 - 10:30)
  - Park Hill Christian Church** 1401 E. 7th St. - Monday, February 18th (10:00 - 12:00)
  - Minnequa Park Apartments** 1400 E. Orman Ave. - Tuesday, February 19th (9:00 - 11:30)
  - Mesa Towers Apartments** 260 Lamar - Wednesday February 20th (9:00 - 11:30)
  - Ogden Apartments** 2140 Ogden - Thursday, February 21st (9:00 - 10:30)
  - Fulton Heights** 1331 Santa Rosa - Thursday, February 21st (1:00 - 2:30)
  - McHarg Park Community Center** 409 Second Street, Avondale - Monday, March 10th (9:00 - 11:30)
  - Vail Hotel** 217 S. Grand - Tuesday, March 11th (9:00 - 10:30)
  - Hyde Park** 2136 W. 16th - Tuesday, March 11th (1:00 - 2:30)

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

**GENEALOGY NEWS**  
 The Southeastern Colorado Genealogy Society holds its regular meetings on the second Saturday of the month in Meeting Room B, Robert Hoag Rawlings Public Library, First floor, 100 Abriendo Ave., Pueblo. CO. A Refresher/Beginners Genealogy Class starts one hour earlier at 1:00PM. No Charge. Non-members are welcome. Call 546-1973 for details on any of the above."

**WHAT'S NEW AT THE ZOO**  
 Landscaping Classes at the Pueblo Zoo. Spring is just around the corner. Landscaping classes will be offered jointly by CSU Extension and the Pueblo Zoo. The series is available as a package (\$75) or as individual classes (\$20 each). Discounted prices available to Colorado Master Gardeners in Pueblo County. All classes are from 6:00 to 9:00 p.m. at the Pueblo Zoo.

**Feb. 5** - Introduction to Landscape, Principles of Design - site and use analysis. Instructor: Marti Osborn, Associate Director/Education and Horticulture

**Feb. 12** - Soil and Planting Basics - (hands-on) how to plant a tree for best survival. Instructor: Marilyn McBirney, Zoo Curator and Master Gardener

**Feb. 19** - Garden Maintenance: Keeping Your Garden Healthy and Happy - life cycle of weeds, irrigation, mulch, nutrition. Instructor: Marilyn McBirney, Zoo Curator and Master Gardener and Linda McMulkin, Horticulture Agent for CSU Extension.

**Feb. 26** - Right Plant, Right Place - Making Wise Choices for Your Landscape - propagation plant evaluation. Instructor: Linda McMulkin, Horticulture Agent for CSU Extension. 561-1452, Ext. 103 - Marti Osborn

**FAMILY SCIENCE DAY**  
 Pueblo Rotary #43 will sponsor a three-day series of Family Science Days, which will include the Bessemer Society Steelworks Museum, the Pueblo Zoo, and the Nature Center. A \$6.00 ticket (available at the Steelworks Museum and the Pueblo Zoo during regular business hours) will allow entrance to all three events\*.

**Feb. 9, 2008** - Bessemer Society Steelworks Museum of Industry and Culture, 215 Canal St. Contact: Maria Sanchez-Kennedy, 564-9086. Hands-on lab experience with CU Outreach  
 11:00 a.m. - 12:00 p.m.  
 1:30 p.m. - 2:30 p.m.  
 3:00 p.m. - 4:00 p.m.

**Feb. 16, 2008** - Pueblo Zoo, City Park "Dr. Mike's Bag of Bugs" - Mike Weissmann, Founder of the Butterfly Pavilion in Westminster, CO. Contact: Marti Osborn, 561-1452, Ext. 103  
 10:00 a.m. - 10:45 a.m.  
 11:00 a.m. - 11:45 a.m.  
 1:00 p.m. - 1:45 p.m.

**Feb. 23, 2008** - Nature Center Family Science Day- held at the Pueblo Zoo, City Park  
 Raptor Experiences; Contact: Diana Miller, Director of Raptor Center, 549-2327

Times will be announced  
 \*Does not include entrance to the Museum or the Zoo, only the event.

**INVENTORS WANTED**  
 Pueblo Small Business Development Center in partnership with The Inventors' Roundtable will be hosting for the first time in Southern Colorado the Inventors Boot Camp on February 7, 2008 from 9:30 a.m. - 1:30 p.m. at PCC Barbara Fortino Ballroom. Presented in conjunction with the Southern Colorado Small Business Conference & Expo workshop topics are designed for inventors developing an idea or product. These classes are not available at any college and can save inventors tens of thousands of dollars. Instructors are professionals in their fields.

The registration cost is \$25.00 per person. Advanced registration and payment is required by Tuesday, Feb. 5th. Registration can be made by calling Pueblo SBDC at (719) 549-3224. Space is limited and will be taken on a first come first served basis.

Agenda: 9:30 to 10:00 a.m. Registration and Networking; 10:00 to 11:30 a.m. Patents, Trademarks and the IP Strategy; 11:30 - 12:00 p.m. Break & Questions 12:00 to 1:30 p.m. Manufacturing and Marketing


"Our goal at SBDC is to offer mentorship opportunities to inventors currently developing and idea or product and give them tools to be successful in the patent process themselves", shares Caroline Parra, SBDC Executive Director.

For more information, please call the Pueblo SBDC at 791-549-3224.

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# SENIOR CLASSIFIEDS

**POWER CHAIR:** Jazzy 600 all around mobility. Carries 350 lbs, high back seat, 2 years old. \$2,841.97. 719-542-4995. #0308

**YOUR LAND** is your down payment on a new three bedroom, two bath home for as little as \$59,995. Clayton Homes, 719-275-8883. #0308

**\$31,995.** Brand new three-bedroom, two-bath, 1128-sq ft. singlewide. Two only! Taking pre-orders. Financing with \$2000 down and no foreclosures or repos. Clayton Homes, 719-275-8883. #0308

**FOR SALE:** Finger Pulse Oximeter, SPO 5500. Almost New, \$85.00. Cañon City, 269-9221. #0308

**MOTORIZED CHAIR.** Leather seat. Excellent condition. Just \$800. 719-560-0136 or 719-564-2871. #0308

**HOME FOR SALE:** 19 Pineridge - \$139,900 - New listing! Belmont 2 bedroom, 2 bath, 2 car garage. Very nice and well-maintained ranch-style townhome with no fees. Centrally located with good size rooms, fireplace, skylights, main-level laundry, unfinished basement, central air, covered patio and more! Call Donna Austin, MRE, CRS, GRI, 251-1701. www.DonnaAustin4Homes.com #0208

**DEPENDS ADULT PULLON BRIEFS:** X-Large size 4-18 pack to case. \$20.00 case of 72. Call 719-334-0105. #0308

**PERSONAL CARE PROVIDER** - NA, EMT Training. 20 years experience. Kind, Gracious, domestic tasks, medicine reminders, companionship, prompt, alert, ethical, well-behaved. Call Sherry, 543-7672. #0208

**SOUTHERN COLORADO**

**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.

## 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.

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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.

**SENIORS CLUB - 40th Anniversary** - February 2, 2008. Formal Dinner Dance - Union Depot, 132 West "B" St. \$20 for members; \$25 non-members. Call 948-3986. #0208

**STOP WAITING ON LONG LISTS** for nursing home or assisted living. Try us one month or just for day-care 24/7 live-ins with private rooms. Respite care available also. 30 years experience. Hurry, only one room left for you. 719-542-3496. #0108 MOBILE

**SIX CEMETERY PLOTS** Imperial Gardens Hill crest Section, \$950.00 each. Call Ken at (719)649-2478 or (719)946-5214. #0108

**SEWING ALTERATIONS: THE PERFECT FIT** Alterations by Abe Camhi. Wedding gowns and formal wear. All types of clothing. Men and women. 40 years experience. Se Habla Espanol. 719-595-1231 or 719-250-9354. #0108

**CAREGIVER/COMPANION** Private care part-time. Have experience with recommendation letters. Just moved into town. South area. Call Carmen, 564-2157. #0108

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

**24/7 LOVING SENIOR CARE IN CHRISTIAN HOME. 30 YEARS EXPERIENCE. SPACE FOR ONLY ONE CLIENT LEFT. HURRY! CALL NOW! 719-542-3496.** #0108

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

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

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## Remember?

from page 3.

be solved by triggering massive innovation." His whole point was that the problems may be solved "only by triggering."

Friedman's brother columnist, Timesman Frank Rich, last month wrote about Oprah Winfrey's leap into presidential politics: "Most Beltway hands could only see Oprah Winfrey's contribution to Barack Obama's campaign as just another celebrity endorsement ..." One hesitates to improve upon Rich's copy (though one doesn't hesitate much), but he would have had a sharper sentence with, "Most Beltway hands could see her contribution

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... only as just another ..."

Writers for The Washington Post have the same problem. A local winner in the "American Idol" competition, LaKisha Jones, "had only lived at Fort Meade for a few months." Actually, she had lived at Fort Meade for only a few months. Then she was whisked off to Hollywood. She may move back to her native Houston, but she leaves a useful "only" behind.

(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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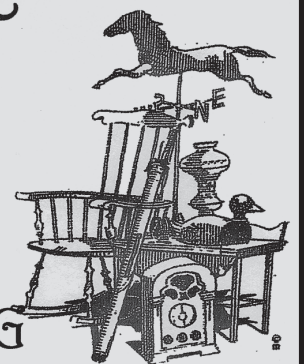
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# Is There Such A Thing As Healthy Chocolate?

by Dr. Jason Barritt

*Is There Such a Thing as Healthy Chocolate? And if so, should your new year include more of it?*

PENROSE, CO – A couple of weeks ago one of my patients asked me if I'd be willing to taste some "healthy chocolate." "Hmmm, if it really is healthy," I thought, "then I bet it's too bitter to want a second bite." In fact, it was melt-in-your-mouth delicious.

"If it's this tasty," I reasoned, "then it must be packed with sugar just like all the other chocolate products and that is definitely not going to be healthy."

I was aware that numerous scientific reports and media articles had touted the fact that cocoa was incredibly rich in special antioxidants called flavanols that boast a wide range of surprising health benefits. However, many of these articles concluded with statements like: "Still, dark chocolate is probably not the healthiest way to get antioxidants. It is, after all, high in fat" (Wall Street Journal, March 15, 2007).

However, my patient assured me she could provide proof that this particular kind of dark chocolate had no added fat or refined sugar.

Most of the studies reporting significant improvement in prostate health, diabetes, circulation, mood, cardiovascular function and even the skin were done using unrefined cocoa, not chocolate because the nutrient levels are highest in the raw cocoa compared to dark chocolate. Milk chocolate has repeatedly been found to be low in antioxidants. Therefore my next question was, "What about the heating process that even dark chocolate goes through causing a large loss of nutrients?"

My patient had an answer for this, too. This new dark chocolate product was the result of a patent for cold processing the cocoa so its remarkable antioxidants were not destroyed by heat processing.

"That all sounds too good to be true," I thought but now, just two weeks later, after spending intense hours scouring the research on dark chocolate and checking into my patient's "healthy chocolate" I found confirmation.

USDA recommendations state, "Make your calories count." This means food should be relatively low in calories and high in nutrients. Since it met those criteria the dark chocolate presented to me was getting closer to being worthy of the title "Healthy Chocolate".

Two different studies have estimated that each one of the 100 trillion cells in our bodies gets attacked by five

to 10 thousand free radicals a day. A free radical is any atom with a supercharged, unpaired electron that rampages around the cell wreaking havoc and destruction. They are the normal result of using oxygen by which our cells transform our fuel (food) into energy. They are called free radicals because they are free and crazy (or radical).

This helps to explain why we suffer so many degenerative conditions such as cancer, cardiovascular disease, Alzheimer's and diabetes.

Fascinating evidence of this has been provided to us by a Harvard professor. Dr. Hollenberg stated, "Kuna Indians who live on islands near Panama have little age-related rise in blood pressure or hypertension. However, on migrating to Panama City, blood pressure rises with age, and the frequency of essential hypertension matches urban levels elsewhere." He identified a drop in cocoa consumption as the likely reason for the reduction in health status.

If we want to slow down the degenerative process, we must supplement our diet with foods rich in antioxidants just like the Kuna Indians. Antioxidants are measured in units called ORAC which stands for Oxygen Radical Absorbance Capacity. That is the capacity of the anti-

oxidant to absorb the oxygen radical.

The chocolate wrapper that my patient handed me had the ORAC value stamped right on it. Just one little square had a value of 3,582, which was impressive given that most of us get less than 1,000 per day.

Additional antioxidants in the diet could save much suffering, as well as reduce the staggering cost of treating and caring for the elderly according to the USDA.

I have become thoroughly impressed by cocoa and the wonderful benefits that it can provide all ages if eaten daily. With the availability of a delicious dark chocolate that keeps the high nutritional value of cocoa without added fat and sugar, it is now realistic to be able to eat enough of it to get those touted benefits without packing on weight. The site [www.mydrchocolate.com](http://www.mydrchocolate.com) has more details.

If you can find a dark chocolate that can claim no refined sugar or fat and keep the high antioxidant levels of raw cocoa, then it would truly be a healthy food.

*Dr. Barritt is a local chiropractor and President of Injury Documentation Consultants, Inc. He can be reached at [home@injurydocumentation.com](mailto:home@injurydocumentation.com).*

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## Marble: On Your Toes

from page 13.

Ingrown toenails can pierce the skin, open the door for bacteria to enter the body, and convince some individuals to perform dangerous "bathroom surgery." Few know that a doctor can perform a quick procedure that will end the pain and permanently cure an ingrown toenail.

Excessively sweaty feet can lead to foot odor, embarrassment, and bacterial and fungal infections such as Athlete's foot. A qualified physician can prescribe several treatments.

Smelly feet are not only embarrassing, but may also point to a bacterial infection. Some bacteria actually eat away the top layer of the skin.

Athlete's foot produces itchy, dry, scaling skin that can crack, develop an open sore and become infected by dangerous bacteria, including Methicillin-resistant Staphylococcus aureus (MRSA). Athlete's foot doesn't affect only athletes,

although this fungus thrives in damp areas such as swimming pools, showers and locker rooms.

Broken toes that aren't evaluated and treated by a qualified physician can lead to chronic pain, deformity, arthritis and problems walking, standing and wearing shoes.

Suspicious spots or lesions could be skin cancer, and should be evaluated by a foot and ankle surgeon. Melanoma does occur on the feet, regardless of sun exposure.

*Benjamin Marble, DPM is a member of the American College of Foot and Ankle Surgeons and board qualified in foot and ankle surgery. He earned his podiatric medical degree from Dr. Scholl College of Podiatric. Dr. Marble practices with Dr. Schneider. Their phone number is 719-543-2476 and Web site is [www.puebloankleandfoot.com](http://www.puebloankleandfoot.com)*

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# Principles For Optimum Health For Us & Our Kids

by Charlene Dengler

Dismal news arrived on the scene a few weeks ago from Dr. Nancy Snyderman, medical correspondent for the TODAY show. For the first time since the Civil War, the current generation of children may not outlive their parents. Why, you ask? The reason is due to the high incidence of obesity and the resulting health consequences of diabetes, cardiovascular disease, autoimmune disorders and cancer. Now the representatives of a bright and shining future, our children and grandchildren, are at a huge health risk, as well as the aging and declining generation, namely us.

With 60% of the population in the obese category and our progeny following suit, what can be done to stem the tide? Well, for the senior citizen group, as with any other area of our lives, we

can be good role models to those who are younger and less savvy. The baby boomer generation has been slated to live longer with better quality of life than ever before. How can that be when just two generations from now, the result is projected to be that the adults won't even outlive their parents?

As discussed last month, there are seven significant factors that must remain in proper balance in order for homeostasis, or optimum health, to be maintained. Those seven elements are oxygen, water, protein, vitamins, minerals, essential fats, and essential carbohydrates. Since World War II, the lifestyle of families and homes has changed dramatically. Hectic schedules, convenience foods in the home, fast foods in the drive through and the need for instant gratification all play a role. On top of that, changing agricultural practices and depleted fresh food supplies contribute to the bankrupt condition of nutrition and health. Remember you are what you eat,

and what you don't eat!

The world as we knew it growing up no longer exists and as wise sages who have something to offer, we should offer something more to the future generation. Before we can be proper role models though, we must set the example and that is where the principles for optimum health become so important. As a former registered nurse working in cardiac care, one of the most crucial elements of offering recovery to heart attack patients was educating and inspiring the patient to take charge and to make change. What better reason to make positive changes in our own health and wellness than to demonstrate a proper example for those coming after us?

Let me list the eight principles that will allow you to be proactive in your own life and a blessing to others! After all, nothing is more inspiring than observing the aging and elderly living healthy, active, vital lives. The longer you live productively the more influence you can have. First, with aging, metabolism slows and muscle mass decreases, so it's important to have a baseline measurement of your BMI, or body mass index. A BMI of over 25 is a risk factor for diabetes and with diabetes comes a gamut of other devastating health concerns. A body fat measurement would also be wise to obtain so that progress can be measured over a period of several months. Also, a total body internal cleanse should be considered to keep all body systems functioning at their best.

Each of these principles is important and should be instituted to the best of your ability as soon as possible. It's never too late to improve the quality of your health, and the effect is cumulative so as you feel better you will be encouraged to continue optimizing your vitality!

1. Eat a variety of foods but focus on fresh fruits and vegetables, leafy greens and legumes, whole grains, nuts and seeds.

2. Increase dietary fiber to 25-35 grams a day from a variety of sources, but build up slowly.

3. Consume healthy fats such as extra virgin olive oil, flax seed oil, and fatty fish, while avoiding saturated and trans fats.

4. Eat every 4-5 hours developing a grazing approach to food consumption to keep blood sugar stable.

5. Drink enough ounces of pure water to equal your weight in kilograms (divide your weight by 2.2), preferably at moderate temperature and in between meals.

6. Eat less sugar and sodium and avoid artificially sweetened or genetically modified, highly processed foods.

7. Avoid eating while under stress. Breathe deeply and rhythmically to calm down and oxygenate your body.

8. Do a variety of exercise, both aerobic and strength training, to help stimulate metabolism, and perform gentle stretching for flexibility. There you have the initial steps to more vital health and wellness, and hopefully a vision for shifting the winds of the future for those who will follow us.

*Charlene Dengler is a former registered nurse who has also been a model, a nutrition consultant, a fitness instructor and an educational consultant. Her main focus is a natural approach to health and wellness with an emphasis on assisting others in finding the correct pathway to their optimum vitality. She can be reached at 250-0683.*

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# Medicaid Limits Increase For 2008

by Eileen Doherty

Denver, CO. Medicaid is a program designed to help low income individuals receive health care. Medicaid covers many of the costs that are not covered by Medicare. The program's limits increase annually with the Social Security cost of living adjustment. Medicaid pays for custodial care in a nursing home, while Medicare pays for rehabilitative care in a nursing home. Medicaid also pays for co-pays for hospital and doctor visits that Medicare does not cover.

Medicaid is available to many low income individuals who need assistance with health care and long term care. Individuals who are age 65 or disabled and whose monthly income is less than \$637 (couples \$956) for 2008 and who have less than \$2000 (couples \$3000) in resources are eligible for Supplemental Security Income or SSI. Individuals who receive SSI automatically receive Medicaid. Some individuals who receive SSI also receive Social Security and Medicare.

Individuals who are over age 60 and whose income is less than \$662 (couples \$1324) and whose resources are less than \$2000 (couples \$3000) can qualify for Old Age Pension or OAP, a program funded by the State of Colorado. OAP recipients also receive some health care coverage which is similar to Medicaid for physician visits, prescriptions, and hospital care.

Other individuals qualify for some benefits through the Medicare Savings Program. For individuals whose income is between \$663 and \$850 (less than \$1141 for a couple) and whose resources are less than \$4000 (couples \$6000), the Medicare Savings Program pays for the Medicare Part B premium, the co-pays for Medicare physician and hospital visits, and the Medicare deductibles. For those individuals whose income is between \$851 and \$1148 (less than \$1570 for a couple) and whose resources are less than \$4000 (couples \$6000), the Medicare Savings Program will pay the Medicare Part B premium.

Many low income individuals need home care or assisted living services, but are unable to pay for these services. In 2008, individuals whose income is less than \$1911 and who have less than \$2000 in resources may qualify for home and community based services (HCBS).

Individuals must also meet functional guidelines and demonstrate a need for assistance with bathing, eating or dressing, or have problems with mobility and transferring. Those who are incontinent, need supervision because they are a danger to self or others, or who need medication management may also be eligible for Medicaid in Nursing Homes or Assisted Living. These individuals must be deemed eligible for nursing home care within thirty days if they do not receive services.

Individuals who need custodial care in a nursing home, but who are not able to pay are eligible for Medicaid, if they have less than \$5546 in income and less than \$2000 in resources. At this income level, a Medicaid Qualifying Trust is required.

The income requirements for a married person are the same as for an individual for HCBS or nursing home care. However, the "community spouse" is allowed to keep \$104,400 in resources; while the "sick" spouse is allowed to keep an additional \$2000. The community spouse is allowed to keep a minimum of \$1711 and up to a maximum of \$2610 of the joint income depending on excess shelter needs.

Some individuals whose income is more than \$1911 but less than \$5546 (\$5995 in metro Denver), can qualify for a Medicaid Qualifying Trust (or Miller Trust) and still be eligible to receive Medicaid for nursing home care or HCBS. The individual is required to establish a trust with the State of Colorado as the beneficiary. Any funds not used by the individual become the property of the state when the trust is dissolved, usually at death.

SSI eligible persons apply for benefits through the Social Security Administration. Applications for OAP and Medicare Savings Program are determined by income and resources through the county department of social/human services by completing the Medicaid application. Assistance for HCBS and nursing home care requires a financial application to be submitted to the county department of social/human services, as well as a functional application to be completed by the "Options for Longterm Care" agency responsible for the county in which the individual will be residing.

Although a complicated program with many different eligibility requirements depending on individual circumstances, Medicaid is a resource for those low income individuals needing health care. For assistance with Medicaid counseling, call the county department of social/human services or 303-333-3482.

Eileen Doherty, MS-Executive Director  
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# Cooking A-Z: Tortillas: They Are Flat-Out Tasty

by Annette Gooch

If you've ever eaten in a Mexican restaurant where the corn and flour tortillas are freshly made on the premises, you understand how good they can be. But did you know you can make them at home?

To make corn tortillas, you'll need a bag of masa harina. This flour-like meal is the dried form of fresh masa -- the soft corn dough that is the foundation of traditional Mexican cooking.

Tortillas made from fresh masa are especially delicious, but the dough is perishable and hard to find in some areas of the United States. Masa harina keeps well and is more convenient and more readily available.

Skilled tortilla makers hand-pat each piece of masa 30 to 40 times to flatten it into a tortilla, but you may want to use a rolling pin or consider buying a hinged tortilla press.

**SUCCESS TIPS:**

-- Masa harina is available at many supermarkets and Mexican grocery stores. Fresh masa is available at some tortilla factories and Mexican grocery stores.

-- Tortilla presses are available at specialty cookware stores and those that

specialize in ingredients and utensils for Mexican cooking.

For the most uniform results, use a tortilla press to flatten the dough for corn tortillas. Otherwise, pat the dough a couple of times to flatten it, and then use a rolling pin to flatten it between pieces of plastic film. If fresh masa is available, substitute it for the ingredients listed.

**CORN TORTILLAS**

2 cups masa harina  
1 1/4 cups warm water, or more if needed

1. Place masa harina in a bowl. Gradually mix the water into the masa harina, mixing together well. Knead for 3 to 5 minutes, pushing hard with the heel of your hand. To prevent dough from drying out, keep it wrapped in plastic film while you shape and cook the tortillas.

2. Heat an ungreased, heavy frying pan over medium-high heat. Break off a walnut-sized piece of dough and place it slightly back of center on a piece of plastic film you've positioned over the bottom plate of the press. Cover dough with a second piece of plastic film. Close press and pull down hard on the handle to flatten dough. Remove tortilla, peel plastic away, and lift the tortilla from the press.

Note: If the dough has just the right amount of liquid, the plastic will easily peel away from the tortilla. If dough cracks at the edges, knead in a little more water. If tortilla sticks to the plastic, knead in a little more masa harina. Knowing how the dough should look and feel when it has enough liquid takes a little practice.

3. Place tortilla on the heated, ungreased frying pan. Cook until the edges begin to dry (about 30 seconds). Turn over and bake until lightly speckled on the underside (about 1 minute). Turn tortilla a second time and bake for an additional 30 seconds. Total cooking time will be between 2 and 3 minutes, depending upon thickness of tortilla and temperature of pan. A well-made tortilla will usually puff up on the second turn.

4. Stack and wrap tortillas in a clean kitchen towel to keep them warm and soft.

Makes about 1 dozen corn tortillas.

Flour tortillas for burritos and other uses are generally a little larger than corn tortillas.

**FLOUR TORTILLAS**

2 cups flour  
1 teaspoon salt (scant)

1/2 teaspoon baking powder  
1/4 cup vegetable shortening  
1/2 cup warm water  
Shortening or oil, for coating

1. Mix together flour, salt and baking powder. Cut in shortening and mix well. Gradually add water, working it in to make a stiff dough. Knead until dough feels springy. Squeeze off dough by handfuls to divide into 12 balls; lightly coat balls with shortening. Place in bowl, cover and allow to rest 20 to 30 minutes.

2. Heat a heavy frying pan over medium-high heat. Lightly flour balls before rolling. On a lightly floured board, use a rolling pin to roll forward once and backward once over each ball, making a thin round approximately 7 to 8 inches across.

3. Place one of the rounds on the heated, ungreased frying pan. Bake until underside is lightly speckled (1 1/2 to 2 minutes); turn over and bake until the other side is lightly speckled (1 1/2 to 2 minutes). If tortilla puffs while cooking, press it down lightly with a towel.

4. Stack and wrap tortillas in a clean kitchen towel to keep them soft and warm.

Makes 1 dozen flour tortillas.

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**FEBRUARY 7:** TURKEY TETRAZINI, Italian Green Beans, Cottage Cheese Peach Salad, Strawberry Applesauce.

**FEBRUARY 12:** SLOPPY JOE/BUN, Scalloped Potatoes, Broccoli and Carrots, Apple.

**FEBRUARY 14:** BAKED HAM/RAISIN SAUCE, Candied Sweet Potatoes, Green Bean Amandine, Cranberry Mold.

**FEBRUARY 19:** SWEET/SOUR PORK, Steamed Brown Rice, California Vegetable Medley, Diced Pears.

**FEBRUARY 21:** ROAST BEEF, Mashed Potatoes/Gravy, Green Bean Amandine, Apricot Peach Compote, French Bread /marg.

**FEBRUARY 26:** SMOTHERED CHICKEN, Cornbread Stuffing, Cauliflower Broccoli Mix, Applesauce Waldorf Salad.

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**FEBRUARY 5:** SWEET & SOUR PORK, Steamed Brown Rice, California Vegetable Medley, Diced Pears.

**FEBRUARY 7:** CREAM OF POTATO SOUP, Tuna Salad Wrap w/shredded Let/Tom, Boiled Egg & Grapefruit Half

**FEBRUARY 8:** BEEF STROGANOFF, Parslied Carrots, Ruby Beet Salad, Orange Juice.

**FEBRUARY 12:** SLOPPY JOE ON A BUN, Scalloped Potatoes, Broccoli and Carrots, Apple.

**FEBRUARY 14:** ORIENTAL PEPPER CHICKEN, Steamed Brown Rice, Cut Broccoli, Pineapple Tidbits.

**FEBRUARY 15:** MACARONI & CHEESE, Green Salad w/Lemon, Whipped Hubbard Squash, Strawberry Applesauce.

**FEBRUARY 19:** ITALIAN SAUSAGE/MARINARA SAUCE & SPAGHETTI, Baked Acorn Squash, Tossed Salad, Pizzelle, Pear.

**FEBRUARY 21:** CHICKEN RICE SOUP, Wheat Crackers, Open Face BBQ Beef On a Bun, Creamy Coleslaw, Almond Peaches.

**FEBRUARY 22:** BEEF & BROCCOLI STIR FRY, Steamed Brown Rice, Steamed Carrots, Pineapple Tidbits.

**FEBRUARY 26:** ENCHILADA PIE, Sliced Tomato on Lettuce, Sliced Yellow Squash, Mixed Fruit.

**FEBRUARY 28:** LENTIL BLACK SOUP, Egg salad Sandwich on Wheat Bread, Sliced Tomato on Lettuce, Banana.

**FEBRUARY 29:** BAKED HAM WITH RAISIN SAUCE, Candied Sweet Potatoes, Green Bean Amandine, Cranberry Mold.

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**FEBRUARY 1:** TUNA NOODLE CASSEROLE, Italian Green Beans, Pineapple Tidbits.

**FEBRUARY 5:** SALISBURY STEAK, Whipped Potatoes with Gravy, Italian Green Beans, Sliced Peaches.

**FEBRUARY 7:** ROAST PORK, Whipped Potatoes/Gravy, Carrots, Strawberry Gelatin Salad, Dinner Roll with Margarine.

**FEBRUARY 8:** ENCHILADA PIE, Sliced Tomato on Lettuce, Sliced Yellow Squash, Mixed Fruit.

**FEBRUARY 12:** BEEF STROGANOFF, Orange Spiced Carrots, Ruby Beet Salad, Mixed Fruit.

**FEBRUARY 14:** ROAST TURKEY/ GRAVY, Whipped Potatoes, California Vegetable Medley, Raisin Nut Cup.

**FEBRUARY 15:** LEMON BAKED FISH, Tartar Sauce & Lemon, Rice Pilaf, Green Beans w/Mushrooms, Fruit Salad.

**FEBRUARY 19:** CHICKEN & NOODLES, Green Beans, Baked Acorn Squash, Apricot Pineapple Compote.

**FEBRUARY 21:** PORCUPINE MEAT-BALLS, Whipped Potatoes/Gravy, California Veggie Medley, Almond Peaches.

**FEBRUARY 22:** ROAST CHICKEN/MUSHROOM SAUCE, Steamed Brown Rice, Cauliflower Broccoli Mix, Apple Pear Salad.

**FEBRUARY 26:** BEEF STEW, Wheat Crackers, Whole Kernel Corn, Herbed Green Beans, Diced Pears.

**FEBRUARY 28:** KIELBASA, Parsley Buttered New Potatoes, Mixed Vegetables, Baked Acorn Squash, Pineapple.

**FEBRUARY 29:** SLOPPY JOE ON A BUN, Scalloped Potatoes, Broccoli and Carrots, Apple.

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**FEBRUARY 4:** CHILI CON CARNE, Wheat Crackers, Sliced Yellow Squash, Fresh Apple, Cornbread with Margarine.

**FEBRUARY 5:** SWEET/SOUR PORK, Steamed Brown Rice, California Vegetable Medley, Diced Pears.

**FEBRUARY 7:** ROAST CHICKEN W/ BROTH, Scalloped Potatoes, Harvard Beets, Cinnamon Apples.

**FEBRUARY 11:** CHICKEN NOODLE SOUP, Wheat Crackers, Chopped Spinach/Malt Vinegar, Sliced Yellow Squash, Orange.

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**FEBRUARY 12:** STUFFED PEPPERS, Whole Kernel Corn, Spinach w/Malt Vinegar, Applesauce with Raisins.

**FEBRUARY 14:** BAKED POTATO, Broccoli Cheese Sauce, Salad w/Lite French Dressing, Fresh Plum, Fruit Cocktail.

**FEBRUARY 18:** No Meal Served.

**FEBRUARY 19:** AMERICAN LASAGNA, Herbed Green Beans, Cabbage, Banana, Italian Bread with Margarine.

**FEBRUARY 21:** HONEY BBQ CHICKEN, Oven Browned Potatoes, Chopped Spinach, Diced Pears.

**FEBRUARY 25:** PUEBLO BEEF STEW, Tossed Salad with Lite Italian Dressing, Baked Acorn Squash, Banana.

**FEBRUARY 26:** TUNA NOODLE CASSEROLE, Italian Green Beans, Pineapple Tidbits.

**FEBRUARY 28:** ROAST PORK, Whipped Potatoes/Gravy, Parslied Carrots, Strawberry Gelatin Salad, Dinner Roll/Margarine.

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**FEBRUARY 4:** COMBINATION BURRITO, Smothered w/Chicken Green Chile, Tomato, Lettuce and Salsa, Black Beans with Cilantro, Diced pears.

**FEBRUARY 6:** HUNGARIAN GOULASH, California Vegetable Medley, Chopped Spinach/Malt Vinegar, Banana.

**FEBRUARY 8:** ITALIAN SAUSAGE/MARINARA SAUCE & SPAGHETTI, Baked Acorn Squash, Salad, Pizzelle ~ Fresh Pear.

**FEBRUARY 11:** HONEY BBQ CHICKEN, Oven Browned Potatoes, Chopped Spinach, Diced Pears.

**FEBRUARY 13:** HOT ROAST BEEF SANDWICH Wheat Bread, Mashed Potatoes, Vegetable Slaw & Pineapple Tidbits.

**FEBRUARY 15:** CREAM OF POTATO SOUP, Tuna Salad Wrap w/shredded Let/Tom, Boiled Egg, Grapefruit Half.

**FEBRUARY 18:** No Meal Served

**FEBRUARY 20:** DIJON CHICKEN, Steamed Brown Rice w/Parsley, Shredded Green Salad, Cut Broccoli, Strawberries.

**FEBRUARY 22:** SALISBURY STEAK, Whipped Potatoes/Gravy, California Veggie Medley, Seasoned Greens, Nectarine.

**FEBRUARY 25:** SWEET & SOUR PORK, Steamed Brown Rice, California Vegetable Medley, Diced Pears.

**FEBRUARY 27:** BAKED PORK CHOP/COUNTRY STYLE GRAVY, Potatoes, Hot Bean Casserole, Fruit Salad, Cinnamon Applesauce.

**FEBRUARY 29:** SLOPPY JOE/BUN, Scalloped Potatoes, Broccoli and Carrots, Apple.

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



# Fashion: How To Look Good Though Middle-Aged

**HOW TO LOOK GOOD, THOUGH MIDDLE-AGED**  
*Without devoting your life to your wardrobe.*

Fashion is not the first thing most people worry about when they start thinking about retirement. They're too busy obsessing about the fun stuff: Social Security, Medicare, pensions (if they're lucky), supplemental health insurance and long-term care insurance (if they can afford it), saving and investments (if they have any), staying put vs. moving closer to the kids or the sun (if they have a choice), keeping the house vs. downsizing, owning vs. renting, etc., etc.

After all, once you don't have to go to the office anymore, who cares how you look?

Corinne Richardson does. When she agreed to run a discussion group focused on retirement issues, Richardson found herself faced with a gaggle of men and women aged 50 to 75, many attired in Bermuda shorts, worn-out sneakers and old T-shirts, "usually with some sort of writing on the front." ("My grandson went to Harvard and all I got was...")

She invited them to perform an experiment. For the next month, whenever they left their houses, they'd follow a strict dress code: plain trousers, khakis or

full-length jeans (no cut-offs or shorts); shirts without writing on them; real shoes; navy, black, tweed, plaid or madras blazers. Hardly the height of fashion, but a step up from souvenir T's and shorts. She also asked them to pay particular attention to how the general public -- neighbors, passers-by, grocery store clerks, salespeople, gas station attendants, etc. -- responded to them.

They reported back a month later that "much to their surprise, they were treated with more kindness, assistance, friendliness and, most important, with more respect than they had thought possible."

So: Even when you no longer need to telegraph your professional competence with your clothes, and long after you've stopped believing the way you dress or do your hair will beguile Prince Charming or catch the eye of a talent scout who'll make you a star, there's still a reason not to go out looking like an unmade bed.

I have to admit that, when I first read this, it rankled. Even if you're the nicest, kindest, smartest, most conscientious solid citizen imaginable, you still have to dress up or people will write you off as a no-account nobody they can afford to ignore? It's unfair and undemo-

cratic. It's elitist, classist and looksist.

But so is the world we live in. You have an inalienable right to leave the house looking like an unmade bed -- but do you really want to exercise it if it means being dismissed, disregarded and disrespected by the general public?

In "Dressing Nifty After Fifty: The Definitive Guide to a Simple, Stylish Wardrobe," Richardson argues that how you dress is a "reflection of how you feel about yourself" and "an invitation to be treated in a certain way by others." You're not going to walk around wearing a sign that says, "Kick me" -- so why wear those dumb T-shirts?

You can tell the book was written by a lawyer. It starts with a disclaimer of responsibility, so you can't sue her for any potential unfortunate effects of her fashion advice. It's also not a surprise to learn she took early retirement to follow her passion for the voluntary simplicity movement. Her book is less interested in turning you into a fashion diva than in figuring out what clothes you actually need to live your life, what makes you look better rather than worse, what you can afford to bag up for the Salvation Army, and how you can organize and deploy the clothes you keep.

It grew out of her own discovery that, like many tireless and enthusiastic shoppers, she'd ended up with closets stuffed with pretty clothes, lots of them still unworn, but nothing to wear. Or, anyway, not what she needed.

Chapter by chapter, she walks you through the process she developed for herself by trial and error. What do you do -- work, volunteering, household chores, socializing, exercise, relaxation, etc. -- in a typical two-week period? What clothes, and how many of them, do those activities require? What do you look like? What looks good on you? By the end, you've put together a wardrobe that covers every eventuality that is current, stylish, flattering -- and is also small enough to maintain and keep track of without superhuman effort.

You've also picked up all sorts of sensible advice, from how to tell you're wearing too much perfume (if you can smell it yourself, it's too much) to five ways to tie a scarf, to what to wear to a class reunion (jewel-tone dress or pantsuit in the latest style, fantastic looking shoes and bag).

Sensible fashion advice? It isn't something you run into all that often, but that doesn't mean it's an oxymoron.



*Just because you're retired doesn't mean you should dress like a doofus, according to Corinne Richardson's "Dressing Nifty After Fifty." Illustration: Patricia McLaughlin*

We're used to fashion authorities who burble on ecstatically about this season's must-have \$1,000 handbag, assure you that every woman can wear a bikini, and urge you to save your lunch money for a divine pair of over-the-knee boots like the ones Johnny Depp wore in those pirate movies.

Right.

Corinne Richardson, by contrast, is not a fashion magazine editor from New York. She's a lawyer from St. Louis with a good haircut, a woman who loves clothes but doesn't want to devote her life to them. Her advice is not wildly original, which may be just as well. She thinks women over 50 shouldn't let their hair grow past their shoulders, and women who need reading glasses should wear them on chains around their necks -- unlike Charla Krupp, author of last week's book, "How Not to Look Old," who wants you to grow your hair long and never wear glasses around your neck because it's like wearing a sign that says "old lady."

Reading Richardson's book won't turn you into Patricia Field or Sarah Jessica Parker -- also just as well: Think what your friends would say if you showed up for choir practice in leather pants and Valentine-red hair.

What it will do is help you find the courage to give away all the clothes you know you'll never wear (or, anyway, shouldn't), organize your closet so you can find what you're looking for, and dress in a way that lets you look good to yourself and your friends and neighbors while inviting the respect of strangers. Isn't that what most grown-ups who aren't fashion models or fashion editors want from fashion?

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

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# Reeling "Any Oscars Here?"

by Film Critic Betty Jo Tucker, Pueblo

## ANY OSCARS HERE?

Oscar nominations were announced too late to meet the deadline for this article, and I fear many of my favorites will probably be ignored at the Academy Awards celebration later in the month. But that doesn't stop me from giving out Awards of my own. Despite the deluge of mediocre to just-plain-awful motion pictures last year, some real gems arrived to remind me why I enjoy going to the movies so much. And, I have to admit that 2007 turned out to be a terrific year for musicals. Although I haven't caught "Across the Universe" yet, seeing films like "Hairspray," "Enchanted," "Once," "Walk Hard," "La Vie en Rose," "Sweeney Todd," and "Show Business: The Road to Broadway" all in one year renewed my faith in the possibility of more movie musicals appearing on the big screen in the near future.

Movies receiving my personal Awards as the TOP TEN FILMS of 2007 are as follows:

1. HAIRSPRAY. For an avid movie musical fan like me, Hairspray has it all -- rousing song-and-dance routines, talented performers, a feel-good story about an underdog's triumph, and timeless appeal. It's the best film musical since "Singin' in the Rain."

2. ENCHANTED. I'm still under the spell of this highly entertaining fantasy. Performances by Amy Adams, James Marsden and Susan Sarandon simply couldn't be better. Everything about "Enchanted" worked for me, including the delightful music of Alan Menken and Stephen Schwartz.

3. MICHAEL CLAYTON. Intensity and suspense fill the screen in this exceptional thriller. George Clooney delivers his best performance ever as a "fixer" trying to bring an attorney (played by the great Tom Wilkinson) -- who's apparently gone bonkers -- back into the fold.

4. 3:10 TO YUMA. Brilliant acting by Christian Bale, Russell Crowe and Ben Foster revitalizes the Western genre by drawing us into this superb remake of the 1957 film, one I thought could never be improved upon. I was so wrong!

5. JUNO. Captivating from beginning to end, this endearing comedy benefits from Ellen Page's amusing and fearless portrayal of a pregnant 16-year-old who seems more mature than the adults around her. The movie also features an absolutely perfect supporting cast as well as Jason Reitman's spot-on direction of Diablo Cody's witty screenplay.

6. DISTURBIA. If it's blasphemy to say I enjoyed "Disturbia" more

than the very similar Alfred Hitchcock thriller, "Rear Window," then so be it. I found this film to be a tight, well-acted (particularly by Shia LeBeouf) and excruciatingly suspenseful cinematic experience.

7. THE DIVING BELL AND THE BUTTERFLY. This inspiring French film about a man who must learn to communicate by blinking one eye may be uncomfortable to watch, but its incredible camera work gives us a glimpse of what the real Jean-Dominique Bauby (Mathieu Amalric) had to go through after suffering a debilitating stroke.

8. THERE WILL BE BLOOD. Daniel Day-Lewis completely transforms himself -- body and soul -- into the character of an oil tycoon who's spellbinding to watch and horrifying to contemplate in this fascinating adaptation of Upton Sinclair's "Oil!"

9. THE HOST. Who cares if I'm the only critic with this Korean horror film on my top ten list? Because of its unique monster, wonderful characters and surprising sense of humor, I couldn't resist giving it recognition here.

10. WAITRESS. Keri Russell simply shines in this clever, offbeat dramedy about an abused wife who finds solace in baking the yummiest and most creative pies ever to come out of an oven. I'm drooling right now just thinking about them.

Honorable Mention (in alphabetical order): "30 Days of Night," "Bridge to Terabithia," "Eastern Promises," "The Great World of Sound," "The Kite Runner," "La Vie en Rose," "The Last Legion," "Once," "Show Business: The Road to Broadway," "Ratatouille," "Rescue Dawn," "Sicko," "The Simpsons Movie" My list of "2007's 'flops'" includes fifteen movies I've awarded "dishonorable mention" status to. It doesn't matter if one or two were box office hits, they still flopped with me. This is, after all, MY list. Dishonorable Mention (in alphabetical order): "Alpha Dog,"

"Awake," "Beowulf," "Because I Said So," "Death Sentence," "License To Wed," "The Heartbreak Kid," "Lucky You," "Margot at the Wedding," "The Number 23," "Premonition," "P.S. I Love You," "Redacted," "Rush Hour 3," "Underdog."



The 80th Academy Awards Ceremony, hosted for the third time by Jon Stewart, will be televised by ABC on Sunday night, February 24, at 6 p.m., Mountain Time. Regardless of who wins those golden statuettes or how long the show runs, I'll be glued to my TV screen -- along with all other movie addicts like me.

Read Betty Jo's movie reviews at [www.ReelTalkReviews.com](http://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.

## It Had To Be Us Nominated for CAPA Award

My husband and I are pleased to report that It Had To Be Us, the little romantic memoir we wrote under the pseudonyms of Harry and Elizabeth Lawrence, has received a nomination in The Romance Studio's fourth annual Cupid and Psyche Awards program. These awards are given for excellence in romantic fiction, and although our E-Book does not qualify as "fiction," it's been nominated for a Psyche Award, a category for romances that do not meet the nomination criteria but deserve special recognition. Winners will be announced on Valentine's Day, 2008.

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