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May The Clouds Never Burst &
The Son Always Find You!

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Senior Beacon

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

SEPTEMBER, 2011 Vol. 30: No. 2 Established Aug., 1982 349 Consecutive Months!

Medicare Monday Helps Seniors Select Part D Coverage

by Eileen Doherty

Denver, CO. Despite the high cost of medications, most Americans have taken at least one medication in their lives. Medications are the lifeline for many Americans. Prescription drugs improve symptoms, increase longevity, and improve quality of life. Prescription drugs prevent chronic disease from causing debilitating conditions and maintain health when patients comply with the treatment regimen. Changing

access to prescription drugs can cause adverse effects to living a healthy life, even with chronic disease.

Medicare beneficiaries take an average of four to five prescription medications and two over the counter medications every day. Selecting the drug plan that will be most beneficial to an individual is an annual task that beneficiaries are faced with because of formulary changes, companies leaving the marketplace, and changes in premi-

ums and co-payments.

Medicare Monday will be held on October 17, 2011 from 9:30 am to 11:30 am in the following Colorado cities: Alamosa, Grand Junction, Pueblo, Colorado Springs, Denver, Centennial, Northglenn, Aurora, and Littleton. The sessions will feature experts on Medicare, along with representatives from health plans and Medicare supplements to provide consumers with information about decision making for 2012.

may believe the efficacy of the drug is beneficial for that patient or a certain group of patients.

While state Medicaid offices list their preferred drugs on a formulary to steer physicians prescribing practices to the approved drugs, drugs not on the formulary may still be available. However the policies specifically contain language to further steer physician prescribing practices . . . "Non-preferred products will be approved if the client

Safety Of Seniors Conference

by Judy Maggrett

FREE CONFERENCE FOCUSES ON SAFETY OF SENIORS

The fourth annual Safety of Seniors (S.O.S) Conference is taking place Tuesday, Sept. 20, from 8 a.m. to 2:30 p.m. at Praise Assembly of God Church in Pueblo. The free conference is designed to "inform, inspire and ensure those interested in senior safety and independence". Free refreshments and seated lunch are provided, as well as door prizes.

The event is presented by the Senior Medical Network Group, comprised of local nursing facilities and other healthcare providers. This year's major sponsors are ElderWatch and Complete Home Health Care. The conference also is supported by SRDA.

Participants can attend several breakout sessions relating to Medical Safety, Legal Safety, Public Safety and Safe Proofing Your Home. Master of Ceremonies is Nicky Nicholas, program development director for Lifeline.

Keynote speaker Janet Perreault will talk about "Aging Gracefully, Despite Your Adult 'Helicopter' (hovering) Children." Janet is co-founder of

the Suicide Prevention Partnership in Colorado Springs and currently serves on the Board of Directors of the Senior Resource Council in Colorado Springs.



Janet Perreault

In addition to the free breakout sessions, there are more than 20 booths offering additional information relating to healthcare and safety.

New to the conference this year are representatives of the Pueblo Senior I.C.E. (In Case of Emergency) project, which was developed by the Pueblo Police Department as a tool to help in locating missing seniors. Seniors will have a chance to complete a data sheet and have their photo taken. The information is placed on a CD, which is given to the senior or family to keep and can be used by police if the person is ever missing.

Those interested in attending the Conference can register by calling 545-1212. Space is limited, so registrations must be made by Sept. 14. Praise Assembly of God Church is located at 2000 Troy Avenue in Pueblo.

Medicare Monday experts will discuss the "Stars" ratings to help beneficiaries select health plans and prescription drug plans based on quality, service delivery and customer satisfaction. In addition, experts will address implementation of health care reform.

Health care reform continues to be a controversial issue in Congress with congressional legislators who are looking at ways to change the current law. Senator Jay Rockefeller, D-WV with backing by President Barack Obama, has introduced a bill to change the way Medicare pays for drugs for dual eligible or those who receive both Medicare and Medicaid. Specifically, the bill would require pharmaceutical companies to pay a rebate to states for prescription drugs that are taken by dual eligibles. The proposed program is similar to one used by many states for Medicaid recipients, including Colorado.

Pharmaceutical companies agree to pay a certain amount of money to the state [Medicaid] and the state [Medicaid] agrees to list the drug on the approved formulary. The net effect is that patients have access to the drug if the pharmaceutical company makes a financial payment to the state. If a pharmaceutical company elects not to pay the state for a specific drug, Medicaid patients are often denied access to the drug, even though the physician(s)



has failed treatment with one of the preferred products in the last 12 months. (Failure is defined as: lack of efficacy, allergy, intolerable side effects or significant drug-drug interactions)". Policies are made by ap-

pointed boards that discuss how much money will be saved for the state budget if a specific drug is either not placed on formulary or if access is denied.

Currently, under the Medicare Part D, the system works differently. For drug companies to participate in Part D, they must negotiate with the private insurers who administer the prescription drug plan and Medicare Advantage health plan to arrive at an acceptable price for their drugs. Drug companies compete against one another through a pharmacy benefit manager to offer lower drug prices to Medicare beneficiaries. Physician prescribing practices are again strongly influenced by drugs that are on the formularies; although companies may also limit utilization through such mechanisms as step therapy, quantity limits and prior authorizations.

When Medicare Part D was passed by Congress in 2003, the average monthly premium for 2011 was projected to be \$53; instead it is \$30. Current Congressional Budget Office projections now say that Part D will cost the government about 46 percent less between 2004 and 2013 than it

SEE "PLAN" PAGE 2.

Senior Week/Safari At Zoo

Last year's Senior Safari 2010 celebrated Bessie Rockwell from AVRMC Nursing Care Center in La Junta as the oldest visitor of the day at 106. Bessie and approximately 460 other seniors who visited that day proved that you are never too old to enjoy a visit to the Zoo. They came armed with wheelchairs, walkers, and oxygen bottles, and some just came with their young-at-heart attitudes in search of a fun day. Senior individuals and couples, as well as thirty-six care facilities and senior centers from as far away as Trinidad, La Junta, Cripple Creek, Colorado Springs, Walsenburg and Canon City rolled into the Zoo's parking lot in cars and vans and mini-buses to embark upon new adventures or to relive fond memories of visiting the Zoo in their younger days or with their kids.

2011's Senior Week will run from September 3 through September 11, when the Pueblo Zoo will honor senior citizens (65+) by offering free admission the whole week. Zoo hours are 9:00 am to 5:00 pm daily. Senior Safari will be held on Wednesday, September 7 with festivities from 10:00 am to 2:00 pm. The fun-filled day will include free refreshments, music by Tom Munch with sing-alongs and dancing, bingo and up-close animal presentations by some of the Zoo's Docents. Bring your own lunches or purchase pizza from Little Caesar's. Target Distribution Center employee volunteers will once again be on hand to help assist with pushing wheelchairs and B-I-N-G-O.

Schedule of Activities for Wednesday, September 7, 2011:

10:00 am - 11:00 am	Refreshments
10:30 am - 1:00 pm	Animal Close Encounters
10:30 am - 1:00 pm	Music by Tom Munch
11:30 am - 12:30 pm	Pizza (for sale)
1:00 am - 2:00 pm	B-I-N-G-O

"Song Of Pueblo" Concert

by Deborah Espinosa

Experience the poignant stories of Pueblo and the region with the "Song of Pueblo" Concert on September 16th, Friday at El Pueblo History Museum. This multi-media performance tells the history of the region with dramatic narration, music and images that captures the emotions through songs such as, "Ludlow Field" which expresses the depth of grief after militia fired on striking families, and "Death at Sand Creek", told from a child's experience. Other songs tell of the region's development through uplifting and fun tunes like: "Headlines", a nostalgic piece

about The Pueblo Chieftain and the 'newsies' that hawked the papers; also "Union Avenue" that recalls the bustling atmosphere of shoppers, vendors and trolleys.

New videos and vintage photographs increase the visual and emotional experience of this original Oratorio by Daniel Valdez which is performed by El Pueblo Ensemble: Tom Munch, Linda Amman, David Enke and Johnny Watson. Doors open at 6:00 p.m., concert is at 7:00 p.m. Tickets are \$15 and can be purchased by calling 719/583-0453. The museum is located at 301 North Union, Pueblo.

Just Another Day At The Races

by James R. Grasso, Chief Cook & Bottle Washer



Observations From The Cave

Are any of you out there still believing that programs like Medicare/Medicaid and even Social Security that have been put together and run by the Left for several decades and who are now, all three, on the brink of bankruptcy should continue to be run by the Left? The Left keeps telling you that you need to vote for them, democrats, because they can fix Medicare/Medicaid and Social Security. I've read some of the Obamacare program and all it does is take your freedom away. It wants all of you to sign over your freedom to the government

under the guise that they can take care of you. In fact, on page 59, it said pretty much that (besides the 17 committees and one final overlord that has all the power making decisions on everyone's health care that's in the bill). The clause states that you will have to give the government your banking account numbers under the auspices of direct withdrawal from your accounts so as to pay your health bills! Imagine that, if you will.

There will be myriads of commercials coming at you this election cycle with seniors telling you that if you don't vote for democrats, you will lose Medicare/Medicaid and Social Security. But they won't be telling you that the administration has already allowed 2500 waivers for certain entities that don't have to abide by these losses of freedom-think you are on those waivers? Just the mere fact that so many are lining up to be exempt from Obamacare ought to tell you something. The mere fact that you first must go to the almighty government to get these special dispensations is mind-blowing. It's chilling to me. It's too much power in the government's hands. The U.S. government is now a leviathan of departments and bureaus and overlapping agencies whose sole purpose is to push paperwork around and make decisions about this or that which affects all of you in some hurtful way at some time or another. But this leviathan doesn't care because it is made up of drones who are wonderful people, well some might not be so wonderful, who go to their homes and love their families never knowing what their little paperwork has done to the lives of fishermen or oil drillers or small businessmen. The leviathan is the thing and it needs to be constantly fed. Who set all this up? Mostly democrats, and now they are fixing the problem? On its face, it's absurd. The ones who made leviathan are now going to fix it? Let that settle within you for a while. Remember Dr. Frankenstein anyone?

Ladies and gents, we are at a crossroads. If you want a country that leads you around by the nose from cradle to grave, then indeed vote democrats. If you want a country that our forefathers envisioned with wonderful opportunities for all in a free environment then you can't vote for democrats.

The Republicans don't want to and won't take your Medicare/Medicaid and Social Security away. They know the Left has run these programs into the ground and have shown you their fix (Obamacare). Their fix (Obamacare) will run the show entirely. You won't have anyone to go to if you feel that you are not being treated fairly because government is not a caring entity by definition. I know, I know it states in the bill that you do have recourse if you think you've been wronged but do you really believe you'll get satisfaction from the government? Bureaucracy is a muddled mess and empathy does not exist in the

SEE "ANOTHER" PAGE 5.

Plan For Medicare Monday

from page 1 originally projected.

The passage of Medicare Part D has increased medication utilization, but it has also increased adherence by patients to the prescribed treatment protocols. The Journal of American Medical Association reported on a recent Harvard study that Medicare Part D spending has cut hospital and nursing home admissions, resulting in significant savings in other parts of the Medicare program. The same study reported saving older adults an average of \$1200

per year in prescription drug costs.

Even though 85% of Medicare beneficiaries report being satisfied with their Part D coverage and 95% say the current coverage works well, the Congressional Budget Office says by introducing Medicare rebates for dual eligible individuals, the savings would be \$112 billion over ten years, most likely making it a target for future cuts.

Although the Republicans and Democrats have agreed not to make any changes in Social Security, Medicare and Medicaid as part of the debt ceiling negotiations, the size of the projected savings to implement a Medicare rebate are significant. The Centers for Medicare and Medicaid Services suggests that treating low income seniors eligible for Extra Help with prescription drugs could fundamentally alter the program and offer different treatment for the most vulnerable beneficiaries. Low income beneficiaries would most definitely have their choices for prescription drugs and subsequent health care delivery further reduced should a Medicare Drug Rebate program become law.

Although the rebate Medicare program will not affect decisions for 2012, many other changes will be discussed at Medicare Monday. Refreshments will be provided. Call 1-866-499-5723 for reservations and a location near you.

Eileen Doherty, M.S. is the Executive Director of the Colorado Gerontological Society. She has more than 35 years of experience in gerontology in administration, research, training and education, and clinical practice. She teaches Nonprofit Organizations at Fort Hays State University, Hays, Kansas. She can be reached at 303-333-3482 or at doherty001@att.net.

The Senior Medical Network Group Presents:
the 4th Annual

Safety of Seniors (SOS) Conference

Sponsored By:



SEPTEMBER 20, 2011

(Tuesday)

8:00am -2:30pm

Praise Assembly of God Church
2000 Troy Avenue

FREE REFRESHMENTS AND LUNCH

HIGHLIGHTS

Key Note Speaker
Janet Perreault

Owner of Speaking from Experience
"Aging Gracefully, Despite Your Adult
"Helicopter" Children"

Breakout Sessions:

Medical Safety (Panel of Professionals)

Safe Proofing Your Home (Panel)

Legal Safety

Public Safety

Pueblo Senior I.C.E Project (In Case of Emergency)

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Op-Ed

Ron Pollack
Cynthia Tucker
Chuck Green
James Grasso
Ann Coulter
Richard Reeves

The Crisis Of The European Union: Causes/Significance

Ed. Note: We are so very pleased to be able to present to you an excerpted speech by the President of the Czech Republic, Vaclav Klaus. His words and opinions are strong indeed, an bode ill for our country if we continue to model our society on the European model. The last three paragraphs on page 28 are especially powerful. We all should heed his words.

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Václav Klaus, the president of the Czech Republic, spoke to friends of Hillsdale College in Berlin during Hillsdale's 2011 cruise in the Baltic Sea. The speech was delivered at Berlin's Hotel Adlon on June 11.

The title of my previous speech at Hillsdale was "The Problems of Liberty in a Newly-Born Democracy and Market Economy." At that time, we were only ten years after the fall of communism, and the topic was relevant. It is different now. Not only is communism over, our radical transition from com-

munistism to a free society is over, too. We face different challenges and see new dangers on the horizon. So let me say a few words about the continent of Europe today, which you've been visiting on your cruise.

You may like the old Europe—full of history, full of culture, full of decadence, full of fading beauty—and I do as well. But the political, social and economic developments here bother me. Unlike you, I am neither a visitor to Europe nor an uninvolved observer of it. I live here, and I do not see any reason to describe the current Europe in a propagandistic way, using rosy colors or glasses. Many of us in Europe are aware of the fact that it faces a serious problem, which is not a short- or medium-term business cycle-like phenomenon. Nor is it a consequence of the recent financial and economic crisis. This crisis only made it more visible. As an economist, I would call it a structural problem, which will not, by itself, wither away. We will not simply outgrow it, as some hope or believe.

It used to look quite different here. The question is when things started to change. The post-World War

II reconstruction of Europe was a success because the war eliminated, or at least weakened, all kinds of special-interest coalitions and pressure groups. In the following decades, Europe was growing, peaceful, stable and relevant. Why is Europe less successful and less relevant today?

I see it basically as a result of two interrelated phenomena—the European integration process on the one hand, and the evolution of the European economic and social system on the other—both of which have been undergoing a fundamental change in the context of the "brave new world" of our permissive, anti-market, redistributive society, a society that has forgotten the ideas on which the greatness of Europe was built.

I will start with the first issue, because I repeatedly see that people on other continents do not have a proper understanding of the European integration process—of its effects and consequences. It is partly because they do not care—which is quite rational—and partly because they accept a *priori* the idea that a regional integration is—regardless of its form, style, methods

and ambitions—an exclusively positive, progressive and politically correct project. They also very often accept the conventional wisdom that the weakening of nation-states, and the strengthening of supranational institutions, is a movement in the right direction. I know there are many opponents of such a view in your country—at such places as Hillsdale—but it has many supporters as well.

A positive evaluation of developments in Europe over the past 50 years can be explained only as an underestimation of what has been going on recently. In the 1950s, the leading idea behind the European integration was to liberalize, to open up, to remove all kinds of barriers which existed at the borders of individual countries, to enable the free movement of goods, services, people and ideas across the European continent. This was undisputedly a step forward, and it helped Europe significantly.

But European integration took a different course during the 1980s, and the decisive breakthrough came with the Maastricht Treaty in December 1991.

SEE "CZECH" PAGE 7.

Liberals Aren't Funny.....They're A Riot!!

by Ann Coulter

Like you, I've been horrified by the eruptions of mob violence around the globe this summer. But having spent the last two years researching and writing a book about mobs, I'm also grateful to the ruffians for taking to the streets so soon after my book was released.

Thanks, you dirty animals. I knew you wouldn't let me down.

When I decided to write about mobs, it was a relatively peaceful period. But as long as there is evil in the world, mobs will never be finally defeated. And as long as there are liberals,

there will be some people stoking the mobs.

It was only a matter of time, although even I didn't expect it quite this soon.

Mobs are always the same -- destructive, left-wing and without any clear cause. Why were young people in Britain tearing apart their cities, burning down businesses and stealing electronics and designer clothes? Because the cops shot someone? Please.

What has gotten on the last nerve of rioters in Greece, Paris and Vancouver? They're jobless? Their

government benefits have been cut? Their hockey team lost? They might as well destroy police cars because they're upset about rainy days. (That's not a suggestion, by the way -- more of a rhetorical flourish.)

Why were public sector union workers in Wisconsin busting up the capitol and physically attacking Republican legislators? MSNBC's Ed Schultz says it was because Republicans were trying to take away the people's "civil rights."

(Evidently, research showed the last seven people actually watching

MSNBC were Wisconsin public school teachers.)

You have to do some digging to find out the public sector employees were upset that Republicans wanted government unions to engage in collective bargaining only over salary, but not work conditions or benefits -- all funded by the taxpayers.

Why were black and Hispanic gang members looting after the Rodney King verdict? As if you needed to know, a Los Angeles policeman recently told me that the gang members he arrested in the riots said they didn't know or care about Rodney King.

Why were masked hoodlums smashing Starbucks windows in Seattle a decade ago when some bankers came to town? They're against the "global economy"? What does that even mean?

Like Satan, mobs are good only for destruction and chaos. The putative "cause" is always incidental. As Jesus said, "They hated me without a cause."

The French Revolution is the template for all mob uprisings, and the signal event of that lunacy was an attack on a prison housing only half a dozen prisoners.

As best anyone can tell, the storming of the Bastille was instigated by a rumor that the laughably impotent King Louis XVI was about to stage an attack on the National Assembly. Or perhaps they were upset that the inept finance minister, Jacques Necker, had been fired. Or they thought the Bastille was an eyesore.

(The only other possible cause was recently ruled out when it was conclusively determined that France had

SEE "COULTER" PAGE 7.



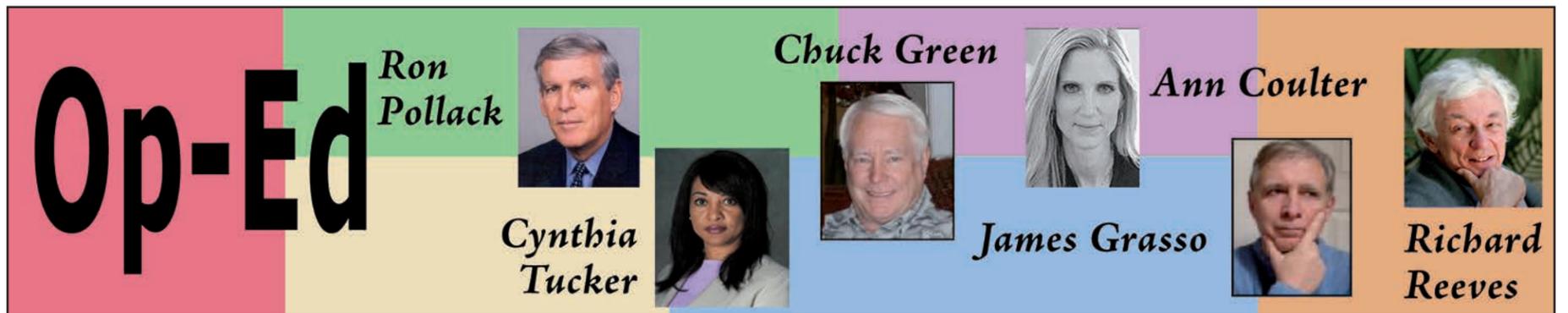
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Is BHO Privately Rooting For Rick Perry?

by Cynthia Tucker

WASHINGTON -- Is President Barack Obama privately rooting for Rick Perry?

That's the conventional wisdom here in the capital city, where pundits and inside-the-Beltway prognosticators believe Obama would be a virtual shoo-in against the shoot-from-the-lip Texas governor. Given the discontent seeping from some precincts of the Republican Party -- Karl Rove is openly pining for a more respectable alternative to challenge Mitt Romney -- many GOP leaders seem to agree.

After all, Perry is a right-wing hard-liner who has flirted with secession, led a fundamentalist Christian prayer rally and supports legislation that would allow guns on college campuses. As a newbie on the national stage, he's bound to make the sort of mistakes that offend large portions of the populace and become fodder for his political rivals.

None of that means he won't be the next president of the United States. Obama would be extraordinarily naive to believe running against Perry would be a romp to a second term.

The longest-serving governor in Texas history, Perry is a battle-tested political veteran who has dismantled worthy opponents. To win the GOP gubernato-

rial nomination in 2010, he decisively beat back a challenge from Texas Sen. Kay Bailey Hutchison. In other words, he's no Sarah Palin, who retreats into a brittle blame-game under pressure.

There is no doubt that Perry is the sort of extremist who excites much of the GOP base -- tea partiers, right-wing Christians, gun enthusiasts, government-phobes and no-taxers. But extremists can win over mainstream voters, especially when the economic climate is gloomy.

History is replete with examples wherein demagogues promising salvation during difficult times were able to seduce otherwise rational folk. Indeed, these are boom times for paranoid conspiracy theorists, far-right fringers and cultists who deny empirical data.

So what if Perry calls Ben Bernanke, chairman of the Federal Reserve, "treasonous," doubts climate change and dismisses evolution? In his sphere of influence, he's downright mainstream.

Perry's broader appeal will lie in the story of a Texas economy that has escaped the worst of the Great Recession. As he tells it, the tale stars a certain gun-toting governor and is full of anecdotes that burnish his reputation as an anti-government, anti-regulation, anti-tax, free-market champion.

Of course, the story as Perry tells

it is largely apocryphal. Texas exceptionalism rests on characteristics that Perry had nothing to do with, including vast reserves of oil and natural gas. As rising petroleum prices have exacerbated economic woes for the average consumer, they've buoyed Texas.

But the best part of the Texas story lies in something that you'll never hear from Perry or his supporters. Strict state laws against predatory lending -- as in "government regulation" -- spared the state high rates of foreclosure. Writing in *The Washington Post* last year, Alyssa Katz, author of a book on the real estate boom, noted that fewer than 6 percent of Texas homeowners were in foreclosure, while the national average hovered at 10 percent.

Texas didn't even allow home-equity loans until 1998. If other states had the same laws that forbade "cash-out" mortgages and other insane loans, the whole country would be in better shape.

Not that any of that will matter much on the campaign trail, where the candidate who spins the best story can throttle his opponents -- especially when recession-hungry voters are desperate for the promise of a return to prosperity. Contrast that with a president who hasn't managed a coherent story that gives vot-

ers either hope for better times or an outlet for their anger at their current prospects.

Granted, Obama is just now warming up his flaccid campaign muscles. Perhaps, in a few months, he'll manage something more inspiring than his recent calls for an infrastructure bank and "patent reform." (Who besides lawyers and start-up investors gets misty-eyed over patent reform?)

He'd better. According to the latest Gallup poll, the president's approval rating on the economy has sunk to an all-time low of 26 percent. That's quite understandable given an economy that's generating plenty of profits for big corporations but few jobs for workers who need them. Foreclosure rates remain high, as does household debt.

Obama has a decent shot at a second term only because the Republican presidential field remains the captive of its far-right base. But a member of that field could still emerge with a compelling story that wins the presidency. Don't count Perry out.

(Cynthia Tucker, winner of the 2007 Pulitzer Prize for commentary, is a visiting professor at the University of Georgia.)

Ed. Note: Hmmm! Demagogues promising salvation during difficult times--these people can't see the forest for the trees. What was BHO?

Why Medicaid Matters For People With Medicare

by Ron Pollack, Executive Director, Families USA

You've worked hard, saved what you can, and you think you're pretty well set for retirement. However, as recent stock market fluctuations make clear, a lot can happen to derail your good planning.

For example, you might end up needing more long-term care than you expected. If that happens, the good news is that there's already a safety net out there for you and your family. It's called

Medicaid and it's the state and federally funded health insurance program that serves millions of seniors, children, and people with disabilities. In fact, more than one in six Americans over 65 rely on it.

Unfortunately, there is a big misperception among many people that Medicare pays for nursing homes or home care, but that's simply not the case for most people. Medicare only pays for long-term care in very limited circumstances. In most cases, you'll have to pay

yourself unless you have a long-term care insurance policy. Even if you have that kind of insurance, many policies only cover costs for a limited time or for certain services. With nursing homes averaging over \$70,000 a year and home health aides costing \$19 an hour, you may soon find that you've used up most of your life savings.

Luckily, the Medicaid safety net can help you get the care you need. Over 60 percent of nursing home residents rely on Medicaid, but Medicaid isn't just about nursing home care. Medicaid also pays for services that help people stay in their homes longer, such as home health aides or transportation to doctors' appointments. Medicaid pays for some home care in every state, but the coverage of specific services varies.

Medicaid doesn't just help you, it also helps your family. If you're married, Medicaid includes financial protections for your spouse. That means that if you're in a nursing home, your spouse can keep some money without affecting your Medicaid eligibility. Thanks to health care reform, after 2014 that same financial protection will apply if you need home care, so the cost of your care won't impoverish your spouse. Furthermore, because Medicaid covers the cost of your long-term care, your family won't have to. Your children can keep saving for your grandchildren's education and for their own retirement. By providing care at home, Medicaid gives your family members more time for their jobs and families, lessening the stress for everyone.

Millions of seniors and their families rely on Medicaid. Unfortunately,

severe program cutbacks are a real possibility, especially in light of the ongoing deficit debate. The U.S. House of Representatives already passed a proposal to make drastic cuts to the Medicaid safety net.

Although this legislation did not pass the senate, the threats continue. The latest debt compromise includes the formation of a 12 member "super committee," and in order to meet their Thanksgiving Day deadline for a plan to reduce the deficit by \$1.5 trillion, Medicaid will likely face the chopping block.

Medicaid cuts would inevitably mean less help for seniors who need long-term care. There's a better way to tackle our deficit than placing the burden on aging Americans and their families. That's by getting rid of tax cuts for the wealthy and closing tax loopholes for corporations--in short, taking a balanced approach to deficit reduction that makes everyone pay a fair share. Dismantling Medicaid and leaving seniors on their own to pay for long-term care would be the wrong way to go. We need to make sure that the Medicaid safety net is there to help you and your family with the high costs of long-term care.

Ed. Note: Why does it always come down to dismantling these programs? Why does it always include "tax-cuts for the wealthy and corporations?" Read this article slowly and clearly. This is not Oz! Read page 59 of this bill. It allows the government to have your banking numbers under the auspices of expediting the payment of your health bills! And if you tax corps., they'll make their product more expensive to pay for it. No one wants to do away with Medicare/Medicaid, they just need sensible fixing that includes less government bureaucracy, not more!

Senior Safari

September 7 10:00 am - 2:00 pm

at the PUEBLO ZOO



Music, Refreshments, Games
Animal Close Encounters



FREE ADMISSION
for seniors 65+
during Senior Week
Sept. 3 - 11

Op-Ed

Ron Pollack



Chuck Green



Ann Coulter



James Grasso



Richard Reeves



Cynthia Tucker



Oh, What A Tea Party!

by Richard Reeves

NEW YORK -- In my experience, all institutional decisions are made for internal reasons, then are publicly presented as changes made for external reasons -- for the customers, the clients, all the good people out there.

I saw a bit of how it worked when I was in the corporate world, Ingersoll Rand, then some large newspapers. But then, doing a book in the 1980s, I explored why companies moved their corporate headquarters -- usually out of New York City in those days. "Experts," often from Dun & Bradstreet, were hired to check cost of living and living standards, local taxes, schools, medical facilities and labor costs, shipping distances to major markets. They handed in impressive binders filled with statistics and observations, and then recommended the town where the chief executive officer lived or wanted to live.

So, American Airlines, whose CEO was chairman of the commission trying to keep business in the city, went back home to Dallas. His counterpart, the CEO of what used to be Trans World Airlines, moved his company to Webster Groves, Mo., where his family was still living.

I recall that ancient history because it reminds me of what happened in Washington these last weeks. Whatever they tell us, the men and women who run the country are governing for themselves and by themselves. The nation was not particularly involved and certainly had no idea what happened -- the same could be said of much of the Congress.

The big winners in the budget "deal" were the people who understood the least: the tea party folk, a minority, generally ignorant, who had a simple plan, easy to execute. They just did nothing but wave the pledges they had signed never to raise taxes, particularly on rich people. Their nominal party, the Republicans, could not bring them into the party -- or the government, for that matter. Without knowing it, they were fulfilling the dream of William F. Buckley, that is, standing in the path of progress and shouting "Stop!" Of course, they would not understand Buckley, and I doubt

he would have been seen in public with them.

Every analysis I've heard or read so far has intimated that no one won this battle over the trivia of debt ceilings. The conventional wisdom is that neither side got what it wanted.

No. No. No. The know-nothing conservatives, the new members of the House, won a historic victory. The most intelligent commentary I heard was from Sen. Lamar Alexander of Tennessee. Paraphrasing, he said: "We have changed the nature of government from spend, spend, spend to cut, cut, cut!" The new members drove the process.

A minority blackmailed their opponents (in both parties). Our way or the highway! If you remember, the debt ceiling came up as a procedural matter. There was no talk of such things as a "balanced budget amendment" and all the other ideas and misperceptions the tea party tagged on as the White House dithered under the illusion that Speaker of the House John Boehner actually ran the House. In fact, he was a prisoner of a small group of inmates who had filed their spoons into knives.

And President Obama went along with it. Presumably he believed Boehner could deal with the hostage-takers. He tried to disguise his actions in the cloak of disaster if the United States defaulted technically on its financial obligations. That was kind of scary, but it was never the issue. The issue was the role and size and duty of the government. As Alexander said, those things were changed during these chaotic weeks.

Yogi Berra famously said, "It ain't over until it's over." The 2012 elections are going to be critical in terms of which way the Republicans choose to go -- compromise or go over the cliff. The ironic thing is that, Obama, who screwed up on this -- not a single new dime of revenue is in the bill he signed -- will probably be re-elected rather easily. But the real question is whether the tea party know-nothings can convince the country it doesn't need a government and can control the internal decision-making of the Congress -- which they do now.

Ed Note: "Tea-Party Know-Nothings"

and BHO "will probably be re-elected rather easily." Do you see how Washington elites feel about the unwashed. They are Know-Nothings, etc. Just thought you all would like to see in print exactly who your friends are. BHO gets a pass for not spending more money? Yikes!

Another

from page 2.

behemoth. Republicans seem to understand that to keep these programs afloat some things need to be changed, especially in our overall spending. There are departments that are funded that are pretty much useless that can be done away with and at least streamlined. They believe in reducing the spending and putting leviathan on a diet. They aren't going to send grandma who is in a wheelchair over the cliff. It isn't what they do. If grandma is going to be shoved over the cliff read Obamacare and see how their committees will handle a 73 year old man who needs a new hip. The president himself gave us the answer. "There are some times when we have to bite the bullet and give them a pain pill" (instead of a new hip, etc.). Who makes those decisions? Some committee from on high in the Obamacare bureaucracy, that's who, because it's in the bill. You should read it!

Please pay attention to the messages of our new op-ed writers from the Left in the these page and elsewhere. They say they have been taking care of you and now you are at the ledge of losing your freedoms. Losing your freedoms. Going bankrupt as a nation. Losing the moral compass. Don't let them run this country anymore.

I'm begging you to go to page 8 (Weird News-bottom of first column-Gee What Did We Do and the following item concerning federal workers) and read what one school district did with some of their "stimulus" money. Read this Leftist drivel and their high-faluttin' way of speaking. These people really exist ladies and gents, and they really believe that they are the elite. It is no surprise that federal workers stay on the job because the pay is great, the job is pretty easy, you can't get fired and the benefits are stupendous compared to the rest of us. Much of the stimulus money was and is used for hiring federal employees. Great built in way to keep the peasants voting for ya!

Don't take my word for it on the democrats saving Medicare/Medicaid and Social Security intact, read the Left's and our Treasury Secretary Tim Geitner who didn't like to pay taxes either. The following is from an Ann Coulter column starting on page 3: "The entire Democratic Party is currently promising to 'save' Social Security, Medicare and Medicaid in their present form. According to Obama's own Treasury Secretary, Tim Geithner, in less than 10 years, spending on those three entitlement programs, plus servicing the national debt, will consume 92 cents of every dollar in the federal budget."

"The Democrats are openly lying to voters. It is a mathematical impossibility for these programs to continue without major reform now, or complete bankruptcy later -- and not very much later."

If you add the commentary from Richard Reeves on page 5 where he said, "The ironic thing is that, Obama, who screwed up on this (debt ceiling debate) -- not a single new dime of revenue is in the bill he signed -- will probably be re-elected rather easily," you will begin to see how little the Left cares for this country's economics. It is stupefying! Printing more money? Seriously?

Do you remember when the fine folk of Colorado voted that 30% (or was it 20%?) of our energy must come from alternate sources by the year 2020. Where will all that energy be found? Windfarms and solar power arrays are the answer to that question. The BIG problem with this is that electricity prices will soar on your monthly bills. We should rethink this 2020 deadline because it is in the end a job killer. Yes we have a brand spanking new Vestas plant that makes windmills but the cost to the consumer, taking what would have been "discretionary money" from your budget off the table, will slow economic growth in Colorado. The cost of energy in Colorado will skyrocket and businesses will not even consider coming here. Many existing businesses will be forced to move because of the energy expenses, just so they can compete. So when your electric bill rises by 19% (I believe Black Hills Energy has asked the Public Utilities Commission for that amount to pay the cost of their new natural gas-fired plant) what do you think they'll ask for when the more expensive and much less reliable wind and sun plants need to come on line by that 2020 deadline? Electric bills have already climbed at alarming rates and they won't stop climbing any time soon, even with those curly mercury-filled expensive new lightbulbs from China that the government is forcing upon us. What are we doing to ourselves?

On the Medicare front I found out that the General Accounting Office estimates that fraud in the system amounts to more than 70 billion dollars a year.

I also read that Merrill Matthews and Mark Liow said in the Wall Street Journal that Medicare encourages wasteful behavior. "When people are insulated from the cost of a desirable product... they use more," So, if a provider gets it right the first time, they get paid once. If it takes 4 or 5 times they get paid 4 or 5 times. Are you getting the picture? Please do, its getting late in the game.

Godspeed.

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Op-Ed

Ron Pollack



Chuck Green



Ann Coulter



Cynthia Tucker



James Grasso



Richard Reeves



The Sun Never Sets On The British Welfare System

by Ann Coulter

Those of you following the barbaric rioting in Britain will not have failed to notice that a sizable proportion of the thugs are white, something not often seen in this country.

Not only that, but in a triumph of feminism, a lot of them are girls. Even the "disabled" (according to the British benefits system) seem to have miraculously overcome their infirmities to dash out and steal a few TVs.

Congratulations, Britain! You've barbarized your citizenry, without regard to race, gender or physical handicap!

With a welfare system far more advanced than the United States, the British have achieved the remarkable result of turning entire communities of ancestral British people into tattooed, drunken brutes.

I guess we now have the proof of what conservatives have been saying since forever: Looting is a result of liberal welfare policies. And Britain is in the end stages of the welfare state.

In 2008, a 9-year-old British girl, Shannon Matthews, disappeared on her way home from a school trip. The media leapt on the case -- only to discover that Shannon was one of seven children her mother, Karen, had produced with five different men.

The first of these serial sperm-donors explained: "Karen just goes from one bloke to the next, uses them to have a kid, grabs all the child benefits and moves on."

Poor little Shannon eventually turned up at the home of one of her many step-uncles -- whose ex-wife, by the way, was the mother of six children with three different fathers.

(Is Father's Day celebrated in England? If so, how?)

The Daily Mail (London) traced the family's proud Anglo ancestry of sta-

ble families back hundreds of years. The Nazi war machine couldn't break the British, but the modern welfare state has.

A year earlier, in 2007, another product of the new order, Fiona MacK-cown, took seven of her eight children (by five different fathers) and her then-boyfriend, on a drug-fueled, six-month vacation to the Indian island of Goa. The trip was paid for -- like everything else in her life -- with government benefits.

(When was the last time you had a free, six-month vacation? I'm drawing a blank, too.)

While in Goa, Fiona took her entourage on a side-trip, leaving her 15-year-old daughter, Scarlett Keeling, in the capable hands of a 25-year-old local whom Scarlett had begun sleeping with, perhaps hoping to get a head-start on her own government benefits. A few weeks later, Scarlett turned up dead, full of drugs, raped and murdered.

Scarlett's estranged stepfather later drank himself to death, while her brother Silas announced on his social networking page: "My name is Si, n I spend most my life either out wit mates get drunk or at partys, playing rugby or going to da beach (pretty s**t really)."

It's a wonder that someone like Silas, who has never worked, and belongs to a family in which no one has ever worked, can afford a cellphone for social networking. No, actually, it's not.

Britain has a far more redistributive welfare system than France, which is why France's crime problem is mostly a matter of Muslim immigrants, not French nationals. Meanwhile, England's welfare state is fast returning the native population to its violent 18th-century highwaymen roots.

Needless to say, Britain leads Europe in the proportion of single mothers and, as a consequence, also leads or co-leads the European Union in violent crime, alcohol and drug abuse, obesity and sexually transmitted diseases.

But liberal elites here and in Britain will blame anything but the welfare state they adore. They drone on about the strict British class system or the lack of jobs or the nation's history of racism.

None of that explains the sad lives of young Shannon Matthews and Scarlett Keeling, with their long English ancestry and perfect Anglo features.

Democrats would be delighted if violent mobs like those in Britain arose here -- perhaps in Wisconsin! That would allow them to introduce yet more government programs staffed by unionized public employees, as happened after the 1992 L.A. riots and the 1960s race riots, following the recommendations of the Kerner Commission.

MSNBC might even do the unthinkable and offer Al Sharpton his own TV show. (Excuse me -- someone's trying to get my attention ... WHAT?)

Inciting violent mobs is the essence of the left's agenda: Promote class warfare, illegitimate children and an utterly debased citizenry.

Like the British riot girls interviewed by the BBC, the Democrats tell us "all of this happened because of the rich people."

We're beginning to see the final result of that idea in Britain. The welfare state creates a society of beasts. Meanwhile, nonjudgmental elites don't dare condemn the animals their programs have created.

Rioters in England are burning century-old family businesses to the ground, stealing from injured children lying on the sidewalks and forcing Britons to strip to their underwear on the street.

I keep reading that it's because they don't have jobs -- which they're obviously anxious to hold. Or someone called them a "kaffir." Or their social services have been reduced. Or their Blackberries made them do it. Or they disapprove of a referee's call in a Manchester United game.

A few well-placed rifle rounds, and the rioting would end in an instant. A more sustained attack on the rampaging mob might save England from itself, finally removing shaved-head, drunken parasites from the benefits rolls that Britain can't find the will to abolish on moral or utilitarian grounds. We can be sure there's no danger of killing off the next Winston Churchill or Edmund Burke in these crowds.

But like Louis XVI, British authorities are paralyzed by their indifference to their own civilization. A half-century of berating themselves for the crime of being British has left them morally defenseless. They see nothing about England worth saving, certainly not worth fighting for -- which is fortunate since most of their cops don't have guns.

This is how civilizations die. It can happen overnight, as it did in Revolutionary France. If Britain of 1939 were composed of the current British population, the entirety of Europe would today be doing the "Heil Hitler" salute and singing the "Horst Wessel Song."

Washington Melodrama

LOS ANGELES -- Stating the obvious: Politicians know politics; that's their business. Business is not their business, and any discussion about American presidents and economics has to begin with this discouraging word: American politicians, with a very small number of exceptions, don't know anything about economics.

In Washington, during the deficit debates for the past few weeks, politicians are guessing -- as I think most economists and pundits are -- and they seize on almost any deficit idea that

sounds good at the time. It has been ever thus: A mainstream American conservative, Richard Nixon, blurts out that we are all Keynesians now, and a mainstream American liberal, Bill Clinton, declares that the era of big government is over. And a more fundamental conservative, Ronald Reagan, grabs onto the thinking of an unknown economist able to write everything he knows on a napkin.

When President Reagan, who loved to brag that he was an economics major in college, picked up Arthur Laffer's "supply side" napkin -- a sort of fortune cookie that said the lower marginal tax rates are, the higher government revenues will be -- both Reaganomics and our current econochaos were born. Instinctively, Reagan, one damned good politician, realized that there was something on the table that looked very much like a free lunch.

Once upon a time it had been called "trickle-down economics" -- if the rich got richer, everyone else would play in the crumbs under the table.

SEE "REEVES" PAGE 28

"Socialism is nothing but a grandiose rationalization of petty resentments"

*Austrian economist
Ludwig von Mises*



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Op-Ed

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Czech Prez Speaks

from page 3.

Political interests that sought to unify and create a new superpower out of Europe started to dominate. Integration had turned into unification, and liberalization had turned into centralization of decision making, the harmonization of rules and legislation, the strengthening of European institutions at the expense of institutions in the member states, and what can even be called post-democracy. Since then, Europe's constituting elements—the states—have been consistently and systematically undermined. It was forgotten that states are the only institutions where real democracy is possible.

After the fall of communism, the Czech Republic wanted to reassume its place among European democracies. We did not want to sit aside—as we were forced to do throughout the communist era—and European Union membership was the only alternative. Nothing else legitimizes a country in

Europe these days. Therefore we joined the EU in May 2004. However, for those of us who spent most of our lives in the authoritative, oppressive, and non-functioning communist regime, the ongoing weakening of democracy and of free markets on the European continent represents something we did not expect and did not wish for in the moment of the fall of communism.

The most visible European problem today is the European monetary union, which was presented as the most important unification achievement following the Maastricht Treaty. The realization of this monetary union has not delivered the positive effects that—rightly or wrongly—had been expected from it. It was intended to accelerate economic growth, reduce inflation, and protect member states against external economic disruptions or so-called exogenous shocks. It has not worked. After the establishment of the euro zone, the economic growth of its member

states slowed down relative to previous decades, thus increasing the gap between the rate of growth in the euro zone countries and that in other major economies. The internal disequilibria—such as trade imbalances and state budget imbalances—became larger, not smaller. And there is no indicator pointing towards a growing convergence in the euro zone countries. During its first decade of existence, a common currency has not led to any measurable homogenization of the member states' economies.

It should have been clear to all, as it was to me, that the ideas of a single European currency was essentially wrong—that it would create huge economic problems and lead inevitably to an undemocratic centralization of Europe. To my great regret, this is exactly what has been happening. The euro zone, which comprises 17 countries, is not an "optimum currency area" as defined by economic theory. In a currency

or monetary union—which amounts to an extreme form of fixed exchange rates—it is inevitable that the costs of establishing and especially maintaining it exceed its benefits. Most economic commentators were satisfied by the ease and apparent inexpensiveness of the establishment of Europe's common monetary area. In recent years, however, the negative effects of the straightjacket of a single currency have become more and more evident. When good economic weather prevailed, no visible problems arose. But when bad economic weather set in, the lack of homogeneity manifested itself quite strongly.

It is difficult to speculate about the future of the euro. I suppose that it will not collapse, because a huge amount of political capital was invested in its existence. It will continue to exist, but at a very high price in terms of large-scale fiscal transfers—the shuffling around of problems between countries, **SEE "VACLAV" PAGE 28.**

Coulter

from page 3.

no teachers unions in the late 18th century.)

No one is sure -- but a good time was had by all! Except the prison administrators murdered in the attack.

Liberals love mobs because rioting and anarchy is their path to power.

Making sound proposals based on facts and logic is not their *metier*. Issuing impossible promises to the easily fooled is their specialty. For more on this, see "The 2012 Democratic Platform."

The entire Democratic Party is currently promising to "save" Social Security, Medicare and Medicaid in their present form. According to Obama's

own Treasury Secretary, Tim Geithner, in less than 10 years, spending on those three entitlement programs, plus servicing the national debt, will consume 92 cents of every dollar in the federal budget.

The Democrats are openly lying to voters. It is a mathematical impossibility for these programs to continue without major reform now, or complete bankruptcy later -- and not very much later.

But Democrats' real achievement has been in destroying the family, and thereby creating an endless supply of potential rioters.

When blacks were only four generations out of slavery, their illegitimacy rate was about 23 percent (lower

than the white illegitimacy rate is now). Then Democrats decided to help them! Barely two generations since LBJ's Great Society programs began, the black illegitimacy rate has tripled to 72 percent.

Meanwhile, the white illegitimacy rate has septupled, from 4 percent to 29 percent.

Instead of a "War on Poverty," it should have been called a "War on the Family."

The vast and permanent underclass created by the welfare state is a great success story for the Democratic Party, which now has a loyal constituency of deadbeats who automatically vote for the Democrats to keep their Trojan horse "benefits" flowing.

It's the Democrats' "heroin dealer" model of government.

Apparently, it takes a lot of government workers to minister to the poor, inasmuch as government employment has skyrocketed in tandem with the family's disintegration. As long as Democrats are serving their principal constituency -- recipients of taxpayer money -- they don't care what happens to the rest of society.

They champion any mob that will increase their political power. Liberals promote welfare dependency, class warfare, endless government programs staffed with public sector workers, street protests, coddling criminals and physical attacks on their ideological opponents. This is how they create reliable Democratic voters.

True, government employees are doing jobs we don't want done, can never be fired, are bankrupting the country and periodically break out in mob violence.

True, also, that the children of broken families sometimes burn city blocks to the ground or kill their great-grandmothers with swords. But what a voting bloc!

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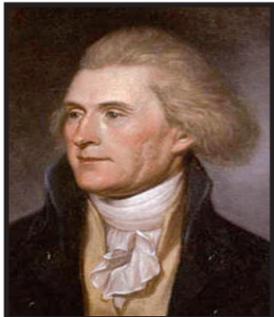
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Redneck Chronicles

(1) Roy Griffith, 60, John Sanborn, 53, and Douglas Ward, 55, were arrested in Deerfield Township, Mich., in July and charged with stealing a 14-foot-long stuffed alligator from a barn, dragging it away with their truck, and using it to surf in the mud ("mudbogging"). When the gator's owner tracked down the three nearby, they denied the theft and insisted that theirs is an altogether-different 14-foot-long stuffed alligator. (Ward's blood-alcohol reading was 0.40.) (2) When deputies in Monroe County, Tenn., arrested a woman for theft in August, they learned that one of the items stolen was a 150-year-old Vatican-certified holy relic based on the Veil of Veronica (supposedly used to wipe Jesus' face before the crucifixion). The painting had been stolen from the closet of a trailer home on a back road in the Tennessee mountains, where a local named "Frosty," age 73, had kept it for 20 years with no idea of its significance.

Government in Action!

-- Of the 1,500 judges who referee disputes as to whether someone qualifies for Social Security disability benefits, David Daugherty of West Virginia is the current soft-touch champion, finding for the claimant about 99 percent of the time (compared to judges' overall rate of 60 percent). As The Wall Street Journal reported in May, Daugherty decided many of the cases without hearings or with the briefest of questioning, including batches of cases brought by the same lawyer. He criticized his less lenient colleagues, who "act like it's their own damn money we're giving away." (A week after the Journal report, Judge Daugherty was placed on leave, pending an investigation.)

-- Gee, What Do We Do With All This Stimulus Money? The Omaha (Neb.) Public School system spent

\$130,000 of its stimulus grant recently just to buy 8,000 copies of the book "The Cultural Proficiency Journey: Moving Beyond Ethical Barriers Toward Profound School Change" -- that is, one copy for every single employee, from principals to building custodians. Alarming, wrote an Omaha World-Herald columnist, the book is "riddled with gobbledegook," "endless graphs," and such tedium as the "cultural proficiency continuum" and discussion of the "disequilibrium" arising "due to the struggle to disengage with past actions associated with unhealthy perspectives."

-- Once hired, almost no federal employee ever leaves. Turnover is so slight that, among the typical causes for workers leaving, "death by natural causes" is more likely the reason than "fired for poor job performance." According to a July USA Today report, the federal rate of termination for poor performance is less than one-fifth the private sector's, and the annual retention rate for all federal employees was 99.4 percent (and for white collar and upper-income workers, more than 99.8 percent). Government defenders said the numbers reflect excellence in initial recruitment.

-- Bats' Rights: In January, Alison Murray purchased her first-ever home, in Aberdeen, Scotland, but was informed in August that she has to relocate, temporarily, because the house has become infested with bats, which cannot be disturbed, under Scottish and European law, once they settle in. Conservation officials advised her that she could probably move back in November, when the bats leave to hibernate.

Police Report

-- In June, the Five Guys Burger and Fries restaurant in White Plains, N.Y., was robbed by five guys (well, actually, four guys and a woman). One of

the guys worked at Five Guys. All five "guys" were arrested.

-- Catch-22: NYPD officer James Seiferheld, 47, still receives his \$52,365 annual disability pay despite relentless efforts of the department to fire him. He had retired in 2004 on disability, but was ordered back to work when investigators found him doing physical work inconsistent with "disability." However, Seiferheld could not return to work because he repeatedly failed drug screening (for cocaine). Meanwhile, his appeal of the disability denial went to the state Court of Appeals, which found a procedural error and ordered that Seiferheld's "disability" benefits continue (even though the city has proven both that he is physically able and a substance-abuser).

-- Unclear on the Concept: In April, Robert Williams conscientiously completed his San Diego police officers' application, answering truthfully, he said, questions 172 (yes, he had had sexual contact with a child) and 175 (yes, he had "viewed or transacted" child pornography). Three weeks later, the police had not only rejected his application but arrested him. Williams' wife, Sunem, said the police department has "integrity" problems because "telling the truth during the hiring process brings prosecution. ..."

Update

News of the Weird has reported on life-sized, anatomically correct dolls manufactured in fine detail with human features (e.g., the "Real Doll," as one brand is called), which are as different from the plastic inflatable dolls sold in adult stores as fine whiskey is to \$2-a-bottle rotgut. An early progenitor of the exquisite dolls, according to new research by Briton Graeme Donald, was Adolf Hitler, who was worried that he was losing more soldiers to venereal disease than to battlefield injuries, and ordered his police chief, Heinrich Himmler, to oversee development of a meticulously made doll with blonde hair and blue eyes. (However, according to Donald, the project was stopped in 1942 and all the research lost in the Allies' bombing of Dresden, Germany.) Among those who had heard of Hitler's earlier interest, according to Donald, were the creators of what later became

the Barbie doll.

Great Art!

In his signature performance art piece, John Jairo Villamil depicted both the excitement and danger of the city of Bogota, Colombia, by appearing on stage with a tightened garbage bag over his head and his feet in a bucket of water, holding a chain in one hand and a plant's leaf in the other. At a May show at Bogota's Universidad del Bosque, Villamil, 25, fussed with the tightened bag and soon collapsed to the floor, stirred a little, and then was motionless. The audience, likely having assumed that the collapse was part of the performance, did not immediately render assistance, and Villamil lost consciousness and died in a hospital five days later.

A News of the Weird Classic (April 1998)

In March (1998), trial began in Lesli Szabo's \$1.7 million lawsuit against a Hamilton, Ontario, hospital for not making her 1993 childbirth pain-free. (Physicians said that painless childbirth cannot be achieved without the anesthesia's endangering the child.) Szabo admitted to previous run-ins with physicians, explaining, "When I'm in pain, the (words) that come out of my mouth would curl your hair." In the lawsuit, Szabo said she expected to be able to read or knit while the baby was being delivered. (The parties eventually settled the lawsuit.)

Berjuan Toys is already selling its Breast Milk Baby online (\$70) and expects to have it in stores later this year. The doll works by the child-"mother" donning a halter top with flowers positioned as nipples, and when the baby comes into contact with the a flower, sensors mimic sucking sounds. Although dolls that demonstrate toileting functions are already on the market, breastfeeding activists are more enthusiastic about this one, hopeful that girls' comfort with breastfeeding will result in decreased bottle-feeding later on. (Opponents have denounced the doll as forcing girls to "grow up" too soon and with choices too complicated for their age, which according to the manufacturer is as young as 3.)

SEE "WEIRD" PAGE 9.

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from page 8.

The Continuing Crisis

-- Frances Ragusa, 75, was back in court in Brooklyn, N.Y., in June claiming child support she said was never paid by husband Philip Ragusa, 77, in their divorce settlement of 33 years ago. (The "children," of course, long ago became adults, but the \$14,000 judgment has grown, with interest, to about \$100,000.) Frances told the New York Post in July that she called Philip several months earlier to discuss the amount but that Philip merely began to cry. "Don't let this case go to trial," she recalled telling him. "(If) you think I'm going to forget it, Phil, you're stuck on stupid."

-- Carole Green was fined \$1,000 in July by a court in Leavenworth County, Kan., for littering the property of the same Bonner Springs resident "most afternoons" for the past two years. Green apologized and said the charge was a complete surprise. She said when she starts out in her SUV every day, and drinks a bottle of tea, it just happens that she finishes it at about the same spot on her journey -- in front of Gary Bukaty's property -- and that's where she tosses the bottle. She promised to stop.

-- The Perfect Society: Rules to assure correct, "progressive" behavior were recently proposed by the San Francisco Commission of Animal Control and Welfare and the Colorado Department of Human Services. The San Francisco agency would ban the sale of all pets in the city limits, from dogs to gerbils to goldfish. ("Why fish? Why not fish?" asked one exasperated commission member, bristling at criticism.) Animals sold as food for other animals would be included but not animals sold as food for humans. Day care centers in Colorado would be required, if it made dolls available at playtime, to have dolls of three different races.

-- A Southampton (England) University researcher told an academic conference in Stockholm in July that his work, demonstrating that women who stop smoking even after becoming pregnant will have healthier babies, is important because he found that pregnant women rationalize continued

smoking, in part to have smaller babies that will be less uncomfortable to deliver.

-- Small Town Democracy: The City Council of Gould, Ark. (pop. 1,100), voted in July to make it illegal for its citizens to form "groups" without written permission from the council. (The mayor and the city council are feuding over the budget, and the council, attempting to stifle lobbying by a group supporting the mayor, has taken down all "groups" -- except that the ordinance appears to blatantly violate the First Amendment.)

Chutzpah!

-- Inmate Johnathan Pinney, 26, petitioned U.S. District Court in Chicago in July, demanding that state and federal officials stop arresting him (because he did nothing illegal, he wrote, despite his current four-year sentence for aggravated battery on a police officer). Pinney helpfully suggested a way for the federal government to compensate him for all the grief it has caused him: The government should give him \$50 billion "restitution" and award him uninhabited land so that he can start his own country, with sovereign and diplomatic immunity. WBBM Radio noted that Pinney appeared to solicit romance on his MySpace page by writing that he "hopes to get into a committed relationship with a woman, but wouldn't mind if it meant 'leaving this world and marrying an alien with similar anatomy (sic) and genetics.'"

Plan B

Jonathan Schwartz called 911 in New York City in July to report that he had stabbed his mother to death. A few minutes later but before police arrived, Schwartz called back 911 to report a correction: "No, she committed suicide." (The mother's body was found with multiple stab wounds, and police, notwithstanding Schwartz's "correction," charged him with murder.)

More Redneck Chronicles

(1) Ronald Adams, 49, was arrested in June for assaulting an 8-year-old boy in his home in Ouachita Parish, La., after an argument over which TV program to watch. Adams allegedly threw a TV remote, hitting the child in the head, because the kid insisted

on "cartoons" while Adams preferred "wrestling." (2) Authorities in St. Lucie County, Fla., investigated an incident in May in which a woman allegedly fired an AR-15 rifle at a target inside her bedroom closet and in which the gunshots went through the wall and damaged a washing machine, springing a water leak throughout the residence. (Officials said the woman's husband fired shots, too, and that it wasn't the first time the couple had engaged in bedroom target practice.)

A News of the Weird Classic (February 2001)

In November (2000), Mr. Auburn Mason, 62, was sentenced to four years in prison in England for a 1999 British Airways hijacking. He had grabbed a flight attendant, held scissors to her neck, and threatened to blow up the plane with the bomb he was holding, screaming "Take me to Gatwick (airport in London)!" At that point, the flight was 15 minutes away from its scheduled destination, which was Gatwick airport. (Minutes later, passengers disarmed Mason.)

Can't Possibly Be True

-- California's state and local governments are rarely discussed these days without the pall of budget cuts looming, but apparently the Los Angeles County Museum of Art is safe because it is spending a reported \$1.5 million to move a big rock in from Riverside, about 60 miles away. It's a 340-ton boulder that the museum intends to display above a sidewalk ("Levitated Mass"). The move will require a 200-foot-long trailer with 200 tires, with one semi-tractor pulling and one pushing, at night, maximum speed 8 mph.

-- Tennessee State Rep. Julia Hurley apologized in July and said she would pay for the refinishing of her desk in the legislative chamber after it was revealed that she had carved her initials in it during a January session. "It was like one in the morning on the last day of the session," she told WSMV-TV. "I wasn't thinking straight." Rep. Hurley, 29, who has a daughter, 14, unseated a nine-term incumbent legislator in 2010 with a campaign that touted her time as a Hooters waitress. "If I could make it at Hooters," she wrote in the restaurant's

magazine, "I could make it anywhere." **Unclear on the Concept**

-- Georges Marciano, co-founder of the clothing company Guess? Inc. and ostensibly in no trouble with IRS, nonetheless demanded in 2009 that the agency audit him over the previous several years. IRS turned him down, and he sued the agency in federal court in Washington, D.C., but in July, a judge rejected the case, declaring that federal law and the U.S. Constitution do not give anyone a "right" to demand that IRS collect more taxes from them. (Marciano perhaps hoped for IRS to uncover cheating by his former employees and accountants, whom he thought were stealing from him. Paying higher taxes might have been worth it if the agency had made it easier for him to sue any cheaters.)

-- A Singaporean army draftee caused a public stir in March when he was photographed by a visitor as he underwent physical training in army fatigues but with his maid following behind him carrying his backpack on her shoulders. (Army officials told reporters the draftee had since been "counsel(ed).")

-- Helping Disaster Victims: (1) In May, following near-record floods in fields south of Montreal, Quebec, farmer Martin Reid made sure to apply for his fishing license because he had learned the hard way that when his land gets flooded, he cannot remove the fish washed onto it unless he is a licensed fisherman. After flooding in 1993, Reid and his father failed to secure a license and were fined \$1,000. A second offense brings a fine of \$100,000. (2) Two weeks after the catastrophic April tornadoes hit Alabama and neighboring states, Bailey Brothers Music Co. of Birmingham offered to help. To soothe those suffering depression and grief from devastating property losses, Bailey Brothers sponsored weekly drum circles.

Police Blotter

-- In June in the Houston suburb of Alvin, Texas, a petite, 42-year-old Walmart customer came across three men running out of the store carrying shoplifted beer. She decided that it was up to her to take a stand because, as she said later, she was "sick of the lawlessness." The woman (whose name, coincidentally, is Monique Lawless) chased the men, climbed onto the hood of their getaway car, even jumping up and down on it, to delay their escape. The three were eventually arrested: Sylvester Andre Thompson and his brothers Sylvester Durlentren Thompson and Sylvester Primitivo Thompson.

Recent Confusing Headlines

(1) If Yogi Berra Wrote the Headline: "Woman Missing Since She Got Lost" (Chicago Sun-Times, 5-17-2011). (2) Please Explain: "Teen Dies of Shaken Baby Syndrome" (Chicago Tribune, 3-9-2011). "Man With Clown Nose in New Cumberland Poses No Serious Threat" (Patriot-News, Harrisburg, Pa., 7-3-2011). (3) Run for the Hills: "Return of the Giant Carnivorous Hermaphrodite Snails" (Yahoo News-LiveScience.com, 6-3-2011). (4) Not What You Think: "Showboat Casino Hotel to Become First Dog-Friendly Casino in Atlantic City" (Press of Atlantic City, 2-3-2011) (Guests' dogs can be admitted to the floor, but dogs are still forbidden to play poker.)



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OLD NEWS REPRINTS: Nazis Seek "Heavy Water"

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Nazis Seek "Heavy Water" For Atom Bomb

by Paul Chrastina

Knut Haukelid, a twenty-nine-year-old Norwegian surveyor, was returning home from a construction site in northern Finland when the German army invaded Norway on April 9, 1940. Haukelid immediately volunteered to join the Norwegian army and was issued a gun.

Within a few weeks, the Germans rolled over the Norwegian regular and volunteer forces, capturing the capital city of Oslo and forcing the Norwegian government to take refuge in England. By early June the well-supplied Germans controlled Norway's major cities. They were also waging a brutal war of attrition in the countryside, isolating and destroying towns and villages to which groups of resisters had retreated.

"The Germans set fire to all farms as they advanced," Haukelid later wrote. According to Haukelid, "Civilians who refused to leave their homes were shot, and all livestock was burned to death. We swore then that we would never give in—not even if the Germans won the war."

Following the defeat of the Norwegian army and the imposition of a pro-German civilian government in Oslo, Haukelid joined a network of civilian underground resistance fighters who still opposed the Nazi occupation. An avid skier and outdoorsman, he established shortwave radio transmitters in remote wilderness areas to communicate with the Norwegian government-in-exile and with Britain's wartime secret service, the Special Operations Executive (S.O.E.).

With S.O.E. assistance, Haukelid began to make plans to sabotage a German naval base near Oslo and to kidnap Vidkun Quisling, the leader of the collaborationist government. Haukelid's plans were disrupted when the Gestapo, the Nazi secret state police, discovered his activities in the winter of 1941.

Haukelid narrowly escaped to Sweden. From there he made his way to England, where he joined the Linge Company, a Norwegian Special Forces unit being trained by the British army to wage guerilla warfare against the Germans in Norway.

At a training camp in the Scottish Highlands, British commandos taught

Haukelid to parachute into mountainous terrain. He also received special training in lock picking, bomb making, and hand-to-hand combat.

Haukelid was a natural leader, older and better educated than most Norwegian resistance fighters, with a calm and amiable personality. After one year of training, he was made an officer with the rank of lieutenant.

In early February of 1943, Haukelid accepted an assignment as second-in-command of a secret mission to sabotage a Norwegian power and chemical plant fifty miles west of Oslo. This plant was the world's only commercial supplier of deuterium oxide, or "heavy water," used to moderate the process of atomic fission in nuclear reactors. The Germans, who were trying to invent an atomic bomb, had seized the plant from the Norsk-Hydro Company and dramatically increased its production of heavy water, which could be used to generate explosive plutonium fuel for a bomb. The Allies, who were trying to develop their own atomic bomb, feared that Norwegian heavy water would allow the Germans to win the race to build the world's first nuclear weapon.

The heavy-water plant was perched on the side of the steep mountain gorge of the Måne River at a place called Vemork, near the town of Rjukan. The plant used hydroelectric power derived from a five-hundred-foot waterfall to power the manufacture of heavy water and other chemicals.

S.O.E. officers told Haukelid that a Norwegian spy named Einar Skinnerland had infiltrated the Vemork plant and had set up radio transmitters nearby on the Hardanger Plateau, a sparsely populated upland north of Vemork. In a mission code-named Operation Grouse, an advance team of four Norwegian commandos had parachuted into Norway in October of 1942. They had set up several camps and a series of supply caches on the plateau.

The Grouse team was supposed to have been joined by a squad of thirty-four British commandos to stage a raid on the lightly guarded plant, but this phase of the mission, code-named Operation Freshman, had met with catastrophe in November when Royal Air Force (R.A.F.) bomber and two gliders carrying the troops crash-landed in Norway. The survivors had been captured by

German soldiers and then executed by the Gestapo. Moreover, the Germans had either learned or guessed the mission's objective and had increased security at Vemork. Installations of high-caliber machine-guns, floodlights, and land mines now surrounded the plant. Despite the disastrous setback of Operation Freshman, the Grouse team remained encamped on the Hardanger Plateau. They had run out of rations and were subsisting on reindeer meat and a vitamin-rich tea brewed from moss and melted snow.

Haukelid was told that he and five other men of Linge Company had been assigned to make a new attempt to cripple the suspected German nuclear weapons program. Lieutenant Joachim Rønneberg would lead their mission. Haukelid would be second-in-command, but all team members were fully trained and each could complete the undertaking alone, if necessary. The other members of the team were Lieutenant Kaspar Idland and Sergeants Frederik Keyser, Hans Storhaug, and Birgir Stromsheim.

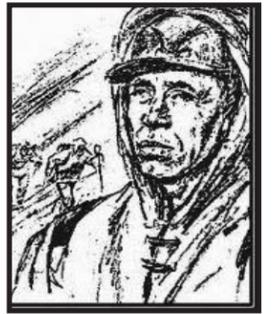
At one o'clock on the morning of February 16, 1943, the operation Gunnerside team boarded an R.A.F. Halifax bomber in Scotland. They crossed the North Sea by the light of a full moon and successfully parachuted onto the Hardanger Plateau. At dawn they set out on skis to look for the Grouse team, but later in the day they were turned back by a blizzard and were forced to take shelter in an abandoned hunting cabin. For the next three days heavy snowfall and high winds made further travel impossible, but on the morning of February 20, the wind died and the skies rapidly cleared.

As the men prepared to leave the cabin, they each picked up a rucksack packed with food, weapons, and high explosives. Around the cabin in all directions the flat surface of the plateau lay buried under snowdrifts. The team members were about to set out when they noticed a man on skis in the distance, heading directly towards them.

The Gunnerside commandos hid behind a corner of the cabin and waited as the man came closer and then stopped to examine the fresh ski tracks they had left around the building. When he cautiously approached the cabin door, they immediately surrounded him with drawn weapons.

A brief interrogation revealed that the startled skier was not a Ger-

man soldier or Nazi sympathizer but a local reindeer hunter named Kristian Kristiansen. Once this was established, the commandos had to prove to the wary Kristiansen that they, too, were Norwegians, and not German troops. When he was finally convinced, he exclaimed: "God, it's great to see you fellows here, on the plateau of all places."



With the six Gunnerside men and three of the four Grouse team members united, it became necessary to decide what to do with Kristiansen. Rønneberg and Haukelid finally decided to tell the hunter to remain on the Hardanger Plateau for three days before going home, and to reveal nothing about what he had seen. The team then moved to a hut near the edge of the plateau, about seven miles from their objective in Vemork.

The heavy-water plant was located in the basement of a complex of buildings that housed hydroelectric turbines, laboratories, and chemical factories. The facility contained eighteen four-foot-tall stainless steel tanks in which heavy water gradually accumulated as the product of a long, slow process of electrolysis. The most obvious way to reach the building was by way of a seventy-five-foot suspension bridge that crossed the gorge of the Måne River. The bridge was used by the plant's regular employees and visitors, and was guarded by German sentries equipped with floodlights and machine guns.

Rønneberg and Haukelid studied aerial photographs of the five-hundred-foot-deep Vemork gorge, looking for a way to penetrate its natural defenses. They noticed areas of trees and shrubs growing on ledges of broken rock about a quarter mile downstream from the bridge. Reasoning that "where plants could grow, a man can go," they decided to climb down to the river at this point and then scale the other side of the gorge to a railway line running up the side of the mountain to the plant. Because of the steep cliffs on either side of the grade, the railway was protected only by a single

SEE "OLD" PAGE 11.

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SEPT. 6: Pinto Beans/Ham, Yellow Squash, Peas/Carrots, Spiced Plums.

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SEPT. 9: Frittata, Spinach, Italian Mixed Veggies, Cornbread, Cantaloupe.

SEPT. 12: Spaghetti/Meat Sauce, Spinach, California Blend Veggies, Orange.

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SEPT. 22: Chicken Cacciatore, Spinach, Sweet/Sour Carrots, Bread/Smart Balance, Cantaloupe.

SEPT. 23: Meatloaf/Tomato Sauce, Peas/Carrots, Baked Potato/Smart Balance, Pear.

SEPT. 26: Hamburger/Bun, Italian Mixed Veggies, Ketchup/Mustard, Orange.

SEPT. 27: Turkey Tetrizzini, Parslied Potatoes, Spinach, Banana.

SEPT. 28: Enchilada Casserole, Broccoli, Pinto Beans, Cantaloupe.

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OLD NEWS REPRINTS: *Nazis Seek "Heavy Water"*

from page 10.

unmanned gate in the fence surrounding the plant.

On the morning of February 27, Claus Helberg made a trial run to Vemork dressed in civilian clothing. He returned a few hours later and said that he had found a route down into the gorge.

The Måne River was frozen solid, Helberg said, and there was a cliff face across the gorge that looked as if it could be climbed without the use of ropes.

The nine commandos finalized their plans. Machine guns, explosives, detonators, and fuses were carefully loaded into rucksacks along with first-aid kits, extra flashlights, and emergency food rations. After sunset the men dressed in white ski-parkas and pants, then left the hut and skied down a steep, wooded escarpment towards Vemork. Each man carried a pistol, a knife, several hand grenades, and a "suicide pill" filled with potassium cyanide powder to be used in the event of capture. "Once bitten through it would ensure death within three seconds," Haukelid wrote.

At the base of the escarpment they removed their skis and hiked to the lip of the gorge. Following Helberg, they climbed down a series of slanting, snow-covered ledges, grabbing tree trunks for balance and support until they reached the icy riverbed. As Helberg had warned, the opposite wall of the gorge was more sheer and rocky than the way by which they had come down, but after about an hour of quiet, cautious climbing, the team reached the narrow shelf of the railroad grade.

For the final approach towards the plant, the men split into two groups; Haukelid, Poulsson, Helberg, Kjelstrup, and Storhaug went ahead as a covering team, followed by a demolition group consisting of Rønneberg, Keyser, Stromsheim, and Idland. Haukelid led the way, with each man exactly following his footsteps in the snow, to conceal their number if the tracks were found.

At 11:30 p.m. they reached a utility shed five hundred yards outside the gate to the plant. From the shed they could see the suspension bridge and a German army barracks nearby. At midnight the German sentries changed their posts, and a half-hour later the two teams slipped out of the shed, cut through the lock on the gate, and ran to a cluster of small buildings about one hundred yards from the heavy-water factory.

Haukelid and his men spread out to find hiding places from which they could keep watch while Rønneberg and his men proceeded towards the heavy-water plant in two groups of two, each carrying enough explosives to complete the mission if the other failed.

A few minutes later, Haukelid heard the faint sound of breaking glass. One of the teams had kicked in a window to gain access to the basement of the

chemical plant. Haukelid watched the sentry post; the sentries did not seem to notice the noise.

For the next twenty minutes the covering team waited expectantly, until the sound of a small explosion rumbled through the facility. Haukelid later wrote that he was surprised the blast was not "particularly impressive." The



Knut Haukelid

Knut Haukelid and others just might have saved the world from Nazi domination. His story is riveting, courageous and true with a great ending for all of us.

German sentries appeared not to notice it. A few minutes passed until a single unarmed German soldier emerged from the barracks with a flashlight. He swept the beam near Haukelid's and Poulsson's hiding place, and Poulsson whispered: "Shall I fire?"

"No," Haukelid replied, "He doesn't know what has happened; leave him as long as possible."

The soldier seemed to notice nothing unusual and returned inside. Seconds later, Rønneberg, Keyser, Stromsheim, and Idland emerged from the shadows of the building and ran towards the railroad gate, followed by Haukelid and the rest.

The mission had been accomplished. The demolition team had found the heavy-water collection tanks being monitored by only two unarmed Norwegian employees. The men had offered no resistance as the explosives were planted. They were allowed to escape with the saboteurs before the blast, which tore the water tanks apart and spilled over one hundred gallons of heavy water into floor drains leading to the Måne River.

The saboteurs quietly retreated by way of the railway line and then climbed and slid back down the steep rock face into the gorge below. As they were crossing the riverbed, sirens began to wail and brilliant white floodlighting suddenly lit up the mountain walls above them.

"Now we had to take to the hills," Haukelid later wrote. Three grueling hours later, the team reached the rim of the Hardanger Plateau. Looking back down into the valley during the ascent, they could see German search parties swarming over the grounds of the brightly lit plant.

While skiing back to their hut, the commandos were buffeted by a powerful rising wind. Helberg separated from the group to retrieve some civilian clothing from a nearby cache on the plateau. The rest got to the hut just before dawn, expecting Helberg to rejoin them with the new clothes.

Later that day a blizzard enveloped the area. When the weather cleared on March 2, the Norwegians sent a radio message to England confirming that the Vemork plant had been "completely destroyed." Helberg, meanwhile, had been spotted by German soldiers and was unable to rejoin the group. He escaped to Sweden.

The remaining saboteurs split up. Seven of the remaining men also escaped to Sweden in uniform, but Haukelid and three others remained in Norway to work with the Norwegian resistance. For the next six months they kept on the move, alone and in small groups, evading German search parties by camping high in the mountains and traveling on skis to meet with regional resistance organizers.

The situation at Vemork was monitored by S.O.E. spies who continued to work at the facility. During the summer of 1943, they reported that the Germans were tenaciously rebuilding the heavy-water plant. In late July, Haukelid learned that production of heavy-water had been fully resumed. A new, stronger garrison of German soldiers had been stationed at Vemork, and security around the plant had been improved.

It was decided that another sabotage raid against the plant was not likely to succeed. On November 16 one hundred and forty American bombers flew from British bases to Vemork and dropped seven hundred bombs on the facility and the surrounding area. Because of bad weather and poor visibility, only fourteen of the bombs actually hit the power plant. Of those, two damaged the upper floors of the heavy-water building but did not harm the basement level where the concentrated heavy water was collected and stored. Twenty-four civilians were killed in the bombing, and the Norwegian government in England condemned the raid, about which it had not been consulted in advance.

The Germans decided to dismantle the Vemork facility and move the operation to a new, more secure site in Germany. In late January of 1944, workers began loading stockpiles of heavy water onto rail cars at the plant. On February 16 Haukelid received orders to intercept and destroy the shipment. In three days, he learned, the train would leave Vemork and travel east to Lake Tinn, a long, narrow body of water over one thousand feet deep. The rail cars and transported to the south shore of the lake; from there they would again travel by rail to Oslo and then by ship to Germany.

The most vulnerable link in the route was the ferry crossing. A carefully placed bomb could send the shipment irretrievably to the bottom of Lake Tinn, but Haukelid and other resistance leaders were hesitant to attack the ferry because civilians regularly used it to cross the lake. "It is always hard to take a decision about actions which involve the loss of human lives," Haukelid later wrote. "In this case an act of war was to be carried out which would endanger the lives of a number of our own people—who were not soldiers." The perceived risk of allowing the Nazi regime to develop an atomic bomb, however, grimly outweighed these considerations: "Our orders from London left no doubt that it was of vital importance to the outcome of the war that the Germans should not get the heavy water... The ferry at Lake Tinn had to be sunk to finish the job."

On February 19 the heavy water shipment arrived at the lake and was loaded onto the ferry Hydro. That night Haukelid and two Norwegian Resistance fighters disguised as workmen infiltrated the docks by the lake. German soldiers were aboard the ferry, but the boat's deck was not under guard. Judging from the sounds coming from below, the soldiers were busy playing cards.

Haukelid and one of the men casually boarded the Hydro, while the

third man kept watch on the gangway. Haukelid then planted a nineteen-pound time bomb in the ferry's bilge, near the bow. The group escaped from the area unnoticed by the Germans.

The next day, when the Hydro was over the deepest part of Lake Tinn, the time bomb exploded. The ferry sank within minutes, taking the heavy-water canisters with it. Of the fifty-three people on board, twelve German soldiers and fourteen civilian passengers drowned in the cold water before rescuers arrived to save twenty-three Norwegians and four Germans.

After completing the demolition of the ferry, Haukelid remained in Norway and continued to work with the resistance until the war ended fourteen months later. A few weeks prior to the defeat of Nazi Germany in the spring of 1945, the impact of the Norwegian sabotage missions on the German atomic program was validated when U.S. soldiers found an unfinished nuclear reactor in a bombproof bunker in southwest Germany. Engineers estimated that the reactor would have needed an additional 185 gallons of heavy water before it could have started producing the plutonium needed to build a Nazi atomic bomb. Later investigations revealed that the German nuclear program had encountered many other setbacks and was two years behind the Allied Manhattan Project, but historians agree that the heavy water sabotage made it physically impossible for the German program to go forward during the final desperate year of the conflict.

Haukelid received medals of honor from Norway, Sweden, France, and the United States. He remained active in the Norwegian army after the war, rising to the rank of lieutenant general. In 1965 a fictionalized version of the attack on the Vemork heavy-water plant was the basis of the film *The Heroes of Telemark*. Actor Richard Harris starred in the role of Haukelid, although screenwriters renamed his character "Knut Straud." During the television coverage of the 1994 Winter Olympics at Lillehammer Norway, Haukelid was interviewed as part of a special report by CBS news journalist Charles Kuralt. Haukelid died soon afterwards on March 8, 1994, at the age of eighty-three.

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Senior Community Update



SENIOR DANCE

Southern Colorado Senior Club is having a La Fiesta dance. September 17, 2011 D.A.V. hall 2850 O'Neal Dinner 5:30-6:30 p.m. Dance 7:00-11:00 p.m. Music by Latin Thunder Tickets: Members \$10.00

Non-members \$12.00

If you need more information please call Connie 948-2079

STROKE SURVIVORS SUPPORT GROUP

The Stroke Survivors Support Group has two chapters. The Pueblo West Chapter meets at 2:00 pm the first Thursday of every month at the Pueblo West Library. The Pueblo Chapter meets at 2:00 pm the second Tuesday of each month at the Joseph Edwards Senior Center in Pueblo On Union Ave.

Call Chuck at 583-8498 for all the information.

LOU GEHRIG'S DISEASE SUPPORT GROUP

Support group for Lou Gehrig's Disease (ALS). Second Thursday each month, 6-7 PM. Thatcher Bldg. 503 N. Main, Suite 103, Pueblo, CO . Call

Peggie at 719-584-3068 for all the info.

OWLS MEETING

The OWLS (older-wiser-liveli-er-seniors) invites new members for their social group that has activities including dining out, bowling, movies, picnics and others. For more information please call Joe or Marie @ 545-2803

RIDE TO CHURCH?

Looking for a ride to church? Call Wesley United Methodist Church at 561-8746 and we can make arrangements to transport you to worship and fellowship."

GENEALOGICAL SOCIETY

"The Southeastern Colorado Genealogy Society holds regular meetings on the second Saturday of the month beginning at 2:00pm in the Meeting Room "B," Robert Hoag Rawlings Library, 100 Abriendo Ave., Pueblo. There is a continuing Refresher/Beginners class starting at 1:00PM. Call 250-5782 for details." Guests welcome and there is no charge.

SRDA CALENDAR

SRDA at 545-8900 has activities for seniors every weekday of the month. From quilting to bridge and from computer classes to movies with popcorn and exercise classes, SRDA tries have offer something for everyone in terms of activities throughout the month.

LIVING WITH OSTEOARTHRITIS?

Osteoarthritis does not only strike the knees, hips and hands. In an estimated one million Americans, it also affects the small, vulnerable joints of the neck, and can cause sudden attacks of severe pain that may radiate into the head and arms. But what can patients themselves do about this form of arthritis?

How can they ease the pain, deal with the limitations it causes, and support their doctor's treatment? With the help of some of the world's leading spine specialists, the American Arthritis Society has compiled twelve practical tips for self-care that are effective and easy to follow. Please visit the Society's website at: www.americanarthritis.org.

AARP SCHEDULE OF ACTIVITIES

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

Safe Driving Classes, Benefits Check-up, exercising, Tai-Chi, eating

right, Census Bureau testing, Model T care group, Convergys recruiting, classic cars, Food Share America, Better Breathers, preparing taxes, quilters group, medicare and financial planning assistance and more available this month.

TOASTMASTERS

What: Pueblo Toastmasters #179 Public Speaking Class

Where: 310 East Abriendo Ave. Next to the Dept. of Revenue/Driver's License Office (in the Conference Room on the 2nd floor of the Security Service Federal Credit Union's building)

When: 2nd & 4th Mon., of every month, 6:15 - 7:15PM

Contact: Robert W. Johnson, 719-251-8841

STEP-UP PROGRAM

Please call Desi Vial who is the Development Director of Pueblo StepUp at Centura Health, 719-557-3881 Phone 719-557-3880 Fax 1925 E. Orman Ave., Ste G-52 Pueblo, CO 81004 desdavia@centura.org www.centura.org for all the info as to where the programs will be held this month. Also, contact: Cindy at 719-545-1184 for their entire schedule. Get Moving with Pueblo StepUp Community Exercise Programs: Please call Emily Johnson @ 557-3879 for questions about any of Pueblo StepUp's Health & Fitness Programs

ALZHEIMER'S SUPPORT

The second Tuesday of each month at 7 pm at the Ecumenical Church located at 434 S. Conquistador Room C an Alzheimer's Caregiver Support Group will meet Call 544-5720. Tom Reyes, Facilitator.

COMMUNITY BLOOD DRIVES

Please call Julie Scott at (800) 365-0006, press 0. ext. 2873 julie.scott@bonfils.org for Pueblo and Pueblo West Community Blood Drives times and places for January 2010.

JOB SEEKERS

Southern Colorado Job Seekers meets the third Tuesday of each month. Contact Bill Smith, 719-583-1837, Patrick Hurley 719-561-1134 or email them at SCJSNETWORK@hotmail.com

HOW DO YOU FEEL?

Come and join us for C.H.A.N.G.E. Canceling Habits Affirming New Goals Easily at 1:00 P.M. on the 3rd Saturday every month at the Rawlings Library 100 E. Abriendo Ave. Pueblo, Colorado.

For more information please contact: Ramona Lombard (719) 583-

2732 ramonalombard@me.com Ramona Lombard.com

GUESTS ARE ALWAYS WELCOME

Please join us for our monthly potluck luncheon, 11:45 to 1:45, at the PW Memorial Recreational Center. Plan your covered dish or dessert to share. Please bring your own table service as well. Coffee and tea will be provided.

Directions to the center; two signs on Joe Martinez Blvd. will alert you to Byrd Street. Turn south on Byrd and east to 230 E George Dr, Pueblo West.

For information call 647-8969 or 404-4413 (membership committee).

VOICE OF THE MARTYRS

We are excited to bring The Voice of the Martyrs 'Bound With Them' Conference to your region on Saturday September 10th from 9-5. Doors open at 8AM for registration, resource center (with books, DVDs, t-shirts, etc.), and prayer room.

Lunch is noon - 1:30 on your own. There is no cost to attend but an offering will be received.

Conference location is just off I-25. Palmer Ridge H. S. 19255 Monument Hill Rd. Monument, CO 80132.

REGISTRATION

To register and for more information, click on this link COLORADO or visit www.vommeetings.com . You can also register by e-mailing conference@vom-usa.org your name, phone number, and the number attending.

THE BREAKFAST CLUB

The Southern Colorado Chapter of the Breakfast Club is for singles 50+. The group holds its monthly breakfast at the Golden Corral on the third Saturday of every month (Sept. 17).

The purpose of the club is to provide a safe comfortable setting for active single men and women over the age of fifty to meet others, make friends and have fun. Registration at 8:30 am. Breakfast shortly thereafter

Please RSVP to 719-242-8762.

ADULT SURVIVORS OF CHILDHOOD SEXUAL ABUSE

WINGS provides therapist facilitated support groups for men and women in which survivors are believed, accepted and no longer alone. There is a women's group on Tuesday and Thursday evenings.

For more information contact the WINGS office at 1-800-373-8671. Visit our website at www.wingsfound.org.

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Finances: Create And Keep Wealth

We The Debtors.....

by Ron Phillips

...Of the United States of America.”

We have all heard about the disastrous debt downgrade of our nation. But is it justified? This is a very heated topic that quickly becomes political. My vague answer is “yes” and “no.” The downgrade makes sense but I feel it is not entirely accurate.

Standard & Poor’s has quite a bit of justification for lowering the rating. We have our highest national debt levels in history. We have the biggest future obligations in history. We have low tax revenue. We have weak and impotent political spirit. And on and on.

But is S&P the best judge of credit? I do not know the specific, complex process that credit agencies use but S&P does not have the best batting average. They very recently rated toxic

mortgages as AAA, the very highest credit quality. We know how that turned out.

They also downgraded Berkshire Hathaway, Warren Buffett’s holding company, from the pristine AAA, to the next lowest AA+ rating. Why did they downgrade Buffett? Mainly because he bought BNSF Railroad. About a year later the company’s cash on hand is back up to over \$40 billion and they own a profitable railroad. Berkshire looks stronger than ever, not suffering a credit crisis.

As a side note, Buffett very publicly said the U.S. deserves a quadruple-A credit rating. Maybe he is still sour over his downgrade....

The bottom line still remains. The U.S. is saddled with an unmanageable amount of current and future debt. And the trend is obviously moving up-

ward. That is essentially why we were downgraded.

This vote of no confidence created an absurd result. The very debt that was knocked down was bought hand over fist. Treasury bonds recently sold for a 14 percent premium. For every \$1,000 of bonds investors were shelling out \$1,140 in cash to purchase them. At maturity, in 30 years, those bonds will only pay the \$1,000 face value. A guaranteed loss of principal?!

Why would anyone invest in that?

I think The Sage of Omaha was onto something. When there is panic in the markets, whether international or local, people usually flock to Treasury debt. U.S. bonds are the only investment that I, as a stockbroker and financial advisor, can legally call risk free. That is because of the strength of

our economy, our taxing power and because we have never defaulted on debt or interest. Maybe we should be AAAA-rated.

“Contracting debt will almost infallibly be abused in every government.”

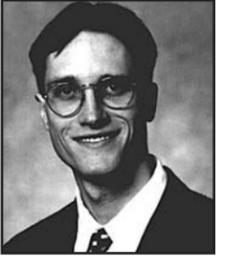
--David Hume

“A national debt, if it is not excessive, will be to us a national blessing.”

--Alexander Hamilton

Ron Phillips is an Independent Financial Advisor and a Pueblo, Colorado native.

He and his wife are currently raising their two sons in Pueblo. Order a free copy of his book *Investing To Win* by visiting www.RetireIQ.info or leaving a message on his prerecorded voicemail at 924-5070. Simply mention ID #1001 when ordering.



Justice For All - At A Price More Can Afford

NAPSI)—Because access to the legal system shouldn’t be beyond your means, a new website delivers a chance at justice that is easier to afford.

For many people affected by the recession, who have been laid off or are experiencing some other form of economic turmoil, hiring a lawyer at the going rate is not possible.

With legal fees averaging \$300 per hour, a family struggling through a foreclosure or experiencing other finan-

cial woes often has to do without any form of legal representation.

Although they might be strapped for cash, many families in this type of situation may not qualify for legal aid. And it’s not just individuals who find themselves in difficulty; small businesses and startups often need legal help.

At a recent speech at the American Constitution Society, Laurence Tribe, head of the U.S. Justice Department’s Access to Justice Initiative, called Americans’ access to justice a “dramatically understated” crisis. The problem is growing for the middle class.

Fortunately, a new online legal marketplace, Shpoonkle.com, offers a more affordable alternative. With the slogan “Justice You Can Afford,” the site offers a remedy for those who don’t qualify for legal aid and can’t afford high hourly legal rates and contingency fees.

A recent survey shows clients are paying lawyers—who compete for casework in a reverse auction—an average fee of \$207 an hour, or 27 percent less than the \$284 national average calculated by Lawyers.com. The same survey also reveals that attorneys found on the new site are accepting contingency fees below the industry standard of one-third of any future settlement.

“Our goal is to make attorneys’ fees more reasonable and we are succeeding,” said Robert Grant Niznik, Shpoonkle’s founder and CEO. “While it is still expensive to hire a lawyer, a savings of nearly \$80 an hour can make the difference between having representation or none at all.”

The site works by having lawyers and law firms place bids on requests for legal work posted by potential clients.

In standard auctions, people bid against one another, forcing prices up so that the highest bid wins. But in reverse auctions, prices are driven down by individuals bidding to win at the lowest price.

For example, a small-business owner or someone needing a legal doc-



ument, such as a contract or a will, can fill out an online questionnaire and post it on the site. Interested lawyers then place bids by specifying the lowest fee they would charge for that service. The process is completely confidential and the listing is free.

“In our society, the middle class is often left vulnerable without a lawyer; this site helps give it the opportunity to have proper representation,” said Niznik.

So that as many people as possible can benefit from the site’s promise of lower legal costs, the site has been translated into Russian, French, Italian, Chinese, Spanish and German.

For more information, visit www.shpoonkle.com or e-mail info@shpoonkle.com.

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Finances: Create And Keep Wealth

Talk About Investments To Help Parents Avoid Fraud

(NAPSI)—Most children turn to their parents for financial guidance. Sometimes, however, it's the parent who needs help.

Older people are regularly targeted by fraud criminals because they have money, whether it's retirement savings, home equity or steady forms of income. Experienced investors may also believe they're too smart to be scammed. Research funded by the FINRA Investor Education Foundation shows, surprisingly, that financially savvy, self-reliant investors are more likely to be victims of fraud than those who are less knowledgeable.

"Investors who are overconfident about their ability to spot a 'great opportunity' are less likely to ask for help and advice from others," said Gerri Walsh of the FINRA Foundation. "And that's exactly what fraud criminals want."

Adult children should talk to their parents about investment fraud and

be sure they are familiar with the tactics that fraud criminals use, Walsh said.

"Trick\$ of the Trade: Outsmarting Investment Fraud," a documentary produced by the Foundation and airing on public television stations, explains these tactics and the steps that investors can take to protect themselves. Free copies of the movie can be ordered on the Foundation's fraud-fighting website, www.SaveAndInvest.org. The website also offers information on how to check the background of a financial professional and the legitimacy of securities.

"It may be hard for some people to talk about money," Walsh said, "but getting your parents to come to you or someone else they trust for a second opinion before making an investment decision is a good way to avoid trouble."

It is a discussion Robert Kalinowski, a 25-year veteran of the Vermont State Police, wishes he had had with his father.

"No matter what, it can happen to anybody," Kalinowski said. "They have to check before they invest their money, ask questions, ask the experts, do research. If it could happen to our family, it could happen to you."

Robert Kalinowski



The older Kalinowski was befriended by a financial advisor. The two would go to high school sporting events together—but the friendship was a ruse to steal \$100,000 in an investment scheme.

"I did not see this happening," Kalinowski said. "I felt rotten. I was supposed to protect everybody...but I did not see this coming."

Checking the advisor's registration to sell securities would have revealed

that he was no longer licensed. The advisor was eventually charged with embezzlement and grand larceny but died before the trial.

"No matter what, it can happen to anybody," Kalinowski said. "They have to check before they invest their money, ask questions, ask the experts, do research. If it could happen to our family, it could happen to you."

Be Smart. Plan Ahead For Your Long-Term Care

(NAPSI)—Thanks to modern medicine, people are living longer than ever before.

But with a longer life comes an increased likelihood of disability, chronic illness, or cognitive impairment (such as Alzheimer's disease), which may spur the need for ongoing help with the most basic activities of daily living such as eating, bathing, dressing, or getting in and out of bed or a chair. Assistance with these types of activities is known as long-term care.

One common misconception about long-term care is that it is primarily nursing home care. Actually, most long-term care recipients receive assistance at home from a family member, friend or professional home health aide.

Long-term care is also available

within the community at adult day care centers. Additionally, assisted living is available for those who can no longer live at home but need only a limited amount of support.

There is a great deal of freedom when it comes to creating the best plan of care, but many avoid planning—it's not something people want to think about. Considering the high costs of care, planning ahead is essential in ensuring as many options as possible.

The cost of long-term care can be measured in two ways:

In Dollars Paid

- The average cost of a home health aide has risen to \$19 per hour. Five hours of care five days a week costs roughly \$1,900 a month or \$22,800 a year.

- The national average for assisted living is \$2,962 a month, or \$35,544 annually.

- The national average for a semiprivate room in a nursing home is approximately \$5,566 a month, or \$66,792 annually.

The Toll On Family Caregivers

While having friends and family provide care can ease the financial burden for the care recipient, this type of care still has its costs. Without support or assistance, these caregivers can suffer from depression, lost wages, physical injury and disrupted personal relationships. Many are pulled in two directions, caring for both their children and their parents, which can be an incredible challenge.

So What Can You Do About It?

First, recognize the potential for long-term care needs and research how the cost of care could affect your future income and savings. Next, research payment options. The U.S. Department of Health and Human Services' National Clearinghouse for Long-Term Care Information at www.longtermcare.gov and the long-term care tools at www.LTCFEDS.com can be excellent resources for information about paying for long-term care.

Many people have found that long-term care insurance can offer the financial protection they need to be able to face the future with confidence. The best time to consider long-term care in-



urance is long before you need it, so it's a good idea to research this option sooner rather than later, as the younger you are when you apply for coverage, the less expensive your premiums will be. And waiting not only means a higher premium, it also means that you'll be at greater risk of developing health problems that may prevent you from qualifying for coverage at a later date.

About the Federal Long Term Care Insurance Program

Established by an act of Congress in 2000 and overseen by the U.S. Office of Personnel Management, the Federal Long Term Care Insurance Program (FLTCIP) is designed to meet the specific needs of the Federal Family.

The FLTCIP provides industry-leading benefits and offers flexible options that allow enrollees to tailor coverage to meet their needs.

To find out if you are eligible for this coverage, as certain medical conditions, or combinations of conditions, will prevent some people from being approved, please visit www.LTCFEDS.com or call 1-800-LTCFEDS (1-800-582-3337) (TTY 1-800-843-3557).

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Home Sweet Home



Tiny Garden Visitors: Greet Them With Flowers

by Marty Ross

This is hummingbird season: These beautiful little birds are starting their southward migration now, and they are looking for gardens where they can find the fuel they need for their trip. You can stop them in their tracks, for a while, if you grow the colorful flowers they love.

Hummingbirds are tiny, but they have a big impact in a garden. They are acrobatic fliers, zipping around a garden and among their favorite flowers with unimaginable agility. They perch daintily on twigs and dance in the spray of a sprinkler. Hummingbird feeders will almost unfailingly bring them to a garden, but growing the native plants they depend on will make your garden an even more attractive hummingbird haven in the summer and during their annual migrations.

Ruby-throated hummingbirds spend the winter in the tropics. They're migrating south now, sometimes flying 500 miles in a day. Ruby-throats are usually the only hummingbird eastern gardeners know, but in western gardens a dozen species of hummingbirds can be seen. The rufous hummingbird flies 6,000 miles from Alaska to Mexico every fall. The magnificent hummingbird, which is twice the size of a tiny ruby-throat, breeds in Arizona and New Mexico in summer and flies to Mexico and Central America in late fall.

All hummingbirds prefer native plants such as honeysuckle, bee balm

and salvia, but they'll also visit non-native species. Red and orange flowers are their favorites, which is nice for gardeners: Hummingbird plants are often among the prettiest and easiest flowers to grow.

Larry Rizzo, a natural history biologist with the Missouri Department of Conservation, has been keeping a sharp eye out for hummingbirds for more than 20 years. He usually hangs up a hummingbird feeder in his garden in the Kansas City area in early spring, and he grows lots of native plants to attract hummingbirds all season long.

"I personally think it's a lot more satisfying to watch hummingbirds feed on something you've planted," Rizzo says.

To bring hummingbirds to his garden in spring, Rizzo grows early blooming columbine, fire pink (*Silene virginica*) and red buckeye (*Aesculus pavia*). In fall, hummingbirds visit his salvias, butterfly milkweed, great colorful clumps of bee balm and the flower-covered spikes of licorice mint (*Agastache*). They sip at the blooms of butterfly bush, and diligently check up and down the tall flowerstalks of agaves and yuccas.

Designing a garden to attract hummingbirds is easy. Stephen Kress, vice president for bird conservation at the National Audubon Society, recommends planting layers of blooms, with cascading honeysuckle or trumpet vines, tall hollyhocks and clusters of bright four o'clocks. Besides orange and red, hummingbirds are attracted to pink, purple, blue and yellow blooms. Kress suggests planting a

hummingbird garden where you can see it from a window inside the house, or in a sunny spot right in the middle of the garden, so you can see it from all sides.

A hummingbird garden designed for Missouri's Grow Native! program includes rose verbena, a sprawling, bright pink ground-cover bloom that blooms from summer through fall, and blue sage, a drought-tolerant prairie plant that blooms in late summer. The design calls for a yellow honeysuckle on a trellis as a backdrop and suggests a birdbath with a misting fountain, which hummingbirds find practically irresistible.

High Country Gardens, a mail-order nursery in Santa Fe, N.M., specializes in drought-tolerant perennial flowers and makes special note of dozens of great hummingbird blooms among its selections. Fancy penstemons and the tall bottle-brush blooms of red-hot poker are among the long-lasting and easy perennial flowers they recommend.

Many great hummingbird plants are just as easy to grow in flowerpots as they are in the ground; High Country Gardens offers a "hummingbird heaven" collection of plants perfect for pots on a porch or patio.

Rizzo has worked for years banding migrating hummingbirds in the fall, usually through about mid-October in the Kansas City area. In September, hummingbird festivals at the Strawberry Plains Audubon Center in Mississippi and in the city of Rockport, Texas, attract both hummingbirds and hundreds of enthusiastic hummingbird watchers. The events emphasize hummingbird conservation, teaching visitors about the loss of habitat to suburban sprawl and the importance of native plants. City gardeners really can help by planting the flowers hummingbirds love, and



by putting up sugar-water feeders, Rizzo says.

Hanging a feeder on a crook on a deck or outside your kitchen window is a good way to get to know hummingbirds up close, he says. You don't have to worry that feeders will distract hummingbirds from the important business of migrating -- in late summer and fall, hummingbirds will be on their way. While the memory is fresh, make a list of bright flowers to plant for them, and you can be sure they'll be back.

1,500 Flowers A Day!

Tiny birds, great pleasure
Hummingbirds visit up to 1,500 flowers every day, according to the Audubon Society, so a garden full of bright flowers -- especially native flowers -- is an excellent hummingbird habitat. Here are some suggestions from the Audubon Society (audubon.org):

-- Group plants together for impact. Plant lots of different kinds of both annual and perennial flowers, so you'll have something blooming all season long.

-- Hummingbirds will visit flow-

SEE "BIRD" PAGE 27.

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Home Sweet Home



Gone To The Dogs: Creating A Pet-Friendly Pad

by Elaine Markoutsas

Every now and then, modernist catalog-retailer Design Within Reach dishes tongue-in-cheek pearls of wisdom. To wit:

"A home is only for show. A home should never be cluttered. If shoes, socks, cups, newspapers, toys, jackets or family photos ever find their way into public view, remove them immediately, or better yet, just throw them away. Never allow children or pets in a home, for they are messy and sometimes emit unwanted odors."

In spite of such apparent flaws, of course, we do love our children and our pets. And therein lies a real design challenge with a lot of common ground: how to furnish stylishly but practically, with materials that won't wilt from pouncing with dirty hands, feet and paws.

"Durability and cleanability go hand in hand," says Dallas designer Abbe Fenimore. She ought to know. She has two pups, a Brittany spaniel and German shorthaired pointer, whom she admits are "on everything." She's usually armed with a sticky tape roll for shedding dog

hair.

Many of Fenimore's clients also have dogs, and she has talked them down from chewed-up plastic in favor of stainless steel or ceramic bowls and sung the praises of indoor and outdoor rugs and fabrics.

Designed mostly with the outdoors in mind, performance fabrics such as Sunbrella and the to-the-trade Perennials repel stains, sun, mildew and mold, properties that are welcome in high-traffic areas inside the home, especially since color, style, patterns and textures have been significantly upgraded in recent years.

West Coast-based designer Joe Ruggiero designs for Sunbrella but was a huge fan well before its extensive fashionable offerings, which include velvet, damask and even chenille looks in eye-popping lime, orange and cobalt blue.

"We use it on everything," says Ruggiero, "drapery, bed drapery, top of the bed. Table skirts. It is easy-care, heavy-wear. Twenty-five years ago, my wife, Barbara, and I were raising three active children. We used Sunbrella before they developed upholstery grade -- it was a stiff canvas. She'd throw it in the wash with a cup of bleach, which actually soft-

tened it."

Even throws have been designed with pets in mind. Another performance fabric manufacturer, Crypton, sells throws it calls "throwers," which it says "looks like a blanket and works like a tarp." The 48-by-54-inch pieces, available in a range of fun patterns and colors, are stain-, moisture- and odor-resistant, easy to spot-clean, machine washable and sell for \$149.

Some of the rug options are amazing, with a wide range of decorative patterns and textures, such as the hand-hooked and felt signatures of Liora Manne for Trans-Ocean. And the eco-friendly modular FLOR allows you to create your own design with square tiles.

In addition, some rug manufac-

SEE "DOGS" PAGE 29.



No muddy paws on this elegant Great Dane, but no worries if there were. All the fabrics in this room are Sunbrella indoor-outdoor, available at Calico Corners. A spot cleaning is an easy spritz of dish soap or even bleach and the pizza or red wine spill is no big deal. Zippered cushion covers can be removed and machine-washed. photo: Calico Corners

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BBB: Watch Out For False Online Promises

Watch Out for False Promises from OnlineBusinessScams.com
 BBB cautions consumers to watch out for a website that is falsely charging for BBB complaint resolution services. OnlineBusinessScams.com is charging consumers an upfront fee of \$1500 to \$2000 for assistance in collecting money owed from businesses only to forward consumers' complaints to BBB. OnlineBusinessScams.com told one consumer that in order to help him collect money owed from a business he needed to pay 30 percent of the amount due. The site requested half of the 30

percent upfront, which the consumer, unfortunately, paid. After receiving the fee, OnlineBusinessScams.com asked the consumer to provide the details of the dispute so the site could determine whether to handle the "case." Afterwards, the consumer received an information packet that included an envelope addressed to the BBB. OnlineBusinessScams.com told the consumer that they would recover his money within 90 days. It's now been 90 days and the consumer has been trying to contact OnlineBusi-

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nessScams.com to no avail. Your BBB is reminding all consumers that its services are free. Consumers never have to pay a third party in order to receive help from BBB. To file a complaint against a business, please fill out BBB's online form or contact your local BBB at southerncolorado.bbb.org.

CONGRESSIONAL MEDAL OF HONOR RECIPIENT TO SPEAK AT BBB'S EXCELLENCE IN CUSTOMER SERVICE AWARD GALA

Peter C Lemon, one of the youngest surviving recipients of the Congressional Medal of Honor, will be the keynote speaker for the Better Business Bureau of Southern Colorado's Excellence in Customer Service (EICS) award gala on Friday, September 23rd. This rare and prestigious award is the highest honor that can be bestowed upon an American. Recipients must have taken exceptional action that displays conspicuous gallantry and intrepidity, typically to save someone else's life.

EICS, which is now in its

17th year, recognizes companies who have shown outstanding dedication to improving their customer service processes. It will be held at the Cheyenne Mountain Resort - 3225 Broadmoor Valley Road. A cocktail reception and silent auction begin at 5 p.m., followed by a dinner and awards ceremony.

Lemon was chosen to speak at EICS because he is the embodiment of excellence - the quality the BBB's program is designed to inspire and foster. In addition to the Congressional Medal of Honor, Lemon was presented with the Outstanding American by Choice Award by President Barack Obama at the White House in recognition of his professional achievements and civic contribution. This is the first time the award has been presented by the President of the United States.

An inductee of the Ranger Hall of Fame, Lemon is the author of Beyond the Medal, A Journey from their Hearts to Yours, and the executive producer of the Emmy award winning PBS documentary, Beyond the Medal of Honor.

Lemon holds a bachelors of arts degree in speech from Colorado State University at Fort Collins, as well as a masters in business administration from the University of Northern Colorado in Greeley.

In addition to recognizing companies that have undergone an in-depth analysis and improvement to their customer service process, several other awards will be given that night. The BBB will present the GE Johnson Award for Marketplace Ethics and two \$2,500 academic scholarships to two recent high school graduates from southern Colorado.

Lemon will be on hand after the presentations to meet and speak with guests, as well as autograph copies of his book Beyond the Medal, which will be available for purchase.

For tickets, please go to www.blacktie-colorado.com and enter event code CustomerService (all one word).

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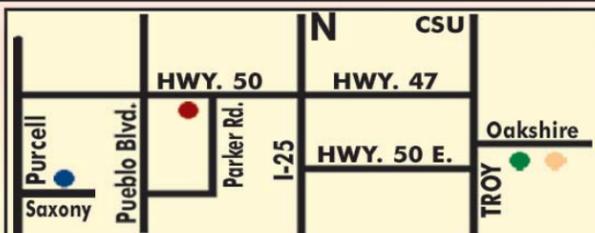
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There's Nothing Like A Holiday



Cruising Costa Is Like Floating On A Slice Of Italy

by David G. Molyneaux - *TheTravelMavens*
Trieste, Italy

When chunks of parmesan grace the buffet lines in bowls the size of washtubs, when tables each burn a red candle at dinner, and when a multi-cultural group of cabin attendants greets you in the morning with a chorus of "Buon giorno," you know you are cruising on a Costa ship.

Costa now floats its slice of Italy around the world on a fleet of 15 big cruise ships, with another scheduled to debut in 2012. In North America, Costa sails out of Miami to the Caribbean and even on these itineraries passengers will share the ships with an international crowd, as Costa's mass-marketed, price-competitive voyages entice travelers from nearly every nation.

The all-Italian theme plays well in Europe, Asia, South America, and North America, where Italian restaurants are among the favorite places to eat and where visiting Italy is near the

top of most U.S. traveler's wish lists.

I find that preparing for a vacation with Costa is more like a trip to Europe than a typical North American cruise. It helps to know something about Italian culture and food, and to place your expectations less with a healthy slab of prime rib and more toward pasta, buffalo mozzarella, tomatoes, cold cuts, cheese, wine and the desserts of Italy, especially gelato, served in little cups as a snack from a cart at the main pool.

While English-speaking staff are on all Costa ships, North Americans may also want to bone up on their Italian words, not only to respond to "Bon giorno" – a greeting heard as often on Costa ships as "hello" in the United States – but also to fully appreciate the experience, including wines and cheeses and dining specialties.

If you are looking at a Mediterranean cruise out of Venice yet this summer or a 2011-2012 winter sojourn in the waters near Dubai, you might consider Costa's newest ship, the

3,800-passenger Favolosa, which is an exhibition of design, materials and ingredients with a "Made in Italy" stamp.

Some 500 Italian companies were involved in designing, furnishing and building the Favolosa. In Italian, favolosa means fabulous and is related, says Costa, to favola which means fairy tale.

Favolosa furnishings came from Molteni (www.molteni.it), B&B (www.bebitalia.it), Rossi D'Albizzate (www.rossialbizzate.it), Moroso (www.moroso.it), and Tonon (www.tononitalia.it). Sicis (www.sicis.com) decorated the Sam-sara Spa. Rubelli of Venice (www.rubelli.com) provided fabrics. Cotton



Chefs carving ham in the lido restaurant on Costa Favolosa Gelato at the pool on Costa Favolosa.

came from Frette (www.frette.com), and equipment for the fitness center from Technogym (www.technogym.com).

The art collection aboard ship includes 400 original works from 28 Italian artists.

The collection of wines is reason enough to study your Italian wine makers and prepare for a week of tasting from among Amarone di Aneri (from 2003 and 2004 at www.neri.it), Marchesi Antinori, Fazi Battaglia, Fantinel, Castellare in Castellina, Bata-siolo, Fontanafredda and Pasqua.

"The Costa Favolosa is like a pavilion about Italy," said Massimo Bottura, chef for the gala dinner at the Favolosa naming ceremony in Trieste in July. Bottura's restaurant, Osteria Franceseana in Modena (www.osteriafrancescana.it) has two Michelin stars.

Vacationing on a floating slice of Italy also means, of course, that Costa delivers some of the characteristics of behavior in Italy that you may or may not like – so be prepared as well for occasional lack of organization and apparent disregard for exact schedules. My lifeboat drill on the new Favolosa, for instance, was not the smoothest, and the ship chose a particularly scenic time to operate it, so I missed some views. Ship activities did not always start at their announced times. "Forgive us," said a Costa staffer with a smile. "In Italian time, 10 minutes may range from 10 minutes to a day."

For me, the big bowls of parmesan made up for any scheduling issues. I grabbed a chunk each time I cruised through the buffet line in the lido restaurant, overindulging for sure. One lunch, as we sailed off the coast of northern Italy, I sat on deck in the sunshine, mixing some parmesan with broccoli, a salad, slices of Parma ham, with potato, and a breast of chicken. It all tasted of Italy.

David Molyneaux writes monthly about cruising. He is editor of TheTravelMavens.com

INFO BOX: Costa Favolosa is cruising out of Venice on a seven-night schedule to Greece, Turkey and Dubrovnik, Croatia. In late July, a travel agent quoted a price of about \$1,300 per person for two people in an outside cabin and \$2,200 each for a balcony cabin for seven nights in September. In the winter season, starting Dec. 16, Favolosa will move to Dubai and sail to Muscat, Oman; Fujairah and Abu Dhabi, UAE; and Khasab, Oman. In summer, 2012, Favolosa will return to Venice.



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There's Nothing Like A Holiday



About History, Heritage And Fairy Tales

(NAPSI)—A wedding fit for a prince may require a royal guest list, but people of all kinds—from around the world—are expected to visit the U.K. following the nuptials of Prince William and Kate Middleton.

The world's enchantment with the fairy tale wedding promises to deliver a long-term tourism boost in London and other parts of Britain where the romantic story evolved.

The glamorous wedding is just the latest example of the kinds of pageantry and historical tradition that have long drawn visitors to Britain. From Stonehenge to Balmoral Castle to the future site of the Summer Olympics in 2012, the land of kings and queens offers castles, cathedrals and stunning landscapes rich in centuries of history.

Whether you want to walk in the footsteps of Shakespeare, J.K. Rowling or Beatrix Potter, or visit the recording studios made famous by The Beatles, the British Isles offer a lavish dose of literary and musical legacy.

And there's no need to go it alone. There's a tour for "whatever takes your fancy," as they like to say across the "pond." For example, CIE Tours International offers excursions that focus on The Beatles, "Braveheart," Beatrix Potter and "Brideshead Revisited."

One tour blends England's historic, literary and scenic regions with Beatrix Potter's Lake District, the magnificent York Minster, a vintage train ride on the North Yorkshire Moors Railway, a walk around the walled city of Chester, and an optional stay in London.

Or visitors can marvel at The Beatles' Liverpool, stately Castle Howard of "Brideshead Revisited" fame, Brontë Parsonage, where the three sisters produced their literary masterpieces, the U.S. historical connections at Sulgrave Manor and other famous attractions. The tour includes a taste of Scotland with visits to Edinburgh and Stirling Castle.

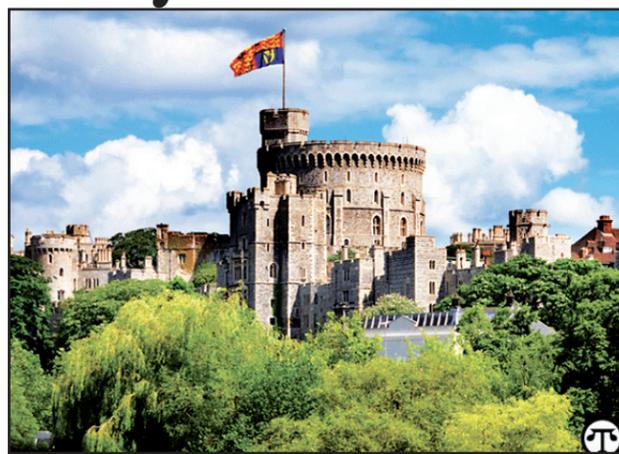
Or you can start your tour in Edinburgh and travel south via the Lake District, Yorkshire Dales, York and Liver-

pool to end in Manchester or extend your tour to London.

While in Edinburgh, visitors will receive tickets for the Royal Edinburgh Military Tattoo. This is an annual series of drum and military displays performed by British Armed Forces, Commonwealth and international military bands and display teams in the Scottish capital of Edinburgh. The event takes place annually as part of the wider Edinburgh Festival. Tour goers can also enjoy fine dining and Scottish cabaret.

Visitors are urged to take advantage of these opportunities while they can. After all, it could be quite a while before there is another royal wedding.

CIE Tours offers the 2011 Olde England & Heritage Tour, with prices



starting at \$1,258. The company has conducted trips through England, Scotland and Ireland for nearly 80 years. In addition to group tours, it also helps construct tour itineraries for individuals.

For more information, call (800) 243-8687 or visit www.cietours.com/FairyTale.

Punta Cana Delivers Unforgettable Family Vacations

(NAPSI)—The Dominican Republic's (DR) magnificent Punta Cana on the East Coast features top-rated accommodations, world-class golf courses, gorgeous beaches and exciting ecotourism adventures that will exceed the choosiest families' expectations this summer. A recent www.TripAdvisor.com study found the biggest challenge for family vacations is finding a destination that offers activities for everyone.* Today, families seek a destination that has it all, and Punta Cana delivers.

"Punta Cana has something for every family member to explore, from luxurious spas, to a swim with dolphins, to challenging golf or relaxing beach time," said Magaly Toribio, the DR Ministry of Tourism's Vice Minister of International Promotion. "The captivating destination boasts sumptuous, all-inclusive resorts with family-friendly activities, warm hospitality and delicious cuisine that will suit

every taste and budget."

Travel is hassle-free with many direct flights to Punta Cana International Airport (PUJ), the region's most modern and popular airport. Here are five reasons why you should whisk your family off to Punta Cana this summer:

G o r - g e o u s b e a c h e s: Punta Cana was ranked as the 8th best beach destination in the world by [TripAdvisor Travelers](http://TripAdvisor.com).* The area features public and private beaches, including "Blue Flag" European-certified beach Cabeza de Toro; surfing beach Uvero Alto; and



parasailing-friendly beach Bávaro.

Unique culture: The DR amazes with sizzling culture and rich history culminating from Spanish, African and Taino Indian influence over six centuries. Experience the authentic Dominican way of life by visiting caves with ancient drawings by Taino Indians or learn to dance merengue

and bachata at your resort. **Enchanting ecotourism:** Families look for memorable vacation adventures they can do together, and Punta Cana's eco adventures will satisfy any traveler. Kids can get up close and personal with nonpoisonous snakes or swim with the graceful dolphins at Dolphin Island Park;

take a walk in the Indigenous Eyes Ecological Park and see an exotic fruit-tree garden; or watch an animal entertainment show at Manati Park.

Top-notch golf: Punta Cana boasts nearly a dozen magnificent golf courses designed by some of golf's most acclaimed course architects. Set on dramatic coastlines, they provide golfers with exquisite scenery, challenging plays, and kid's clinics so everyone will be sure to enjoy hitting the links.

Pocket friendly: [TripAdvisor](http://TripAdvisor.com) says 26 percent of parents with children plan to take their family vacation during the school year in order to save money, and 39 percent expect to spend more on family travel in 2011.* No need to do either if you jet off to Punta Cana, one of the most budget-friendly destinations. With a vast amount of all-inclusive resorts and numerous daily nonstop flights, Punta Cana is more pocket friendly and accessible than ever.

*Source: www.TripAdvisor.com

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Social Security & You

from Melinda Minor, District Manager - Pueblo



QUESTIONS AND ANSWERS

GENERAL

Question:

How do I show proof of my Social Security benefit amount?

Answer:

Here are four ways:

- You can use your SSA-1099 form as proof of your income if you receive Social Security benefits;
- You can use your annual notice that tells you your benefit amount for the year as verification of your current benefits;
- The fastest, easiest, and most convenient way is to go online and request a Proof of Income Letter at www.socialsecurity.gov/bene; and
- You may call Social Security's toll-free number, 1-800-772-1213 (TTY 1-800-325-0778), between 7 a.m. and 7 p.m., Monday through Friday.

RETIREMENT

Question:

How can I get an estimate of my retirement benefits?

Answer:

Our online Retirement Estimator uses your Social Security earnings record to estimate your future benefits. To use the Retirement Estimator, go to www.socialsecurity.gov/estimator. There, you can enter certain identifying information about yourself. As long as the personal information you provide matches our records, you can use the Retirement Estimator to enter other information, such as your expected retirement age and estimated future wages. This information will be com-

bined with the information that Social Security has on record about your past earnings to provide a quick and reliable online benefit estimate. A Spanish-language Retirement Estimator also is available at www.segurososocial.gov/calculador. Get an instant, personalized estimate of your future benefits now at www.socialsecurity.gov/estimator.

SUPPLEMENTAL SECURITY INCOME

Question:

How do I report a change of address if I'm on Supplemental Security Income (SSI)?

Answer:

You must report any change of address by calling our toll-free number, 1-800-772-1213, or by visiting a local office within 10 days after the month the change occurs. You cannot complete a change of address online because we must obtain more specific information about the change in your living arrangement. Failure to report or filing false reports could result in a fine, imprisonment, or both. Even if you receive your benefits by direct deposit, you need to report your new address to Social Security so that you can continue to receive mail from Social Security when necessary. To learn more about SSI reporting responsibilities, read the publication What You Need To Know When You Get Supplemental Security Income (SSI) at www.socialsecurity.gov/pubs/11011.html.

Question:

Is Supplemental Security Income (SSI) taxable?

Answer:

No. SSI payments are not subject to Federal taxes so you will not receive an annual form SSA-1099. However, if you also receive Social Security retirement or disability benefits, those payments may be subject to income taxes. Learn more about SSI by reading the publication What You Need To Know When You Get Supplemental Security Income (SSI) at www.socialsecurity.gov/pubs/11011.html.

DISABILITY

Question:

How does a blind or visually impaired person choose how Social Security communicates with

them about changes or important information?

Answer:

If you are blind or visually impaired, you have choices for receiving information from Social Security. To sign up or change these notice options, contact us through one of the following ways:

- Go to our page, If You Are Blind Or Visually Impaired—Your Choices For Receiving Information from Social Security at www.socialsecurity.gov/notices;
- Call us toll-free at 1-877-708-1776 (TTY 1-800-325-0778);
- Contact your local Social Security office; or
- Contact the U.S. Embassy or Consulate if you live outside the United States.

The fastest and easiest way to learn about and sign up for these options is at www.socialsecurity.gov/notices.

Question:

What is a disability trial work period?

Answer:

The "trial work period" allows Social Security disability beneficiaries to test their ability to work for at least nine months without losing benefits. During the trial work period, you can receive full benefits no matter how much you earn, as long as you remain disabled and you report your work activity. The trial work period continues until you have completed nine trial work months within a 60-month period. You can find more information about available work incentives in our publication Working While Disabled—How We Can Help at www.socialsecurity.gov/pubs/10095.html.

MEDICARE

Question:

What are the four parts of Medicare?

Answer:

The four parts of Medicare include:

- Hospital insurance (Part A), which helps pay hospital bills and some follow-up care. The taxes you (or your spouse in some cases) paid while working financed this coverage, so it's premium free. For those who are not "insured," coverage may be purchased.
- Medical insurance (Part B), which helps pay doctors' bills and other services. There is a monthly premium you must pay for Medicare Part B and you may refuse this coverage.
- Medicare Advantage (Part C) plans, which generally cover many of the same benefits a Medigap policy would cover, such as extra days in the hospital after you have used the number of days Medicare covers. People with Medicare Parts A and B can choose to receive all of their health care services through one of these provider organizations under Part C. There might be additional premiums required for some plans; and
- Prescription drug coverage (Part D), which helps pay for medications doctors prescribe for treatment. Anyone who has Medicare hospital insurance (Part A), medical insurance

(Part B), or a Medicare Advantage plan (Part C) is eligible for prescription drug coverage (Part D). Joining a Medicare prescription drug plan is voluntary and you pay an additional monthly premium for the coverage. To learn more about Medicare benefits, read our publication, Medicare, at www.socialsecurity.gov/pubs/10043.html.

Question:

I can't get health insurance because of my pre-existing condition. Is there anything I can do?

Answer:

You may be eligible for the new Pre-Existing Condition Insurance Plan — a program for people who have a pre-existing condition and have been without health insurance coverage for at least six months. For more information, call the Pre-Existing Condition Insurance Plan toll-free: 1-866-717-5826 (TTY 1-866-561-1604) between the hours of 8 a.m. and 11 p.m. Eastern Time. Or visit www.pcip.gov and select "Find Your State" to learn about eligibility and how to apply.

GENERAL

Question:

Is it true I must now receive my benefits through direct deposit?

Answer:

Anyone applying for benefits on or after May 1, 2011, will be required to receive their payments electronically, while those already receiving paper checks will need to switch by March 1, 2013. Paper checks will no longer be an option for most people. If you don't have a bank account, you can get your benefits through the Direct Express debit Mastercard. Switching from checks to electronic payments is fast, easy, and free at www.godirect.org. You also can call the U.S. Treasury Processing Center's toll-free helpline at 1-800-333-1795 or speak with a bank or credit union representative or contact Social Security for help.

Question:

I'm getting a summer job and I can't find my Social Security card. Do I need to get a new one?

Answer:

Ask your potential employer if he or she needs to see the card or if just the number is required. Knowing your number is usually what is important. If you do need to get a replacement card, come to your local Social Security office or Social Security Card Center and show us documents proving your identity and, possibly, citizenship. You can go to www.socialsecurity.gov/ssnumber for more specific information about the process of getting a new card and where to take your information. At that website, you can also download a copy of the simple application to have pre-filled when you visit.

RETIREMENT

Question:

How do I know when it's the right time for me to begin getting retirement benefits?

Answer:

If you use our online Retirement Estimator, you can get estimates of your benefit at various ages from age 62, the earliest eligibility age, to age 70, the age when you can take full advantage of delayed retirement credits. It allows you to key in a multiple scenarios so you can get an instant, personalized estimate of your future retirement benefits. It's the best way to begin planning for your retirement. You can find the online Retirement Estimator at www.socialsecurity.gov/estimator.

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For A Healthier You



Charlene Causey: Being Positively Proactive

by Charlene Causey

For years now I have been aware of the apathy in the Pueblo community when it comes to making changes in one's health. Many times an individual receives information that they don't know what to do with regarding their health. It is shrouded in language they don't understand and they are given prescriptions and so-called remedies that many times compromise the person's overall health even though some symptoms may abate. It is no wonder a person decides to just go with the flow and blindly follow a pathway leading to a downward spiral of health.

A recent article dated March of 2011 in the Pueblo Chieftain placed Pueblo in the precarious position of very low health compared to other counties in Colorado. The three areas in which Pueblo County residents ranked unhealthiest compared to other adults was high rates of smoking, obesity and diabetes. That does not surprise me one iota. It has been incredibly frustrating, most of the sixteen years I have lived here, to see the dismal condition of overall health in Pueblo, and even worse, to experience the indifference, and oftentimes, hopeless attitude of its victims.

Since I have made it my life's purpose to promote health and prevent disease, I decided to become more actively involved in helping others with their quality of life. I have just become a Certified Natural Health Professional. After pursuing further education for several years, I recently completed the certification. This new skill set, coupled with my backgrounds in Nursing and Psychology, equip me to assist others in maintaining their balance, or homeostasis, more effectively. Providing useful information, pertinent to a person's need, will allow individuals to more efficiently choose ways to be proactive

about their health. Last month, I wrote about choices and how we all have them. However, not everyone realizes what a wide variety of choices they have. My mission is to assess, identify and mentor individuals regarding their health and fitness and to present options to them so that they can lead a healthier, more fulfilling life. Without knowing one's options it is difficult to be proactive. It was said many centuries ago that people perish for lack of knowledge; I believe, however, once informed of actions that can be taken to improve one's life, then the choices are broader. At least a person will then have an alternate pathway to follow, if they so choose.

There is no doom and gloom when considering the wonders of what the human body is capable of given the right environment, nourishment and activity. It is just a matter of becoming educated, knowing the right steps to

take, and having the support system to uphold the new lifestyle. It is a process that may take time but yields incredibly rewarding results. I am looking forward to serving others with my new skills while advocating prevention of disease through promoting healthier lifestyles. Empowering people in this manner may even start a movement. After all, positive, vibrant energy is contagious!

Charlene Causey is a former registered nurse, who has also been a model, nutrition consultant, fitness instructor and educational consultant. She is currently a Certified Natural Health Professional, nutrition consultant and certified personal trainer whose main focus is a natural approach to health and wellness. She can be reached at (719) 250-0683 or IOHealth@live.com

Republicrats Are Punching Holes In Wall Street

by Gary Neiens

It was May 1940. The Germans had just punched a 60-mile wide hole in the French Maginot Line. General Rommel's 7th Panzer Division along with General Guderian's 19th Corps rambled through a humiliated France. Guderian's Panzers thrust so quickly and so far ahead they were no longer even supported by infantry or supply lines. So what happened next? According to Jeff Saut (Chief Investment Strategist with Raymond James Financial) The U.S. stock market opens for trading and 98% of all stocks declined in value. This would not happen again until August 8, 2011 when the Dow (DJIA- Dow Jones Industrials) lost 634 points and 98% of all stocks fell.

Is a downgrade of U.S. debt as scary as having panzers rolling all over free Europe? Probably not. However when you couple it with an unwillingness of Republicans or Democrats to do anything about the countries debt, things do get scary. As I mentioned last month if we don't discipline ourselves the markets themselves will discipline us. That is what is also occurring in Europe. I don't find any of this surprising - nor should you. I was though fooled by the Republicans "get-serious-about-the-debt" posture. They again folded on the debt ceiling issue - just like every other time. Locally, Congressman Tipton should be commended for his unwillingness to swallow big government Boehner's nonsensical bi-partisan bill.

So where do we go from here? The DJIA closed Jan 14 2000 at 11723. Some would call this the "Clinton bull market" high. In October of 2007 the Dow (DJIA) recorded its all time high of 14164. As this is written (because of the recent fall) the Dow is again below 11000. So you can see that although a lot has happened the last 11 years. Not a lot of progress has been made. Volatility has certainly increased lately reflecting the nervousness of investors.

There are obviously reasons to be anxious and in my opinion the poor leadership in Washington has become problematic for investors. An additional concern is the market recorded a Dow theory "Sell" signal on August 2, 2011. According to this fairly well regarded indicator we now enter a bear

market. An over simplification of the theory is that in an industrial economy you produce goods and then transport them to market. Therefore the theory goes that there should be a symbiotic relationship between the Dow Jones Industrial Average and the Dow Jones Transportation Average. According to Phil Roth at Miller Tabak and Company (and others) that desired relationship has snapped - perhaps forecasting a bear market interval.

One group of investors that have not been nervous for quite a while is the gold buyers. My guess is there is no particular reason for a strong stock market rally until a more business conscious government emerges in Washington. I continue to suggest to clients **SEE "REPUBLICRATS" PAGE 29.**

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For A Healthier You



Recent Debt Crisis Shows Social Security Flaws

Alexandria, VA (August 15, 2011) The recent debt crisis is a warning that Social Security is not as secure as some say, according to The Senior Citizens League (TSC), one of the nation's largest nonpartisan seniors groups. Unlike many of the largest senior citizens groups who say that the Social Security Trust Fund is "fully funded" until 2036, TSC says that claim is now open to question. "During the recent debt limit crisis, the payment of Social Security benefits in full and on time was in doubt until Congress acted to increase the nation's borrowing limit," notes Larry Hyland, Chairman of TSC. "On paper, the program is supposed to rely on the assets in the Social Security Trust Fund," Hyland points out. "In practice that means the government must borrow to cover the payment of benefits when payroll taxes are insufficient to cover the cost and the rest of the federal budget is in deficit.

We just learned there's a limit to how much Congress and President Obama are willing to borrow," he says.



Since last year, Social Security has been paying out more in benefits than it receives in payroll taxes. "While the recent debt limit crisis is temporarily resolved, the anxiety and uncertainty about Social Security will continue," Hyland says. "Without changes in the federal budget, like spending cuts or tax increases, the same Social Security crisis could happen the next time the debt limit is reached," he adds.

The debt reduction agreement establishes a special bipartisan deficit reduction committee to draft legislation to reduce the deficit by at least \$1.2 trillion. That legislation is due for Congressional action by December of this year. If the committee deadlocks or its plan doesn't hit the goal of \$1.2 trillion, the difference will be made up in automatic cuts that will include cuts in payments to Medicare providers.

TSC is concerned that annual cost-of-living adjustments (COLAs) affecting tens of millions of retirees will form a major component of deficit re-

duction plans. During the recent acrimonious debt limit negotiations, one of the few proposals to win bipartisan support is a plan for the government to switch to a more slowly growing "chained" consumer price index (CPI). The CPI is used to calculate the annual COLA and affects more than just Social Security benefits. The proposals would also impact Railroad Retirement benefits, military retirement, and federal pension payouts. In addition, seniors would also pay more in taxes since the CPI is also used to adjust tax brackets, the standard deduction, and personal exemptions.

TSC recently released an analysis that found using the chained CPI would cut lifetime Social Security benefits by about 7% over 25 years. New retirees with an average benefit of \$1,100 in 2010 would receive about \$18,634 less over a 25-year retirement period. "The financial impact is deceptive, appearing small at first," says Hyland, "But the cuts compound over time, growing deepest when seniors are the oldest and sickest. By the time seniors are in their late 80s or 90s, when they are most likely to have chronic health problems, monthly benefits would be about \$145 lower using the chained

CPI."

TSC is fighting efforts to reduce COLAs, and supports enactment of special legislation to guarantee the payment of Social Security benefits. "Such legislation is especially important if efforts to reduce the federal debt don't achieve their goals and we risk hitting the debt limit again," says Hyland. To learn more about debt reduction plans that impact your Social Security and Medicare benefits, visit www.seniorsleague.org and sign up for TSC's The Social Security and Medicare Advisor newsletter.

With over one million supporters, The Senior Citizens League is one of the nation's largest nonpartisan seniors groups. Located just outside Washington, D.C., its mission is to promote and assist members and supporters, to educate and alert senior citizens about their rights and freedoms as U.S. Citizens, and to protect and defend the benefits senior citizens have earned and paid for. The Senior Citizens League is a proud affiliate of The Retired Enlisted Association. Please visit www.Seniors-League.org or call 1-800-333-8725 for more information.

Distributed by The Senior Exchange, Inc. Serving The Mature American With Timely, Low-Cost, Self-Help In

Legal Lines: Making Your Medical Wishes Clear

This is a column the Colorado Bar Association provides as a public service.

Question: I am working on my estate plan. How do I explain what kind of medical care I would like if I become ill and when it should be stopped?

Answer: Every adult has the legal right to consent to or refuse medical treatment, and may declare their wishes in writing in the event that they cannot communicate them later. All medical facilities that receive Medicare or Medicaid funds must tell their patients about these rights, and making your wishes known in the event you are incapacitated can be very helpful to doctors and to your family. Most hospitals ask for any advance medical directives you may have, and many even provide a short form for you to make the decisions on the spot. However, you are not required to have any advance medical directives in order to receive care, treatment or be admitted.

There are five primary types of advance medical directives: 1) Living Wills; 2) CPR Orders/Do Not Resuscitate Orders; 3) Medical/Health Care Power of Attorney; 4) Disposition of Last

Remains Declarations; and 5) Organ and Tissue Donation Declarations. An advance medical directive document may incorporate several of these directives. Signing an advanced medical directive does not take away your right to make medical decisions if you are able to do so, but allows your beliefs and decisions to be carried out when you cannot communicate them.

If you do not execute any advance medical directives or appoint a person to make decisions for you and you become incapacitated, your loved ones may have to go to court and pursue a guardianship so they have the authority to make medical decisions for you. While you are encouraged to work with an attorney to execute advance medical directives, Living Will and Medical Power of Attorney forms are available through Bradford Publishing Company and at most office supply stores. If you choose to use a form, be sure it is a Colorado form, as the requirements for advance medical directives are state specific. You should provide copies of your advance directives to your doctor, family, health

care agent and any medical facility you may be admitted to.

In Colorado, individuals may execute a "Declaration as to Medical or Surgical Treatment," more commonly referred to as a Living Will. A Living Will covers the administration, withholding or withdrawal of life-sustaining procedures when you have a terminal condition and are unconscious or otherwise incompetent for seven consecutive days. In this very limited set of circumstances, declarations you make in a properly executed Living Will as to artificial nutrition, artificial hydration and the administration, removal or refusal of life-sustaining procedures govern your treating physician's course of action. Under Colorado law, a "life sustaining procedure" is any medical procedure that only serves to prolong the dying process, including CPR, defibrillation, medications and surgery.

A Living Will also may include your wishes as to your treatment if you are in a persistent vegetative state (but when you do not have a terminal condition) and whether or not you want to make anatomical gifts. You are encouraged to

discuss any medical questions or issues you have with your doctor so you make the best decisions

for you. Regardless of your decision to accept or reject life sustaining treatment, medical professionals will continue to provide all necessary treatment to alleviate pain and suffering.

A Living Will may be revoked or amended at any time. If you do revoke or amend a Living Will, it is very important that you let your doctor, family and anyone else who may rely on the document know of your action. So long as a Living Will appears valid and the medical professionals are not aware of any fraud, revocation or that it was improperly executed, the attending physician may rely on it without the threat of liability. A Living Will must be witnessed by two uninterested parties, and should be notarized if possible.

The Colorado Bar Association welcomes your questions on subjects of general interest. The column is meant to be used as general information. Consult your own attorney for specifics. Send questions to the CBA attn: Sara Crocker, 1900 Grant St., Suite 900, Denver, CO 80203 or email scrocker@cobar.org.

About Legal Lines

Legal Lines is a question and answer column provided as a public service by the Colorado Bar Association. Attorneys answer questions of interest to members of the public for their general information.

and perpetuate the history of the profession and the memory of its members. For more information, visit www.cobar.org.

Sara Crocker, Communications Specialist - Direct: 303-824-5347



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Rochelle Elijah, MD; John Beaman, MD
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Department of Family Medicine/Ivywood
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Department of Occupational Medicine
719-553-2207

Department of Rheumatology
Patrick Timms, MD 719-553-2203

Department of Orthopedics

Charles Hanson, MD; Marissa Phillips, FNP-C
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Department of Pediatrics

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For A Healthier You



Make Sure To Explore Your Treatment Options

(NAPSI)—If you're like most Americans, you study your options when buying clothing, dining out, watching a movie or buying a car. Now, some patients are also learning about options for selecting medical treatments that can improve their quality of life and overall care.

The Campaign

A new campaign, "Explore Your Treatment Options," by the U.S. Department of Health and Human Services' Agency for Healthcare Research and Quality (AHRQ) and the Ad Council, encourages people to become more informed before choosing a treatment for a health condition.

The initiative is designed to

increase patients' involvement in their care by offering easy access to unbiased information about treatment options and tools to encourage shared decision-making with their doctors.

The program includes plain-language consumer guides that summarize the scientific evidence on treatments for numerous medical conditions, including diabetes, osteoarthritis, high blood pressure, high cholesterol and more.

The program has compared outcomes and effectiveness of different treatments and communicated findings to providers and consumers to help them make informed decisions about health care. For example, "Treating High Cholesterol: A Guide for Adults," provides easy-to-understand informa-

tion about different kinds of cholesterol medicines, including how they work and their side effects. The guide also includes a list of questions that patients can ask their doctors to help patients choose their best treatment option.

The Doctor's Advice

"We see the best outcomes when doctors and patients work together to come up with a treatment plan that takes into account the patient's quality-of-life concerns," said AHRQ Director Carolyn M. Clancy, M.D. "Information is power in health care, and this campaign will provide patients with the information they need to become partners with their doctors in their health and health care," she noted.

As part of the campaign, AHRQ's Effective Health Care Program Web site features personal stories from patients with chronic conditions who achieved better health results by exploring their treatment options. In addition, a new Health Priorities Snapshot tool features questions about common daily activities and allows users to rate the importance of quality-of-life concerns. Patients can print out a list



of their own health priorities and share it with their clinicians during medical appointments. These features are available at <http://www.effectivehealthcare.ahrq.gov/options>.

The public service advertisements, which were created pro bono for the nonprofit Ad Council by Grey New York, will run in advertising time and space donated by the media.

Learn More

You can learn more online at www.ahrq.gov and www.adcouncil.org.

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FLORENCE

100 Railroad St. - Florence Tues-Thur-Fri

- SEPT. 1:** BEEF STEW, Whole Kernel Corn, Herbed Green Beans, Diced Pears, Cornbread with Margarine.
- SEPT. 2:** CHICKEN & NOODLE, Seasoned Green Beans, Baked Acorn Squash, Apricot Pineapple Compote.
- SEPT. 6:** TURKEY TETRAZZINI, Italian Green Beans, Strawberry Applesauce, Chocolate Chip Cookie.
- SEPT. 8:** HAM/BEANS, Cut Broccoli, Parslied Carrots, Orange Juice - 4 oz, Cornbread with Margarine.
- SEPT. 9:** CHICKEN CACCIATORE, Whipped Potatoes, Chopped Spinach, Banana.
- SEPT. 13:** SWEET/SOUR PORK, Steamed Brown Rice, California Vegetable Medle, Diced Pears.
- SEPT. 15:** MACARONI/CHEESE, Shredded Green Salad/Lemon, Whipped Hubbard Squash, Strawberry Applesauce.
- SEPT. 16:** TURKEY POT PIE, Cut Broccoli, Tossed Salad/French Dressing, Apricot Halves, Drop Biscuit.
- SEPT. 20:** TUNA NOODLE CASSE-ROLE, Mixed Vegetables, Sliced Zucchini Squash, Sliced Peaches.
- SEPT. 22:** MEATLOAF/Brown Gravy, Cheesy Potatoes, Seasoned Green Beans, Pineapple Tidbits.
- SEPT. 23:** COMBINATION BURRITO, Lettuce & Tomato Garnish/Salsa, Corn, Cilantro Lime Rice, Sliced Peaches.
- SEPT. 27:** ITALIAN SAUSAGE, Marinara Sauce/Spaghetti, Baked Acorn Squash, Tossed Salad, Pizzelle, Pear Halves.
- SEPT. 29:** BBQ BEEF BRISKET, Ranch Style Beans, Carrifruit Salad, Honeydew Cilantro Lime Salad.
- SEPT. 30:** CHILI CON CARNE, Cut Broccoli, Whole Wheat Crackers, Orange Juice - 4 oz, Cornbread with Margarine.

PENROSE CENTER

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- SEPT. 1:** Pasta Frijole-Italian bread, tossed salad, chocolate cookies.
- SEPT. 6:** Grilled Cheese Sandwich, tomato

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 - SEPT. 13:** Chicken Casserole/rice, cauliflower/broccoli, brownie, roll.
 - SEPT. 15:** Beef Stroganoff w/noodles, spinach, fruit cocktail, cake.
 - SEPT. 20:** Macaroni & Cheese, Green beans, pumpkin bread.
 - SEPT. 22:** Open Faced Sandwich/gravy, scalloped potatoes, peas, peach cobbler/ice cream.
 - SEPT. 27:** Chili, Cornbread, apricots w/ice cream.
 - SEPT. 29:** Cheese Enchiladas, Spanish rice, squash, cake.
- BALL ROOM DANCING STARTING TUESDAY SEPT. 13TH**

SALIDA MENU

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

- SEPT. 1:** BRATWURST/BUN,Sauerkraut, Mustard & Onion, Pickled Beets, Sliced Peaches.
- SEPT. 2:** SPAGHETTI/MEAT SAUCE, Tossed Salad with Lite Italian, Seasoned Green Beans, Orange.
- SEPT. 6:** TURKEY POT PIE, Cut Broccoli, Tossed Salad/French Dressing, Apricot

- Halves, Drop Biscuit.
- SEPT. 8:** HAM/SCALLOPED POTATOES, Spinach Salad with Egg, Mixed Vegetables, Peaches.
- SEPT. 9:** SPINACH CHEESE SQUARES, Tossed Salad with Pear, Whipped Hubbard Squash, Citrus Cup.
- SEPT. 13:** CHICKEN FAJITA, Tomato, Lettuce Garnish, Cilantro Rice, Corn, Grapes.
- SEPT. 15:** TUNA SALAD On a Bed of Lettuce, Sliced Tomato, Pasta Salad, Orange Juice - 4 oz, Fresh Peach.
- SEPT. 16:** MEATLOAF/Brown Gravy, Cheesy Potatoes, Seasoned Green Beans, Pineapple Tidbits.
- SEPT. 20:** SLOPPY JOE ON A BUN, Scalloped Potatoes, Broccoli & Carrots, Apple.
- SEPT. 22:** CHICKEN WITH WHITE CHILI, Spinach Salad with Lite Ranch Carrots, Apple, Brownie, Cornbread with Margarine.
- SEPT. 23:** HUNGARIAN GOULASH, California Vegetable Medley, Green Peas, Pineapple Tidbits.
- SEPT. 27:** LENTIL BLACK BEAN SOUP, Egg Salad Sandwich on Whole Wheat Bread, Slice Tomato on Lettuce, Banana
- SEPT. 29:** BEEF AND BROCCOLI STIR FRY, Steamed Brown Rice, Steamed

- Carrots, Pineapple Tidbits.
- SEPT. 30:** TUNA STUFFED TOMATO, Spinach Salad with Italian Dressing, Drop Biscuit, Peanut Butter Oatmeal Cookie.

GOLDEN AGE CENTER

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

- SEPT. 2:** Smothered Chicken, cornbread stuffing, seasoned cauliflower/broccoli mix, applesauce, waldorf salad.
- SEPT. 5** Closed-Labor Day
- SEPT. 7:** Beef Stroganoff, orange spiced carrots, ruby beet salad, mixed fruit.
- SEPT. 9:** Turkey Pot Pie, cut broccoli, tossed salad with french dressing, apricot halves.
- SEPT. 12:** Macaroni & Cheese, shredded green salad/lemon, whipped hubbard squash, strawberry applesauce.
- SEPT. 14:** Roast Chicken/Broth, scalloped potatoes, seasoned brussels sprouts, cinnamon apples.
- SEPT. 16:** Birthday Meal - Combination Burrito, lettuce & tomato garnish/salsa, cilantro lime rice, sliced peaches.
- SEPT. 19:** American Lasagna, herbed green beand, seasoned cabbage, banana.
- SEPT. 21:** Beef Barley Soup, sesame broccoli, apricot pineapple compote, apple.
- SEPT. 23:** Lemon Baked Fish, tartar sauce/lemon, rice pilaf, green beans/mushrooms, fruit salad.
- SEPT. 26:** Hungarian Goulash, California veggie medley, chopped spinach/malt vinegar, banana.
- SEPT. 28:** Sweet/Sour Pork, steamed brown rice, california veggie medley, dice pears.
- SEPT. 30:** Cream of Potato Soup, tuna soup wrap, hardboiled egg, grapefruit half.

MOST MEALS SERVED WITH MILK
 (Coffee or Tea optional)
 Most meals served/bread/marg.

The Menu This Month Has Been Sponsored By *Argus Alert*. Why Not Stop By Or Give Them A Call And Thank Them?

For A Healthier You



Diagnosing That Pain In Your Low Back

(NAPSI)—If you or someone you care about has low back pain, don't resign yourself to lumbar spine surgery just yet. There's a good chance the problem isn't a disc, or even in the spine itself—it may be someplace else that's easier to handle.

The SI Situation

Doctors today estimate that up to 25 percent of all low back pain actually originates in the sacroiliac (SI) joint, which is located in the pelvis just behind the hip. The SI joint bears and transfers weight and movement from your upper body to your legs, and over the years it can become arthritic and the ligaments can wear out. When that

happens, low back complaints are usually the result. If you have trouble lying or sleeping comfortably in certain positions or feel lower back pain when lifting, running or walking, the SI joint may be the source.

"The SI joint is a significant cause of low back complaints, including pain and disability, which can mimic disc pain without actually originating from the lumbar spine," said Ralph Rashbaum, M.D., a board-certified orthopedic surgeon. "All spine surgeons should include the SI joint as one of the first places to evaluate in patients presenting with low back problems."

The Treatments

One common way for a doctor to identify SI joint dysfunction is to inject Lidocaine, a local anesthetic, into the joint. If it relieves the pain temporarily, the joint is the likely source of the problem. There are multiple treatment options—physical therapy, chiropractic manipulations, oral medications and steroid injection therapy—and all can be helpful. Some people also find relief from wearing a pelvic belt, which can provide support part of the time.

However, if these alternatives improve the symptoms only temporarily or not at all, surgery may be required. Traditional open surgery involves repairing and/or resurfacing the

malfunctioning SI joint, but there's also a new high-tech procedure using small titanium implants to stabilize the joint. This minimally invasive system, called iFuse, involves a much smaller incision and much less soft-tissue damage, so it is likely to heal more quickly and comfortably than traditional open surgery.

Diagnosing your low back pain is the first step toward getting it fixed. And new technology is helping patients achieve that more quickly.

Learn More

You can find more information about the iFuse Implant System at www.si-bone.com or (866) 762-8594.

September Is Children's Eye Health & Safety Month

Submitted by Kathy-Lyn Allen, PR Coordinator - Rocky Mountain Eye Center

According to the American Academy of Ophthalmology (www.aaopt.org):

As children return to school, parents naturally consider how to help their children learn and succeed. Good vision and eye health are key to students' ability to do well in the classroom, on the playground, in sports, and when studying at home. September is "Children's Eye Health and Safety" month, and the American Academy of Ophthalmology (AAO) encourages families to make sure students receive vision screening and learn eye health and safety practices. Also, it's important for parents of children with learning disabilities to know how vision does—and does not—play a role.

Parents may have questions on

how the eyes and vision interact with learning disabilities in children. Learning disabilities result from the brain's misinterpretation of images received and relayed by the eyes, rather than from structural or functional eye problems. That's why learning disabilities are not treatable by eye exercises or vision therapy. If learning disabilities are suspected, students need testing, followed as appropriate by in-depth exams and treatment. And whether or not learning disabilities are suspected, all students need vision screening to check visual acuity and eye health.

Vision screening is essential to early detection of problems that impact learning and quality of life.

This information was retrieved (Jul 2011) from <http://www.eyecareamerica.org/eyecare/treatment>. Please contact the American Academy of Ophthalmology (AAO) directly for more in-

"Vision screening is essential to early detection of problems that impact learning and quality of life."

formation. Please schedule your family's next eye exam with Rocky Mountain Eye Center by calling 1-800-934-EYES (3937) or by visiting us online at www.rockymountaineyecenter.com

American Academy of Ophthalmology. Cataracts: Eye Diseases Information: EyeSmart. Retrieved July 11, 2011, from <http://www.aaopt.org/eyesmart>

Keep Connected!!

(NAPSI)—Positive news for those experiencing cancer, premature birth or serious illness and the people who care for them: Staying connected helps make health journeys easier!

Patients say going online to update family and friends about their health condition positively impacts their healing process. That may be one reason half a million people a day turn to a nonprofit that provides free websites to share health news.

A personal CaringBridge website helps patients and caregivers communicate with family and friends when juggling in-person visits and phone calls with medical appointments is challenging. An online journal allows loved ones to stay up to date before, during or after a hospital stay. Followers are notified whenever it is updated and can post messages of support and encouragement. CaringBridge users find that sharing experiences of coping with health challenges with others reduces feelings of isolation.

Create a free patient website for yourself or a loved one: www.caringbridge.org.



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Objective Emotions: Things & Attachment & Loss

by Patricia McLaughlin

LISA TRACY PLUMBS THE TRAGIC POTENTIAL OF THINGS THAT OUTLIVE THEIR PEOPLE.

Was there ever a time, early on, at the beginning of humanity, when people were able to use objects without forming attachments to them? An arrow was useful for bringing down prey; it meant nothing else? A shirt kept you warm, nothing more?

If so, it couldn't've lasted long. As soon as you find evidence of what we call civilization, you find things freighted with meaning, things that are revered, or feared, or treasured. Things used as signs of identity, role, kinship, gender. Sacred things. Magical things. Things of sentimental value.

Some of us glom onto things more readily than others. There are people like my mother, who seems to take actual pleasure in getting rid of things. When I was little, sometimes at naptime she'd tell me stories about the colorful patchwork quilt her grandmother had made her for a wedding present. This one came from a summer dress of her sister Louise's. That one was a skirt of Ceil's. This one was one of her mother's aprons. But a few years later, when the quilt's muslin backing began to fray, she donated it to the St. Vincent DePaul Society, memories and all, without a second thought. (My grandmother's monogrammed flat silver met the same fate.)

I, on the other hand, can't let go of things. I still have dresses I wore in college. I have the blue jeans I wore on my

first trip to Europe in 1970. I remember how, whenever I got out of my depth on that trip, I could put on my talismanic bleached-out bellbottom jeans and remember who I was.

I can't even let go of things I don't have anymore. The Leonard de Paris scarf that a gust of wind plucked up and made off with in St. Louis once: I ran classified ads in the Post-Dispatch; I still search for that scarf on eBay.

The silver ring I made three years ago -- set with a quartz pebble I'd found on the beach at Cape May Point -- that I lost the same year I made it: I still hope it'll turn up.

The little purse I left behind on a visit to the Louisa May Alcott House with my grandfather when I was 8: I'm still waiting for somebody to find it and send it back to me, along with its contents: a set of sparkly pastel bangle bracelets from my grandmother and a silver and onyx ring my mother's aunt had given her.

I even feel a sympathetic sense of loss when other people get rid of *their* things. Usually I try to talk them out of it: "Hey, it might come in handy someday ..."

When I read Lisa Tracy's "Objects of Our Affection" last year, I could see her point -- at first. Tracy and her big sister, Jeanne, had inherited the worldly goods of several far-flung households, things collected by different branches of their mostly military family on postings to several continents over several generations.

There was just way too much of

it, and they were tired of paying to store it all. It only made sense to send most of it to auction.

But that was before I'd heard the stories. The sandai chest, protected with fierce hammered-iron foot lions, that sat next to the Victrola in their grandparents' dining room and scented the napkins and placemats and tablecloths of their childhoods with sandalwood. The Chinese tapestry that hung above it. The George Washington chair.

It was before I'd followed Tracy on her quest to find out whom the things had belonged to and where they'd come from. Their grandfather, Charlie Kilbourne, whose tunneled fortifications of Corregidor saved Douglas MacArthur's bacon -- but, of course, it's MacArthur's name you know. Harry Egbert, the great grandfather who, leading his regiment's charge, was shot halfway up San Juan Hill, leaving Teddy Roosevelt to bask in the glory of victory. Susan Saltar Smith Dennis, the great-great-great-grandmother who may have purchased the George Washington chair at an auction of Washington's furniture in Philadelphia in 1797 but, of course, there's no actual proof.

People who were almost -- but not quite -- famous. People with stories well worth retelling if they happen to be your forebears, but -- unfortunately -- not so compelling that strangers would pay millions for their old furniture. The Aaron Burr dueling pistols, for instance, had indeed belonged to Burr, they just weren't the pair used in the historic duel that killed Alexander Hamilton.

And not just whose they were, but what they meant: The sterling silver pickle fork and the 130 Canton china luncheon plates and the endless table

linens that were the tools the successful 19th- and 20th-century military wife used to do her job: keep up appearances, always be gracious, and be ready at a moment's notice to pick up and move to some godforsaken frontier Army post. There, she'd re-create home out of a few trunks and packing crates of blankets, portraits, folding screens, linens, silver, china, knick-knacks and a few decent sticks of furniture -- all she needed to "make people feel comfortable, welcome and well entertained."

"The hell of an auction is," Tracy writes, "you go into it not knowing what you will miss most after it's over. And by then, of course, it will be too late."

The sandai chest is knocked down for \$800. The Chinese tapestry, misdescribed in the catalog as part of a Japanese kimono, sells for \$200.

I couldn't've been sorrier if they were my own.

Write to Patricia McLaughlin c/o Universal Uclick, 1130 Walnut St., Kansas City, MO 64106 or patsy.mcl@verizon.net.



Author Lisa Tracy tracks down the provenance of her all-too-abundant patrimony in "Objects of Our Affection: Uncovering My Family's Past, One Chair, Pistol, and Pickle Fork at a Time." photo: Fran Fevrier

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WHERE ARE THEY NOW?

by Marshall Jay Kaplan

DAVEY JONES

He was short. He was cute. He was English. And he was a member of the made-for-TV rock group, The Monkees. Today, Davey Jones is still short, English and still sings The Monkees' tunes across the country. Most importantly, he looks back at his early fame with a positive attitude and embraces his career as a Monkee.

Born in Manchester, England in 1948, Davey began work as a child actor and eventually won the coveted role of 'The Artful Dodger' in Broadway's "Oliver" in 1965, winning him a Tony nomination.

With the frenzied success of the Beatles, television producers came up with the idea to create a mop-head type band for television. "I was the first actor that the producers hired. I was cute. I had an English boy's haircut and I work Edwardian-style suits." They then cast the other roles to Mike Nesmith, Peter Tork and Mickey Dolenz -- all of whom were 6' tall. Despite Jones' lack in height, the chemistry of all four performers was magic.

Airing in 1966, the show was an immediate success and won an Emmy award in its first season. Songs performed on the show such as, 'Daydream Believer', 'Last Train to Clarksville' and 'I'm and Believer' led to the selling of millions of albums and created 7 Top 40 singles in fourteen months.

Davey Jones — the 'cutest Monkee' was the center of the 'Monkee Frenzy'. The show ended in 1968 and the group dissolved in 1969. This was tough on Davey. "I was depressed at not being on the charts and not going to the studio. I got divorced and became a walking wild man, meeting two or three girls a day. I was lost until I got married again."

In 1985, The Monkees reunited and started to tour the United States. The success was phenomenal. In 1989 the group was given a star on Hollywood's Walk of Fame.

Today, Davey is happily married and has two daughters. He maintains a home in England, but spends most of his time on his farm in Pennsylvania, raising horses. He sums up his life, "I'm not was wealthy as some entertainers, but I have been given a talent — however big or little — and I've got to use it the best way I can. In a world of no's I have been given an awful lot of yesses." 'I'm a Believer' obviously means a lot more to Davey than just a song.



Fashion: Looooking Gooood!

One Hundred Years Ago: When Respectability Ruled

by Patricia McLaughlin

WE HARDLY KNOW WHAT IT MEANS ANYMORE, BUT 100 YEARS AGO RESPECTABLE DRESS WAS CRUCIAL.

I learned housecleaning from my grandmother when I was little. I would visit her, and we would clean. She'd show me how to dust down the front stairs, step by step, starting at the top, being careful to get into each of the back corners. Then back to the top again, to dust the balusters. If the doorbell rang, she'd whip off her apron with a practiced gesture on her way to the door, and draw herself up to her full height of 5-feet-1-inch before answering it.

It would be years and years before I saw what she was doing: turning herself into a different person, transforming herself from maid-of-all-work doing her dusting to lady-of-the-house, ready to make a respectable public appearance. It was part of her job as a mid-20th-century

housewife.

After what psychologist J.C. Flugel called the "Great Masculine Renunciation" of the 19th century -- when men renounced silks and satins, powdered wigs and lace cuffs, tight breeches and bright colors in favor of drab, serviceable, egalitarian sack suits that facilitated doing business across class lines -- the work of demonstrating a family's wealth and social position devolved to women.

All along ladies of leisure had been expected to be decorative but, once men skipped out on sartorial display, women were left to shoulder the whole burden of dressing to demonstrate their husbands' material success and their families' respectability. This is why women's fashions of the Victorian era look so much like fancy lampshades: Clothes grew more elaborate, more complicated, more difficult to maintain -- all the better to telegraph a zillion gradations of wealth and taste. Every ruffle, every flounce, eve-

ry bit of handmade lace signified. Veblen called it vicarious consumption.

This explains the portrait of Mrs. Jay Gould, weighed down by her \$500,000 ropes of pearls, and the publicity photos of Edith Wharton that show her festooned with more lace and layers and flounces than a baby's bassinet. But such obligatory vicarious display wasn't limited to wives of robber barons competing for influence in "society" with the wives of men with lesser amounts of older money.

Things were, as usual, even worse for people on the margins. Women who couldn't afford to smother themselves in lace felt obliged to compensate by forcing their feet into shoes as narrow as knives and lacing their corsets tighter, since constriction had come to be identified with gentility.

Women who couldn't assemble the bare minimum respectable wardrobe had to fake it. There's a scene in "Little Women" where the March sisters, dressing for a party, solve the problem of too few good gloves to go around by splitting up one good pair and one stained pair between two sisters: Each wears one good glove and clutches a spoiled one in her gloved hand, as if she'd just removed it.

Booth Tarkington devotes most of the first 100 pages of "Alice Adams" to Alice's struggle to equip herself to attend a party at the home of her rich friend Mildred, who "would never in her life do anything 'incorrect,' or wear anything 'incorrect.'" She tasks her mother with relining and restyling her tired organdy evening dress, spends hours picking violets for a bouquet at a city park because she can't afford a florist, prevails on her brother to escort her because she doesn't have a date -- and then, to her embarrass-

ment, arrives in the respectable flivver he rents for the evening for 75 cents from his employer's chauffeur. Worse, his haircut is all wrong, he's one of the few men at the dance without gloves and not wearing a tailcoat, he dances too well to seem "quite like a gentleman," and he can't wait to ditch her so he can go outside and smoke. How will she ever find a respectable husband?

Kate Douglas Wiggin's "The Birds' Christmas Carol" tells the tale of a saintly invalid child who invites the nine ragamuffin children who live in the little house behind her parents' mansion to her last Christmas dinner. Wiggin can't resist playing it for laughs when she describes their mother's energetic and ingenious efforts to dress all her children respectably at the same time, and then school them in party manners, so they'll do her credit when they visit "the great house." There aren't enough hats to go around, so she drills them to say they left their hats at home because it was such a short walk. She makes a new suit for the baby out of her old plaid shawl, strips the brass buttons off their uncle's police uniform to decorate one of the girls' dresses, borrows a pair of stockings from a neighbor because, though she has 19 stockings, she can't make them come out to nine pairs, "n' I ain't goin' ter have my childern wear odd stockin's to a dinner-comp'ny, fetched up as I was!"

So much work. So much worry. It's enough to make you grateful for the more relaxed standards of dress of the 21st century, when pretty much anybody feels entitled to go pretty much anywhere in old blue jeans, and it takes an expert eye to tell whether the jeans in question are truly old, or the work of an artisan specializing in the custom-distressing of premium denim.



Vintage housedresses at a sidewalk sale in Philadelphia. photo: Patricia McLaughlin

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BIRD

from page 15.

ers in pots, and they are perfectly happy with little gardens in window boxes and hanging baskets. Tube-shaped flowers, such as hyssop and honeysuckle, are especially attractive to hummingbirds.

-- Do not use pesticides in your hummingbird garden: Hummingbirds consume lots of insects. A saucer of overripe fruit or banana peels will attract fruit flies for hummingbirds.

-- A mister attachment for a birdbath (available at garden shops) will attract hummingbirds.

-- Hang a hummingbird feeder to supplement natural nectar. Make the mix yourself: Boil four parts of water to one part sugar (one cup water and one-fourth cup sugar, for example). Do not use honey, which ferments easily, or artificial sweeteners. Use a small feeder and change the sugar-water often, to keep it fresh and to discourage mold.

-- For more suggestions for hummingbird-friendly gardening: web4.

audubon.org/bird/at_home/bird_feeding/hum_habitats.html

SOURCES:

-- Strawberry Plains Audubon Center's 2011 Hummingbird Migration Celebration is scheduled Sept. 9-11, 2011. For more information, strawberryplains.audubon.org.

-- The Rockport-Fulton Texas HummerBird Celebration is scheduled Sept. 15-18, 2011. For more information, www.rockporthummingbird.com.

-- Grow Native! is a joint program of the Missouri Department of Conservation and the Missouri Department of Agriculture. The program's hummingbird garden design, and descriptions of dozens of great hummingbird plants, are available on its website: grownative.org/landscape/plans/hummingbird.asp

-- High Country Gardens specializes in drought-tolerant perennial plants and offers several designed gardens; highcountrygardens.com.

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Reeves

from page 6.

That was really no different from John F. Kennedy's idea that a rising tide lifts all boats. His single change to a budget proposal by Walter Heller, his house economist, was to make the cover of the printed program a darker blue. Usually, hopeful words and rosy budget scenarios satisfy the public, at least until after the election.

This time, not so much. The rich folk of this generation have relearned Gilded Age lessons about how Washington and tax codes work and gamed the system to split the gap between rich and poor like the Red Sea.

Vaclav

from page 7.

which amounts to a non-solution—and of low economic growth rates.

The second reason for European economic problems—not specifically European, but worse in Europe than elsewhere—has to do with the quality, productivity and efficiency of its economic and social system. Europe is characterized by a seemingly people-friendly, non-demanding, paternalistic and—in consequence—insufficiently productive economic and social system called *die soziale Markwirtschaft*, or social democracy. This system, with its generous social benefits, weakened motivation, shortened working hours, prolonged years of study, lowered retirement ages, diminished the supply of labor—both at the macro level and structurally—and led to very slow economic growth.

In Europe, we have witnessed a gradual shift away from liberalizing and removing barriers and towards a

After four months in office, Reagan told the Congress: "High taxes and excess spending created our present economic mess. More of the same will not cure the hardship, anxiety and discouragement it has imposed on the American people." So, a man who made his political reputation by attacking "tax-and-spend" Democrats became president and invented "borrow-and-spend" Republicanism.

This was called Reaganomics. Unfortunately, it did not work. When Reagan became president -- and began to cut taxes -- the federal deficit was 2.5 percent of the national economy. When he left, eight years later, the deficit was

massive introduction of regulation from above, an ever-expanding welfare system, new and more sophisticated forms of protectionism, and continuously growing legal and regulatory burdens on business. All of these weaken and restrain freedom, democracy and democratic accountability, not to mention economic efficiency, entrepreneurship and competitiveness.

Europeans today prefer leisure to performance, security to risk-taking, paternalism to free markets, collectivism and group entitlements to individualism. They have always been more risk-averse than Americans, but the difference continues to grow. Economic freedom has a very low priority here. It seems that Europeans are not interested in capitalism and free markets and do not understand that their current behavior undermines the very institutions that made their past success possible. They are eager to defend their non-economic freedoms—the easiness, looseness, laxity and permissiveness of modern or post-modern European society—but when it comes to their economic freedoms, they are quite indifferent.

The critical situation in Europe today is visible to everybody. It is not possible to hide it. I had believed that this spectacle would be a help to the cause of political and economic freedom in Europe, but this is not proving to be the case. Of course with the way your American government has been going, you might be able to catch up with us—in terms of our problems—very soon. But you are not as far along yet. So maybe seeing Europe's crisis today will at least help you in America turn back toward freedom.

5 percent of the economy. Interest payments on the debt jumped from \$69 billion in 1981 to \$169 billion in 1988. At the time, those were astonishing numbers, and they have exploded since.

That's where we are now. The leaders of Reagan's party -- he would be a left-wing Republican now -- seem to truly believe that they, and they alone, know the secret other politicians have sought: Reduce the deficit, balance the budget and save the republic.

That's quite a reversal from only a few years ago when Vice President Richard Cheney said that, politically, Reagan had proved that deficits don't matter. After all, Reagan ran up more debt than any of his predecessors and easily won re-election. This time they matter mightily, at least until 2012.

In the middle of Reagan's 1984 campaign against Walter Mondale, James Baker, Reagan's chief of staff, passed him a memo saying:

"The goal is to win re-election. ... That's the big picture. Everything else

is small picture. ... Taxes are a big-picture issue. If we want to win -- and win big -- the exigencies of the election force us to solemnly swear that Mondale is the tax-increase candidate and Ronald Reagan is the no-tax-increase candidate." Then he ended the note by saying that after the election, Reagan could do whatever he wanted to do about abstractions like the deficit.

What Reagan did after the election was make Baker his secretary of the Treasury.

Ed. Note: What the esteemed Mr. Reeves leaves out is that Reagan was bushwhacked by the stacked democrat-controlled congress who went back on their word of reducing spending, hence the increase in the deficit. Reagan's years turned around this nation in a big way. Interest rates and unemployment rates dropped dramatically. When asked about the communists and their rhetoric, Reagan once said "Trust, But Verify." Too bad he didn't listen to his own words when it came to the congress in 1986. Have you discovered a pattern with these Leftist editorial writers?

Key Questions To Ask Pols

KEY QUESTIONS TO ASK YOUR MEMBER OF CONGRESS ABOUT SOCIAL SECURITY & MEDICARE

Alexandria, VA (August 1, 2011) Changes to your Social Security and Medicare benefits appear likely to form part of the plans to reduce the federal budget deficit, warns The Senior Citizens League (TSCL), one of the nation's largest nonpartisan seniors groups. What is under debate and how would it impact your retirement and health care benefits? Here are two of the leading proposals that would affect today's seniors:

COLA cuts: One of the most widely discussed proposals by deficit reduction negotiators on both sides is changing the way Social Security and other benefits are adjusted for inflation to a more slowly-growing "chained" Consumer Price Index (CPI) which would reduce the annual cost-of-living adjustment (COLA). The proposal wouldn't just impact Social Security benefits; it would also reduce Railroad Retirement, military retirement, and federal pension payouts as well as Supplemental Security Income (SSI) payments received by very low-income seniors.

A study for TSCL estimates that using the new "chained CPI" would cut lifetime benefits by about 7% over 25

years and almost 10% if retirees live into their 90s. New retirees with an average monthly benefit of \$1,100 would receive about \$18,634 less over a 25-year retirement period. "The financial impact is deceptive, appearing small at first," says TSCL Chairman, Larry Hyland. "But the cuts compound over time, growing deepest when seniors are the oldest and sickest. By the time seniors are in their late 80s or 90s, when they are most likely to have chronic health problems, average monthly benefits would be about \$145 lower using the chained CPI," Hyland says.

Higher Medicare costs: Lawmakers are also considering changes to Medicare supplemental plans known as Medigap. Although the details vary, most proposals would require a new deductible of about \$550 that plans would not be allowed to cover. Some of the proposals would also require new co-pays or co-insurance. Policy experts say that Medicare supplements cover too much, and because seniors don't have to pay much under these plans, it drives up unnecessary care. TSCL however believes that Medicare is becoming unaffordable as it is now. Seniors already are spending about 15 percent of their incomes on Medicare costs. "Making seniors pay even more would only mean more seniors would forego care, and that could damage their health," Hyland says.

"Everyone worried about their Social Security and Medicare benefits has an important role to play in the debate," notes Hyland. TSCL is urging seniors to find out where their Members of Congress stand. "A good way to do that is to attend town hall meet-
SEE "POLS" PAGE 29.



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Dogs

from page 16

including Mohawk, incorporate SmartStrand, a polymer fiber produced from corn sugar that allows the toughest stains like mustard, red wine and cherry Kool-Aid to be removed with warm water and a mild detergent.

Keeping a home tidy also is a challenge with pets: Where to put leashes, collars, food, treats, toys? Creative solutions abound: Think handsome decorative hooks, great-looking containers -- baskets, buckets, fabric-covered bins, just like those catchalls for kids stuff.

"I bought some baskets at T.J. Maxx," says Fenimore, who sells an eclectic furnishings line through her website, Studio Ten 25, and offers online design consultation as well. She is known for her sharp eye, color sense and keen ability to mix high-end and bargain materials for a pulled-together stylish look. For pet food storage, the designer repurposed tall containers for wrapping paper. "It fits a bag and a half of food, and sits in a little nook out of the way."

Even kitchen manufacturers are addressing pet needs with ideas that include storing food (in pullout hampers or containers that usually hold trash), feeding stations (with pullouts housing bowls contained in the toe kick), built-in dividers in drawers for treats, leashes, collars and medication, as well as places to stretch out under an island or next to cubbies at the base of mudroom cabinetry.

At Dream Home, a semiannual show house held at the Merchandise Mart in Chicago, one of the most talked about features was in a kitchen designed by Shawna Dillon for Snaidero. Next to a breakfront, just a couple of feet up from the floor, was a sleek faucet, handy to fill a water bowl beneath.

Pet-friendly decor actually has become a specialty for some interior designers. Considering that we will spend \$50 billion on 78 million pets this year, according to the American Pet Products Association, and that some folks will splurge for fancy beds (up to \$900) and carriers (Ralph Lauren sells a crocodile bag for \$18,000), it's not surprising.

"Our pets are full members of the family," say designers at the Florida-based Lap of Luxury Custom Home Interiors on its website, lapofluxuryinteriors.com.

Suzanne Lasky of S Interior Design in Scottsdale, Ariz., says she assesses a home from the pets' perspective as part of her Pawprint Design Services. "Pets couldn't care less what color the walls are, but they really appreciate a den-like space," says Lasky.

To be sure, creative cozy niches for pets are springing up as serious furniture. A pair of elegant consoles designed by Montgomery, Ala., architect Bobby McAlpine pampers pooches in directoire style. A handsomely scaled console, available in several finishes, has an open shelf beneath, fitted with a tufted cushion for a regal stretch.

DenHaus puts it in perspective: "My dog, my best friend, shares my life and my space. Designer dog crates give us both comfort and joy." Their business was launched out of distaste for ugly dog crates. Their double-duty end tables have ventilated doors that allow doggies to camp within. From traditional classic lines in wood, to streamlined Fiberglas "dens," suit a range of house styles.

And while some pets may be very well behaved, accidents can happen.

"You can't have 500 silk pillows on your sofa," says Fenimore. "You do have to establish boundaries. Our dogs know they aren't allowed to chew."

"I tell clients, 'You know what? We have dogs. We're not going to live in a magazine. Make your home work for you and your pets. We entertain about 30 or 40 people at Thanksgiving, and when they come into our living room with the fireplace going, they say, 'It's so comfortable.'"

That's a paws-up, win-win for everyone.

Sources

-- Calico Corners, 800-213-

6366, www.calicocorners.com

-- Crypton Super Fabrics, 800-279-7866, www.cryptonfabric.com

-- DenHaus, 877-211-7438, www.denhaus.com

-- FLOR, 866-952-4093, www.flor.com

-- Kohler, 800-456-4537, www.kohler.com

-- Liora Manne, 212-989-2732, www.lioramanne.com

-- Martha Stewart Living Carpet Collection sold through The Home Depot,

-- McAlpine Home, MacRae Designs, 800-446-5526, www.macraedesigns.com

-- Miles Talbott, 336-885-7500, www.milestalbottfurniture.com

-- Mohawk, 800-266-4295, www.mohawkflooring.com

-- Perennials, 888-322-4773, www.perennialsfabrics.com

-- Studio Snaidero Chicago, 312-644-6662, www.snaiderochicago.com

-- Sunbrella, Glen Raven Custom Fabrics LLC, 336-221-2211, www.sunbrella.com

Pols

from page 28.

ings in your area," Hyland says. What should seniors be asking their Members of Congress? Here are a few key questions about your Social Security and Medicare benefits:

1. What is your position on Social Security changes? Do you believe reductions should be borne by all beneficiaries or do you believe the people currently receiving benefits and those close to retirement should be protected? What would you support doing to ensure the government will be able to pay Social Security benefits in the future?

2. Do you believe the current cost-of-living adjustment (COLA) accurately tracks inflation experienced by seniors? What do you think should be done to provide a fair and adequate COLA?

3. What proposals do you support to restrain the growth in out-of-pocket Medicare costs? How would you keep the program affordable for seniors and the disabled?

TSCl lobbies to protect Social Security and Medicare benefits for cur-

rent retirees from cuts. To learn more about these proposals and to download copies of The Questions to Ask Your Member of Congress at Your Next Town Hall, visit the TSCl website at www.seniorsleague.org.

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from page 21.

and prospective clients an emphasis on the oil energy complex and precious metals. We also look for companies with good cash dividends. What if this market stalls for another decade? You better have some dividends.

On the bullish side you have some reason for hope. Earnings have generally been coming in well. Corporate balance sheets are holding a lot of cash; elections are near; and even retail sales might be suggesting a good back-to-school season.

However, it seems like some discipline and leadership will have to emerge from the Beltway. The President is spending so much that his supply lines (taxes, revenue) can't keep up. Slow down Mr. President, this strategy worked for Guderian -- but you are no Heinz Guderian.

Good luck and good investing. Gary Neiens, Financial Advisor/Investment Broker-Raymond James Financial Services, Inc., Member FINRA/SIPC 310 S. Victoria Ave, Ste. G-Pueblo, CO 81003 - Phone: 719-545-2900 E-mail: Gary.Neiens@RaymondJames.com

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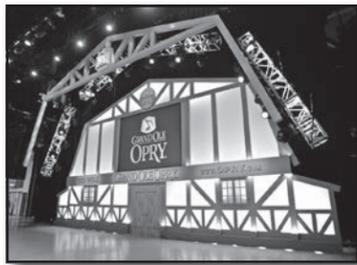
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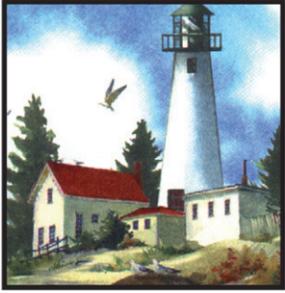


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“Light For The Journey”

By Jan McLaughlin - Director of Prayer Warriors For Prisoners



“GOD’S BIRTHDAY SURPRISE!”
SEPTEMBER 2011

August! Another birthday! Who spun the clock? Time is getting entirely out of hand here! Wasn’t my 40th birthday just last year? I was riding the Merry-Go-Round in the Pueblo city park and the man running the carousel kissed me and said “Happy Birthday, Jan.” I was more stunned by his kiss on my cheek than that he knew my name and that it was my birthday.

No, no. It wasn’t last year. Last year had to be my 50th! Of Course! That was the year I fell off the Merry-Go-Round horse at Sea Port Village. My kids and grand children were shocked. So was I! (My pride was crushed!) Crazy! My oldest son, Kelly, helped me to my feet making sure I was in one piece. Gaining composure, I looked at them and said, “It’s ok now! You can laugh!” And did they EVER! In fact, they still laugh and remind me there is surely a ranch somewhere that is hiring “wranglers” just in case I need a job.

No, it wasn’t my 50th either

or even the 60th which had also sailed by. This was just another birthday but I wanted to get out of town and camp. After praying and discussing several options, we felt God directing us to go to Mt. Princeton Hot Springs and relax in the river pools. Rick and I are



The Tribe is: Ken, Kelly, Jan, Rick, Morgan, Elijah, Brandon and John

consumed with ministry activities and the upcoming banquet. A couple days away sounded like a bit of heaven and the river pools are marvelously therapeutic. I could happily melt away in them for hours and invariably look like a white prune when I climb out.

My two oldest sons, Kelly and Ken and three grandchildren were currently on a two week four-wheeling and camping adventure in Colorado. We wanted to spend time with them

but their schedule took them to Crested Butte on my birthday. There was no chance of venturing that far from the office this time of year. I was greatly disappointed we wouldn’t see them but glad to settle for a couple of days camping in the mountains.

Rick and I packed the camper and left Cañon City Saturday afternoon. When we arrived at Chalk Creek, all the forest service camp grounds were full. Disappointed, we drove back past Mt. Princeton Hot Springs and on to the commercial camp ground near Nathrop. The price to park was outrageous. Campers were crammed together with barely room to walk between. It was horrible and the last time we will ever stay there. Greed is disgusting.

Muffling outside noises with the air conditioner, we closed the blinds and played Scrabble. After dinner I sat at the table grumbling...ok, ok! I was murmuring! “Wouldn’t you think,” I whined, “that when my sons plan a 14 day trip to Colorado they could work in ONE day to spend with their mother?”

At 9:00 pm my phone rang. I could barely hear Kelly because of poor service. However, I heard him say, “Mt. Princeton,” and tried to tell him we were camping at Nathrop. The line

went dead. In minutes he called again. I could hear him clearly. “Our camp is just above St. Elmo. The passes at Crested Butte aren’t open because of snow pack so we decided to finish our trip around here. Can you and Rick come spend some time with us?”

I told him where we were camped. He was stunned. “Nathrop! I just left Mt. Princeton. I’m FIVE minutes from you. I’ll be right there!”

What a wonderful surprise. The Lord gloriously blessed me with two wonderful days of 4-wheeling with them. Stunning wild flowers covered the hillsides in the high country.

Our 7 year old grandson loves
SEE “LIGHT” PAGE 31

For Home-Based Care, Quality Is Required

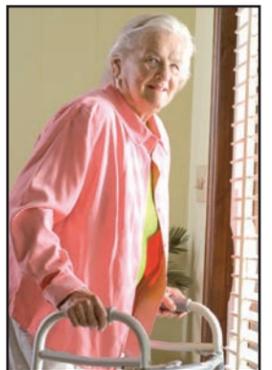
(NAPSI)—It’s hard to create a new government program that nearly everyone dislikes, yet federal regulators have done just that.

A new bidding system in Medicare for durable medical equipment has drawn criticism from economists, patient advocates, and members of Congress alike. Critics say the system designed by Medicare cuts payment rates so deeply that it stifles competition and reduces access to quality care.

The program affects millions of Americans who depend on oxygen therapy, tube feeding, power wheelchairs, CPAP devices, walkers and mail-order diabetic supplies. These are products that allow Medicare beneficiaries to remain safe and independent at home, which saves Medicare dollars.

More than 130 members of Congress support H.R. 1041, a bill to repeal this bidding system. The bill has strong support from Republicans, Democrats and health care provider groups such as the American Association for Homecare.

To learn more, visit www.aahomecare.org/athome. To tell your elected officials what you think of this or other issues, visit www.capwiz.com/aahomecare.



Experts say the process Medicare wants to use to pay for home care is flawed and patients will suffer.

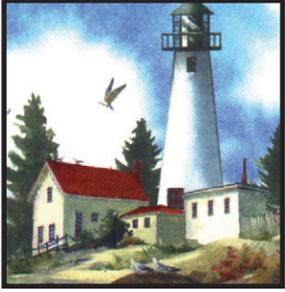
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“Light For The Journey”

By Jan McLaughlin - Director of Prayer Warriors For Prisoners



from page 30

to pick flowers for his mother. She was unable to make the trip because of her health. I said, “Elijah, you would love to take a big bouquet of wild flowers to your mommy but they would wilt and die before you could get them to her.

But we could pick a bunch of different ones and press them for her. She would like that.” He thought that was a great idea so we made a game of finding a assortment of beautiful flowers to press. They were magnificent. The hills were painted with lovely colors.



Elijah in the flowers.

When we arrived at their base camp the first day, Brandon, his sister, Morgan, and friend, John were not around. Instead of waiting for them to

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return, the five of us left camp in Kelly’s truck and Ken’s Jeep. Our drive over Hancock pass and to Grizzly Lake was rough and bumpy but tremendous fun... a wonderful trip. Before we were back at camp, a stranger on an ATV flagged us down. To our surprise, Morgan was riding behind him. She said Brandon’s truck was in a precarious situation on the side of a treacherous mountain and was about to roll down the hill. She told Kelly just before they caught us and he was on his way to rescue Brandon.

When we arrived at the scene, Kelly was already on the hill above Brandon’s truck which had slid partially off the down-hill side of the cow trail that was supposed to be a road. The slightest jar could send it sideways down the hill

ily watched him roll down the hill to his death. It is a very dangerous hill.”

Ken was nervous about driving straight up the hill because the short wheel base on his Jeep. It is prone to do “wheelies” and his concerned was that it might tip over backward. He went up the hill, however, and got above Brandon’s truck then turned facing downhill. Kelly backed a considerable distance uphill behind Ken’s Jeep and put a tow strap between his truck and the Jeep. Then with Ken’s winch securely attached to Brandon’s truck they gradually winched it to face uphill. Kelly then, got into the Land Rover, backed it down the steep incline far enough to drive across a less steep section of the hill and maneuver it back onto the road.

During all the drama, I sat on a rock watching and praying. Rick was praying as well. God saved everyone from a terrible tragedy and we praised Him when all the vehicles were back to safety. His hand was truly on us that



which was extremely steep. There were no trees which would stop a rolling vehicle for hundreds of yards below. The man who helped Morgan find us said, “I can’t tell you how many people have been killed on this hill. Last year, a family got in trouble here. The father made everyone else get out while he tried to get off the hill. His vehicle began to roll and the fam-

afternoon. Even though I didn’t make it to the river pools at Mt. Princeton, God blessed me with a wonderful birthday surprise: an awesome time with my husband, sons and grandchildren. Everyone had a tremendous time searching for specific wild flowers and watching or riding a macho Jeep and trucks crawl over boulders nearly as tall as I. It was truly a blessing from my Father and I praise Him again and again for keeping everyone safe. Brandon learned that God is not finished with him yet and that he should be more discerning when he encounters cross roads. A lesson I believe all of us need.

“This is what the Lord says: “Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls” Jer 6:16. NIV
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 Jan McLaughlin is Director of Prayer For Prisoners International and can be reached at 719-275-6971 or by e-mail, prayerforprisoners@msn.com.

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Reeling "Where's Wolverine?"

by Film Critic Betty Jo Tucker, Pueblo

WHERE'S WOLVERINE?

"X-Men: First Class" offers viewers an explanation of how Professor Charles Xavier's secret academy for mutants began. It also reveals what led to the break-up between Xavier and his friend Erik/Magneto. Unfortunately, this fifth X-Men outing, available September 9 on DVD, failed to draw me into what was happening on screen in the exciting way the previous movies did. Because I'm such an avid fan of Wolverine -- as portrayed with great animal magnetism by Hugh Jackman -- I have to admit his absence as a major character here probably influenced my negative reaction to this prequel. Also, it was difficult for me to imagine James McAvoy's Charles

aging into Patrick Stewart's Xavier and Michael Fassbender's Erik later becoming Ian McKellen's Magneto. No doubt these things interfered with my enjoyment of "First Class."

So -- if you haven't seen "X-Men: First Class" yet, my advice is to black out your memory of previous films in this franchise before watching the DVD. Free your mind as you fork over your cash. How I wish someone had given me that tip!

Although the movie takes us back to the 1940s for a few scenes showing Charles and Erik as children in very different circumstances, most of the action is set in the 1960s. Charles, who reads minds, is trying to locate other mutants who will be able to help make the world a better place. Erik, who can bend metal to his bidding, wants revenge on Sebastian Shaw (Kevin Bacon, having a ball with this villainous role) because of his evil deeds during the Holocaust. When Charles and Erik first meet, they become friends and colleagues despite their contrasting views concerning how mutants should use their powers. Joining forces during the Cuban Missile Crisis, the two men and their mutant followers show what miracles they can perform when they work together. But with differing philosophies, a parting of the ways

seems inevitable.

A word about a few of the mutants depicted here. Jennifer Lawrence plays shapeshifter Mystique with little of the passion she brought to her Oscar-nominated performance in "Winter's Bone" -- but it's fun to watch the special effects change this character from a beautiful young girl into an exotic blue-coated creature. January Jones also benefits from special effects magic as her gorgeous Emma Frost turns into a human diamond. As Angel Salvadore, Zoe Kravitz boasts lovely butterfly-like wings which confuse us about her true nature. For me, the most interesting male mutant is Hank McCoy/The Beast (Nicholas Hoult), an eager young scientist with two very special appendages. Too bad we get such sparse information about all the mutant team members. But be sure to watch for an amusing cameo that makes this movie worth seeing for fans of a certain popular X-Men character!

Speaking of special effects, when Magneto uses his full mutant power during the Cuban Missile Crisis, it's awesome to behold. Hmm. Wonder why that never made all the newspapers. (Released by Twentieth Century Fox and rated "PG-13" for intense sequences of action and violence, some sexual content including brief partial nudity and language.)

On the Big Screen This Month

My predictions concerning the

best bets at the multiplex this September include "Contagion," "I Don't Know How She Does It," and "Drive." A thriller with top-notch actors including Matt Damon, Kate Winslet, Gwyneth Paltrow and Jude Law, "Contagion" (Sept. 9)

focuses on a team of international doctors trying to stop a deadly disease before it wipes out the human race. The title and theme scare me already! "I Don't Know How She Does It" (Sept. 16) stars Sarah Jessica Parker as a finance executive who is the breadwinner for her family. But that's not why I'm so eager to see this particular comedy. My reason? It's directed by one of my favorite filmmak-

ers, Douglas McGrath, who helmed the delightful "Emma" and the marvelous but underappreciated "Nicholas Nickleby."

Finally, I think we need a fast-paced action flick to round out our best-bets trio, so "Drive" (Sept. 16) -- with Ryan Gosling as a Hollywood stunt driver involved in a heist gone wrong -- seems to fit the bill, but please remember all release dates are subject to change.

Read more film reviews by Betty Jo Tucker at ReelTalkReviews.com. Copies of her two books, *CONFESSIONS OF A MOVIE ADDICT* and *SUSAN SARANDON: A TRUE MAVERICK*, are available on Amazon.com and at Barnes & Noble Booksellers in Pueblo. *IT HAD TO BE US*, the award-winning romantic memoir she and her husband co-wrote under the pseudonyms of Harry & Elizabeth Lawrence, can be ordered at Amazon's Kindle store.



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