

page 2Opinion
page 4Weird News
page 5.....Health
page 19.....Social Security & You
page 26.....Light for the Journey

Happy Father's Day
May The Clouds Never Burst &
The Son Always Find You!

page 15.....Senior Safety
page 8.....SRDA Menu
page 9.....Finances
page 5.....Fremont/Salida Menu
page 16.....Travel



Senior Beacon

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

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Established Aug., 1982

347 Consecutive Months!

Many Publications Available To Help Elders/Loved Ones Find Resources

Ed. Note: For local facilities and help contact us at 719-647-1300 or go online to www.seniorbeacon.info to get *SeniorGuide 2011* (Published by Beacon Publishing home of Senior Beacon. *SeniorGuide 2011* is a yearly publication established in 1989 for an easy way to see what is available in our area as it pertains to Long Term Care. There are other state-wide publications including the Snior Blue Book as well as one put out for El Paso County by *Life After 50*.

by Eileen Doherty

Denver, Co. The complexities of helping loved ones gets more and more complex. Even with expert advice, the decision is never easy. Recently a family member was faced with a decision of placing her brother in a locked nursing care facility due to the side effects of medications that were prescribed for his chronic diseases.

Armed with the Senior Resource Guidebook and the Online Eldercare Guide that are published by the Colorado Gerontological Society, we set out to search for a facility that could meet his needs, as well as was located in an easily accessible part of town for her to visit. We queried the Online Eldercare Guide at www.senioranswers.org and we tried to ask all the right questions as part of our search.

The Senior Resource Guidebook gave us a list of questions to consider. For us, the most important questions in-

cluded:

- Will you take Medicaid if we no longer have money to pay privately?
- Do you have a secured unit?
- What happened on the last survey and how many complaints and occurrences have been filed with the Colorado Department of Public Health and Environment? and
- What about the quality of care and the staffing patterns?

We also checked the Colorado Gerontological Society website at www.senioranswers.org to get more information about how Medicare works, how we might apply for Medicaid, and advance directives.

The Eldercare Guide was able to give us some information about possible facilities, but we still needed more information to make a good decision. Our research on the web gave us much information about the appearance of the facility, the rates, and location. But we still had some unanswered questions.

Finally, we decided the next step was appointments and visits to facilities. After several visits, we settled on one facility. We contacted them to fill out an application, but we had waited too long. The vacancy they had was gone and we either had to continue to take care of him and wait for another opening at our facility of choice; or we had to select another facility.

We elected to try to continue to care for him, even though it would be dif-

ficult. We worked with the assisted living on behavior management techniques and pulled in additional resources, but it was not enough. Eventually we had to hospitalize him and the outcome is still pending.

The need for long term care placement is always difficult. Information helps with the decision making. Experience gives you a sense of confidence. But emotionally, it is still a difficult decision.

Families can obtain their personal copy of the Senior Resource Guidebook for free at the local library or they can send \$9 to cover postage and han-

dling to CGS, 3006 East Colfax Avenue, Denver. You can also order a copy of the Senior Resource Guidebook or use the Online Elder Guide at <http://www.senioranswers.org/Default.aspx> or get other resources at www.senioranswers.org.

For assistance with counseling or other resources, call 303-333-3482.

Eileen Doherty, MS is the Executive Director of the Colorado Gerontological Society, 3006 East Colfax, Denver CO 80206. She has more than 35 years of experience in education and training, clinical practice, research, and public policy in gerontology. She also teaches Nonprofit Management at Fort Hays State University. You may reach her at 303-333-3482 or Doherty001@att.net.

Millions Of Oldest/Poorest Senior Citizens Would Receive Compensation Under New Legislation

Alexandria, VA (May 10, 2011) - Millions of the nation's oldest and poorest senior citizens would be compensated for the lower Social Security benefit they've received for more than 30 years under proposed bipartisan legislation. Introduced in the U.S. House by Representative Mike McIntyre (D-NC), and in the Senate by Senator David Vitter (R-LA), the bill is supported by The Senior Citizens League (TSCL), one of the nation's largest nonpartisan senior citizens advocacy groups.

About four million seniors born from 1917 through 1926, commonly referred to as "Notch Babies," would receive their choice of a \$5,000 lump-sum payable in four annual installments, or higher monthly Social Security benefits. The legislation, known as "The Notch Fairness Act" seeks to correct a disparity in benefits caused the last time Congress overhauled the benefit formula in 1977, that began to affect seniors who started to retire just two years later.

Seniors born from 1917 through 1926 often receive lower benefits than do other retirees with almost identical work and earnings records. Although reductions of about 10 percent for average earners was expected at the time of the changes, Notch babies were often affected by disparities of 20 percent or more, because a phase-in benefit formula failed.

In 1988, a report by the former U. S. General Accounting Office, now the Government Accountability Office (GAO), cited an example of two sisters who started working at the same book bindery, on the same day, in October 1957. Audrey was born in March 1916, and Edith in June of 1917. The two had almost identical lifetime earnings. The younger sister Edith (born 1917) received a monthly benefit of \$512.60, \$111.80 less than her older sister Audrey (who was born in 1916), who received \$624.40 per month.

"Notch Babies are now at the age where they are more likely to have chronic health problems and require multiple prescriptions," says TSCL Chairman Larry Hyland. "They are finding it difficult to make their lower benefits cover rising Medicare premiums and out-of-pocket costs, let alone all their other rising costs. The time has come to settle this," Hyland says.

According to studies performed for TSCL, many Notch Babies, particularly those who rely on Social Security for most, if not all of their income, are at risk for living near or below the federal poverty level. For example, Notch Babies who retired in 1984 at age 65 with average benefits of \$460 per month would receive about \$11,839 this year. In the 48 contiguous states and Washington DC, that's only 8% above the federal poverty guidelines.

Support for the legislation has grown significantly, nearly doubling over the previous six Congressional sessions in which it's been introduced. TSCL is encouraging seniors and their younger family members to contact their Members of Congress and urge them to co-sponsor "The Notch Fairness Act," H.R. 1001 and S. 118. To learn more, visit TSCL on the web at www.SeniorsLeague.org or call 1-800-333-8725.

With over 1 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.SeniorsLeague.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 Information

Quilt Documentation At El Pueblo

by Kathleen Eriksen

"Quilt Documentation"

El Pueblo History Museum will host a Quilt Documentation session by professional quilt restorer Pat Cook and nationally renowned quilter Naoma O'Neill. On Saturday, June 4, from 10:00 a.m. until 2:00 p.m., participants will have the opportunity to preserve the history of their quilt(s) with a professional documentation piece sewn onto the quilt. Within each 15-minute appointment, the quilt's pattern will be identified along with the date of the quilt's fabric and its condition. Additional information, if known by the quilt's owner, will be included in the documentation. Documentations are \$10 per quilt. Appointments are required by calling the museum at 583-0453.

"Song of Pueblo" Concert at El Pueblo History Museum

Join us on June 18, Saturday, and learn the history of the Pueblo region beginning with the American Indians and continuing through to the Flood of 1921 with the "Song of Pueblo" concert. An original Oratorio, written and composed by noted playwright, composer Daniel Valdez, it tells the diverse and compelling stories of Pueblo's past through song, narration, vignettes and historical images. New videos and his-

torical images further enhance the visual experience along with new musical equipment that highlights the poignant musical score performed by El Pueblo Ensemble. Doors open at 6:00 p.m.; concert is at 7:00 p.m. Tickets are \$15, call the museum at 719/583-0453.

"SCPS in the Digital Age: Southern Colorado Photography Society" Exhibit

A diverse range of photographic subjects and styles will showcase the talents of the region's photographers in the High Vista Gallery at El Pueblo History Museum. The exhibit runs from May 6, through June 25, during regular museum hours of 10:00 a.m. to 4:00 p.m. Admission to the gallery is free.

"Pueblo Trading Post Open on Saturdays!"

Each Saturday 10:00 a.m. to 3:30 p.m., visitors may explore the adobe post's six period rooms and interact with living history interpreters as they go about their daily chores on the frontier. Admission is free for children 12 years old and under, \$5 for adults, \$4 for senior citizens and students. Paid admission also includes the museum galleries with their new interactive exhibits.

El Pueblo History Museum is located at 301 North Union. For more information call 719/583-0453.

Just Another Day At The Races

by James R. Grasso, Chief Cook & Bottle Washer



Whew! Dodged That Bullet

Last month's announcement from Colorado's opinion guru, Chuck Green that he was retiring stunned us. You can read his farewell column on page three of this month's *Senior Beacon*. In speaking to Chuck about his decision it was brought up that he would be interested in sending us a monthly column from his timeless vault of opinions from over the years. Of course we jumped at it.

So maybe Chuck Green is retired from opinion columns, but we and you are very fortunate to still be able to read his commentary. *Thanks Chuck!*

Observations From The Cave

I changed the name of this editorial from "I'm Still Above Ground" because I'm not sure anymore if I am or not to "Just Another Day At The Races" because you never know what's going to happen even when you bet on a sure thing. Perhaps I gave it the new name because subconsciously I'm thinking of life as a rat race. Naw, not really! Okay, ready?

I was reading something about Prince Harry, not the one that just got married who is Prince William. Well, William's younger brother, is believed to not have the same father by most of Britain (shame on you Diana and on me for kicking the rumor down the road!). Plus Harry is quite the scamp and scoundrel. Don't you just love the Brits and their Royal Family soap operas?

Remember this acronym please, IPAB. IPAB stands for the Independent Payment Advisory Board and is the part of Obama Care that hasn't been spoken about because once it has and it gets out what this group can do, well, let's just say that every elderly person who voted for BHO will have a hard time doing it again and anyone "coming of age" as it were had better understand IPAB's ramifications to their health care. IPAB has yet to come into existence but when Obamacare gets rolling it will be an unelected (boy, BHO sure likes to surround himself with gobs of unelected individuals like the 36 something czars he has appointed to do his bidding) and unaccountable bureaucratic entity with nearly limitless power over federal Medicare spending. It will have the power to effectively ration health care by using price controls on every point of the health care spectrum. But, the scariest part that IPAB could play is its unprecedented ability to override congressional sovereignty, in violation of the constitutional separation of powers!

Senator Paul Ryan (he's the guy who has put together a meaningful free-market plan for a congressional Medicare/Medicaid discussion, but since he has an (R) after his name the Dems call it "dead on arrival") calls IPAB "a rationing board." The administration says that IPAB is specifically prohibited by law from rationing care. In fact, this approach is true, but in the real world IPAB can control prices and if they drive them so low that doctors will no longer be able to offer key services then it is indeed rationing in the long run and everyone knows it who is involved in this debacle. You should, too!!

BHO has established most, if not all, of GWB's and his administration's foreign policy and has even taken those policies to new heights; drones on the Pakistan border engagements have more than doubled under BHO and jumping into Libya. Yet, when BHO ran against GWB the world was going to love us and he was going to shut down Guantanamo, get out of Iraq and Afghanistan, blot out rendition, the Patriot Act and so many other of GWB's policies. The Left was absolutely apoplectic when GWB ran the country and called him Hitler and published ways to kill him because of his foreign policies. Why are they mum when their man, BHO, uses the same tactics? For most of GWB's presidency the unemployment rate was lower than 5% and the Left was screaming for GWB's head because of how bad the economy was and how much money he was spending yet they say nothing as unemployment hovers around 9.5% and our spending has quadrupled under BHO. In BHO's last speech about the Middle East he practically used the very words that BHO uttered throughout his presidency and yet the Left was positively hysterical that the rest of the world hated us because GWB said them. Where I come from, we call that hypocrisy. What would you call it?

Godspeed!

1 Stanley Kurtz, The Acronym That Ate Health Care-National Review, May 16, 2011



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When The Time Is Right To Quit, Just Quit

by Chuck Green

It's time to say goodbye.

For no particular reason, with no particular provocation, it just seems right that now is the time to quit writing after more than 45 years in Colorado journalism.

Occasionally someone will ask how many columns I have written, and I really don't know. My best guess is more than 2,000, but I don't keep track of those things.

In addition to the opinion columns, there have been thousands of news stories.

Enough is enough, and that's enough for me.

Ever since making the decision about two weeks ago to stop writing professionally, there has been a sense of relief -- although I can't really determine why.

It hasn't been a burden to type out 750 words once a week. Compared to the load of having to write four columns a week, which I used to do, it's been a breeze. And compared to working sometimes 60 hours or more a week, as a city editor or a reporter chasing big stories -- well, there simply is no com-

parison.

So it's not the heavy yoke of labor, or the time consumed, or the unfor- giving deadlines.

It just feels right to stop now.

Upon learning of my decision, a loyal editor wrote to me with one final, flattering plea.

"You cannot quit writing for us at this time in history," she said in her note. "Our readers depend on you analysis. With the world situation, we need your perspective. . . . Please recon- sider."

Readers mostly have been kind over the years, possibly because they find it refreshing to have a regular, reliable place to turn to escape the steady drum beat of politically correct commentary in today's newspapers. Or possibly it's because of the occasion- ally unexpected topic among the serious menu of editorial pages (one of my most popular columns featured my mother- in-law's cooking).

I appreciate all the compli- ments, and I have been amused by all of the nasty and sometimes obscene letters from readers who just don't get it.

Along the way, I've been bless- ed with a life shaped by an addiction to newspapers, from the time I was a

freckle-faced kid riding a bicycle loaded with several pounds of Denver Posts up the steady hill of Longs Peak Avenue in Longmont, Colorado.

I've traveled the world, met foreign leaders and American presidents and business titans, and I've written about animal abuse and child abuse and political abuse.

But there's something in this business that is -- even in semi-retire- ment -- unrelenting. And it's probably that, more than anything else, that is driving me out.

It's the constant state of alert.

I listen to radio news and ra- dio talk much of my day. In between, I watch TV talk. In my spare time, I listen to friends and strangers talk about cur- rent events. I read contemporary news magazines and books about people or issues of importance. When I'm in the garden, or driving to Wal-Mart, or just walking the neighborhood, my mind is cluttered with thoughts of what is going on in the rest of the world.

After 45 years, it's gotten to be tiring.

Especially now, when America seems to be going haywire. I'm tired of the seemingly endless, and pointless, bickering in politics. The intransigence,

the lack of tolerance, the defensiveness, the divisiveness, the narrow-minded- ness.

Everyone seems to be talking, but no one seems to be listening.

The administration of George W. Bush was disappointing, to say the least. He got us into two wars that the United States didn't have to fight, and he neglected to protect the federal treasury.

The first term of Barack Obama is even worse. He's broken nearly every major campaign promise he made in 2008, he's nearly bankrupted the nation, and he seems oblivious to it all.

Former Colorado congress- woman Pat Schroeder once called Ron- ald Reagan the "Teflon president" be- cause he seemed in her Democrat vision to be immune from responsibility for his actions. In fact, he proved to be one of the most-responsible presidents in mod- ern times, with tremendous accomplish- ments to his credit.

By contrast, President Obama seems accountable for none of the deceit and hypocrisy he wallows in -- historic and growing debt, no energy policy, no immigration policy, Gitmo still operat- ing, a third war front. . . .

As you can tell, it's time to quit.



Simple Proposal To Solve U.S. Immigration Mess

Ed. Note: This originally was published in January 2008

by Chuck Green

Occasionally, after I've written about a problem, someone will ask, "So, what's your solution?" I hate it when that happens.

But once in awhile there's an answer, and that's the case in the issue of illegal immigration.

Every time the subject comes up on talk radio, or in a newspaper discussion, or in a presidential candidates' forum, I'm frustrated. No one offers a fair, comprehensive solution to the growing problem which many consider to be the most important domestic issue facing America and shaping its future.

So here is my plan:

- Secure the southern border with a combination of physical and high-tech barriers, and at least double the size of the border patrol force. This can be done within 18 months, at a small fraction of the cost that critics estimate.

- While the fence is being con-

structed and border agents are being re- cruited and trained, illegal immigrants in the United States are provided an 18-month "amnesty" period to turn themselves in and be deported without penalty.

- Anyone remaining in the United States without proper documen- tation will be subject to criminal pen- alties and mandatory deportation after the "amnesty" period expires.

- During the same 18-month pe- riod, the U.S. Department of Homeland Security will develop a tamper-proof, high-tech ID card for legal, temporary immigrants that will be issued when the "amnesty" period ends.

- During that period, the 50 governors will work with their cabinet leaders to develop a "guest worker" plan, outlining the number of immi- grant workers they need to support the labor force in their states in compliance with U.S. labor laws.

- The federal government will revoke all "mandates" for state and lo-

cal governments to provide unfunded services to illegal immigrants.

- The United States will in- crease the number of legal immigrants given permanent residency status and will shorten the time required to proc- ess applicants from around the world.

- Once the entire plan is in ef- fect, temporary workers will be admit- ted to the United States and assigned a state of temporary residency, accord- ing to the requests of the 50 governors. Each "guest worker" will be issued an ID card valid for up to two years and given up to 10 days to arrive at a desig- nated destination.

- A guest worker voluntarily can return to his home country at any time during those two years by surren- dering the ID card at the border.

- Any guest worker caught vio- lating restrictions on his worker's per- mit, including being outside the state he is assigned to work in, will be immedi- ately deported.

- Any worker convicted of a

felony or more than two misdemeanors within the two-year period will be de- ported. Felons will be subject to normal U.S. criminal pen- alties, including prison terms, prior to deportation.

- Employers will be provided a simple, easily accessible means to ver- ify a worker's immigration status based upon the guest workers' ID program.

- Any employers caught il- legally employing undocumented im- migrants, or not complying with U.S. employment laws, will face severe civil and criminal sanctions.

- Guest workers who successfully complete three tours of duty under this plan would be eligible for fast-track permanent residency and citizenship.

This is a workable plan, and it would be fair to everyone concerned. It would require bold leadership of the president and bipartisan cooperation of Congress, along with support from the governors and state legislatures.

But it is a plan that would pro- vide solutions to all objections to the current, disastrous mess. It would pro- vide a secure border, it would be fair to illegal immigrants now in the country, it would enable guest workers to live in this country in the "sunshine," it would provide a labor force for business, it would punish criminal immigrants and reward those who work hard, comply with U.S. laws and demonstrate a de- termination to assimilate into American society.

If some dopey newspaper col- umnist can come up with such a simple, effective and comprehensive plan to solve the immigration crisis, certainly a dozen presidential candidates, the sit- ting president, Congress and the gover- nors can craft such a solution.

It may not be perfect, but it's closer to perfect than anything else I've seen proposed.

Chuck Green, veteran Colorado journal- ist and former editor-in-chief of The Den- ver Post, syndicates a statewide column and is at chuckgreencolo@msn.com and 303-588-4138.

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news of the weird

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LEAD STORY

Rights of women are severely restricted in Pakistan's tribal areas and among Muslim fundamentalists, but the rights of the country's estimated 50,000 "transgenders" blossomed in April when the country's Supreme Court ordered the government to accept a "third sex" designation on official documents (instead of forcing a choice of "male" or "female"). The court further recommended that transgenders be awarded government job quotas and suggested "tax collector" as one task for which they are particularly suited, since their presence at homes and businesses still tends to embarrass debtors into paying up quickly (especially since many transgenders outfit themselves, and behave, flamboyantly).

Government in Action!

-- Imprisoned rapist Troy Fears, 55, had another four years tacked onto his sentence in April by a federal judge in Phoenix after he was convicted of swindling the IRS out of \$119,000 by filing 117 fake tax returns from 2005 to 2009. According to prosecutors, IRS routinely dispatched direct-deposit refunds while indifferent to matching the payment recipient with the person whose Social Security number was on the return. (In fact, Fears was caught not by the IRS but by a prison guard who happened upon his paperwork.)

-- Apparently, the federal government failed to foresee that fighting two wars simultaneously, with historically high wound-survival rates, might produce surges of disability claims. Just in the last year, according to an April USA Today report, claims are up over 50 percent, and those taking longer than two months to resolve have more than doubled. (Tragically, Marine Clay Hunt, who was a national spokesman for disability rights and who suffered from post-traumatic stress, killed him-

self on March 31, ultimately frustrated that the Department of Veterans Affairs had lost his paperwork. "I can track my pizza from Pizza Hut on my BlackBerry," he once said, "but the VA can't find my claim for four months.")

-- Close Enough for Government Work: (1) A contract security guard at Detroit's McNamara Building (which houses the FBI and other vital federal offices) was found in March to have casually laid aside, for three weeks, a suspicious package that turned out to be a real bomb. (It was, eventually, safely detonated.) (2) The Census Bureau got it right this time around for Lost Springs, Wyo. In 2000, it had missed 80 percent of the population (counting 1 instead of 5). The new total (4) is correct, since two people subsequently died, and one moved in.

Great Art!

Occasionally (as News of the Weird has reported), patrons of art galleries mistake ordinary objects as the actual art (for example, solemnly "contemplating" a broom inadvertently left behind by a janitor), and sometimes the opposite mistake occurs. At the Boijmans van Beuningen museum in Rotterdam in May, a wandering patron absentmindedly traipsed through a re-creation of Wim T. Schippers' floor-level Peanut Butter Platform (a 40-square-foot installation of creamy spread). (The museum manager had declined to fence in the exhibit, which he said would spoil its beauty.)

Police Report

(1) Homeless Charles Mader, a convicted sex offender in Albuquerque, was arrested in May for failure to report his change of address, as required by law. Mader had moved out of his registered address, which was a Dumpster, into a community shelter. (2) Robert Norton Kennedy, 51, was arrested in Horry County, S.C., in May and charged with

assault and battery, despite the humble tattoo on his forehead referencing a Bible verse and reading, "Please forgive me if I say or do anything stupid."

Cavalcade of Rednecks

(1) Sharon Newling, 58, was arrested in Salisbury, N.C., in April and charged with shooting at her stepson with a .22-caliber rifle. She denied shooting "at" him, but said she was just shooting toward him "to make him stop working on his truck." (2) In April in Greensboro, N.C., Stephanie Preston and Bobby Duncan were married in front of family and friends at the local Jiffy Lube. (3) A 25-year-old man in Okaloosa County, Fla., was arrested and charged with misdemeanor trespassing after he entered the Club 51 Gentlemen's Club, from which he had been banned after a February incident. The man told police that he knew he had been banned from a strip club but couldn't remember which one.

Chutzpah!

-- A college senior in Colorado complained long-distance in March to the Better Business Bureau in Minnesota's Twin Cities because EssayWritingCompany.com, headquartered in Farmington, Minn., failed to deliver the class paper she ordered (at \$23 per page). (The meaning of "academic dishonesty" is evolving, but it is still a sometimes-expellable offense to submit someone else's work as one's own.)

-- Filipino Henson Chua, working in the U.S., was indicted in March for illegally bringing back into the country an American-made military spy plane and openly offering it for sale for \$13,000 on eBay. Sophisticated equipment such as the RQ-11B "Raven" Unmanned Aerial Vehicle requires high-level government approval to prevent acquisition by U.S. enemies.

Democracy in Action

(1) Lisa Osborn was one of only two candidates who qualified to run for the two vacant seats on the Bentley (Mich.) Board of Education in May, yet she did not win. One vote would have put her on the board, but she got none (having been too busy even to vote for herself that day because of her son's baseball game). (2) Monika Strub began campaigning for a state parliament seat

in Germany in March as a member of the Left Party. Until 2002, Strub, then "Horst Strub," was with the neo-Nazi National Democratic Party, but then decided he was really a female, underwent surgery and became Monika, a socialist. Not surprisingly, she has been harassed by some of her former colleagues.

Least Competent Criminals

Perps Making It Easy on the Cops in Joliet, Ill.: (1) Domonique Loggins, 21, was running from two Joliet officers in April (suspected of assaulting his girlfriend) when his escape took him through Bicentennial Park downtown. Obviously unknown to him, dozens of police officers from surrounding jurisdictions were in the park that day on a training session (with 60 squad cars in a parking lot). Loggins was arrested. (2) Police imposters usually drive cars outfitted to resemble cruisers (flashing lights, scanners) and carry impressive, if fake, ID. However, Hector Garcia-Martinez, 35, fooled no one in April as the two Joliet women whose car he stopped immediately called 911. "Officer" Garcia-Martinez had none of the trappings -- except, as he lamely pointed out, a sticker on his front license plate reading "Woodridge Police Junior Officer" (typically given to children at police events).

The Continuing Crisis

-- In March, jurors in New Orleans convicted Isaiah Doyle of a 2005 murder and were listening to evidence in the penalty phase of the trial when Doyle decided to take the witness stand (as defendants sometimes do in a desperate attempt to avoid the death penalty). However, Doyle said to the jurors, "If I had an AK-47, I'd kill every last one of y'all with no remorse." (The jury recommended the needle.)

-- The Montana House of Representatives passed a tough drunk-driving bill in March to combat the state's high DUI rate, but it came over the objection of Rep. Alan Hale (and later, Sen. Jonathan Windy Boy). Hale, who owns a bar in Basin, Mont., complained that tough DUI laws "are destroying small businesses" and "destroying a way of life that has been in Montana for years and years." (Until 2005, drinking while

SEE "WEIRD" PAGE 20.

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St. Mary-Corwin Medical Center Receives ReHab Services Award

ST. MARY-CORWIN MEDICAL CENTER'S INPATIENT REHABILITATION UNIT RECEIVES NATIONAL RECOGNITION. RANKED IN THE TOP 10 PERCENT NATIONALLY

Pueblo, CO – St. Mary-Corwin Medical Center's Inpatient Rehabilitation Unit has been ranked in the top 10 percent of 797 inpatient rehabilitation facilities (IRFs) that qualified to be ranked in the IRF database of Uniform Data System for Medical Rehabilitation (UDSMR) in 2010.

"We are delighted that St.

Mary-Corwin's staff and facility have been recognized for consistently providing the highest quality care for those patients needing inpatient rehabilitation," said LaRae Miller, Vice President of Business Development. "Our inpatient rehabilitation unit successfully discharges 83% of our patients back to their home which is testament to the dynamic rehabilitation services team and the medical direction of Dr. Divakara Kedlaya."



Dr. Divakara Kedlaya

Dr. Divakara Kedlaya joined the St. Mary-Corwin medical staff in 2007. He is uniquely board certified in physical medicine and rehabilitation, electrodiagnostic medicine, pain medicine and spinal cord injury medicine. He provides medical oversight for the hospital's acute inpatient unit and outpatient rehabilitation services, the subacute/extended care unit, and the pain management program.

Dr. Kedlaya completed his in-

ternship, residency and fellowship training at the nationally-recognized center of excellence for physical medicine and rehabilitation located at Loma Linda University in Loma Linda, CA, where he continues to serve as a clinical associate professor.

The rankings were determined by using UDSMR's program evaluation model (PEM), a case mix-adjusted and severity-adjusted tool that provides facilities with a composite performance score and percentile ranking drawn from nearly three-quarters of all IRFs in the country. The goal of the PEM Report Card is to recognize high-performing facilities for their delivery of quality patient care that is effective, efficient, timely, and patient-centered.

"We are pleased to present this award to St. Mary-Corwin Medical Center in recognition of the excellent care it provides to its patients," said Maggie DiVita, Manager of the Analytical Services Group at UDSMR.

"As the creator and caretaker of the nation's largest database of rehabilitation outcomes, and with 20 years of experience and data, we have long worked with the industry to establish best practices. We developed the PEM Report Card as a tool to identify and recognize facilities that perform at a high level, to work with them to learn how they achieve high performance, and to share what we learn with others to elevate the performance of all."

About St. Mary-Corwin Medical Center

St. Mary-Corwin Medical Center is a full-service, acute care facility offering a full complement of emergency, medical and surgical services including the Dorcy Cancer Center, The Breast Center and The Birth Place. St. Mary-Corwin is part of Centura Health, Colorado's largest hospital and health care network delivering advanced care to more than half a million people each year, across 13 hospitals, seven senior living communities, medical clinics, Flight For Life® and home care and hospice services. St. Mary-Corwin's and Centura's strength lies in the ability to offer a team of connected networks and shared resources to deliver accessible, reliable and cost-effective health care across the state. For more information about St. Mary-Corwin, visit www.stmarycorwin.org

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FREMONT County/SALIDA Menus

Penrose(372-3872) - Canon City(345-4112)
Florence(784-6493) - Salida (539-3351)

PENROSE CENTER
1405 Broadway-Penrose (Tues/Thur)

- JUNE 2:** CALIFORNIA VEGGIE BAKE, Spinach Salad/Egg/Lite Italian Dressing, Pear/Citrus Cup, Oatmeal Raisin Cookie.
- JUNE 7:** HAMBURGER/BUN, Catsup, Mustard & Onion, Sliced Tomato/Lettuce, Baked Beans, Potato Salad, Watermelon.
- JUNE 9:** HAM/SCALLOPED POTATOES, Chopped Spinach/Butter, Hardboiled Egg, Perfection Salad, Apple.
- JUNE 14:** SPINACH CHEESE SQUARES, Tossed Salad/Pear, Whipped Hubbard Squash, Citrus Cup.
- JUNE 16:** ITALIAN SAUSAGE, Marinara Sauce, Baked Acorn Squash, Tossed Salad, Pizzelle, Pear Halves.
- JUNE 21:** MEATLOAF/GRAVY, Cheesy Potatoes, Green Beans, Pineapple Tidbits.
- JUNE 23:** SWISS BROCCOLI PASTA, 5-Way Veggies, Sliced Peaches, Plum, Sweet Potato Roll/Margarine.
- JUNE 28:** CHICKEN SALAD SANDWICH, Whole Wheat Bread, Sliced Tomato/Lettuce, Orange Juice – 4oz, Sliced Peaches, Brownie.
- JUNE 30:** FRENCH DIP/AU JUS, Oven Browned Potatoes, Mixed Vegetables, Strawberry Applesauce.

FLORENCE
100 Railroad St. - Florence Tues-Thur-Fri

- JUNE 2:** CHICKEN SALAD SANDWICH, Sliced Tomato/Lettuce, Orange Juice – 4oz, Sliced Peaches, Brownie.
- JUNE 3:** CHICKEN FRIED STEAK/GRAVY, Roasted Garlic Mashed Potatoes, Cauliflower/Broccoli Mix, Apple, Drop Biscuit/Margarine.
- JUNE 7:** TURKEY TETRAZZINI, Italian Green Beans, Strawberry Applesauce, Chocolate Chip Cookie.
- JUNE 9:** HAMBURGER/BUN, Catsup, Mustard & Onion, Sliced Tomato/Lettuce, Baked Beans, Potato Salad, Watermelon.
- JUNE 10:** LENTIL BLACK BEAN SOUP, Egg Salad Sandwich/Whole Wheat Bread, Slice Tomato/Lettuce, Banana.
- JUNE 14:** ROAST CHICKEN/BROTH, Scalloped Potatoes, Brussels Sprouts, Cinnamon Apples.
- JUNE 16:** TUNA MACARONI SALAD, Cool Cucumber Salad, Sugar Free Orange Juice, Gelatin Salad/Banana, Fresh Peach, Cheddar Drop Biscuit.
- JUNE 17:** TACO SALAD, Salsa, Tomato,

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- Lettuce Garnish, Strawberry Applesauce, Flan Custard, Cornbread with Margarine.
- JUNE 21:** CHICKEN/WHITE CHILI, Spinach Salad/Lite Ranch, Cooked Carrots, Apple, Brownie, Cornbread/Marg.
- JUNE 23:** SPINACH CHEESE SQUARES, Tossed Salad/Pear, Whipped Hubbard Squash, Citrus Cup.
- JUNE 24:** BBQ PORK RIBS, Corn on the Cob, Greens, Potato Salad, Watermelon.
- JUNE 28:** TURKEY POT PIE, Tossed Salad, Orange Juice- 4 oz, Oatmeal Raisin Cookie.
- JUNE 30:** ITALIAN SAUSAGE, Marinara Sauce, Baked Acorn Squash, Tossed Salad, Pizzelle, Pear Halves.

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

- JUNE 2:** SLOPPY JOE/BUN, Scalloped Potatoes, Broccoli/Carrots, Apple.
- JUNE 3:** CHICKEN A LA KING, Whipped

- Potatoes, Green Peas, Tossed Salad/Lite Dressing, Apricot Halves.
- JUNE 7:** LENTIL BLACK BEAN SOUP, Egg Salad Sandwich/Whole Wheat Bread, Slice Tomato/Lettuce, Banana.
- JUNE 9:** TACO SALAD/Salsa/Tomato, Lettuce Garnish, Strawberry Applesauce, Flan Custard, Cornbread with Margarine.
- JUNE 10:** ROAST TURKEY/GRAVY, Whipped Potatoes, California Veggie Medley, Raisin/Nuts, Tropical Fruit Cup.
- JUNE 14:** TUNA NOODLE CASSEROLE, Spinach Salad/Egg, Perfection Salad, Apple.
- JUNE 16:** BRATWURST/BUN, Sauerkraut, Mustard & Onion, Pickled Beets, Sliced Peaches.
- JUNE 17:** MEATLOAF/GRAVY, Cheesy Potatoes, Green Beans, Pineapple Tidbits.
- JUNE 21:** TURKEY/WHOLE WHEAT, Mustard/Salad Dressing, Tomato Soup, Green Beans, Tangerine, Almond Peaches.
- JUNE 23:** BAKED POTATO, Broccoli/

- Cheese Sauce, Tossed Salad/Lite French Drsg, Plum, Fruit Cocktail, Drop Biscuit/
- JUNE 24:** PUEBLO BEEF STEW, Whole Wheat Crackers, Cole Slaw, Apple Slices, Cornbread with Margarine.
- JUNE 28:** ORIENTAL PEPPER CHICKEN, Brown Rice, Cut Broccoli, Pineapple Tidbits, Fortune Cookie.
- JUNE 30:** CHILIRELLENOCASSEROLE, Parslied Carrots, Tossed Vegetable Salad with Lemon.

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

- JUNE 1:** Chile Relleno Casserole, parslied carrots, tossed veggie salad.
- JUNE 3:** Chicken Cordon Bleu, rice pilaf, asparagus, apricots.
- JUNE 6:** Spinach Cheese Squares, tossed salad/pear, whipped hubbard squash, citrus cup.
- JUNE 8:** Tuna Macaroni Salad, cool cucumber salad, sugar-free orange juice gelatin, salad/banana/pear.
- JUNE 10:** Meatloaf/Brown Gravy, cheesy potatoes, green beans, PA tidbits.
- JUNE 13:** Ham/Scalloped Potatoes, chopped spinach, hardboiled egg, perfection salad, apple.
- JUNE 15:** Hot Turkey Sandwich, whipped potatoes/banana, asparagus amandine, PA mandarin compote.
- JUNE 17:** Honey BBQ Chicken, oven brown potatoes, chopped spinach, diced pears.
- JUNE 20:** Sloppy Joe/Bun, scalloped potatoes, broccoli/carrots, apple.
- JUNE 22:** Black Bean/Tortilla Casserole, mixed fruit, steamed brown rice, whipped sweet potatoes.
- JUNE 24:** Tuna Noodle Casserole, California veggie medley, sliced zucchini squash, PA tidbits.
- JUNE 27:** American Lasagna, herbed green beans, seasoned cabbage, banana.
- JUNE 29:** Baked Pork Chop/Country Style Gravy, whipped potatoes, hot bean casserole, fruit salad, cinnamon applesauce.

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

Fashion: Looooking Gooood!

A Guide To Putting Your Best Face Forward

(NAPSI)—When it comes to men's faces, things can get pretty hairy. Despite the growing popularity—about 60 million guys currently sport facial hair—there are plenty of unanswered questions for guys in terms of styles and trimming tips.

“Facial hair is more acceptable now than it's been in a long time, and when it comes to styles, anything goes,” said Ben Phillips, master barber for Wahl. “But just because anything goes doesn't mean guys should let it grow out of control. Lots of men are looking for help in finding a style that best enhances their look—and with a few simple tips they can

sport a look that suits them best.”

According to Phillips, the key to a well-groomed look is understanding what shape best suits your face and finding the right tool to deliver the desired style.

For example, when considering an electric trimmer, he says, be sure to get one that has the power, precision, design and run-time to easily maintain your facial hair style.

He also offers these five tips to help you keep your facial hair looking good:

1. Before you trim, comb hair straight using a narrow-tooth comb.

2. For most facial hair styles, start by outlining and shaping the hair.

3. Use a slightly shorter length underneath the jawline, as hair tends to grow thicker there than on the cheeks and chin.

4. For lining up the hairline, start in the center and work toward each ear.

5. Remember, it's about personal style. Experiment with different facial hair styles and shapes to see what best



suits your face.

If you've mastered these trimming tips and proudly sport facial hair, you could be named a Wahl Man of the Year in the sixth annual search for the best facial hair in America. Contest winners receive a lithium ion prize package including an iPad 2, Garmin GPS system and Flip video camcorder. To enter, simply submit a photo of yourself at www.wahlnation.com by Oct. 9, 2011.

More tips and information are also on the website.

Presents Of Fashion And Fantasy

(NAPSI)—You can be known for having the gift of giving if you present presents that let the recipient be creative. A great way to do so is when you turn to craft and the imagination with the help of three new handheld games.

• “Style Lab Fashion Design.” The innovative game-to-reality title lets players not only design their own fashions in the game, but wear them in real life. With this Nintendo™ DS game, you can develop your own distinct style of customized clothing and accessories, share them with friends via your own

Web gallery, then wear your own unique fashions.

Players design T-shirts, hoodies, hats and bags using a variety of colors, tones, fonts and hundreds of images that can be resized, flipped and recolored to create a look that's all their own. Try on the designs on your in-game avatar and then order them from the Style Lab at www.stylelabgame.com/fashion.

• “Petz Fantasy Sunshine Magic” and “Moonlight Magic.” The popular handheld pet-simulation game is introducing an all-nurturing experience. Play-

ers discover mysterious eggs that hatch into adorable fantasy creatures, each with its own personality, surprising reactions and magical powers.

Help them grow by caring for them, feeding them and teaching them their magical powers. Then dress them up in costumes and



accessories and play minigames to guide them to shoot fireballs or ice bombs, and race through magic tunnels or fly through a magical sky. The Petz Fantasy games are the proud recipient of the prestigious 2010 National Parenting Publications Award (NAPPA).

These games for the Nintendo™ DS system are available at major retailers or at www.ubi.com.

June Is “UV Safety” Month

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

Skin cancer. Wrinkles. Premature aging. Now you can add cataracts and

macular degeneration - eye conditions that can lead to blindness - to the list of dangers the sun can inflict. According to the American Academy of Ophthalmology (AAO), recent studies have shown

that prolonged exposure to the sun's ultraviolet rays without protection may cause serious eye conditions that can lead to vision loss and blindness.

Because June is National “UV Safety Month,” eye doctors across the country are taking this opportunity to urge Americans to wear sunglasses and wide-brimmed hats whenever spending prolonged time in the sun. Wear sunglasses that block 99 to 100 percent of UV-A and UV-B rays. Buying a good pair of sunglasses is not enough. You must remember to wear them whenever you're outside.

Don't be fooled by a cloudy day. The sun's rays can still burn through the

haze and thin clouds. And please, don't forget the kids. Children should also wear hats and sunglasses and try to stay out of the sun between 10:00 a.m. and 2:00 p.m., when the sun's ultraviolet rays are the strongest.

Have fun in the sun, but remember to protect your eyes!

For more information or to schedule your next appointment with Rocky Mountain Eye Center, please call 719-545-1530 (toll-free at 1-800-934-3937) or visit www.rockymountaineyecenter.com American Academy of Ophthalmology. UV Safety Month. Retrieved Feb 2011, from <http://www.aaopt.org/aaoptsite/eyemd>


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Mosey: Local Program Helps Family Caregivers

by Robin Mosey

Answering the Call Local Program Helps Family Caregivers Prepare For Senior Emergencies

It's the midnight call that can strike terror in the hearts of so many local family caregivers. "Mom has suffered a stroke," or "Dad accidentally overdosed on his medications."

That call could happen at any time, in large part because of the number of medications seniors are taking, a known risk factor for older adults. Seniors represent just over 13 percent of the population, but consume 40 percent of prescription drugs and 35 percent of all over-the-counter drugs, according to the American Society of Consultant Pharmacists (ASCP).

If you're that adult son or daughter who lives in fear of getting "the call," do you have the information you need to help your loved one? Many don't, according to research conducted for the Home Instead Senior Care® network. The organization surveyed future family caregivers about their knowledge and awareness of their parents' important information.*

Less than half (47 percent) say they are knowledgeable about their parents' medical histories in case of an emergency. And approximately half (49 percent) are unable to name any of the medications taken by their parents each day. Furthermore, 36 percent of those future caregivers don't know where their seniors' financial information is located.

"This survey was no surprise to us, since we often are called to assist when families are in crisis," said Robin Mosey, owner of the Home Instead Senior Care office in Pueblo. "We've seen the turmoil that such a situation creates and we've also witnessed how much smoother it can go when families are prepared."

That's why the Home Instead Senior Care network has worked with Humana Points of Caregiving® to develop a variety of resources including the Caring for Your Parents: Senior Emergency KitSM, an information management tool and website that can help family caregivers keep important information at their fingertips.

The kit is designed so that family caregivers have ready access to such information as a senior's doctors, phar-

macy and insurance company, medications and dosage details, as well as allergies and important documents. To learn more about these resources, go to www.SeniorEmergencyKit.com or call your local Home Instead Senior Care office at (719)545-0293.

Much is at stake for local seniors and their family caregivers. According to the ASCP – an organization that represents consultant and senior care pharmacists who specialize in geriatrics and geriatric pharmacotherapy – adverse drug reactions are responsible for 28 percent of hospitalizations of the elderly. http://www.laassisted.org/images/ASCP_Seniors_at_Risk_Publication.pdf

A root of the problem with seniors and their medications is the sheer volume of prescription drugs that most older adults are taking. "Medication issues are big topics for seniors," said Thomas Clark, RPh, MHS, CGP, director of Clinical Affairs for the American Society of Consultant Pharmacists and the ASCP Foundation who served as expert source for the Answering the CallSM program.

On average, seniors ages 85 and older take 34 prescriptions, including refills, per year, according to the ASCP. The average number of unique prescriptions for that group is 6.3. The 75 to 84 demographic is nearly as high with an average of just over 33 prescriptions per year and 6.7 unique prescriptions.

The future caregivers surveyed in the Home Instead Senior Care study revealed that nearly half of their parents (48 percent) have three or more factors that put them at risk for medication-related problems, the top being receiving prescriptions from more than one doctor (52 percent), living alone (41 percent), and vision problems/poor eyesight (37 percent).

"Part of the role of the family caregiver is to be an advocate for the senior, assuming the older adult wants that assistance and taking into account family dynamics," Clark noted. "It's good to have a family caregiver go with the senior to the doctor's office to ask questions and to make sure that any instructions from the doctor are reinforced and followed."

Family caregivers should look to others to help if they are unable to be there to assist their loved one, either at the doctor's office or at home, according to Mosey from Home Instead Senior

Care. "One of the greatest services that our organization provides is the opportunity to assist seniors and their families with medication reminders and at-home assistance that can help older adults prevent accidents and maintain their independence. That support is one of the best ways that family caregivers can be ready for an emergency."

* The Boomer Project (www.boomerproject.com) conducted a 15-minute online survey for the Home Instead Senior Care network of 611 U.S. adults ages 45-65 who said they are likely to assume a caregiver role for their parents within the next 10 years.

ABOUT HOME INSTEAD SENIOR CARE

Founded in 1994 in Omaha by Lori and Paul Hogan, the Home Instead Senior Care® network is the world's largest provider of non-medical in-home care services for seniors, with more than 900 independently owned and operated franchises providing in excess of 45 million hours of care throughout the United States, Canada, Japan, Portugal, Australia, New Zealand, Ireland, the United Kingdom, Taiwan, Switzerland, Germany, South Korea, Finland, Austria, Italy and Puerto Rico. The Home Instead Senior Care network employs more than 65,000 CAREGiversSM worldwide who provide basic support services – activities of daily living (ADLs), personal care, medication reminders, meal preparation, light housekeeping, errands, in-

cidental transportation and shopping – which enable seniors to live safely and comfortably in their own homes for as long as possible. At Home Instead Senior Care, it's relationship before task, while continuing to provide superior quality service that enhances the lives of seniors everywhere.

ABOUT HUMANA POINTS OF CAREGIVING

Humana Points of Caregiving® is a complete caregiving community, with expert information, advice, and tools to help caregivers make decisions with confidence. For more information, call 1-877-260-7277 (TTY: 711) Monday through Friday, 8 a.m. to 8 p.m. Eastern time.

Humana Points of Caregiving is made available by Humana Inc., one of the nation's largest publicly traded health and supplemental benefits companies. As a leader in health benefits innovation, Humana delivers guidance and consumer-oriented options for individuals and employer groups who seek the best possible healthcare outcomes through choosing, financing, and using their benefits with confidence.

Robin Mosey, CSA

Gerontologist

Franchise Owner

Home Instead Senior Care

503 N Main Street STE#700

Pueblo, CO 81003

(719)545-0293

www.homeinstead.com/530

Painting And Yout Pets

(NAPSI)—Painting, inarguably, is the most economic home makeover. And for any pet-populated household where the roller and brush are being readied to hit the walls, you may want to take pause for the paws and make sure the paint being used is a smart choice for your pet as well as for all of your family.

Going green—eco friendly—in your selection can help ensure the safest solution. When it comes to paint, volatile organic compounds (VOCs) are no-nos. VOCs are groups of chemicals often found in conventional paints and other building and decorating materials. Exposure to them can pose health risks.

So a zero-VOC interior paint, like Benjamin Moore's Natura, can be an ideal choice, especially since it remains at zero VOC even with the addition of the colorants needed to tint it the deepest, most saturated of hues.

The paint also enjoys a checklist of other advantages. It is virtually odorless, dries fast, has excellent adhesion and provides a durable finish.

What's more, while Natura is sustainable "green," the color green is just but one of more than 3,300 color choices available, plus it can be custom color matched to personal specifications.

It has a durable, washable and fade-resistant finish that will look freshly painted year after year.

The millions of Americans who open their hearts and homes to pets—America's pet dog population is estimated to be at about 77.5 million, and the cat count at more than 80 million—may find it reassuring to know there are ways to make their living space a safer and more colorful environment.

For more information, visit www.benjaminmoore.com.

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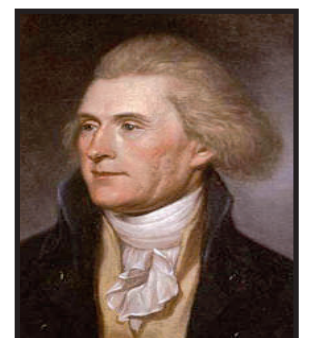
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Thomas Jefferson

Third President of U.S.



"A government big enough to give you everything you want, is strong enough to take everything you have."

Ann Coulter: "Libs Think Every Woman Is House Maid"



TO LIBERALS, EVERY WOMAN LOOKS LIKE A HOTEL MAID

I suppose we'll know the truth when the DNA testing comes back, but close observers of privileged liberal men are not shocked by the accusations against Dominique Strauss-Kahn, the socialist head of the International Monetary Fund. (And you thought *you* were getting screwed by your banker!)

Only in Hollywood movies are handsome lacrosse players from nice families seen as likely rapists. In real life, they look more like the 5-foot-2-inch Roman Polanski or pudgy, unathletic Bill Clinton -- or the homunculus 5-foot-2-inch Strauss-Kahn.

But, it is argued, how could Strauss-Kahn possibly think he could get away with the violent rape of a chambermaid in a \$3,000-a-night hotel room, booked in his name?

First of all, Strauss-Kahn has evidently gotten away with treating the fairer sex as his playthings for some time. No wonder his nickname among the French is "le grand seducteur," which I believe roughly translates to "the short, tubby serial rapist."

The New York Times reports that as far back as 2007, Brussels journalist Jean Quatremer remarked on Strauss-Kahn's troubled behavior -- "close to harassment" -- toward women, saying the press knew all about it, but never mentioned it because "we are in France."

When Strauss-Kahn was appointed to the I.M.F., Quatremer sardonically warned that the international institution was not the same as France, but instead had "Anglo-Saxon morals."

Second, it's not unheard of that a wealthy liberal would assume the law does not apply to him. Actually, let me restate that: Wealthy liberals always assume that laws don't apply to them. After all the waivers the Obama administration has been dishing out like candy, are there any liberals left to whom Obamacare will apply?

We might also ask how a governor of New York could think he could get away with hiring prostitutes to service him in similarly pricey hotels, bringing them across state lines, and using his friend's names to book the girls, year after year.

But Eliot Spitzer thought he could get away with that. Fortunately he has been brought to justice and

sentenced to hosting a lame show on CNN.

Still, rape is a more serious crime than being a frenzied masturbator paying for sex. For that, I give you Andrew Luster, multimillionaire Max Factor heir, whose mother gives to every liberal cause under the sun from Barbara Boxer and Loretta Sanchez to Moveon.org, Emily's List and pro-gay marriage groups. (If only her son had been gay!)

Her son not only drugged and raped a string of women, but made videotapes of his crimes.

On the tapes, Luster can be seen sodomizing unconscious women with lighted marijuana cigarettes, candles and plastic swords, and then talking into the camera about the unconscious women lying on his bed. The tapes were carefully labeled with titles like "Shauna GHBing," referring to gamma-hydroxybutyric acid, known as a date-rape drug.

Luster was cataloging video evidence of his own criminal acts -- and yet he thought he could get away with it.

He almost did, too, fleeing the country during his 2003 trial. He was caught and is now serving 124 years in prison, having been convicted, in absentia, of 86 crimes, including 20 counts of drug-induced rape, 17 counts of raping an unconscious victim, and multiple counts of sodomy and oral copulation by use of drugs.

Also out of Southern California we have Roman Polanski, the legendary director of two good movies and about a hundred unbelievably horrible ones, who drugged and anally raped an underage girl, according to the police report.

Not only did Polanski think he could get away with it, he did get away with it by fleeing the country (to France) when he discovered, to his shock and dismay, that in America, a person can actually be sentenced to *prison* for drugging and raping a 13-year-old. That was in 1977. He has never been brought to justice.

Liberals supported Polanski's evasion of punishment for child rape, with the Hollywood left denouncing his arrest in Switzerland a couple of years ago, howling that he had suffered enough! *Wasn't he prevented from coming to the U.S. to pick up his Oscar in*

2003? You know who's suffered enough? Anybody who sat all the way through "The Pianist."

Liberal male misogyny goes back even farther than Polanski's three-decades-old child rape.

As Phyllis Schlafly points out in her book "Feminist Fantasies" (with a stirring foreword by Ann Coulter), for centuries, famous left-wing men have treated "their wives and mistresses like unpaid servants."

Their credo might well have been, "From each, according to my needs..."

Schlafly bases her review of liberal woman-haters on the book "Intellectuals" by historian Paul Johnson. Among the left-wing heroes highlighted by Schlafly from Johnson's book are Jean-Jacques Rousseau, Ernest Hemingway, Henrik Ibsen, Bertrand Russell, Jean-Paul Sartre and Karl Marx.

Johnson writes that the pint-sized -- 5 foot 2 1/2 inch -- communist-sympathizing Sartre "was notorious for never taking a bath and being disgustingly dirty." He said admiringly of the Nazis, "We have never been as free as we were under the German occupation."

The flyweight Sartre famously turned Simone de Beauvoir into his "mistress, surrogate wife, cook and manager, female bodyguard and nurse." (Sadly, she never learned how to give someone a sponge bath.) All the while, the smelly midget committed a stream of infidelities, viewing women

"as scalps to add to his centaur's belt."

In "the annals of literature," Johnson writes, "there are few worse cases of a man exploiting a woman."

As he got older, Sartre's sexual conquests got younger, including teen-aged girls.

Like Spitzer, Luster and Polanski, liberal men seem driven by their massive insecurities (often based on physical defects, such as their diminutive size or soap allergies) to choose unconscious, illiterate, servant-class and teenage females as their sex partners. But let's not drag pocket-sized Woody Allen's name into this, as my column appears in many family newspapers.

Karl Marx kept a female slave from the time she was 8 years old, eventually using her not only as a servant but as his mistress, never acknowledging his child with her or paying her at all. She waited on him hand and foot while he explained to the world that profit is the stolen surplus value of the laborer. Like so many liberal icons, Marx seldom bathed and left his wife and children in poverty.

As Schlafly says, no wonder liberal women think men are pigs: Their men are pigs.

Maybe Strauss-Kahn is innocent, but students of liberal comportment base their suspicions of his guilt not on fairy tales from Lifetime: TV for Women, but on 200 years of disgusting sexual behavior by liberal men.

More Coulter: "On Gutsy Calls"

MORE GUTSY CALLS FROM BHO!

Obama has been making "gutsy calls" all over the place!

In full campaign mode, he's been deploying his administrative agencies to do favors for his big contributors, to the detriment of ordinary Americans.

Last week, Obama made the gutsy call to threaten public schools that are asking students for proof of residency. The memorandum warned school districts that it's illegal to ask students for proof of citizenship or legal residency status.

Obama's wealthy donors need illegals so they can get cheap nannies,

cooks and pool boys.

On the other hand, illegals being paid off the books are not helping Americans find jobs.

According to a May 4, 2011, report from the (liberal) Pew Research Center for the People & the Press, 76 percent of "hard-pressed Democrats" -- defined as "religious, financially struggling" -- agree with the statement: "Immigrants today ... are a burden on our country because they take our jobs, housing and health care."

As Kausfiles observes, maybe financially struggling Democrats believe immigrants "take our jobs" because, in fact, they do.

SEE "COULTER" PAGE 22.

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

JUNE 1: Beef Pot Roast, Garlic Mashed Potatoes, Spinach, Orange, Pear Jello, Apple.

JUNE 2: Almond Crusted Tilapia, Baked Sweet Potato, Succotash, Orange.

JUNE 3: Spaghetti/Meatballs, Yellow Squash, Italian Mixed Veggies, Cantaloupe.

JUNE 6: Sloppy Joe, Garlic Mashed Potatoes, Mixed Veggies, Orange.

JUNE 7: Roast Beef w/Gravy, Oven Roasted Potatoes, Peas, Garden Salad/Ranch, Chocolate Ice Cream.

JUNE 8: Baked Fish w/Dill Sauce, Peas/Onions, Broccoli, Bread/Smart Balance, Banana.

JUNE 9: Meatloaf w/Tomato Sauce, Carrots, Mashed Potatoes, Cranberry Jell, Orange.

JUNE 10: Vegetable Lasagna, Sugar Snap Peas, Cauliflower, Bread/Smart Balance, Cantaloupe.

JUNE 13: Beef Pot Pie, Baked Potato, Broccoli, Bread/Smart Balance, Chocolate Pudding, Apricots.

JUNE 14: Tuna Noodle Casserole,

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JUNE 15: Penne Pasta/Meat Sauce, Zucchini/Tomatoes, Italian Mixed Veggies, Bread/Smart Balance, Watermelon.

JUNE 16: Toast Turkey w/Gravy, Cauliflower, Baked Sweet Potatoes,

Bread/Smart Balance, Orange.

JUNE 17: Pork Chop Suey, Wild Rice, Oriental Veggie, Garden Salad/French, Honeydew.

JUNE 20: Roast Beef w/Au Jus, Mashed Potatoes, Cabbage/Carrots, Cranberry Orange Jello, Pear.

JUNE 21: Pork Green Chili, Mexican

Corn, Scandinavian Mixed Veggies, Garden Salad/Ranch, Flour Tortilla, Apricots.

JUNE 22: Herb Baked Chicken, Veggie Couscous, Peas/Carrots, Tomato Cucumber Salad, Banana,Lime Fruit Jello.

JUNE 23: Chicken/Rice Casserole, Garlic Mashed Potatoes, Sugar Snap Peas, Bread/Smart Balance , Watermelon.

JUNE 24: Smothered Pork Chop, Italian Mixed Veggies Baked Sweet Potato, Bread/Smart Balance, Vanilla Ice Cream.

JUNE 27: Turkey Tetrazzini, Parslied Potatoes, Spinach, Orange, Peach Cobbler.

JUNE 28: Brunswick Stew, Mashed Potatoes, Scandinavian Mixed Veggies, Bread/Smart Balance, Apple.

JUNE 29: Enchilada Casserole, Black Beans, Broccoli, Cantaloupe.

JUNE 30: Cabbage/Beef Bake, Baked Potato, Peas/Carrots, Pear String Cheese.

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Finances: Create And Keep Wealth



The Summer Doldrums?!

by Gary Neiens

Raymond James Financial led this year's Smart Money magazine survey for full service brokerage firms (rated # 1). The publication rates many aspects of the full service firms. The 49-year-old Raymond James scored well in many categories including its number two rating in stock picking research. As an independent advisor and also having worked with some of the other major Wall Street firms, my opinion is the honor is earned and well-deserved.

Last month when this article was written the DJIA (Dow Jones Industrial Average) stood at 12,594 (April 21st). It now stands at 12,629 (May 16th). So a lot has happened yet a lot hasn't happened either. The Wall Street axiom of "sell in May and go away" is being debated by experts at this time. This theory believes nothing much happens in the summer that is too good.

Jeff Saut (analyst for Raymond James) was thinking the market bottom could have already been recorded for the near term. He suggested as others did that the S & P (Standard & Poor 500) support level of 1,335 could hold. It didn't. So the next level to watch on the downside may be 1,323 (S & P). At about 1,323 bears would have a sign that they

might be on the right track. The number for bulls to gain short term confidence appears to be in the 1,340 range for the S & P. Beyond this Saut suggests that the commodity and energy stocks may have a somewhat sluggish summer after the torrid market pace they had been setting.

The best stock market performing industries for this month as reported by MSN were scientific instruments, toy & hobby stores, healthcare plans, and airlines. The worst performing sector for the month was silver stocks, which had been quite strong previously. Airlines got the benefit of investors beginning to think fuel prices could not go up forever.

Meanwhile an old forgotten word is beginning to be spoken by investment managers. Stagflation. Stagflation is characterized by rising prices and stagnant economic growth. Soaring food and energy costs are not good news to an economy trying to recover from the sub prime mortgage/banking debacle. Unfortunately, another word you are starting to hear is devaluation.

Quantitative easing by the Federal Reserve is scheduled to end in June. Sometime after that the question will be answered as to whether they made things better or made them worse. Some analysts including some at Pimco (largest

bond fund managers) think the stock and bond markets have not fully priced in this known future event. The Federal Reserve is not an asset rich institution and neither are the Fed governors a bunch of ultra wealthy investors. Yet, they have recently been often buying 70% of the Treasury issuance of new bonds. This figures to be a pretty big buyer supposedly lost in June when the Fed backs away. Then what happens? Somewhere in here Americans that like to keep voting for big government Republicans and big government Democrats are going to have to figure out whom we can borrow from next.

My conclusion is the precious metals, commodities, and energy stocks rally might be indeed stalled for a bit, maybe even for the summer as Saut predicts. A market that remains range bound seems quite possible. I have yet to read the bullish case for the dollar that seems compelling. This to me indicates that these types of hard assets may have brighter long term futures than other types of assets. At the time the U.S. is flooding the markets with liquidity (dollars) other nations are withdrawing liquidity...it seems tough to get a sustained dollar rally from this economic criteria. With this in mind invest accordingly.

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
"Independent solutions from Independent Advisors"

Opinions expressed are those of Gary Neiens and not RJFS. This report is not a complete summary and does not constitute a recommendation; please consult a professional before making any investment decisions. This information is not intended as a solicitation or an offer to buy or sell any security referred to herein. Investing involves risk. Precious metals are subject to special risks, including but not limited to wide price fluctuation. Commodities are volatile investments and should only form a small part of a diversified portfolio. Investing in oil involves special risks, including the potential adverse effects of state and federal regulation and may not be suitable for all investors. SmartMoney does not endorse any product or service of Raymond James. The survey criteria included performance of recommended stocks, customer satisfaction, and user-friendliness of account statements and websites. Please note that fees and charges will reduce an investor's return. Investing involves risk including the potential loss of capital. The S&P 500 is an unmanaged index of 500 widely held stocks that's generally considered representative of the U.S. stock market. The Dow Jones Industrial Average (DJIA), commonly known as "The Dow", is an index representing 30 stock of companies maintained and reviewed by the editors of the Wall Street Journal.

Here's How To Lower Your Gold Risk

by Ron Phillips

Big volatility is happening in commodities markets, most of it in speculative precious metals. Silver has dropped about 30 percent, cocoa dropped roughly 17 percent and even gold had a mild tumble. Although I agree with the reasons why commodities have moved up, the higher they go the higher the risk gets.

GOOD IDEA TO HAVE INFLATION PROTECTION

Gold has done great for over

a decade. Why? Because of the expectation of inflation. Inflation is really a weakening dollar. And investors should protect, or hedge, against this.

Is there a smarter, lower-risk way to protect against these risks?

Use a Mutual Fund

If I had to choose between owning one gold mining stock or a mutual fund with 203 gold mining stocks, I would choose and recommend the fund.

Why use a mutual fund, which

may be less tax-efficient and fee-efficient instead of individual stocks? Just remember what happened to Enron. Or the Old GM. Or fill in the blank with a dotcom stock from 1999 that does not exist today.

While a fund does not guarantee profits, it usually spreads risk and gives enough exposure to a particular asset.

"Go wide!"

In place of gold stocks, bullion or a gold fund, consider a broad-based commodities fund. There are more and more entering the market regularly, giving wider choices. These funds usually provide gold exposure, too.

According to Registered Rep magazine, the Dow Jones-AIG Commodity Index tracks 19 different materials. Energy, precious and industrial metals, agriculturals and livestock are part of the index. The iPath Dow Jones-Commodity Fund (symbol: DJP) tracks this index and is easy to purchase.

My favorite, the Rogers International Commodity Index, tracks 38 commodities, making it the most diverse index in the category. It was created by a legendary investor: Jim Rogers. He co-managed hedge funds with billionaire George Soros and travelled the globe on his motorcycle in search of investments. His index is tracked as an ELEMENTS fund (symbol: RJI).

Limit Your Exposure

It is a good idea to guard against a weak dollar, possible high

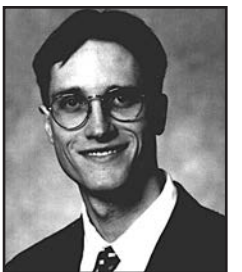
inflation and a slow economy. But as a sector, like commodities, goes up, it is equally important to sell gains. Selling limits the percentage of your portfolio exposed to this "hot" area.

Most importantly, you want a reasonable amount invested to begin with. It would be over-exposure to have half of your portfolio in a commodity fund. Any amount over 10 percent can be too much. Remember that commodities are more volatile than stocks.

A Different Environment

Inflation fears, low interest rates and economic meltdowns have created an ideal environment for this current materials run-up. What happens when inflation fears ease, interest rates rise and economies boom again? A different environment moves in and creates volatility in "sure things" of the past.

Guard against future risks with these three ideas. Happy investing. 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.



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Senior Community Update



FREMONT REGIONAL HOSPICE RECEIVES GRANT FOR F.R.E.S.H. PROGRAM

Cañon City, Colorado-Fremont Regional Hospice announced today that it has received a \$12,000 Daniels Fund grant to support its F.R.E.S.H. Program.

For more information about the F.R.E.S.H. Program at Fremont Regional Hospice, call 719-275-4315 or visit our office at 1439 Main Street in Cañon City.

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.

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 spe-

cialists, 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

SENIOR RETIREES

Hospice and Seniors Pueblo and Pueblo West Senion/Retirees will host Stewart Francies, Vice President of Resource Development of Sangre de Cristo Hospice and Palliative Care. He will present "Hospice 101" and will address hospice traditions and available care options.

This will be the 1:00 program on Thursday, June 9th.

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) Guests are always welcome.

THE GOLDEN SHUTTLE

FREMONT COUNTY TRANSIT

The Golden Shuttle/Fremont County TRansit System will begin services available to the general public on June 1, 2011. The shuttle will provide curb-to-curb service with a 24-hour notice Monday through Firday from 9am to 4pm except on designated holidays.

There will be two fare categories: the general public fare which is a donation of \$2.00 per trip (one way), and the senior discounted fare of a donation of \$1.00 per trip (one way).

The center operates ten passenger buses equipped with wheel chair lifts. All of the drivers are volunteers who offer their time for this project because they care about the community.

Our dispatcher can be reached at 276-5200 Or by stopping by the Golden Age Center office at 728 Main Street.

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Sharing Life Stories Of People Facing Mobility Challenges

NOVA Inviting Mobility Aid Users to Share Inspiration, Giving Away \$6000

Carson, CA – Think life ends when someone needs the help of a walker? Think people in wheelchairs are old with nothing interesting to say? Think people using canes don't care about style? Well, think again.

NOVA, a manufacturer of stylish, functional and, yes, sexy, mobility equipment knows that behind every user of a walker, wheelchair or cane, there's an amazing – and continuing - life journey. The company created an opportunity for their customers to share their stories, inspire others and win \$6000 and a mobility makeover with NOVA CEO, Sue Chen.

"The Zoom, Groove and Cruise Celebration was 100% inspired by real customers and real stories" says Chen. "We have clients that use their fire-engine red walkers to meet for a late night tryst at the hot tub or to traipse around Paris. Our clients are interesting, vibrant and very much alive! We wanted to create a forum to share their amazing

life journeys – which we know are still going on - and help them along on their next adventure."

Participants sign up at www.zoomgroovecruise.com by July 31st, 2011, upload a picture or video along with the story of how they zoom, groove and cruise with their NOVA product, and then get their friends, family and community to vote. The person with the most votes wins \$5000 and a mobility makeover, along with \$1000 for the loved one, aid or salesperson that helped them share their story. The stories are about anything and everything – life, love, adventure, goals, dreams, helping others, doing the improbable and changing the world. NOVA's goal is to highlight that people using mobility aids have much to contribute.

"We want this to be a true celebration and an opportunity for everyone to see what we see – a world in which those facing mobility challenges are people with full, exciting lives, like 94 year-old former professional dancer Anne, who still takes dance class with the help of

her red walker or my friend Denise who doesn't let ALS stop her from going to Antarctica to photograph the penguins," says Chen. "I am personally inspired by them and I want others to be, too. And I want the world to start viewing our customers with the respect and dignity that they deserve."

NOVA specializes in brightly colored and patterned walkers, canes and wheelchairs along with all the accessories needed to lead an active life. By designing equipment that is both stylish and functional, NOVA is changing the way people face mobility challenges every day. Chen also provides customers and retailers with "Mobility Makeover Solutions" finding the right products to fit her clients' lifestyles, maximizing mobility, function and style. Chen believes that providing well designed and visually appealing products will encourage people to use the mobility aids they need. NOVA products include red and purple walkers, floral and animal print bags and seat covers, plaid transport chairs, colorfully patterned canes, and more.

NOVA is a leading innovator and manufacturer of Mobility, Bathroom Safety, and Independent Living products including designer canes, rolling walkers, transport chairs, wheelchairs, and mobility accessories. Since 1993, NOVA has grown organically with a strong foundation and fundamental values of service, quality and integrity. NOVA's goal and mission is to provide and service superior quality products with great function and fashion for people to live a healthy, independent, and beautiful lifestyle. Our commitment to caring and providing exceptional service is represented by our extraordinary staff, excellent warranty and product service program, consumer and dealer education, product innovation, and charitable contributions locally, nationally and internationally. Although our customers may have physical challenges, beyond their physical being is a heart with tremendous strength, a mind full of wisdom, and a spirit that is determined. We are dedicated to unleashing the potential of our customers. www.novamedicalproducts.com

Here Are Some Great Ideas For Your Dad On Father's Day

(NAPSI)—Deciding on a gift for dad is easier said than done, especially when he seems to have just about everything and when you want to truly convey your heartfelt thanks and appreciation. Instead of just adding another necktie to his collection, find a gift that will resonate with dad by considering what he might use every day.

Consumer electronics are often on dad's gift list; however, practical gifts with flair are always appreciated, so you may want to stick with the classics: a finely made watch, pocket lighter or a beautiful pen manufactured by a brand

he knows and trusts.

Here are a few ideas:

Time for a new watch? If dad is still sporting the same old watch he's had for years, maybe it's time for an upgrade? A watch may not be the first thing that comes to mind when you think of Zippo, but the company now offers a full line with various styles that dad will love. These watches feature the same quality and craftsmanship that have defined the brand and add an embossed logo crown, mirrored case back with etched logo and flame, or engraved bracelet clasp or buckle.

Pick up a pen. Although we do exist in a digital world, writing still has its place, especially in the office. A new pen would make an ideal gift for dad and would come in handy whether he's inking boardroom deals or taking notes.

More important, with the sophisticated and stylish designs available in Zippo's new collection, you can help dad make a statement each time he holds the pen in his hand. Finishes include satin chrome, high-polish chrome and gloss black, and most models are available in rollerball or ballpoint.

Each pen is complemented by a



substantial weighted feel that makes each a joy to handle.

Sunglasses Aren't Just For Those Sunny Days

(NAPSI)—Every day—whether it is sunny or cloudy, and despite the season—we are exposed to ultraviolet (UV) radiation from the sun. While many people are aware of the benefits of protecting their skin with clothing and sunscreen to prevent UV exposure, they do not take precautions to defend their eyes.

Sunglasses are the best way to protect the eyes and the sensitive skin around the eyes from overexposure to the sun's UV rays. Unprotected exposure can

lead to cataracts and macular degeneration, two of the leading causes of vision loss among older Americans.

When choosing sunglasses, select sunglasses that block both UVA and UVB rays and buy from a reputable retailer. Anyone that is outdoors at any time of year, whether it's sunny or overcast, should protect their eyes by wearing appropriate UV protection, such as:

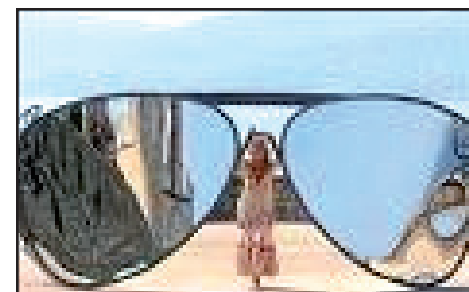
- Over-Rx sunglasses designed to be worn over prescription eyeglasses;

• Photochromic lenses, which darken to a sunglass lens as you move from the indoors out, providing a convenient way to defend eyes;

• Polycarbonate lenses for eye-wear that offers UV protection as well as impact-resistance for sports eye safety;

• For extra protection choose wraparound sunglasses or glasses with larger temple pieces to help block the sun from side angles.

To learn more about sunglasses



to fit your lifestyle, visit www.thevision-council.org/sunglasses.



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Medications 101: How Much Do You Know?

(NAPSI)—While everyone needs to be careful when taking medication, older adults face particular challenges. Often, they take more than one medicine at a time and they may not metabolize drugs as well as they once did, raising the risk of complications.

Answering these true or false questions from leading home care company Interim HealthCare may help reduce side effects and improve the efficacy of any medications being taken:

True or False:

1. Filling your prescriptions at the same pharmacy is a good idea.
2. All drugs need to be refrigerated.
3. If you miss a dose, the best thing to do is wait for the next time you

4. Stop taking the drug once you feel better.
5. If you can't remember to take your medicine at the right time of day and in the right amount, use charts, calendars and weekly pillboxes.
6. Certain foods can interact with medications.

Answers

1. True. That way, your records are in one place. This allows the pharmacist to know what you are taking and tell you if a new drug may cause interactions if taken with another drug at the same time.
2. False. However, all drugs should be stored away from children and animals. Many must be stored away from

heat and direct light and not in the bathroom or other damp place. If a drug is not stored correctly, it can reduce its effectiveness.

3. False. Some drugs should be taken as soon as you realize you missed a dose; with others, you should wait until the next dose. Be sure to ask your doctor or pharmacist how to proceed with the drug you are taking.
4. False. Take the medicine until you are finished or until the doctor tells you to stop.
5. True. All these reminder systems can work, but if you become more forgetful, supervision may be required.
6. True. Grapefruit juice can increase the levels of some medicines in your blood. Eating a calcium-rich dairy

product can stop antibiotics from working. These are just two examples. Check with your physician or pharmacist for more insight.

Always ask your doctor what each prescribed drug is, why you are taking it, when you should take it and what side effects to watch for. Supervising medication is one of the many jobs a home health care aide can perform. For more information, visit www.interimhealthcare.com.



America's Seniors Getting Help To Fight Hunger

(NAPSI)—The face of hunger in America may be aging. Of the 51 million Americans who face the threat of hunger, nearly 6 million are older than age 60, according to AARP—and that number is only expected to grow in the coming years.

In fact, from 2006 to 2008, the percentage of older Americans struggling with hunger more than doubled. Fortunately, there are actions that can be taken to help combat the problem.

Here are a few ways you can help:

- Donate to your local food bank

- Organize a food drive
- Volunteer with a local food organization
- Take an older friend to dinner or to the grocery store
- Donate by using your AARP® Visa® Card from Chase

In 2011 and 2012, Chase will donate \$0.03 for every purchase made with the AARP® Visa® Card from Chase and \$1 for every new account, up to \$2 million each year, to AARP Foundation through Drive to End Hunger, a national campaign led by AARP and AARP Foundation to end hunger among older

Americans. It's the only credit card endorsed by the AARP—an organization that provides meaningful resources and benefits to senior Americans and its members.

"Hunger among older adults is escalating at an alarming rate in America," said Anisa Tootla, vice president of hunger impact programs at AARP Foundation. "We know Americans want to help



their older neighbors in need, and we are pleased that Chase has joined the Foundation's efforts to get people engaged in giving back."

Volunteer Benefits Are Endless

(NAPSI)—With a rapidly aging population, there is a growing need for volunteers to assist older adults in their community.

Whether it is delivering a meal, offering a ride or visiting an isolated senior, such volunteer opportunities not only benefit those who are served but also

those who offer them.

"Volunteering allows older adults to share their wealth of knowledge and skills," said Sandy Markwood, CEO of the National Association of Area Agencies on Aging. "Studies show that the sense of purpose it provides can contribute to increased health and happiness."

A recent study by the Corporation for National and Community Service found that the positive effect of volunteering on physical and mental health is due to the personal sense of accomplishment gained from giving back.

And benefits go beyond the improvement of personal well-being. A total of 63.4 million volunteers contributed 8.1 billion hours of service in 2009, equaling

an estimated dollar value of about \$169 billion. With agency budgets tighter than ever, each volunteer-hour helps keep resources available to communities.

For more information on how to use your skills and experience to benefit the community, call the Eldercare Locator at (800) 677-1116



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Curb Appeal: First Impressions Do Count

by Marty Ross

If you're planting a "For Sale" sign out front, plant some flowers, too. In the fiercely competitive real estate market, a good-looking garden sets a home apart.

Eager sellers hoping to attract a buyer have about eight seconds to make a first impression, says Heather Wells, a real estate agent in the Kansas City area. These days, potential buyers "are weeding out their selections on line," she says, "but when they pull up to a home, they have to want to get out. You have to capture them."

Real estate agents take curb appeal seriously. Pots of colorful flowers, fresh mulch and attractive porch furniture will absolutely make a potential buyer decide they want to see inside the house, they say. Even if you're not putting your house on the market, it is never too soon to think about planting a shade tree, choosing handsome shrubs or adding flower beds. You'll have the pleasure of your plants while you still live in your home, and the landscaping will look sharp when the time comes to sell.

A well-designed landscape shows home shoppers, and your neigh-

bors, that you care about your home and community -- and communities sell houses, says Pamela Geurds Kabati, vice president for publications and web publishing for the National Association of Realtors. "A pretty garden sends a message to the buyers that the house is in good condition, too," she says.

Landscapers and garden designers often work with homeowners to freshen up flower beds and spruce up porches with plants before a home goes on the market. Every seller would like to see their home go under contract as quickly as possible, but finding the right buyer can take awhile, and the flowers you plant to catch the eye of a potential buyer shouldn't fade while you're waiting. Laura O'Meara and Mary Meador, sisters who teamed up to help Kansas City sellers plant containers and liven up the fronts of their homes, depend on flowers that will bloom for months.

Pots on the front porch or on the front steps should be in scale with the house, but big pots are usually the most effective, O'Meara says. Terra-cotta pots are classic, but O'Meara has also helped customers choose distinctive pots and brightly glazed containers to complement a house's style and palette.

When you're planting, don't skimp. "I like the pots to be really full," she says. "Every pot should have color and height and interest -- and when you're finished, it should end up looking as pretty as a vase of flowers on a table."

Hiring a designer to help with the garden takes some of the pressure off, but don't be afraid to make your own combinations. Walk around a garden shop and pick up plants that appeal to you, mixing and matching in your shopping cart to get the colors and textures just right. Plant labels sometimes suggest stylish combinations, and the staff at garden shops can also help you make choices.

Curb appeal doesn't have to be expensive. It's impossible to say exactly what the budget should be, but for \$100 or \$200, you can put some real sparkle in your landscape, O'Meara says. Trim the shrubs neatly, plant drifts of flowers around their skirts, and buy a few bags of fresh mulch to make the beds look tidy. The mulch will conserve moisture in the soil and help control weeds, so even if you don't have much time for your garden, it will still look cared for. New house numbers and a new doormat are details that potential buyers who step up to the front door will not miss.

The time and money you spend planting and mulching will pay off, Geurds Kabati says: "You'll get a return, whether it's in terms of the price for the house, or in time -- whether the house will sell faster." Look at your home as a buyer would, she suggests, and make them feel welcome. Before they ever open the front door, potential buyers should be able to imagine themselves enjoying life on the porch. Curb appeal is what does it.

"I don't care what the price of the house is, you have to get the buyers in the door," says Suellen Dice, a longtime gardener and a busy real estate agent in Kansas City. Bright flowers and pretty landscaping gets that buyer out of his car, up the front walk, onto the porch, and over the threshold, she says. "You want them to drive by and



say, 'Oh, I could live here. That looks like me. Oh, look at that, honey, look at that fabulous garden.'"

LOOKING GOOD

Getting your home ready to go on the market can be overwhelming, but a Realtor can help you with suggestions about where to invest your time and energy as you ready your house to be someone else's home. Good Realtors can also introduce you to experts who can help.

"Realtors visit hundreds of homes, and they have a very unique understanding of local resources," says Pamela Geurds Kabati, who developed the website houselogic.com to help homeowners maintain and enhance the value of their investment. Here are some suggestions on curb appeal from Geurds Kabati and other real estate professionals:

-- Go green: The lawn should look attractive. It doesn't have to be perfect, but it should be neat.

-- On the edge: Keep a sharply trimmed edge on flower beds and the lawn where it meets the sidewalk. A crisp edge gives your home a tailored look.

-- Take a little off the sides: Trim your shrubbery. Natural forms are fine, but people should be able to see the windows. Real estate agents have three words for overgrown bushes: Take them out.

-- Potted: Big terra-cotta pots are a classic choice, but consider handsome glazed pots, too. Buy three, five or seven in a stylish color that goes with your home's trim.

-- On the mat: A fresh new doormat will welcome potential buyers, and will also remind them to wipe their feet.

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Community Gardening: Growing Together

by Marty Ross

Community gardens aren't just allotments -- they're urban farms, lively social venues, great places to pick up and share gardening skills, and, of course, to raise a

crop of vegetables and flowers.

More than ever before, community gardens are places where experienced gardeners and neophytes cultivate new friendships while they grow their own

beans, beets and tomatoes by the bushel. Community gardens are thriving in schoolyards, churchyards and on city lots all around the country, growing as fast as Jack's beanstalk.

"Communities are gardening together, and it's bringing about changes," says Bill Dawson, program coordinator for Growing to Green, a community gardening program at Franklin

Park Conservatory in Columbus, Ohio. The Conservatory offers classes in community gardening and supports a flourishing network of almost 200 community gardens, in addition to a lively and beautiful five-acre community garden with orchards, bee hives, individual garden plots and endless inspiration.

"These gardens aren't just abandoned lots with a few tomatoes," Dawson says. "They're bringing about neighborhood revitalization, increased safety and cross-cultural connections. People want to share their culture, and there is no better way to do that than with food and gardening."

Franklin Park Conservatory is the headquarters for the American Community Gardening Association (www.communitygardening.org), which was founded in 1979 to promote and support community gardening networks. "Originally, with Victory Gardens, community gardens were a movement," Dawson says. In the 1970s, interest in organic gardening revived backyard food gardening, he says, and now environmental awareness and a tough economy are contributing to a growing demand



for community garden plots.

"Health and wellness are also huge," Dawson says. "People want to know what they're eating -- what's on it and what's in it." If you dig your own potatoes and pick your own peas, you don't have to guess where they came from.

When you have a plot at a community garden, it becomes a bit like your own backyard: It is a nice place to hang out, putter around a little bit, and let the busy world go by. The relentless press of deadlines lightens when you're staking tomato plants or hoeing a row of beans, and your perspective on the world changes when you're talking with a fellow gardener instead of sending emails or suffering through yet another meeting.

First-time gardeners tend to worry about crop failures, but they can draw on the impressive experience all around them at a community garden: There is no shortage of advice. Experienced hands are typically eager help new gardeners succeed, and many gardens offer workshops and plenty of guidance for novices. Community gardens often publish planting calendars with the names of great varieties of vegetables and flowers recommended for your local climate, and many gardens offer free or low-priced seeds. Community gardens are founded on the premise that gardening should be accessible, affordable and rewarding.

With any garden, it's important

not to take on more than you can manage. Your first garden can be about the size of a throw rug, says John Williams, who was program manager at Kansas City Community Gardens in Kansas City, Mo., for years before retiring last year. A garden about 4 feet by 6 feet is a manageable size for a couple of tomato and pepper plants, and perhaps some green beans, radishes, and spring lettuce. Don't try to feed the world your first season, Williams says: "Do it for the fun and adventure."

Bill Maynard, vice president of the American Community Gardening Association and the coordinator for community gardening in the parks and recreation department in Sacramento, Calif., says a plot 10 feet by 10 feet is a good size, or 20 feet by 20 feet if you're working the garden with a friend.

In Sacramento, organic gardening pre

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SEE "GARDENS" P. 17.



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Better Business Bureau News And Notes Just For You

by Katie Carrol

What's in it for me? Why should I join the Better Business Bureau?

Come to the Better Business Bureau of Southern Colorado's monthly Benefits 101 class and find out!

During this educational seminar, you'll be introduced to the multitude of benefits you'll receive as a BBB Accredited Business. You'll learn how membership can ultimately increase your bottom line, and help your business succeed in this increasingly competitive marketplace. The event is open to all companies in southern Colorado. You do not need to be an accredited business to attend.

Below are the details for the

June workshop:

Date: Thursday, June 16, 2011

Time: 8 - 9 a.m.

Location: 25 N. Wahsatch Avenue, cross street is Kiowa - Colorado Springs. Better Business Bureau office.

Admission: Free

Breakfast will be provided so early reservations are very much appreciated.

For accredited businesses who would like to customize their free ShopMyBBB.com web page, we will hold an editing class following the

This Senior Safety Page is Proudly Sponsored By Four of the finest Assisted Living facilities in the region; North Pointe Gardens, Trinity Life Gardens, Oakshire Garden Assisted Living and Pueblo West Gardens. Matt Coffman and all the employees of these fine facilities welcome you to call them for a tour. See their ad below for details.

benefits event from 9:15 - 10:15 p.m.

To RSVP online, please go to www.blacktie-colorado.com/rsvp and enter event code: Benefits616 (All one word, not case sensitive.)

Below are the details for the

June breakfast:

Date: Friday, June 10, 2011

Location: Colorado Springs Elks Lodge - 3400 North Nevada - Colorado Springs.

Admission: With reservation: \$12; at the door: \$15.

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ENRON WHISTLE-BLOWER SHERRON WATKINS TO SPEAK ABOUT BUSINESS ETHICS

Sherron Watkins, former vice president of Enron Corporation and the woman who alerted then-CEO Ken Lay to accounting irregularities within the company in 2001, will be the keynote speaker at a luncheon celebrating Small Business Day on Thursday, June 9. Watkins, who was named "Time Magazine's 2002 Person of the Year," will talk about the importance of ethical corporate leadership and participate in an interactive workshop designed for small business owners. The event will be held at the DoubleTree Hotel - 1775 East Cheyenne Mountain Boulevard - from 8 a.m. to 1:30 p.m.

The day begins with a morning seminar, featuring Watkins, JoAnne Kuhn of Hewlett-Packard and Wendel Torres, the former CEO of Torix Construction, followed by a period of networking and an awards luncheon. The Small Business Person of the Year, Young Entrepreneur of the Year, and the Colorado Springs Small Business Development Center Volunteer will be announced at the luncheon.

Members of the media are invited to a private question and answer session with Watkins from 10:45 to 11:15 a.m. There are also limited opportunities for pre-event phone interviews. Media representatives may RSVP for the Q & A, or request a pre-event interview by contacting Katie Carrol at 719-636-5076 ext. 115 or katiec@bbbcs.org.

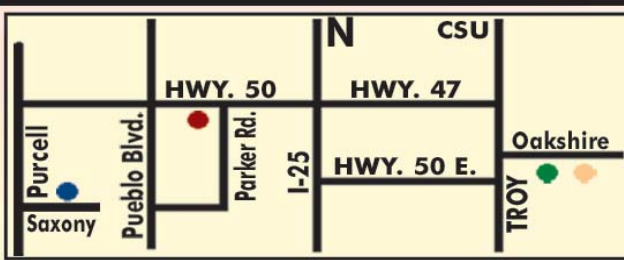
Small Business Day was created to celebrate the successes of small businesses and build a sense of community among the attendees that support local small business efforts. It's being sponsored by the Small Business Development Center, the University of Colorado Colorado Springs College of Business Ethics Initiative, and the Better Business Bureau of Southern Colorado.

Both the seminar and luncheon are open to the public. The morning seminar is \$25, the luncheon is \$40, and both events are \$55. To register, go to www.blacktie-colorado.com and enter event code SmBusiness2011.

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There's Nothing Like A Holiday



Cruisers Booking "Everything" On-Line

by David G. Molyneaux - *TheTravel-Mavens*

Cruisers now booking ship activities, meals, excursions online before they leave home

One key element in cruising's huge rise in popularity through the years has been the ease of a vacation aboard ship.

Surveys show that cruising, along with vacations at all-inclusive land resorts, jumped in demand at least partly because vacationers enjoyed the freedom associated with the simplicity – a lack of planning, scheduling and figuring out where they would eat, sleep and play.

Mostly, on cruise vacations, you just showed up.

At home, you picked out a ship and wrote a check. At the end of the cruise, you paid your bar bill and gratuities for the staff. Exit surveys showed that first-time cruisers were such happy travelers – lulled perhaps by lolling about – that they began planning a re-

peat visit to sea.

While the basic concept has not changed – and you can still do a cruise vacation the old fashioned way, just showing up and following the crowd – many of the new big, mass-marketed ships now offer a more complicated vacation, with more restaurants, entertainment and activities, some requiring an extra fee.

The positive side of all these changes is that cruise vacations are bursting with choices, sometimes more to do than passengers can find time for – from full service spas and adventurous activities to evening entertainment and a host of places to eat. The cruise line mantra is that all these vacation experiences are served at a price lower than you could find off the ship, much lower than if you were vacationing a la carte.

The negative side, however, is that if you want to participate in all that the big ships offer, no longer can you just

show up on getaway day. You need to do – May I say it? – some homework. Get online, do some prior planning, and book the extras before you head out on vacation.

A decade ago, a passenger's major concern aboard ship might be rushing to the sun deck early enough to reserve a lounge chair by the pool. Now, with all the private balconies attached to outside cabins, you don't see as much competition for deck chairs.

Instead, the battle is for a private cabana, a massage on a sea day, or a table in a top specialty restaurant.

On the biggest ships, by the time your vacation starts, the battle may be over. Royal Caribbean, for instance, suggests that passengers go online and book all their dining reservations, shore excursions, spa appointments and special entertainment shows BEFORE they leave home, especially if they are sailing on the huge 5,400-passenger Oasis of the Seas or sister Allure of the Seas.



The issue is not quite as dramatic on other big ships, but some experiences book up quickly.

When I boarded Holland America's newest vessel, Nieuw Amsterdam, recently in Fort Lauderdale, I was surprised to learn that the outdoor cabanas, above the pool deck, were nearly sold out for the entire week. These cabanas, which come with meal and drink service, are prized for their privacy by repeat passengers.

If you want to eat at the Nieuw Amsterdam's new Master Chef's Table, which is a room holding about a dozen people for a tasting menu offered by Master Chef Rudi Sodamin on select nights each week, or the weekly Evening at Le Cirque, in partnership with the famed New York French restaurant, get your reservation in early, preferably before the ship sails. These are sold out each week, said Holland America executives, who added that all specialty dining opportunities on Nieuw Amsterdam tend to be booked up by the second or third day of each cruise.

With Tamarind, which serves Asian fare, and the Pinnacle Grill, a steakhouse, Nieuw Amsterdam offers four gourmet menus at a total extra cost of about \$185 per person (which includes wine at Le Cirque and the Master Chef's Table). Of course, no passenger

SEE "CRUISING" PAGE 18.

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A Prized Patio

by Mary G. Pepitone

Today's homes have plenty of patio appeal. Prized by homeowners who want to create a backyard space without the maintenance of wood decking or porches, patios are praised for seamlessly extending a home into the outdoor landscape.

"Today's patio goes beyond the grill," says Leslie Wheeler, communications director for the Hearth, Patio and Barbecue Association (HPBA), based in Arlington, Va. "When people have a patio, they also want a place to cook, eat and relax outside."

A patio is a concrete or paved area that is most often located outside in a home's backyard. While wooden decks tend to feel more like an extension of a house, a patio integrates more with the landscape because it is built directly on the ground. Custom-built patios have evolved from mere concrete slabs into sophisticated outdoor rooms that can really cook with outdoor kitchens and fireplaces.

During the mid-20th century suburban boom, people began retreating from the front porch to the backyard. Entertaining on the patio became part of a lifestyle. Concrete is still one of the most popular materials used to construct a patio. However, the iconic, gray square slab of the 1950s has evolved into a concrete patio with decorative stamping and staining.

"People are extending their patios and adding outdoor features," Wheeler says. "What a home's patio looks like depends on the space and how it will be used."

To create a complete patio picture, the type you build should be designed around the layout of your home, landscape and lifestyle.

An attached patio extends a house into the landscape and is furnished like an outdoor room. Often this patio can be accessed easily through sliding doors on the house. A courtyard patio unites wings of a home by creating a central meeting place outside.

"People love to be able to walk right out of the kitchen or family room and be outside in the yard on the patio," Wheeler says. "Having a well-designed patio is also a way to extend the time you spend outside."

A scenic pathway can also connect a home to a freestanding patio. This type of patio is built to capitalize on a particular aspect of the landscape, such as a garden or a captivating view. A poolside patio that focuses on recreation and entertaining must also be designed to withstand chlorinated water.

Before pouring concrete or laying flagstone, make sure you're working with competent contractors who have experience installing patios. After the design is drawn, the site needs to be prepared, so that the patio slopes away from the house and drains properly. It's also imperative to use setting materials that are waterproof to create a solid bond with the substrate.

An important part of a patio's design is to select the proper construction materials. Concrete, brick, stone or porcelain tiles all have their own appeal and can add to the aesthetics of a patio.

Concrete is made of cement and aggregates, such as sand and gravel. It is the chemical reaction (called hydration) of the cement and water that causes the concrete to harden. Decorative treatments to concrete can include stamping and staining, which give it a stone-like appearance.

If installing an attached concrete patio, often a skilled contractor can tie into the foundation of the home, so there's little movement of the patio, once it's been poured. Concrete should be sealed routinely with two coats of a good quality water- or solvent-based sealer.

A patio should be built with outside-rated bricks, tiles and pavers because these materials have less than a 3 percent water-absorption rate -- which means they will hold up, especially during numerous freeze-thaw cycles in colder climates. In addition to using outside-rated materials, it's important to use waterproofing membranes, especially if materials are bonded to concrete.

Paving bricks are fired at very high temperatures and last longer than common bricks used for walls. Bricks are either laid on a tamped sand base or set on a concrete slab and mortared in place.

Porcelain is a non-porous tile with a low water absorption rate, making it both durable and frost resistant. These tiles are fired at extreme tempera-

tures (2,500 to 3,000 degrees Fahrenheit), resulting in a denser and harder tile, with colors penetrating all the way through the tile.

Stone pavers that are outside-rated can include slate, bluestone and sandstone. Fieldstone and other rough stones can be uneven in thickness and need to be set carefully to achieve a level patio. Stones also need to be sealed annually with a penetrating sealer, so water beads up on the surface of the stone patio, and isn't absorbed by it.

Although summertime is prime patio time, Wheeler says creating an outdoor oasis on the patio extends the season into cooler weather. "An outdoor kitchen -- with built-in grill, sink, cabinets, countertops and eating area -- outdoor fireplace, outdoor furniture and fountain are all lovely amenities on a patio that make you want to spend time there," she says. "And manufacturers are creating more products that make it easier to create an outdoor family room."



However, Wheeler says homeowners don't have to spend thousands of dollars at one time on patio products. "The beauty of entertaining on a patio is that it fits today's more informal lifestyle," she says. "And, that means building projects on the patio can be done in phases, as the household budget allows."

Amenities on the patio are even looking up, with the addition of pergolas and covered patio products. "A covered patio extends the square footage of a home," Wheeler says. "A patio provides that connection between your home and the environment outside."

Gardens

from page 14.

Gardeners make their own compost, turn their soil with a garden fork or a spade instead of with a tiller, and grow cover crops such as red clover to prevent soil erosion, reduce weeds and build nitrogen into the soil. In Columbus, Dawson says not all community gardeners are organic gardeners, but "if they're not, I teach them how to use products safely," he says. "We work with them from the get-go."

The crops you plant in a community garden plot will depend on what you like to eat -- there's no reason to grow a row of okra if you don't care for okra -- but you may want to experiment with vegetables you haven't tried before in case you discover that you like them, Dawson suggests. What comes out of your garden tastes a lot different than what you're used to from the store. You can always give produce away to a food kitchen: Many have working relationships with community gardeners, who plant an extra row of beans or potatoes to help out.

Of course, your community garden plot should be beautiful, Dawson says, and flowers are a staple of the gardens he sees in Columbus. Many gardeners like to grow edible flowers, such as little fern-leaf marigolds, nasturtiums and pansies, he says, but flowers of all kinds attract birds, bees and butterflies to your garden, so plant zinnias, sunflowers and other easy summer blooms. With pollinators pitching in, you know the harvest will be beautiful.

TAKE IT FROM THE TOP

The National Gardening Association's survey of vegetable gardening paints a national portrait of vegetable gardeners and their favorite crops. Here are some of the survey's results (available on the group's website, www.gardenresearch.com):

Slightly more women (54 percent) than men (46 percent) are growing vegetables, fruits and herbs. Vegetable gardeners are of all ages and all education levels; 21 percent are 18 to 34 years old, and 44 percent are over 55; 43 percent are college graduates. Most say they're in it for delicious food, but 23 percent say they want to share food with others. Half say they're growing at least some of their crops in flower pots.

According to the survey, these are the top 10 most popular vegetables grown based on the percentage of gardeners growing them:

- Tomatoes (86 percent)
- Cucumbers (47 percent)
- Sweet peppers (46 percent)
- Beans (39 percent)
- Carrots (34 percent)
- Summer squash (32 percent)
- Onions (32 percent)
- Hot peppers (31 percent)
- Lettuce (28 percent)
- Peas (24 percent).

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through Nevada granite mountains and constructed the railway with such miracle power as if Jonathan's sword ploughed through the 20 philistines in 1/2 acre area 1Samuel14:14. 'God of Jonathan is the same God who has plowed the 1/2 acre ground for Jeremiah's pious sister and her Chinese husband(jeremiah888@hotmail.com) based in Australia where their Chinese Christian ministry is flourishing in Jesus name. #1111_

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

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

Phone: _____ Your Name: _____

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I'M A 53 YEAR-OLD MAN: Looking for 50 - 60 year-old woman to love and be loved. Christian preferred. Please, no drugs-no drinking-no smoking. 719-980-4342. #0611

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WANTED: Certain record albums and 45's from 1950s and '60s. Also

pre-1960 boy scout items. Also 10 cent comic books. 719-566-7975. Tom.#0411

JOIN MY HUSBAND AND ME on an 11-day Christian Heritage tour to Israel leaving Denver Sept. 15th. For more information on this opportunity, check my website: bettyseller.grouptoursite.com or call 719-289-0728.

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Cruising

from page 16.

is required to do or pay for any of this. Nieuw Amsterdam's main dining room, Manhattan, serves a fine menu each night, including special suggestions by

Chef Sodamin.

Curiously, while most of the big mass-marketed cruise ships are moving away from the all-inclusive concept and adding various experiences for extra fees, the more luxurious ships are moving in the opposite direction, toward being more inclusive in dining rooms where reservations seldom are an issue, in bars, and on shore excursions.

Crystal Cruises, for instance, recently announced that starting in spring 2012 there will no longer be charges aboard for alcohol and for staff gratuities. That makes Crystal's two ships almost all-inclusive.

The change "responds to the desires of today's upscale cruise traveler," said Crystal president Gregg Michel. These are travelers who just want to show up.

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



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Social Security & You

from Melinda Minor, District Manager - Pueblo



QUESTIONS AND ANSWERS

GENERAL

Question:

I can't seem to find my Social Security card. Do I need to get a replacement?

Answer:

In most cases, knowing your Social Security number is enough. But if you do apply for and receive a replacement card, do not carry that card with you. Keep it with your important papers. For more information about your Social Security card and number and for information about how to apply for a replacement, visit www.socialsecurity.gov/ssnumber. If you believe you're the victim of identity theft, read our publication Identity Theft And Your Social Security Number, at www.socialsecurity.gov/pubs/10064.html.

Question:

My husband doesn't have enough work under Social Security to qualify for Social Security retirement benefits or Medicare. But I am fully insured and eligible. Can he qualify on my record?

Answer:

Yes. The answer applies to husbands as well as wives. Even if your spouse has never worked under Social Security, he (or she) can, at full retirement age, receive a benefit equal to one-half of your full retirement amount. Your husband is eligible for reduced spouses benefits as early as age 62, as long as you are already receiving benefits. For more information, visit www.socialsecurity.gov and select the "Retirement" tab. If your spouse will receive a pension for work not covered by Social Security such as government employment, the amount of his or her

Social Security benefits on your record may be reduced. For more information, read the fact sheet, Government Pension Offset, Publication No. 05-10007 at www.socialsecurity.gov/pubs/10007.html.

RETIREMENT

Question:

What can Social Security do to help me plan for my retirement?

Answer:

Social Security has some great online financial planning tools you can use to make an informed decision about your retirement. Social Security's online Retirement Planner and our online Retirement Estimator are both tools you can access online at any time. These will let you compute estimates of your future Social Security retirement benefits. They also provide important information on factors affecting retirement benefits, such as military service, household earnings, and Federal employment. You can access our Retirement Planner at www.socialsecurity.gov/retire2. Find the Retirement Estimator at www.socialsecurity.gov/estimator.

Question:

How long does a person need to work to become eligible for retirement benefits?

Answer:

Everyone born in 1929 or later needs 40 Social Security "credits" to be eligible. You can earn up to four credits a year. So, you will need at least 10 years of covered employment or self-employment to become eligible for retirement benefits. During your working years, we post earnings covered by Social Security to your record. You earn credits based on those earnings. The

amount of earnings needed for a credit rises as average earnings levels rise. In 2010, and 2011, you receive one credit for each \$1,120 of earnings, up to the maximum of four credits a year. For more information, visit our website at www.socialsecurity.gov.

DISABILITY

Question:

I understand that to get Social Security disability benefits, my disability must be expected to last at least a year or be expected to result in death. But I'm disabled now. Does this mean that I must wait a year after becoming disabled before I can receive benefits?

Answer:

You do not have to wait a year after becoming disabled. If you're disabled and expect to be out of work for at least a year, you should apply for disability benefits right away. It can take months to process an application for disability benefits. If we approve your application, your first Social Security disability benefit will be paid for the sixth full month after the date your disability began. For more information about Social Security disability benefits, refer to Disability Benefits (Publication No. 05-10029) at www.socialsecurity.gov/pubs/10029.html.

Question:

I get disability benefits. I would really like to try to work again, but I can't risk losing my medical coverage. I understand Social Security's Ticket to Work might let me try working without endangering my benefits. What can you tell me about it?

Answer:

Ticket to Work is a voluntary program that offers disabled Social Security beneficiaries a variety of choices in obtaining the support and services they need to help them go to work and achieve their employment goals. If you receive Social Security or Supplemental Security Income benefits based on disability or blindness and would like to work or increase your current earnings, this program can help you get vocational rehabilitation, training, job referrals, and other ongoing support and services to do so. For more information, visit our Ticket to Work website at <http://www.socialsecurity.gov/work>.

SUPPLEMENTAL SECURITY INCOME

Question:

What is the difference between Social Security disability and Supplemental Security Income (SSI) disability?

Answer:

Social Security is responsible for running two major programs that provide benefits based on disability. Social Security Disability Insurance (SSDI) is based on prior work and the taxes you pay into the Social Security program. To be eligible for a SSDI benefit, the worker must earn sufficient credits based on taxable work to be "insured" for Social Security purposes. SSDI benefits are payable to eligible blind or disabled workers, the widow(er)s of a disabled worker, or adults disabled since childhood. SSI disability payments are made on the basis of financial need to adults or children who are disabled or blind, have limited income and resources, meet the living arrangement requirements, and are otherwise eligible. SSI is a program financed through general revenues. For more information, visit our website at www.socialsecurity.gov or call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778).

Question:

Are Supplemental Security Income (SSI) benefits taxable?

Answer:

No. Unlike Social Security benefits, which may be subject to income tax, SSI payments are not subject to Federal taxes, and you will not receive an annual form SSA-1099. For more information, see Supplemental Security Income (Publication No. 05-11000), visit our website at www.socialsecurity.gov or call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778).

MEDICARE

Question:

What can I do if my Medicare prescription drug plan says it won't pay for a drug that my doctor prescribed for me?

Answer:

If your Medicare prescription drug plan decides that it won't pay for a prescription drug, it must tell you in writing why the drug isn't covered in a letter called a "Notice of Denial of Medicare Prescription Drug Coverage." Read the notice carefully because it will explain how to ask for an appeal. Your prescribing doctor can ask your Medicare drug plan for an expedited redetermination (first level appeal) for you if the doctor tells the plan that waiting for a standard appeal decision may seriously harm your health. For more information, visit www.medicare.gov.

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

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WEIRD NEWS

from page 4.

driving was common and legal outside of towns as long as the driver wasn't drunk.) Furthermore, Hale said, people need to drive home after they drink. "(T)hey are not going to hitchhike." Sen. Windy Boy said such laws put the legislature on "the path of criminalizing everyone in Montana."

-- Why Unions Are Unpopular: The police officers' union in Scranton, Pa., filed a state unfair labor practice complaint in April against Chief Dan Duffy because he arrested a man whom he caught violating a warrant and possessing marijuana. According to the union contract, only union members can "apprehend and arrest" lawbreakers, and since the chief is "management," he should have called an officer to make the arrest. The union president suggested that, with layoffs threatened, the chief doesn't need to be taking work away from officers.

-- Conventional academic wisdom is that the death penalty is not an effective deterrent to homicide, but according to accused murderer Dmitry Smirnov, it deterred him from killing Ms. Jitka Vesel in Oak Brook, Ill. -- until March, that is, when Illinois' death penalty was repealed. Prosecutors said Smirnov, from Surrey, British Columbia, told them he decided to come to Illinois and kill Vesel (in cold blood, over an online relationship gone bad) only after learning through Internet research that the state no longer had capital punishment.

Cavalcade of Rednecks

(1) Shelly Waddell, 36, was cited by police in February in Waterville, Maine, after "a couple of" drivers reported seeing two children riding on the roof of the van she was driving early one morning. Waddell told police she was in fact delivering newspapers to customers, but denied that the kids were on the roof. (2) At the Niceville, Fla., Christmas parade on Dec. 4, a municipal employee was arrested when he stepped up onto a city truck that was part of the parade and challenged the driver (who apparently was a colleague). The employee accused the driver of "taking (my) overtime" hours for the previous two years and ordered him out of the truck so he could "whip your butt." (The employee was charged with disorderly intoxication.)

Oops!

-- Wheeee! (1) In March, in Pierce County, Wash., a sewer worker, 37, came loose from a safety line and slid about 3,000 feet through a 6-foot-diameter sewer pipe at the Chambers

Creek Wastewater Treatment Plant. He "could have drowned," according to one rescuer, but he was taken to a hospital with "minor injuries." (2) Firefighters in Gilbert, Ariz., rescued Eugene Gimzelberg, 32, in March after he had climbed down a 40-foot sewer hole -- naked. Gimzelberg said he had smoked PCP and marijuana and consumed hallucinogenic mushrooms. He was hospitalized in critical condition.

Chutzpah!

-- Jacob Barnett, 12, an Asperger's-syndrome-fueled math genius who maxed out on the Wechsler Intelligence Scale for Children and is now enrolled at IUPUI (Indiana University-Purdue University Indianapolis), told an Indianapolis Star reporter in March that his next project is about proving the Big Bang theory all wrong. But if not the Big Bang, asked the reporter, how do we exist? Said Jacob, "I'm still working on it." "I have an idea, but ... I'm still working out the details." (Hint: Jacob's major point of skepticism is that the Big Bang doesn't account neatly for carbon.) Said his (biological) mother, Kristine Barnett, 36: "I flunked math. I know this did not come from me."

-- Overreaching: (1) In April, Texas state Rep. John Davis of Houston proposed a tax break -- aimed at buyers of yachts valued at more than a quarter-million dollars. Davis promised more yacht sales and, through a ripple effect, more jobs if Texas capped the sales tax on yachts at the amount due on a \$250,000 vessel -- a break of almost \$16,000 on a \$500,000 boat. (2) Adam Yarbrough, 22, ticketed by a female police officer in Indianapolis in March after he was observed swerving in and out of traffic on an Interstate highway, allegedly compounded the problem first by offering the cop "five dollars" to "get rid of this ticket" and then by "(H)ow about I give you a kiss?" Felony bribery charges were filed. (Bonus fact: Yarbrough was riding a moped.)

Least Competent Criminals

Marissa Mark, 28, was indicted in March in Allentown, Pa., for hiring a hit man in 2006 via the then-active website HitManForHire.com, agreeing to pay \$37,000 to have a California woman killed (though prosecutors have not revealed the motive). Mark allegedly made traceable payments through the PayPal service (which in recent years has righteously refused to process transactions involving online gambling or the WikiLeaks document dumps, but which in 2006 did in fact handle payments for HitManForHire.com). The hit man site was run by an Egyptian

immigrant, who told the Las Vegas Sun in 2008 that he would never contract for murder but sought to make money by double-crossing clients and alerting (for a fee) the intended victims.

Emphysema Cure?

The cure for emphysema is cigarette smoke piped directly into the lungs, according to chemist Gretha Zahar, whose clinic has treated 60,000 people in Jakarta, Indonesia, in the past decade. Zahar (with a Ph.D. from Padjadjaran University in West Java) modifies the tobacco smoke with "nanotechnology" to remove "free radicals" and adjust the mercury levels -- and touts her "divine cigarettes" as cures for "all" diseases, including cancer, with only a wink of the eye from the government (which opposition leaders say is in the pocket of Indonesia's tobacco industry). Though 400,000 Indonesians die yearly from smoking-related causes, nicotine "addiction" was only reluctantly and subtly mentioned in recent regulations. One pharmacology professor said he had never heard of anyone dying of smoking, which he called a "good, cheap alternative" to expensive drugs.

Unclear on the Concept

-- Marla Gilson, 59, was fired in April after her employer callously rejected her offer to work from home in Chevy Chase, Md., at reduced salary, while she recovers from chemotherapy and a bone marrow transplant for her leukemia. Gilson's job was chief executive of the Association of Jewish Aging Services of North America, which serves 112 facilities that help frail and elderly Jews during their final years. Gilson's termination also made her health care much more expensive and potentially made her uninsurable in the future if her treatment is successful. (Nonetheless, the board of directors thanked her for her service and wished her a "speedy recovery.")

-- Thomas Cavender, 60, of Bessemer City, N.C., pleaded unsuccessfully with a judge in March to remove him from the National Sex Offender Registry, to which he had been assigned as part of his sentence in 2000 for molesting a third-grade girl. Cavender told the judge that he had become a preacher and evangelist and that it "hurts my ministry when you're in the pulpit, and someone goes to the computer, and there you are."

-- In April, two police constables in North London, England, threatened Louise Willows with arrest for criminal damage and forced her to clean her artwork from a city sidewalk.

Willows had cleared off 25 deposits of droppings that dog-walkers had failed to remove and in their place drawn pink cupcakes in chalk (with a nearby message, "Dog owners, Please clear up your dog's mess. Children walk here").

Zero Tolerance?

Recently, public school students were expelled in Spotsylvania, Va. (possession of homemade tubing for launching plastic "spitballs" in lunchroom horseplay) (December); arrested in Hammonton, N.J. (a 7-year-old, for bringing to class a Nerf-type "gun" that fired soft balls) (January); and arrested in Arvada, Colo. (for drawing violent stick figures, which was recommended by his therapist as a way to tamp down harmful thoughts) (February). Meanwhile, in March, at the other end of "zero tolerance," a judge allowed Ryan Ricco, 18, to play for his school in a big basketball tournament despite being on modified house arrest after being charged with threatening to blow up two other high schools in the Chicago suburbs.

Cavalcade of Rednecks

(1) In April, Robert Hohenberger, 64, was arrested in Clayton County, Ga., for shooting a neighbor's dog with a BB gun after complaining that he was tired of the Chihuahua "pooping" in his yard. The neighbor, Leticia Mendoza, told police that her dog was innocent, in that Casey had actually relieved himself inside right before she let him out. (2) Jonathan Avery, 31, was arrested in Benson, N.C., in February for hitting his son, 6, on the head with a spoon, drawing blood with a cut that became infected. Hospital personnel treating the kid called police, as Avery had apparently attempted to suture the wound with fishing line.

Inexplicable

-- Fine Point of Iowa Law: Thanks to a loophole recently sanctioned by the Iowa Court of Appeals, Matt Danielson and his wife, Jamie, now own their home in Ankeny, Iowa, outright (value: \$278,000) after making just one monthly mortgage payment. Iowa law regards a home mortgage by a married couple as automatically void if only one spouse has signed it, and a thusly voided mortgage is treated as fully satisfied. (The purpose was to prevent one estranged spouse from exploiting the other, but the voiding is automatic regardless of the circumstances.) Legislators are currently trying to change the law to leave the discretion of voiding up to judges.

Least Competent Criminals

Not Ready for Prime Time: Harold Luken, 45, was arrested on April 8 in New York City near a Bank of America after his attempt to rob it failed badly. According to police, Luken walked in at 1:50 p.m. and announced that he had a gun and intended to rob the place -- but then merely got in a line and said he would wait for a teller. When he finally got to the window (with police apparently on their way), Luken restated his intention and, as if narrating, announced the handing over of the robbery note. When the teller refused to respond, Luken asked to check the balance in his own account, but the teller again declined, provoking Luken to walk away and shout, "OK, I will go to Citibank (and) rob them instead!" He was arrested minutes later.

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It's The Season To Do Some Serious Grilling

TIME IS ON YOUR SIDE WITH NEW GRILLING COOK-BOOK FROM BEST-SELLING AUTHOR

(NAPSI)—According to New York Times best-selling cookbook author Jamie Purviance, grillers don't have to sacrifice flavors and textures just because they are short on time.

"Let's face it, people are busier than ever-and some days are too hectic to prepare elaborate meals," said Purviance, author of the new Weber's Time to Grill: Get In. Get Out. Get Grilling. "Then there are other days when we want to take a little more time to cook, and this book offers both options."

The cookbook's 200-plus recipes are paired in two-page, mouthwatering spreads-photographed by James Beard Award winning photographer Tim Turner—using a common set of easy-to-find supermarket ingredients. The "easy" recipes, such as Quick and Easy Pulled Pork Tenderloin, which uses pork tenderloin in place of pork shoulder, have prep times of about 15 minutes; the "adventurous" version—in this case, Pulled Pork Barbecue Sandwiches—features instructions for barbecuing fall-off-the-bone pork shoulder, along with sauce and slaw recipes.

"This is the only grilling cookbook that offers distinct choices based on the kind of day you are having," says Purviance. "For example, do you have time for a full-blown version of barbecued ribs, or is today so busy that you need a great version that takes half the usual time? Now you have the choice."

Quick and Easy Pulled Pork Tenderloin

Serves: 4-6
Prep time: 15 minutes
Grilling time: 15-20 minutes

Sauce

- 1 cup ketchup
- ½ cup water
- 2 tablespoons unsalted butter
- 2 tablespoons cider vinegar
- 1 tablespoon molasses
- 1 tablespoon Worcestershire sauce
- 1 teaspoon granulated garlic
- ½ teaspoon ground black pepper

Rub

- 1 teaspoon kosher salt
- 1 teaspoon prepared chili powder
- ¼ teaspoon granulated garlic
- ½ teaspoon ground black pepper
- 2 pork tenderloins, each ¾ to 1 pound, trimmed of excess fat and silver skin
- 2 tablespoons extra-virgin olive oil

Cook

1. In a small saucepan, whisk the sauce ingredients. Bring the sauce to a simmer over medium heat and simmer gently for about 5 minutes, whisking occasionally. Set aside to cool at room temperature.

2. In a small bowl, mix the rub ingredients.

3. Lightly coat all sides of the tenderloins with the oil and season evenly with the rub, pressing the spices into the meat. Allow the tenderloins to stand at room temperature for 15 to 30 minutes before grilling.

4. Prepare the grill for direct cooking over medium heat (350° to 450°F).

5. Brush the cooking grates clean. Grill the tenderloins over direct medium heat, with the lid closed as much as possible, until the outsides are

evenly seared and the internal temperature reaches 150° F, 15 to 20 minutes, turning about every 5 minutes. Remove from the grill and wrap with aluminum foil. Let rest for about 15 minutes or until cool enough to comfortably handle.



For grilling information or to purchase a copy of "Weber's Time to Grill," visit www.weber.com.

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6. Cut the tenderloins crosswise into quarters. Pull the warm meat apart with your fingers or use two forks to shred the meat. In a large bowl, moisten the pork with as much of the sauce as you like. Serve on a bed of soft polenta, if desired.

Access the grocery list for this recipe on your mobile device by entering: timetogrill.mobi.

WHERE ARE THEY NOW?

by Marshall Jay Kaplan

GEORGE CHAKIRIS

The 1961 classic film, *West Side Story*, is remembered as much for its music as it is for its stars. One in particular was actor George Chakiris, who played the role of 'Bernardo', leader of the Puerto Rican gang, The Sharks. For his role, he won a Best Supporting Actor Oscar. Where is he now? He is still singing and dancing on stages across the world.

The handsome dancer and actor was born on September 16, 1934 in Norwood, Ohio to Greek parents (not Latin, as one might think). He began dancing at a young age, eventually heading out to Hollywood in 1951.

After arriving in Hollywood, the seventeen-year-old Chakiris found his talent getting him jobs in musical films - always in the chorus. For the next ten years, George danced in the background of films such as *The Country Girl* (1954 with Grace Kelly and Bing Crosby), *There's No Business Like Show Business* (1954), *White Christmas* (1954 with Rosemary Clooney and Bing Crosby) and *The Girl Rush* (1955 with Rosalind Russell).

Discouraged with never achieving fame, George moved to England where he was spotted by choreographer Jerome Robbins who gave him a supporting role in the London production of *West Side Story*. When the play was to be made into a film, George was given a greater role — that of 'Bernardo'. With his tough, suave looks and rhyth-

mic, limber dancing, George stood out and, along with the film's success, finally became an overnight sensation. He cherishes his Academy Award that he won for his role.



After *West Side Story*, George graduated to dramatic film roles, usually playing another version of 'Bernardo'. Film highlights include *Diamond Head* (1963) and *Kings of the Sun* (1963, with Yul Brynner). Again, George headed out to Europe and for the next ten years, continued to make films, however all the films (with the exception of 1966's *Is Paris Burning?*), did not fair well at the box office. He returned to Los Angeles and began appearing in numerous made-for-TV movies.

Although he appeared for a year in 1985 in a recurring role on *Dallas*, and a few guest roles on such shows as *Murder, She Wrote*, he was virtually forgotten by motion picture fans.

For the past twenty five years, George has maintained a residence in Los Angeles. Although he is somewhat retired from the business and spends his time creating and selling jewelry, he does show up at Hollywood fan shows and Oscar night parties.



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Families USA Op-Ed: It's Budget Season Again In Washington

by Ron Pollack, Executive Director, Families USA

It's budget season again in Washington. Congress and the President are trying to agree on a budget for the federal government for next year, and health care for older Americans is front and center in the debate. In April, the House of Representatives passed a budget plan that calls for big cuts in both Medicare and Medicaid-two programs that seniors rely on for their health insurance. Here's what's at stake if the House budget proposal becomes law:

First, Medicare: Today, Medicare provides guaranteed health benefits to everyone 65 and over who has paid into the system (or whose spouse paid in). Many people with disabilities qualify the same way. Under the House budget plan, however, no one born after 1956 could get the guaranteed health benefits people with Medicare get today. Instead, starting in 2022, they'd get a voucher to buy coverage from a private insurance company. That voucher would cover less than 40 percent of an average person's health care costs-the rest would have to come out of seniors' pockets. And the value of the voucher would not keep up with health care costs, meaning each year, seniors would pay more and get less.

Today's seniors aren't safe, either. The House budget proposal re-opens the Medicare prescription drug "doughnut hole" that the Affordable Care Act is gradually closing. If it becomes law, nearly 4 million people currently enrolled in Medicare would face higher prescription drug costs this year-costs that will grow to up to \$6,000 a year by the end of the

decade. **Second, Medicaid:** Less attention has been paid to the House budget proposal's plans for Medicaid, but they are just as significant and troublesome. Medicaid is the primary source of coverage for long-term care. It's the main payer for 64 percent of people in nursing homes. Medicaid also covers home-based care for millions of seniors, allowing them to stay in their homes. And it provides health insurance to millions of low-income children and parents. The program is funded by states and the federal government, but each state runs its own program based on federal guidelines.

The House budget proposal makes \$1.4 trillion in cuts to Medicaid over the next 10 years-and by the last year of that period, federal funding would be cut by one-third. These cuts would force states to dramatically reduce the coverage they provide. Long-term care services would be slashed, just as large numbers of baby boomers start to need help. The burden of providing this help will fall on families and friends, who will have to take time off of work to care for their ailing friends and relatives. No one wants to be a burden on her children, but without the help provided by Medicaid, many would have no alternative.

Supporters of the proposal say these are the tough steps we have to take to bring the deficit under control. But their numbers don't add up: In fact, the House plan barely nicks the deficit. That's because, for all the cuts to health care, it expands tax breaks for businesses and wealthy Americans.

There's no doubt we need to deal with our nation's fiscal problems, and making our health care system more efficient should be part of that solution. But an honest approach starts with making sure everyone pays a fair share, and not with dismantling the health insurance

that today's and tomorrow's seniors are counting on

Ed. Note: Please read Familie USA columns with a grain of salt. They have a hard Left agenda aimed at government control. We've included this column so we can be "fair" to the "other side."

Coulter

from page 8.

Whose side is Obama on?

Forget the grand arguments about whether illegals are hard workers and are a net plus to the beautiful American mosaic. We have skyrocketing unemployment. Our citizens are in distress. Now is not the time to be putting another anvil around the American worker's neck.

Also last week, an immigration judge made the gutsy call to disregard the federal Defense of Marriage Act - passed overwhelmingly by Congress and signed into law by President Clinton -- and allow an illegal alien to stay in this country based on his "marriage" to another man. He based his ruling on the gutsy decision of Obama's attorney general to challenge the ordered deportation of another illegal alien just days earlier, citing the alien's gay marriage to an American.

By coincidence, Obama has been getting huge campaign donations from gay activist groups. And his wealthy donors also need cheap interior decorators.

How many illegal servants do Obama's friends need? Another million? How about 10 million? Then will Obama start enforcing immigration laws? And isn't it his job to enforce the law, irrespective of whether his campaign contributors need slave labor?

Then Obama made the gutsy decision to sue Arizona to block a state law requiring secret ballots for union elections.

Who's benefiting here -- and who's being harmed? The union bosses will be happy, but American workers will now be subjected to union thuggery coercing them to vote for the unions.

Labor unions did such wonderful things for Detroit's economy that the city recently recorded its lowest population since the 1910 census, and the federal government has had to bail out two of the city's major employers, General Motors and Chrysler.

Currently, Detroit boasts a 47

percent adult illiteracy rate, which is fantastic news for Democrats. (Ironically, I READ that in the Detroit News.)

Two weeks ago, Obama's National Labor Relations Board made the gutsy call to file a complaint against Boeing for attempting to build a new airplane production plant in South Carolina -- a right-to-work state -- and demanding that the plant be opened in Washington state -- a dying Democratic pro-union state.

Suing Boeing for building a plant in South Carolina will certainly help Obama raise lots of campaign money from labor unions. Unfortunately, more Americans workers will be unemployed when Boeing and other companies give up on building plants in America and move yet more of their operations offshore.

But the Obama administration is gutsily punishing right-to-work states -- even states that merely require secret ballots in order to obviate coercion by union thugs.

What are Americans supposed to do to earn money? Obama doesn't care: Ordinary Americans are irrelevant to the Democrats' electoral ambitions - they exist only to justify the hiring of more government workers.

The Democrats have now officially abandoned working-class Americans.

Obama is doing what's in his and his party's self-interest, rather than concerning himself with the mass of American citizens. He is using his executive authority to reward gays, illegal aliens, do-nothing government employees, far-left union bosses, abortion industry executives and global warming kooks.

Are you on that list of Obama's friends?

Democrats blithely act as if big labor, pro-illegal-immigration, pro-government union policies combined with massive government red tape and huge socialist programs will have no effect on jobs.

They incessantly repeat "gutsy call" for "you'd have to have been brain-dead not to make the call to kill bin Laden," hoping the Democratic Party will suddenly seem macho.

Then, after a few weeks of robotically chanting "gutsy call," they can get back to their true passion -- destroying jobs -- at which point they will robotically chant Bush's name to explain why millions of Americans have lost their jobs under Obama.

How gutsy.

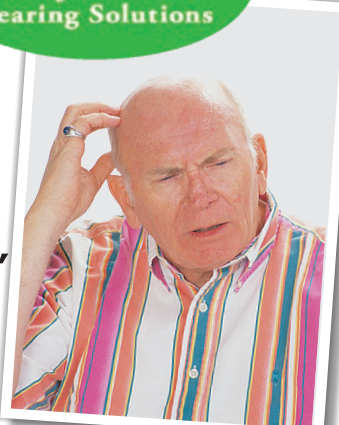
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Medicare Part D: A Health Care Success Story

(NAPSI)—It may be time for many older Americans to take a healthy look at the new health care reform law. Some important changes are already here and more are on the way.

For example, one program that has been around for some time is working even better than many envisioned—the Medicare prescription drug program.

This Medicare Part D is a not-very-well-known health care success story. With so much talk around the massive reform bill, a program working as well as the Part D program can be easy to overlook. A recent survey found that nearly 85 percent of enrollees are satisfied with their coverage—and the program is actually saving money for people and costing

less than expected.

The most recent report from the Medicare Trustees projects future Part D spending will be below previous projections. In fact, total Part D costs have declined by 41 percent, or \$261 billion, compared to the initial 10-year cost estimate, according to the report.

Additionally, the average monthly beneficiary premium for Part D coverage is \$30 this year, far below the \$53 originally forecast and an increase of only \$1 over last year's average premium.

According to Don Berwick, administrator of the government's Centers for Medicare & Medicaid Services, "These very modest increases in premiums, along with the new discounts...are

going to make medications more affordable to Medicare beneficiaries."

The new discounts he's referring to come in the form of a 50 percent discount on brand-name medicines for eligible beneficiaries who fall into the so-called doughnut hole. The discounts, provided by biopharmaceutical research companies, will mean increased access to needed medicines by reducing out-of-pocket costs for eligible Medicare beneficiaries.

Part D is one element of the health care system that is working the way it's supposed to work. About 30 million beneficiaries have access to affordable prescription medicines as a result. That's important, because medicines help keep people healthy and out of the hospital, which is a key driver of health care costs.

For more information on the Medicare Part D program, visit www.cms.gov.



Could Your Yard Use An Intervention This Year?

(NAPSI)—Are you struggling with a problem lawn and yard? Are the weeds growing but the grass isn't? Maybe you're embarrassed by patchy grass and an overgrown landscape. If so, it may be time for a yard care intervention, and a chance to grow your confidence and a better-looking lawn and landscape.

This spring and summer, the Briggs & Stratton Yard Doctor will roll up his sleeves and help homeowners confront their yard care demons, bringing three of America's neediest yards back into their neighborhoods' good graces. Yard Doctor Trey Rogers and his team will spend a day providing advice and hands-on help to transform the winning homeowners' yards into points of pride.

In addition to a yard makeover, the winners will receive new lawn care equipment and \$1,500 in landscape cash. To enter, visit www.yardsmartsintervention.com. Homeowners can apply for an intervention for themselves or (with permission) they can call out a neighbor, family member or friend in need of help. Each "application" should explain the yard care problems faced and why an intervention is needed, using either a short video or up to four photos to show the yard.

One yard will be selected each month from May through July by online voting. Runners-up each month receive cool Yard Smarts gear and a signed copy of the Yard Doctor's book on growing the

perfect lawn.

Rogers, who has helped homeowners across the country bring their yards back under control, has the following tips:

- Eliminate yard clutter. Pick up and put away kids' bicycles, balls, lawn furniture, garbage cans and other clutter.
- Mow correctly for a lush lawn. When you mow, cut only one-third of the height of the lawn to encourage strong roots. Cutting too short stresses the lawn, creating an environment ideal for weed growth and disease.
- Be sure to trim. Mowing your lawn without trimming is like getting half a haircut. String trim around flowerbeds, sidewalks and decks.

• Eliminate overgrowth. Trim back or replace overgrown bushes and trees that overwhelm the front of your house.

• Add a focal point. Every home should have a focal point, such as a front door painted in a contrasting color to the home or a landscape feature, such as a beautiful tree, flowerbed or curving pathway to your door.

The intervention is sponsored by Briggs & Stratton, the largest maker of gasoline engines for a variety of yard care equipment. The company's educational web-site, www.yardsmarts.com, provides expert advice and information on topics related to yard care and yard care equipment.

Funding The Intelligent Use Of Water

(NAPSI)—Finding ways to save water could earn you some grant money.

The Intelligent Use of Water Awards is a grant program that awards funds to water conservation and environmental sustainability projects that promote green spaces. Any Internet user can submit a project via the website at www.iuowards.com and promote it within his or her own community.

All projects can be anonymously voted on by visitors (one vote a day per project, per individual user), and the projects with the most votes will receive

funding from Rain Bird, a leading manufacturer and provider of irrigation products and services.

The company will award four \$1,500 projects, three \$5,000 projects and three \$10,000 projects.

The annual program recognizes individuals and organizations whose innovation, leadership, ingenuity and dedication to the management and protection of Earth's most precious natural resource through improved landscape water efficiency raises the standard for outdoor water conservation.

After three years of honoring individuals and organizations for their completed projects, the program was revamped in 2010 to help fund future water conservation projects.

The interactive approach to this year's program will help Rain Bird serve a broader range of projects that seek to intelligently manage water and preserve green spaces.

Past Winners

In 2009, The Intelligent Use of Water Award went to Naples Botanical Garden, Inc. in Naples, Florida, for its commitment to sustainable green building practices in the design of its gardens.

In 2008, Christopher Gray of Marvel Golf Club in Benton, Kentucky, demonstrated innovation for his proactive development and implementation of water conservation programs both on and off the golf course.

The first winner in 2007 was a five-acre garden near El Cajon, California, The Water Conservation Garden, that showcased water conservation through a series of themed gardens and robust educational programming.

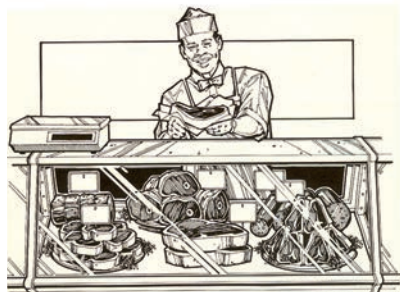
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What Your Age Means To Your Money

by Linda Descano, CFA®

(NAPSI)—Age is more than just a number when it comes to financial planning. Starting early can help provide a leg up on a comfortable retirement and keep you prepared for life's curve balls. This is particularly important for women, who live longer than men, are more likely to require long-term care services and take more time out from work to care for a loved one. Because of these financial realities, women need to start saving early, save more as they earn more and plan carefully. Here are a few smart moves:

In Your 20s

- Focus on living on a budget and making savings automatic. Set financial goals and identify what it will take to achieve them. Consider setting up an automatic transfer from your primary bank account to a dedicated savings account each month. Also, don't miss an opportunity to enroll in your employer's retirement plan, such as a 401(k) plan, and take advantage of matching contributions.

In Your 30s

- Set up an emergency fund to cover at least six months of living expenses. Identify a financial professional to help you put a comprehensive financial plan in motion.

In Your 40s

- Help protect yourself and your family financially through appropriate insurance and estate-planning vehicles, including a will, power of attorney, living will and health care proxy. Consider maximizing retirement contributions, with your earnings likely at their peak.

In Your 50s

- Create a long-term care strategy and catch up on retirement savings. At age 50, you become eligible to make "catch-up" or extra contributions to your IRA, 401(k) or similar retirement plan.

In Your 60s

- Know your Social Security benefit options. At age 62, you're eligible

to start receiving Social Security, but your benefits could be reduced by as much as 30 percent if you opt to get Social Security before your full retirement age. Manage your expenses and have a plan for how to draw down your savings. Update your estate plans.

Starting a financial plan is smart, but it's only a first step. Remember to regularly review your financial plan to make adjustments as life transitions occur. For more information, go to Women & Co. at www.womenandco.com.

Linda Descano, CFA®, is president and CEO of Women & Co., a financial resource and community for women backed

by Citibank. Previously a director and portfolio manager in Citi's Private Portfolio Group, she was the recipient of the 2011 WomenSphere and Urban Zen Foundation Luminary Award and 2009 Corporate w2wlink Ascendancy Award for her career achievements and her dedication to mentoring women.



Here Are The Top-Ten Family Cars

(NAPSI)—Since families now come in all shapes and sizes, it's a good thing the family vehicles of today follow suit. Whereas once the typical family owned a sedan or station wagon, contemporary families can also choose among SUVs, crossovers, minivans, wagons and hatchbacks. While it certainly can be nice to have options, a wide variety of choices can make the choosing all the more difficult, so each year, the editors of Kelley Blue Book's kbb.com pool their collective

knowledge and expertise to decide the Top 10 Family Cars.

Among the wealth of criteria used in the spirited judging are the characteristics that make vehicles family friendly. Safety, comfort, economy of operation, child friendliness, a reasonable purchase price and good resale value are tops in the consideration process. The editors believe all the worthy vehicles on this year's list will provide excellent service and a fine ownership experience for the families that choose to make them their own.



Top 10 Family Cars of 2011

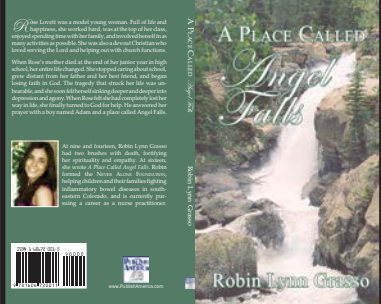
- 2011 Chevrolet Suburban
- 2011 Chevrolet Traverse
- 2011 Chrysler 300
- 2011 Ford Explorer
- 2011 Ford Flex
- 2011 Honda Odyssey
- 2011 Hyundai Sonata
- 2011 Jeep Grand Cherokee
- 2011 Kia Sorento
- 2011 Volkswagen Golf

Vehicles listed in alphabetical order by brand.

"This year was especially difficult for the kbb.com editors to narrow down the Top 10 Family Cars of 2011 choices, as there is such a variety of new cars on the market today that have appealing features for the American family; capable versatility, value, safety and economical factors, to name a few," said Jack R. Nerad, executive editorial director and executive market analyst for kbb.com. "Just as there is no perfect family, there is no perfect family vehicle that is just right for all families, all the time. However, there are many great options available on the market today in various segments, and the kbb.com editors chose a wide variety of what we feel are the Top 10 Family Cars that should be on every family's consideration list for 2011."

For more information on each of the Top 10 Family Cars, visit www.kbb.com/car-news/all-the-latest/top-10-family-cars-of-2011. For new vehicle pricing, reviews, video reviews, car-buying advice and more, visit www.kbb.com.

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Ireland Named Top Tourist Destination

(NAPSI)—Consumers have smartened up about where to go for advice of all kinds, and-when it comes to picking a vacation spot—one truism applies: When Frommer's readers vote, travelers listen.

So you might want to pay particular attention to the results of the

popular travel guide's recent poll naming Ireland—known for everything from its historic castles to its incredible countryside—as readers' favorite tourist destination for 2011. Among those left in the dust were Paris, Costa Rica, Turkey's Cesme Peninsula, and Atlanta, GA.

"Ireland is one of the most ro-

mantic destinations on earth," says Patricia Tunison Preston, who's authored 15 travel books on the country and is widely recognized as the go-to person for pretty much all things Irish. "Where else can you find such a stunning array of quiet country roads, glistening rivers and lakes, uncrowded dune-filled beaches, meandering gardens and charming little towns with cozy pubs and manor houses?"

Know that the Irish have a rep for being happy to see you year-round, not just on St. Patrick's Day. That said (and with a nod to all the other modern entertainment), here's some of what cognoscenti agree are the country's best "experiences":

- Kissing the Blarney Stone. Actually, this tourist magnet is only one reason to visit what's arguably the Emerald Isle's most famous castle (Blarney Castle). Sure, puckering up may—legend has it—leave you with the gift of a silver tongue, but the fortress' surrounding gardens are so majestic they'll surely take your breath away. And the Badger Cave and dungeons are just plain cool.

- The great outdoors. If the cowpokes in "True Grit" had had the kind of backdrop Donegal offers for horseback riding—beaches, countryside and mountains—maybe they would've been less quick on the draw. Plus, there's sailing off of Ireland's West Coast and sea kayaking in West Cork.

- Pub-crawling. Frommer's calls



Ireland's history, beauty and warm-hearted people make it a great place for Americans to visit.

pubs "the social heart of every village and town." But the literary-minded should head to Dublin's Davy Byrnes Pub for a hot whiskey to see where Leopold Bloom, the main character in James Joyce's "Ulysses," lunched. (Note: If you're waiting for someone, remember that its clock is said to be set five minutes ahead in honor of both Joyce and Bloom.)

- Strolling through a bog. Yes, a bog. The Slieve Bloom Way (no relation to Leopold) is comparatively untouched by man. Behold its waterfalls, its scamp-ering foxes, and contemplate the meaning of life.

If you go, Preston recommends CIE Tours International as the best way to enjoy Ireland. The company offers a choice of 25 different escorted tours, along with almost a dozen different types of independent self-drive vacations, with stays at B&Bs, prebooked hotels and deluxe and castle hotels. Prices for a six-day/four-night/eight-meal Taste of Ireland Tour start at \$658. For more information, call (800) 243-8687 or visit www.cietours.com/Ireland#1.

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Black Hills 1880 Train

Travel insurance is highly recommended and is priced at \$79.00 per person. Accommodations at Mineral Palace in Deadwood (3 nights) and Best Western in Chadron (1 night). "Located in the heart of historic Deadwood, the Mineral Palace Hotel and Gaming complex includes a grand and gracious 75-unit hotel, the newest, biggest and best casino in Deadwood, a first-class restaurant called the Gem Steakhouse and Saloon that offers the largest variety of superb steaks in the Black Hills, and a liquor store, gift shop and free on-site parking for our patrons."

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Keep Bed Bugs From Biting

(NAPSI)—Although chemical-resistant bed bugs are emerging in the cleanest of homes and hotels worldwide, you can best the bugs. The problem is, unwary travelers can bring back sneaky stowaways in the depths of suitcases, so it may be time for many to look to the next generation of pest management.

A patented bed bug treatment is 100 percent safe and effective and even works on their eggs. Through structural pasteurization, heat is applied to all interior furnishings in a home, hospital or office building at a temperature that's lethal to pesky living organisms and molds. It's clean, odorless and provides treatment entirely without toxins.

"Replacing millions of pounds of chemicals in the environment while solving the exploding bed bug problem is one of the best real-world applications of science today," said Dr. Michael R. Linford, Ph.D. "Killing bed bugs without putting your family or the ecosystem at risk is now possible."

The treatment, called ThermaPureHeat, can make your surroundings enjoyably pest-free. Learn more at www.thermapureheat.com.



Attention Seniors!

(18 and up!)

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“Light For The Journey”

By Jan McLaughlin - Director of Prayer Warriors For Prisoners



“ENCOUNTERS WITH JESUS BEHIND RAZOR WIRE PART II” “SPITTING IN THE SAVIOR’S FACE”

Although he had to leave immediately, Chaplain Mike waited for Rick and I as we arrived at the Hawaii Community Correctional Center (HCCC). He had borrowed a friend’s guitar for Rick to play in the jail units while we were on the island. He handed the guitar to Rick, introduced us to the officer in charge and rushed away to a meeting. The officer led us to a small concrete cubical approximately eight feet square with a small barred window offering a scant view of the parking lot.

The officer informed us that only two men in the unit had chosen to leave their crowded jail dorm to meet us. After he left to escort them to this room we waited.

The door and two weary and broken young men joined us. Andy was tall and stout, a young man in his early thirties wearing a faded red t-shirt and gray sweat shorts. Kenny was smaller, dressed similarly and several years younger than Andy the more timid of the two.

After introductions and briefly explaining Prayer For Prisoners International (PFPI) and how volunteers pray for prisoners, Rick strummed a couple of songs and everyone sang. Andy was delighted that the songs were familiar to him. “As long as I can remember,” he said, “my dad was a worship leader in

church. We were always at some church event. I got in trouble with the pastor’s son.” He shared more of his background and then told us he had just been released from prison after serving eight years. “I have new charges and I’m facing maybe another 20 years.” His enthusiasm vanished.

“What happens, Andy?” I asked. “What happens when you get out there and fall away?”

After a long pause he replied, “I don’t know. I hear Jesus when I’m in here. I hear His voice. I talk with Him. And then I get out and ... well... run into road bumps.”

“Why can’t you hear Jesus when you get outside, Andy?”

“I guess my ears get plugged.”

“You know what those ear plugs are made of?”

Puzzled, he searched my eyes for the answer. “Could those ear plugs be made of self... self-reliance... self-will... self-focus and ... selfishness?”

“Yes!” Confessed Andy, hanging his head. “And pride.”

After a lengthy discussion about the bondage of pride and self-will, the conversation turned to Kenny. “What’s going on with you, Kenny?”

“I think this is my 12th time in jail. I know it has to be the last or I’m headed for the Big House.” “So what are you going to do about it?” Rick asked.

“I can’t go back to my old friends. I have to stay away from the drugs and alcohol. That’s my problem. Every time I get out, I go back where I was and it starts over. I know I can’t go back there.

I have to make new friends.”

Time passes swiftly for volunteers in prison as surely as it must drag for the prisoners. The time with Andy and Kenny drew rapidly to an end. They both confessed their need to get their lives right with Jesus.

“We could pray a ‘repeat after me’ prayer,” I said, “but the prayer would not be from your hearts. Besides, we don’t know what is in you that needs changed. God knows and so do you. So each of you pray, we will agree and then we will pray for you before we leave.”

Not surprisingly Andy began. “Jesus, I’m just going to talk to you like I always do.” He paused and looked at the ceiling. He prayed at length with sincerity and much emotion with long pauses between short phrases. Listening intently we agreed with him in prayer and the conclusion of Andy’s prayer moved us deeply.

“God, I get so angry when I read in your word about how the Roman soldiers spit in Jesus’ face.” There was a long pause as Andy’s emotions were expressed by tears rolling off his cheeks. “God, how could they spit in the Savior’s face?” There was another long pause as Andy wiped his eyes with his t-shirt sleeves. His voice broke as he continued, “And then, God... I realize I do the same thing. I spit in the Savior’s face... God, I am so tired of spitting in my Savior’s face. Please help me stop. I don’t ever want to do that again. Jesus, forgive me for spitting in your face.”

At this point the rest of us were wiping our eyes along with Andy. The prayer from the depth of this broken young man’s heart was one of the most

touching prayers I’ve heard. I believe God’s heart must have been moved by Andy’s prayer.

Kenny prayed a humble prayer, pleading with God to help him avoid his old crowds and returning to jail. We prayed for them before the officer returned to escort them to their unit.

These times in prison are opportunities I treasure. How grateful I am to God for giving me a life partner and husband who shares my compassion and love for incarcerated men and women.

Yesterday Rick and I attended a prison ministry conference with 48 ministries represented. How encouraging to be with a room full of committed and compassionate individuals. One question asked of each group was: What are the three greatest needs of your ministry? The answer was no surprise: Volunteers and finances, in that order, are the two greatest needs.

Prison ministry is not easy. Not because of the prisoners, but because of the lack of support from the Christian community. It is an unpopular mission field because prisoners are unpopular. I find it a stretch just to recruit people willing to pray for prisoners. Sadly, it is often difficult to be granted an appointment with a pastor to share the many opportunities in the prison mission field for his or her congregation.

Like a plea for needy children, a plea for needy prisoners stirs an emotional response in people. Unfortunately they are often negative emotions. A plea to provide for a needy child evokes a positive response in most Christians. A similar plea for prisoners evokes frequently disgust or indifference. Too often the attitude is, well, they deserve to be there! Let them rot.

Thank God we don’t get what we deserve. Like Andy, we are all guilty of spitting in the Savior’s face in some manner. There is a popular song which says: Grace keeps giving me what I don’t deserve and mercy keeps withholding what I do. That’s me, friend. It’s you! That speaks of every human being. Except for the grace of Jesus Christ through His shed blood on Calvary, every one of us would stand behind bars of some sort.

The devil came to steal, kill and destroy. Praise God, Jesus came to destroy the works of the devil. He does that in thousands of prisoners’ lives as they are touched with the love of Jesus Christ through committed prison volunteers. He could do it through you. If you would like to know more please call me. Every Christian has a part. It may not be in prison ministry but in children’s ministry or in a ministry to shut-ins or nursing homes. If each of us did his part, how different our world would be. Are you doing your part?

“Now you are the body of Christ, and each one of you is a part of it” 1 Cor 12:27. NIV

“Each one should use whatever gift he has received to serve others, faithfully administering God’s grace in its various forms” 1 Peter 4:10. 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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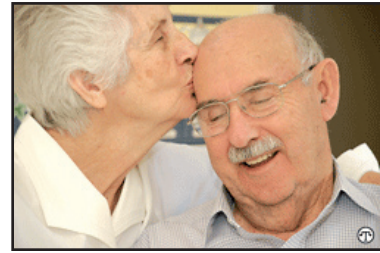
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National Campaign Reminds Seniors: "The Best Things In Life Are FREE!" Including An Eye Exam And A Book Of Eye-Healthy Dessert Recipes

(NAPSI)—EyeCare America is reminding seniors that sometimes, "The Best Things in Life Are Free," and that you can't put a price tag on love, friendship or the importance of eyesight. This Valentine's Day campaign encourages those age 65 and older to call EyeCare America to see if they qualify for a free exam.

EyeCare America's national Valentine's Day health campaign runs through the month of February, encouraging people to call EyeCare America. This year-round program provides eye exams at no out-of-pocket cost to people age 65 and older and offers free educational materials. The eye exams are provided by a corps of nearly 7,000 volunteer ophthalmologists across the U.S. Those interested in the program can visit www.eyecareamerica.org to see if they are eligible. The organization's online referral center also enables friends and family members to find out instantly if their loved ones are eligible to be matched with an EyeCare America volunteer ophthalmologist.

"Blindness and vision impairment have enormous personal, social and economic costs, limiting the activities of otherwise healthy and active people," said Richard P. Mills, M.D. "By increasing awareness of eye disease and its risk factors and connecting more people with the exams and care they need, EyeCare America works to reduce preventable blindness in the U.S., thereby allowing our seniors to live more fulfilling and active lives."



entine's Day gift. And they're FREE! EyeCare America is designed for people who:

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To see immediately if you, a loved one or a friend, 65 or older, is eligible to receive a referral for an eye exam and care, visit www.eyecareamerica.org.

EyeCare America is co-sponsored by the Knights Templar Eye Foundation, Inc., with additional support provided by Alcon. The program is endorsed by state and subspecialty ophthalmological societies.

About EyeCare America
Established in 1985, EyeCare America, the public service program of the Foundation of the American Academy of Ophthalmology, is committed to the preservation of sight, accomplishing its mission through public service and education. EyeCare America has helped more than 1.5 million people. EyeCare America is a non-profit program whose success is made possible through charitable contributions from individuals, foundations and corporations. More information can be found at www.eyecareamerica.org.

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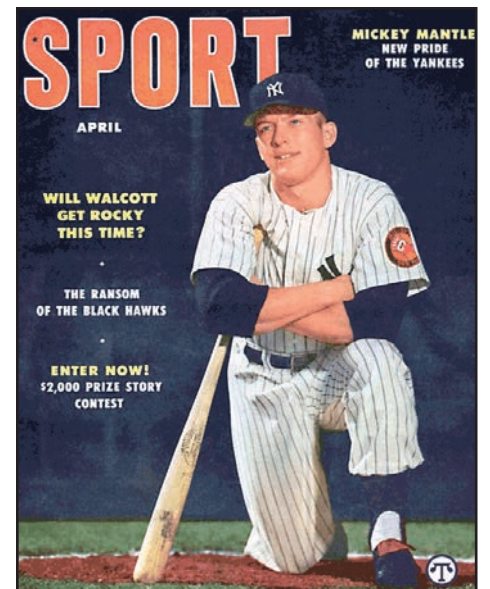
(NAPSI)—If you can remember the Kennedy administration, the Beatles on "The Ed Sullivan Show," Sandy Koufax pitching or the first moon landing, chances are you're a baby boomer.

Born between 1946 and 1964, baby boomers are some 80 million strong. The generation, often referred to as the hardest working, has played a significant role in shaping the cultural, social and consumer-focused society of today. Spending more than \$2 trillion on consumer goods each year, this group knows what it wants and where to get it.

Increasingly, boomers are re-embracing the good old days, searching out content and products that remind them of a better time: the television shows they watched, the breakfast cereal they ate, the songs they listened to.

Major companies are taking note and reintroducing classic items. TV shows from "Hawaii Five-O" to "Charlie's Angels" are back in the mainstream entertainment lineup while "Mad Men" has capitalized on the glory days of 1960s advertising.

Nowhere is the popularity of



nostalgia as evident as on the Internet. A wide array of websites has surfaced to supply boomers with classic content ranging from vintage prom attire to family photos.

In response to the nostalgic bent of its 55 million members, venerable social networking site Classmates.com acquired a huge assortment of vintage content to transform itself into Memory Lane.com. The new website features the largest archive of nostalgic content on the Internet, letting boomers relive six decades of Americana from the 1940s through the 1990s with over 100 million pieces of content.

The site now offers vintage magazines such as SPORT and The Saturday Evening Post, historic Universal newsreels and clips to the music that provided the sound track to so many boomers' lives. Boomers can also explore over 70,000 digitized high school yearbooks covering over 30 million people who graduated from a U.S. high school before 1989.

A visit to MemoryLane.com has been compared to stepping into an Internet time machine where visitors can explore, discover and connect with the iconic moments that formed America's history—and their own. Boomers can relive the events that helped shape their lives through the tremendous amount of images, videos, music, magazines and other content preserved at www.MemoryLane.com with a simple click of a mouse.

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Reeling "When Plans Go Awry"

by Film Critic Betty Jo Tucker, Pueblo

WHEN PLANS GO AWRY

What do doors, hats and angels have in common? They all assume importance in "The Adjustment Bureau," a romantic sci-fi thriller co-starring Matt Damon and Emily Blunt. While this film requires a tremendous effort to suspend disbelief while watching it, I believe viewers who can do that will enjoy the pairing of these two fine actors as their characters struggle to be together despite the super-human efforts trying to keep them apart. As an incurable romantic, I was drawn into the movie's fantastic love story -- and desperately wanted the star-crossed lovers to find happiness with each other. However, my husband and daughter, who attended the screening with me, found this film utterly ridicu-

lous. I think they wanted more thriller and less fantasy.

After David Norris (Damon), an ambitious politician, meets talented ballerina Elise Sellas (Blunt) and the sparks fly between them, he accidentally becomes privy to behind-the-scenes activities of mysterious men wearing felt hats and traveling through magical doors. Who are they? Could they be angels? No one except David knows about or can see these men, who tie him up and tell him that his future depends on never seeing Elise again. Why not? It's not part of the plan. Evidently, David is destined to become a very important elected official if he follows the plan. And if he fails to do so, terrible things will happen. But David has fallen hard for Elise and vice versa, so all bets are off. Well, no one ever said the road to true love was easy.

Although writer/director George Nolfi's film adaptation of Philip K. Dick's short story "Adjustment Team" tries to be philosophical about free will and spirituality, it's the romance between David and Elise that works best -- at least for me -- here. Damon ("Hereafter") and Blunt ("The Young Victoria") convinced me that David and Elise belong together. Depending

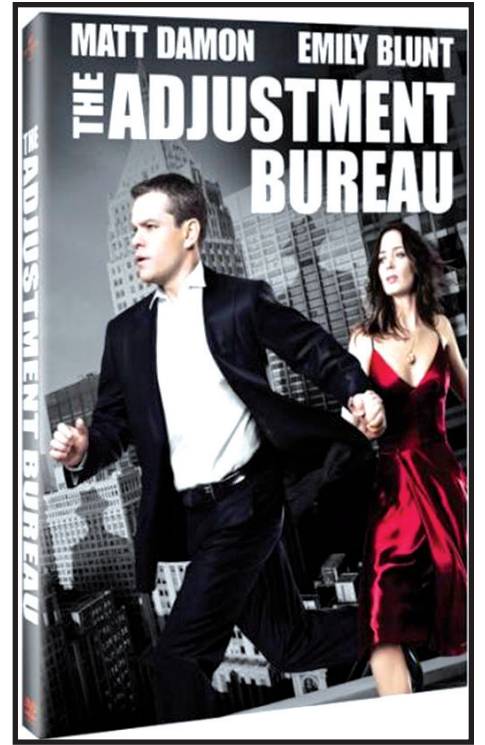
on the scene in question, their interactions come across as playful, loving, passionate, or soulful -- but always very watchable. The powerful chemistry between these co-stars makes me want to see them paired in more films.

Poet Robert Burns reminded us that the plans of mice and men sometimes go awry. "The Adjustment Bureau," available June 21 on DVD, suggests that even plans of a Higher Power might need changing at times. (Released by Universal Pictures and rated "PG-13" for brief strong language, some sexuality and a violent image.)

GRITTY BUSINESS

"I'll avenge my father," teenage Mattie vowed. And in face of danger she never cowed. She wanted a gunman to help her find the dastardly killer she had in mind. Marshal Cogburn, reluctant and wary, could not refuse Mattie's stubborn query. As the two set out across treacherous land they're joined by a lawman, who lends a hand. Pity the villains in the film TRUE GRIT. But not the viewers, who are in for a hit.

*Thanks to the Coen brothers, Joel and Ethan, for remaking a classic John Wayne movie with class of their own. This version of "True Grit," starring



Jeff Bridges, Matt Damon and Hailee Steinfeld, is available June 7 on DVD. Don't miss it! (Released by Paramount Pictures and rated "PG-13" for some intense sequences of western violence including disturbing images.)

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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