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Senior Beacon

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

SEPTEMBER, 2010 Vol. 29: No. 2 Established Aug., 1982 338 Consecutive Months!

Gerontological Society - 30 Years Of Success

by Eileen Doherty

Denver, CO. In the beginning, the Colorado Gerontological Society was a dream of educators and researchers who wanted to bring training conferences, research and policy initiatives to the field of aging in Colorado. Amidst the excitement of the 1980 Governor's Conference on Aging, more than 100 professionals and seniors clamored to be part of the "mystique" of this exciting, new dynamic organization buying a one year membership for \$5. Today our membership is just over 400 individuals and agencies that support our mission.

The Society will be celebrating the past 30 years of service to the community on September 30 from 3:30 pm to 6:30 pm. The cocktail reception will be hosted by Holly Creek Retirement Community, 5500 E Peakview Avenue, Centennial, for members and the community. Remarks and acknowledgements

Free Conference On Senior Safety

The third annual Safety of Seniors (SOS) Conference is taking place Tuesday, Sept. 28, from 8 a.m. to 2:30 p.m. at Praise Assembly of God Church in Pueblo. The conference is a free workshop designed to "inform, inspire and ensure those interested in senior safety and independence". Free refreshments and lunch are provided, as well as door prizes.

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

Participants can attend four breakout sessions relating to Falls Safety, Legal Safety, Public Safety and Drug Safety. Master of Ceremonies is Nicky

ments will be made at 5:00 pm.

In 1976, a group of senior citizens came together to form what would become Senior Answers and Services. Before health education, health promotion and prevention were in vogue and health insurance companies demanded behavior changes in their insured members, Senior Answers and Services worked to help seniors to maintain their health and independence. Later Senior Answers and Services began to focus on helping seniors to navigate the complex service delivery system.

In 2008, The Society merged with their sister agency, Senior Answers and Services to create a stronger organization and to be a leading voice for seniors and professionals. Working closely with elected leaders, regulators, advocates, and the senior population the Society influences policy and raises awareness. Recently, former House Speaker

Nicholas, program development director for Lifeline.

A highlight of the event is a Fashion Show, with "models" from law enforcement, the fire department and public utilities wearing their uniforms and sharing fun along with safety information.

In addition to the free workshop sessions, there will be numerous booths offering additional information relating to health and safety.

Those interested in attending can register by calling 545-1212. Space is limited, so registrations must be made by Sept. 22. Praise Assembly of God Church is located at 2000 Troy Avenue in Pueblo.

For additional information, contact: Nicky Nicholas, 545-1212; Judy Maggrett, 404-1073 or 289-2188

Volunteers To Teach Seniors How to Operate Their Cell Phones

AT&T and SRDA to give one-on-one sessions designed to answer questions seniors may have about how to use their wireless device – regardless of service provider

WHAT: Many mature adults have mobile phones given to them by their children. Often, seniors are concerned that they haven't mastered the device or don't understand all of its features. Learning how to program speed-dial numbers and text message friends and family could be a tremendous help.

Organized and hosted by SRDA and AT&T, this FREE event will offer 20-minute, one-on-one sessions pairing participants with an AT&T employee who has volunteered to come teach participants how to use their wireless devices.

WHO: • Senior Resource Development Agency
 • AT&T
 • Contact the SRDA to register:

719-545-8900 -- Ask for the Recreation Dept

WHEN: Wednesday, September 15, 2010; 1 p.m. – 3:30 p.m.

WHERE: Senior Resource Development Agency - Room 202

230 N. Union Ave.

Pueblo, CO 81003

719-545-8900

VISUALS: Local senior citizens having individual training sessions with AT&T volunteers.

Andrew Romanoff said "My leadership on issues of concern to seniors earned me high ratings from ... the Colorado Gerontological Society".

The Society has been a major force in numerous policy initiatives including safeguarding the Old Age Pension grants and health care coverage, authorization and passage of the Older Coloradans Act, and patient advocacy leadership summits sponsored by GlaxoSmithKline to coordinate health care advocacy.

Four research studies have been conducted to improve the clinical practice and delivery of service. "Improving Coordination and Collaboration in the Private and Public Sector" was the subject of a research study conducted at the request of The Colorado Trust as they were looking for ways to impact service delivery among aging organizations. "A Gerontology Training Program: An Evaluation" was the subject of a program evaluation of the Community College of Denver Gerontology Program. With grants from AstraZeneca two case studies were completed: "Patient Compliance with Prescription Drugs" to improve compliance with medications among older adults and "Mammography Utilization among Medicare Beneficiaries" to make recommendations to health care providers and consumers about the importance of mammography in the later years.

By bringing together theory, practice and policy, the Society has become a leader in the delivery of service to elders. Thirty years ago, theories of aging focused more on disengagement from the world and sitting in your rocking chair. Today's paradigm has shifted to focus on civic engagement and continued meaningful involvement in the community. "I feel useful and not so depressed when I help, I feel needed", says 77-year-old Patrocina McBride, speaking about her volunteer experience at The Society.

In the past thirty years, service delivery has become very specialized and compartmentalized in many organizations. However, the nature of gerontology has forced us to be generalists with a depth of knowledge about a myriad of issues facing seniors. In the spirit of the founders of Senior Answers and Services, Ethlyn Christensen and Mildred Doster, MD, "our goal is not to refer calls to another agency; we must learn all we can about the problem, find a resource to help them, and lend a helping hand when resources do not exist from the informal system looking to neighbors and family".

Keeping with this mandate, The

Society compiles a wealth of information across a broad range of topics to meet the varied professional and community requests for help.

One of our most widely requested resources is the Senior Resource Guidebook. A diverse range of supportive personnel like librarians, social workers, and families use the Guide-

book to help seniors make major life decisions. Misty Bernal, working with Comfort Keepers, a home care agency serving Grand Junction, Montrose, and Delta requested her personal copy after seeing this "fantastic resource used by a colleague". The Guidebook is a comprehensive resource on housing, home care, insurance and advance directives, which is available through libraries and other community locations.

Suzie Mueller, a resident services coordinator at a low income housing community, responsible for helping older adults access government benefits says "I can't be without my "bible", the Benefits for Seniors Sourcebook. The Benefits book is an in-depth compilation of information on eligibility, documentation requirements, application forms, and tips for practitioners on how to best access and coordinate benefits.

Today, the Society's message reaches from the eastern plains to western slope of Colorado and from the east coast to the west coast and around the world. Older adults and their families learn from our website at www.senioranswers.org, connect with us on LinkedIn and Facebook, and read our monthly articles in newspapers across Colorado.

More than 8000 copies of the STA-Well News, our quarterly newsletter in its' 35th year of continuous publication, are mailed to seniors' homes. Readers regularly call for assistance and copies of forms to take advantage of rebates, utility assistance, housing information, and more.

Our most recent article which appeared in the Prime Time for Seniors, 50+ Marketplace News, Life after 50, and Senior Beacon on advance directives such as living wills, medical orders for scope of treatment and financial and general powers of attorney resulted in hundreds of phone calls from older adults for copies of the forms and referrals to attorneys for help with these important life issues.

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



I'm Still Above Ground

by James R. Grasso, Chief Cook & Bottle Washer



Observations From The Cave

Let's review where we are as a country almost twenty months into the BHO Administration:

Unemployment is at approximately 10% and if you count the people who have dropped out it is closer to 17%. In some inner-cities unemployment is at 35% which means there is no hope for young men and women to get a job. This is called stagnation! The worst part is, there doesn't seem to be any prospects of jobs on the horizon except in the public sector (see government). The problem with that is government doesn't do anything (for the most part) except push papers around. Since it doesn't produce anything then it gets its money to pay these new job holders from taxpayers. With an effective unemployment rate near 17% or more that means there are less people out there paying the very taxes the government needs to pay their new employees. Anyone with half a brain can see this is wrong.

Islamists want to build a mosque at ground-zero. BHO has told us and an audience of Muslims that he is for the building of the mosque because we are based in freedom including the right to build a mosque at ground zero. Just because it's legal doesn't mean it's right. The only reason these particular Islamists want to build a mosque at ground-zero is because they want to poke a stick in the eyes of the American public. Anyone with half a brain can understand this.

Health care bills have been passed and although not one dime has been spent on covering the American public the BHO administration is already backtracking on its claim that everyone will be covered and we'll save money. This was a boondoggle from the start and when Americans gets the bill, not collectively, but individually, perhaps they will wake up. Anyone with half a brain can understand this.

The BHO administration sponsored "Cash for Clunkers" and "Cash For Houses" and "Cash For Census Takers." When statistics came out that the auto industry was doing better and the housing industry was doing better and unemployment came down everyone was joyous. Then when these programs ceased the so-called "experts" couldn't figure out why all these indices headed south. Anyone with half a brain can understand this.

The BHO administration and the Keynesian Left (throw as much money as possible into the economy and watch it take off) have us now \$14 trillion in debt and the meter is running. This, of course, doesn't take into account the real indebtedness of America's governments at the federal, state and local level because they don't count up their liabilities the way businesses do. So that \$14 trillion they are talking about is much, much higher. You could easily throw a few zeroes on the end of that number and will the "experts" be surprised when we can't even make money fast enough to cover the debt? The BHO administration is now going to throw tax hikes on America in 2011 and beyond, so how do we go about paying down or slowing down the debt? It is not possible given the employment picture. Anyone with half a brain can understand this.

Did you know that when the House Natural Resources Committee considered an amendment to end the Gulf drilling moratorium (now there was a well thought out plan) 22 representatives voted for it and 21 voted against. Should have been lifted right? Wrong. It seems that delegates representing Guam, American Samoa, the Northern Marianas, the U.S. Virgin Islands and Puerto Rico who maybe should have had some say voted against the end of the moratorium! Seems these representatives can vote in committees but not on the amendment itself. So, the oil industry and all its workers are hamstrung by these micro-territories and has led to joblessness and more than one oil rig owner moving to other places taking the jobs with them. Anyone with half a brain can understand the futility of this.

Journalists in record numbers are not reporting (both sides) news and the American public is answering with their cancellations of subscriptions to most newspapers and lower television newscast viewing. Yet, these journalists can't get out of their own world-view habits when "reporting" on all subjects. It would seem an easy fix. Do your job properly! Anyone with half a brain can understand this.

My dear readers. Is it possible that America no longer has anyone with a half a brain? Certainly our current "leaders" don't! We are being led by people with less than half a brain and it certainly shows. Make them go away in November! Godspeed!



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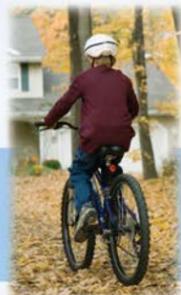
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New Director At Villa Pueblo Senior Living Community

PUEBLO, Colo., Aug. 10, 2010 – Villa Pueblo Senior Living Community, part of Centura Health at Home, is pleased to announce Greg Warnick as the new Executive Director.

In his new role, Warnick will oversee operations, admissions and staff at the senior living community including independent living, assisted living and skilled nursing care. Villa Pueblo is home to 185 residents with 120 associates.

Warnick comes to Villa Pueblo from Traceway Retirement Community in Tupelo, Mississippi, where he serves as the Executive Director. He has a Bachelor of Science in Biology and a Master of Science in Gerontology from

Baylor University and 15 years of experience in retirement living along with his Nursing Home Administrator's License.

Villa Pueblo Senior Living Community believes Warnick's passion for serving the elderly will fit well within the mission of the organization and greatly strengthen the campus. "It is my goal to make Villa Pueblo a premier choice for retirement in our community. In keeping with the Centura Health 2020 goals, we are looking to strengthen the foundation of this retirement community by building a team of compassionate staff and listening to the needs of our residents and families," Warnick stated.

About Villa Pueblo

Villa Pueblo Senior Living Community has been serving the Pueblo community since 1969, offering independent senior living, assisted living and nursing home care. Villa Pueblo is part of Centura Health at Home, with more than 1,300 employees serving communities across the state, caring for more people in more places than any other organization of its kind in Colorado. The Centura Health at Home continuum of care includes home care, telehealth services, rehabilitation therapies, home medical equipment, both inpatient and home hospice services and seven senior living communities offering independent living, assisted living,

nursing home care, memory care and adult day programs. Together with Centura Health at Home, Villa Pueblo brings a continuum of expert, innovative, compassionate care to people of all ages, in all the places they call home. For more information about Villa Pueblo, please visit www.centuraseniors.org or <http://centurahealthathome.mediaroom.com/>



Aging Into Medicare: Turning 65? Here Are Some Tips

(NAPSI)-For many adults, turning 65 marks the beginning of a rewarding and active new time in life. Some may focus on travel and recreation or spending more time with family and friends. Others may think about launching a new business, starting a new career or going back to school.

Regardless of what they decide to do with their time, one shared milestone for those turning 65 is their eligibility to enroll in Medicare.

"The transition from employer-sponsored health insurance to Medicare can be nearly seamless for those whose health insurance provider also offers Medicare plans," said Tom Paul, chief executive officer of UnitedHealthcare Medicare Solutions, which serves nearly 9 million--or one-in-five--Medicare beneficiaries nationwide.

For other new enrollees, however, enrolling in Medicare can be a challenge. To make enrollment as clear as pos-

sible, Paul encourages adults turning 65 to focus on three key things: the types of Medicare plans that are available; the enrollment process; and annual opportunities to make adjustments to coverage.

1. The ABCs-and D-of Medicare: Medicare has four main parts.

- Part A helps pay for inpatient care in hospitals, skilled nursing facilities or hospice and for home health care if certain conditions are met.

- Part B helps pay for medically necessary outpatient services, such as doctors' visits.

- Part C is also known as Medicare Advantage. These private plans are offered by insurers such as UnitedHealthcare and are approved by Medicare to provide all Part A and Part B services, and they usually provide Part D and other additional benefits.

- Part D covers both brand-name and generic prescription drugs. Medicare Supplement, or Medi-

gap, plans are also available to help fill in some of the gaps of Part A and Part B coverage.

2. Enrolling in Medicare: Adults who are turning 65 and have not yet begun receiving Social Security or Railroad Retirement benefits can apply for Medicare three months before the month of their 65th birthday, during the month of their birthday, or within three months following their birthday. Eligible individuals can enroll in Part A at no cost. They can add Part B coverage for a monthly premium paid to the federal government. Part D is also a voluntary election with an additional monthly premium. Those enrolled in both Part A and Part B can choose to receive this coverage through an "all-in-one" Part C--better known as Medicare Advantage--plan, which combines Parts A and B and also often includes Part D.

3. What to Expect in Future Years: Each year, Medicare enrollees can

make changes to their Medicare coverage during the Annual Election Period (AEP) from Nov. 15 to Dec. 31. The new health reform law changes the dates of the AEP beginning in 2011, when it will last from Oct. 15 to Dec. 7.

For additional information on the Medicare program, visit www.MedicareMadeClear.com to download an easy-to-use reference guide for understanding Medicare, or call 1-(800)-MEDICARE.

DEAD MAN'S CELL PHONE

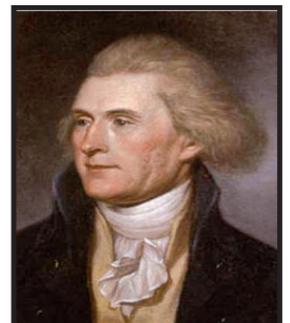
Denver, CO – Curious Theatre Company kicks off its 13th Season with Sarah Ruhl's DEAD MAN'S CELL PHONE, directed by Dee Covington.

DEAD MAN'S CELL PHONE: This unusual and lyrical comedy from playwright Sarah Ruhl (EURYDICE, THE CLEAN HOUSE) follows the story of one woman's loopy odyssey into the lives of others after inheriting the cell phone of a total stranger. Clinging to her ideas of responsibility, love, and the need to connect with others, DEAD MAN'S CELL PHONE is an enticing story about the smallest and most trivial things in life...and how they can be charged with meaning.

DEAD MAN'S CELL PHONE runs September 9 – October 16, 2010 at Curious Theatre Company, 1080 Acoma in Denver. Dates and Times: Thursday-Saturday at 8:00 p.m., Sundays at 2:00 p.m. Tickets: Thursday-Saturday \$18/\$35/\$42, Senior/Student/Military discounts apply, see Box Office or website for more information, prices include handling fees. Opening Night: September 11, 2010, 8:00 p.m., with hosted post-show celebration (including food, drinks, and reception with the cast and director) included in ticket price, all Opening Night tickets \$42. Tickets available through the Box Office at 303.623.0524 or online at www.curious theatre.org <<http://www.curious theatre.org>> .

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news of the weird

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FOR SENIOR BEACON



Ed. Note: Comments on these clips at end are from the editor.

Recurring Themes

-- More British Welfare Spongers: In May, the Daily Mail profiled the Houghtons of Crawley, West Sussex (Lee, 42, and Jane and their five youngest children), who live in free government housing and draw monthly benefits of the equivalent of about \$1,600, without doing a bit of work -- because Lee has a "personality disorder" and daughter Chelsea, 16, has attention-deficit hyperactivity disorder and needs a caretaker to help with her baby. The Houghtons admit that they spoil their kids at Christmas with lavish gifts, and the reporter noted the presence of four TVs, two Xboxes, three DVD players, mobile phones for everyone, and a computer and laptop. Lee is unpopular with his neighbors, who call the police on him frequently because of his drinking. Said Lee, "If people want to work, good for them. I would if I could..."

Isn't welfare for the "needy" wonderful?

-- More Bad Multitaskers: Driver Bryan Parslow, 19, injured himself and three passengers when he crashed into a tree near Wheatland, N.Y., in May. He was playing "hold your breath" with the others and passed out. And in July, Lora Hunt, 49, was sentenced to 18 months in jail in the crash that killed a woman on a motorcycle in Lake County, Ill., in 2009. Hunt was so preoccupied painting her nails (polish was splashed all over the car's interior) that she never even moved to apply the brakes before the collision. On the other hand, Amanda McBride, 29, is such an excellent multitasker that she was able to drive herself to the hospital in Bemidji, Minn., in May while giving birth. (Her hus-

band was in the front seat but, seizure-prone, he does not drive.) The child emerged just as Amanda pulled into the hospital parking lot. "(H)e just slid out," she said. "It really wasn't bad at all."

Minnesotans are a hearty lot.

-- One of the more famous cultural landmarks in Britain's South Tyneside is an 1890 toilet, "Westoe Netty," commemorated in a 1972 painting and which remained on display at the Beamish Museum. In March, it was relocated within the building because, as News of the Weird has reported about other museum-display toilets, a visitor could not resist using it. The toilet will be moved to a nonpublic part of the building and be hooked up to public plumbing.

If you gotta go, you gotta go!

-- Face Tattoos Still a Handicap for Criminals: Royce Spottedbird Jr., 23, apparently once thought it cool to have his name tattooed on his neck. However, when he was pulled over in a routine traffic stop in April in Butte, Mont., and feared a warrant might be out on him, he gave the officer a bogus name. When he could not explain what "Royce Spottedbird Jr." was doing on his neck, he was detained for obstruction of justice and eventually pleaded guilty. (And he was wrong about the warrant.)

Perhaps a tattoo of a brain on his head would better serve this guy. At least it would "look" like he had one.

-- Americans continue to agonize over government "giveaways," but as News of the Weird has noted several times, somehow federal farm subsidies continue unabated -- even though much of the money no longer goes to cuddly "family farms" but to rich urban industrialists who hardly

know a plow from a sow. In the latest accounting from Environmental Working Group records, the weekly New York Press revealed such "agrarian" handout-seekers as Manhattan billionaires Leonard Lauder and David Rockefeller -- and Rockefeller's son Mark. (In fact, for 10 years now, the federal government has handed Mark \$54,500 a year not to grow anything on his 5,000 acres in Idaho. According to the Press, Mark never intended to, in that he only bought the land because it was adjacent to the upscale, socialite-hangout South Fork fly-fishing lodge he runs next door.)

Ah, it seems the rich are democrats too.

Government in Action

-- A Treasury Department inspector general reported in June that, out of 2.6 million applicants for federal mortgage relief, 14,000 "home buyers" wrongly received tax credits and that in fact, 1,300 of them were living in prison at the time of filing, including 241 serving life sentences. Sixty-seven of the 14,000 received tax credits for the same house, and 87 more potentially fraudulent tax-credit applications were filed by Internal Revenue Service employees.

And now they're running our healthcare!

-- Things That Shouldn't Get Backlogged: (1) California requires that if a sex offender's GPS tagging device signals that he's in a prohibited area, parole agents must immediately respond, but that law was easier to pass than to implement. As of June, according to a San Diego Union-Tribune investigation, the state had fallen about 31,000 responses behind.

And we keep running headlong toward this disaster of government running everything?

-- It is common knowledge that American corporations avoid taxes by running U.S. profits through offshore "tax havens" like the Cayman Islands and Bermuda, but a May Bloomberg Business Week investigation traced the specific steps that the pharmaceutical company Forest Labs takes to short the U.S. Treasury. Although Forest's anti-depressant Lexapro is sold only in

the U.S., the company's patent is held by an Irish subsidiary (and since 2005, shared with a Bermuda subsidiary in a tax-code hocus-pocus that insiders call the "Double Irish"), which allows the vast majority of the \$2 billion Forest earns a year on Lexapro to be taxed at Ireland's low rate (and at Bermuda's rate of zero). Bloomberg estimates that the U.S. Treasury loses at least \$60 billion annually by corporations' "transfer pricing" -- enough to pay for the entire Department of Homeland Security for a year.

Must have learned this from our tax-evader Treasury Secretary Timothy Geitner.

Least Competent Criminals

Recurring Themes: Eugene Palmer, 40, wearing a ski mask and carrying a gun, was arrested in Brunswick, Ga., in March as he tried to rush into a SunTrust bank during business hours but became frustrated by the locked doors -- in that it was a drive-thru-only branch. (2) Danny Spencer, 31, and a partner were arrested in Bridgeport, Conn., in December as they called attention to themselves by driving through the city dragging a half-ton safe they could not crack open at the Madison Auto store they had just burglarized. (3) Ethan Ayers, 18, and a partner were arrested in Cedar Rapids, Iowa, in March after an alleged mugging. Police found them easily, as their transportation that night was a relative's van advertising in large lettering, "Big Earl's Gold Mine," a Des Moines strip club.

Sign of the Apocalypse! Thank Goodness for Researchers

(1) After surveying 374 waitresses, professor Michael Lynn, who teaches marketing and tourism at Cornell University, concluded that customers left larger tips to those with certain physical characteristics such as being slender, being blond or having big breasts. Lynn told the Cornell Daily Sun in May that his study was important in helping potential waitresses gauge their "prospects in the industry."

Now that's shocking news and I'll bet the taxpayers paid for that research!



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For A Healthier You



Grandparents Who Are Raising Grandchildren

by Kathy-Lyn Allen - Rocky Mountain Eye Center

According to the Colorado State University Extension (K.R. Trem-

blay, Jr., C.E. Barber and L. Kubin - 1/06), Census 2000 was the first time that questions on grandparental care giving were included in the census.

Some results of Census 2000 include:

- In Colorado, 66,903 grandparents lived with grandchildren (2.8 percent of the population 30 and over), with 42.6 percent of those grandparents being responsible for raising their grandchildren.

- The number of grandchildren being raised by grandparents in Colorado increased from 2.6 percent in 1960 (16,700) to 5.1 percent in 2000 (55,575).

- Nationally, there were 5.7 million grandparents living with grandchildren.

- Of those grandparents living with grandchildren, 2.4 million (42 percent) were responsible for their grandchildren.

More and more grandparents are helping with the upbringing of their grandchildren - which also includes ensuring their grandchildren's healthcare each year. Regular eye care should be an important part of a grandchild's annual healthcare "checklist." According to the National Eye Institute, many state and national resources regularly provide aid to people with vision problems. You may want to contact a social worker at a local hospital or other community agency. Social workers often are knowledgeable about community resources that can help people facing

financial and medical problems.

- EyeCare America, a public service foundation of the American Academy of Ophthalmology (AAO). Provides comprehensive eye exams and care for up to one year, often at no out-of-pocket expense to eligible callers through its seniors and Diabetes EyeCare Programs. Its Glaucoma EyeCare Program provides a glaucoma eye exam. The EyeCare America Children's EyeCare Program educates parents and primary care providers about the importance of early childhood (newborn through 36 months of age) eye care. Telephone: 1-800-222-EYES (3937). Website: <http://eyecareamerica.org>.

- VISION USA, coordinated by the American Optometric Association (AOA), provides free eye care to uninsured, low-income workers and their families. Telephone: 1-800-766-4466. Website: <http://www.aoa.org/x5607.xml>.

- Lions Clubs International provides financial assistance to individuals for eye care through local clubs. A local club can be found by using the "club locator" button found on their website at <http://www.LionsClubs.org>.

- Knights Templar Eye Foundation provides assistance for eye surgery for people who are unable to pay or re-

SEE "RAISING" PAGE 7.




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FREMONT/CUSTER County Menus

Penrose(372-3872) - Canon City(275-5524)
 Florence(784-6493) - Salida (539-3351)

PENROSE CENTER
 1405 Broadway-Penrose (Tues/Thur)

SEPTEMBER 2: TACO SALAD/SALSA, Tomato/Lettuce Garnish, Strawberry Applesauce, Tropical Fruit, Cornbread/marg.

SEPTEMBER 7: SCALLOPED POTATOES/HAM, Chopped Spinach, Mixed Vegetables, Apple.

SEPTEMBER 9: AMERICAN LASAGNA, Herbed Green Beans, Seasoned Cabbage, Banana, Italian Bread/marg.

SEPTEMBER 14: TURKEY POT PIE, Cut Broccoli, Tossed Salad/French Dressing, Apricot Pineapple Compote, Biscuit.

SEPTEMBER 16: BBQ BEEF BRISKET, Ranch Style Beans, Carrifruit Salad, Honeydew Cilantro Lime Salad.

SEPTEMBER 21: CHICKEN/NOODLES, Seasoned Green Beans, Baked Acorn Squash, Apricot Pineapple Compote.

SEPTEMBER 23: ROAST PORK/ GRAVY, Oven Browned Potatoes, Parslied Carrots, Strawberry Gelatin Salad, Dinner Roll/marg.

SEPTEMBER 28: SLOPPY JOE/BUN, Scalloped Potatoes, Broccoli and Carrots, Apple.

SEPTEMBER 30: MACARONI/CHEESE, Shredded Green Salad/Lemon, Whipped Hubbard Squash, Strawberry Applesauce.

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

SEPTEMBER 2: SWEET/SOUR CHICKEN, Steamed Brown Rice, Chinese Vegetables, Strawberry Applesauce.

SEPTEMBER 3: SALISBURY STEAK, Whipped Potatoes/Gravy, Italian Green Beans, Tropical Fruit.

SEPTEMBER 7: ROAST PORK, Whipped Potatoes/Gravy, Parslied Carrots, Strawberry Gelatin Salad, Dinner Roll/Marg.

SEPTEMBER 9: TURKEY TETRAZINI, Italian Green Beans, Cottage Cheese Peach Salad, Strawberry Applesauce.

SEPTEMBER 10: TACO SALAD/SALSA, Tomato/Lettuce Garnish, Strawberry Applesauce, Tropical Fruit, Cornbread/Marg

SEPTEMBER 14: HONEY BBQ CHICKEN, Scalloped Potatoes, Mexicali Corn, Creamy Cole Slaw, Grapes.

SEPTEMBER 16: HAM/BEANS, Cut

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Broccoli, Parslied Carrots, Orange Juice, Cornbread/Marg.

SEPTEMBER 17: TURKEY POT PIE, Tossed Salad, Orange Juice, Apple.

SEPTEMBER 21: BAKED HAM/RAISIN SAUCE, Candied Sweet Potatoes, Green Bean Amandine, Cranberry Mold.

SEPTEMBER 23: CHICKEN & NOODLES, Seasoned Green Beans, Baked Acorn Squash, Apricot Pineapple Compote

SEPTEMBER 24: ENCHILADA PIE, Sliced Tomato on Lettuce, Sliced Yellow Squash, Mixed Fruit.

SEPTEMBER 28: CHICKEN FRIED STEAK/COUNTRY GRAVY, Roasted Garlic Mashed Potatoes, Seasoned Cauliflower Broccoli Mix, Apple Drop Biscuit/Marg.

SEPTEMBER 30: CHILI CON CARNE, Wheat Crackers, Sliced Yellow Squash, Fresh Apple, Cornbread/marg.

SALIDA MENU

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

SEPTEMBER 2: SPINACH CHEESE

Asparagus Amandine, Pineapple Mandarin Orange Compote.

SEPTEMBER 23: TATOR TOT CASSEROLE, Tossed Salad, Squash, Pears.

SEPTEMBER 24: SMOTHERED CHICKEN, Cornbread Stuffing, Seasoned Cauliflower Broccoli Mix, Applesauce Waldorf Salad.

SEPTEMBER 28: TUNA NOODLE CASSEROLE, Mixed Vegetables, Sliced Zucchini Squash, Sliced Peaches.

SEPTEMBER 30: FRENCH DIP SANDWICH/AU JUS, Oven Browned Potatoes, Mixed Vegetables, Strawberry Applesauce.

GOLDEN AGE CENTER

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

SEPTEMBER 1: Stuffed Peppers, oven-fried potatoes, corn, applesauce.

SEPTEMBER 3: Baked Pork Chops/Gravy, whipped potatoes, hot bean casserole, cinnamon applesauce.

SEPTEMBER 6: NO MEAL!

SEPTEMBER 8: Chicken Salad Sandwich/WW Bread, sliced tomato/lettuce, confetti coleslaw, watermelon.

SEPTEMBER 10: Roast Beef, new potatoes, green beans, canteloupe.

SEPTEMBER 13: Swedish Meatballs, whipped potatoes/gravy, chopped spinach, pears.

SEPTEMBER 15: Emchilada Pie, diced tomato/lettuce, mexican corn, mixed fruit.

SEPTEMBER 17: Birthday Meal! Roast Turkey/Gravy/Stuffing, cauliflower/broccoli/cheese sauce, cranberry mold, pumpkin bar.

SEPTEMBER 20: Tuna Noodle Casserole, cheese biscuit, spinach salad/egg, mandarin orange.

SEPTEMBER 22: Beef Stroganoff, broccoli, tossed salad, strawberry jello.

SEPTEMBER 24: Breaded Fish, tator tots, cottage cheese/pineapple, peaches.

SEPTEMBER 27: Spinach Cheese Squares, tossed salad, yellow squash, tropical fruit.

SEPTEMBER: Pork Chow Mein, brown rice, cooked cabbage/red pepper, egg roll, banana.

ALL MEALS SERVED WITH MILK

(Coffee or Tea optional)

Most meals served/bread/marg.

Fashion: Looooking Gooood!

Five Products You Didn't Know Can Help With...

(NAPSI)-Ever look into your bathroom cabinet and notice that are empty or expired? By thinking outside the box, you can find that there are more double-duty products in your household than you may think.

Hair Color Trends

(NAPSI)-Celebrity stylist George Papanikolas offers the scoop on the hottest hair trends:

- Brunettes, he advised, should "richen their hair to a warm chocolate brown." Papanikolas cites Nicole Richie as an example of how brown can be glamorous and fun.
- "Redheads opt for deep coppers, rich auburns," said Papanikolas. Consider Debra Messing, Kate Walsh, Scarlett Johansson.
- Blondes will want to take their tresses to a golden, buttery blonde with lots of dimension from lowlights and a golden glaze. Sarah Jessica Parker's dimensional highlighted look is a great example.
- Ombré hair is making a splash for an edgier look. Spotted on Erin Wasson, Rachel Bilson and Shenae Grimes, the effect is darker hair at the roots that fades into a lighter color on the ends.

Whatever your color, it's important to preserve and protect your investment. Choose hair products specifically formulated to keep color vibrant and fresh. Papanikolas recommends JOICO Color Endure to ensure that color lasts longer while keeping hair manageable and healthy looking.

Learn more at www.joico.com and (800) 445-6426.



SeniorGuide 2010
www.seniorbeacon.info or pick it up at
 at St. Mary Corwin, Parkview Medical Center,
 St. Thomas More Hospital among other locations.
 At the same website above come and
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From Your Grand-Baby's Bottom To Your Face

Though baby wipes are best known for cleaning a baby's bottom, sites like Lovelyish.com tout their increasing popularity as a method for makeup removal. Of particular note is that these wipes are typically unscented and hypoallergenic--which is important for those with sensitive skin. Additionally, baby wipes contain pure water and natural aloe, which provide a nice glow.

Everywhere (And We Mean Everywhere) Itch Relief

Dry skin is a very common issue for people of all ages. For those who are traveling or on the go, a surprising treatment option is AZO ITCH RELIEF Maximum Strength Wipes and Cream. "I recommend the new AZO ITCH RELIEF Maximum Strength products to my patients because they achieve instant symptom relief without the paraben and alcohol ingredients associated with similar products," said Dr. Shari Brasner, M.D. The wipes also have an added bonus of being flushable!

Ran Out Of Face Wash? Grab The Mayo

For those who can stand the smell, Wisegeek.com says that mayonnaise can be a great facial

cleanser for those in a bind. The salt and the oil content restore moisture and remove unwanted pimples. For best results, apply a light layer, leave on for 20 minutes and then wash thoroughly.

How To Give Hair A Healthy Glow

Weather can have a tremendous impact on hair, causing it to appear dull and limp; however, the household staple baking soda can increase volume and shine. According to AssociatedContent.com, just add a small amount of baking soda to your shampoo regimen and it will eliminate buildup. It can also be used as a dry shampoo when hair is oily.

When Life Hands You Lemons

Want to know a secret to brightening fingernails? According to Lifescript.com, soak nails in lemon juice for a few minutes or simply rub a lemon wedge directly on the nails. In no time, your nails will be transformed from dull to sparkling.

The Missing Ingredient For A Great DIY Pedicure

According to About.com, the average spa pedicure costs approximately \$45. This is driving more women to the "do it yourself (DIY) approach." In order to obtain a salon look and feel, grab mild cooking oil like olive oil. This relaxes toenails and makes it easier to cut cuticles.

For more information, visit www.azoproducts.com.

Safe Watch

by Wayne Stock

"Always there, even in the storms of life," that is our pledge to the residence of Fremont County. Providing in home care services by a well trained personal care giver, all of our care providers complete a thorough background check, drug screen, reference check and home care specific orientation before ever providing services to anyone in need of a little extra help to maintain or improve their current level of independence.

Whether it be transportation to the doctor, assistance with shopping or running errands, preparing a meal, changing the bed, laundry or cleaning the house, Safe Watch offers Seniors and those in need a helping hand when necessary.

Selecting the right provider to match specific client requests is a primary goal. Much time and effort is put into matching the right client with just the right provider, to the point of allowing clients the opportunity to meet and select potential providers before services ever start in their home.

Lifeline medical alert service is also offered by Safe Watch. At just the push of a button help is available 24 hours a day 7 days a week. The Personal help button is water proof, giving peace of mind in the shower, tub or anywhere around the home. This gives individuals the ability to live independently without ever really being alone in the comfort of their own home.

Safe Watch, Inc. is a non-profit locally owned and operated home care and Lifeline service organization, specializing in maintaining and when possible improving the independence and quality of life for every senior that we have the privilege of serving. Should you ever be in the area and would like to stop by we are located at 1415 N 15th Street in Canon City, or give us a call at 276-1105 and we would be more than happy to answer any questions you may have.



They're baaaaaack!

Dave & Dan

in the Morning

Pueblo has its own Radio Stations again!




Social Security & You

from Melinda Minor, District Manager - Pueblo



CELEBRATING 75 YEARS

Social Security, the most successful domestic program in our nation's history, celebrates its 75th anniversary.

On August 14, 1935, President Franklin Delano Roosevelt signed the Social Security Act. With one pen stroke he laid the foundation of modern American social policy. Today, millions of retirees live in dignity thanks to their monthly Social Security benefit payment. Over the decades, Social Security expanded to not only protect against the risk of poverty in old age, but also the economic risk of career-ending disability and the premature death of a worker.

In his statement at the signing of the Social Security Act, President Roosevelt said, "If the Senate and the House of Representatives in this long and arduous session had done nothing more than pass this Bill, the session would be regarded as historic for all time." I could not agree more.

A little over a quarter century ago, I came to Washington to work on Social Security. Just a few months later, I got a very important lesson on how important Social Security is to families. My own father, who was almost the same age I am today, suffered a massive cerebral hemorrhage. He started to recover, and then we got the bad news that he had a fatal form of brain cancer, so we began the process to apply for Social Security disability benefits. That was a very anxious time for my family, and particularly for my mother. We were all very concerned that the health care costs for my father would bankrupt her; it was a great relief when the decision came. That's a lesson that has always stuck with me and why I push very hard as Commissioner to try to make sure that we get benefit decisions to claimants as quickly as possible. As we celebrate 75 years, I reflect on how Social Security was there for my family, how proud I am to work for this remarkable program, and how lucky I

am to lead such a talented and compassionate workforce.

I have two wonderful children who entered the workforce in the past year. One is being called up for active military duty in October and the other will teach inner-city children. It is imperative that they and millions of other young Americans have confidence that we will continue to honor the great intergenerational contract that is Social Security. It is in this spirit that President Obama established the National Commission on Fiscal Responsibility and Reform that in December will make recommendations regarding the future of Social Security.

With the 75th anniversary of the Social Security Act upon us, the agency has been revitalized despite the huge workloads caused by higher unemployment. Compared to four years ago, productivity is up, backlogs are down, and an aging IT infrastructure is being replaced with state-of-the-art systems and the best electronic services in the Federal government.

I am excited about the next 75 years of Social Security, and you should be too.

PAYMENTS ARRIVE WITH DIRECT DEPOSIT, NO MATTER WHAT

These days, almost everyone gets their benefit payment by direct deposit. Whether you receive Social Security or Supplemental Security Income (SSI), you can depend on your payment arriving in your account on time, every time. If you don't already have direct deposit, there are good reasons to sign up. For one, less money and time spent driving to the bank to cash your check helps you save. Second, fewer paper checks, envelopes, and stamps, and less fuel to deliver the checks means less waste and pollution for the environment.

Hurricane season is here for some areas. Other areas bear the brunt of flooding. Some areas of the nation are plagued

by tornadoes, and still others must deal with wildfires, severe thunderstorms, or even earthquakes. If you are unfortunate enough to be in the line of a natural disaster, the last thing you want is for your income to be interrupted because of an evacuation or a missing mailbox. With direct deposit, you know your payment will be in your account on time no matter what.

When on vacation, direct deposit ensures payments will be deposited into your account on time, so there's no reason to worry about the safety of your benefit or to ask a neighbor to look out for your check when you are away.

As an added bonus, many banks offer free checking accounts for people who use direct deposit because it saves the bank the cost of processing paper payments. Plus, the payment probably will show up in your bank account sooner than a paper check will appear in the mailbox ... and there's no need to cash it. It's already in the bank.

Skip the line at the bank, save money, get your payment faster, and know you can depend on your payment being in the bank no matter what. You can do all of this with direct deposit. Learn more about it at www.socialsecurity.gov/deposit.

MOST POPULAR ONLINE SERVICE TURNS TWO

You've probably heard that it's the 75th anniversary of Social Security. However, there is another important birthday going on.

Social Security's online Retirement Estimator is now celebrating its second anniversary. The Retirement Estimator stands as the most popular online service in both the public and private sector — a position it shares with another popular service, Social Security's Benefit Application. That's according to the most recent annual American Customer Satisfaction Index (ACSI), which came

out earlier this year. In an index ranking online services, Social Security's Retirement Estimator and Benefit Application take the top spots, each with a score of 90. What's the highest ranking service in the private sector? It's Netflix, with a score of 87, tying with Social Security's Help with Medicare Prescription Drug Plan Costs application.

The online Retirement Estimator is a convenient, secure, and quick financial planning tool that lets you calculate how much you might expect to receive in Social Security benefits when retirement rolls around. The tool uses your actual earnings information on file at Social Security, without displaying your personal information. So you get an instant estimate of your future retirement benefits.

The Retirement Estimator even lets you run personalized scenarios and "what if" situations. For example, you can change the date you expect to retire or change expected future earnings to create and compare different retirement options. This can help you as you plan ahead.

And, it's so easy to use.

To use the Retirement Estimator, you must have enough Social Security credits to qualify for benefits and you must not already be receiving monthly benefits.

We may take a few moments to celebrate this birthday, but we're not resting on our laurels just yet. Later this year Social Security plans to introduce a Spanish-language version of the Retirement Estimator.

High customer service scores are a great birthday present for the two-year-old Retirement Estimator. Come join the celebration and get an instant, personalized estimate of your future Social Security benefits. Visit www.socialsecurity.gov/estimator.

Raising Grandchildren

from page 5.

ceive adequate assistance from current government agencies or similar sources. Mailing address: 1000 East State Parkway, Suite I, Schaumburg, IL 60173. Telephone: (847) 490-3838. Website: <http://www.knightstemplar.org/ktef/ktef-faq.htm#contact>.

• Medicare Benefit for Eye Exams

For People with Diabetes -- People with Medicare who have diabetes can get a dilated eye exam to check for diabetic eye disease. Your doctor will decide how often you need this exam.

For People at Risk for Glaucoma -- Glaucoma is a leading cause of vision loss. People at high risk for glaucoma include those with diabetes or a family history of glaucoma, or African Americans age 50 or older. Medicare will pay for an eye exam to check for glaucoma once every 12 months.

Patients must pay 20 percent of the Medicare-approved amount after the

yearly Part B deductible. Telephone: 1-800-633-4227. Website: <http://www.medicare.gov>.

• State Children's Health Insurance Program (CHIP)

For little or no cost, this insurance pays for doctor visits, prescription medicines, hospitalizations, and much more for children 18 years and younger. Most states also cover the cost of dental care, eye care, and medical equipment. Telephone: 1-877-543-7669. Insure Kids Now! Website: <http://www.insurekidsnow.gov/states.asp>.

Grandparents are encouraged to take their role seriously, as grandparents help to make a profound impact upon the lives of their grandchildren. For more information on scheduling your family's next eye exam, please contact Rocky Mountain Eye Center at 719-545-1530 or 1-800-934-EYES (3937). Information retrieved Aug 2010 from <http://www.ext.colostate.edu/pubs/consumer/10241.html> and <http://www.nei.nih.gov/health/financialaid.asp>

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Dengler: Chew On This: Vegetarianism For All?

by Charlene Dengler

Thankfully, for the third straight year Colorado has earned the healthful title of the leanest state in the country. Sadly, however, that means Colorado still has up to 20% of its residents in the obese category. To be considered obese means that a person is at least 30% overweight or has a body mass index of over 30. With approximately 20% of Coloradans being obese, the leanest doesn't necessarily mean being the healthiest after all. There is a wide range of variables on the "health continuum".

Why is it that our country's children have a rising rate of obesity so alarming that it is the First Lady's top priority when it comes to reform initiatives? We didn't just arrive at this dismal dessert, - or I mean desert, overnight. I saw the handwriting on the wall over thirty years ago! But I am all about solutions, and I have a feasible one that I will submit for your consideration.

I am suggesting a tried and true eating lifestyle that could have a generational impact on the health and wellness of our nation. I am referring to a vegetarian eating plan. There are many other reasons besides health to choose vegetarianism. To name a few: It is less ex-

pensive, more ecology minded, kinder to animals, better for our planet, and a wiser use of our God-given resources. Right now though, let's focus on the health of individuals.

The American Dietary Association has stated that a hundred years ago meat was not consumed in the great quantities that it is today. It is no coincidence that the occurrence of heart disease, stroke, and cancer has risen rapidly over the same 100 years. Consider the Christian group, the Seventh Day Adventists, who are traditionally vegetarian. Studies show that when all other factors remain constant, they live, on average, nine years longer than meat eaters.

Humans were not created to consume the animal flesh that so many indulge in; sometimes three meals a day! Our teeth, saliva, stomach acid and digestive enzymes all are not conducive to digesting meat and other animal products, but rather fruits, vegetables, grains, seeds and nuts. It takes about 72 hours for meat to be digested, in a healthy digestive tract. In a congested, toxin filled one, the meat may remain and putrefy to become part of the toxic cesspool. Retaining toxins that come into contact with the intestines, and eventual-

ly the bloodstream, may eventually cause cancer.

Much saturated fat and cholesterol in the diet comes from animal sources of food and that also contributes to the top three diseases that wreak havoc on the condition of our health. While some quantity of these substances are unavoidable in the diet, too much definitely puts a strain on the organs and leads to more rapid aging and disease. Even if vegetarianism is too drastic of a change, cutting back to consuming meat only two

or three times a week or less would do a body good. I don't know about you, but feeling better, looking younger and possibly living longer makes a vegetarian diet easy to swallow.

Charlene Dengler is a former registered nurse who has also been a model, fitness, instructor, skin care consultant, nutrition consultant and educator. She currently is a nutrition consultant and certified personal trainer, whose goal is promoting optimal wellness naturally. She can be reached at (719) 250-0683 or IOHealth@live.com.

WHERE ARE THEY NOW?

by Marshall Jay Kaplan

JOHNNY WHITAKER

The cute boy with the red hair and abundance of freckles was born in Van Nuys, California on December 13, 1959. His father was a high school teacher. When he was three years old, he was singing solo in a church choir, when one of the church members suggested to his mother that she should try him out in television commercials. After Johnny's first audition, he won the part for an OK Used Cars commercial. "It all came so quickly," he recalls.

Soon he was playing "every kid in a custody case" (as he says) on courtroom dramas, and was appearing in numerous commercials. He even originated the role of Scotty Baldwin on General Hospital.

While filming the feature film, *The Russians Are Coming, The Russians Are Coming* (1966), Johnny stayed in the hotel room next to actor Brian Keith. When the casting for *Family Affair* was taking place, Mr. Keith remembered how much he got along with Johnny both on and off the set. He suggested that Johnny read for the part, even though the script called for a ten year and Johnny was only seven. Anissa Jones was already cast as Buffy, and due to Johnny's resemblance to her, the producers decided to make them twins. *Family Affair* premiered in 1966 and was an immediate favorite with children. It was a family program that was about as domestic and housebroken as you could get. The premise was about a wealthy uncle, played by Brian Keith, who adopts two nieces and a nephew whose parents had been killed. Helping with the raising of the children was the butler, Mr. French, played by Sebastian Cabot.

Johnny's all-American image was perfect for the public. He appeared in numerous Disney productions including *Snowball Express* and *Napoleon and Samantha* (with Jodie Foster) in 1973. He also starred in the 1973 film, *Tom Sawyer* - where he gave Jodie Foster her first on-screen kiss! He was then signed for the children's television show, *Sigmund the Sea Monster* for Sid and Marty Kroft. He was cast opposite Scott Kolden who co-starred with him in Disney's *The Mystery of Dracula's Castle*.

In 1976, Johnny's former co-star, Anissa Jones was found dead of a drug overdose at age 18. Not only was this a shock to him, but it turned his life around. Johnny began getting involved in religion. He became a missionary for a branch of the Mormon Church and was sent to Portugal for two years. Upon returning to the United States, he graduated from University with a degree in cinema, theatre and politics.

In June, 1984, Johnny was married in Utah where he and his wife resided for the next eight years. Both husband and wife worked as theatrical agents. Johnny and his wife divorced and unfortunately, this led him down a similar path to his late co-star Anissa. Johnny became hooked on drugs for 10 years. He eventually became clean and sober on his own and today is a drug counselor for the city of Tarzan, California. He also runs a sober house. His mission in life is to stay clean of addictions and help others recover from theirs. As Johnny says, "Addiction is a hereditary disease. If there you see addiction in your family, you must be aware that you may also have an addictive personality and behavior."

Johnny remains very close to his siblings and mother and is a well-grounded, educated individual who is passionate about life and helping others. His life is truly a family affair.



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Traveling: There's Nothing Like A Holiday!

Big Floating Resorts Break Out Top Entertainment

by David G. Molyneaux - *TheTravelMavens.com*

From the Blue Man Group on the Norwegian Epic to a Broadway production of "Chicago" scheduled for the new Allure of the Seas in December, never have there been as many entertainment choices for vacationers at sea.

As the size of new mass-marketed cruise ships continues to grow toward the gigantic resorts of Las Vegas, the scope and quality of entertainment – like the proliferation of alternative restaurants – have become a major part of the get-away package.

It's all about competition for the dollars spent by vacationers. Cruise lines such as Carnival, Norwegian and Royal Caribbean are in a race against land resorts to prove that sea vacations are just as good – and at a better price. A couple on vacation can cruise on a ship for \$200-\$300 a day, visit foreign ports, eat well and be entertained, too. Try to find that package, at cruise prices, at land resorts.

Critics are praising the upbeat new Norwegian Epic – sailing Saturdays into the Caribbean from Miami – for its variety of top entertainment: Blue Man Group; Cirque Dreams and Dinner with music and acrobatics; Legends in Concert; The Second City improvisational comedy; a rock 'n roll dueling piano show; the first Ice Bar at sea; and Nickelodeon-themed family entertainment that includes characters and interactive game shows.

Cirque Dreams is one of best dinner shows ever on a ship, says Stewart Chiron of CruiseGuy.com. Norwegian Epic entertainment is the best

on a cruise ship I have seen, says Paul Motter of Cruisemates.com.

Ten years ago, Disney Cruise Line set the entertainment bar for the rest of the cruise industry, says Motter, inspiring changes to children's programs. Disney was the first to put big shows like "Toy Story, the Musical" on cruise ships. The next Disney ship, Disney Dream, slated to arrive in January 2011, will feature a new musical, "Villains," with all of the great Disney villains of the past: Captain Hook, Cruella de Vil, Ursula from Little Mermaid, and Jafar from Aladdin.

Now, says Motter, Norwegian Epic is the first non-Disney ship where entertainment is the number one reason to book the cruise.

Royal Caribbean's Oasis of the Seas raised the bar last December with an array of entertainment that includes the Broadway musical "Hairspray" and an outdoor AquaTheater with the largest and deepest pool at sea and 30-foot diving platforms. Show schedules, from ice skating to theater, are on line at RoyalCaribbean.com, and passengers can make reservations up to three months ahead. Reservations booked on line are loaded on room key cards.

The next behemoth, Allure of the Seas, will feature a production of "Chicago: The Musical" and characters of DreamWorks Animation from movies such as "Shrek," "Madagascar," "Kung Fu Panda" and "How to Train Your Dragon." Productions include How to Train Your Dragon ice show and Madagascar Aqua Show. DreamWorks films will be shown in a special 3-D movie theater.

Most of the new name entertainment on Royal Caribbean and NCL

is available only for their newest, largest ships. Someone taking a cruise on, say, Enchantment of the Seas or Norwegian Dawn will not be seeing the new big name shows. Some of the entertainment package has been so successful aboard Oasis of the Seas, however, that it will be added to other ships, said Harrison Liu of Royal Caribbean. "We will announce a full-length Broadway show for Liberty of the Seas next year, as well

as a kids puppet theater production on Freedom of the Seas and Liberty of the Seas, like the one we offer in the Adventure Theater in the Youth Zone aboard Oasis of the Seas." Oversized entertainment screens also will be installed on the main pool deck of Freedom of the Seas and Liberty of the Seas, similar to those in the AquaTheater on Oasis of the Seas. Carnival, meanwhile, is taking the success of its comedy club on Carnival Dream and adding a Punchliner Comedy Club with a dedicated room to each of its other 21 ships. Carnival says the clubs will host five 35-minute comedy shows on multiple nights, with at least two comedians performing each night. Two early-evening shows will be family-friendly in material while later performances will feature adult-oriented comedy. When I sailed on the Dream in January, the adult comedy club routines were so popular that passengers lined up outside 20 minutes before the shows.

Carnival CEO Gerry Cahill recently told industry newsletter CruiseWeek that Carnival is well positioned to provide comedy clubs, as Carnival passengers are primarily from one culturally homogeneous market, North America, with one language.

"If you look at the entertainment that takes place on our ships, a lot of it is very interactive," says Cahill. "That works very well when you have a common language and a common culture."



Norwegian Epic's dinner theater in the Spiegel Tent, with circus-like acrobatics, is \$15-\$20 depending on your seat. Norwegian Cruise Line

We're heavily reliant on comedy on our ships. If we had a ship that was half Americans and half Italian, one of the two groups is not going to get the jokes. Believe me, I have given speeches in Italy, and the entire room stares blankly at me when I tell jokes."

Carnival also is taking a bigger plunge into the karaoke world. Other cruise lines offer karaoke. On Carnival, passengers can sign up, first-come-first served, for Super Star Karaoke, with a live house band of electric guitar, bass, drums and keyboards, as well as backup singers to provide harmonies. The program has been added to Carnival Conquest, Valor and Pride, and by the end of the year will be offered aboard the 12 ships that sail for seven nights or more.

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

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8TH ANNUAL REPRESENTING THE WEST ART EXHIBITION & SALE AND FALL EXHIBITS

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Representing the West Exhibition & Sale

White Gallery— September 23 through October 23, 2010

The kick-off event for the Pueblo Chile & Frijoles Festival, Representing the West is a national exhibition of traditional Western American art depicting the land and its people. Visitors can enjoy and purchase exclusive works-of-art created by 36 of the best artists in the Western United States who work in a variety of mediums such as oil, watercolor, acrylic, sculpture and mixed media. Rose Fredrick, Curator for the Coors Western Art Exhibit and Sale in Denver, is this year's Representing the West juror. She will select the winners to share a \$1500 cash award in 2-dimensional and 3-dimensional mediums. In addition, Arts Center curator Karin Larkin and assistant curator Gabe Wolff will choose a Representing the West artist to receive the Curator's Choice Award. The win-

ning artist will be given a solo exhibit at the Arts Center. Participating artists include Kim Mackey, Steven Day, Cammie Lundeen, Lorenzo Chavez, Nikolo Balkanski, Patti Andre, Frank LaLumia, Teresa Vito, Leon Loughridge, Doug Candelaria, Marty Brens, Tom Owen, Nathan Solano, Jeremy Manyik and Dave Thronson.

Native Visions: Selections from the King Collection of Western Art

Hoag Gallery— August 21 through January 29, 2011

The Sangre de Cristo Arts Center's King Collection of Western Art is on display again this fall. With a focus on the collection's wide variety of American Indian Art, select pieces created by American Indians or with them as the subject of the artwork are on display.

Lynn Stenzel: REPRESENTING the East side of the WEST

Regional Gallery— August 28 through November 6, 2010

The vastness of the land and sky of the plains of Kansas, Southern Colorado and New Mexico have greatly influenced Lynn Stenzel's paintings. They feature gigantic open plains heightened by the drama of an intense stormy sky. Emotion sweeps through each brush

stroke and a viewer can easily feel the melancholy deep within.

"Growing up on the plains there was an empty, unrestricted vision of the horizon where the earth met the sky. One could not escape a sense of "awe" of living on the land surrounded by vast space dominated by an immense ever-changing sky. My respect for nature increased when storms rolled in, creating thunderous responses to crackling lightening. The energy released during storms was both frightening and thrilling," said Stenzel.

Stenzel, a former Serigraphy Printmaker, now works in acrylic on canvas and mixed media on paper. Her paintings range from 5x5 inches to 48 x 64 inches.

Aquarius National 2010: Southern Colorado Watercolor Society

King and Level 2 Foyer Galleries— August 14 through October 23, 2010

The Southern Colorado Watercolor Society will hold its annual Aquarius exhibit in the King and Level 2 Foyer Galleries. This National Juried exhibit is judged by renowned watercolor artist Stephen Quiller. Stephen Quiller is an internationally recognized artist, who works in water-media, monotypes and intaglio printing; however, he is primarily celebrated for his innovative approach to water media painting and his use of color. The subjects of his paintings are mostly inspired by the majestic scenery surrounding his home in Creede, Co., where he and his wife operate their Quiller Gallery. In addition to his development of the "Quiller wheel"—a color wheel now used by artists throughout the world—Mr. Quiller has written five books, created 12 instructional videos and his work is featured in many nationally distinguished art magazines including American Artist, Southwest Art and



The Artist's Magazine.

Ledger Drawings from the Collection of the Sangre de Cristo Arts Center

Level 3 Foyer Gallery— August 28 through November 6, 2010

Art has always been a form of historical preservation and documentation. The Plains Indians recorded their history first with petroglyphs and pictographs on rock walls and later on buffalo hides. As traders, explorers and military men pushed further into the Great Plains region, the Plains Indians were exposed to a new medium for their drawings—the ledger book. These books were used to keep inventory lists but in the late 19th and early 20th centuries, Plains Indians adopted ledger books as a canvas for their historical documentation, often drawing directly over the previous owner's inventory lists. Plains Indians used pen, pencil, crayon, and sometimes watercolors obtained through trade or from the soldiers' bodies on the battlefield for their ledger drawings. This exhibit displays ledger drawings from the collection at the Sangre de Cristo Arts Center that was gifted by a generous donor last year.

High School Artists' Corner

Level 3 Foyer Gallery—Rotates every other month

The Sangre de Cristo Arts Center recently implemented a new program entitled, High School Artists' Corner that features the work of high school students from Pueblo City Schools (Districts 60 and 70). This unique program allows high school students the opportunity to experience first hand the process of exhibiting art in a professional venue. Every

other month new pieces are submitted for the jury process, with each selection on exhibit for one month.

A free public reception and juried cash awards presentation is on Thursday, September 23 from 5-7 p.m. in the Helen T. White Galleries. The People's Choice winner is announced at the conclusion of the exhibition.

Admission to the Arts Center is \$4 for adults and \$3 for children and military. Members of the Arts Center receive free admission. For more information, please call 719-295-7200; stop by the Arts Center located at 210 N. Santa Fe Ave., just off of I-25, exit 98b, or visit online at www.sangredecristoarts.org.

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Well Dressed Garden: Late Summer Of Fun!

by Marty Ross

These are the dog days, but don't slumber through them: Throw a garden party. The mood will be casual and the budget friendly.

Backyard parties shouldn't be high-stress affairs. When you invite friends over for drinks and dinner in the garden, homegrown flowers are the most essential part of the decor, and the birds can provide the music. All you have to do is ice down the drinks and fire up the grill.

"It's all about being casual, being uncomplicated," says Monelle Totah, a product-development specialist for Williams-Sonoma who entertains on the deck in her tiny backyard in San Francisco. "We cook better when we're outside," she says. "We cook simpler."

Totah grew up in Louisiana, where her family had picnics all summer long. "I still like to serve family style," she says. She draws inspiration

for her menus from the produce at farmers markets, and her decorating style comes straight from the garden. Totah likes to pick flowers for the table, or use a snippet of greens from trees and shrubs to decorate place settings. "It doesn't have to be perfect," she says. Walk around the garden early in the morning, if possible, clipping flowers and foliage for simple arrangements.

Kansas City garden designer Lauren Moore dresses up her garden with lights for a garden party. She buys strings of twinkling white lights from hobby shops and gets lots of votive candles or lanterns going. Lights are practical -- they help your guests make their way from the pool to the patio -- but they also seem to add new dimensions and angles to your garden and change the way you see a familiar landscape.

"I do candles every chance I get," Moore says. "There is something warm and hospitable about an outdoor living area with some candles and some twinkle lights or paper lanterns."

When you're planning a garden party, it may help to think of your garden as though it were a room in your house. Great outdoor furniture makes any garden a more delightful place to be: A living room is not comfortable until it has a sofa and an armchair or two, and a patio is not perfect un-

til it is properly furnished with a picnic table, a garden bench or chairs that invite you and your guests to slow down and savor the season. Colorful pillows might pick up on the flower colors in your garden; a potting bench can be pressed into service as a bar or buffet.

Whatever style you favor, look for versatile pieces. You'll want to rearrange them for day-to-day lounging or for parties, and you should be able to move them from the front porch to the back deck if you need to. As long as every seat is comfortable, it really doesn't matter if they match.

Sometimes an outdoor party helps you organize the spaces and features in your garden. For large parties, you'll want to have chairs and tables in a central location, but a bench in a corner of the garden invites guests to walk out and admire your flower beds. A splashing fountain or a bubbling urn has a way of cooling things off even when the temperature soars. Garden paths will tempt guests of all ages to explore -- there will be children skipping along the flagstones, light of heart in the summertime.

Don't worry if your garden is a work in progress; a few large flower pots full of colorful flowers will cover for you. And when friends come back another time, they'll feel as though they have been part of a process, seeing your garden develop.

Scott Cook, a professional meeting planner who has applied his skills to party planning in his own backyard, likes to make lists of priorities to help him organize his thoughts and his ambitions before a party. "When you get



Candlelight sets the mood for a garden party, and big lanterns will hold candles large enough to flicker long into the night. You can hang them from the trees or set them on a table. CREDIT: www.potterybarn.com

it out of your head and onto paper, you can be more effective," he says. In the planning stage, anything goes, but then you have to edit your list. You shouldn't wear yourself out with work for a party. "You can easily go overboard, and then it just becomes a mess," Cook says. "Restraint and refinement are critical - it is possible to do too much."

So put down the pruning shears and pick up the phone, invite some friends over, and start sitting in those garden chairs, instead of hurrying past them on the way to the garage. With a cool drink in your hand and the birds singing in the trees, you can rediscover your garden.

PARTY PREP

Summer garden parties are supposed to be casual affairs, so don't be afraid to improvise. Here are some suggestions and ideas:

-- Decorate with plants. Pretty flowerpots packed with summer flowers may be all the decoration you need. A vase of cut flowers (you can buy them at the grocery store if you don't want to cut your own) will bring the colors of the garden right to the table.

-- Take the indoors outside. Just because it's a picnic doesn't mean you should serve dinner on paper plates. Use your everyday dishes, or buy a set of Melamine dishes and serving pieces. They're stylish and unbreakable. Colorful tablecloths and bright napkins pick up on the garden's palette.

-- Serve what's fresh. Let the bounty from your garden or from a farmers market inspire your menu, and keep the preparations simple.

-- Set up a bar and let guests serve themselves. A cooler full of ice and pitchers of tea, lemonade and iced-down bottles of soda and beer are really all you need.

-- Game time. Corn hole (a beanbag toss game) is the backyard sport of the season (here are the rules of the game: www.playcornhole.org). Everybody loves stickball, wiffleball, croquet and bocce. If your garden is too small for regulation play, make up your own rules.

-- Light up the night. Spotlights don't belong at a garden party, but handsome garden lanterns and votive candles by the dozen will make your garden look enchanting.

-- Put your computer to work. Send Evite invitations (www.evite.com) and download a party iTunes playlist from Pottery Barn's website (www.potterybarn.com).

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Beware "Fake" Soldiers On Social Networks; Two More

by Katie Carroll - Better Business Bureau

Women are tricked into sending money to insincere love interests. Scammers pretending to be members of the military are wooing women on internet dating and social networking sites, but they aren't looking for love --- they are looking for money.

According to the U.S. Army Criminal Investigative Command, these scammers are using real military photos to create fake profiles and they have received hundreds of complaints in the last year about the scam. Some scammers have even used photos of military members that have passed away.

The Command reports that con

artists build relationships with women and then start asking for money for things like internet use, phones, leave papers, money to enable them to come visit the victim, etc. Once the women send the money, they never hear from the "man" again.

"To play on someone's emotions and respect for the military is extremely appalling," said Carol Odell, CEO of the Southern Colorado BBB. "Online dating is popular. Scam artists know that. So, be cautious when using this service. Don't be too trusting."

Many of these e-mails have been traced back to foreign cyber-cafes in Africa, making it difficult to track down the individuals operating these scams.

Dating services have seen this scam on their ra-

dar so be careful when on such websites and never, ever send money to someone you've never met.

If you feel you may be a victim of such a scam, report it to the Internet Crime Complaint Center: ic3.gov / 1-800-251-3221 and the Federal Trade Commission: ftc.gov / 1-877-438-4338.

WHAT'S IN IT FOR ME? WHY SHOULD I JOIN THE BETTER BUSINESS BUREAU?

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Below are the details for the September workshop:

Date: Thurs., Sept. 16, 2010

Time: Noon

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

Admission: Free

Light refreshments will be provided so early reservations are very much appreciated.

For accredited businesses who would like to customize their free ShopMyBBB Web page, we will hold an editing class following the benefits event

from 1:15 - 2:15 p.m.

To RSVP online, please go to www.blacktie-colorado.com/rsvp and enter event code: bbb916 (All one word, not case sensitive.)

WHAT'S ALL THE BUZZ ABOUT?

Come to Buzz with the Bs, the monthly networking breakfast hosted by the Better Business Bureau of Southern Colorado and the Business Network International (BNI). This month, you'll meet Elsa Miller of Duraclean Master Cleaners, Inc.

Below are the details for the September breakfast:

Date: Friday, Sept. 10, 2010

Time: 7:15 - 9 a.m.

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

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

To register, go to www.blacktie-colorado.com/rsvp and enter event code: BBBbuzz. Start with Trust®

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Healthcare officials at the Centers for Disease Control and Prevention have said all people ages six months and older should receive an annual seasonal flu shot. The flu shot provides protection that lasts through the flu season and is updated annually to include current viruses.

The Web site www.findaflushot.com/clinic can help you find the flu clinic closest to you and has many helpful tools, including:

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- An instant list generator that provides you with flu clinic dates, times and locations

- E-mail reminders of your appointment date, time and location. You can sign up for reminders at www.findaflushot.com/reminder.aspx.

If you're at high risk for complications from the flu, hoping to reduce healthcare costs for your family or just looking to stay healthy, findaflushot.com, sponsored by Maxim Health Systems, can be a valuable resource. To learn more, call (866) 534-7330 or visit www.findaflushot.com/clinic.

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Proposed COLA Cuts Would Cost Seniors Retirement Income

Alexandria, VA A leading Social Security reform option to cut the annual cost-of-living adjustment (COLA) is no "small tweak" and would cost unsuspecting retirees tens of thousands of dollars in Social Security benefits. "Cutting the COLA by 1 percent, a half a percentage point, or even as little as three tenths of a percentage point may sound like a 'small tweak' but even the tiniest COLA cut can add up to a big cut in retirement income," says Daniel O'Connell, Chairman of The Senior Citizens League (TSCl). "COLAs, like interest, compound over time, and reductions in the COLA mean the cuts grow bigger with every passing year," he says.

Cutting COLAs by 1 percent would cost beneficiaries with average monthly benefits of \$1,067 in 2010, \$54,954 over a 25-year retirement according to a new analysis by TSCl, one of the nation's largest nonpartisan seniors groups. The proposal to reduce COLAs was released as one of a menu of Social Security changes in a bipartisan report by the Senate Special Committee on Aging in May. Cutting the COLA is frequently cited as a leading reform option because it would reduce such a large portion of the deficit. The Senate Aging Committee report is expected to serve as a menu of options for President Obama's Commission on Fiscal Responsibility and Reform, which will develop a proposal to slash the federal budget deficit.

TSCl's study examined the Senate Aging Committee report's three options to cut the growth of COLAs: by one percent, 0.5 percentage point, or to use the "chained" Consumer Price Index to determine the COLA, which is estimated to cut COLAs by 0.3 percentage point. The study projected what retirees would receive under current

law and then compared that to what they would receive under each of the proposed reductions over a 10-, 20- and 25-year retirement period. The chart below illustrates how much less retirees with average benefits would receive.

COLA Cut Proposals — No Small Tweak

Length of Retirement	One Percent Cut	One-Half Percent Cut	Chained COLA
25 years	-\$54,954	-\$28,555	-\$17,402
20 years	-\$32,023	-\$16,565	-\$10,060
10 years	-\$8,085	-\$4,103	-\$2,477

"While TSCl believes Social Security needs to be put on more solid financial ground, Congress has other ways to achieve this than cutting the COLA," O'Connell says. "Social Security benefits already grow more slowly than senior costs and become increasingly inadequate over time," he adds.

A recent analysis by TSCl found that seniors have lost 24 percent of their buying power since 2000. The majority of the 37 million Americans aged 65 and over, who receive Social Security, depend on it for at least 50 percent of their income. To help increase buying power, TSCl is lobbying for a change in the Consumer Price Index (CPI) used to determine the COLA. The government currently calculates the COLA based on the CPI for Urban Wage Earners and Clerical Workers (CPI-W), a slow-rising index that tracks the spending habits of younger workers who don't spend as much of their incomes on health expenditures.

However, the government also tracks the spending patterns of older Americans, and has done so since 1983 with the CPI for Elderly Consumers, or CPI-E. TSCl lobbies for legislation that would provide a more adequate COLA by using the CPI-E, or a seniors-only index like it, to calculate the annual increase. For example, a senior who retired with a benefit of \$460 in 1984 would have received \$12,856 more over the past 27 years had the CPI-E been used to determine the COLA. To learn more and to sign a COLA protest petition, visit www.SeniorsLeague.org.

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.

ORAL HEALTH TIPS FOR SENIORS

The Division of Oral Health, National Center for Chronic Disease Prevention and Health Promotions is the source for this month's Oral Health Tip for Seniors.

The baby boomer generations will be the first where the majority will maintain their natural teeth over their entire lifetime, having benefited from water fluoridation and fluoride toothpastes.

During the past several years, the number of adults missing all their natural teeth has declined from 31 percent to 25 percent for those aged 60 years and older, and from 9 percent to those adults between 40 and 59 years. However, 5 percent means a surprising 1 out of 20 middle-aged adults are missing all their teeth.

Over 40 percent of poor adults (20 years and older) have at least one untreated decayed tooth compared to 16 percent of non-poor adults. Toothaches are the most common pain of the mouth and face reported by adults. This pain can interfere with vital functions such as eating, swallowing and talking.

Most adults show signs of gum disease. Severe gum disease affects about 14 percent of adults aged 45 to 54 years. Signs and symptoms of soft tissue diseases such as cold sores are common in adults and affect about 19 percent of those aged 25 to 44 years. Chronic disabling diseases such as jaw joint diseases, diabetes, and osteoporosis affect millions of Americans and compromise oral health and functioning.

Women report certain painful mouth and facial conditions (TMD disorders, migraine headaches, and burning mouth syndrome) more often than men. Every year more than 400,000 cancer patients undergoing chemotherapy suffer from oral problems such as painful mouth ulcers, impaired taste, and dry mouth.

Employed adults lose more than 164 million hours of work each year due to oral health problems or dental visits. Seventy percent of adults reported visiting a dentist in the past 12 months. These with incomes at or above the poverty level are much more likely to report a visit to a dentist in the past 12 months as those with lower incomes.

What You Can Do to Maintain Good Oral Health

*Drink fluoridated water and use a fluoride toothpaste. Fluoride's protection against tooth decay works at all ages.

*Take care of your teeth and gums. Thorough tooth brushing and flossing help to reduce dental plaque and prevent gingivitis – the mildest form of gum disease.

*Avoid tobacco. In addition to the general health risks posed by tobacco, smokers have 4 times the risk of developing gum disease compared to non-smokers. Tobacco use in any form – cigarette, pipes, and smokeless tobacco – increased the risk for gum disease and oral and throat cancer.

*Limit alcohol. Heavy use of alcohol is also a risk factor for oral and throat cancers. When used alone, alcohol and tobacco are risk factors for oral cancer. Used in combination the effects of alcohol and tobacco are even greater.

*Eat wisely. Adults should avoid snacks full of sugars and starches. Limit the number of snacks eaten throughout the day. The recommended five-a-day servings of rich fruits and vegetables stimulates salivary flow to aid remineralization of tooth surfaces with early stages of tooth decay.

*Visit the dentist regularly. Check-ups can detect early signs of oral health problems and can lead to treatments that will prevent further damage, and in some cases, reverse the problem. Professional tooth cleaning also is important for preventing oral problems, especially when self-care is difficult.

This oral health tip comes from Oral Health Awareness Colorado!, a coalition of federal, state and community organizations that developed the state's first formal oral health plan aimed at improving the general health of Colorado residents. For more information about oral health, go to the website www.beasmartmouth.com

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Battle Of The Ages

by Robin Mosey CSA

NEW CAREGIVER SUPPORT SERIES HELPS FAMILIES OVERCOME RESISTANCE OF SENIORS WHO NEED HELP

Just when you thought that a family caregiver's job couldn't get more difficult, consider this: Many of the estimated 30,000 households caring for a senior in Pueblo County are trying to help an aging relative who'd rather not have help.

A study of family caregivers who responded to a survey on caregiverstress.com, conducted for the Home Instead Senior Care® network, revealed that more than half of the respondents (51 percent) said that their aging relative was very resistant to care. These seniors often object to help whether it's from a family caregiver or a professional who tries to come into their homes to assist.

"This is a real problem for family caregivers worried about the safety of a senior loved one who might be forgetting food on the stove or neglecting to take their medications," said Robin Mosey, owner of the Home Instead Senior Care® office serving Pueblo and Canon City. "Some seniors are so resistant I've heard stories of them call-

ing the police when their family members have arranged for a caregiver to visit their home."

But experts say that keeping fiercely independent seniors safe at home isn't a lost cause; there are solutions for them and their family caregivers.

This family caregiver support series addresses senior resistance to care and features a variety of topics such as choosing an in-home care provider, the signs of aging, long distance caregiving and communicating with aging parents. Materials and videos are available at www.caregiverstress.com.

Why do seniors resist help? "If seniors admit they need help, they feel their independence is in question," said Robin Mosey. "Seniors believe that once they acknowledge they need help, they'll lose control of their affairs. They are trying to maintain dignity. Unless they feel they can trust someone, they resist change. I believe it's the fear that life as they've known it will be taken away from them."

Sometimes seniors only want help from a son or daughter, which can put undue pressure on that family caregiver who feels he or she can't call for professional help. Most caregivers can

go into "crisis mode" to rally around a loved one in the short-term, "but you can't be totally immersed in a crisis mode long-term without your own family, work and health suffering," according to family caregiving consultant Dr. Amy D'Aprix, who holds a Ph.D. and master's degree in social work and is author of *From Surviving to Thriving: Transforming Your Caregiving Experience*.

The strain can take a particular toll on working family caregivers. The Home Instead Senior Care study revealed that 42 percent of caregivers spend more than 30 hours a week caregiving. That's the equivalent of a second full-time job.

And that's what makes countering that resistance to assistance so important. "Many times family caregivers make assumptions but never ask: 'Mom, I've noticed that every time I bring up having someone come in to assist, you don't want help. Why is that?' Sometimes the parent doesn't realize they're being resistant," D'Aprix added.

"Also, reassuring a senior loved one that you have the same goal in mind will help," D'Aprix said. "Start with: 'My goal for you is to be independent, too. You know I can't be here all the time. A little extra assistance will help you stay at home.'"

Mosey said the battle to turn resistance into assistance can be fierce, like seniors who call police when a professional caregiver shows up. "Education can help arm family caregivers with the tools they need to create a win-win for everyone."

HELP (NOT) WANTED

Five strategies to help counter a senior's resistance to assistance

Following are strategies from Home Instead Senior Care® and family caregiving consultant Dr. Amy D'Aprix to help family caregivers turn resistance into assistance.

1. Understand where the resistance is coming from. Ask your parent why he or she is resisting. "Mom, I notice that every time I bring up the idea of someone coming in to help, you resist it. Why is that?" Oftentimes older adults don't realize they are being resistant.

2. Explain your goals. Remind your loved one that you both want the same thing. Explain that a little extra help can keep her at home longer and will help put your mind at ease as well. Have a candid conversation with him about the impact this care is having on your life. Oftentimes seniors don't understand the time commitment of a caregiver.

3. Bring in outside help. If a relationship with a parent is deteriorating, ask a professional, such as a geriatric care manager, for an assessment. A third-party professional can provide valuable input. Also, go to www.4070talk.com for tips on how to talk with a loved one. If you are having problems getting through to your older adult, consider asking another family member or close friend to intervene. If you're not making headway, perhaps there's someone better to talk with your parents.

4. Research your options to find the best resources for your loved one. Contact your local Area Agency on Aging or a geriatric care manager to research resources in your community. Or go to www.homeinstead.com and click on the resources tab for The Home Care Solution, a guide for family caregivers to help them find the best in-home care for their loved ones. If you decide outside help is needed, reassure your parents and tell them you have researched caregivers and you are confident you have found the best one you can find to come into the home to help.

5. Respect your parent's decisions. Sometimes you won't agree with your parent's decisions and that's O.K. As long as your loved one is of sound mind, he or she should have the final say.

A note: If your senior has dementia, seek professional assistance from a doctor or geriatric care manager. Logic often will not work and other strategies must be employed.

ABOUT HOME INSTEAD SENIOR CARE

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Ann Coulter: "Look Who's 'Nativist' Now!"



by Ann Coulter

"Nativism in American politics has become so rampant that it is considered scandalous in Republican circles for a judge to acknowledge paying any attention to foreign courts and their legal rulings." -- New York Times editorial, Aug. 3, 2010

The New York Times runs this same smug editorial every few months -- at least I think it's the same editorial -- to vent its spleen at conservatives who object to American judges relying on foreign law to interpret the U.S. Constitution.

But when it comes to anchor babies, The New York Times and the entire Democratic establishment plug their ears and hum rather than consider foreign laws on citizenship. (For more on this, see "Mexican immigration law versus U.S. immigration law.")

Needless to say, America is the only developed nation that allows illegal

aliens to gain full citizenship for their children merely by dropping them on U.S. soil.

Take Sweden -- one of the left's favorite countries. Not only is there no birthright citizenship, but even the children of legal immigrants cannot become Swedish citizens simply by being born there. At least one parent must be a citizen for birth on Swedish soil to confer citizenship.

(Applicants also have to know the lyrics to at least one ABBA song, which explains why you don't see groups of Mexicans congregating outside Ikea stores.)

Liberals are constantly hectoring Americans to adopt Sweden's generous welfare policies without considering that one reason Sweden's welfare policies haven't bankrupted the country (yet) is that the Swedes don't grant citizenship to the children of any deadbeat who manages the spectacular

feat of giving birth on Swedish soil.

In Britain, only birth to at least one British citizen or the highest class of legal immigrant, a "settled" resident with the right to remain, such as Irish citizens, confers citizenship on a child born in England. And if the British birthright is through the father, he must be married to the mother (probably a relic from Victorian times when marriage was considered an important institution).

Even Canada, the country most similar to the United States, grants citizenship upon birth -- but excludes the noncitizen parents of anchor babies from receiving benefits, such as medical care, schooling and other free stuff given to Canadian citizens.

After MSNBC'S favorite half-black guest, professor Melissa Harris-Lacewell, made the dazzling point last week that "all babies are anchor babies" because "I certainly know my 8-year-old has anchored the heck out of my life," thereby winning this week's witty wordplay contest, she claimed to be stumped on how citizenship could possibly be determined if not by location of birth.

"I want Americans to pause for a moment and ask themselves," Harris-Lacewell said portentously, "on what basis would you determine citizenship, if not based on where a child is born?" (Luckily for Harris-Lacewell, U.S. citizenship is not granted on problem-solving abilities.)

Harris was off and running, babbling: "Do you have to have two parents who are citizens? How about grandparents? How about great-grandparents?"

I don't know -- how does Sweden do it? How about Denmark? Maybe we should check the laws of every other country in the universe -- especially the ones liberals are relentlessly demanding we emulate!

Or is Ms. Lacewell one of those chest-thumping, nationalistic nativists who becomes hysterical when anyone brings up foreign law? Where is The New York Times when we need it?

The Times' editorial denouncing "nativist" conservatives ended with this little homily: "(Republicans) might want to re-read James Madison's description in the Federalist Papers of the

ideal legislator: 'He ought not to be altogether ignorant of the law of nations.'"

Of course, conservatives' objection to judges looking to foreign law is that they're judges, not legislators -- least of all "ideal legislators."

Judges are supposed to be interpreting a constitution and laws written by legislators, not legislating from the bench. Hey, whose turn is it to remind The New York Times that the legislative branch of our government is different from the judicial branch?

As the Times' own august quote from James Madison indicates, he was referring to "the ideal legislator," not "the ideal Supreme Court justice."

In its haste to call conservatives names, the Times not only gave away that they think judges are supposed to be "legislators" -- a point they've been denying for decades -- but also provided a ringing endorsement for ending birthright citizenship.

Not being an easily frightened nativist like Harris-Lacewell, I think we should look at other countries' laws, then adopt the good ones and pass on the bad ones.

For example, let's skip clitorectomies, arranged marriages, dropping walls on homosexuals, honor killings and the rest of the gorgeous tapestry of multiculturalism.

Instead, how about we adopt foreign concepts such as disallowing frivolous lawsuits, having loser-pays tort laws, and requiring that both parents be in the U.S. legally and at least one parent be a citizen, for a child born here to get automatic citizenship?

Or (to paraphrase my favorite newspaper) has nativism in American politics become so rampant that it is considered scandalous in Democratic circles for a legislator to acknowledge paying any attention to foreign countries and their laws? If so, then Democrats might want to re-read James Madison's description in the Federalist Papers of the ideal legislator: "He ought not to be altogether ignorant of the law of nations."

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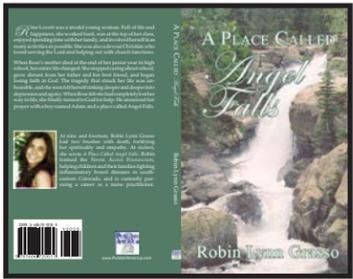
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“The Jobs Are Going Boys.....”

by Gary Neiens - Raymond James

These jobs are going boys... and they ain't coming back. The words are from a Bruce Springsteen popular song (My Hometown) released in December 1985. The song talks about main street's whitewashed windows, vacant stores and idled factories. Springsteen saw it in 1985. Our elected leaders apparently never saw it coming at all. An endless string of American leaders (Reagan, Bush, Kemp, Clinton, Bush, etc...) pushed one trade agreement after another through. Noteworthy was the presidential candidate, Ross Perot, who said that if the NAFTA trade agreement passed we'd hear a big sucking sound. That sound would be U.S. jobs being sucked out of the country according to Perot. Nevertheless, the Bushes/Clintons and various congresses relentlessly promoted the free trade concept even though many suspected nothing was too free about "free trade". The results have been the

hollowing out of the American manufacturing base (and its' jobs) and huge trade deficits.

In December of 1985 when Springsteen released his song, the U.S. had a trade surplus for the month with China of \$155 million. For the year, according to the U.S. Census Bureau (Data Dissemination Branch) the entire year showed a somewhat balanced picture with the U.S. having a \$6 million advantage. A lot has happened since "these jobs are going boys". The U.S. trade deficit with China is often \$20 billion or more a month. Notice how we went from the word million to billion...over \$200 billion just last year. China dollar reserves are now estimated to be at least 70% of the \$2.4 trillion they have in foreign exchange reserves (U.S. Census Data). There might be a problem in the validity of even these huge numbers though. Derek Scissors, a China scholar for the Heritage Foundation, describes U.S. gov-

ernment data on foreign holdings of U.S. debt as "unusable". If Scissors doesn't trust these numbers, I wonder what he'd think of Obama's health care numbers.

Elsewhere though, the Chinese are probably feeling the sting of holding U.S. dollars recently. The dollar backed off May highs by about 10% (at the time of this writing). The Treasury Department reports that the Chinese reduced U.S. government bond holding purchases in July. Also reported was their increased purchase of Japanese yen.

So, in my opinion, the Chinese may find it easy to sustain trade protectionism, currency manipulation, and sweetheart deals with Washington. However they may find it difficult to support the value of the U.S. dollar (the yen is not a large enough currency to help them much).

The dollar you held in 1985 when Springsteen released his song has now been halved in buying power (CPI

adjusted). If I could re-write the tune for today, it would be "these incumbents are going boys—and they ain't comin' back". Remember to vote.

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@Raymond-James.com Raymond James Financial; NYSE symbol RJF

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Don't Dread Deflation

by Ron Phillips

The latest economic gossip floating around the media is the much-

hyped, much-feared deflation. We've all heard of it. We've all heard it's not good. Is that really true?

Like most things financial there isn't a simple yes or no answer. If you have long-term deflation (prices going down) it's very bad. It's like Japan... two decades of stagnation. That lack of growth has made it easier for China to surpass Japan as the second largest economy recently.

Deflation—"A general decline in prices, often caused by a reduction in the supply of money or credit. Deflation can be caused also by a decrease in government, personal or investment spending."

Investopedia.com

On the other hand, if a nation has had too much inflation then there might be a need for prices to go down for a while. Popping this inflationary bubble is an important task of our recent recession.

INFLATION TAKES A BREAK

Think about the last ten years. Wasn't it almost expected that things would cost more every other time we went to the store? Or bought some clothes? Or filled up our gas tanks? Or looked for a new car? Or, especially, looked for a new house?

These are very general examples. But wasn't that what it felt like?

We're hearing a lot about deflation because three months in a row inflation was down. But if you add up those three months it's barely 0.4 percent lower. Pretty small. Also, for the full twelve months ended this July inflation

was actually up 1.2 percent (source: BLS.gov). By definition that's the opposite of deflation.

STEPS TO TAKE

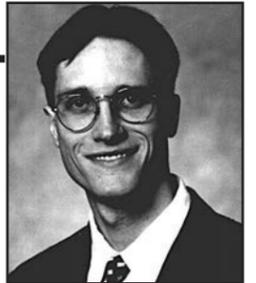
If you run across any articles on this you may read some of their suggestions for investing. Usually they're pretty general or say to invest in US government bonds. That's part of the solution.

It's actually very simple to profit from this scenario. Because things go down in value our purchasing power is finally going up. So simply invest for high income. If you have a fixed investment income of 7 percent then you are able to buy more with that 7 percent when (and if) things drop in value.

It also comes down to having a diverse mix of income assets to create that cash flow. That way you are prepared for the many other scenarios that can happen in the investing world.

After all, who really knows what's going to happen next? Just be prepared for everything.

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. Please mention ID #1001 when ordering.



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Publication of advertising contained herein does not necessarily constitute endorsement. Signed columns are the opinions of the writers and not necessarily that of the publisher. Senior Beacon is locally owned and operated. Founded in August, 1982.

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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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Senior Community Update



FURNACE CHECKS

The Upper Arkansas Area Agency on Aging is accepting requests for furnace start-up and safety checks at no cost to Seniors in Fremont, Chaffee, Custer and Lake Counties. In order to comply with federal and state requirements, requests will be reviewed targeting consumers age 60 years or older with the greatest economic and social need. Emphasis is placed on low-income, minority, frail and rural seniors, and approved as funds allow. Requests for this service will be accepted until September 10 2010. Please call 719-539-3341 or toll-free 1-877-610-3341 to request an Intake Form.

KOREAN WAR VETERANS

ATTENTION Korean War Vets of the 23rd Inf Reg't - 2nd Infantry Division from 25 June 1950 - 27 July 1953

There will be a 36th Reunion at the Pueblo Convention Center and Marriot Hotel in September 2010.

Call for Details & Registration to John V. Distefano at 719-583-7969 or cell 303-204-2255.

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.

PUEBLO WEST SENIORS

Come to our potluck luncheon of the Seniors/Retirees of Pueblo and Pueblo West. We meet from 11:30 to 1:45 at the Pueblo West Memorial Recreational Center on the second Thursday of each month.

To get to the center, two signs on Joe Martinez Blvd will alert you to Byrd Street. Turn south on Byrd and east on George to E230.

Please bring your own table service as well. Coffee and tea will be provided.

For more information call Membership committee 647-8969 or 404-4413

LOU GEHRIG'S DISEASE SUPPORT GROUP

Support group for Lou Gehrig's Disease (ALS). Second Thursday each month, 6-7 PM. Thatcher Bldg. 503 N. Main, Suite 103, Pueblo, CO . Call Peggie at 719-584-3068 for all the info.

OWLS MEETING

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

RIDE TO CHURCH?

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

GENEALOGICAL SOCIETY

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

SRDA CALENDAR

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

LIVING WITH OSTEOARTHRITIS?

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

How can they ease the pain, deal with the limitations it causes, and support their doctor's treatment? With the help of some of the world's leading spine specialists, the American Arthritis Society has compiled twelve practical tips for self-care that are effective and

easy to follow. Please visit the Society's website at: www.americanarthritis.org.

AARP SCHEDULE OF ACTIVITIES

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

Safe Driving Classes, Benefits Check-up, exercising, Tai-Chi, eating right, Census Bureau testing, Model T care group, Convergys recruiting, classic cars, Food Share America, Better Breathers, preparing taxes, quilters group, medicare and financial planning assistance and more available this month.

TOASTMASTERS

What: Pueblo Toastmasters #179 Public Speaking Class

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

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

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

STEP-UP PROGRAM

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

ALZHEIMER'S SUPPORT

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

COMMUNITY BLOOD DRIVES

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

JOB SEEKERS

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

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www.belmontsquareapartments.com

The Farmers' Market at the Riverwalk brings several local farmers to the Riverwalk's Coca-Cola Plaza (by the Riverwalk Welcome Center) for a great variety of fresh produce and healthful offerings. Each Thursday evening will feature different performers to enjoy while strolling around the market. Several local produce farmers and other healthful food vendors will be on site to cater to any appetite.

JUNKTIQUE AND OPEN MARKET

On Sept. 17 & 18 the streets of Florence will turn into avenues for dealers to sell their antiques, collectibles, specialty crafts and treasures. Held in conjunction with Pioneer Days this event attracts larger crowds each year. If you are interested in being part of this event, call 719-784-3834 or write Aspen Leaf Bakery, 113 W. Main St., Florence, CO 81220 for your vendor application.

PHONEBOOK RECYCLING NOW AVAILABLE

The Pueblo City-County Health Department, C&C Disposal, and Dex Directory™ have partnered to provide phonebook recycling in Pueblo until September 15, 2010 at six public drop-off sites located in the City and County at:

- Bessemer Recycling Drop-off Site, near the corner of Abriendo Avenue. and Division Street

- Habitat for Humanity ReStore, 2313 S. Prairie Avenue

- Colorado Mental Health Institute-Pueblo campus, near the soccer field off W. 24th Street

- Girl Scouts of Colorado, Pueblo Center, 21 Montebello Avenue

- Mesa La Gree's Market, 27050 Hwy 50 East

- Pueblo West Library, 298 Joe Martinez Boulevard, Pueblo West

- C&C Disposal, 21 Magneto Drive, Pueblo West

Phonebook recycling bins are brown dumpster outside each location with a Dex Phonebook recycling banner attached.

For more information about phonebook recycling and other recycling options in Pueblo, call the Recycle Hotline 583-4924.

NATURE CENTER NEWS

The Coyote's on the River Coffee Den, located at the Nature and Raptor Center of Pueblo is hosting the works of Nature Photographer Debra Thorpe. Debra's display will continue through October 4th. All artwork is available for sale, with a portion of the sale donated to the Nature and Raptor Center.

Coyote's Coffee Den, in Pueblo features a cozy southwestern décor inside, and large outdoor patio with fireplace chimneas, comfy chairs and gorgeous views of the Arkansas River. The Den is located at 5200 Nature Center Road, Pueblo. For more information on the Coffee Den, please call 719-549-2230 or visit our web site at www.coyotes-coffeden.com.

MEDICARE PART D

Contact: Alaina Garcia

Beginning July 1, 2010, the Area Agency on Aging will provide assistance to individuals choosing a Medicare Part D (Prescription Drug) plan only.

Residents of Chaffee, Custer, Fremont and Lake counties needing assistance in choosing a Part D plan should call the Upper Arkansas Area Agency on Aging in Salida at (719)539-3341 or toll-free at (877)610-3341 to schedule an appointment.

Any other Medicare counseling will be done thru the Pikes Peak Area Agency on Aging in Colorado Springs. They can be reached by dialing 1-888-696-7213.

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NO TIME.... USE MINE! Need someone to run errands? Need someone to pick up groceries and prescriptions? Your paperwork delivered? Any other odds and ends? Call me Virginia. Cell 214-6007. #1010

COMPANION CAREGIVER: Experienced, References; Errands, Light Housekeeping and Yardwork, Meal Preparation, Medication Reminders, Transportation. Ricardo, 719-568-5005. #1010

COLORADO TIMESHARE FOR SALE. \$2,000. Sleeps 6. FLOATING RED-WINTER WEEK at Mountain-side at Silvercreek. In-room 6 person hot tub. 719-647-0101. #1010

RECENTLY WE AT DOVE HOMES LLC have an opening for one who needs 24/7 care in our Christian home. Call 719-542-3496 NOW! These openings don't last long. #1010

MEDIUM BLUE LAZYBOY: powerlift recliner. Clean, works well. \$1700 new, sell for \$300. 60 pack POISE pads. \$3.00 each. Call (719) 546-0933. #1010

CEMETERY LOTS at Imperial Gardens. Three can be stacked in Calvary Section. Call, I'll deal, for 1 or all. 719-542-4017. #1010

WANTED: used behind-the-ear hearing aids. Must be workable in good shape. Cañon City, 719-269-8200. #0910

TRUCK MOUNT UNIT: steam clean or dry clean. Certified. Over 30 years experience. Special rate for rental owners. Classy Glassy Cleaning Specialists. Free Estimates. 719-561-9968 or 719-248-9673. #1010

ONE BEDROOM SPACIOUS. Southside complex. Rent - \$420 deposit - \$250 includes water, trash, parking, laundry room, close to bus stop and shopping. Rustic Villa (719) 564-8899. #0810

BOOK SALE: Hardback and paperback - many titles - many author's - some cookbooks - \$2.00 and less. Call, 561-4495. #0810

HOMES, OFFICES, RENTALS: Complete cleaning service. One call does it all. Classy Glassy Cleaning Specialists. Over 30 years experience. Free estimates. 719-561-9968 or 719-248-9673. #1010

PERMANENTS \$30: Open Wed. - Sat. Curl Corner 2318 Thatcher Ave. Pueblo, CO 544-9160. #0810

PLUS III PREMIER ELECTRIC CART: Three wheels, two batteries. Range? 10+ miles. Comes with custom-made trailer. \$1,600 for all. Call Jim, 719-594-3723. #0810

ARE YOU CHALLENGED by your INSULIN balancing, cholesterol or weight management? Let me introduce you to Bios Life Slim. Go to HealthCanBeEasy.com and see 2 short videos and listen to a 6 minute audio. Or call 1-760-569-1140 and listen to a 6 minute recording. My friends CJ and Tori have lost a total of 92 lbs in 90 days. My name is Maureen and I'm a seasoned private caregiver for brittle diabetics and people with Alzheimer's. Diabetes is so prevalent and I'm making it my personal quest to help people live a longer life and have a decent chance to outlive their parents. I can be reached at (970) 361-0400(cell) or (970) 433-7207(office) or HealthCanBeEasy@gmail.com. The science is strong behind these products and I can provide published clinical information for you and your doctor to evaluate. #0710

FOR SALE: Robot roomba vacuum cleaner. Brand New. \$150.00. 7' folding aluminum ramp. \$225.00. 719-542-4955. #0710

WANTED: Certain record albums and 45's from 1950's and 1960's. Jazz, R & R, R & B, C & W. No Classics, Orchestras or polkas. Also 10 cent comic books. 719-566-7975. #0211

HEARING AIDS: Starkey Destiny 1200 Behind the Ear with directional microphone and multimemory button. Less than 3 years old with one year warranty left. Purchased in Pueblo. (303) 324-7149. #0710

ALASKA MAN: 52! Seeks female 50-60 years old. Christian. Would love to love companion, friendship forever. 719-980-4342. We can meet. #0710

HOME CARE PROVIDER: Have experience. Dependable, Run errands. Doctor Appointments. Companion. Call Carmen, 564-2157. #0610

CNA & CARE PROVIDER. Dependable, flexible hours - 30 years experience and references. Call Edna, 566-7775. #0610

POWER CHAIRS - Pride Jet 3 ultra and Jazzy 1100. Choice \$495.00 Pride Legend Scooter, 4-wheel with two (2) baskets. \$595.00. #0610

30 YEAR EXPERIENCE, CNA. Will care for you in your home. Cooking, errands, doctor appointments, shopping, cleaning, laundry. Will make your day comfortable. References. 719-543-5446. #0610

"I FORGAVE MYSELF" CD: 15 inspiring, humorous, breathtaking songs by spiritual songwriter. \$15 (including shipping). Check, Money Order: Eric Schneider, 1817 Carson

SENIOR CLASSIFIED AD REQUEST

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

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

Phone: _____ Your Name: _____

Mail ad & Check (send no cash) to:
Senior Beacon P.O. Box 7215 Pueblo West, CO 81007.

Ave., La Junta, CO 81050. #0610
FSBO DOUBLE WIDE HOME in Adult Park, 3 bed, 2 bath, Double Carport, Huge Shed. All appliances, upgraded Central Air Furnace. Call 566-0489 or 568-4547. #0510

\$75 HOLDS A CLASSIC colored long and short haired chihuahua for that special occasion. The dogs are hand raised, house and crate trained have first shots. (307) 634-1177 or www.Wyomingchihuahuakennel.com #0510

ALTERATIONS/MENDING: Reasonable prices. Quick turnaround. Have pincushion will travel. Call 719-225-0425. Let's talk and set an appointment. Thank you. #0510

DUAL SPACE: in military court of honor section. \$750.00. You pay transfer fee. 719-225-6671. #0510

FOR SALE: Timeshare. Stormy Point, Branson, MO. Sleeps four. Furnished, \$12,000. 719-583-2042; #0310

248-5479. #0510
FOUR GRAVE SPACES, in Hillcrest section at Imperial Gardens. \$1500 plus transfer fee. Call (719)649-2478 or (719)946-5214. #0310

WANTED! Older golf putters, signed golf books and pictures, older golf tournament programs, pins, and badges. (719)687-1227. Masters golf items too. #0310

RESTLESS LEG SYNDROME? Grandma's home remedy immediately solved our RLS! For the recipe: send \$29.95 to RLS, 8200 S. Quebec St. A3-#506, Centennial, CO 80112 for a colored picture brochure on how it worked! **IT'S WORTH IT!** #0610

30 YEARS EXPERIENCE. Qualified, caring, compassionate Caregiver will give good personal hygiene care, cook, light cleaning. Day & Night care. Call Diana, (719) 369-5758.

National Preparedness Month Activities

September is National Preparedness Month and several local agencies and businesses have teamed up to provide tips and demonstrations on Personal, Business, Pet, and family preparedness. Fun events are planned for Saturdays during September and October from at 11:00am - 2:00 pm

Learn how to be prepared for the first 72 hours after a crisis or disaster, write your families preparedness plan, and obtain a Vial of Life for medications. Events are September 4 (Pet & Preparedness BBQ - 11:00-2:00) at Greenhorn Mountain Park in Rye hosted by the Rye Fire Department), September 11 (We Prepare - We Remember - 11:00-2:00) at the Rural Fire Station on Highway 50 East and 28th Lane hosted by the Rural Fire Department), September 18 (Volunteers and Preparedness Carnival- 11:00-2:00) 1001 N. Santa Fe Avenue (Downtown) hosted by the Pueblo County Sheriff's Office Emergency Services Bureau, and October 2 (Fire Safety Open House - 11:00-2:00) at the City Fire Station 9, 4527 Surfwood Lane hosted by the Pueblo City Fire Department.

Participating agencies include: ACOVA, American Medical Response, American Red Cross, Parkview Medical Center, Pueblo City Fire, Pueblo Animal Welfare, Pueblo County Sheriff's Office, Pueblo Rural Fire, Pueblo City-County Health Department, Rye Fire Protection and Senior Resource Development Agency/RSVP.

For more information about any of these events or for additional information on how to protect your family or business during a disaster, contact the Pueblo County Emergency Services Bureau 719-583-6222.

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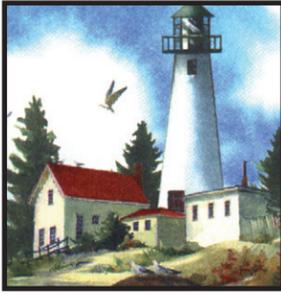
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“Light For The Journey”

By Jan McLaughlin - Director of Prayer Warriors For Prisoners



LIGHTHOUSE JOURNEYS PART I “COME AS A CHILD” SEPTEMBER 2010

My first encounter with Jesus in a lighthouse was as a new Christian. Details are in the July 2008 Light For The Journey article, which is still available in the Senior Beacon archives, www.seniorbeacon.info. Here is a short re-cap: In an amazing vision I was with Jesus in a lighthouse which overlooked an angry sea. Drowning people floundered in the water crying for help, unaware of their true need... a Savior. A beautiful clipper ship was anchored in the distance. Small boats bobbing among agitated waves carried determined missionaries who were making desperate attempts to rescue drowning people. Those who were willing were pulled inside the smaller vessels and transported to the waiting Clipper ship which I sensed in my spirit represented Jesus. In Him, they were safe from certain death in the raging sea.

Not long after the first vision the

Lord began calling me to meet Him at the Lighthouse. In each of these journeys, I was a little child and He always had a lesson for me. I mentioned last month that I feel compelled to share some of these stories. I pray you are blessed as I was and still am I on these journeys. These adventures, taken from my journals, were scenes that unfolded ... videos in my mind. I would write as fast as I could knowing nothing in advance, only the scene that was before me as it was happening. I have changed these stories only slightly to make them easier to read. The Lord's words are in brackets and mine in quotes.

The sky is brilliant blue as I race up the path to the Lighthouse standing majestically at the edge of the sea. Pausing for a moment, I shade my eyes and look up to see you smiling back. Instantly I feel the joy of your presence.

Running, hopping, skipping and singing up the path, I reach the Lighthouse door. Leaning against the door, exhausted, I catch my breath before starting up the steep spiral stairs. You meet me half way and carry me to the top. Rested, I dance and twirl around the room – a child filled with joy and delight, giggling at my own silliness. It feels good to know I can be silly in your presence. I stop and look up. Your eyes are dancing with utter delight and our joy blends together as together, we burst into laughter. “Oh Lord, I am so happy and free in your presence – so light and unburdened.” I twirl and twirl again and fall laughing and giggling on the sofa as the room spins around me.

You take a big book from the shelf and invite me to sit with you at the table. Jumping off the sofa I discover I am still slightly dizzy. I steady myself and climb onto the big wooden chair next to yours. On my knees beside you I move

closer and you wrap your arm around me. You begin turning pages and I realize it's a photo album. There are images of children in the pictures and under each picture, a name.

A little boy is wading in a stream and underneath the photo is his name – Abram. A little girl next to an apple tree in a big meadow is holding the corners of her tiny apron filled with fruit – underneath is her name, Sarai. A little boy frolicking with a lamb in a flower covered meadow – Joseph. On and on the pictures go to the last page and you close the book. On the cover, I read, “Lamb's Book of Life.”

“Oh Jesus, thank you, that I am a child again in these precious visits with you. In these moments I am released from the burden of knowledge of sin and guilt. Now I know why I must be a child during my trips to the Lighthouse. My eyes are cleared of things of the world and they are free to see you, totally – free to see the joy we have together. Oh, Jesus, these are such precious times. Please forgive me for not coming more often. I know you give me these special times for my own joy and refreshing – for the renewal of the awareness of your awesome presence which is always with me. For the lifting of my spirit and to fill me with a joy only a child, void of the burdens of life and time can know. How simple, how precious is the faith of a little child. How clearly children see and put their trust in their Savior. Lord, I want that kind of simple faith and trust. Thank you for the times you allow me, help me and teach me to be a little child again. Thank you, Lord Jesus.”

[Jan, I want you to practice this simple, lighthearted freedom daily. You ARE a little child – MY little child. Don't burden yourself with things I promised to

carry for you. Give them to me. Daily, I give you what you need for each day. Of-

ten it goes unused. Begin to use daily what I give you – trust, patience, understanding – and the tools you need for ministry – whether it be words – written or spoken on a one on one basis or to a crowd – I give you arms to hug a hurting friend – a broken heart to intercede for that unsaved loved one – a desire to be a good wife and mother. I give you ears to hear the unspoken fears and pain of others and a word to minister to their needs. Listen – “Wait on the Lord!” Put those words on your forehead. Don't be a Martha only. You can also be a Mary – you rush! You are often far ahead, way out in front, and cannot hear me when I speak to you. Relax. Don't be a slave to time.]

My visits with Jesus in the lighthouse often end as soon as I receive the lesson. The picture fades away and I am back in my journal writing payer requests and family and ministry updates. The moments are treasured and my Lord's words embedded in my heart and on the pages of my journals. The importance of being like a child must not be overlooked. Sometimes mature adult Christians forget Jesus' words, “I tell you as seriously as I know how that anyone who refuses to come to God as a little child will never be allowed into his Kingdom” Mark 10:15 TLB.

© 2010 Jan McLaughlin, All rights reserved. Jan McLaughlin is Director of Prayer For Prisoners International and can be reached at 719-275-6971 or by e-mail, prayerforprisoners@msn.com.

golden corral

Store Hours
 Mon-Fri 10:30am - 9:30pm
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Reeling

"Before The Legend"

by Film Critic Betty Jo Tucker, Pueblo

BEFORE THE LEGEND

What happened to Robin Hood before he became an outlaw? Ridley Scott's "Robin Hood" film explores that topic with the help of a creative script by Brian Helgeland and a strong performance by Russell Crowe in the title role. It also boasts first-rate production values throughout, plenty of exciting action, and Scott's usual magic touch -- which makes viewers feel like they are part of the experience. No 3-D here, but I almost ducked a few times to get out of the way of those flying arrows while watching this excellent movie, which will be available September 21st

on DVD.

Of course, Scott and Crowe have worked together before with stunning results. "Gladiator" earned many accolades for them both and won me over completely. Although "Robin Hood" may not bring them as much success, it's another splendid collaboration, one I thoroughly enjoyed. However, I admit being confused about what was happening on screen until about ten minutes into the film. Surprisingly, that worked for me because I became extremely curious to find out how the various characters introduced at the beginning of the movie would be dealt with as the story

played out.

We first see Robin Longstride (Crowe) serving in King Richard the Lionheart's (Danny Huston) army as it battles the French while returning from the Crusades. After Richard is killed, Robin comes upon a dying knight and agrees to take his sword back home to the man's father (Max Von Sydow) in Nottingham. When Robin and his small band of fun-loving friends (who are pretending to be knights) reach Nottingham, they find a village under the thumb of a tyrannical sheriff. Robin delivers the sword, falls for the brave Lady Marion (Cate Blanchett, marvelous as ever) -- wife of the dead knight he's been impersonating -- and soon becomes involved in efforts to help his country defeat the French, which involves attempting to obtain a promise from England's ineffective new monarch, King John (Oscar Isaac), concerning liberty for each of his subjects.

Amid all the battle hubbub and archery antics, Crowe manages to make us believe his character is a man of thought as well as action. This Robin starts out interested primarily in survival, then realizes there's more at stake for him and his country. Crowe's performance is a bit underplayed, but the lack of bravado seems appropriate here, for Robin is unsure about his own history. I'm impressed with the strength, courage, and charisma projected by Crowe in this particular role. Plus I love the way his romantic scenes with Blanchett come across as so tender, sexy and amusing.

Kudos also to the actors portraying villains in this "Robin Hood": Oscar Isaac ("The Nativity Story") as Prince John, Mark Strong ("Sherlock Holmes") as Godfrey, and Matthew MacFadyen ("Pride and Prejudice") as the Sheriff of



Nottingham. We love to hate all three of them -- but MacFadyen even evokes a few laughs because of the Sheriff's pretentious behavior.

Among Robin's merry men, the stand-outs are Kevin Durand ("Legion") as Little John and Mark Addy ("The Full Monty") as Friar Tuck. Both look their parts as well as add a touch of humor to the serious nature of this cinematic adventure.

So -- did we need another "Robin Hood" film? I think there've been at least five others, including Mel Brooks' hilarious "Men in Tights" and my favorite, "The Adventures of Robin Hood," co-starring Errol Flynn and Olivia de Havilland. But after watching this Ridley Scott prequel to the legendary Robin Hood exploits, my answer is a resounding YES. (Released by Universal Studios and rated "PG-13" for violence, including intense sequences of warfare and some sexual content.)

SEPTEMBER THEATRICAL RELEASES

Unfortunately, DVD offerings during September look more appealing than movies coming to the big screen this month. The two most promising theatrical releases arrive later in the month and on the same date, September 24. "Wall Street: Money Never Sleeps" and "You Again" definitely pique my interest. The former is a sequel to "Wall Street" (1987) and stars Michael Douglas reprising his Oscar-winning role as the greedy Gordon Gekko. The second film promises lots of laughs, mostly because funny lady Betty White joins its intriguing cast, which also includes Sigourney Weaver, Victor Garber, Kristen Bell, Kristin Chenoweth and Jamie Lee Curtis. It's about amusing situations which can occur when enemies from the past show up and open old wounds. Better to laugh than cry when faced with challenges like that, right?

Read Betty Jo's film reviews at ReelTalkReviews.com. Copies of her books, *CONFESSIONS OF A MOVIE ADDICT* and *SUSAN SARANDON: A TRUE MAVERICK*, are available at Barnes & Noble Booksellers and can be ordered online at Amazon.com.

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