

page 2Opinion
 page 4Weird News
 page 5.....Health
 page 7.....Social Security & You
 page 8.....Light for the Journey

Coming Up!
Fremont County Senior Fair
Lassie's Coming!

page 14.....Senior Safety
 page 15.....SRDA Menu
 page 16.....Finances
 page 18.....Senior Classifieds
 page 22.....Fremont/Custer Menu



Senior Beacon

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

SEPT., 2008 Vol. 27: No. 2 Established Aug., 1982 314 Consecutive Months!

Pueblo Is Lassie & Timmy Town

Ask Pueblo Animal & Welfare Protection Society

Saturday, September 13th is coming fast and Puebloans Marcee, TuTone and Hunny Ballantyne are busy getting the word out all over town. Lassie's co-star



Marcee Ballantyne is using a puppy rickshaw to see Lassie and Timmy.

Jon Provost, who played Timmy Martin on the famed Lassie TV series, is coming to Pueblo to help Pueblo Animal Welfare and Protection Society (PAWS) have fun raising money for their newly designed environmentally friendly dog and cat safe haven. While raising construction funds for this larger, modern facility, PAWS will offer Puebloans the chance to personally meet Timmy and Lassie's friends. The first opportunity to meet Timmy and Lassie's friends will be in the morning at the Pueblo Convention Center from 8:30 to 9:30am. Jon will join PAWS board president, Ben D'Andrea welcoming everyone and then Clyde Young will lead a detailed presentation about the new facility.

PAWS has saved the lives of thousands of dogs since their beginnings in the 1970's.

The cost for this morning event is \$35 and includes coffee, teas and sweet breads.

David Struthers will be helping greet everyone at the morning coffee and at the 10:00 – 11:30 am Children's Writing Workshop with Lassie's friends, David's collies, Nelson and Emma. David has had a life-long love of dogs because of the Lassie Show. "My wife and children enjoy a closer family life and strong bond with dogs because of the positive influence Lassie had on me decades ago" says David. This creative workshop for kids is free but seating at the Historic Federal Building on Main Street is limited and requires an RSVP to Glenn Ballantyne, event coordinator at 543-1766 or glenn@kreativo.org



Adults in Southern Colorado will have a special opportunity on Saturday, September 13th from 1:30 – 3:00 pm at the Historic Federal Building to attend a writing workshop with published author Laurie Jacobson. Ms. Jacobson is a skilled author and popular workshop instructor. Plus, she is the wife of actor Jon Provost. This fast paced workshop will teach adults who write documents at work how to be more clear, creative and efficient with their writing. Aspiring writers will learn new techniques and insight into getting published. The cost of this workshop is \$35 and seating is limited. To make your RSVP contact PAWS event coordinator.

Pueblo Collie / Sheltie Rescue and Miss Colorado American Coed Junior Teen Queen Jennifer Brown will join Lassie's co-star Jon Provost along with Lassie's friend Milo at the Historic Riverwalk's Gateway Park for a pet drinking fountain dedication at 3:00 p.m. A book signing with Jon Provost and his co-author and workshop leader Laurie Jacobson follows this historic event.

The highlight of the daylong celebration of compassion and love for dogs and cats happens at the Friends for Life dinner at the Pueblo Convention Center at 6:00 pm. Guests will enjoy seeing clips of the Lassie TV show with comments by Jon and his role as Lassie's co-star Timmy Martin. Jon will work with Pueblo actors in a wonderful sketch from Jon's favorite script on Lassie. PAWS will present an eye-opening presentation about the promising future of dog and cat rescue in Pueblo with the benefits of the upcoming larger, environmentally superior Living Shelter. A special ceremony on compassion will touch everyone's heart. The dinner event is \$75 per person. Reservations can be made at 543-1766 or glenn@kreativo.org.

NAF Golf Tourney Big Success

An organization near and dear to everyone at *Senior Beacon* is the local Never Alone Foundation which raises money to help area Crohn's and Ulcerative Colitis patients, especially kids and their families.

The burden that these diseases bear upon all they touch is immense and our annual golf tournament helps us raise revenue to support the patients and their families through some very difficult times.



Robin Lynn Grasso awards a plaque to Rollie Leyh of J.R.'s Country Stores. They were the main sponsor of this year's fundraising golf event.

UPCOMING COMMUNITY EVENT

"Safety of Seniors" Conference Sept. 17

DATE: WEDNESDAY, 09-17-08

TIME: 8:00 AM TO 2:00 PM

PLACE: FIRST CHURCH OF THE NAZARENE, 84 STANFORD, PUEBLO, CO 81005

There is an upcoming senior event in Pueblo which is the first annual "Safety of Seniors" Conference. This event is sponsored by several health care facilities and health care providers in the Pueblo area. Its purpose is to educate local seniors as to various aspects of safety.

The conference will hold breakout sessions for seniors to attend to learn more about: financial, legal, public and drug safety. Master of Ceremonies will be: Dave Ritterling, President of Visiting Angels Home Care. Keynote Speaker will be: Bill Thiebaut, District Attorney.

There will be 15 booths set up to provide seniors with additional information sponsored by "The Senior Medial Network Group," which is comprised of local nursing facilities, and health care vendors.

Other sponsors include, AARP, ElderWatch, SRDA, and Lifeline.

Admission is free to seniors and will include refreshments and lunch.

Seating is limited, so please call 545-1212 by 09-09-08 to register.

For additional information – contact: me, Pat Esgar, at: pat@westwindcampus.com, my office – 719-404-1018, or my cell – 719-289-2187.

Seniors Are Special At The Pueblo Zoo

Once again, the Pueblo Zoo will be honoring senior citizens during the week of September 6-12, 2008. During the entire week, all seniors 65 + are admitted free to the Zoo. Senior Safari will be held on Wednesday, September 10th from 11:00 a.m. until 2:00 p.m. As in past years, volunteers from the Target Distribution Center will be on-hand, Thornton Wheelchairs Plus will be donating wheelchairs, Country Oven and Country Buffet will be donating cookies for the event, and Grand Banquet Rental will be donating additional chairs. Belmont Senior Care, University Park Care Center, Life Care Center of Pueblo, Sharmar Village, EverCare and Secure Horizons, and Home Instead will sponsor the event.

Senior Safari is one of the Zoo's most heart-warming events of the year with music, educational animal close encounters, games, refreshments and Zoo admission. Nursing homes, care facilities, senior groups, and individual seniors from all across southern Colorado are invited to come and enjoy this day dedicated to senior citizens. The Pueblo Zoo is wheelchair accessible and Zoo's hours for the month of September are 9:00 a.m. to 4:00 p.m. Monday through Saturday and noon to 4:00 p.m. on Sunday.

FREMONT COUNTY SENIOR FAIR 9/6/08

"SENIOR FAIR IN CANON CITY"

It is time for the 7th Annual Senior Fair. The fair is proudly sponsored by Seniors Inc., Centura Health and Parkview Medical Center.

The fair will be held at Evangelical Free Church, 3000 East Main, Canon City from 9:00-Noon on September 6, 2008.

Seniors Inc. would like to thank the community including the many sponsors and exhibitors for making the Annual Senior Fair a big event. This fair is free to the community. This year's fair will feature fifty five organizations and busi-

nesses providing information supporting a healthy lifestyle for older adults.

- Senior Housing, Medical Resources, Senior Services vendors
- Health Screenings include bone density, blood pressure, vision, hearing, etc.

- Door Prizes
- Handouts and Goodie Bags
- 2008 Resource Guide

New this year:

- Centura Health providing "Talk to a Pharmacist"
- Parkview sponsoring lunch from Noon-1:00 to discuss pain manage-

ment with Dr. Charles Vial

Co-sponsors for this year's Senior Fair:

- Arkansas Valley Surgery Center

- Canon Lodge Care Center
- Complete Home Health
- Ears 2 U Hearing Aid Services
- Friendship House/Legacy Center

- Home Instead Senior Care
- Master Printers
- McDermott Law Firm
- Orchard Springs Dental
- Physicians Home Health Care



- Skyline Vision
- SRDA Lifeline
- Senior Beacon

Seniors Inc., Centura Health, and Parkview Medical Center along with our co-sponsors and exhibitors are looking forward to visiting with our community

MORE INFORMATION ON PAGE 12.

Just One Guy's Opinion

by James R. Grasso, Chief Cook & Bottle Washer



Blog With Us!

We did it! We've been wanting to start up a blog to fill in the month and we did it! For those of you who are uninitiated, blogging can be fun. Got something on your mind? Well now you can unload your druthers and get it placed on our blog. Please, no profanity and show your better side with pithy points made from empirical data. If not, your "stuff" won't make the cut.

We'll try to have something new as a topic at least once a week, but you can comment on anything from "Just One Guy's Opinion" to the menus in *Senior Beacon* or you can wax poetic about any topic at all. We don't care. It's an open forum and the best part is no one interrupts you. But be prepared to be challenged and perhaps

you might even change your mind or better yet, change someone else's mind.

So, got to www.seniorbeacon.info and click on the "Blog With Us" icon and tell us what you think. It's fun, it's easy and most of all it's free!

Fremont County Senior Fair

Seniors, Inc. is happy to announce registrations are being taken for co-sponsors and for exhibitors for the Seventh Annual Senior Fair being held Saturday September 6 from 9:00 am to noon at Evangelical Free Church in Cañon City. This free-to-the-public community event is an opportunity to meet with older adults and their families in one beautiful central location.

Please call Seniors, Inc. at 719-269-1524 or stop by our office at 3055 Highway 50 East #F, Country Green Shopette for your registration form and information. Seniors, Inc. will be limiting the number of exhibitors to 55 this year and all applications are due by August 1, 2008.

T. Boone Pickens Tilting Windmills

I know, I know T. Boone Pickens has made more money in a lifetime than I'll ever make in 100 lifetimes but just because he can make money in oil or, now, tilting at windmills, doesn't mean this is the right way to help our long-term energy problems. Boone, gets on the television and tells us he can cut fossil-fuel use by 20 percent, if only we install windmills for energy production freeing up natural gas being used now for other energy uses. Boone's after one thing: M-O-N-E-Y!

You have all heard about how Denmark uses windmills on its western half of the country for energy. Well, my friends, Denmark has halted production of any more windmills for energy because it is unreliable and expensive.

But ask Boone yourself. The big uproar over whether to drill in ANWR in Alaska is the "scar" that will be left in the pristine wilderness. While this has been outed as a hoax which to this day many people on the Left refuse to acquiesce, they are perfectly happy to "scar" the Great Plains and most of the mountain states with miles upon miles of windmills. It will take hundreds of thousands of square miles to place enough windmills on-line to support a new electricity grid which is better suited to handling electricity from windmills than the grid we currently are using.

When asked if Boone would inundate his some 600 acre property in Texas with windmills he was reported as saying, "Never do it. Those things are ugly." The only reason Boone wants to foist this upon the American public is that there is big money to be made in investing in wind power. Why? Because states like Colorado have mandated that certain percentages of their energy must come from wind, solar, etc. and that the government will subsidize such mandates. If put on the open market these alternate energy sources would never be able to compete.

Finally, since most of the energy use takes place on both coasts, doesn't it make sense that the logistics of getting windmill energy to them would be costly. Boone knows though, that if the government is going to subsidize such nonsense, he's going to cash in. It's that simple.

Godspeed and God please help us!

Do you suffer from ringing of the ears?

New Tinnitus Study Seeking Participants

Colorado City, CO—Today, the lives of more than 12 million Americans are significantly disrupted by constant ringing, hissing, buzzing, sirens, and other noises, according to the American Tinnitus Association (ATA).

DigiCare Hearing Research & Rehabilitation is launching a new study that utilizes an allied community healthcare team model to explore auditory, lifestyle, and health contributors in individuals that suffer from both hearing loss and tinnitus.

Participation in the study and most related services will be free, but in all cases will involve optimized digital correction of any hearing deficits as part of the treatment plan. Participants will enjoy special incentives for any devices fitted during the study.

Dr. Max S. Chartrand, Ph.D., and Glenys A. Chartrand, OTR—two foremost experts on tinnitus & amplification --will be supervising the study.

"Almost everyone with tinnitus has been told that nothing can be done. But after more than 30 years of research, this new breakthrough study will document the most effective ways to manage tinnitus and reduce the stress and disruption of quality of life that currently plagues uncountable individuals," said Dr. Chartrand.

Those wishing to participate in the MTM study may call (toll-free) 866-864-6449 for a free consumer information packet. From there, they will be scheduled for a no-cost hearing evaluation and tinnitus evaluation at the authorized DigiCare site nearest them.

---ADVERTISEMENT---



WON'T YOU HELP THE MEALS-ON-WHEELS PROGRAM?

The Meals on Wheels program is in need of volunteer drivers. Mileage is reimbursed and interested persons must fill out an application and provide a copy of their drivers' license and car insurance. After they have passed a background check and go through a short training, they may begin driving. Contact person is Cher Robeda, Volunteer Driver Recruiter at 404-0922.

BRADY'S Garden & Patio Center
www.bradysgardencenter.com

Just a short drive to Cañon City.

Southern Colorado's Hidden Treasure,
where service and selection are unsurpassed

Tired of the heat? Stay cool in the summer with Shade trees
Add shade, beauty and green to your yard with trees.

Find the biggest and best selection of shade trees at Brady's Garden and nursery.

1121 S. 9th St. Cañon City, CO
275-1286

ALL ON ONE CAMPUS!

"QUALITY PEOPLE CARING FOR QUALITY PEOPLE"

www.westwindcampus.com

Westwind Village
Skilled Nursing Facility

Horizon Heights
ALZHEIMER'S NURSING FACILITY

The Living Center & Casa De Vida
ASSISTED LIVING

SKILLED NURSING

- Short-Term Rehabilitation
- Long Term Care
- Respite Care
- Ventilator Care
- Sub-Acute Care

ALZHEIMER'S CARE

- Skilled Nursing Care
- Secure Environment
- Small, Private Facility
- Individualized Activities

ASSISTED LIVING

- Medicaid Certified
- All Inclusive Private Rates
- Central Location
- Daily Activities

Westwind CAMPUS OF CARE

We Welcome: Medicare, Medicaid, Most Insurance, VA Contract and Private Funds

Stop in For a Tour Today!
719-564-0550
2515 Pitman Place
Pueblo, Colorado 81004

MOUNTAIN VISTA RECOVERY AND REHAB UNIT:

Rehabilitation with a view

www.lcca.com

COME & SEE WHAT WE OFFER:

- All new furniture
- Flat screen TV's
- Cable TV & Phones
- Outpatient Therapy
- Inpatient Therapy
- IV Therapy
- Wound Care
- Pain Management
- Transitional Living Apartment
- Individual Climate Controls
- Private Dining Room
- Beauty Parlor
- Ice Cream Parlor

University Park CARE CENTER

945 DESERT FLOWER BLVD.
719-545-5321
CENTER OF REHAB EXCELLENCE!

Arts Center Announces Fall Exhibition Schedule

(PUEBLO) To compliment the exhibition Representing The West Art Show & Sale in its largest gallery space, the Sangre de Cristo Arts Center's fall exhibitions will feature pastel from the Mile High National Pastel Society, photography by Steve Chinn, a selection from the Francis King Collection of Western Art in collaboration with All Pueblo Reads and the work of Randy Wix.

EAST MEETS WEST

Hoag Gallery: August 23-November 1

"I wanted my children to have the best combination: American circumstances and Chinese character. How could I know these things do not mix?"—From *The Joy Luck Club*, a New York Times Bestselling Novel by Amy Tan.

The visual arts curatorial team has juxtaposed well-loved pieces, with quotes like this, from the King Collection of Western Art and pieces from the Gene Kloss Collection. The exhibit makes a visual statement for the universality of being human as it addresses myriad themes: mother-daughter relationships,

migration, cultural crossroads, and the power of stories.

Randy Wix

Regional Gallery: August 30-November 8

Randy Wix's paintings are bold, abstract and large scale. Their texture and presence are vibrant and will catch the eye of any viewer. He creates art that appears simple but upon closer scrutiny is quite complex, depicting emotions rather than objects.

His art is the result of studying the rebellious painters who appeared in the mid-1940s and experimenting with different mediums and styles. "In my paintings, there are no rules or guidelines when it comes to the creative process," Wix said.

Wix is a self-taught artist originally from Northern California and has been painting professionally for over 9 years.

Mile High National Pastel Society

King Gallery & 2nd Level Foyer: August 16-October 25

This juried national exhibition features pastel artists from the Front Range and beyond with artists living in 11 states.



Huber claims, "A painting is a reflection of the artist's emotional response to a subject. If an artist paints what he loves and a viewer responds, a connection will be made through the painting between artist and viewer."

Lorie Merfeld-Batson won the first place award for Traditional and Susan McKelvy won the first place title for Contemporary/Abstract.

Steve Chinn Photography

Boardroom & 3rd Level Foyer: August

30-November 8

Colorado

artist Steve Chinn creates beautiful landscapes and portraits through his photography. Chinn studied commercial art, graphic design, printing, textile design and computer graphics and realized that he was interested in the pursuit of visual communication.

Chinn's inspiration is his father, a successful photographer in Pueblo for over 50 years. "My father believed that the success of a photograph was dependent upon the lighting and composition, not the latest equipment with all the 'bells and whistles'" said Chinn.

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, call 719-295-7200 or go online to www.sdc-arts.org. The Sangre de Cristo Arts Center is located at 210 N. Santa Fe Ave., just off of I-25, exit 98b.



Writer's Art: "Less Isn't Always More"

by James Kilpatrick

"Less is more!" Robert Browning said it first in "Andrea del Sarto." A century later, the architect Mies van der Rohe made the aphorism famous. It's a great rule for writers, but it is one of

those rules of thumb that could use an extra finger.

Useful example: The New York Times carried an editorial in July in which it took a stand against tainted tomatoes. If health officials did a better job, said the

editor, "it would save consumers their health and businesses profits." The conclusion was admirable, but the sentence was soggy.

More is not always less. Suppose we add just one word to the sentence. Now a better job "would save consumers their health and businesses *their* profits." We have not sharpened the pedestrian point, but we have surely improved the cadence.

Second useful example, from a Times editorial in June: "The excitement underpinning Sen. Barack Obama's campaign rests considerably on his evocative vows to depart from self-interested politics." Let us tweak. Now the excitement rests on his evocative vows to depart from "the politics of self-interest." The sentence begins to fall trippingly from the tongue.

Third useful example, from a news story in the Times on Aug. 4: "Today's hot Beanie Baby or new Harry Potter book is tomorrow's yard sale fodder." Suppose we emend the sentence ever so slightly: "Today's hot Beanie Baby or new Harry Potter book is tomorrow's fodder for a yard sale." We gain a note of subtle alliteration in "fodder for," and we end the opening paragraph on an accented syllable.

These are among the little dog

tricks of "style," a noun defined by the gnomes of Merriam-Webster as "a distinctive manner of expression." Their useful example is the writer "who writes with more attention to style than to content." Most of the time, style justifiably loses to content. That's a given. But if we can serve our readers with prose that not only speaks precisely but also looks pretty on the plate, we will be happy writers. And our readers will be happy readers. Amen.

For a lovely example of the well-turned phrase, let me cite a recent piece in *The Washington Post* by William Jelani Cobb, an associate professor of history at Spelman College. He was writing about Atlanta. It is "a small town trapped inside a big city, a place firmly committed to putting the past behind it and a place where history shows through like paint under primer."

It was a perfect simile. The elements were universally familiar. The alliteration (putting, past, place, paint, primer) was pulled off pleasantly. Carry on!

New subject: Writing in *The Washington Post*, two reporters covered the election of Donna F. Edwards to the House of Representatives from Maryland. She "will replace eight-term Rep. Albert R. Wynn ..." Well, yes, but then again, no. More precisely, Edwards will "succeed" Wynn. It may seem a small distinction, but some words have subtle harmonics, or overtones, and "replace" is one of them. Andrew Johnson succeeded Abraham Lincoln. He didn't replace him.

Final thought for the day: Every language has its inexplicable idioms. American English certainly has its share. A familiar one recently turned up in a report by *The Associated Press* from Fayetteville, Ark., where the body of an Army nurse was found "three days after she went missing." In the same fashion, the Savannah (Ga.) *Morning News* reported that police were summoned after receipts from a baseball game "turned up missing."

Such idioms are old, well understood, deeply entrenched. Fret thee not! Our language is richer for them. Nothing here has regrettably gone missing -- but flavor has been added.

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



Vote

Debbie
ROSE

For County Commissioner
District 2

Paid for by the committee to elect Debbie Rose, Annette Martinez, Treasurer

Do I need a test for Peripheral Arterial Disease (PAD)?

PAD is a serious circulatory problem that affects blood circulation to your arms, legs and brain. Over eight million Americans, most over the age of 50 have PAD. People with PAD are at an increased risk for stroke and heart attack.

- ♦ Do you suffer from cramps, tiredness or pain in your legs, thighs or buttocks when you walk, which is relieved by rest?
- ♦ Are your toes or feet pale, discolored, or bluish?
- ♦ Do you experience foot or toe pain that often disturbs your sleep?
- ♦ Do you have skin wounds or ulcers on your feet or toes that are slow to heal?

If you answered yes to any of these questions, please join us for a complimentary PAD screening to be held in September. To schedule an appointment please call 584-7324. Space is limited.



Spirit of
Women

Your Health
Your Hospital

parkview
MEDICAL CENTER

news of the weird

COMPILED BY CHUCK SHEPHERD
FOR SENIOR BEACON



LEAD STORY

“What was once a gentleman’s hobby among a few dozen enthusiasts at the turn of the 20th century,” wrote The New York Times in July, “has evolved into a multimillion-dollar industry,” namely, collecting strands of hair of famous people. Mastro Auctions of Chicago sells \$100,000 worth of hair a year, and in October, a tuft of Che Guevara’s went for \$119,500 (and John Lennon’s recently for \$48,000). Westport, Conn., Americana dealer John Reznikoff (who owns strands of Lincoln, Washington, Napoleon and Beethoven) appraised Britney Spears’ locks (after her 2007 head-shaving) at “only” \$3,500. Reznikoff told the Times that, while he advertises his trade in books and autographs, the hair is low-key: “I’m concerned clients might not take me seriously if they see me selling a lock of Charles Dickens’ hair.”

The Continuing Crisis

-- As Denton, Texas, Pizza Patron employee Stephanie Martinez complied with a disguised robber’s demand for money at closing in July, a co-worker

jumped the man, knocked him down, and began beating on him. As the robber’s sunglasses and wig fell off, Martinez recognized him: “Don’t hit him again! That’s my dad!” Police later charged Stephanie’s father, mother and husband with the attempted robbery, concluding that Stephanie had been kept completely in the dark about the heist.

-- Among the losers in the recent housing crash was The Shire in Bend, Ore., which was to be a village of 31 homes in the style of those in the “Lord of the Rings” series, with (according to a report in the Bend Bulletin) “unique stonework, artificial thatched roofs, terraces, gardens, and a network of streams and ponds with a pathway to ... ‘The Ring Bearer’s Court.’” One of the only two houses completed has a “hobbit hole” for storing garden supplies. Developer Ron Meyers said he hopes the new owner will respect the concept.

-- Nevada Political Babylon: Greg Nance, 49, resigned from the state Board of Education in August after complaints about his ignoring a policy

discussion at a public meeting by cooing with his new, 20-year-old wife of 12 days. (When a colleague complained that the woman should not have been seated with Nance at the board table, Nance replied, “Bite me.”) Nance’s replacement will be named by Gov. Jim Gibbons, whose approval rating hovers in the 20 percent range, in part because of rumors of womanizing. Gibbons filed for divorce in May, but his wife of 22 years has refused to leave the governor’s mansion, and, instead, Gibbons has moved out.

Family Values

-- Former British glamour model Jayne Bennington, 31, says she spends the equivalent of \$600 a month on treatments and frills to make her daughter Sasha, 11, into the beauty queen she almost was herself, according to a July profile in London’s Daily Mail. However, Mom has done such a good job that Sasha can’t get work because she no longer looks like a child. Asked her self-assessment by a BBC documentary crew, Sasha responded, “Blond, pretty, dumb (but) I don’t need brains.” (At that, Mom roared with laughter.)

-- Blood Is Thicker: In Bihar state, India, a man was charged with having his father killed a day before retirement so that the son might “inherit” his government job via the traditional family-hardship policy. (If Dad had retired, the regular hiring process would have been used to find a replacement.)

Crime Pays

Kenneth Moore, 49, admitted that he was the one who shot his friend Darrel Benner to death in 1995 during a beer-drinking binge, in front of two witnesses, in Piketon, Ohio, but an appeals court later ruled that he was entitled to a new trial because prosecutors had withheld evidence. At a new trial, with memories failing, Moore was found not guilty. State law thus calls Moore’s nine-plus years served “wrongful imprisonment,” entitling him to compensation, and in July the Ohio Court of Claims approved a payment of more than \$500,000 (plus legal fees) for Moore’s having pulled the trigger that night.

Unclear on the Concept

-- (1) Landlord Richard Ott, 30, was arrested in Newark, Del., in August after he finally snapped in anger at his tenants, who were behind in their rent.

According to police, Ott hopped into his Hummer in the middle of the night and crashed into the “tenants” front door.

Least Competent Criminals

Spectacular Failures of Prison Rehab: (1) Michael Ogle, 29, was arrested for allegedly robbing the BBT Bank in Seymour, Tenn., in August, right after his release from jail for robbing the same bank last November. (2) Timothy Wallace, 38, was arrested after allegedly robbing the Superior Bank in Elkmont, Ala., in July, after his release from prison, where he had served a 12-year sentence for robbing the same bank in 1995.

Recurring Themes

Insurance companies, especially in Europe, seem game for underwriting almost any odd risk anyone is willing to pay for, and thus News of the Weird has reported on people insured against alien invasion, the Loch Ness monster, and, for three Scottish nuns, the expense of Jesus Christ’s second coming if he were born to any of them. The bedding company SilentNight in Lancashire, England, recently insured mattress-tester Graham Butterfield’s buttocks for the equivalent of about \$2 million, finding that particular part of his body to be so sensitive to tiny variations in fillings that he knows, quickly and certainly, if the proper materials have been used.

The Aristocrats!

In three instances reported in August, American kids were found living in such filthy squalor and isolation that authorities feared they were nearly as developmentally stunted as feral children raised in the wilderness. A 36-year-old man in Lavonia, Ga., was arrested for having imprisoned his wife and three never-schooled children inside their small trailer home for at least the last three years. And in Burke County, Ga., a woman and 11 never-schooled children were found in a filthy trailer home without electricity or running water. And in Polk County, Mo., six children were found among three families living in a clump of 12 isolated, junk-packed trailer homes with 360 animals and the only water coming from a series of connected garden hoses.

Can’t Possibly Be True

-- Though it has been on national cable TV since mid-July, ratings have not been spectacular for the G4 channel’s

SEE “WEIRD” PAGE 21.

GAC
GOLDEN AGE CENTER

It’s A Fundraiser!!!
Parking Lot Flea Market
Saturday, Sept. 27, 2008
7:30am - 3:00 pm

Great Stuff To Buy
Popcorn & Sodas On Hand

728 Main St. Cañon City, CO 81212
719-275-5177 Fax 719-275-7146

Little Caesars®

HOT-N-READY

All Day - Every Day
Large Pepperoni Pizza

\$5.99 plus tax
carryout only

PUEBLO
1175 S. Prairie (In Sunset Plaza) • 564-9611
1801 Santa Fe Dr. (Aspen & Santa Fe) • 543-3400
1230 Bonforte (In Belmont Shopping Center) • 544-4500
4104A Outlook Blvd. (Between Albertson’s & Lowe’s) • 544-7701

PUEBLO WEST
74 North McCulloch Blvd. (By Super Wal-Mart)
547-8828

LAMAR
1203 S. Main St. (Next to Corner Liquor)
336-8777

CANON CITY
1520 Royal Gorge Blvd. (Next to Canon City Tire)
275-2748

LA JUNTA
7 Conley Rd. (By Super Wal-Mart)
383-2700

Assisted Living

Belmont Senior Care Senior Care Systems of Colorado, Inc.

“A Home-Like Assisted Living Community”

- 5 ranch-style homes in cul-de-sac (all one level)
- More personal assistance due to one staff caring for only 10 residents
- Private bedrooms for private pay & Medicaid certified residents
- 20 years experience offering excellent care
- FREE assessments

Designated Alzheimer’s Home Available

- Delicious home-cooked meals, laundry & housekeeping provided
- Medication Management
- Exceptional Activity Program
- Costs much less than nursing home care

(719) 544-3999
3 Douglas Ct., Pueblo
www.belmontseniorcare.com

Adult Day Services & Respite Care also available!

Call Nichole Today for a Tour & Information Packet

For A Healthier You



TIPS FOR YOUR CONTINUED GOOD HEALTH

Medications And The Older Adult

(NAPSI)-The good news is modern medicines can help people live longer and better lives.

The bad news is taking several prescriptions and over-the-counter (OTC) medications or herbal supplements, combined with normal changes in an aging body, can increase the chance of an adverse reaction resulting in serious health



problems or disability. Both OTC and herbals can cause harmful interactions when taken in combination with some prescription medications. Nonprescription drugs are real medicine and many prescription medications are based on herbal ingredients. Studies show fewer than 30 percent of older adults take their medication properly. Almost 25 percent of all admissions to nursing homes and hospitals are related to adverse reactions to medications experienced by older adults.

The better news is there are steps you can take to prevent this problem:

- If you or a family member is taking prescription medicine, make sure to check with the physician or pharmacist about taking OTC or herbal remedies.
- Make sure to read the label on the medication to be sure it's the right one.
- Be certain you understand the directions and are aware of any warnings there might be related to taking this medi-

cation.

- Remember, drugs can interact with food, too. Some medications should be taken a certain amount of time before or after a meal. Others may need to be taken with food. Check with the doctor or pharmacist about which foods or drinks to avoid.

- You should also be aware that vitamins and minerals can interact with some drugs.

- Avoid taking medicine with any alcoholic beverage.

- Be sure you understand the dose/amount to be taken, the frequency and whether or not taking it at the same time every day is important.

- Ask for how long the medication should be taken.

- Ask about any known side effects or problems for which you should be watching.

- Ask for written instructions, if possible.

- Be sure the doctor's chart lists all medications. Because an older person often has more than one physician, make certain the whole medical team is informed of any current medications. Ask if the primary care physician will coordinate the drugs.

- Be sure you know why each medication is being prescribed.

- Ask if a generic substitute may be used for a brand-name drug.

- If it is a new medication, ask for only half the prescription in case it causes a reaction.

- If there is anything written on the bottle that you do not understand, ask about it.

- If you or your relative suffers

from arthritis, ask the pharmacist for oversized, easy-open bottles.

- If young children visit, be sure to keep the bottles locked in a cabinet or on a high shelf.

- Ask about common allergic reactions you should watch for.

- Ask about what to do if you or your family member misses a dose. Don't wait until it happens.

- Ask if the medication is affected by heat, light or moisture.

- Ask if you can cut or crush a tablet or open a capsule.

- Ask if insurance covers the medication.

- Ask about expiration dates to determine safe and effective use.

- If you or your family member has difficulty with reading small print, ask for large-print prescription labels or use a magnifying glass to read.



Learning More

You can find additional information about medication in a free booklet from the MetLife Mature Market Institute called "Medications and the Older Adult." It is part of the "Since You Care" series of guides created in cooperation with the National Alliance for Caregiving. It includes information, resources and checklists. You can get a copy by calling (203) 221-6580, e-mailing maturemarketinstitute@metlife.com, visiting www.maturemarketinstitute.com or writing MetLife Mature Market Institute, 57 Greens Farms Road, Westport, CT 06880.

WHAT EVERY SENIOR NEEDS TO KNOW ABOUT ON-LINE SAFETY

(NAPSI)-In the last decade, the U.S. has seen a growing number of Internet-savvy seniors and, as a result, there is an escalating risk for them to be targets of cyber crimes and scams.

According to a recent Pew Internet Research study, 37 percent of seniors over the age of 65 use the Internet regularly. Many participate in a growing selection of services now available on the Web, including bank and credit card transactions, online dating, shopping--even grocery shopping.

With more seniors engaging in these types of online activities, it has be-

come even more important to stay vigilant while online, particularly as online scams become tougher to spot. For example, a recent study by the AARP of people 40+ years of age found that 54 percent were unable to identify a phishing scam.

Consider these safety tips for Web-savvy seniors:



1. Don't be the victim of phishing: Your bank, credit card company and other financial institutions will never ask you for account or personal information via e-mail.

2. Check your online dates: Conduct a background check via Intelius or another consumer background-screening company. It's the perfect way to ensure that potential mates are exactly who they say they are.

3. Don't associate with people you don't know: Don't read, just delete all e-mails from people you don't know--even if the subject line reads "Hello!" or "Remember Me?" (Those are some of scammers' favorite tricks.)

4. Subscribe to identity theft protection services: For example, a leading provider of personal safety and information services, Intelius, offers an IDWatch service that monitors all of a person's identity-related information, including phone, address, driver's license profile, credit- and Social Security-related information, proactively preventing ID theft for a low annual fee.

The company's consumer background check service lets you get the inside scoop about people. Internet-savvy seniors say such services can help them have peace of mind on- and off-line.

5. Trust your gut and make the call: If you're not sure that an e-mail or Web site is legitimate--don't use it. You can always pick up the phone to check out anything suspicious.

More Information

You can learn more online at www.intelius.com or by calling (425) 974-6100.

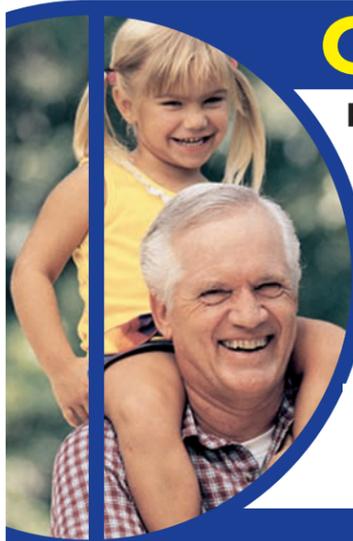
There are ways for seniors to avoid online activities that may jeopardize their personal information.

Gracious Home Environment

- Assisted Living Home • Private Pay • Medicaid Certified • State Licensed • Double Occupancy
 - Private Rooms • One Energy-Efficient Apartment • Medicare Certified • Respite Care
 - No Hidden Fees • Laundry & Meals Included • In-Home Activities • Large Open Deck with Views
- 523 Cokedale - Pueblo West 719-566-1189 Tammy & Marty Redmond - owners/operators



Tammy & Marty's Cozy Adult Care Home
Licensed for just 8 residents, giving you a more family-oriented caregiving experience!



GRANDPARENTS

Enjoy hearing your grandchildren again!

- Do you hear your wife, but do not understand?
- Does your husband always have to repeat himself?
- Does it sound like your grandchildren mumble?

Call today for a no-charge, comprehensive hearing evaluation from an experienced, caring professional.



"Pueblo Mall Inside Sears"

3201 Dillon Drive - Pueblo, CO 81008

584-2347

The Hearing Aid Center America Trusts®

\$15⁰⁰

GAS CARD

We will pay for your trip for a comprehensive hearing test*.

*Must have a third party present during test. code B1 ex:9/30/08



Fashion: Looooking Gooood!

by Patricia McLaughlin - Mature Market Media Services

WHEN SPRING MEANS FALL

What if you don't want (or can't afford) a gigantic dinner ring set with fake jewels, or a bow blouse, or a savage fur, or something dark and serious with a sculpted silhouette?

Happens every summer: You turn your back for a second and -- WHOOOOSH! -- it's gone and fall is upon us. Fashion being in many ways a counterintuitive proposition, you know it's fall for sure when they start sending out the invites for next spring's shows. The first two came yesterday, one for Max Azria Collection, the other for BCBG.

I know they have no choice: It takes time to show the clothes to buyers, take their orders, ship bolts of fabric all over the world, have the clothes made and tagged and made up into orders and shipped so that, by next January, when you need a warm sweater, the stores will be full of shorts and halters and linen dresses.

Still: Who wants to look at next spring's clothes now? I don't even really

want to look at this fall's clothes. I haven't even painted my toenails yet. I still haven't worn a single one of the several linen shirts in various tropical pastels that I bought this spring at my second-favorite thrift shop. And when do I get to try out the bathing suits I bought for last week's column? Can't we postpone September and have an extra month of summer instead?

Obviously not.

For one thing, for the last couple of weeks, mail carriers all over America have been risking life and limb to deliver the September issues of the fashion mags, each one the weight of a tombstone, so we'll know how to look and what to buy this fall. It's only thanks to their devotion to duty -- and I thank them all for their service to America -- that I know we're supposed to buy big, expensive, chunky costume jewelry (New York Magazine's fall fashion issue has a story explaining why a necklace of onyx, crystals and silver-plated chain costs \$585). Also romantic blouses with poet sleeves and pussycat bows at the neck and furs with edges meant to look chewed by savage

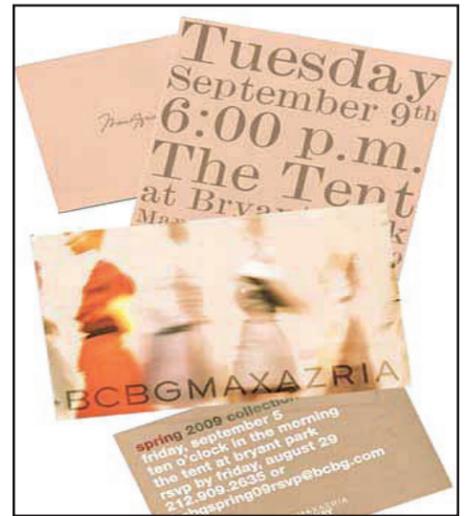
opossums, and high-vamped high-heeled shoes and dark, serious, severely tailored clothes with sculptural shapes.

But will we?

I keep thinking about this high school lacrosse match I went to with my brother in suburban Washington in the spring. I saw one woman wearing a perky pastel trench coat, with a big Coach satchel in a colorful retro print over her shoulder. But with that single exception, every other person in the stadium was dressed in a way that betrayed no acquaintance with or interest in fashion -- or, anyway, the kind you see in magazines.

The moms were in bootcut jeans, T-shirts or turtlenecks, sweaters, hoodies, booster jackets, clogs, sneakers. The dads wore jeans, khakis, sweats, sweaters, zip-up jackets, sneakers, ball caps. Even the clothes worn by the cute suburban teenage girls with their streaked hair and ponytails were utterly generic, I swear.

What if fashion's over? What if, up in New York, insulated from the real America, a cadre of creative and



You know fall's right around the corner when invitations to next spring's shows start showing up in the mail

dedicated fashionistas is still obsessively cranking out these tombstone-size magazines and nobody's paying that much attention? What if we're putting the backs of America's mail carriers at risk for nothing?

I've worried about this for a long time. Most of us already have 10 times more clothes than we'll ever be able to wear out. Gradually -- a little like the frog in the pot on the burner turned down to simmer? -- our fashion industry has become accustomed to counting on us to buy things because we want them, even if we don't need them.

But what happens to that paradigm if, all of a sudden, we have a reason -- like no money -- to quit buying clothes we don't really need?

I don't think this has ever happened before. Even in the depths of the Depression, farmers hard-pressed to scratch a living out of the soil had to buy new bib overalls when their old ones wore out. They kept Sears and Montgomery Ward in business.

Now, though, lots of people have enough jeans to last a lifetime, or 10. OK, some of us will outgrow them and need more. But most of us, if it comes down to choosing between this week's groceries or rent or mortgage payment, and a sharp new pair of jeans we can perfectly well do without, will go for the groceries.

Lack of interest -- contentment, to put it more optimistically -- could be another reason to quit buying clothes we don't need. What if, despite all our assumptions to the contrary, we finally have enough black pants?

The other day somebody was telling me that burglars are losing interest in burgling -- she'd heard it on NPR. As she explained it, everybody has so much stuff now that it's not worth stealing people's stuff from them because you can't find anybody to sell it to. Eight-year-old laptop? Cassette tape player? Forget it! You put them out on the street and nobody takes them.

As you know if you've been to an estate sale lately, you can barely find anybody to buy used stuff that isn't stolen anymore. At a house sale this summer, for instance, I bought a set of silver plated flatware -- more than a dozen each of teaspoons, soup spoons, iced tea spoons, dinner forks, salad forks, dinner knives, butter knives -- plus serving spoons, pickle forks, berry spoons, etc., for \$15. Some of the luncheon forks looked a little worn, but everything else was in good shape, and it came in a nice, divided felt-lined hardwood box.

Fifty years ago, these pretty forks and spoons and knives staked somebody's claim to gentility, couth and cool -- think of them as a 1958 version of \$300 jeans. Now they're \$15.

strength

compassion

hope

innovation

expertise

The best decisions are made as a team.



Centura Health offers seven unique, engaging, inspiring communities for seniors across Pueblo, Colorado Springs, Cañon City and the Denver Metro area. We understand that seniors and their families are looking for the right amount of care and the right amount of independence. So we're happy to help you through the process and help you find the place that feels most like home. Visit us in person, by phone or online.

Centura Senior Living Communities

 Centura Health.

Villa Pueblo
Senior Living Community
719-545-5911
1111 Bonforte Blvd., Pueblo

Progressive Care Center
719-285-2540
1338 Phay Avenue, Cañon City

centuraseniors.org

Social Security & You

by Melinda Minor, District Manager - Pueblo



CHECK OUT THE NEW LOOK OF SOCIAL SECURITY'S HOME PAGE

Social Security's homepage has a brand new look. In June, we launched a new home page at www.socialsecurity.gov.

The new look is more welcoming and user-friendly; it follows the standard for design principles in the industry by reducing clutter, improving navigation, making better use of graphics, reducing the need to scroll down and prioritizing items on the page.

The new page focuses on the primary reasons people contact Social Security. We put those items front and center. The three main topics that take up the prime real estate are:

- Filing for retirement benefits;
 - Applying for disability benefits;
- and
- Requesting a Social Security card.

Meanwhile, major program topics run along the top of the page—Retirement, Survivors, Disability, Supplemental Security Income (SSI) and Medicare. The left side of the home page answers "What you can do online." And that's where you're also linked to Your Social Security Earnings Statement, forms and publications, and more.

On the right side of the page, you'll be able to search the site, get answers to frequently asked questions and find information for specific groups or organizations on the web site. Social Security news rounds out the page.

For the first time, people also can watch a brief video greeting on the site delivered by one of our agency employees.

While the look of our home page has changed, the web addresses have not. Favorite sites that you and other frequent visitors have bookmarked will not change.

If you haven't recently been to www.socialsecurity.gov, you'll be pleased and surprised at all the things you can do. There's something there for everyone. You can save yourself a trip to an office by using the website. There you can apply for retirement or disability benefits. You also can find out the exact documents you need to bring into our offices if you need a replacement card.

Check out our new home page at www.socialsecurity.gov.

QUESTIONS AND ANSWERS

GENERAL

Question:

When am I legally required to give my Social Security number?

Answer:

Most places that ask for your Social Security number may not really require it, but some may refuse you a service if you don't give it. If asked for your number, you should ask why it's needed and how it will be used. You also can ask what law requires you to give it and what the consequences are if you refuse. State agencies, for example, may be required by law to collect your number. For more detailed information, we recommend the publication Your Social Security Number And Card at www.socialsecurity.gov/pubs/10002.html. You also can visit Social Security's website at www.socialsecurity.gov or call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778). Also, be sure to keep your Social Security card in a safe place at home with your important papers—not in your purse or wallet.

Question:

I know that some years ago the age of retirement began to increase. How do I find out exactly when I will be of "full retirement" age?

Answer:

Full retirement age gradually increases based on the year of your birth. Those born in 1937 and before reached full retirement age at 65 years old. Those born in 1938 or later will see a gradual increase in the full retirement age with those born between 1943-1954 reaching full retirement age at age 66 and those born in 1960 or later becoming eligible for full retirement benefits at 67 years old. No matter what your full retirement age is, you may start receiving reduced benefits as early as age 62 or a larger benefit by delaying retirement as late as age 70.

For more information, visit our website at www.socialsecurity.gov or call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778).

RETIREMENT

Question:

What type of information will I need to complete my online application for retirement benefits?

Answer:

You can prepare to file your online application by accessing the Retirement Planner at www.socialsecurity.gov

retire2. Some of the information you should have on hand to answer the questions on the online application include:

- Your Social Security number;
- Your date and place of birth;
- Your bank or other financial institution's Routing Transit Number and your bank account number, for direct deposit;

• The amount you earned last year and the amount you expect to earn this year (between September and December, we may also ask how much you expect to earn next year);

- The name and address of each employer for this year and last year; and
- The beginning and ending dates for any U.S. military service.

For more information, visit our website at www.socialsecurity.gov or call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778).

MEDICARE

Question:

Is it true that if you have low income you can get help paying Medicare premiums?

Answer:

Yes. If your income and resources are limited, your state may be able to help with your Medicare Part B premium, deductibles and coinsurance amounts. State rules vary, so contact your state or local medical assistance, social services or welfare office, or call the Medicare hotline, 1-800-MEDICARE (1-800-633-4227) and ask about the Medicare Savings Programs.

If you have limited income and resources, you also may be eligible for help paying for Prescription Drug Coverage under Medicare Part D. Call Social Security at 1-800-772-1213 (TTY 1-800-325-0778) or visit www.socialsecurity.gov.

On Your Toes!!

by Benjamin Marble, DPM, Pueblo Ankle & Foot Care
Hikers & Hunters

Long, vigorous hikes take toll on ankles and feet

As brightly colored leaves dazzle the fall landscape, hikers and hunters in Colorado will migrate to our Rocky Mountains, woods and fields, but many, unfortunately, are ill prepared for the beating their feet will take.

Hikers, hunters and others who love the Colorado outdoors often don't realize how strenuous it can be to withstand constant, vigorous walking on uneven terrain. Lax physical conditioning and inappropriate footwear bring scores of outdoor enthusiasts into my office each fall for treatment of foot and ankle problems such as chronic heel pain, ankle sprains, Achilles tendonitis, fungal infections and severe blisters.

Walking up and down steep hillsides and tramping through wet, slippery fields and wooded areas puts stress on the muscles and tendons in the feet and ankles, especially if you haven't conditioned properly before hitting the trail. Also, many don't realize that cross-training athletic shoes aren't the best choice for extended hiking and hunting. Had some of my patients worn sturdy, well constructed hiking boots, they wouldn't



have suffered sprained ankles or strained Achilles tendons.

I advise hikers and hunters to make the investment in top-quality hiking boots. A strong, well insulated and moisture-proof boots with steel or graphite shanks offer excellent ankle and foot support that helps lessen stress and muscle fatigue to reduce injury risk. The supportive shank decreases strain on the arch by allowing the boot to distribute impact as the foot moves forward. So if a boot bends in the middle, don't buy it.

In wet and cold weather, wearing the right socks can help prevent blisters, fungal infections and frostbite. I recommend synthetic socks as the first layer to keep the feet dry and reduce blister-causing friction. For the second layer, wool socks add warmth, absorb moisture away from the skin, and help make the hiking boot more comfortable. Wool lets moisture evaporate more readily than cotton, so fewer blisters develop.

What happens if your feet or ankles hurt during a hike or hunt? Pain usually occurs from overuse, even from just walking. If you are not accustomed to walking on sloped or uneven ground, your legs and feet will get tired and cause muscles and tendons to ache. To avoid a serious injury, such as a severe ankle sprain or an Achilles tendon rupture, rest for awhile if you start hurting. Pain is a warning sign that something is wrong. Serious injury risk escalates significantly if you continue hiking in pain. I liken hiking to skiing, in that beginners should take on less difficult trails until they become better conditioned and more confident.

Evaluation by a foot and ankle surgeon is recommended if there is persistent pain following a hiking or hunting outing. I am most concerned about ankle instability and strained Achilles tendons. Inattention to these problems at their early stages may lead to a serious injury that will keep you off the trails for a long time.

Hikers and hunters seeking further information about ankle sprains, Achilles tendon injuries and other topics, contact your podiatrist's office, or go to FootPhysicians.com.

Benjamin Marble, DPM is a member of the American College of Foot and Ankle Surgeons and board qualified in foot and ankle surgery. Dr. Marble practices with Dr. Schneider at 1619 N. Greenwood Street ste #300 across from Parkview Medical Center. Their phone number is 719-543-2476 and Web site is www.puebloankleandfoot.com

**IF YOU'RE
PLANNING
TO MOVE,
PLAN ON
CALLING
US.**

- Residential • Commercial
- Free Estimates • Insured and Bonded
- Packing Supplies and Services
- Senior Citizen Discount

719-543-9000



TWO MEN AND A TRUCK®

"Movers Who Care.®"

4043 Club Manor Dr. • Pueblo, CO 81008



"Light For The Journey"

By Jan McLaughlin - Director of Prayer Warriors For Prisoners



"LEFT BEHIND" SEPTEMBER 2008

The narrow gravel road meandered steeply down a slope into a shady gulch. It was a balmy spring day in southern Missouri. Outings were rare for our family of six because my daddy was a farmer and rarely had opportunity to leave the farm. But this was a special day and my parents had decided to take us children to the Old Spanish Cave for a tour.

Daddy parked the car and my older brother and sister piled out. Mother gathered my baby sister in her arms and

stepped out of the car. I climbed off the wooden tomato crate in the back seat which had become my domain and stepped to the ground. At six, I was tiny but feisty and protested loudly if I caught one of my siblings on it. The tomato crate lifted me enough to see out the windows. Once out of the car, I ran to follow the others, eager to explore this new territory, so different from the family farm.

Together, the family approached the cave entrance. We children were giddy with excitement about our first venture into a real cave. Daddy was upset that the entrance fees were so high and irate to learn Coca Cola and orange soda were ten cents a bottle! "I've never paid over five cents for a bottle of pop in

my life and I don't intend to start now!" he declared adamantly, refusing to purchase the high priced refreshment.

The cave entrance swallowed us as we trailed behind the gentleman guiding the tour. It was dimly lit but fascinating rock formations were visible. I became troubled when the man jokingly told my dad he really wanted a little girl and he would give Daddy a quarter for me. He did that several times. Frightened, I clung to my daddy's leg. Although the man was only teasing, it was extremely alarming for me and the rest of the tour was a blur.

The sun illuminated the cave entrance as we approached it from the dim interior and I was glad to be outside in the fresh air again. Mother sent my brother and I up the hill on little trails to the outhouses before starting the long ride home.

On the way down the hill, I was attracted to the pretty rocks on the trail. I had both hands full when I looked up to see our car driving away. Panic stricken, I threw down the rocks and ran, screaming, down the hill. Just as I reached the little shop at the mouth of the cave the car rounded the corner at the top of the hill and disappeared. I had been left behind. Terrifying thoughts raced through my little mind. I was horrified. What if my daddy sold me to that man? What if I never saw my family again? What if they left me here on purpose?

My screaming and sobbing brought the man and his wife out of the shop. They tried to console me, promising that my family would return. Their offers of free ten cent bottles of pop and expensive candy were of no interest to me. I just wanted my family and I couldn't stop crying.

When mother realized my sister was sitting on my tomato crate, she began to look for me. Frantically, she dug through coats hanging on the back of the front seats. She was certain I had fallen from the car window. Daddy turned the car around and drove back to the cave where they found me, still crying hysterically. Although relieved to see them I was traumatized and clung to mother, sobbing uncontrollably for over two hours.

The horror of being left behind cannot be described or understood unless you have experienced it. There is a time prophesied in Scripture when some will be left behind. You may have

read or heard of the popular Left Behind series of novels by Tim LaHaye and Jerry Jenkins. These fictional stories use Biblical prophecy to give the reader some understanding of the days to come and the urgency to be prepared to prevent being left behind. They tell of the return of Jesus Christ for His church and the war of Armageddon. We cannot know the day or the hour but we are told to discern the signs of the times: wars and rumors of war, earthquakes in various places, strange weather patterns and signs in the sky. Matthew 24:36-44 reads, "No one knows about that day or hour, not even the angels in heaven, nor the Son, but only the Father. As it was in the days of Noah, so it will be at the coming of the Son of Man. For in the days before the flood, people were eating and drinking, marrying and giving in marriage, up to the day Noah entered the ark; and they knew nothing about what would happen until the flood came and took them all away. That is how it will be at the coming of the Son of Man. Two men will be in the field; one will be taken and the other left. Two women will be grinding with a hand mill; one will be taken and the other left.

"Therefore keep watch, because you do not know on what day your Lord will come. But understand this: If the owner of the house had known at what time of night the thief was coming, he would have kept watch and would not have let his house be broken into. So you also must be ready, because the Son of Man will come at an hour when you do not expect him. NIV"

The horror I felt as a little girl watching my parents drive away and leave me at the Old Spanish Cave must be a bit like the terror those left behind will feel when Jesus comes for His church and they discover loved ones missing. The realization that they have been left behind will be a terrible blow. The Apostle Paul warned us that it will happen in the twinkling of an eye when the last trumpet sounds. 1 Cor 15:51-52 Listen, I tell you a mystery: We will not all sleep, but we will all be changed- in a flash, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, the dead will be raised imperishable, and we will be changed. NIV

There is an urgency in the air. Be READY! Don't be LEFT BEHIND. Look at the signs of the times. Jesus said in Luke 21:28 "When these things begin to take place, stand up and lift up your heads, because your redemption is drawing near." NIV

©2008 Jan McLaughlin, All rights reserved.

Jan McLaughlin is Director of Prayer Warriors For Prisoners and can be reached at 719-275-6971 or by e-mail, prayerforprisoners@msn.com

Skyline Ridge Earns Nat'l Award

Canon City, CO (August 4, 2008) – The American Health Care Association in conjunction with The National Center For Assisted Living's just announced this years recipients of the "Step 1 Quality Award," an award that recognizes long term care facilities throughout the United States for their outstanding achievement and ongoing commitment to providing quality improvement. Larry Lavelle, Administrator and 19-year veteran of Skyline said, "Skyline Ridge is on a journey away from the traditional nursing facility model. We are all dedicated to changing a resident into a family member, our facility into a home, and schedules into choices."

Facilities across the country were evaluated by AHCA/NCAL to receive this award. Skyline is one of four communities in Colorado to receive this honor. The

Step 1 award is decided after 100 volunteer trained examiners evaluated many long term care facilities across the country. Skyline Ridge earned this award because of their dedicated caregivers, administrator, nurses, physicians and staff who clearly demonstrated their commitment to quality of care while meeting the needs of our nation's most vulnerable population.

The AHCA/NCAL Quality Award is given to recipients who demonstrate companywide commitment to a customer-focused facility mission while defining its principal customers and their expectations and clearly indentify ways to meet their needs. This quality award program continues to be a valuable framework and tool to facilities that are developing a systems-based perspective to achieve performance excellence.

Skyline Ridge is owned and operated by Five Star Quality Care (5sqc.com) based in Boston, MA. Five Star Quality Care owns and operates 200 long term care communities in 30 states. For more information go to www.5sqc.com.

Skyline Ridge Nursing will be honored for their outstanding achievement during AHCA/NCAL's 59th Annual Convention and Exposition, October 5-8, 2008 in Nashville, TN.

For more information contact Emily Briggs Admissions and Marketing Director for Skyline Ridge Nursing and Rehabilitation Center at (719) 275-0665 or fax-(719)275-0665.

Join Let's Talk Travel for a "Christmas Celebration" in BRANSON
Nov. 30 - Dec. 6
 Motorcoach departure from Pueblo includes
 • lodging • some meals • 7 shows including the Lennon Sisters in a Christmas Celebration, more
\$749 per person
 Call today for details - seats are limited
Carlson Wagonlit Travel
 Let's Talk Travel - 544-8747
 332 Broadway Ave - Pueblo, CO 81004

starpoint

SAVE THE DATE!
STARPOINT
4TH ANNUAL COSTUME
CASINO NIGHT
FUNDRAISER

OCTOBER 31, 7PM TO 11PM

ABBEY EVENT CENTER

partnering with individuals, families and the community
 enriching lives.... realizing dreams!

Contact Ron Hinkle today and find out how you can be a Starpoint Star!
719-269-2228. www.starpointco.com

courtesy: abfab.co.uk

BELMONT SQUARE APARTMENTS

SUMMER "CLOSE-OUT" SPECIAL

Bring This Ad & Tour Our Model & RECEIVE AN ADDITIONAL

\$50 OFF

Look & Lease Same Day & Application Fee Is Waived!
POOL IS NOW OPEN

- ELEVATORS
- Sparkling seasonal lap pool,
- Remodeled clubhouse • On Bus Line
- On-Site laundry facilities
- Well maintained property
- Walk to schools/shopping/mall

2020 Jerry Murphy Rd - Pueblo, CO
 Call Ray for specials! 545-2236
belmontsquareapt@comcast.net

FRONTIER FEEDS

HOURS
 WEEKDAYS 8:00-5:30
 SAT. 8:00-3:00

- ALL TYPES OF MIXED GRAINS
- PET FOODS & HEALTH PRODUCTS
- SCIENCE DIET
- PRO PLAN

719-275-7557
 3275 E. Hwy 50 - Canon City, CO 81212
 (Across from McKenzie)

Petty Says "Stay On Track" For Better Prostate Health

(NAPSI)-Men should take the wheel in maintaining their prostate health, and if diagnosed with prostate cancer, assemble their own multidisciplinary "pit crew" of treatment specialists—including a medical oncologist, along with a urologist—to explore a full range of treatment options such as surgery, radiation and chemotherapy.

Out in front as spokesperson for a new prostate cancer education campaign is Kyle Petty, NASCAR champion and son of NASCAR king Richard Petty, who was successfully treated for prostate cancer more than 10 years ago.

Prostate cancer ranks third among cancers in worldwide incidence and sixth in cancer mortality among men. An estimated 186,000 American men will be diagnosed with prostate cancer this year, and millions more are living with the disease today. One new case of prostate cancer is diagnosed every 2.5 minutes and a man dies from the disease every 19 minutes. However, prostate cancer when detected in its early stages can be treatable.

"As an advocate in his own treat-

ment, my dad always took the wheel. After learning he had prostate cancer, he enlisted not just a urologist at a major hospital but also a medical oncologist in the multidisciplinary treatment team of professionals. As his family, we were very much part of his treatment team, cheering him on. Because his cancer was treated successfully, more than 10 years later, I have the benefit of his experience as my dad, my coach and my biggest fan," said Petty.

A multidisciplinary team approach has become standard in treating many cancers, such as breast and lung, but is currently not as widely used in the treatment of prostate cancer.

While most patients with other types of cancer are treated by oncologists, a urologist is typically the primary physician who diagnoses and manages prostate cancer treatment. However, there is growing recognition among urologists of the benefit of including an oncologist in the treatment team.

Research has shown that a multidisciplinary approach—particularly close collaboration between urologist and on-

colologist—is helping patients live longer with a better quality of life. "By consulting with both a medical and radiation oncologist along with a urologist, men with prostate cancer may optimize their care," said Robert Dreicer, M.D., FACP, Chairman of the Department of Solid Tumor Oncology at the Cleveland Clinic and Professor of Medicine at the Cleveland Clinic Lerner College of Medicine. "I work very closely with my colleagues on a multidisciplinary treatment team to explore all available options, including surgery, radiation and chemotherapy."

To help increase the number of men who are screened for prostate cancer, the campaign invites men to take "Kyle Petty's Prostate Inspection Pledge." As part of the company's commitment to oncology, sanofi-aventis will donate a dollar for every pledge to PCEC to support prostate education.

If you have not yet visited the site, go to www.pcaw.com to take the pledge to make a pit stop at your doctor, and if diagnosed, to seek multidisciplinary treatment with a pit crew of professionals, including a medical oncologist, along with a urologist to evaluate all

treatment **options. Free Manual**

The free educational "STAY ON TRACK: A Manual for Better Prostate Health" is available to help encourage men to learn about maintaining prostate health. Illustrating that prostate cancer is a common bump in the road, the manual cautions on warning signs, advises routine maintenance and instructs how to assemble a multidisciplinary pit crew of specialized pros if a problem is detected and repairs are needed.

"STAY ON TRACK: A Manual for Better Prostate Health" can be ordered on www.pcaw.com or by calling (866) 321-3114.

The STAY ON TRACK for Better Prostate Health campaign is sponsored by the Prostate Cancer Education Council (PCEC) and sanofi-aventis.

Kyle Petty name and likeness used under license by Petty Marketing Co., LLC.



OPEN MON - SUN
8am to 8pm

3937 Ivywood
Pueblo, CO
553-0111

from
southerncoloradoclinic

If you need medical care after office hours or on the weekend, our Board Certified Physicians can meet your needs in a convenient and timely manner.

3676 Parker Blvd
Pueblo, CO
553-2208

COMPREHENSIVE CARE

- Board Certified Family Physicians
- Comprehensive Diagnostic Equipment
- Specialty Consultation Available

COMMON ILLNESSES

- Influenza & Vomiting
- Fever & Diarrhea
- Colds, Earaches, Sore Throats, etc.

INSURANCE & PAYMENT

- We accept Most Major Insurance & Health Plans (Please bring your current insurance card & appropriate co-pay!)
- We Bill Insurance Directly - No Delay or Hassle
- Cash, Check, Visa, MC & Discover

URGENT MEDICAL CONDITIONS

- Broken Bones or Sprains
- Lacerations
- Injuries (slip & fall, sports, household, etc.)

ADDITIONAL SERVICES

- Department of Transportation Exams (Physicals)
- Sports, Work or School Physicals

JUST WALK IN • NO APPOINTMENT NECESSARY!

Two Convenient Locations To Serve You

Where Are They Now?

by Marshall Jay Kaplan

Ruth Buzzi

The rubber-faced comedienne was born July 24, 1941 and raised in Wequetequock, Connecticut. From 6 to 13 years of age, she took tap and ballet, but never wanted to be a ballerina. "My whole class wanted to be dancers. I was just there for fun. When we performed individually for our teacher, out of embarrassment, I would perform my steps funny, in order to make everyone laugh. Eventually, this led to comical roles in recitals and high school plays."

Ruth's first paying job was as a seminary girl in the San Francisco production of 'Jenny Kissed Me', starring Rudy Vallee. She then auditioned for George Schlatter who was the creator and producer of 'Laugh-in'.

Ruth recalls her audition, "I sang two duets alone. The first was a funny song with bird calls in it called 'Ode to Ladybird'. The second song ('Don't Futz Around') was an operatic duet. I accompanied myself on the piano and went back and forth singing both male and female parts. I eventually performed this song

on 'Laugh-in' with Arte Johnson."

Ruth has only fond memories of 'Laugh-In'. "The producers, George Schlatter, Dick Martin and Dan Rowan were the smartest, most wonderful bosses to work with! They knew how to keep a cast and crew like us happy. In turn, I loved, absolutely loved, going to work! Even though the hours were long (until 2, 3, or 4 in the morning), those guys made it worth it. The writing was so great to perform — that was the icing on the cake!" Ruth's most memorable character on the show was the 'Old Lady on the Banch'.

After the series ended, Ruth guested on numerous variety shows and sitcoms throughout the 1970's. Such shows as 'Carol Burnett and Friends', 'Donny and Marie', 'Love, American Style', 'The Dean Martin Roasts' and 'The Flip Wilson Show' always displayed her comedic abilities.

During the 1980's audiences were able to see a dramatic side of Ruth Buzzi as she guested on shush shows as 'Trapper John M.D.', and 'Medical Center' (this was one of her favorite roles, playing opposite Don Rickles).

In the mid-1970's, she started getting involved in cartoon voice-overs and is currently very much in demand. Her voice has been heard in 'The Aristocats', 'The Jetsons', 'Scooby-Doo', 'The Flintstones' and 'The Addams Family'.

Her involvement with children's cartoons made Ruth a natural choice for a 6 month stint on "Sesame Street". The response from viewers regarding her character, 'Ruthie' was phenomenal, making her a permanent cast member.

Currently, Ruth is married to husband and actor Kent Perkins. The two divide their time between two homes in California, a home in New York and a 290 acre ranch in Oklahoma. She and Kent plan to catch up on their horseback riding, yard work, housework and upholstery. "Kent and I are incredible workers together. Whatever the project, we can do the work of four people! However, time is our enemy. But beware, when we do get together — watch out!" And we will keep on watching, Ruth!



SpringBridgeSM

Physical Rehab & Wellness Center

Chuck Green, Jean Berney with Bally

"When it came time to choose a nursing home, my journalistic background kicked in.

We were looking for compassion, integrity and skill. We found Life Care Center of Pueblo - and I like a story with a good ending."

Chuck Green, former editor-in-chief of the Denver Post.

Life Care Center of Pueblo

2118 Chatalet Lane

564-2000 www.lcca.com

SENIOR GUESTS

These feature smaller portions

*Country Fried Steak..... \$6.39

1/4 lb Senior Cheeseburger..... \$5.49

All Dinners Served With Your Choice of soup or salad!

Country Fried Steak..... \$6.49

Liver & Onions..... \$6.49

Pork Chop Dinner..... \$6.49

Pork Chop..... \$6.49

Roast Turkey Dinner..... \$6.49

Cod Dinner..... \$6.49

Roast Beef Dinner..... \$6.49

Chicken Breast Dinner... \$6.49

TWO SENIOR DINNERS

Just \$10.99

* Can be made to order. Consuming raw or under cooked meats, poultry, seafood, shellfish or eggs may significantly increase your RISK of food borne illness, especially if you have a medical condition.

present ad - expires: 9/30/08

4137 N. Elizabeth St.

Pueblo, CO - 545-3179

Asthma Q & A With Jackie Joyner Kersey/Pharmacist

(NAPSI)-Many of the 22 million Americans who suffer from asthma do not have the condition under control. Gold medalist Jackie Joyner-Kersey is a good example of someone who needed some help to successfully control the condition.

In fact, it took several life-threatening attacks and multiple trips to the emergency room before Jackie started taking a proactive approach to asthma management. Now, Jackie avoids attack triggers and takes medication to keep her asthma under control.

Jackie works with her doctor and a specialist pharmacist. Just like doctors, some pharmacists are now specializing in chronic health conditions. Jackie relies on pulmonary pharmacists like Ron Erkens as an educational resource and to help her manage her medications. Ron has in-depth knowledge about pulmonary conditions, including asthma, and the medications used to treat them.

Through Medco Health Solutions, Inc., Jackie and millions of other Americans now have access to specialist pharmacists who concentrate solely on chronic conditions like asthma. Follow-

ing is a conversation between Jackie and Ron on how to effectively manage her asthma.

Jackie: There seem to be a lot of medicines for asthma. What are some of the most common asthma medications?

Ron: People with asthma, chronic bronchitis, chronic obstructive pulmonary disease (COPD) and other breathing conditions often use the following two different types of medications to help control their condition:

- Long-term control medications (controllers) work to help reduce inflammation or relax muscles in the airways. They must be taken daily to prevent symptoms. They will not give quick relief if breathing suddenly worsens.

- Quick-relief medications (relievers) relax airway muscles to provide rapid relief of symptoms. They can be taken as needed or when symptoms worsen but will not control symptoms on a daily basis. Using more than one reliever inhaler per month indicates your breathing condition is not under control or you may not be using your inhaler correctly. Taking your medications correctly can lower your risk of doctor and emergency

room visits, hospitalizations and death.

Jackie: Many people have more than one chronic condition, and are thus taking multiple medications. Are there any problems that can arise?

Ron: Yes, certain medications can have harmful interactions when taken together. This is why it's important to read labels on all medications, even OTC medications. If you're still unsure, ask your doctor or pharmacist. Some medications used to treat asthma should be used with caution in patients with cardiovascular disease, high cholesterol, high blood pressure, diabetes, glaucoma and with certain food allergies. This is why it's important to tell your doctor your complete medical history, so the proper medication is prescribed without harmful side effects.

Jackie: What are the benefits of pulmonary specialist pharmacists?

Ron: We review National Asthma Education and Prevention Program (NAEPP) Guideline recommendations for the treatment of asthma. In addition, when there is a safety issue, we review patient medication profiles, check safety of medications with medical conditions, look for duplication of medications, and seek other opportunities that can help improve patient outcomes, as well as offer some possible lower-cost options.

Jackie: Why do so many people with asthma end up in the emergency room?

Ron: Patients often stop or decrease their medications when they feel good. People need to take controller medications daily to prevent flare-ups later. Sometimes people overuse their rescue medications, which might be a sign of worsening or uncontrolled asthma. Knowing more about asthma and turning to health professionals like specialist pharmacists to help take medications cor-

rectly is key.

Jackie: What if someone can't afford asthma medication?

Ron: Talking to your doctor and pharmacist about generics may offer cost savings. If you are taking a long-term medication, check with your pharmacy plan for any potential savings you can receive by filling your medications through mail. Check for any discount programs that might be available. For example, Medco has currently waived the annual fee for the Medco Rx Discount Program, which, while not an insurance program, still provides enrollees an opportunity to save an average of 14 to 45 percent off prescription medications and receive advanced pharmacy care from specialist pharmacists. You can sign up and learn more at www.medcospecialists.com.

Jackie: What advice do you have for people with asthma?

Ron: Although asthma is not curable, most patients who follow doctors' recommended treatment can live normal, active lives. Asthma is one of the nation's most-common and costly chronic conditions, accounting for more than 2 million emergency room visits each year, 10 million lost workdays, about 13 million lost school days and 4,000 deaths per year.

By working closely with her doctor and pulmonary pharmacist, Jackie is a perfect example of someone controlling asthma. Jackie Joyner-Kersey controls her asthma by avoiding attack triggers and taking medication.

Ron Erkens, R.Ph.



Great News for Cataract Patients



SEE Young Again...

If you are over 50 and noticing changes in your vision, call Rocky Mountain Eye Center today. Learn about breakthrough technology that allows you to have your cataract removed and replaced with a premium lens implant. FDA trials show that 92% of patients with the premium lenses never or seldom need glasses. We perform thousands of cataract procedures each year, and are excited that our patients now have an opportunity to experience an unmatched quality of vision. Call today for your cataract evaluation and learn more about the new lenses available to you.

Accepting New Patients Call for an appointment or come see us today.
719-545-1530 1-800-934-3937
Accepting most insurances, Visa, MC & Discover



Rocky Mountain Eye Center, Inc.
 27 Montebello Rd., Pueblo 1-800-934-3937
www.rockymountaineyecenter.com

Wanted: Party Ideas That Raise Fun/Funds

(NAPSI)-Here's some fun news that will encourage fundraisers in your neighborhood: If you have a party idea that will benefit a cause, a family or an individual in need, you could win \$1,500 in a fun contest.

The idea could be hosting a drive-in movie to benefit an ill community member, or a summer picnic filled with sack races and face painting to raise funds for a neighborhood playground. Farm Rich hopes that the contest will encourage "funraisers" in neighborhoods across the country!

Farm Rich will choose the top two party ideas and winners will receive \$500 to throw the party of their dreams and \$1,000 to donate to their cause of choice. The party winners will also be supplied with Farm Rich Mini Stuffed Pizza Slices and other delicious appetizers to please their partygoers.

The contest, called the 2008 Family Fun Trek, also offers visitors to www.farmrichfun.com the opportunity to enter and win a family trek of a lifetime to the Hawaiian Islands. The grand prize winner receives a trip to The Big Island, Oahu and Maui. At each destination, the winner will embark on exciting educational activities including volcano and rainforest tours, scenic hikes through parks, snorkeling and a helicopter ride. Fifty second-place winners will receive an American Express gift card with \$100 to create some family fun on Farm Rich.

For contest deadlines and entry information, visit www.farmrichfun.com to learn more. Having fun and doing good has its rewards. The best neighborhood fundraising ideas can win money for the cause of your choice

HAVENS FAMILY CLINIC

Walk-Ins Welcome

Comprehensive Primary Care



for the Whole Family

- Accepting New Patients Daily
- 24-48 Hour Turn-Around for Appointment
 - Sport Physicals
- Professional, Confident Providers
 - Medicare Friendly
- Convenient Location & Easy Access
 - Most Major Insurance Welcome
 - We Make House Calls



*Providing High Quality
Compassionate Care In Your Time Of Need!*

109 Latigo Lane, Suite C - Cañon City, CO
719-276-3211

Senior Beacon

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

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.

MAILING ADDRESS

Beacon Publishing/Senior Beacon -- website: www.seniorbeacon.info
 Mailing Address: P.O. Box 7215 -Pueblo West, CO 81007-0215
 Ph: 719-647-1300 Fax: 719-647-1305 E-mail: news@seniorbeacon.info
 Publisher/Sales/Production.....James R. Grasso
 Sales.... Jan McLaughlin, James R. Grasso
 Contributing writers.. B. J. Tucker, Universal Press Syndicate,
 Mature Market Editorial Services, NAPs, Jan McLaughlin

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.

Copyright© 2008-Beacon Publishing

Traveling: There's Nothing Like A Holiday!

Confluence Hunters Follow Imaginary Lines To Real Places

by Patrick Joseph

When J. Baker Hill bought his first Global Positioning System (GPS) unit in 1998, he went online to find the geographical coordinates for some of the places he had visited around the world. It was then that the 55-year-old Georgian stumbled upon the Degree Confluence Project (DCP), a Web site that encourages people to visit and

document -- in words and photos -- places on Earth where whole-numbered lines of latitude and longitude intersect. No minutes, no seconds, just integers.

A lifelong geography fan, Hill was instantly hooked on the idea of confluence hunting, which he says tapped into "childhood dreams of intrepid exploration." Ten years later, Hill is a veteran confluence hunter

who can claim 29 confluences in 11 countries.

"When I was a kid," Hill explained via e-mail, "I was bummed because it seemed all the exploration had already happened, and I loved the stories of the great explorers. It turns out there are many places on the Earth no one has even thought of visiting and documenting."

Take, for example: 18 degrees north, 16 degrees west, which happens to be a desolate spot on the coast of Mauritania. Or consider the unremarkable cotton field in Togo that straddles 10 degrees north, 1 degree east, or the industrial park outside Calgary, Alberta, which sits atop the invisible crosshairs defined as 51 degrees north, 114 degrees west.

All of these places have been visited and documented by Hill, yet none of them would have beckoned were it not for the DCP. And, given its random nature, that would seem to hold true for all confluences, of which there are 64,442 around the globe (counting each pole as one). Just over 14,000 of those are on land.

As of this writing, more than 5,400 confluences in 180 countries have been successfully visited. The figure is constantly revised, however, as more visits are indexed.

An all-volunteer project, DCP was launched in 1996 by Alex Jarrett, who kicked things off with a visit to 43 degrees north, 72 degrees west. The precise location is found in a tract of forest about three miles, as the crow flies, from the town of Hancock, N.H. It is, as Jarrett duly reported, "a nondescript spot by a swamp."

In many ways, confluence hunting is similar to geocaching, the global high-tech treasure hunt in which people hide items outdoors -- containers filled with trinkets, usually -- for others to find, then post the coordinates online. Both pursuits were inspired by the



A circle in the soil marks the spot. Armed with a GPS unit and a four-wheel drive vehicle, J. Baker Hill arrived at the desolate intersection of 18 degrees north, 16 degrees west, in Mauritania. photo: J. Baker Hill

advent of affordable, handheld satellite-based GPS units, and both rely heavily on the Internet.

But where geocaching is more of a lark, confluence hunting feels like real exploration. For one thing, it's generally more challenging. You may have to climb, trespass or bushwhack your way to the confluence.

Then there is the element of the unknown: Who knows what you'll find when you get there? And, like the explorers who conquered the poles, confluence hunters -- particularly those who are the first to document a confluence -- can revel in a sense of discovery.

Perhaps most of all, it has about it an air of inexplicable obsession. Asked why they do it, a confluence hunter might well respond: Because it's there.

Only it isn't really.

For his part, Alex Jarrett has said that he started the project simply because he "liked the idea of visiting a location represented by a round number."

Also, he "hoped to encourage people to get outside, tromp around in places they normally would never go."

He succeeded.

If you go:

The Degree Confluence Project can be found at <http://confluence.org>.

Senior Homecare By Angels®

Select Your Caregiver®

- Up to 24 Hour Care
- Meal Preparation
- Hygiene Assistance
- Light Housekeeping
- Transportation
- Weekends/Holidays
- Day/Night Live-In
- Most Insurance Accepted
- Licensed, Bonded and Insured

Serving Southern Colorado

719-543-4220 866-572-6435

America's Choice in Homecare.

Visiting Angels®
LIVING ASSISTANCE SERVICES

418 W. 12th St. Pueblo, CO 81003

www.visitingangels.com/pueblo

BBB MEMBER

YOUR LIFE,
friends included.

When you move to Pueblo Regent, you become part of something special... a sense of family, friendship, and belonging that welcomes you home each day. Sound good? It is. Won't you join us?

PUEBLO REGENT
Independent Retirement Living

719.566.0111
100 San Carlos Road, Pueblo
www.puebloregent.com

CALL TODAY FOR YOUR COMPLIMENTARY MEAL AND PERSONAL TOUR.

HOLIDAY RETIREMENT

Quail Ridge II at Liberty Point

CAREFREE LIVING AT ITS BEST

See Our New Model at 1013 Quail Ridge
(Purcell South at Acreview)

Great Location in PUEBLO WEST

- No outside maintenance

Just enjoy your life - 7 available Floor Plans

Re/Max Pueblo West
19 E. AbarrDr.
Pueblo West,
CO 81007

Marketed by:
Dave Anderson, CRS - 719-250-1506
Judy Tatsch, CRS - 719-251-6423
Bonita Quenzer, CRP - 719-320-6932

SEE YOU AT THE FREMONT COUNTY FAIR

Culture Change, Choices, and Award-Winning Too!!!

by Emily R. Briggs – Admissions and Marketing Director

Skyline Ridge Nursing and Rehabilitation Center is a facility for everyone. On November 1, 2005, they strayed away from the traditional nursing home setting and turned it into a nursing community with a new dining program and flexible hours of arising began. Medication pass, bathing and activities

are individualized around the resident's personal schedule in an increasingly home-like environment. We promote sleep, nourishment and meaningful activity while eliciting resident feedback and promoting choice.

Five meals a day are provided by our dietary department. The day begins with a Continental breakfast cart delivered to each of the three neighborhoods (Sunny

Lane, Pine Ridge and Memory Lane) at 7am. Nursing staff delivers items off the cart to residents in their rooms and in communal dining areas. Hall lights are off until 9am, and there is no overhead paging until that time as those residents choosing to sleep in have quiet neighborhoods.

Activities hosts "Java Buzz" for early risers – coffee and the newspaper are the featured items. Brunch is served in

the dining room at 10:30, and is a hearty home-style meal. Siesta snack is served in the neighborhoods at 1:30pm, and then Dinner in the dining room at 4pm. Nightcap snack is served at 6:30pm. Still hungry? Visit a neighborhood pantry for toast, cereal or peanut butter and jelly and a glass of milk.

Recently, Skyline was awarded the 2008 Step I Award from the American Health Care Association. They were one of four in the state to win. Not only was Skyline recognized at a state level, but a national level as well. Skyline will be honored for their achievement and presented with their award during American Health Care Association's 59th Annual Convention and Exposition on October 5-8, 2008 in Nashville, Tennessee.

Also, we were awarded Best Nursing Facility in Fremont County again for the second year in a row and third time in the past four years. This award was voted by the citizens of Fremont County through a ballot system.

Come by and take a look around and experience Culture Change for yourself at 515 Fairview Avenue in Cañon City!

OFFERING SHORT-TERM AND LONG-TERM SKILLED NURSING AND REHABILITATION CARE



- 24-Hour Skilled Nursing Care
- Physical, Occupational and Speech Therapies On-site
- Respite and Hospice Care
- Alzheimer's/Memory Care
- IV Therapy and Other Specializations
- Activities and Social Events
- Medicare and Medicaid Certified
- Most Insurances Accepted
- Appointment Transportation Available
- 20-Bed Secure Unit for Memory Care Residents

Skyline Ridge Nursing & Rehabilitation Center

A **FIVESTAR** QUALITY CARE FACILITY

515 Fairview Ave. • Canon City, CO 81212

719-275-0665

ASK US ABOUT OUR CULTURE CHANGE PROGRAM!

Cañon Lodge Will Be Present At The Fremont County Fair!

Canon Lodge Care Center, a Life Care Center of America facility provides quality care for residents with Alzheimer's Disease and other forms of dementia without the use of a locked unit. The Locked Unit at Canon Lodge was removed several years ago as a trial that has proven successful. Katie Broughton, Admission and Marketing Director says, "All residents are in the main population of the facility and are doing quite well. The residents have more freedom to interact with other residents and the staff. They appear happier and less withdrawn

and/or depressed. The other residents of the facility have been receptive and have even developed close relationships with the residents that suffer from dementia. There are times when the residents may need to be redirected; however, redirection has become much easier do to the closer interaction with the staff and other residents."

Canon Lodge is also involved with the Alzheimer's Association, Katie Broughton is an Alzheimer's Association Volunteer as well as their Memory Walk Team Captain. The team is busy raising

contributions for the Alzheimer's Association. They will be at the Colorado State Fair at the Alzheimer's Association booth that is being provided by Canon Lodge Care Center and the family of the late Orpha Ashby (Broughton's mother) who suffered from Alzheimer's Disease. The booth will hold a raffle for an Aspen Log Bed that was hand crafted and donated by Jim Calvert, Maintenance Director of Canon Lodge. The team will be joining the Memory Walk at the Pueblo City Park on September 6, 2008.

In November, which is National Alzheimer's Awareness Month, Canon Lodge staff will be providing Free Memory Screens for anyone interested. Memory Screens will be available on Monday, November 17th at the Canon City Golden Age Center 10:00 am – 2:00 pm along with an informational seminar and at Canon Lodge on National Memory Screening Day, Tuesday, November 18th beginning at 9:00 am until 3:00pm. No appointment is necessary. Canon Lodge will be hosting the National Candle Lighting Ceremony at the Golden Age Center on Thursday, November 13th beginning at 4:00 p.m. The ceremony is held nationally in remembrance and support of victims of Alzheimer's Disease, their families and caregivers.

For more information on the events you may contact Katie Broughton at (719) 275-4106 or (719) 371-2653. Information about Alzheimer's Disease or the Memory Walk can be obtained by calling the Alzheimer's Association (Southern Colorado) at (719) 544-5720, the helpline (800) 272-3900. You can also visit the Association web site at www.alz.org.



Our Vision:

To be the best in creating purposeful relationships with our residents and the community we serve.

Our professional support team recognizes that every resident has unique needs, goals & abilities.

- 24-hour Skilled Nursing Care.
- IV Therapy - Respiratory Care - Wound Care
- Restorative Nursing and Dementia Care.
- 24-hour Respite Care • Recreational Therapy
 - In-house rehabilitation team,
- Physical, Occupational & Speech Therapy

Cañon Lodge Care Center
905 Harding Ave. Cañon City, CO 81212

719-275-4106



Fremont Senior Fair Sponsored By Seniors, Inc.

It is time for the 7th Annual Senior Fair. The fair is proudly sponsored by Seniors Inc., Centura Health and Parkview Medical Center.

The fair will be held at Evangelical Free Church, 3000 East Main, Canon City from 9:00-Noon on September 6, 2008.

- Senior Housing, Medical Resources, Senior Services vendors
- Health Screenings include bone density, blood pressure, vision, hearing, etc.
- Door Prizes
- Handouts and Goodie Bags
- 2008 Resource Guide

New this year:

- Centura Health providing "Talk to a Pharmacist"
- Parkview sponsoring lunch from Noon-1:00 to discuss pain management with Dr. Charles Vial.

Please come and join the fun. Won't You?



Fremont Regional Hospice



115 S. 5th St.
Canon City, CO 81212
719-275-4315
website: fremontregionalhospice.org

FREMONT REGIONAL HOSPICE

Fremont County's ONLY locally owned & Operated Non-Profit Hospice

CARE - COMPASSION - COMFORT

Second Chance Fall Gardens

by Marty Ross

Gardeners get a second chance in the fall. That's the time to take a fresh look at the plans you made in spring and put a final polish on your garden.

The tempo in the garden changes after Labor Day, but it doesn't have to skip a beat. Mild temperatures revive summer plantings fatigued by the heat, and autumn-blooming flowers add dazzling colors to the palette. It's a lot like spring, but without the frenzy.

"Fall is the best time to fix all the mistakes I've made" during the spring and summer, says Michael Petrie, owner

of Handmade Gardens in Downingtown, Pa., near Philadelphia. "Sometimes it's a misunderstanding between me and a plant -- now we've gone through one season together, and I've learned what doesn't work, or what needs to be adjusted."

Petrie's 20-odd years in the retail garden business have taught him that fall is one of the best times of the year for digging, dividing, transplanting and working on the finer points of garden design.

"I'm not a fan of gardening when it's 90 degrees," he says. "In the fall, there's not so much stress, for you or for plants."

Perennials are often on sale at garden shops at this season, and trees and shrubs may be marked down. Lots of garden shops restock in early fall. You'll find mums and asters in abundance, but they're only part of what you can expect.

"These days gardeners are looking for something besides the traditional mums and gourds and kale," says Laura Geoghegan, a company that de-

plants chosen especially for fall and cool-season

go with the season," and there are lots of oranges, dark ma-

the garden up with

daisy-faced flow-

last a long time in

fall, when nighttime temperatures are a little cooler. Ornamental grasses are at their best when the angle of the sun gets a little lower and backlights their feathery inflorescences. Summer's flashy lanterns and super bells (Calibrachoa) also perk up when the weather cools down.

The variety of mums, asters and pansies grows every year, but Geoghegan suggests mixing them with something new, too.

She recommends freshening up fall flowerpots with unexpected combinations of flowers and foliage plants. Coral bells (Heuchera), ajuga and euphorbias -- all perennial plants with handsome foliage that flourish in pots -- are great companions for annuals, she says. Hybridizers have expanded the palette of coral bells, introducing varieties with soft chartreuse foliage, brilliant orange leaves and two-tone leaves that seem to glow like embers.

"They have that fall look," Geoghegan says, "and mixed with super bells, you have a beautiful combo."

Fall is also the perfect time of year to begin a collaboration with someone who works full-time to help gardeners realize their dreams. The garden is at its fullest -- maybe a little overgrown, or perhaps a little thin in places -- and it's easy to recognize the trouble spots.

In spring, designers and gardeners are rushed along by the season, but in the fall, there's time to step back and think about how to use the spaces in the garden better.

"A garden designer can help you look at your landscape and understand what you want it to do and get it organized," Petrie says. His imaginative designs for the Philadelphia Flower Show have long inspired gardeners to step outside the high walls protecting



Fall gives homeowners a second chance at flowers in the garden. Traditional mums and asters look lively combined with cool-season annuals and foliage plants of all kinds, but a spectacular plant alone in a pot also can be alluring. This pot holds *Leucanthemum Broadway Lights*. photo: Proven Winners

conventional design ideas. "People don't think enough about how they use their outdoor space," he says. "They plop a barbecue on the edge of the patio, and don't think about planting a shade tree. This is an excellent time of year to think about that."

Fall, of course, reminds us that there is more to plants than flowers. This is the season when we appreciate colorful foliage, bright berries and interesting structure in trees and shrubs. It is a good time to make plans for the spring, to get a jump on next year.

Now that you've been out walking around in your garden all spring and summer, you'll have a good idea where to lay down a line of stepping stones, for example.

This is also the time to get rid of that struggling rose or to dig out an aggressive, spreading perennial. Root it out now to make room for something better. Put up a trellis to add architectural interest through the winter. And as the days get a little cooler, a new garden bench will be all the more tempting.

SEE "SECOND" PAGE 15.

A Handy Andy

Handyman & Remodeling Service
 Licensed & Insured
 719-252-8356

Cranberry Park

LUXURY TOWNHOMES
 200 Block of Steinmeier in Cañon City, Colorado


 Cranberry Park will consist of 49 single level luxury townhomes on 11 acres that will be offered for ownership.

Beautiful views complement a professionally landscaped park and common areas


with walking trails and concrete sidewalks. HOA Maintenance Free Living.


Contact the Cranberry Park Specialist, Kurt Zerby.
www.cranberryparkhomes.com
 Office: 719-276-2500 Kurt's cell: 719-671-8952



KELLER WILLIAMS
 HOPE REALTY

GOOD CAFE THYME

 We're Very Vegetarian Friendly!
 Fresh Baked Pastries
BUY ONE GET ONE 1/2 OFF
 Mon-Fri 7am-3pm • Sat 7am-2pm • 412 Main St. • 719-275-0222

Pueblo Extended Care Center

 2611 Jones Avenue
 Pueblo, CO 81004



- Providing Comprehensive Skilled Nursing
 - Inpatient/Outpatient Therapy Available
 - Full-Time Massage Therapist/ Nuturance Center on-Site
 - Daily Brunch Featuring Eggs to Order
 - Dietary Management
 - A Care Team Committed to Quality of Life
 - We Are the Only Care Center in Colorado Recognized by the National Coalition of Nursing Home Reform
- 2004/2005
 2611 Jones Ave. Pueblo, CO 81004
 719-564-1735



Fremont Senior Fair Sponsored By Seniors, Inc.

It is time for the 7th Annual Senior Fair. The fair is proudly sponsored by Seniors Inc., Centura Health and Parkview Medical Center.

The fair will be held at Evangelical Free Church, 3000 East Main, Canon City from 9:00-Noon on September 6, 2008.

- Senior Housing, Medical Resources, Senior Services vendors
- Health Screenings include bone density, blood pressure, vision, hearing, etc.

- Door Prizes
- Handouts and Goodie Bags
- 2008 Resource Guide

New this year:
 • Centura Health providing "Talk to a Pharmacist"

• Parkview sponsoring lunch from Noon-1:00 to discuss pain management with Dr. Charles Vial.

Please come and join the fun. Won't You?





SENIOR SAFETY

Pueblo Police Dept. - 549-1200 • Pueblo County Sheriff's Dept. - 583-6125
 Fremont County Sheriff's Dept. - 275-2000 • Canon City Police Dept. - 269-9000



BBB: Beware Relentless Car Warranty Calls!!!

by Katie Carroll-BBB Communications
RELENTLESS CAR WARRANTY CALLS

The phone rings, the automated voice on the other end reminds you that your auto warranty is about to expire. Both consumers and local businesses have been inundated with these auto warranty calls. The companies are using automated dialing programs that call every single number (including cell phones and unlisted numbers). It doesn't matter if you own a vehicle or not.

The messages give information that you can be removed from their calling list by pressing a number. However, the calls continue to come. Consumers have reported waiting for a human representative and asking to be removed from the list, only to receive more warranty calls. At least 4 or 5 different firms are calling with these warranty offers.

Some company representatives have become combative and rude when asked to put a telephone number on their "do not call" list. They often refuse to give any information about the firm they are working for as well. Other consumers who have reached a representative are barraged with questions about VIN numbers, Social Security numbers, birthdates,

and other sensitive information before the agent will tell the consumer anything.

The BBB of Southern Colorado office was plagued by auto warranty calls as well, receiving upwards of 20 calls a day.

The BBB reminds consumers that you do not have to give out information to unsolicited callers. A legitimate company will give you full information, including a telephone number, address, and why they are calling.

Persons besieged by these warranty or other unwanted telemarketing calls are encouraged to register with the Colorado No Call List and the Federal Trade Commission (FTC) National Do Not Call Registry.

Consumers may not be aware that they can add or remove their residential, wireless, or fax telephone numbers.

If a company continues to call you after being asked to remove you from their calling list, you can file a complaint with the No Call agencies.

Colorado No Call List 800-309-7041 www.coloradonocall.com

FTC National No Call Registry 888-382-1222 www.donotcall.gov

10 Local Companies Committed to Customer Service Excellence

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

Your Better Business Bureau has received applications from 10 local companies hoping to receive the esteemed Excellence in Customer Service award for 2008:

- Active Living Homecare
- Adams Bank & Trust
- Freedom Financial Services
- Front Range Arborists
- Gutter Helmet
- Luisa Graff Jewelers
- Meyer & Lydiatt Family Dentistry

- Peak Basement Systems
 - Pioneer Services – A Division of Mid Country Bank
 - Silver Key Senior Services
- Based on the Malcolm Baldrige National Quality Program, the Excellence in Customer Service (EICS) Awards Program uses independent evaluators to measure a company's customer service systems against a set of criteria. There is no competing against other businesses; the process allows a company to look internally at their existing customer service system with the goal of improving their current processes. A thorough analysis is performed by the evaluators and a feedback report issued to each applicant. Past applicants agree that the experience is invaluable, and receiving thousands of dollars worth of consulting for a few hundred dollars is an extremely rare business opportunity.

The Awards Gala is Thursday, September 25, 2008 at the Crowne Plaza Colorado Springs.

UPCOMING COMMUNITY EVENT

"Safety of Seniors" Conference Set Sept. 17

DATE: WEDNESDAY, 09-17-08

TIME: 8:00 AM TO 2:00 PM

PLACE: FIRST CHURCH OF THE NAZARENE, 84 STANFORD, PUEBLO, CO 81005

There is an upcoming senior event in Pueblo which is the first annual "Safety of Seniors" Conference. This event is sponsored by several health care facilities and health care providers in the Pueblo area. Its purpose is to educate local seniors as to various aspects of safety.

The conference will hold breakout sessions for seniors to attend to learn more about: financial, legal, public and drug safety. Master of Ceremonies will be: Dave Ritterling, President of Visiting Angels Home Care. Keynote Speaker will be: Bill Thiebaut, District Attorney.

There will be 15 booths set up to provide seniors with additional information sponsored by "The Senior Medial Network Group," which is comprised of local nursing facilities, and health care vendors.

Other sponsors include, AARP, ElderWatch, SRDA, and Lifeline.

Admission is free to seniors and will include refreshments and lunch.

Seating is limited, so please call 545-1212 by 09-09-08 to register.

For additional information – contact: me, Pat Esgar, at: pat@westwindcampus.com, my office – 719-404-1018, or my cell – 719-289-2187.

New Tech Offers Security On The Go

(NAPSI)-A new approach to home security is designed to offer home-

owners convenience, confidence and peace of mind while away from home. Communication is the key.

One company has introduced a security system that communicates with emergency centers through three ways: cell phone networks, text messaging and the Internet.

The system, from Honeywell, is said to provide communication to emergency personnel while also giving home and business owners remote access to their security systems through cell phones and laptops.

For example, if you forgot to arm your system before leaving for work, simply send a text command through your cell phone or go online to arm the system. Parents can keep track of their children returning home from school from the convenience of their office computers.

To learn more, visit www.honeywell.com/security/hsc or www.thesecuritychannel.com.

New technology controls the security system and informs homeowners from Internet-enabled devices such as PCs, laptops and cell phones.

Domega Homes

Pueblo's #1 Home Builder

VISIT US AT 952 Peachcrest Dr. by the Park
Perfect For Retirement Living



Homes starting at **\$169,950** including...
 Lot • Tile Roof • Central Air • Frontyard Landscaping
 with sprinkler system • Mini blinds and more

*Minutes Away From Lake Pueblo,
Golfing, Trails & Parks*

www.domegahomes.com • 719-566-8245

Three of the Finest Assisted Living Facilities in Southern Colorado



Trinity Life Gardens

- Private Rooms with Private Bathrooms (Medicare Approved)
- Low-Income Based Housing • Medication Monitoring
- Activity Programs • Three Well-Balanced Meals • Snacks
- Private Pay & Medicaid Acceptance

2430 Oakshire Lane (Hwy. 50 East & Troy Ave) - Pueblo, CO 81001 719-542-2223 Call for a tour today!



Oakshire Garden Assisted Living

- Our Newest State-of-the-Art Assisted Living Facility is open!
- Private Rooms • Private Baths • Medicaid accepted.

North Pointe Gardens

- State-of-the-Art Assisted Care Living facility with 47 rooms & 53 beds.- Three well-balanced meals (snack)
- Spacious rooms • Medication monitoring
- Upgrades throughout from carpeting to fixtures & from large dining room to 'round-the-clock' service.
- Private pay & Medicaid Accepted • Low-income based housing
- North Pointe Gardens is assisted living at its very best! Located at Pueblo Blvd. & Hwy 50 West



3777 Parker Blvd. - Pueblo, CO 81008 - 719-545-6222 Call for a tour today!



Baked Chicken And At Its Very Best Indeed!!

by Brete Harrison

BAKED CHICKEN AT ITS BEST

The results of even the most casual search online for chicken recipes can overwhelm you with both quantity and diversity. Choosing the right recipe for your occasion starts with a little planning and bird selection.

Some chicken watchwords you normally can't go wrong with: fresh, organic and free range. Likewise, choosing from the butcher's case gives you a chance to look at the bird from all sides, so ask the butcher, "Show me."

As a cooking method, baking is tried and true, and the Greeks and French have elevated it to perfection. The two recipes below are winning examples.

SUCCESS TIPS:

-- When shopping for chicken, stay away from birds with skin that is dry, hard, purplish, bruised, broken or scaly. Look out for "freezer burn" -- brownish patches that indicate dehydration and long-term, improper frozen storage.

-- For the health conscious, lighter-colored meat usually indicates a bird that is less fattening. And calories can be reduced by skinning before cooking and

skimming off any accumulated fat with a gravy separator or a piece of bread floating on top.

-- Marinating chicken provides flavor and richness without adding calories. Wine-based marinades, along with a spice or herb mixture, basted on the chicken the night before cooking work particularly well.

-- Chicken is easily overcooked, particularly if the skin has been removed. When the meat is done, a sharp knife inserted into a dark meat section, such as a thigh, produces juices that run clear, instead of pink. If in doubt, use a meat thermometer; a minimum reading of 165 degrees indicates doneness. A slightly crisp exterior, bursting with juice when pierced, will signal the moist tenderness you are looking for.

SIMPLE, SIMPLE GREEK LEMON CHICKEN

- 1 whole roasting chicken (3 pounds), skinned
- 1 tablespoon dried thyme
- 1 teaspoon dried sage, crushed
- 1/2 teaspoon freshly ground pepper
- 4 lemons
- 2 tablespoons minced fresh tarragon, if

available, or 1 tablespoon dried tarragon

1. Preheat oven to 375 degrees. Wash chicken and pat dry. Place breast side up in a large roasting pan or deep baking dish.

2. Rub thyme, sage and pepper over entire surface of chicken. Slice lemons in half and squeeze the juice through a sieve onto chicken. Sprinkle tarragon over chicken.

3. Lightly tuck large piece of aluminum foil over and around the top of the chicken. Bake until juices run clear when leg is pierced with a sharp knife (about 50 minutes). Remove aluminum foil for last 5 minutes of baking. Serve hot.

Serves 8.

FRENCH CHICKEN SAVOYARD

- 1 frying chicken (3 pounds), cut up
- Kosher salt, white pepper and ground nutmeg
- 3 tablespoons butter or margarine
- 2 teaspoons flour
- 1/2 cup each dry white wine and half-and-half
- 1 egg yolk
- 1 tablespoon lemon juice
- 1/2 cup each shredded Swiss cheese and soft French bread crumbs
- 1 tablespoon chopped parsley

1. Preheat oven to 375 degrees. Sprinkle chicken pieces with salt, pepper and nutmeg. Brown chicken in a large frying pan in 2 tablespoons of butter. Remove chicken to a shallow baking dish, arranging pieces in a single layer.



Pungent aromas of thyme, sage and tarragon make this baked Greek lemon chicken a hit. photo: Copyright 2008, LS Media, LLC

2. Stir flour into pan drippings until bubbly. Remove from heat; add wine and half-and-half, stirring to mix in browned drippings.

3. Return to low heat; cook while stirring until resulting sauce thickens slightly and boils. Beat egg yolk with lemon juice, gradually stirring in a little of the above hot sauce. Return egg mixture to the sauce; stir in cheese. Cook over very low heat, so as not to boil, until cheese melts. Pour sauce over chicken.

4. In a small skillet, melt remaining 1 tablespoon butter; add breadcrumbs and parsley, and mix together. Sprinkle over chicken.

5. Bake, uncovered, until chicken is done in thickest part (test with a small knife) and topping is well browned (30 to 45 minutes). Serve immediately.

Serves 4 to 5.

Second Chance

from page 13.

Rediscover your garden in the fall, Petrie says. Buy a pot of mums for the porch, by all means, but don't stop there. There's a long, full season ahead of us.

SIDEBAR

Garden-fresh ideas for fall

It's not too late to put good design ideas to work, says Michael Petrie, owner of Handmade Gardens, www.handmade-gardens.net. A bench, a patio, a new path or a piece of garden art will give you great pleasure the rest of the season and in the years to come.

If you can arrange furniture and hang pictures, you can design your own garden, Petrie says, but don't hesitate to call a professional designer for some fresh ideas.

This is a great time of year to plant trees and shrubs.

"Trees do things in a landscape that little plants just don't accomplish," Petrie says. They soften and frame the architecture of your home, shape your views and, in general, anchor and define the landscape.

Flowerpots add bright spots of color all the way through the fall. If you're not sure how to plant combinations in pots, walk around a garden shop and experiment with combinations in your shopping basket before you buy -- or try just one spectacular plant in a pot by itself. Proven Winners, www.provenwinners.com, offers suggestions on its Web site.

Perennials flourish in pots year-round in mild climates. In cold-winter areas, move them to a protected place for the winter. They'll be bigger and better next year.

SRDA MONTHLY MENU

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

9/1 MONDAY: Turkey Tetrazzini, Carrots, Seasoned Zucchini, Wheat Bread/Marg., Applesauce Cake.

9/2 TUESDAY: SRDA's Spicy Pork, Au Gratin Potatoes, California Blend Vegetables, Wheat Bread/Marg., Ambrosia.

9/3 WEDNESDAY: Beef Stroganoff Over Noodles, Corn, Carrot Raisin Salad, Wheat Bread/Marg., Apple.

9/4 THURSDAY: Porcupine Meatballs, Seasoned Peas/Cabbage, Wheat Bread/Marg., Lime Fruit Gelatin.

9/5 FRIDAY: Honey Mustard Chicken, Stewed Tomatoes, Basil Green Beans, Wheat Bread/Marg., Cherry Coffee Cake.

9/8 MONDAY: Penne Pasta & Meat Sauce, Seasoned Broccoli, Pickled Beets, Wheat Bread/Marg., Diced Peaches, Oatmeal Cookie.

9/9 TUESDAY: Beef Tips in Gravy, Mashed Potatoes, Seasoned Zucchini, Wheat Bread/Marg., Pineapple Tid Bits, Fruit Juice Blend.

9/10 WEDNESDAY: Chicken a la King, Biscuit, Carrot Raisin Salad, Wheat Bread/Marg., Cherry Fruit Gelatin.

9/11 THURSDAY: Roast Beef/Gravy, Mashed Potatoes, Creamy Cole Slaw, Stewed Tomatoes, Wheat Bread/Marg., Chilled Plums.

9/12 FRIDAY: Chili Con Carne, Cornbread, Cuke/Onion Salad, Apple Juice.

Pueblo Bank & Trust



THE GOOD THINGS IN LIFE ARE FREE AT PB&T...

"50 & Free Checking"

FREE Personalized Bank Stock Checks

FREE Visa Check Card

NO FEE American Express Travelers Checks

FREE Online Banking

BEST HOURS IN TOWN

All Drive-Up locations are open Mon.-Fri. 7am-7pm; Sat. 8am-5pm

DOWNTOWN

301 W. 5th Street
(719) 545-1834

NORTH

2127 Jerry Murphy Rd.
(719) 585-2350

SOUTH

1217 S. Pueblo Blvd.
(719) 585-2355

DOWNTOWN DRIVE-UP

325 W. 6th Street
(719) 585-2382

LOCAL BANK

Pueblo Bank & Trust
SINCE 1889

9/15 MONDAY: Stuffed Bell Pepper, Two Bean Salad, Seasoned Cabbage, Wheat Bread/Marg., Strawberries & Pineapple.

9/16 TUESDAY: BBQ Beef on a Bun,

Baked Beans, Creamy Cole Slaw, Blush Pear Dessert

9/17 WEDNESDAY: Roast Turkey, Mashed Potatoes, Seasoned Carrots, Wheat Bread/Marg., Cranberry

Orange Mold.

9/18 THURSDAY: Macaroni & Cheese, Basil Green Beans, Veggie Salad Medley, Wheat Bread/Marg., Chilled Plums.

9/19 FRIDAY: Baked Glazed Ham, Confetti Rice, California Blend Vegetables, Wheat Bread/Marg., Pineapple Tid Bits, Orange Juice.

9/22 MONDAY: Sloppy Joe/Bun, Potato Salad, Cukes/Onion Salad, Orange Sherbet.

9/23 TUESDAY: Roast Beef/Gravy, Mashed Potatoes, Stewed Tomatoes, Creamy Cole Slaw, Wheat Bread/Marg., Chocolate Pudding.

9/24 WEDNESDAY: Chicken Cacciatore, Au Gratin Potatoes, Mixed Vegetables, Wheat Bread/Marg., Lime Pear Dessert.

9/25 THURSDAY: Pork Chow Mein Over Rice, Peas & Carrots, Wheat Bread/Marg., Cantaloupe.

9/26 FRIDAY: Turkey Rice & Cheese Casserole, Basil Green Beans, Wheat Bread/Margarine, Orange Juice, Pineapple Upside Down Cake.

9/29 MONDAY: Lasagna, Seasoned Broccoli, Wheat Bread/Marg., Orange Carrot Gelatin, Chilled Apricots.

9/30 TUESDAY: Hot Turkey Sandwich, Mashed Potatoes, Harvard Beets, Wheat Bread/Marg., Blueberry Crisp

2% MILK With ALL Meals!

Finances: Create And Keep Wealth

New Government Program Helps Seniors Stay Home

by Grant Oakes

After a year and a half of discussion and arguing in the halls and on the floor for the nation's capitol the senate and the house and the president have passed HR 3221. This bill has made some changes in the HECM, pronounced "Hec'em" which stands for (Home Equity Conversion Mortgage.) HECM is the elite of the reverse mortgages.

The HECM changes are important to seniors (age 62 or older) that own their home and have at least 50% equity or would like to purchase a home and not have to pay a mortgage payment. For those of you who are not familiar with reverse mortgages I will try to explain. HECM is the term used to signify a government sponsored and controlled reverse mortgage. HECM reverse mortgages have been around since 1988. They were designed by HUD and insured by the Federal Housing Administration.

In a HECM you always retain the title to your home. It is also a non-recourse loan which means that you can never owe more than what your house is worth. You can at any time pay off the HECM without a penalty. However the lender doesn't expect you to pay them back so it doesn't matter what your credit is or what your income is. Unlike a forward mortgage you don't have to make payments on the loan, hence the name reverse mortgage. What you are doing is using the equity in your home to live a better life. If you own your home and have equity my advice is "Don't lose your hard earned equity just because you

hesitated"

One thing that the new law does change is that the county loan limit has been raised for southern Colorado from \$200,160 to \$417,000. The reason that that is so important is that the seniors that have homes that are valued at over \$200,160 can now receive more money from a HECM reverse mortgage.

This allows all the seniors that have been needing money out of their home but had a more expensive home than the county loan limit would allow, can now get much more out of their home. And of course, they can still live in their home and never have to make another mortgage payment as long as they stay in their home. Whatever your home is worth you can still have a reverse mortgage. There is no limit on a non-HECM loan but the percentage that you receive is smaller. The largest reverse mortgage that I know about is an estate that did a reverse mortgage for 8.2 million dollars. This one was done for tax purposes not because they needed to money for living expenses. You see, all proceeds from a reverse mortgage is tax free money.

Another change in the law is that you can now purchase a home with a reverse mortgage. Up until now you had to already own the home in order to get a reverse mortgage. Now you can purchase a 1 to 4 family home with a reverse mortgage as long as the borrower lives in one of the units. Let me tell you how this can be done. You need to understand that the amount money that you need to purchase a home is governed by these factors.

1) The age of the youngest purchaser, (must be at least 62) the older they are the more that they receive.

2) The value of the home, the higher the FHA appraisal of the home up to \$417,000 the more that they can receive. I might mention that the housing market is still going down, which means it may be quite some time before you will get as much out of your home as you will now.

3) The interest rate at the time you apply for the loan. Right now the interest rates are low. When they start back up you will get less money out of your home. Now, let's go back to the purchase of a home with a reverse mortgage. If you find a new or previously owned home that you want but don't want to make house payments on it for the next thirty (30) years. And, you have the money to pay a down payment of at least one half of the purchase price (the down payment amount will go down if your age is over 62.) The older the youngest person on the deed is, the less the down payment has to be. O.K. you found the house and you have a down payment. You can now get a reverse mortgage and not have a house payment to make as long as it is your primary residence. WOW! Free housing. All you have to pay is the taxes, insurance and upkeep.

The next change in the law is the cost of the reverse mortgage. The origination fee has been changed from a flat 2% to 2% on the first 200,000 then 1% on the remainder with a \$6000 limit. All the fees associated with the closing costs can of course be rolled into the loan with the exception of the appraisal fee that is usually from \$350 to \$450. The appraisal needs to be paid by the borrower at the time of the appraisal. And speaking of closing costs, the closing costs for a reverse mortgage may be slightly higher than a forward mortgage but very slightly. When you consider that you won't have to make a house payment the closing cost difference remains small. The only real difference is the HECM has a FHA insurance fee of 2%. However several other fees that that are not regulated on a forward mortgage are regulated and capped on a reverse mortgage. In some cases the closing costs could be the same or lower with a reverse mortgage.

The new law also allows a reverse mortgage to be written on a co-op unit. A Co-op is where the person or persons are living in a multi-unit area that is controlled by a manager or a board. This person owns shares of the co-op. There are special rules that must be followed in order to do a reverse mortgage on a co-op, but it can now be done.

We now come to another area that pro-

TECTS the seniors. The new rules do not allow lenders to require the borrower to take out an annuity to get a reverse mortgage. That doesn't mean that you can't use the money from a reverse mortgage to buy an annuity. It does mean that you cannot be required to purchase the annuity as a condition of getting the reverse mortgage.

The new law requires the Secretary to issue regulations to protect borrowers from the marketing of financial and insurance products "not in the interest of such homeowners." Again they are trying to protect the seniors.

One other requirement for you to get a HECM is that you must go through counseling with an uninterested counselor. This is also for your protection. These counselors could care less about you getting a reverse mortgage. What they are interested in is to make sure you understand all the ins and outs and options that you have. This makes sure that no one can tell you something that is not true. This counseling is free.

Are you a senior that would like a little extra money each month and not have a house payment? Are you concerned about the cost of gas and are not sure with everything going up if you are going to survive with your present lifestyle? This may be what you are looking for.

This bill in its entirety is almost 700 pages long all written by lawyers. I have been following it and reading and studying it for over a year now. If I haven't answered all the questions that you have please call me and I will do my best or if I don't know I will find the answer.

Bio: Grant Oakes is a Certified Reverse Mortgage Specialist with 4 years of mortgage loan experience. He is a local businessman that has owned Pueblo businesses most of his adult life. He is a senior himself and understands seniors and their problems. Grant's specialty is "in home service". He will come to your home to meet with you and your children, because in your home you are always in control. You can call his cell phone at 719-252-7291 from 9-5 Mon-Fri.

FIRST CHOICE
CARPET CLEANING LLC
PUEBLO, COLORADO
719-240-1194
Dave Pauletich, Owner
(formerly Brandt Carpet Cleaning)

Complete Home Health Care, LLC
 Listening To Your Needs.....
 Caring For You AT HOME!
HOME CARE SERVICES

- SKILLED NURSING
- REHABILITATION
- HOME HEALTH AIDES
- HOMEMAKING & PERSONAL CARE
- DIABETIC TEACHING
- WOUND CARE
- PULMONARY CARE
- HOME PHOTOTHERAPY
- PEDIATRICS

41 Montebello Rd Ste 108 Pueblo, CO 81001 719-546-2610
 303 N. 7th St. - Ste 222 Cañon City, CO 81212 719-269-1195

Why are more seniors choosing Reverse Mortgages?

- No Monthly Payments FOR LIFE!
- Pay off all mortgages and bills
- Extra monthly income
- Home repairs and remodeling
- Cash reserves for healthcare
- Government Insured Program

Call Grant today to schedule a FREE consultation 719-252-7291
 No Obligation Consultation

High Tech Lending, Pueblo
719-252-7291 or 719-584-3298

Senior Community Update



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 Older, Wiser, Livelier Seniors meet the second Tuesday of each month for bowling at Bowlero-Midtown Shopping Center at 2 p.m.. For information: 545-2803

The group also meets the third Wednesday of each month at 6 p.m. for dining and socialization at various area restaurants. RSVP: Jack Briggs at Jack.Briggs@comcast.net or 546-6189 for reservations and location

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."

S.R.D.A. CALENDAR OF EVENTS SEPTEMBER CALENDAR

Classes and Social Events
Sept. 1, 2008 CLOSED FOR LABOR DAY, EXCEPT DINING ROOM OPEN 11:30 AM - 12:30 PM.

Sept. 2, 2008, 9:00 Rocky Mt. SER Computer Classes, and Coupon Cutters, 9:15 Chair Aerobics, 1:00 Scrabble, 3:15 Volunteer Singing Group.

Sept. 3, 2008, 9:00 & 11:00 Acrylic Painting, 9:00 Maj JJong Players, 9:00 Level II Computer Classes. 10:00 Senior Strength Training, 1:00 Water Color and Sketching. 12:00 Bridge

Sept. 4, 2008, 9:00 Rocky Mt. SER Computer, 9:00 Pastels, 9:15 Chair Aerobics, 10:00 Vision Support Group, 12:00 Pinochle Players &

Scrabble
Sept. 5, 2008, 10:00 Senior Strength Training, 12:00 Bridge Players. 2:00 Free Movie and Refreshments.

Sept. 8, 2008, 9:00 Level I Computer, 9:00 Quilting Club, 10:00 Senior Strength Training, 12:00 Native American Art, 12:00 Pinochle Players.

Sept. 9, 2008, 9:00 Rocky Mt. SER Computer Classes, and Coupon Cutters, 9:15 Chair Aerobics, 12:00 Stroke Survivors Group, 1:00 Knit & Chat, 1:00 Scrabble Players, 1:30 Parkinson's Group, 3:15 Volunteer Singing Group.

Sept. 10, 2008, 9:00 Level I Computer, 9:00 & 11:00 Acrylic Painting, 9:45 StepUp Nurses Visit, 10:00 Senior Strength Training, 12:00 Bridge Players, 1:00 Water Color and Sketching Classes.

Sept. 11, 2008, 9:00 Rocky Mt. SER Computer Classes, 9:00 Pastels, 9:15 Chair, Aerobics, GAME DAY: 2-4 pm, 12:00 Pinochle Players and Scrabble Players.

Sept. 12, 2008, 9:00 Cripple Creek Bus, 10:00 Senior Strength Training, 12:00 Bridge Players. 2:00 Free Movie and Refreshments.

Sept. 15, 2008, 9:00 Level I Computer Classes, 9:00 Quilting Club, 10:00 Senior Strength Training, 12:00 Native American Art. 12:00 Pinochle.

Sept. 16, 2008, 9:00 Rocky Mt. SER Computer Classes, and Coupon Cutters. 9:15 Chair Aerobics, 1:00 Scrabble, 3:15 Volunteer Singing Group.

Sept. 17, 2008, 9:00 Level I Computer Classes, 9:00 & 11:00 Acrylic Painting, 9:00 Maj JJong Player, 10:00 Senior Strength Training, 12:00 Bridge Players, 1:00 Water Color and Sketching Classes.

Sept. 18, 2008, 9:00 Rocky Mt. SER Computer Classes, 9:00 Pastels,

9:15 Chair Aerobics, 12:00 Pinochle Players and Scrabble Players.

Sept. 19, 2008, 10:00 Senior Strength Training, 12:00 Bridge Players.

Sept. 22, 2008, 9:00 Level II Computer Classes, 9:00 Quilting Club, 10:00 Senior Strength Training, 12:00 Native American Art, 12:00 Pinochle

Sept. 23, 2008, 9:00 Rocky Mt. SER Computer Classes, 9:00 Coupon Cutters, 9:15 Chair Aerobics, 1:00 Knit and Chat, 1:00 Scrabble Players.

Sept. 23, 2008, 3:15 Volunteer Singing Group.

Sept. 24, 2008, 9:00 Level II Computer Classes, 9:00 Maj JJong Players, 10:00 Senior Strength Training, 12:00 Bridge Players, 1:00 Water Color and Sketching.

Sept. 25, 2008, 9:00 Rocky Mt. SER Computer Classes. 9:00 Pastels, 9:15 Chair Aerobics, 12:00 Pinochle Players, 1:00 Scrabble.

Sept. 26, 2008, 10:00 Senior Strength Training, 12:00 Bridge Players, 1:30 Grandparent's Social.

Sept. 29, 2008, 9:00 Level II Computer Classes, 10:00 Senior Strength Training, 12:00 Native American Art. 12:00 Pinochle Players

Sept. 30, 2008, 9:00 Rocky Mt. SER Computer Classes, 9:00 Coupon Cutters, 9:15 Chair Aerobics, 3:15 Volunteer Singing Group.

For more information about card games, etc. call SRDA at 545-8900..

PUEBLO STEP-UP CALENDAR
Mineral Palace Towers - McHarg Park Community Center, 409 Second Street Avondale, CO, Monday, September 8th; 9:00 - 11:30 am

Vail Hotel - 217 S. Grand, Tuesday, September 9th; 9:00 - 10:30pm

Hyde Park Community Center - 2136

W. 16th St., Tuesday, September 9th; 1:00 - 2:30pm

Joseph Edwards Senior Center (SRDA) - 230 S. Union, Wednesday, September 10th; 9:45 - 12:00 pm

Mineral Palace Towers - 1414 N. Santa Fe, Thursday, September 11th; 9 - 11:30 am

Memorial Recreation Center - 230 E. George Dr, Pueblo West, Thursday, September 11th; 8:15 - 10:30 am

Park Hill Christian Church Hall, 1404 E. 7th St., Monday, September 15th; 10:00 - 12:00 pm

Minnequa Park Apartments - 1400 E. Orman Ave, Tuesday, September 16th; 9:00 - 11:30 am

Mesa Towers - 260 Lamar, Wednesday, September 17th; 9:00 - 11:30 am

Ogden Apartments - 2140 Ogden Thursday, September 18th; 9:00 - 10:30 am

Fulton Heights - 1331 Santa Rosa, Thursday, September 18th; 1:00 - 2:30 pm

Get Moving with Pueblo StepUp Community Exercise Programs:

Please call Jo Stinchcomb @ 557-3883 for questions about any of

GENEALOGY NEWS

"The Southeastern Colorado Genealogy Society holds regular meetings on the second Saturday of the month beginning at 2:00M in the Meeting Room B", Robert Hoag Rawlings Library, 100 Abriendo Ave., Pueblo. The next meeting will be on Saturday, September 13th and the speaker will be Bobbei King, subject "Homestead Records". Ms. King will also speak at the continuing beginners/refresher class starting at 1:00PM. Call 546-199973 for details."

Veterans And Spouses May Be Eligible For Home Care

by Eileen Doherty

Denver, CO. Many older adults want to continue to live in their own homes, but have difficulty qualifying for home care. Thinking Medicare will cover

the cost of home care and not meeting the financial and/or functional requirements for Medicaid, older adults sometimes find themselves struggling to stay in their own homes.

Veterans, who have been honorably discharged after serving at least 90 days of active duty with one day served during a declared time of war and the surviving spouse may be eligible for the Aid and Attendance pension program through the Department of Veterans Affairs if they meet the service, financial and physical criteria.

To meet the service criteria, a veteran or the surviving spouse must have served during one of the following war periods: World War II (December 7, 1941 to December 31, 1946); Korean War (June 27, 1950 through January 31, 1955); Vietnam War (August 5, 1964 through May 7, 1975; February 28 1961 for veterans who served "in country"); Gulf War (August 2, 1990 through a date to be set by law of Presidential Proclamation).

Financial eligibility includes countable income that is less than the pension amount of \$18,654 per year for a single veteran and \$22,113 per year for a veteran with a dependent. For a surviving spouse the annual countable income is \$11,985 and \$14,298 for a surviving spouse with a dependent. Countable income is the amount received after all non-reimbursed, recurring health care expenses such as assisted living costs, home health care, insurance premiums, Medicare premiums, on-going prescriptions and more.

In addition to countable income, the Veterans Administration must determine that the individual's net worth is such that it will probably not support the veteran, dependents or surviving spouse through the remainder of his or her life. The primary residence and vehicles are exempt. Net worth includes assets such as bank accounts, stocks, bonds, mutual funds, and any property other than the residence and a reasonable lot area. There is no set limit on the amount of the net

worth an individual may have, but it can not be excessive. A general guideline that is sometimes used is between \$60,000 and \$80,000 depending on the age of the claimant

The third criteria for eligibility is the need for daily assistance. The individual does not need to be bedridden, nor does he/she need to be in an assisted living or home health care situation. A physician must confirm the need for a claimant a) to dress or undress or to keep one's self ordinarily clean and presentable, b) to adjust any special prosthetic or orthopedic appliances which by reason of the particular disability cannot be done without aid; c) to require assistance for feeding through the loss of coordination of upper extremities or through extreme weakness; d) to be unable to attend to the wants of nature; or e) who has a physical or mental incapacity which requires care or assistance on a regular basis to protect the claimant from hazards or dangers incident to his or her daily environment. Individuals who reside in a nursing home or who experience a visual acuity of 5/200 or less, in both eyes, or concentric contraction of the visual field to 5 degrees or less are also eligible.

Veterans will need a copy of the DD214. Spouses may need marriage and birth certificates as well as the veterans copy of the DD214.

The amount of the aid and attendance payment is the difference between the countable income and the yearly income limit. In 2008, a veteran with no dependents and no countable income can receive up to \$18,654 per year and with one dependent is \$22,113. The surviving spouse with no countable income can receive up to \$11,985 annually; while the surviving spouse with one dependent and no countable income can receive up to

SEE "HOME" PAGE 19.

ARE YOU PAYING TOO MUCH FOR MEDICARE INSURANCE?

LOW PRICED MEDIGAP, HMO'S OR PFFS PLANS

It pays to compare!

Free information and quotes.

Call today. 687-5888

300 Garden of the Gods Rd., Ste. 100
COLO. SPGS., CO 80907



SENIOR CLASSIFIEDS

ALTERATIONS BY ABE & ROBYN CAMHI Wedding gowns and formal wear. All types of clothing. Men and women. 40 years experience. Se habla Espanol. 719-595-1231 or 719-250-9354. #0809

PERMS!! includes haircut & style (short hair) 35 years experience in business. Call 719-647-0611 for appointment. Pueblo West. #1008

HOME CARE. Reasonable, Responsible. Experienced. Call, 565-0445. #1008

NEEDED PERSONAL CARE PROVIDER. Live-in, room, board and good wages. 719-371-1957. #0908

3-WHEEL RALLY SCOOTER Pride Mobility Products, Sold new for \$1,995, asking \$700.00

ALSO:

TWIN SIZE HOSPITAL BED and mattress. Used only two months, asking \$150.00. Call, 240-0981 #1208

IMPERIAL MEMORIAL GARDENS. Last Supper Area. 6 grave sites #488 - 1,2,3,4 & #489 3 & 4. Cur-

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.

rent price \$1400, asking \$850 each. 719-545-5203. #0908

HOUSE CLEANING. 3-Hour minimum. \$15 per hour or \$14 per hour if 65 or older. You supply the cleaning goods. Near a bus stop. Have recom-

mendation letter. Carolyn, 561-8682. #0908

ONE-BEDROOM-SPACIOUS- South-side complex. Rent, \$400 deposit, \$250 includes water, trash, parking, laundry room, close to bus stop and shopping. Rustic Villa, (719)564-8899. #0209

HOMES FOR SALE

2303 N. Main St. Buy this cozy cottage and put \$10,000 in your pocket as equity. Appraised for \$120,000. Reduced to \$105,000. Has 2 bedrooms, 1 full bath, new kitchen and Sunny living room. All new windows and storm doors. Fenced yard, landscaping, sprinkler system, garage and storage. **PLUS** cute Guest house for visitors or family. 1 Bedroom, full bath, kitchenette and living room. Contact **Corey Hepworth** Masters Real Estate 1-719-291-5068 or Pueblo message 544-3547. #0908

CAREGIVER/COMPANION: Private care - part time. Have experience with recommendation letters. Just moved into town. South area. Call Carmen, 564-2157 #0908

WANTED: CERTAIN 45rpm records and LP albums from the 1950s and 1960s. 566-7975. #1008

OLD VET NEEDS PLACE TO LIVE. Would like old, battered camp tyrauler. Will haul away, FREE. Call Banjo Gracia 1-505-376-2344. #0808

PERMANENTS-\$30. Complete magnetic bracelets - \$5.00. Curl Corner. Open Wed-Sat - 2318 Thatcher. - 544-9160. #0808

IMPERIAL CEMETERY - Calvary Lot 254, space 6, Lot 255 - spaces 4,5,6. \$1000 each. Call 564-7221. #0808

24/7 LOVING SENIOR CARE IN CHRISTIAN HOME. 30 years experience. SPACE FOR ONLY ONE CLIENT LEFT. HURRY! Call today, 719-542-3496. #0808

ARIZONA HIGHWAYS MAGAZINES: 25 copies, various dates... \$20.00 Hoover Upright Vacuum with removable tool rack - 5 years old - \$40.00. Call 545-8886. #0708

PERMS: includes haircut & style (short hair). 35 years experience in business. Call 719-647-0611. for appointment. Pueblo West. #0808

POWER CHAIR "Hoveround. New battery and charger w/cover. \$600.00 trade obo. manual included. Call 719-275-4357. #0608

IF YOU NEED A PART-TIME CNA (Certified Nursing Assistant) in your home call Diane at 544-2710. #0608

IMPERIAL MEMORIAL GARDENS Faith lot #10, graves 1 & 2, \$1700 for both. Pieta, lot #58, graves 1 & 2, \$2900 for both. 240-0538. #0608

HOUSE HOSPITAL. Home Maintenance Professionals. We specialize in rental and home maintenance management. Call Lee at 719-251-4429.

TWO LOTS SIDE-BY-SIDE in Devotion section with concrete vaults and opening and closings. Both for the price of one. \$1500 cash. Call 564-3405 after 5pm. #0608

NEW-ADULT DAY CARE: Located in a safe home in Cañon City, by a licensed Practical Nurse. Arrangements and needs on an individual bases. Call Kathy, 719-315-2805. #0708

LICENSED & INSURED HANDY-MAN SERVICE Reliable Servic. Reasonable Rates. Rapid Response. Andrew Lloyd, 719-252-8356. #0508

HOVEROUND LTV POWER-CHAIR and instructional VHS. Like New-Used Two days (\$1500). Heavy Duty Walker (\$15). Call after 4:00pm 719-545-2669. #0608

ROOM BY ROOM INTERIORS offers top quality, affordable home services for seniors: packing homes for moving; decluttering home/garage; staging your home for sale, painting services. We treat your home and belongings as if they were our own. Chrisanne: (719) 485-2416. #0408



Assisted Living At Its Best!

The Legacy Commons

170 Dacona Drive, Pueblo West, CO 81007
719-547-2538

That's Natural!



MISSION

That's Natural! is dedicated to the **EDUCATION and PROMOTION** of products and services that are Good For People.

The aims of this company are:

- HEALTH & WELLNESS
- ART & CULTURE
- LOCAL ECONOMIC DEVELOPMENT
- SUSTAINABILITY

We want to see people **THRIVE** in their lifestyles, career, and environment.

VISION

We believe that every human being has a right to health, education, the arts, and to be a part of the local economy.

We believe that entities and products that encourage this should be promoted.

We believe that educating the public about the inherent truths of our health, our education, our culture, and our economy is paramount to our rights as citizens.

We believe in hope, change, and the power of a free market economy.

We believe in the power of a consumer.

And we believe all of THAT is very NATURAL!




Tisha T. Casida
Publisher

Kimberly Schaub
Editor

FREE PUBLICATION

At over 100 small businesses in Southern Colorado!

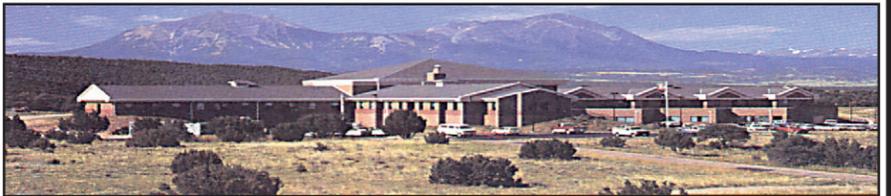
visit

www.BackToTheSource.biz
719-210-8273 OR 719-252-1763
tisha@backtothesource.biz

Would you like a subscription?
Call or Email Us!

Are you a Vet, a Vet's Spouse or a Vet's Widow?

You are eligible for Nursing Home Care.....



COLORADO STATE VETERANS NURSING HOME
WALSENBURG, COLORADO

- Bright, Comfortable and Modern Facility • Caring, Professional Staff
- Floor-to-ceiling picture windows offer beautiful views
- Special Care Unit (SCU) providing services for Alzheimer's, Dementias, Huntington's and Parkinson's
- Physical Therapy, Occupational Therapy and Speech Therapy included in daily rate.
- Our nursing home is physically connected to Spanish Peaks Health Center, a community hospital.
- Dialysis Center/Specialty Clinics available on campus
- Affordable daily rate and an all-inclusive pricing policy that eliminates additional charges
- VA benefits for those who qualify • Colorado residency not required
- Private Pay and Medicaid Residents welcome

Call Today For A
FREE Video/CD Information Packet
1-800-645-8387

Southern Colorado Community Blood Drives For Sept.

ALAMOSA COMMUNITY

Alamosa Community Blood Drive-Tuesday, Sept. 25 from 11 a.m. to 3 p.m.. Located in the student center at Adams State College, Stadium St., Alamosa

For more information or to schedule an appointment please contact Bonfils' Appointment Center at (800) 365-0006 opt. 2 or visit www.bonfils.org

CAÑON CITY

Cañon City Community Blood Drive-Tuesday, Sept. 18 from noon to 4:30 p.m. Located at the Evangelical Free Church, 3000 E. Main St., Cañon City

For more information or to schedule an appointment please call Terry Marion at (719) 372-7577 or visit www.bonfils.org

LAS ANIMAS

Las Animas Elementary School

Community Blood Drive-Thursday, Sept. 4 from 2 to 6 p.m. Located at 530 Poplar Ave., Las Animas

For more information or to schedule an appointment please contact Frances Wight at (719) 456-2608. Participating donors will receive a free Bonfils baseball hat.

ORDWAY

Ordway Community Blood Drive-Wednesday, Sept. 3 from 3 p.m. to 6 p.m. Located at the Ordway Building Supply, 112 W. 2nd, Ordway

For more information or to schedule an appointment please contact Sheryl at (719) 267-3555 or visit www.bonfils.org. Participating donors will receive a free Bonfils baseball hat.

ROCKY FORD

Rocky Ford High School Community

Blood Drive-Wednesday, Sept. 3 from 2 to 6 p.m.. Located at 100 W. Washington Ave., Rocky Ford

For more information or to schedule an appointment please contact Deb Schmidt at (719) 254-6010 or visit www.bonfils.org. Participating donors will receive a free Bonfils baseball hat.

SALIDA

Salida Community Blood Drive-Wednesday, Sept. 19 from 11 a.m. to 4:30 p.m.. Located at Salida High School, 905 D St., Salida

For more information or to schedule an appointment please contact Bonfils' Appointment Center at (800) 365-0006 opt. 2 or visit www.bonfils.org

DETAILS:

Coloradans have a lot of tough decisions to make in this political year

but Bonfils makes one decision easy for you – the decision to donate blood. You don't need to do a lot of research, weigh the pros and cons or defend your choice to friends and family. Regardless of your political affiliation you can take a little time to make a big difference in the lives of patients in your community by deciding to give blood.

To thank all who make a life-saving blood donation now through Sept. 6, Bonfils will offer a limited edition Bonfils baseball hat. With 9 community donor centers and as many as 13 mobile blood drives each day, giving blood can easily become part of your summer routine not to mention that your blood donation can save and enhance the lives of up to 3 patients.

For more information about Bonfils Blood Center, please visit www.bonfils.org or call (800) 365-0006.

Back-Up Care Valuable Benefit For Working Families

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

I just learned that my company's Human Resource department is researching options for back-up care for employees taking care of their families. How do these programs work? As a working mother caring for children and older adults, I am struggling to get through the days. I could use some help.

You join thousands of others in this nation caring for seniors as well as young children. Many employers like yours are investigating back-up care programs for their employees as a way to reduce employee stress and improve absenteeism and productivity. These programs

provide lists of providers that employees can access and contact quickly when they need back-up care.

Work Options Group, a Colorado-based company that specializes in the provision of corporate-sponsored back-up care, shares some feedback from employees who use back-up care. Survey results indicate that the employee benefit does in fact reduce stress and unscheduled absenteeism as well as improve productivity and loyalty among employees.

Below are key findings from the 2008 Back-up Care Survey conducted by Work Options Group. More than 1,200 employees who used back-up care through Work Options Group between

March 1 and May 31, 2008 completed the survey.

The question asked was, "If back-up care was not offered, what would you have done?"

- 71 percent would have missed work to provide care for their loved one
- 14 percent would have conducted an independent search for short-term care
- 13 percent would have asked friends or family to provide care for their loved one
- 2 percent said they worked from home, changed their work schedule or brought their child to work.

Work Options Group serves as a third-party liaison to link employees of companies with a network of service

contractors who can help them provide back-up care for loved ones of any age – from infants and school-aged children, to adults and seniors.

One of those contractors who works on behalf of seniors is Home Instead Senior Care, an international franchise company with 800 offices worldwide. The company's CAREGivers go into the homes and care communities of older adults to keep them independent. Through these types of relationships, you could locate the help you need in a moment's notice.

For more information about Home Instead Senior Care, contact Robin Mosey at (719)545-0293 or visit www.homeinstead.com. For more information about the survey, log on to http://www.workoptionsgroup.com/press_release_survey.htm

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

Your Trusted Source of Companionship and Home Care for Seniors



Being able to live at home can be one of the most important comforts in a senior's life. Our carefully selected CAREGivers™ help make that possible, with a wide range of non-medical services, welcome companionship and a ready smile. At Home Instead Senior Care, we treat each senior as we would a member of our own family.

Home Instead SENIOR CARE

With a little help from a friend.

WE PROVIDE

- Wide variety of services, including meal preparation, light housekeeping medication reminders, shopping, errands and incidental transportation.
- Bonded, insured CAREGivers who complete a stringent background check.
- Short-notice staffing, including 24-hour, long-term and weekends.
- Regular quality control checks to ensure prepared respiratory care.

Call for a free, no-obligation appointment
Pueblo: 719-545-0293
Canon City 719-545-0293
Toll Free 866-945-0293

homeinstead.com

Each Home Instead Senior Care franchise office is independently owned & operated.

Home Care Eligibility

from page 17.
 \$14,298.

Individuals can apply through the local Veterans Administration by completing VA Form 21-534, Application for Dependency and Indemnity Compensation, Death Pension and Accrued Benefits by Surviving Spouse or Child. For more information, call the Veterans Service Officer at the county department of social services, any veterans' organization, the Colorado Department of Veterans Affairs at (303) 343-1268 or the Veterans Admin-

istration Regional Office in Lakewood, Colorado at 1-800-827-1000 or visiting <http://www.va.gov>.

Eileen Doherty, M.S. is the Executive Director of Senior Answers and Services and the Colorado Gerontological Society. She has 30 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.

Belmont Lodge Health Care Center Now Provides Outpatient Therapy

Our experienced Rehab Team provides Physical, Occupational and Speech Therapies

- Free transportation to and from appointments for those who are not able to drive themselves
- We accept Medicare, most insurance and private pay

For information, please call 562-7200 and ask for the Rehab Department

Reasons to seek Outpatient Therapy

- Recovery from Surgery (including Hip/Knee Replacement)
 - Falling at Home
 - Sports Injuries
 - Stroke & Cardiac Rehabilitation
 - Motor Vehicle Accident



Belmont Lodge Health Care Center

Ask for Judy!!
 Near East High

1601 Constitution Rd
 Pueblo, CO 81001 **719-562-7200**

Charlene Dengler: "Learn To De-Stress, Not Distress"

by Charlene Dengler

Stress! It bombards the human existence from cradle to grave in a variety of forms from physical to mental, to emotional or spiritual. It can traverse internally to externally or vice versa. In fact, stress, as much as we dislike it, is necessary to bring balance or homeostasis to the body.

Stress requires energy and energy defined is the ability to do work. Think about it; during the process of birth or "labor" everyone involved is stressed including the newborn who hasn't even arrived on the scene yet! At the other end of the spectrum, not to be morbid or to add further stress to the reader, but a person's last breaths involve encountering various forms of stress.

Acknowledging that we can't live without stress, let's consider some ways that we can learn to live with it in a positive way. The key to cohabitating with the fluctuating degrees of stress in life is stress management. There are negative and positive ways of dealing with stress as well as inexpensive and costly mechanisms for coping with stress. Then again deciding how to attack the stress can be stressful in itself. Companies spend millions of dollars each year providing employee assistance programs aimed at reducing employee stress in order to, hopefully attain better productivity.

Stress management is an adaptive response that even one celled organ-

isms can master.

One reason why the world we live in today seems to be predominately stressful to people is the information overload that constantly inundates each and every one of us. First, it's important to identify what is causing the stress before we can do anything about it.

Figuring that out can take some time and may even involve some trial and error before priorities can be established. Depending on the seriousness or intensity of the stressors an individual can easily become overwhelmed. If depression, deep sadness that doesn't lift after two weeks, persistent confused thinking, loss of interest in former pleasures, or suicidal thoughts occur seek professional help immediately or go to an emergency room.

For most people, daily stresses need to be dealt with and can be done so without a lot of expense, which, in this current economy, thriftiness alone can help reduce stress. One technique is deep breathing, in a slow, rhythmic manner. Oxygen was free the last time I checked and extremely necessary for our bodies to function optimally. Next month will focus totally on maximizing oxygen intake and describe exercises to accomplish it. For now, just breath slowly and deeply. Getting enough sleep is vital and yet particularly difficult when stress level is high.

The goal should be 7 to 8 hours

of sleep each night and if that is not happening, make a 20 - 30 minute power nap a top priority.

Finding something that you do each day that makes you smile is crucial.

Reading a devotion or the comics, playing with your pet or calling a friend, tending a garden or pampering yourself a little; any positive activity that you enjoy can help you not feel deprived or lose perspective. Serving others even in small ways can create a sense of altruism and bring an awareness of those less fortunate than ourselves. Remember, everyone has stress; it is those who learn to effectively cope with it who succeed in the game of life.

Now for some more proactive ways to safeguard yourself through fitness and nutrition. It has long been proven that physical activity is beneficial in reducing stress in the human body. But did you know that even vigorous exercise creates stress that is potentially harmful to the body? As I stated earlier, stress is all around us, even in the most innocuous of behaviors. There is good news, however; adequate nutrition especially in the form of good quality protein can correct the negative effects of vigorous exercise which then affords you all the positive benefits that comes along

with exercise. Also, protein high in good fats such as salmon and sardines, is the only nutrient that replenishes serotonin, the feel good, mood elevating hormone produced in the brain. Serotonin also enhances sleep and is a precursor to dopamine and other neurotransmitters, responsible for conveying feelings of pleasure and function as a natural antidepressant.

Intelligent supplementation beginning with a highly absorbable multi vitamin is the place to start. Include an additional B complex, making sure is contains B5 and B6, adding to that amino acids such as GABA, 5HTP and L-tryptophan as key players. Additionally, DMAE, calcium and magnesium, as well as herbs, such as rhodiola rosea and Siberian ginseng, may be beneficial. All these taken in proper amounts and at the appropriate times can bolster your reserves and give you the extra edge to take gold in the game of life when it comes to winning at stress.

Charlene Dengler is a former registered nurse who has also been a model, a nutrition consultant, a fitness instructor and an educational consultant. Her main focus is a natural approach to health and wellness with an emphasis on assisting others in finding the correct pathway to their optimum vitality. She can be reached at 719-250-0683.

Bruce McCandless State Vets Home Wins National Quality Award

FLORENCE – The Bruce McCandless Colorado State Veterans Home is one of four long-term care facilities in Colorado to win a 2008 American Health Care Association and the National Center For Assisted Living's (AHCA/NCAL) Quality Award for continuous quality improvement.

The McCandless State Veterans Home will be honored for their achievement and presented with their award during AHCA/NCAL's 59th Annual Convention and Exposition, October 5-8, 2008, in Nashville.

"The AHCA/NCAL Quality Awards – comprised of three levels, a Step I award; a more rigorous Step II award; and a comprehensive Step III award – are the most prestigious recognition of quality within the long term care profession," AHCA/NCAL President and CEO Bruce Yarwood said. "The Bruce McCandless Colorado State Veterans Home's Step I award shows their dedicated frontline caregivers, administrator, nurses and physicians are demonstrating their commitment to quality of care and meeting the needs for our nation's most vulnerable population."

As a Step I recipient, the McCandless State Veterans Home was selected based on its mission, services, customers, environment, resources and ability to initiate improvement and measure results.

"This prestigious award demonstrates our staff's determination and dedication to providing the very best care we can to the men and women who live in our Home," Administrator Barbara Moore said.

More information about the Step I Quality Award is available at: www.ahcancal.org.

The Bruce McCandless Colorado State Veterans Home has been providing 24-hour skilled nursing care to veterans and their families for 32 years, and remains competitive in the field by exploring innovative ways of providing long-term care.

For more information, please contact: Lisa Seley, Bruce McCandless Colorado State Veterans Home, (719) 784-5358.

The Bruce McCandless Colorado State Veterans Home is one of five nursing homes operated as self-funded enterprises by the Colorado Department of Human Services (CDHS). CDHS oversees Colorado's 64 county departments of social/human services, public mental health system, system of services for people with developmental disabilities, juvenile corrections system, vocational rehabilitation system and all state veterans' nursing homes, through more than 5,000 employees and thousands of community-based service providers.

Oral Health Tips For Seniors

ORAL HEALTH TIP FOR SENIORS XIX

In this edition of Oral Health Tip for Seniors, we will be discussing dental implants, a relatively new oral health procedure.

More and more older people are selecting dental implants over dentures as a replacement option for lost teeth. Whether you have lost one or all of your teeth, dental implants allow you to have teeth that look and feel just like your own.

Older adults have similar success rate with implants compared to younger people. As long as you're in good health and your periodontist can restore healthy gums and adequate bone to support the implant, you're never too old to receive a dental implant.

A dental implant is an artificial tooth root placed into your jaw to hold a replacement tooth or bridge in place. While high-tech in nature, dental implants are actually more tooth-saving than traditional bridgework, since implants do not rely on neighboring teeth for support.

In addition, dental implants are connected with the gum tissues and underlying bone in the mouth. Therefore, they prevent the bone loss and gum recession that often accompanies bridgework and dentures and preserve the integrity of facial features.

When teeth are missing, the bone which previously supported these teeth begins to deteriorate. This can result in dramatic changes in your appearance, such as increased wrinkles around the mouth and lips that cave in and lose their natural shape.

Talk with a periodontist to find out if dental implants are an option for you.

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

Yesterday's soldiers.....

..... Today's HEROES



Bruce McCandless Colorado State Veterans Nursing Home

- Spacious rooms with spectacular mountain views
- Skilled nursing and rehabilitation
- Financial benefits to qualifying veterans
- Special Care Alzheimer's Unit
- Private pay and Medicaid welcome
- All-inclusive daily rate.

Call today for a free information packet (800) 283-2668
0903 Moore Drive Florence, CO 81226

Minnequa Medicenter...

Whether your need is for short-term, skilled, respite or long-term care, we provide:

- Compassionate 24-hour nursing care
- Daily in-house physical, occupational & speech therapies
- Daily life-enhancing programs
- Intergenerational activities with our on-site children's Day Care
- Monthly community events
- Hospice/Palliative care
- Free medical transportation
- One block W. of Lake on Elko & California
- On-Site Child Day Care
- Resident Pet Program



Transitional Care Unit
offering: private rooms, flat screen TV, telephone, private dining

Medicare/Medicaid, Managed Care and VA contracted.
For additional information/directions please call:

719-561-1300 and ask for Niki Garcia, Admissions Manager

How To Help Prevent Theft In A Long Term Care Facility

by Patrick Craig

Many individuals moving into a long term care facility experience a sense of losing their identity as they adapt to a larger unfamiliar environment that is bustling with caregivers trying to meet care schedules and attend to personal needs of a large group of residents. This can be compounded by the fact that the person moving into a long term care facility must also leave behind many of their personal belongings they have enjoyed as part of their identity for years.

What few precious belongings a person is able to move with them to the facility may take on significantly new meaning and level of importance because they represent the special memories for

the person. Important belongings now may be a ring, piece of clothing, a loved afghan or pictures. Loss of a personal object that is important to a resident can take away from a person's sense of well being and security in their new surroundings. We have provided a checklist below with suggestions that may help safeguard a residents personal property against theft or loss in a long term care facility.

CHECKLIST

- Document a personal inventory of all items upon admission into a facility.
- Each item on the personal inventory should include an estimated value.
- Have items of great value for-

mally appraised and keep documentation in a safe place outside of the facility.

- Give the business office in the facility a copy of the resident's personal inventory document to keep in the resident's business record. Separate from the medical record.

- Keep the resident's personal inventory document updated when new items are brought into or removed from the facility.

- Use commonsense. Do not leave money and jewelry lying out in public view.

- Mark, tag or engrave personal belongings. This includes dentures, glasses, canes, walkers, televisions, radios, books and bedding.

- Tag prosthetic devices for ease of identification.

- Use call bell to alert staff if an uninvited guest tries to enter your room.

- Report missing items immediately to social worker or administrator of the facility.

- Write a letter to the administrator requesting action be taken to recover or replace the missing item.

- Keep copies of any correspondence to facility staff.

If the missing items are of great value, do not hesitate to call the police and report the theft.

Weird News

from page 4.

show, "Hurl!" leaving many Americans unaware of precisely how far standards of taste have fallen. "Hurl!" contestants are forced to gorge themselves, then are purposely, rapidly, twirled and shaken on carnival-type rides, with the last player to retain his stomach contents declared the winner. Wrote a Washington Post reviewer, it's "for people who found 'Fear Factor' much too nuanced."

-- Least Competent Multitaskers: A Dallas entrepreneur recently created a programmable device for those busy, busy parents who actually need to be reminded that they brought their tots with them in the car (lest their child become one of the several hot-car deaths a year in America). Provided that they're not too busy to set the system up, an alarm alerts them if they exit the car without the baby. Said one Texas woman interviewed by NBC News, "As a mom, you can get

really distracted."

Inexplicable

-- A rule for federal lawsuits (Rule 8a) requires the initial pleading that commences the case to be "short and plain," and another (9b) requires it to be to the point, with several pages usually plenty to give the other party notice of what he's being sued for. In June, federal judge Ronald Leighton summarily tossed out the initial pleading of Washington state attorney Dean Browning Webb, whose client is suing GMAC Mortgage, because Webb had submitted 465 pages, with meticulous detail, including 37 pages quoting e-mails, and 341 pages asserting claims that freely repeated each other on points they had in common.

-- Believers: (1) Rocky Twyman of Washington, D.C., started Pray at the Pump, a brief, scattered national campaign in June to urge prayer to bring down gas prices. A colleague in St. Louis claimed

his prayer sessions caused the price drop in July, pointing to his use of the civil rights anthem "We Shall Overcome" (and his new verse, "We'll have lower gas prices"). (2) In July, Salinas, Calif., Mayor Dennis Donohue, frustrated at this year's dramatic surge in gang violence, kicked off a campaign to urge a citywide fast, which he said was a proven technique in achieving social justice.

More Unclear on the Concept

-- In a July ceremony, Minneapolis Police Chief Tim Dolan honored SWAT officers for their bravery and professionalism during a December middle-of-the-night raid of a house that supposedly contained a gang's guns. However, it was the wrong house, and the bewildered, frightened resident started shooting back. Said Dolan, "The easy decision would have been to retreat (but the team did not take the easy way out." The house got riddled with bullets, but no one was hit, and the chief later apologized but still felt that it was "a perfect example of a situation that could have gone horribly wrong, but did not because of the (team's) professionalism."

-- Unrealistic Expectations: (1) Victor Rodriguez, 21, about to be arrested on a domestic assault charge in Bridgeport, Conn., in June, turned to his 9-foot-long pet python and, as police approached, shouted to the snake, "Get them!" (It remained motionless.) (2) In July, Josef Fritzl, the man who imprisoned his daughter and her children for 24 years in a dungeon in their home in Amstetten, Austria, told his own jail's officials that he needs daily exercise outside because he hates being cooped up in his cell.

Oh, Yeah, Tough Guys!

(1) Lamont Cooke was arrested by a SWAT team in Vernon, Conn., in July after spending the last year on the run from Philadelphia and Maryland authorities, who wanted him for charges of kidnapping and murder. According to the arresting U.S. marshal, Cooke surrendered quietly, except that he wet

his pants. (2) A police task force in Orem, Utah, arrested a 21-year-old gang member in June, catching him riding a tricycle that he had just stolen from a little girl.

Least Competent Criminals

Latest Negative-Cash-Flow Robbery: The man (dressed as a woman) got away after the attempt at Joe's Cafe, in Metairie, La., in July, but he lost money in the deal. As a ruse to get a clerk to open the cash register, he handed over a \$5 bill to pay for two doughnuts, and, with the register then open for change, pulled a gun and demanded the contents. The clerk immediately became hysterical, screaming, and the robber, frightened, fled the restaurant without his \$5 or his doughnuts.

Update

Stripper Susan Sykes, 47, known as "Busty Heart," was rejected in July as a contestant for the NBC show "America's Got Talent," as the judges were unappreciative of her ability to crush empty beer cans with her enormous breasts. As News of the Weird reported, Sykes was sued in 1997 by an Illinois strip-club patron who claimed a serious neck injury after Sykes, in a little audience-participation, playfully trapped his head between her breasts while she danced. Eventually, the lawsuit was dropped.

Armed and Clumsy (all-new!)

Revenge of the Critters: A 44-year-old woman accidentally shot herself in the knee while pursuing a mouse inside her travel trailer (Potter Valley, Calif., July). And a 27-year-old man accidentally shot himself in the head while chasing a skunk (Elwood, Utah, May). And a 45-year-old woman accidentally shot herself in the foot while stalking a woodchuck in her garden (Ferryville, Wis., June). And a 57-year-old man accidentally shot himself in the hand while aiming at bees (Williamsburg, Pa., April). And a retired police officer accidentally shot himself in the chest while aiming at a snapping turtle behind his house (Bensalem, Pa., August).

One in every 154 families faces a possible foreclosure in Pueblo, Don't Be One of Them!

If you think you might have to file for a foreclosure, find out what your options are. Call NeighborWorks® of Pueblo for free foreclosure mitigation counseling.

544-8078, Ext. 102



A Colorado non-profit serving Pueblo for over 30 years

Blog With Us!

Go to: www.seniorbeacon.info

click THE "Blog With Us" icon and speak your mind!

Join us in our new adventure!! It's Fun and always Interesting!

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

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

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

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

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

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

THE GOOD FEET STORE

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

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

-ADVERTISEMENT-

Senior Safari

September 10 11 am to 2 pm

at the Pueblo Zoo

Music, Refreshments, Games

Animal Close Encounters

FREE Admission for seniors 65+ during Senior Week - Sept. 6 - 12



Ready, Set, Go! Start The Day With Breakfast

by Brete Harrison

Breakfast sets the tone for the day, whether in the rush of the workweek or the relative leisure of the weekend. Fall, with its change in weather and routine, can pose a challenge for sleepyheads reluctant to roll out of bed.

Start with fruits that are available year-around, such as oranges, apples and bananas, and add the fruit of the season to build a super healthy fruit bowl. Then warm hearts at the table with the bakery fresh aroma of a delicious crisp crust, colorfully filled with scrambled eggs and served piping hot.

FOUR SEASONS FRESH FRUIT BOWL

4 oranges
2 unpeeled red apples, cored and diced
2 firm, ripe bananas, sliced 1/2 inch thick
1 tablespoon lemon juice
Plus seasonal fresh fruits (see below)
VANILLA SUGAR
1 tablespoon vanilla extract
1/2 cup sugar

1. Over a large bowl, peel oranges close to fruit, cutting away bitter white inner peel. With a sharp paring knife, cut close to fruit membranes; remove juicy

segments and place in a bowl.

2. Add apples, bananas and lemon juice, mixing lightly. Mix in seasonal fruits. As a make-ahead, cover and refrigerate up to 3 hours before serving.

3. Sweeten to taste with Vanilla Sugar: In a covered jar, mix vanilla extract with sugar and let stand for a minimum of 24 hours. Add more sugar as you use Vanilla Sugar to sweeten fruits.

Serves 6 to 8.

SEASONAL FRUITS

-- Fall: add 1 cup halved, seeded red grapes; 2 peeled, cored and diced Bartlett pears; and 1/4 cup pomegranate seeds.

-- Winter: add 1 peeled, cored and diced winter pear (Anjou, Bosc or Comice); 1 cup peeled, cored, diced fresh pineapple; and 1 cup peeled, seeded, diced papaya.

-- Springtime: add 2 cups (1 basket) strawberries and 2 kiwi fruit (peeled and sliced approximately 1/4 inch thick).

-- Summer: add 2 pitted and sliced nectarines or peaches; 1/2 cup each seedless red or green grapes; blueberries, blackberries or raspberries; pitted sweet cherries; and diced cantaloupe or

honeydew melon.

SCRAMBLED EGGS IN A CRISP CRUST

Crisp Wheat Pastry (recipe below)
8 eggs

2 tablespoons water
1/2 teaspoon salt
Pinch each ground nutmeg and white pepper
1/4 pound thinly sliced Westphalian ham or prosciutto, julienned
6 tablespoons butter
Snipped chives or chopped parsley, for garnish

1. Prepare pastry as directed below, bake and keep warm. If baked ahead, reheat crust in a 350-degree oven until heated completely (6 to 8 minutes).

2. In a large bowl, whisk eggs with water, salt, nutmeg and white pepper until well-combined.

3. In a small frying pan, cook ham strips in 2 tablespoons of the butter until lightly browned; keep warm.

4. In a large frying pan over low heat, melt 3 tablespoons of the remaining butter. Add in egg mixture all at once, cooking while stirring lightly as eggs begin to thicken until creamy. Cut remaining 1 tablespoon of butter into

bits, adding to eggs, stirring until lightly set.

5. Spoon scrambled eggs into hot pastry, scattering ham strips evenly over mixture. Sprinkle lightly with garnish, serving at once.

Serves 4 to 6.

CRISP WHEAT PASTRY

3/4 cup all-purpose flour
2/3 cup graham or whole-wheat flour
1/2 teaspoon salt
1/8 teaspoon sugar
1/4 cup cold butter
2 tablespoons vegetable shortening
2 tablespoons grated Parmesan cheese
1 teaspoon lemon juice
1 to 1 1/2 tablespoons cold water

1. Preheat oven to 450 degrees. Mix flours, salt and sugar. Cut in butter, shortening and cheese until crumbly. Slowly mix in lemon juice with cold water until mixture clings together.

2. With palm of hand, press dough into a flattened ball. Roll out on a floured board or pastry cloth and fit into a 9-inch pie pan, trimming and fluting edge. To prevent pastry from bubbling, pierce crust with a fork. Bake until lightly browned (approximately 10 to 12 minutes).

Serves 4 to 6.

FREMONT/CUSTER County Menus

Penrose(372-0892) - Canon City(275-5524)
Florence(784-6493) - Silvercliffe (783-9508)

FLORENCE

100 Railroad St. - Florence Tu-Thur-Fri

SEPT. 2: CHILI CON CARNE, Whole Wheat Crackers, Sliced Yellow Squash, Pineapple Mandarin Orange Compote, Cornbread with Margarine.

SEPT. 4: BAKED HAM/RAISIN SAUCE, Candied Sweet Potatoes, Green Bean Amandine, Cranberry Mold.

SEPT. 5: CREAM OF POTATO SOUP, Tuna Salad Wrap/shredded Lettuce/Tomato, Hard Boiled Egg, Grapefruit Half.

SEPT. 9: HAM AND BEANS, Cut Broccoli, Parslied Carrots, Orange Juice, Cornbread with Margarine.

SEPT. 11: ROAST PORK, Whipped Potatoes/Gravy, Parslied Carrots, Strawberry Gelatin Salad, Dinner Roll/marg.

SEPT. 12: CHICKEN/NOODLES, Green Beans, Baked Acorn Squash, Apricot Pineapple Compote.

SEPT. 16: SMOTHERED CHICKEN, Cornbread Stuffing, Cauliflower Broccoli Mix, Applesauce Waldorf Salad.

SEPT. 18: BEEF STROGANOFF, Cut Broccoli, Tossed Salad/French Drsg., Apricot Pineapple Compote.

SEPT. 19: TUNA NOODLE CASSE-ROLE, Mixed Vegetables, Sliced Zucchini Squash, Sliced Peaches.

SEPT. 23: PORCUPINE MEATBALLS, Whipped Potatoes/Gravy, California Vegetable Medley, Banana.

SEPT. 25: CHILI RELLENO CASSE-ROLE, Parslied Carrots, Tossed Vegetable Salad/Lemon.

SEPT. 26: HONEY BBQ CHICKEN, Oven Browned Potatoes, Chopped Spinach, Diced Pears.

SEPT. 30: CHICKEN FRIED STEAK, Whipped Potatoes/gravy, California Vegetable Medley, Pineapple Tidbits.

SALIDA MENU

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

SEPT. 2: CHICKEN/NOODLES, Green Beans, Baked Acorn Squash, Apricot Pineapple Compote.

SEPT. 4: BEEF/BROCCOLI STIR FRY, Brown Rice, Steamed Carrots, Pineapple Tidbits.

SEPT. 5: ROAST TURKEY/GRAVY, Whipped Potatoes, California Vegetable Medley, Raisin Nut Cup.

SEPT. 9: CHILI RELLENO CASSEROLE, Parslied Carrots, Tossed Vegetable Salad/Lemon.

SEPT. 11: TERIYAKI CHICKEN, Brown Rice, Spinach Mandarin Orange Salad, Tropical Fruit Salad.

SEPT. 12: CHICKEN FRIED STEAK, Whipped Potatoes/gravy, California Vegetable Medley, Raisin Nut Cup.

SEPT. 16: HAMBURGER/CAT-SUP/MUSTARD/ONION, Sliced Tomato on

Lettuce, Baked Beans, Potato Salad, Watermelon.

SEPT. 18: SPINACH CHEESE SQUARES, Tossed Salad/Pear, Whipped Hubbard Squash, Tropical Fruit.

SEPT. 19: ROAST BEEF, Whipped Potatoes/Gravy, Greens, Orange, Dinner Roll with Margarine.

SEPT. 23: CHILI CON CARNE, Whole Wheat Crackers, Sliced Yellow Squash, Pineapple Mandarin Orange Compote, Cornbread with Margarine.

SEPT. 25: SPAGHETTI/MEATSAUCE, Tossed Salad/Italian Drsg., Green Beans, Orange.

SEPT. 26: HONEY BBQ CHICKEN, Oven Browned Potatoes, Chopped Spinach, Diced Pears.

SEPT. 30: HAM/BEANS, Cut Broccoli, Parslied Carrots, Orange Juice, Cornbread with Margarine.

CUSTER SENIOR CTR.

call 719-783-9508 for reservations before 9:30am - Mon&Thur - Noon Meal

SEPT. 1: HAMBURGER/CATSUP, MUSTARD/ONION, Sliced Tom/Let, Baked Beans, Potato Salad, Apricots.

SEPT. 4: MEATLOAF/Brown Gravy, Cheesy Potatoes, Green Beans, Pineapple Tidbits.

SEPT. 8: SPLIT PEA SOUP, Hamburger on a bun with Catsup, Mustard & Onion, Creamy Coleslaw, Banana.

SEPT. 11: TURKEY SANDWICH With Provolone Cheese & Mustard, Sliced Tomato/Lettuce, Orange, Waldorf Salad.

SEPT. 15: CHICKEN SALAD SAND-

WICH On Whole Wheat Bread, Sliced Tomato on Lettuce, Orange juice, Sliced Peaches.

SEPT. 18: TERIYAKI BEEF, Steamed Brown Rice, Chinese Vegetables, Spinach Mandarin Orange Salad with Sesame, Vinaigrette Dressing.

SEPT. 22: TOMATO SOUP, Turkey on Wheat with Mustard and Salad Dressing, Seasoned Green Beans, Tangerine, Almond Peaches.

SEPT. 22: CHICKEN FAJITA WITH TOMATO & LETTUCE GARINSH, Cilantro Rice, Cooked Cabbage with Red Pepper, Banana Bread.

SEPT. 25: CHICKEN FAJITA WITH TOMATO & LETTUCE GARINSH, Cilantro Rice, Cooked Cabbage with Red Pepper, Banana Bread.

GOLDEN AGE CENTER

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

SEPT 1: HOLIDAY

SEPT. 3: SWISS STEAK WITH MUSHROOM SAUCE, Whipped Potatoes, Seasoned Greens, Tropical Fruit.

SEPT. 5: BEEF STROGANOFF, Orange Spiced Carrots, Ruby Beet Salad, Tropical Fruit.

SEPT. 8: COMBINATION BURRITO, Smothered with Chicken Green Chile, Tomato, Lettuce and Salsa, Black Beans with Cilantro, Diced Pears.

SEPT. 10: TUNA MACARONI SALAD, Cool Cucumber Salad, Orange Juice Gelatin, Salad with Banana,

Peaches, Cheddar Drop Biscuit.
SEPT. 12: SWEET & SOUR PORK, Steamed Brown Rice, California Vegetable Medley, Diced Pears.

SEPT. 15: CHILI CON CARNE, Wheat Crackers, Sliced Yellow Squash, Fresh Apple, Cornbread with Margarine

SEPT. 17: TURKEY TETRAZINI, Italian Green Beans, Cottage Cheese Peach Salad, Strawberry Applesauce.

SEPT. 19: BBQ BEEF BRISKET, Ranch Style Beans, Carrifruit Salad, Honeydew Cilantro Lime Salad.

SEPT. 22: DIJON CHICKEN, Steamed Brown Rice with Parsley, Shredded Green Salad, Cut Broccoli, Strawberries.

SEPT. 24: BRATWURST ON A BUN With Sauerkraut, Mustard & Onion, Pickled Beets, Sliced Peaches.

SEPT. 26: TURKEY POT PIE, Seasoned Cabbage, Italian Green Beans, Orange Juice.

SEPT. 29: PASTA PRIMAVERA, Spinach Salad with Egg & Italian dressing, Apple Pear Salad with Almonds, Plums, Garlic Bread.

PENROSE CENTER

1405 Broadway-Penrose (Tues/Thur)

SEPT. 2: SPAGHETTI/MEATSAUCE, Tossed Salad/Italian Drsg., Green Beans, Orange.

SEPT. 4: CHICKEN CACCIATORE, Whipped Potatoes, Chopped Spinach, Banana.

SEPT. 9: SALISBURY STEAK, Whipped Potatoes/Gravy, California Vegetable Medley, Greens, Nectarine.

SEPT. 11: ROAST PORK, Whipped Potatoes/Gravy, Parslied Carrots, Strawberry Gelatin Salad, Dinner Roll with Margarine.

SEPT. 16: TURKEY SALAD/LETTUCE/TOMATO, Steamed Brown Rice, California Vegetable Medley, Raisin Applesauce.

SEPT. 18: BEEF/SWEET PEPPERS, Steamed Brown Rice, Orange Spiced Carrots, Grapefruit Half.

SEPT. 23: CHICKEN & NOODLES, Green Beans, Baked Acorn Squash, Apricot Pineapple Compote.

SEPT. 25: SLOPPY JOE/BUN, Scalloped Potatoes, Broccoli and Carrots, Apple.

SEPT. 30: SWEET/SOUR PORK, Brown Rice, California Vegetable Medley, Diced Pears.

ALL MEALS SERVED

WITH MILK

(Coffee or Tea optional). Most meals served with bread and margarine.



ARGUS ALERT

- Complete care - from simple med-minders to full-emergency response
- Trained operators standing by 24-hours/day - talk to a real person whenever you need help
- Daily wellness check-in available for peace of mind

Call John Dagnillo for more information.

719-543-2634

In Pueblo: 807 W. 4th St.

In Cañon City: 121 S. 5th St.

From the local team you already know and trust -

Argus Home Care & Argus Home Health!



Reeling "Screwball Comedy Touchdown"

by Film Critic Betty Jo Tucker, Pueblo

SCREWBALL COMEDY TOUCHDOWN

"Leatherheads" takes us back to the 1920s, a time before professional football had achieved widespread popularity. Focusing on how football changed from a no-holds-barred sport to one with rules and regulations, this clever screwball comedy is a nostalgic treat. Sets, costumes, dialogue, music and attitude blend together here to provide a highly entertaining journey into the past. Co-stars George Clooney, Renee Zellweger

and John Krasinski add to the fun with performances befitting this genre. Even though a love triangle forms the heart of "Leatherheads," the film actually spoofs romantic comedies while emphasizing silliness over sentimentality. I found it a joy to watch -- and a welcome relief from the crudeness of so many recent comedies.

Clooney portrays Dodge Connelly, an over-the-hill pro football player who loves the rough-and-ready game. So what if there's not enough money for more than one football? Who cares if only a few people show up for the games? Football is the one thing Dodge and his rag-tag team mates care about. But when support funds for the team dry up, Dodge realizes he needs a daring plan. Enter Carter "The Bullet" Rutherford (Krasinski), a college football star and war hero who's drawing crowds wherever he goes. After Carter agrees to play for Dodge's team, his thousands of fans turn out and save the day for Dodge. Unfortunately, complications develop when Lexie Littleton (Zellweger), a

crack reporter, receives an assignment to take down Carter. Of course, both Dodge and Carter fall for Lexie. Will she use her feminine wiles to get the real story from Carter? How will she handle her attraction to the handsome young man as well as to the much older -- but impishly charming -- Dodge? Somewhat predictable answers are presented, but that never interfered with my interest in these characters.

I can't help comparing Clooney's work in this film with Cary Grant's performances in earlier screwball comedies, particularly in "His Girl Friday." Their comic timing, witty delivery, immense physical appeal and amusing facial reactions seem very similar to me. In days of yore, every man wanted to be Cary Grant; I think it's George Clooney now. And no wonder! Clooney delivers the goods -- and looks amazing -- whether playing a serious dramatic role in "Michael Clayton" or an outrageously comic one in "O Brother, Where Art Thou?"

Directed by Clooney, *Leatherheads* also brings out the best in Krasinski and Zellweger. Krasinski certainly needed this movie to redeem himself after his woeful turn last year in "License To Wed." His low-key portrayal of Rutherford stands out as a splendid contrast to Clooney's roguish character. And he projects a winning sensitivity in his scenes with Zellweger. Speaking of Zellweger, she's a delight as the sassy reporter, a kind of throw-back to Rosalind Russell's role in "His Girl Friday." I love the way her character banters so successfully with all the men. For example, when one of them tells her, "I didn't come here to be insulted," she replies, "Where DO you go for that?"

Production values in "Leatherheads" are first-rate, and Randy Newman's perky background music plus Al Jolson's rendition of "Toot Toot Tootsie, Goodbye" contribute to

the film's playful mood. It's a totally enjoyable movie. (Scheduled for DVD Release by Universal Pictures on September 23, and rated "PG-13" for brief strong language.)

RADIO DAZE

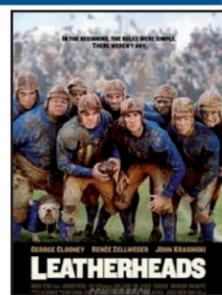
For the past year, it's been my pleasure to host a weekly radio show called "Movie Addict Headquarters" for BlogTalkRadio, an exciting new media network. And I'm very lucky to have a wonderful producer, Nikki Starr, to work with! This show airs live on the Internet each Tuesday afternoon at 2 p.m. Mountain Time. My guests have included Barry Bostwick (from "Rocky Horror Picture Show"), Joe Mantegna (from "Criminal Minds"), Robert Osborne (host of Turner Classic Movies), Chris Lemmon (Jack Lemmon's son), Oscar-winning composer Alan Menken, Tim Daly (from "Private Practice") and Todd Fisher (Debbie Reynolds' son and director of Debbie's Hollywood Motion Picture Museum on Belle Island in Pigeon Forge, Tennessee).

"Movie Addict Headquarters" is a fun show, one I think you might enjoy listening to. It can be heard by clicking on this link: <http://www.blogtalkradio.com/movieaddictheadquarters>

During the live program, people are invited to call the show and to participate in a chat if they wish. The call-in number is 646-578-5668. An archived segment is also available.

Happy listening, movie fans!

Read Betty Jo's movie reviews at www.ReelTalkReviews.com. Autographed copies of her books, *CONFESSIONS OF A MOVIE ADDICT* and *SUSAN SARANDON: A TRUE MAVERICK*, are available in Pueblo at Barnes & Noble.



Put Your Home to Work for You

You've invested in your home for years. A **REVERSE MORTGAGE** can access that investment.

- You don't need any income to qualify
- You always keep title to your home
- You have access to funds to use any time

Virginia Berry, CSA

"when experience counts"

(719) 520-3326 • (866) 260-6713

www.virginiaberry.com



4520 Tierra Rojo Drive • Colorado Springs
MB1000 18988 • Status of Licensee



<http://www.dora.state.co.us/real-estate/index.htm>

Continuing to Exceed the Standard



Dian & Gerry J. Montgomery



Marvin F. Steward



In an effort to provide the finest service and resources, Montgomery & Steward Funeral Directors' top priority was to expand our facility to continue to meet the needs of the families we serve. We believe we have achieved that goal.

We now offer a larger chapel and reception area, additional visitation rooms, handicap accessible restrooms and elevator, Kids' Kove (our children's play area) and a grief resource center.

Since 1922, our pledge has always been to provide quality care and personalized service to families of all faiths and ethnic origins. We promise to continue that tradition as long as our funeral home bears the names Montgomery & Steward.

If you haven't visited us yet, stop by today and we will be glad to give you a tour.



- Funeral Services
- Pre-need Plans
- Cremations
- Burial Planning
- Granite Monuments
- Bronze Memorials



Funeral Directors, Inc.

14th and Main Streets, Pueblo, Colorado 81003, (719) 542-1552

Visit our web site: www.montgomerysteward.com

We're growing again!

New assisted living apartments will be ready starting early summer 2008!



Fay Kastelic, Resident Council President
Groundbreaking December, 2007

Featuring:

- Beautiful apartments
- Kitchenettes
- Individualized service plans
- Recreation Programs
- Specialized Memory Care
- Connections Day Program
- Skilled Nursing & Rehab available on our campus

Now Taking Reservations!



Chateau at Sharmar Village
An Assisted Living Residence

Our Mission is to SERVE OTHERS

1201 W. Abriendo Ave. • Pueblo, CO

Contact us today for your complimentary meal and tour!

719-544-1173

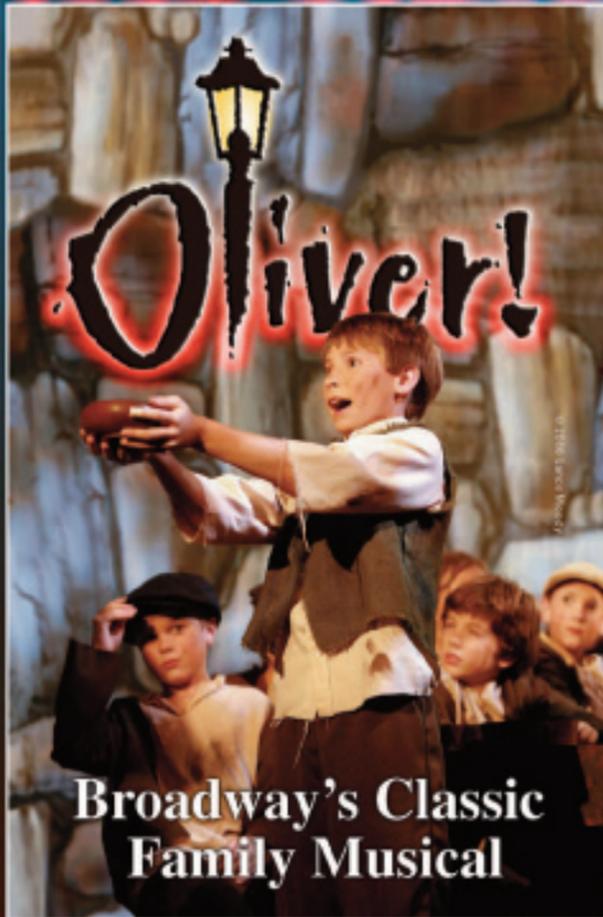
www.chateauatsharmar.com

20758979

BROADWAY
in
COLORADO
SPRINGS

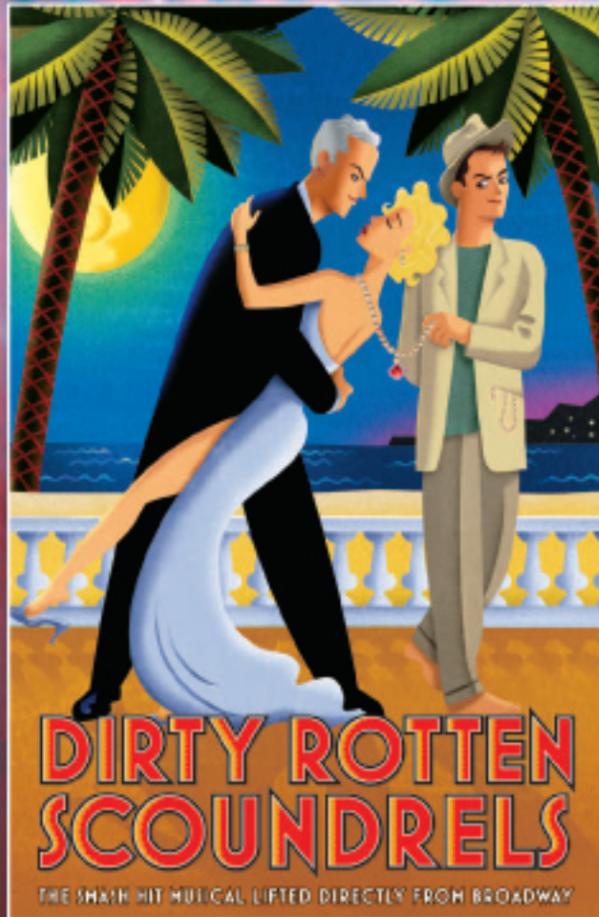
PIKES PEAK
CENTER

08/09 SEASON TICKETS ARE ON SALE NOW!



Broadway's Classic Family Musical

Sept. 30 & Oct. 1, 2008

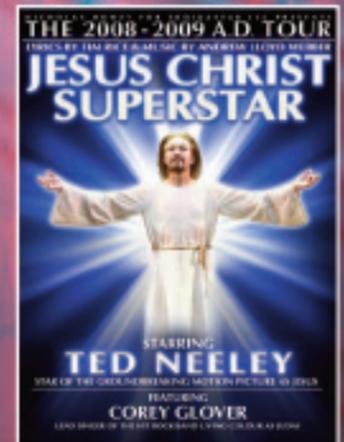


DIRTY ROTTEN SCOUNDRELS

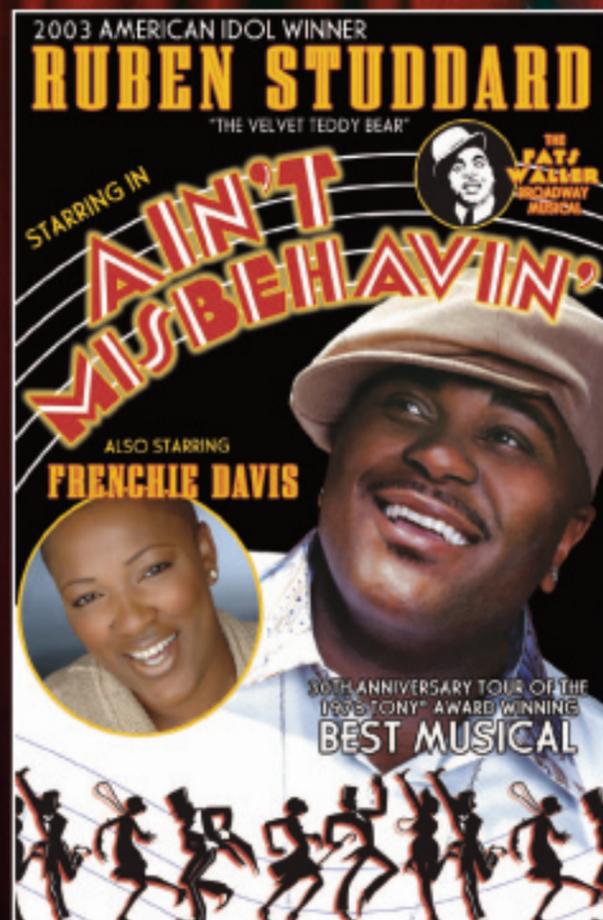
THE SHASH HIT MUSICAL LIFTED DIRECTLY FROM BROADWAY

January 13 & 14, 2009

SUBSCRIBERS ARE FIRST IN LINE FOR THESE AND OTHER SPECIAL ENGAGEMENTS!

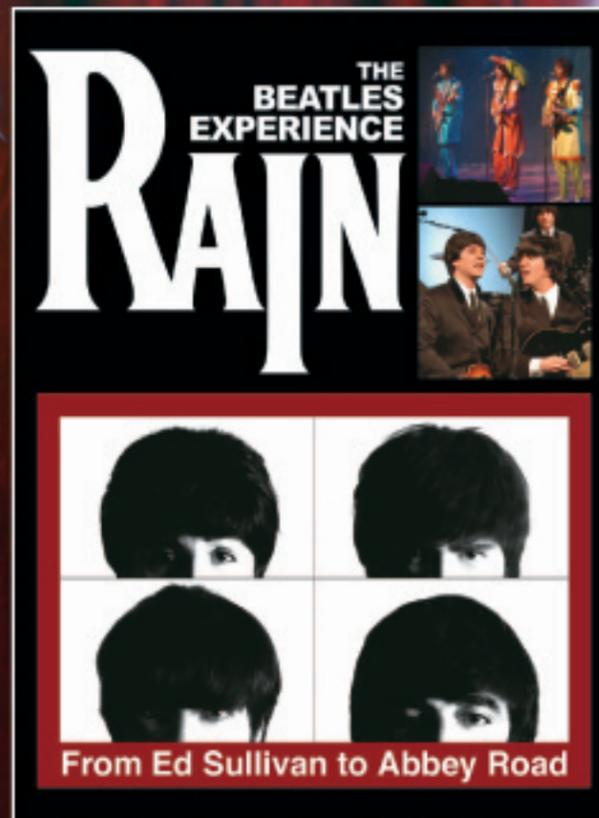


November 24, 2008



2003 AMERICAN IDOL WINNER
RUBEN STUDDARD
"THE VELVET TEDDY BEAR"
STARRING IN
AIN'T MISBEHAVIN'?
ALSO STARRING
FRENCHIE DAVIS
30TH ANNIVERSARY TOUR OF THE
TONY AWARD WINNING
BEST MUSICAL

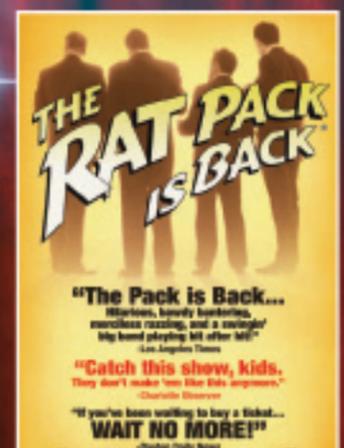
April 1 & 2, 2009



THE BEATLES EXPERIENCE
RAIN

From Ed Sullivan to Abbey Road

May 6 & 7, 2009



February 5, 2009

It's easy to order!

Visit BroadwayInColoradoSprings.com or (719) 799-4139