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 Have A Safe & Happy Summer*

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Senior Beacon

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

JUNE, 2009 Vol. 27: No. 11 Established Aug., 1982 323 Consecutive Months!

Make Room For The Grill In The Garden

by Marty Ross

Summer is grilling season, and now is the time to find a place for a grill in the garden. Every garden needs an attractive and comfortable spot where the barbecue team and the cheering section can get down to the serious business of taking it easy outside.

Before you even fire it up, a grill creates an atmosphere. Just by being there, it helps define a space and suggests that something good is about to happen. When you plant a pot of herbs nearby and plunk down a couple of chairs, you're doing what professional garden designers do -- creating an inviting outdoor room.

"You can do it, and you don't have to sink a whole lot of money into doing it," says Dean Hill, a landscape designer and Chicago Bears fan whose own backyard grilling area in Indianapolis is furnished with, among other things, a pair of salvaged stadium seats from Soldier Field in Chicago.

"Everyone has a kitchen, and the kitchen reflects their personality," Hill says. "I try to infuse a little personality outside, too."

Your idea of cozy garden furnishings might not include orange stadium seats, but the main thing is to nestle the grill into an area that will make you and your guests feel comfortable, says

J'Nell Bryson, a landscape architect in Charlotte, N.C.

"I'm visualizing this black Weber grill," she says, "and if you can find a permanent home for it, and do some built-in around it, that is the beginning of creating an outdoor room. Nestle it into the space, and you can start from there to build other elements around it."

When Bryson walks into a client's garden for the first time, she studies the angles to decide which views should be enhanced and which should be blocked. You may need to plant a hedge or put up a fence to screen a view of the neighbor's garage, or move some shrubbery to open up a view to a pretty corner of your garden or to an imposing tree.

"To me, it's all about weaving things together," Bryson says. In her own backyard, she has a Big Green Egg grill. It looks like a modern sculpture, but it can roast chickens, grill burgers or smoke salmon. She'd like to add a pizza oven to the outdoor arrangements, too.

Bryson's background includes a culinary arts degree from the California Culinary Academy and an internship with renowned chef Alice Waters in Berkeley. Cooking and gardening go hand in hand, she says, so she likes the idea of pots of herbs, tomatoes, salad greens or even a whole kitchen garden near the grilling

area.

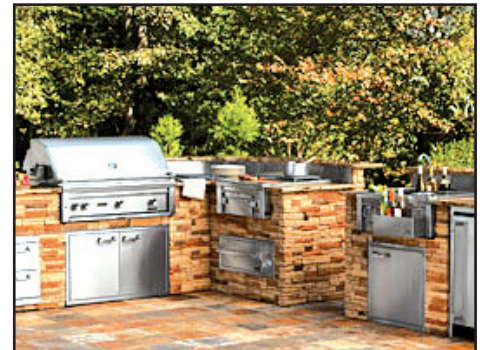
She suggests built-in seating, perhaps with evergreens or other plantings to soften the edges, and recommends bubbling or splashing water features.

"Just that sound of water, it's amazing how much cooler you feel when you hear it," she says.

It doesn't really matter what part of the garden becomes your grilling room, says Sandy Clinton, a landscape architect in Hyattsville, Md., near Washington, D.C. Some of her clients ask her to help them with a grilling area right outside the kitchen door, and others want a grill and patio away from the house, "like an escape," she says.

For social grilling, Clinton says, the essentials -- besides the grill -- are a small table, a chair for the grill chef and an extra chair for a friend. Serious regular outdoor cooking and entertaining may call for something more elaborate: a weatherproof settee, a picnic table and perhaps even a countertop with a built-in grill, sink, ice-maker and storage space. This might require a 15-by-15-foot space or, even better, 20-by-20.

Clinton, Bryson and Hill all suggest making your grilling area part of an overall plan for your garden. Coming up with a garden plan on your own, or with the help of a designer or landscape ar-



It's grilling season, and outdoor living includes outdoor cooking. Make a place for the grill in the garden, perhaps in an outdoor room designed for entertaining. photo: Smith and Hawken

chitect, helps you sort through what you need, what you want and how all the different elements -- including your budget -- will fit together.

"Then you can extrapolate it into a workable kit," Hill says. "You don't have to do it all at once."

The most important thing is to roll the grill out of the garage, set it up in a pretty spot and make it part of the life of your garden. While you're turning burgers, you can enjoy the flowers, savor the air, listen to the birds and let nature season your experience. That's part of what makes food cooked outdoors taste so good.

What's The Difference Between Dementia/Alzheimer's?

A common question often asked by those caring for someone with Alzheimer's is "what is the difference between Alzheimer's and dementia?"

"Dementia" is defined as a group of symptoms that includes progressive memory loss and the gradual decline of cognitive function. Eventually a person with any type of dementia will not be able to care for themselves. There are about 75 diseases that cause dementia symptoms,

and Alzheimer's is the most common one, accounting for about 70%. Or another way to think about the difference is using flowers. Like Alzheimer's disease is one type of dementia, a rose is just one type of flower. Still confused? Think of automobiles and Cadillacs. When you hear the word automobile you think of a car of some type similar to the general term Alzheimer's. Cadillac is the type of car just as Alzheimer's is the type of demen-

tia.

Here are some additional things to know:

- Dementia is not the name of a specific disease.
- The care of people with any form of dementia is similar.
- Dementia is not caused by normal aging.
- Dementia is not "pre-Alzheimer's" or the early stages of Alzheimer's.
- Dementia caused by any disease is serious and will gradually get worse.
- Dementia will not go away if you ignore the symptoms.
- Dementia usually occurs in stages, going from better to worse.
- Everyone who has Alzheimer's has dementia, but not everyone who has dementia has Alzheimer's.

So, what are the 10 warning signs of Alzheimer's and other types of dementia?

1. Memory changes that disrupt daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks at home, at work or at leisure
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or so-

cial activities

10. Changes in mood or personality

Unfortunately, because there is so much misunderstanding about Alzheimer's and other forms of dementia, many families don't get a timely diagnosis, become informed about the disease process, or utilize community resources. Imagine having symptoms of cancer or heart disease and not getting to a doctor or getting treatment, information or support. If you or someone you care about has one or more of the warning signs, call the doctor for an appointment. If the diagnosis is Alzheimer's or another form of dementia, call the Alzheimer's Association. The Alzheimer's Association has many programs that can help like education classes so you can understand the disease and learn techniques for coping, counseling for the tough decisions that must be made, support groups where you can talk with other people who share your experience, and you can receive referrals to other helpful resources in the community like elder law attorneys, day care programs and retirement communities.

The Alzheimer's Association's Helpline is 1-800-272-3900, 24 hours a day, 7 days a week offering trained counselors who not only provide resource information but a compassionate ear for whatever your question or concern. There is always someone at an Alzheimer's Association to help along this difficult journey, www.alz.org/co

Elders Celebrated At Nursing Home

by Alisha Hall

In May, Mother's Day kicked off the annual celebration of National Nursing Home Week. This year's theme "Nurturing a Love that Lasts" encouraged us all to think of generations of parents and grandparents that came before us and nurturing the future generations to come. The nursing home provides a supportive and caring environment that encourages elders and families to continue growing, learning and teaching through many ways. This mirrors our Eden philosophy of creating a "Garden of Eden" for those who live and work there. This year the nursing home created a celebration to last all week. The schedule was:

- Sunday May 10- Mother's Day Tea come and have tea with your mother or grandmother
- Monday May 11- Pet Day bring a pet in to share with the elders
- Tuesday May 12- Fun Day- clowns are coming!
- Wednesday May 13- Olympic Day- baseball in the parking lot, and intergenerational Wii
- Thursday May 14- Employee Appreciation Day for those who dedicate their lives to serving the elders- ELDER PROM from 6-8pm (live band, formal attire, fancy dinner, photography)
- Friday May 15- Outdoor Activities Day- Hay rides for the elders and outdoor activities all day.



Silver King Joe Roybal with Silver Queen Clarabeth Wadhams during SFTD parade with volunteer Chelsea Lewis

Just One Guy's Opinion

by James R. Grasso, Chief Cook & Bottle Washer



Social Security Concerns

My dear readers. As I stated before many times BHO is dangerous. Spending oodles of cash we don't have jeopardizes the very foundations of this country. I know many of you voted for BHO but you are too wise to believe that this spending formula is a good idea. Please read the following about Social Security. Look into this organization and see if you feel the same way as they do. Where will the money come from to keep Social Security afloat? Here's a news item from RetireSafe:

Dire Warnings for Social Security

RetireSafe Calls for Action to Protect Older Americans

(Reston, VA) In response to the dire warnings issued in today's Social Security and Medicare Trustees Report, RetireSafe and its 400,000 senior supporters called on the President and Congress to take immediate action to secure the promised benefits older Americans rely on.

"With unfunded liabilities of up to \$100 trillion and the Social Security Trust Fund scheduled to pay out more than it takes in by 2016, America's seniors deserve to know that the Social Security benefits they rely on to make ends meet will still be there for them," said RetireSafe President Michelle Plasari.

According to Plasari, there are simple ways make Social Security more secure for current and near retirees:

Guaranteed Benefits. Currently, Social Security benefits are not a sure thing. They can be cut by Congress on a whim. Congress has used continually used incoming Social Security dollars for other projects – including pork barrel spending. For years, RetireSafe has supported legislation that would provide a certificate of guarantee to Social Security beneficiaries.

Fair COLA (Cost of Living Adjustment). Seniors annual cost-of-living-adjustments are calculated based on the spending habits of younger workers. The formula

used doesn't account for increased spending on health insurance, long-term care or prescription drugs. For decades, the government has maintained an "experimental" index that tracks seniors' true cost of living. To see just how much more seniors could get over their retirement visit RetireSafe's Fair COLA Calculator at www.retiresafe.org/cola_calculator.html

Repeal Double Tax. Seniors are subject to unfair taxation during their retirement years. After spending their whole lives paying taxes to the government – the IRS still gets to tax 85% of their Social Security benefits if their retirement earnings reach a certain level.

Abolish the Early Retiree Earnings Limit. Early retirees who continue to work are penalized for doing so by earning limits. The limit taxes seniors at an outrageous amount – more than many multi-millionaires. In today's economy more and more early retirees are returning to work to make ends meet – and being penalized by the tax man for doing so.

Prohibit Totalization. The Social Security Administration has signed a totalization treaty with Mexico. The agreement would allow millions of illegal immigrants to collect Social Security benefits. This is a slap in the face to older Americans who worked hard their whole lives yet continue to struggle on their current benefit.

RetireSafe is a grassroots advocacy organization of almost 400,000 older Americans nationwide. We are dedicated to protecting the options, benefits, and choices of older Americans in retirement. For more information, visit www.retiresafe.org.

I remember when GWB put forth a plan to shore up and save Social Security. He stated and I'm paraphrasing, "Here's my idea, now I'm asking Congress to give me theirs and maybe we can get this done!" They laughed at him and said his idea would never work instead of doing what was right for the people of America. While BHO takes over car companies, banks, insurance companies and tells us how to live our lives according to his ideals, we seniors will be the ones who will get the short end of the stick by "sacrificing" all to the government's power! Beware.

This Says It All

"The budget should be balanced, the Treasury should be refilled, public debt should be reduced, the arrogance of officialdom should be tempered and controlled, and assistance to foreign lands should be curtailed lest Rome become bankrupt. People must again learn to work, instead of living on public assistance."

Cicero - 55 BC

Did He Lie?

Recently BHO spoke at the graduation on the University of Notre Dame in South Bend, Indiana, a Catholic university. He spoke of abortion and how he favored a woman's right to choose. He did say that he hoped that abortion wasn't chosen by females and that the pregnancy would come to term by saying he wished for a change of heart. That's odd because the very first executive order he made on becoming President was to reinstate tax-payer funded abortions to American personnel overseas. He also voted for infanticide in cases of babies that survived late-term abortions and then are left in rooms alone to die with no medical care. Isn't this a cruel lie?

Speaking of "God Is Dead," I took the liberty of not editing *News of the Weird* which is one of our most popular features each month. It is dotted with the most ungodly behavior. I didn't leave it unedited for any other reason than to indicate that as we fall further and further from God, we have no moral compass. And if we have no moral compass, we eventually collapse in chaos. Sodom & Gomorrah?

Ladies and gentlemen watching the BHO administration ax almost everything the country took over 200 years to establish should make you sad and angry. I'm afraid that the hardest hit because of this "equalizing" behavior will be the elderly of this nation.

Is it not disconcerting to you that BHO is of the belief that we cannot fend for ourselves? From telling us how to get better gas mileage by making sure our tires are inflated to reworking almost every industry we hold dear. The latest is "fixing" the credit card industry. This will only force companies to do away with incentives for people who play by the rules. Keep watching.

Godspeed!



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CENTER OF REHAB EXCELLENCE!

Arts Center Program Has Summer Adventures

Spend Your Summer at the Sangre de Cristo Arts Center with Young at Art, Big Messy Art Adventure Camps (PUEBLO) - The Sangre de Cristo Arts Center is solving two problems with eight weeks of camp. Working families often need a safe place for elementary age kids during the summer. And, at the same time, these children need creative art and educational opportunities that they may not receive at home or during the school year.

Young at Art, Big Messy Art Adventure Camps come to the rescue. An extension of the popular Young at Art Afterschool program, these summer art camps will take place over an eight week span, starting June 8, for children in first through sixth grade.

Camp consists of eight differently themed weeks. These include:

- Week 1: June 8 -12, "Messy with Mummies- To Egypt and Beyond"

- Week 2: June 15 -19, "Goin' Buggy with Creepy Crawly Things!"
- Week 3: June 22-26, "Wild and Woolly!"
- Week 4: June 29-July 2, "Calling All Inventors!"
- Week 5: July 6-10, is "Mickey Mouse to Manga."
- Week 6: July 13-17, "Dragonfly & Dinosaurs too!"
- Week 7: July 20-24, "Mission Out of Control"
- Week 8: July 27-31, "Big Messy Art Adventure"

For each week of camp, kids will enjoy a variety of arts classes taught by highly qualified instructors and art professionals. Each week offers multiple art forms, great literature and an age appropriate movie at the end of the week.

Children interested can be registered to attend the morning session from 9 a.m. to 11a.m., the afternoon session

from 12 p.m. to 2 p.m., or for both sessions combined from 9 a.m. until 2 p.m.

There will be supervised lunch times available for children bringing their own sack lunches, as well as campers interested in eating at the Cinfully Delicious Restaurant in the Kid Rock Café. The cost to attend 1-3 weeks of camp is \$95/week for members and \$105/week for non-members. For 4-7 weeks of camp the cost is \$85/week for members and \$95/week for non-members. And for all eight weeks of camp, the cost is \$75/week for members and \$85/week for non-members. Half-day camps are half price. Costs include all materials fees.

For more information visit www.sdc-arts.org, or to register your child today call (719) 295-7200. With any additional inquiries call Gary Holder, Education Curator for the Sangre de Cristo Arts Center, at (719) 295-7210.

The Sangre de Cristo Arts Center is located at 210 N Santa Fe Avenue, just off of 1-25, exit 98b. Galleries and Buell Children's Museum is open Tuesday-Saturday 11a.m.-4p.m.; closed Mondays. Box office is open Monday-Friday, 9a.m.-5p.m., Saturday, 9a.m.-4p.m. Admission is \$4 for adults, \$3 for children, seniors, students and military. For more information call 719-295-7200 or visit us online at www.sdc-arts.org. All proceeds benefit arts education programs.

Actress Urges Women To Check Bone Health



I was surprised when one of her bone mineral density tests showed she had osteopenia (or low bone mass), which had progressed to osteoporosis.

(NAPSI)-Sally Field knew she was at risk for osteoporosis, so her physician was monitoring her bone health regularly. Despite this, Field was surprised when one of her bone mineral density (BMD) tests showed she had osteopenia (or low bone mass), which had progressed to osteoporosis.

"When my doctor said I had osteoporosis, I took action," Field says. "I knew I couldn't turn back the clock but I wanted to do everything I could to improve my bone health and prevent further bone loss. I exercised regularly, continued taking calcium and vitamin D, and my doctor prescribed a prescription medicine."

Osteoporosis is a common disease that causes bones to become thinner and weaker. It is often called a "silent disease" because bone loss occurs without warning. More than 44 million Americans age 50 or older have or are at risk of developing this disease. People who suffer bone loss have a higher risk of experiencing a bone fracture.

Talk to your doctor about getting a BMD test, which will let you know the strength of your bones.

Learn more by logging on to www.BoneHealth.com. This information is provided by Roche and GlaxoSmithKline.

ENT Awards 2009 Pueblo Youth Endowment Series Grants

Pueblo, Colo. (May 6, 2009) – Ent Federal Credit Union awarded their 2009 Youth Endowment Series (YES) program grants to 11 local Pueblo non-profit organizations.

The recipient agencies are:

- Assistance League of Pueblo
- CASA of Pueblo
- El Pueblo History Museum
- La Gente Youth Sports
- Parkview Foundation Medical Center
- Soaring Eagles Center for Autism
- United Way of Pueblo
- Habitat for Humanity of Pueblo
- La Posada Holiday Blessings Store
- Pueblo Public Library
- YMCA of Pueblo

Ent's YES program, established in 2000, provides grants to organizations benefiting youth in the community. Since its inception, the program has provided total grants of more than \$400,000.

Thirteen local non-profit organizations applied for the 2009 Pueblo YES grants. Applications were evaluated by a panel of volunteer Ent employees on their general benefit to the community, potential ability to use the Ent grant to obtain additional funds and degree of current community support, among other criteria.

According to James Moore, senior vice president of Ent, "Our mission as a credit union is not only to provide financial products and services to our members but also to support the human needs of the community. We are proud that our YES grants help support those that provide vital services to our youth."

About Ent

Ent Federal Credit Union, established in 1957, is the leading financial institution in Southern Colorado with \$2.8 billion in assets and more than 194,000 members. The credit union provides a full range of financial solutions through 27 service centers throughout Colorado Springs, Pueblo and Denver. They offer online and telephone banking, a call center and a mortgage loan center. Ent is a not-for-profit, community-chartered credit union with membership open to businesses or individuals living or working in Denver, El Paso, Pueblo and Teller counties, as well as select communities in Weld, Adams and Arapahoe counties. Ent is federally insured by the NCUA. Ent.com

Speed Dating For Seniors!

Wesley United Methodist Church offers a fun, safe way to meet someone every five minutes. Open to the public. This is how it works:

Everyone must register so we will have equal numbers of ladies and gentlemen (you must be at least 60 years-old). Each person will receive a name tag (first name only) and an ID number. This index card will be used to write the name and the ID number of the person or persons you'd like to contact.

The men sit in a circle with the ladies sitting inside the circle facing each other. The person you are across from will have five minutes to ask you questions. Then it's your turn to have five minutes to ask questions. (It is suggested you write your questions down ahead of time.)

After you have each completed the process, the gentlemen move over one chair. You then repeat the process until you have completed the circle and have talked to each person. If someone catches your attention you should write down the name and the ID of anyone who fits the bill.

When the process is done you give your card with the name(s) and ID(s) to the facilitator.

Next, everyone socializes with snacks and drinks. This gives you the opportunity to further a conversation if you so choose.

The facilitator will take the cards and coordinate the matches. Phone numbers will be exchanged. The rest is up to you.

Your name and phone number will be kept confidential. If you are interested in our speed dating format, please call as soon as possible as space is limited. There will be a \$10 fee paid at the door.

If you made a reservation and cannot make it please call and cancel so we can give your space to someone else.

The event will be held at Wesley United Methodist Church, 85 Stanford, Pueblo, Colorado on Friday, June 19, 2009 from 6:00pm to 9:30pm.

To register and ask any questions, please call any of the following numbers: 564-1570, 547-7742, 543-1059 or 564-9441.

How to Wear your Genes

Date: Tuesday, June 16, 2009

Time: 6:00 to 8:00 p.m.

Location: Pueblo West Public Library
298 S. Joe Martinez Blvd., Pueblo West

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news of the weird

COMPILED BY CHUCK SHEPHERD
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LEAD STORY

In a nondescript building next to a mosque in downtown Karachi, Pakistan, the Qadeer brothers discreetly make and market a million dollars' worth of fetish and bondage products a year for Americans and Europeans (through sales to stores and on eBay). In fact, if the radical Islamic office down the street knew about the Qadeers' work, they might be in trouble, according to an April New York Times dispatch, but fortunately, the gag balls, corsets and whips such as the "Mistress Flogger" are so odd for Pakistan that even the veiled women who sew them for the Qadeers do not understand that Americans use them for sex play. Customs officials, for example, were puzzled about how to categorize the items for tax purposes. "If our mom knew (the nature of our business)," said brother Adnan, "she would disown us."

The Entrepreneurial Spirit!

-- Physician Geoffrey Hart, working with a grant from the National Institutes of Health, recently developed the Pedi-Sedate headgear to trick waiting-room kids into inhaling nitrous oxide while playing video games, thus knocking themselves out and, according to Hart's company, "dramatically improv(ing)

the hospital or dental experience for the child, parents and healthcare providers." The helmet contains sophisticated sensors to monitor the dosages and effects on the child.

-- Manliness: (1) The Redneck Yacht Club opened in February near Naples, Fla., consisting of an 800-acre carefully designed mud pit that drivers pay \$30 to frolic in with their own customized off-road vehicles. One mechanic told the Sarasota Herald-Tribune in April that he had spent \$15,000 fixing up his rig, with 6-foot-high tires and a skull ornament. His review: "This place is kick-butt." (2) For Germany's fathers' day in May, the Panzer Fun Driving School in Germany's Brandenburg state suggested sending men off to drive one of its 13 Soviet armored vehicles (following a short class on the controls), and for an extra fee, patrons can ram their tanks over an old car.

-- Britons Sam Bompas and Harry Parr are revered chef-artists whose medium is the gelatin mold, with which they have created jelly models of, for example, London's St. Paul's Cathedral and a Madrid airport terminal, and who, for a New York customer, recently created orange-juice jelly inside some Compari jelly to produce a Compari-and-soda jelly. In April, the pair also opened a London bar, Alcoholic Architecture, in which vaporized gin and tonic saturate the air in equivalent strength of one gin-and-tonic drink for every 40 minutes of exposure.

-- Confusing Business Model: Patrick Ellison and Frank Mack, along with Edie Wells, were arrested in Dalton, Ga., in April after what police said was a joint venture in which alleged prostitute Wells knocked on a man's door and offered him sex, and when the man declined, Ellison and Mack arrived and forced the man to accept Wells' services. Following the sex, the three departed with the man's money and credit cards.

Weird Science

-- Good to Know: A case report in a recent issue of the journal Emergency Medicine Australasia described the successful removal of a leech from an eyeball. A 66-year-old woman, gardening in her back yard in Sydney, had accidentally flicked some soil into her eye. By the time a surgeon could extract the leech, it had roughly tripled its body size by feeding on the eyeball's blood vessels. (The key, by the way: a few drops of saline solution).

-- In a recent journal article, researchers from the University of Witwatersrand (South Africa) and the University of Sydney (Australia) reported that young male Augrabies lizards avoid older predatory males by, basically, cross-dressing (pretending to be female by suppressing their extravagant male coloration until they are fully developed and able to defend themselves). Thus, they avoid being attacked and, at the same time, increase their own freedom to hit on females. (They must still be careful, say the researchers, because the older males might whiff their male scent, which cannot be suppressed.)

Leading Economic Indicators

In April, a manager at a Dean Health System clinic in Madison, Wis., received corporate instructions to "immediately" lay off 50 listed employees, and the manager (a 30-year nursing veteran) decided that that included pulling one RN out of a room in which she was assisting with surgery, leaving just a physician and lower-level staff members present. A clinic executive later called the manager's timing an error, but said there were no adverse consequences to the patient.

Things People Believe

Ms. Indra Ningsih, a 26-year-old maid, was detained by a court in Hong Kong in April after her employer accused her of spiking her vegetable soup with menstrual blood. According to a report of the case in Hong Kong's The Standard, the maid was employing a belief in some Southeast Asian cultures that menstrual blood has special powers and would improve an otherwise-contentious relationship between the maid and the employer.

Least Competent Criminals

First-time bank robber (according to police) Jason Durant, 32, reported to the hospital in New Milford, Conn., shortly after knocking off the National Iron Bank in April. As he fled the crime scene, he accidentally tumbled down a steep hill behind the bank, losing control of his stash, and his gun, during the fall. He broke his leg in several places (say-

ing later that he heard snapping sounds). At the bottom of the hill, he crashed into a plow blade, slashing himself before dragging his bleeding, broken body to his getaway car (with only \$2 left from the robbery). Suspicious hospital staff members notified police.

Recurring Themes

Russia's long-running Moscow Cat Circus/Theater, reported in News of the Weird in 1998, is still in service, astonishing all who ever tried to train a cat. In the United States, Samantha Martin runs her own similar show (at such venues as Chicago's Gorilla Tango Theatre in March) featuring the Rock Cats trio on guitar, piano and drums, as well as a tightrope-walker, barrel-roller and skateboarder, among other daring performers. Martin admitted to a Chicago Tribune reporter that the cats' music "sucks," in that "when they're playing, they're not even playing the same thing," and anyway she has two backup drummers because her regular is prone to "walking off in a huff," sort of "like diva actresses." "This is why you don't see trained cat acts. Because ... the managers can't take the humiliation."

Undignified Deaths

Difficult Times for Funeral Eulogists: (1) A 54-year-old man was found dead of a heart attack in a pornography video booth at the Beate Uhse sex shop in Cologne, Germany, in December. (2) A 42-year-old comedian (and owner of a comedy club in Blackburn, England) was accidentally asphyxiated in April inhaling laughing gas while viewing computer pornography.

A News of the Weird Classic (August 2001)

In an October 2001 incident that started out resembling a comedy movie scene, Alan Martin, 49, decided to petulantly protest police officers' decision to confiscate his RV after a minor accident, and deliberately lay down in the middle of a busy street in Daly City, Calif., refusing to budge. As officers tried for a while to talk him out of his obstinacy, they shielded his body by blocking a lane of traffic with their cruiser. A few minutes later, one of those notorious California hot-pursuit police chases just happened to head down the same street, and the car driven by fleeing suspect Kevin Domino, 37, accidentally rammed the stopped cruiser, then drove over Martin, and then while trying to straighten out his car, Domino ran over Martin again. (Police caught Domino a few blocks later when his car stalled out, and Martin was hospitalized

SEE "WEIRD" PAGE 21.

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For A Healthier You



LUPUS Increases Heart Disease Risk

by **Angie Hager**-Arthritis Foundation-Rocky Mountain Chapter 303-756-8622 ahager@arthritis.org

Women with the autoimmune disease lupus, a form of arthritis, have more than two-fold increased risk of cardiovascular disease over women without lupus.

According to a recent article published in the November/December issue of Arthritis Today, after adjusting for confounding factors, including age, race, high blood pressure, diabetes, high cholesterol, body mass index, physical exercise, smoking status and medication usage, the team concluded that women with lupus are 2.25 times the risk for coronary heart disease and 2.29 the risk for stroke.

Lupus is a form of arthritis that is a disease of the immune system. Lupus

can affect the joints, skin, kidneys, blood, and many other parts of the body. The immune system is a natural defense against infections, such as bacteria and viruses. In the case of lupus, the immune system produces antibodies that attack the body's own tissues.

Karen H. Costenbader, MD, MPH, concludes, "We have confirmed that women with lupus, regardless of their age at disease onset, need to be particularly aware of their elevated cardiovascular risk. Modification of this risk however possible, through exercise, weight control, smoking cessation and cholesterol lowering, should be sought."

Lupus may be a chronic disease, but there are a few things that can be done to manage it. Once a person has been diagnosed there are a few treatments and

medications that they can begin. Diet and exercise are also highly recommended.

About Arthritis

Arthritis is the nation's most common cause of disability with a nationwide economic impact of more than \$128 billion annually. The condition strikes all ages and knows no racial or ethnic boundaries. 46 million people have been doctor diagnosed and 300,000 children are affected.

The Arthritis Foundation is the only nationwide, nonprofit health organization helping people take greater control of arthritis by leading efforts to prevent, control and cure arthritis and related diseases – the nation's most common cause of disability. Information found in this release is attributed to Arthritis Today, a consumer health magazine published



bi-monthly by the Arthritis Foundation. For more information, contact the Rocky Mountain Chapter, serving Colorado, Montana and Wyoming at 800-475-6447 or online at www.rockymountainarthritis.org

Boomers Learning How To Conquer Hearing Loss

(NAPSI)-Listen up: There's good news for boomers who want to improve their hearing health. That's because there are practical steps they can take to correct a hearing impairment.

According to the National Insti-

tute on Deafness and Other Communication Disorders, hearing loss affects 17 percent of American adults--nearly 36 million people. Unfortunately for some, that can also result in a decrease in meaningful conversations with children and family.

A recent Energizer survey polled two groups: boomers who suffer from hearing loss and adult children who have parents suffering from hearing loss. Nearly half of adult children surveyed (45 percent) said a parent's hearing loss has had an effect on the relationship they have with that parent; 36 percent admitted that their parent has missed important details about their life.

With such a relationship impact, why does hearing loss often go uncorrected? Are boomers simply unaware? Not according to the survey; 72 percent of boomers admitted that their hearing loss has affected the relationship they have with their adult children. However, even with that acknowledgment, only 11 percent choose to wear a hearing aid.

"Being hard of hearing is a personal struggle," said Dr. Bary Williams, audiologist and Energizer Specialty "All Ears" spokesperson. "Many people with hearing loss often forget that their im-

Getting tested, embracing technology and talking about hearing loss are three steps older adults can take to improve hearing health



pairment can have a profound effect on the relationships they have with their friends and family."

However, not all impairments go uncorrected. When it comes to having a visual impairment, nearly all the boomers polled (99 percent) said they wear glasses/contacts all the time or for specific tasks.

Just like eye exams, Dr. Williams stresses the importance of annual medical and hearing screenings in order to maintain a healthier life. "There seems to be a double standard in this country. When it comes to visual impairments, boomers don't think twice about having their vision tested or wearing glasses or contacts; however, hearing loss is often ignored," said Dr. Williams. "Hearing health is every bit as important as visual health when it comes to maintaining a high quality of life. If left untreated, hearing loss not only impacts relationships, it can pose a real safety risk."

For boomers interested in taking steps to improve their hearing health, Dr. Williams offers simple advice:

- Get tested. Basic hearing

screenings are available in communities across America for little to no cost.

- Embrace technology. Today's hearing devices are both discreet and effective.

- Talk about it. Hearing loss is not a reason to be embarrassed, especially if you are taking proactive steps to correct it. Educate family and friends on ways they can help. For example, syllabic clarity, not volume, is typically the problem for the vast majority of the hearing impaired. Therefore, encouraging friends and family to speak slowly and clearly with direct eye contact can make a big difference.

Although their children may not have always listened to them, it's important for boomers to listen to their children--and truly hear them in crisp, clear sound. Hearing health is an important part of living a happy, healthy and active lifestyle.

For more advice from Dr. Williams or to learn more about the Energizer "Live Healthy. KEEP GOING" program and specialty batteries that power important health and medical devices, visit energizer.com/livehealthy.

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Fashion: Looooking Gooood!

PEDICURE POINTERS FOR PRETTIER, HEALTHIER FEET

(NAPSI)-An at-home pedicure can be an economical way to pamper yourself when preparing for a warm-weather event such as a wedding, graduation or outdoor party.



A survey conducted by the American Podiatric Medical Association (APMA) found that 73 percent of women groom their feet once a month and 41 percent of women moisturize. However, the survey also found that women tend to have more problems with their feet than men.

"Grooming your feet should be done frequently, as it promotes good foot hygiene and overall foot health," said Dr. Ronald Jensen, APMA president. "If you have diabetes or poor circulation in your feet, consult with an APMA podiatrist to recommend a customized pedicure that you can follow for optimal foot health."

Here are a few pointers on achieving a proper, pampering, at-home pedicure:

- If you are giving yourself both a pedicure and manicure, be sure to use separate tools from those used for the manicure. This will help ensure that you don't transfer fungus and bacteria.
- Begin by soaking your feet in warm water. Stimulate circulation by massaging one foot at a time.
- Never use a razor to remove dead skin from the bottom of your feet. When eliminating skin build-up such as calluses, use a pumice stone, foot file or exfoliating scrub.
- When trimming nails, use a

toenail clipper with a straight edge. Don't round the edges of your toenails. This type of shape increases your chance of developing painful, ingrown toenails.

- To smooth nail edges, use an emery board. File lightly in one direction only.

- To clean your nails, gently run a wooden or rubber manicure stick under your nails. Don't use sharp tools that could puncture your skin and leave it vulnerable to infection.

- Keep feet moisturized but don't leave moisturizer between toes. This can lead to the development of athlete's foot.

- Apply polish only if you have healthy nails. While it looks pretty, nail polish locks out moisture and keeps nails from breathing.

- If you have diabetes or poor circulation in your feet, consult a podiatrist so he or she can recommend a customized pedicure that both you and your salon can follow for optimal health.

- On the eve of your special event, gently wrap cellophane around each foot to help lock in moisture. By morning, your feet will be soft and smooth.

For more information, visit www.apma.org.

WEARABLE HEIRLOOMS: INVESTING IN GIFTS THAT LAST

(NAPSI)-While an unstable economy won't stop people from buying gifts, it may change the kind of gifts they purchase.

In tough economic times, it makes sense to invest in gifts that costs a little more but will last a lot longer, such as heirloom jewelry.

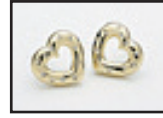
Tokens of family sentiment

Some of the best examples and "trendiest" items include wearing the

initials of a loved one. Those of a cherished child, spouse, favorite grandfather or someone otherwise significant are a constant reminder and talisman of your love. Other sought-after examples of sentimental jewelry include religious or spiritual symbols and engraved jewelry with messages of love, poetry, song lyrics and notes in foreign languages.

Enlightenment jewelry

Yoga helps heal and soothe the mind and body. Jewelry reflecting these beliefs has risen from popularity of these practices. Karma jewelry, that which usually incorporates the symbol of a circle, is used as a reminder to act well in the tune of good Karma and its mantra, "what goes around comes around."



Empowerment jewelry

A fascination with astrology and astronomy, which is said to be useful in understanding, interpreting and organizing information about personality, human affairs and other terrestrial matters, has led to wearing beautiful and meaningful Zodiac jewelry. Last but not least, the peace sign has seen a recent resurgence just in time for its 50th anniversary.

Selecting fine jewelry

The first step in selecting any piece of fine jewelry is to shop at a reputable and professional jeweler. Look for one who is a member of a professional trade association, such as Jewelers of America, which requires high ethical standards of members and provides ongoing education.

"If well taken care of, fine jewelry will last throughout generations, remaining an enduring symbol of love," notes Helena Krodell, associate director for media of Jewelry Information Center, a nonprofit trade association that educates consumers about fine jewelry and watches.

For more information, or to obtain savvy shopping tips about fine jewelry and watches, visit www.jic.org.

BE SUN SMART YEAR ROUND

(NAPSI)-Many people think that summer is the only time to take caution with the sun, but sun protection is important year-round. While skiing or visiting warmer climates in the winter, it is important to remember to protect yourself.

Surprising to many sun-loving Americans is that 40 percent of the more than 250,000 new cases of squamous cell carcinoma (a type of skin cancer) may be the result of ignoring a condition few people have ever heard of: actinic keratoses, or AKs. These are precancerous skin lesions that have the potential to progress to a more serious condition.

What Are AKs?

An AK is a small, crusty or scaly

bump or horn that arises on or beneath the skin surface. The base may be light or dark, tan, pink, red or a combination of these, or the same color as the skin. The crust is horny, dry and rough. Occasionally, it itches or produces a pricking or tender sensation. It can also become inflamed and surrounded by redness. In rare instances, actinic keratoses can bleed.

Who Is At Risk?

- People 40 and over who have had chronic sun exposure; burn rather than tan in the sun; and spend large amounts of time in the sun without sunscreen are at higher risk for AKs. Doctors recommend a regular skin screening by a dermatologist. The good news is that AKs are treatable when identified--before they have the potential to progress to a more serious condition such as squamous cell carcinoma. One of the medications doctors use is Carac® (Fluorouracil Cream 0.5%), a topical cream that is safe and effective in the treatment of AKs. It is available by prescription and is the only topical with convenient "once daily dosing." Carac is indicated for the topical treatment of multiple actinic or solar keratoses of the face and anterior scalp.

Important Safety Information

Carac should not be used by women who are pregnant, considering becoming pregnant, or nursing. Carac should not be used by people with dihydropyrimidine dehydrogenase (DPD) enzyme deficiency. The most common side effects are skin reactions including redness, dryness, burning, pain, erosion (loss of upper layer of skin), swelling and eye irritation. For more information, visit www.carac.info.

SAFE SKIN CLEANSERS

(NAPSI)-While there are no regulations regarding what goes into cosmetics, there are some signs consumers can find that a product is pure and safe.


Skin care companies are less likely to use irritants or chemical preservatives that may interfere with natural hormone function when they're committed to using only the best ingredients from sustainable sources.

One such company offers all-natural products that combine all-natural soap with farm-fresh goat's milk. Goat's milk is an extremely effective moisturizer due to a unique protein that makes it easily absorbed by the skin.

The company, Canus Goat's Milk Skin Care, is constantly developing new fresh goat's milk products with the additional benefits of natural oils, plant lipids and botanicals. Besides the popular all-natural original fragrance, there are fragrance-free varieties for ultrasensitive skin.

You can also find both online at www.drugstore.com and amazon.com. For more information, visit www.canusgoatsmilk.com.


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Social Security & You

by Melinda Minor, District Manager - Pueblo



SOCIAL SECURITY BENEFITS EVERYONE

Social Security reaches almost every family, and at some point touches the lives of nearly all Americans. It has an impact on the very fabric of the American economy.

Social Security helps not only older Americans, but also workers who become disabled and families in which a spouse or parent dies. Today, about 162 million people work and pay Social Security taxes and more than 51 million people receive monthly Social Security benefits. In 2008 alone, those benefits came to about \$614 billion.

In one way or another, Social Security benefits everyone. The payments made to beneficiaries help individuals and families to stay afloat. But Social Security goes beyond that. In many areas across the nation, Social Security is essential to keeping the economy going. Take, for example, Siskiyou County in Northern California. Nearly 20 percent of the entire economy comes from Social Security. About 30 percent of the population receives Social Security or SSI benefits.

In Siskiyou County and other counties around the nation, the benefits paid don't stop at helping the beneficiaries who depend on them. These people spend their benefit payments at the local grocery store, the local clothing stores, department stores, and mom-and-pop shops. Benefits are used to pay for goods and services that sustain the local economy.

It's no coincidence that Social Security finds its origins in another financial crisis: the Great Depression. The program played a part in that recovery. There's no denying that it's playing a part in helping the current economy as well.

It's clear that in one way or another, Social Security benefits everyone.

To learn more about Social Security, visit www.socialsecurity.gov.

SOCIAL SECURITY'S ONLINE SERVICES BEST IN GOVERNMENT

It's always nice to be considered the best in the business — and even better when the judges are members of the public we serve. Social Security is proud that the American public has put our online services at the top of the list again.

In the most recent survey of e-Government services by the American Customer Satisfaction Index, Social Security's online services earned the highest overall score of 79 percent satisfaction. (The average score for the Federal government was 75.)

In particular, our Retirement Estimator scored 89, the top score in the federal government. The Retirement Estimator provides immediate retirement benefit estimates based on your own earnings record to help you plan for your retirement. The online Retirement Estimator is a convenient financial planning tool, since it eliminates the need to manually key in years of earnings information. The estimator also will let you create "what if" scenarios. For example, change your "stop work" dates or expected future earnings to create and compare different retirement options. Check it out at www.socialsecurity.gov/estimator.

Also earning high marks from the public were our online Retirement Application and Medicare Extra Help Application, with each scoring 87.

In a separate survey, Nextgov, a website devoted to technology and the federal government, listed www.socialsecurity.gov as one of the top five federal websites in its review of best online practices.

It is important to note that the usefulness of our website is enhanced because much of the online information is available in Spanish, as well as 14 other languages. Many documents are also accessible to people who use screen readers, screen magnifiers and voice recognition software.

To learn more, see the recent press release about Social Security and the American Customer Satisfaction Index at www.socialsecurity.gov/pressoffice/pr/onlineservices-accolades-pr.htm.

Try out the best online services in government for yourself at Social Security's website, www.socialsecurity.gov.

NEW TECHNOLOGIES IMPROVE DISABILITY PROCESS

In March, Social Security became the first government agency to use the Nationwide Health Information Network (NHIN). This initiative will cut the time it takes Social Security to get medical records — from weeks or months to only minutes — for people who apply for disability benefits. Initially this will affect a small number of the people applying for disability benefits, but it will gradually expand.

This year, Social Security will handle almost three million disability claims a year and make over 15 million requests for medical records from over 900,000 medical providers. Providers have a number of options to respond to these requests, but all require manual intervention before evidence can be entered into Social Security's electronic disability folder.

Using the NHIN, when an applicant lists certain medical facilities as treating sources, Social Security's system automatically sends an electronic message to the hospital's system requesting the medical record and providing the patient's authorization. The hospital's system automatically responds. Within minutes, the medical evidence is available for evaluation.

In addition, we've identified medical codes that match portions of 43 conditions in our medical listings. The agency's computer system analyzes the data for these codes after receiving hospital records and alerts the disability decision maker so the case can be processed more quickly.

We at Social Security are doing our part to make the disability determination process more efficient for those who depend on it. You can do your part, too. If you need to apply for disability benefits, do it online. You can learn about Social Security disability benefits, take advantage of our online disability planner and even apply for benefits online at www.socialsecurity.gov/disability. You don't have to complete the application all in one sitting; you can take a break and log back on to complete it later without starting over. Also, you're able to check the status of your pending application online after you've submitted it.

With innovative new technologies like the NHIN, medical codes, and

the online application, Social Security is working to reverse the growing disability backlog and reduce the time it takes to make a decision. To learn more about disability benefits, visit www.socialsecurity.gov and select the "Disability" button along the top banner.

SOCIAL SECURITY QUESTIONS AND ANSWERS

Question:

I am disabled but I'd like to try returning to work. Can Social Security help?

Answer:

We may be able to help you try to return to work without losing your benefits. Social Security has several work incentive programs to encourage those who can work to try doing so. For information about these incentives, visit our "work site" online at www.socialsecurity.gov/work. You can also read the Red Book on Work Incentives at www.socialsecurity.gov/redbook.

Question:

I get Supplemental Security Income (SSI). Do I qualify for other types of assistance?

Answer:

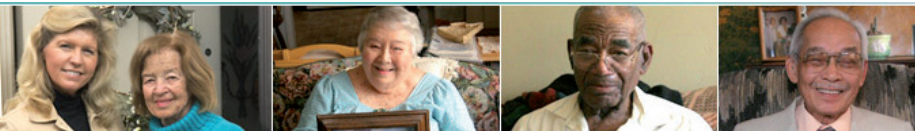
In most states, SSI recipients also get Medicaid. If you don't have Medicaid, you should contact your local medical assistance office to find out whether you qualify. SSI recipients also may qualify for food stamps. Additionally, SSI recipients are generally eligible for social services provided by the state, city or county where they live. These may include homemaker services and arrangements for meals or transportation. More information is available at your local public assistance office. You also may want to read our online publication, Food Stamps and Other Nutrition Programs, at www.socialsecurity.gov/pubs/10100.html.

Question:

Can I apply for Supplemental Security Income (SSI) online?

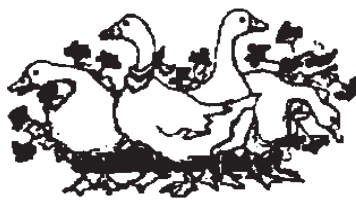
Answer:

At this time we do not have an online application for SSI benefits. However, if you are disabled, we do have an online tool that can prepare you to make the application interview go smoothly: our Disability Starter Kit. You can find it online at www.socialsecurity.gov/disability. You'll find the link in the left-hand corner. While there, you can also prepare for the interview by completing the adult disability report. It's a part of the starter kit. By completing this report before your application interview, you will save time when you apply. You can schedule your appointment to apply by calling our toll-free number, 1-800-772-1213 (TTY 1-800-325-0778).



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 - Mashed Potatoes • Gravy • Yams with Orange Sauce • Corn
 - Fettuccine, Red Sauce & Meatballs • Roasted Turkey • Green Beans • Dessert Choices, Coffee, Tea or Lemonade.
- ADULTS: \$10.95 Seniors \$8.95 Kids 5-11 are 65 cents Per Year
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“Light For The Journey”

By Jan McLaughlin - Director of Prayer Warriors For Prisoners



“WHAT IS THAT SMELL?”
JUNE 2009

The Nairobi airport was different than any I had seen. The passengers unloaded on the tarmac and as I struggled with my carry on bags hanging from every limb of my body a young Kenyan man offered his help. We made our way down the steps and into the airport. I was fascinated at how beautiful the people were. Not wanting to miss a single detail, I sat quietly waiting to board the next plane to Entebbe to my awaiting missionary friends. This

first trip abroad was like a dream. I was ecstatic about the mission work in Uganda and this open door from the Lord. My heart pounded with joy. My soul flooded with excitement.

I chuckled at the remembrance of my elderly mother's words after I told her I was going to Uganda on a mission trip. She gasped. “You can't go to Africa by yourself.”

“But Mom, I'm not going by myself. Jesus is going with me.”

“Well, if I was going on a mission trip, I certainly wouldn't choose AFRICA!”

“Mom, when God calls you for a mission you don't get to choose where.

He sends you.”

A week before my departure, rebels in southern Uganda had killed several American tourists. I had heard that news and held my breath hoping Mother had missed it, but she blurted, “Did you hear what happened to those people in Uganda?”

“Mom, did you hear what happened to the lady in the parking lot at the mall? She was raped and murdered right in her own car! Right there in the mall. Will you please not worry? I will be as safe in Uganda as here in Colorado Springs at the mall. There is no safer place than in the center of God's will and I know He is sending me to Uganda.”

Bringing me back to the present, the call to board the plane blared over the intercom. I walked down steps onto the tarmac and up more steps into the plane. While fastening the seatbelt I got a whiff of an obnoxious odor which became intense after takeoff and throughout the rest of the flight.

The plane landed at Entebbe. At the baggage area I was appalled to find the same disgusting odor that was in the plane. The source was soon revealed as two Japanese men hunched over a couple of large crates full of fish that had rotted en route. The smell was horrible but I believe it was the Lord's way of initiating me into Uganda mission work and especially to Jinja, where I lived the next three weeks.

When I arrived at the mission house the friendly staff unloaded the trunks and the missionary ladies, Beverly and Sunny, helped unpack. As I opened the first trunk, they nearly swooned. They began picking up towels, soaps, fabrics and smelling them exclaiming enthusiastically, “Oh, this smells like America.” Over and over as we unpacked, they inhaled huge whiffs exclaiming, “It smells like America.” No wonder the ladies rejoiced and buried their faces in the items from America. The mission compound in Jinja is near a fish processing company and a tannery. Together, these smells were equal to, and often worse than, the rotten fish in the plane.

Odors tell a story: Skunk spray on a warm summer evening indicates a car ran over it or a dog angered it, the fragrance of a lovely carnation arrangement indicates someone's love, a dirty diaper – that message is clear, the smell of Mom's country fried chicken brings

children running from blocks away. (They know the story...it is dinner time.)

Odors tell a story: The stench of death. Recent internet photos about the aftermath of the holocaust told a story... mass graves and bulldozers pushing up mounds of bodies told the story of a man gone crazy and his followers, having gone mad, obeyed blindly his demonic requests. The story is of millions of lives needlessly destroyed because of a madman's goals, pride and selfish ambition.

Scripture also speak of fragrances. We read in II Corinthians God uses Christians to spread the fragrance of the knowledge of Him. We are to God the aroma of Christ to those who are being saved and to those who are perishing. To the one we are the smell of death; to the other, the fragrance of life.

For centuries America has been a beacon emitting fragrance: The message of the Gospel of Jesus Christ to a lost and dying world. The fragrance the ladies in Africa experienced could have been the scent of Life which America has represented and claimed for centuries. To those perishing, Christian America is surely the smell of death. To those who know Jesus Christ, she is the fragrance of life.

If America continues to shift from her godly foundation and embrace worldly culture, neglecting the mission of spreading the Gospel she was called to, will she one day smell like rotten fish... like the stench of death?

Many Germans looked back and exclaimed, “How could we allow this?” Could it happen again? Absolutely! Christians must stand for righteousness and truth. Each must determine if truth is more important than a pay check. Will my vote save unborn babies or gain better health care for myself? What is the Spirit saying? Where are we headed? How important is the future of your grandchildren and their children? Are you praying?

Mom was delighted when I returned unscathed from Uganda in 1999. She loved the stories I told of amazing events. She even laughed with me about the rotten fish on the plane. She enjoyed especially the story of Malongo Chris, about whom this article was supposed to address. However, the Lord led me down a different path. So next month, join me for the wonderful story about a young man with the faith of Daniel.

In the mean time, PLEASE PRAY FOR AMERICA. “When the righteous are in authority, the people rejoice; But when a wicked man rules, the people groan” Prov 29:2.

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

DID YOU KNOW?

- *Underestimating your risk* for heart disease can have serious consequences. That's why women should bring up the topic with their doctor. For a list of questions a woman should ask her doctor about her heart health, visit www.hearttruth.gov.
- *For years, people have turned* to the “Medicare & You” Handbook from the U.S. Department of Health and Human Services as a source of Medicare information. Now you can receive future copies of the publication electronically-as an “eHandbook.” Visit www.My Medicare.gov for information.
- *Access America, a leading* travel insurance provider, recommends that travelers choose an insurance plan that not only protects their health and safety, but also offers coverage for unforeseen circumstances such as the loss of a job. For more information, talk to a travel agent or visit www.accessamerica.com.
- *A simple combination of water* and vinegar makes a great household cleaning solution, for pennies per use. View other green home improvement tips by Kahi Lee, interior designer for HGTV's “Design on a Dime” show, at www.scottnaturals.com.
- *There's a new tool to help adults* with ADHD. ADHD Allies(tm), an online community housed on the social networking site Facebook(r), sponsored by McNeil Pediatrics(tm), Division of Ortho-McNeil-Janssen Pharmaceuticals, Inc., is available at facebook.com/adhdallies.



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Free Kidney Disease & Diabetes Screening

by *Pikes Peak Nephrology Associates*

Do you have kidney disease or diabetes? Early detection is key; find out at a free screening June 23rd

Chronic kidney disease (CKD) affects more than 26 million people in the United States (13%) and millions more are at risk and don't know it. Most Americans know that heart disease and cancer can be silent killers and understand that monitoring blood pressure and cholesterol are critical to protecting their health. Too few adults—and not enough doctors—realize, however, that CKD is another common, life-threatening illness that often goes undetected until very advanced when it could be diagnosed early through simple tests.

Worse, today's epidemics of diabetes, obesity and hypertension contribute to even higher rates of CKD. Undiagnosed and untreated, CKD can lead to serious health problems including kidney failure. Caught early, it can often be managed, and kidney damage can be slowed or stopped. That's why early testing for people at risk is so important.

Unfortunately, there are patients who do progress to kidney failure. These patients require a procedure called dialysis to stay alive. The most common form of dialysis is called hemodialysis which involves going to a dialysis clinic three times a week for treatments that last, on average, three to four hours. If you already need services for kidney disease,

there is good news for you in Pueblo. A new dialysis center, operated by Liberty Dialysis, has opened in Pueblo. Together with the doctors of PPNA, Liberty has opened up new treatment modalities and superior care to patients who require dialysis, including nocturnal and home peritoneal dialysis (PD).

The facility also offers state-of-the-art technology, individual flat screen TV and heated massage chairs for comfort and convenience, a high ratio of caregivers to patients, and an ultra-pure water purification system. They also have social workers and dieticians on staff to provide assistance and advice to patients and families. The clinical expertise of PPNA and the superior facilities and support staff of Liberty Dialysis have now combined to give Puebloans the extraordinary kidney care they deserve.

How to know if you have CKD or risk factors? First, know that there are no symptoms for kidney disease. A simple blood test ordered by your physician is the most effective way to detect a kidney problem. The majority of patients who develop renal failure do so because of either diabetes or hypertension. We know that good control of blood sugars as well as aggressive management of blood pressure can slow down the progression

of kidney disease. As the largest kidney disease specialty practice in Southern Colorado, we have been at the forefront of the battle against kidney disease for nearly three decades. As kidney specialists, the problem that most often frustrates us is when patients come to us too late in their disease process and are often unaware.

The most powerful advocate for your health is you. You need to know if you have kidney disease or are at risk of developing it. If you have diabetes, high blood pressure, heart disease or if you have a relative who has had kidney disease, then you are at risk. Ask your doctor if your kidney function is normal. Ask him/her if you have protein in your urine. And ask him/her if you need to see a kidney specialist. Together, we can make a difference.

You can also get more information by attending one of Liberty Dialysis' free educational classes and seminars in Pueblo. On Tuesday, June 23, from 5:00pm-6:30pm at the Pueblo Library, Liberty Dialysis is offering a free health screening of blood pressure, blood sugar, and height and weight, plus a 10-15 minute overview presentation of CKD. For more information, call (719) 253-5980.

HEALTHY IDEAS

(NAPSA)—One of the newest devices for addressing hearing loss is the Songbird flexfit. If you think you may have hearing loss or would like information about affordable hearing options, call (800) 789-1830 or visit www.songbirdhearing.com. Hearing aids are 100 percent reimbursable under most flexible spending account (FSA) plans.

- A federal partnership lets officers in the U.S. Public Health Service Commissioned Corps serve in Department of Defense military medical treatment facilities. To learn more about these opportunities, call (800) 279-1605 or visit www.usphs.gov.

- For a free copy of Get Real! You Don't Have to Knock Yourself Out to Prevent Diabetes, contact the National Diabetes Education Program at www.YourDiabetesInfo.org or call 1-888-693-NDEP (6337); TTY: 1-866-569-1162.

- Diane G. Heatley, M.D., associate professor of surgery and pediatrics at the University of Wisconsin School of Medicine and Public Health in Madison, recommends daily use of SinuCleanse's Kids Mist nasal irrigation for children during allergy season. Learn more online at www.sinucleanse.com.

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Where Are They Now?

by *Marshall Jay Kaplan*

Johnny Sheffield

You may not know his name. In addition, on screen he had no real character name. However, movie audiences knew him by one word only — 'Boy'. These days, the actor who played Tarzan's son in dozens of films lives a nice retired life in Chula Vista, California.

Johnny Sheffield was born in Pasadena, California in 1931. His father was famous English actor, Reginald Sheffield. At age seven, Johnny began acting in stage productions.

In 1939, MGM was looking for a seven-year-old boy to portray Tarzan's son on-screen. Due to Johnny's routine exercises and swimming lessons, he landed the plum role of 'Boy' — the young lad that survives a plane crash in the jungle and is adopted by Tarzan and Jane. The film, Tarzan Finds a Son was a huge hit. Johnny continued to appear in Tarzan films for the next eight years opposite Johnny Weissmuller and Maureen O'Sullivan. Films included Tarzan's Secret Treasure (1941), Tarzan Triumphs (1943), Tarzan and the Amazons (1945) and lastly, Tarzan and the Huntress (1947).

After leaving the Tarzan series, Johnny went to Allied Artists, where he appeared in his own series, Bomba the Jungle Boy from 1949 until 1953. Films such as Bomba and the Lost Volcano



(1950) and Bomba and the Jungle Girl (1952) did well with kids at Saturday matinees. It received even greater coverage and greater fans when the films were re-released for television.

In the mid-1950's, Johnny enrolled at UCLA and gave up acting. He earned a degree in business and invested his earnings from the movies in real estate, giving 'Boy' quite a nice life.

Eventually, Johnny owned and operated his own construction company, retiring a few years ago. Today, 'Boy' lives in Chula Vista, California and responds to all fan mail, writes articles about his days in the movies — always looking back at his part in motion pictures with fondness.

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

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High Blood Pressure To Blame?

by Robin Mosey, Gerontologist, C.S.A.; from the Home Instead Senior Care office in Pueblo

HIGH BLOOD PRESSURE MAY BE TO BLAME FOR MENTAL CONFUSION, STUDY REVEALS

My 79-year-old father seems to be getting more confused all the time. I'm very worried he is getting Alzheimer's disease and, since he lives alone, I don't know what to do. Help!

First, don't jump to conclusions. Various reasons could explain your father's disorientation and there's no reason to panic until you know the medical facts. Ask your dad to make an appointment with his doctor. Or, if he balks, suggest that you help him set that up. Maybe he is fearful of finding out the truth as well.

There could be a logical and medically treatable explanation. For instance, diabetes can cause disorientation. And, according to a study from North Carolina State University, high blood pressure spikes can lead to a decline in mental function.

In fact, increased blood pressure in older adults is directly related to decreased cognitive functioning, particularly among seniors with already high blood pressure, research reveals. This means that stressful situations may make it more difficult for some seniors to think clearly.

Dr. Jason Allaire, an assistant professor of psychology at North Carolina State, who co-authored the study, explains that study subjects whose average systolic blood pressure was 130 or

higher saw a significant decrease in cognitive function when their blood pressure spiked.

However, Allaire notes, study subjects whose average blood pressure was low or normal saw no change in their cognitive functioning – even when their blood pressure shot up.

Specifically, Allaire says, the study shows a link between blood pressure spikes in seniors with high blood pressure and a decrease in their inductive reasoning.

Depending on what his doctor says, your dad might also want to heed this advice from Asenath LaRue, a senior scientist at University of Wisconsin School of Medicine and Public Health (SMPH). While there aren't many controlled clinical

trials on ways to keep your brain in shape, she says a variety of observational studies point to three main preventive actions: be physically active, challenge your brain and stay socially active.

Your dad, may need help to do all of that, so why not consider employing a companion. Home Instead Senior Care, for instance, hires CAREGivers who can keep seniors engaged by helping them participate in meaningful activities.

For more information about Home Instead Senior Care, contact Robin Mosey, CSA, Gerontologist at (719)545-0293 or visit www.homeinstead.com/530.

For more information about this study, log on to <http://news.ncsu.edu/news/2008/12/wmsallairebp.ph>.

Celebrating The Reign Of The "King Of Instruments"

(NAPSI)-Interest in the world's oldest keyboard instrument--the organ--strikes a chord among musicians and fans alike.

Originating in ancient Egypt as a mechanical flute-playing instrument, the organ has been used in gladiatorial games, sent as a gift by heads of state, and heard in churches and at baseball games.

Organ Notes

Here are a few facts about organs

that might hit the right note with you:

- The "modern" organ, with all its sound effects, was first described in a work entitled "Mirror of the Organbuilder and Organist" written in 1511 by Arnolt Schlick of Heidelberg, Germany.

- The device called the "stop" limits the sounds made at any particular time. The phrase "pulling out all the stops" refers to playing an organ with all its sounds available.

- At one time, pipe organs were big business in America. In just one year, 2,400 pipe organs were made in the U.S.
- Organs were built throughout the U.S. in concert halls, municipal buildings, homes and even schools. They were a popular accompaniment to silent movies.

- Marcel Dupré, the great French organist and composer, played 110 recitals in the U.S., and French virtuoso Louis Vierne's tour of America included audiences of up to 30,000 per concert.

The Organ Today

In recent years, there has been a resurgence in the popularity of organ music due to many new concert halls opening across the country. Featured in many of these venues are spectacular organs such as the 3,051-pipe C. B. Fisk organ

"This organ is the spectacular 6,134-pipe organ at the Walt Disney Concert Hall."



in the Renée and Henry Segerstrom Concert Hall in Orange County, Calif., and the 3,617-pipe Schoenstein & Company organ built for the Schermerhorn Symphony Center in Nashville.

The famous Frank Gehry-designed Walt Disney Concert Hall also boasts a stunning new organ. Built by a German organ builder, the instrument features 6,134 pipes, ranging in size from a few inches to an astounding 32 feet.

Organs can be found everywhere in the world. Japan, for example, has organs in many concert halls, colleges and schools, most of them imported from Europe and America.

South Korea and Taiwan also recently acquired several organs for concert halls and churches, and an American firm built a large organ for a concert hall

in China's Forbidden City.

Promoting Organ Awareness

Membership in the American Guild of Organists and its 330 local chapters is open to all individuals interested in the organ and choral music fields. Benefits of membership include educational activities, such as workshops and master classes and competitions in organ performance, organ improvisation, and organ and choral composition. Also included are a comprehensive series of examinations for professional certification, providing standards of excellence to churches, synagogues, schools and other employers.

For professional musicians and educators, the Guild also offers services that include a professional development track, employment guidelines and model contract provisions. It also offers support for musical education of clergy and management and planning assistance for church musicians.

The Guild also sponsors concerts to showcase the organ and its colorful history, how it has evolved through the ages and its indelible impact on society and culture.

Learn More

For more information on the American Guild of Organists, visit www.agohq.org or e-mail info@agohq.org.

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Traveling: There's Nothing Like A Holiday!

Cuba And America: On The Brink Of Change

by Elliott Hester

Cuba's Revolution turned 50 years old on New Year's Eve, and Cubans celebrated. But the main reason wasn't because dictator Fulgencio Batista fled from Fidel Castro's advancing revolutionary army just after midnight on Jan. 1, 1959.

No, Cubans were just doing what they traditionally do on New Year's Eve -- eating a big dinner of slow-roasted pork with beans and rice, then sitting around with friends to drink good Cuban rum, tell stories and dance.

And have the traditional midnight water fight. I didn't expect that.

But after four trips to Cuba as a journalist, I shouldn't have been surprised. Cuba is never what an outsider expects. It is, in fact, the only country I can safely call "unique" and not be accused of being cliché. For good or ill, there is no place quite like it. The water fight was just more proof.

At a minute before midnight, I stood in the doorway of the house where I was staying and looked out into a dark, empty Havana street. Then cheering broke out, and everything exploded.

Up and down the street, people were suddenly flinging bucketfuls of water out of their windows and doors, laughing and yelling at each other. Little kids ran out into the fray, shrieking when they got soaked, and even my dignified gray-haired host joined in, tossing out a couple

of pans of water himself. They crashed onto the pavement like silvery bombs.

What is this, I asked, when I got over the shock. "Tradition," he said. You mean like -- out with the old, in with the new? He smiled. "Something like that," he said.

When the sun came out next morning, Havana's streets were already dry, and there was no sign that anything had happened. That made the water fight an apt metaphor for Cuba and -- until this spring -- for America's relationship with it. Changes, but no change, even though change is looking more possible than it has in nearly five decades.

Earlier trips had taken me across the country from Santiago de Cuba in the east to the province of Pinar del Rio in the west, but while it was always interesting, Cuba made me sad -- because of its nice people and poor living conditions. I vowed not to go back "unless things changed."

Then last year, they started to. The ailing Castro stepped aside in favor of his (not much) younger brother Raul. America elected a new president.

I went back to check, and sure enough, there had been changes since I'd last seen the island -- just not ones I expected.

Cuba is the biggest of the Caribbean islands, and it is truly beautiful -- a long, thin scimitar of tropical greenery, sugar-sand beaches and picturesque Spanish-colonial towns. It lies in the mouth of the Gulf of Mexico, literally on the U.S. doorstep, only 90 miles from Key West.

It was Spain's richest colony and almost one of ours. Even Thomas Jefferson contemplated annexing it. In the 20th century, it became an American playground, controlled by corrupt dicta-

tors and Yankee mobsters. That ended in 1959. So did a lot of things, as Fidel Castro's revolution put communist principles into practice. Today, most of Cuba looks like the rest of the Third World -- shabby and poor -- but it's not a Third World country. Cubans don't act poor. And in many ways, they aren't.

"History will absolve me," Castro once said, and while several hundred thousand Cuban refugees might disagree, he did make good on his biggest promises: health care and education. Both are universal. Both are free.

There were almost no beggars this time, and only a couple of old ladies asked me for a bar of soap -- a habit left over from the hard years after the collapse of the Soviet Union.

The USSR had supported Cuba by buying all of its sugar, the island's main crop. When the USSR went, so did Cuba's economy. As the island struggled to get back on its feet, Cubans endured all sorts of shortages, from food and gasoline to toiletries, even soap.

Cuba turned to tourism, forming joint partnerships with foreign developers and building strings of high-quality beach hotels, starting on Varadero Beach, a long sandy peninsula east of Havana. By 1996, tourism had replaced sugar as Cuba's biggest industry, and it is still growing.

Last year -- despite punishing hurricanes that destroyed crops and homes across the island, canceled flights and damaged hotels -- Cuba counted 2.3 million tourists. That's more people than live in Havana, a stunning total for a country with a population of only 11.4 million.

U.S. passports used to list Cuba, along with Libya and Iraq, as places where "transactions related to travel ...

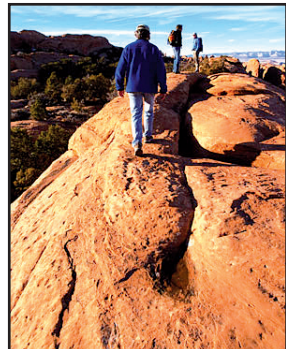
are generally prohibited." Today's passports are less specific, but the rules remain a bit complex. What they boil down to, for most Americans, is that we can go to Cuba -- we just can't spend any money there.

But other nationals can, and clearly they do. There were vastly more tourists this winter -- not just the ubiquitous Canadians who make up 35 percent of Cuba's visitors, but big, noisy tour groups of Italians and French. And there were more restaurants, more sights, more pricey shops and more activities than ever to keep them busy.

More of Old Havana has been meticulously restored, and more restoration is under way. Plaza Vieja, the last of a quartet of lovely Spanish-colonial squares, is nearly finished, joining the Plaza de Armas, the Plaza de la Catedral and the Plaza de San Francisco.

Hotels, shops, restaurants and museums -- typically with apartments or offices on the upper floors -- have opened on all these plazas and on the key streets.

SEE "CUBA" PAGE 15.



A restored courtyard off Plaza Vieja, a Spanish colonial square, shows the charm of Old Havana.
photo: Catherine Watson

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Patricia McLaughlin: "Poor Old Basement!"

by Patricia McLaughlin

Weep for Filene's Basement -- it is bankrupt: The coolest shopping experience in America done in by copycat competition, an ill-conceived expansion and a mistimed upgrade. (The recession was the cherry on top.)

In the spring of 1963 -- go ahead, do the math, see if I care -- I wasted many hours of my precious, fleeting youth at the designer hat bar in Filene's Basement. Not that it seemed precious or fleeting at the time. Bleak, endless and inexpressibly boring was more like it. Nothing ever happened. I ached for it to be over.

What drew me to the hat bar was the sight of my face framed by the brim of a dramatic black hat awash in festoons and swashes of poufy black tulle within which nested an enormous red silk rose. It was a hat meant for a woman three times my age -- an elegant, world-weary divorcee with fabulous cheekbones and flashing eyes, a woman Ava Gardner or Sophia Loren would play in a movie, or so I imagined at the time. No matter. Looking out from under those storm clouds of tulle, my face, otherwise as pale and about as arresting as a bowl of milk, had possibilities.

I couldn't buy it. It was impossibly expensive -- around \$35 I think, real money then. And it was impossi-

ble anyhow. Was I going to wear it with my good-girl navy-blue Easter coat and white gloves? It would've required a whole new wardrobe, a whole new history, a whole new life. So every Saturday, on the way home from the Russian class for gifted high school students that I was taking at Boston College that year, I stopped and visited it.

I thought about that hat when I read that Filene's Basement had filed for Chapter 11 bankruptcy protection the other day.

The Basement was an original, founded in 1909 -- a dozen years before Loehmann's first store opened in Brooklyn -- by Edward A. Filene in the basement of his father's upscale dry goods emporium on the corner where Washington Street divided Summer from Winter Street in downtown Boston. Young Filene's idea was to turn the cellar into a "bargain basement" that could sell off merchandise that failed to sell upstairs by marking the prices down drastically. A few years later it occurred to him to mark them down again after a month, and again a month later, until the merchandise sold -- or was donated to charity.

The concept proved so successful that Filene's Basement turned into a sort of magnet for unsold merchandise from other stores. Passionate shoppers combed through merchandise inelegant-

ly piled on tables and crowded onto pipe racks looking for labels from Neiman Marcus, Saks Fifth Avenue, Bergdorf Goodman, I. Magnin and Marshall Field's. They found evening dresses from Paris, knit suits from Germany, English tweeds.

Even in the 1960s, when I shopped there, there was nothing like it. Department stores held sales infrequently then, and most shoppers expected to pay retail.

The Basement could pick and choose from the creme de la creme of leftovers that the nation's, indeed the world's, upscale merchants wanted to get rid of.

Which didn't last. Before long, it was competing with a zillion other off-price retailers, discounters, outlets, outlet wannabes, etc. The amount of truly fabulous luxury merchandise that the nation's luxury merchants failed to sell couldn't possibly keep up.

And then luxury stores like Saks Fifth Avenue, Neiman Marcus and Nordstrom started opening their own outlets, stocked with a mix of marked-down leftovers from their full-line stores and merchandise bought especially for the outlets.

To make matters worse, the Basement spun itself off from the department store upstairs and expanded into a chain of Filene's Basements. I remember the day one opened in Cherry Hill, N.J.: I found an Anne Klein wool knit dress for a small fraction of its retail price.

That didn't last either. The branch stores didn't have the original Basement's automatic markdown policy -- and soon enough it was clear that very little of their stock was left over from anywhere fancier. Most of it was run-of-the-mill discount-store stuff. The Basement filed for Chapter 11 in 1999 and closed many of its branches, but stayed alive.

Meanwhile, the success of its discount business model and the endless sales ballyhooed by department stores persuaded shoppers that it was foolish to pay full price for anything, which eventually made life impossible for many of the upscale department stores whose leftovers had stocked the Basement in its glory days. One after another they declared bankruptcy or were gobbled up by their competitors.

Four years ago, the chain that owned Macy's bought the chain that owned Filene's and closed the downtown Filene's store that had been the Basement's parent. Two years ago, the



At full price, these not terribly versatile pink suede Nine West boots with rabbit fur cuffs might strike you as preposterous. But on my last visit to the original Filene's Basement they were marked down by 75 percent, which made them seem at least worth trying on. photo: Patricia McLaughlin

flagship Basement downstairs closed for a major renovation. It was supposed to reopen, but the renovation dragged on. Without the original Basement, The Boston Globe reported, the Filene's Basement chain was out 20 percent of its annual revenue. With volume down, their buyers had to pay more for merchandise.

Meanwhile, management decided to cash in on the Basement's legend by upscaling its remaining stores as flossy outlets for discounted luxury goods.

And then the U.S. economy hit the worst speed bump since 1929.

To take the kindest view, the Basement was done in by a sort of perfect storm: tougher competition for desirable stock, tougher competition for customers, fewer people shopping, more money going out for upgraded stores, less money coming in, more money owed, tighter credit.

To be less kind, Filene's Basement's management took a jewel -- a beloved institution, a thing perfect of its kind -- and, in pursuit of the holy grail of growth, totally screwed it up.

There's apparently still some chance that the Basement will find a buyer who can bring it back to life. Comments on The Boston Globe's Web site express hopes that a new owner can dump the unsuccessful suburban branches and the expensive new luxury outlets and take the Basement back to its gritty downtown pipe-rack roots and its tantalizing automatic markdowns.

One can only hope.

OK, one might also wish the Basement's management had had the sense to leave well enough alone. Well, maybe in some alternate universe. In this one, management that argued for leaving well enough alone would've been fired for lacking initiative, imagination, fire in the belly. Growth is good; bigger is better.

Except when it turns out to be a big mistake.

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New Study Aims To Slow Alzheimer's Progression

(NAPSI)-Researchers in the United States and Canada are trying to determine whether the investigational drug bapineuzumab (bapi) can help slow the progression of Alzheimer's disease, an irreversible and fatal brain disease.

When a person has Alzheimer's, plaques form in the brain, damaging and killing nerve cells. It is believed that this loss of nerve cells contributes to the cognitive and functional decline seen in Alzheimer's patients. Plaques form when toxic beta-amyloid and other components clump together. Bapi is designed to target and clear beta-amyloid from the brain, possibly slowing and stopping the march of Alzheimer's. It is this potential ability that is being investigated by researchers.

Alzheimer's slowly destroys a person's memory and thinking skills, and eventually his or her ability to carry out simple tasks such as bathing and eating. As the disease progresses, individuals may also experience changes in personality and behavior. Alzheimer's gets worse over time and is fatal.

"While medications are available to treat some of the symptoms of Alzheimer's, these therapies do not modify, stop or reverse the progression of this disease," said Dr. Michael Biber, medical director, NeuroCare Center for Research, Newton, Mass.

A clinical study is under way investigating bapineuzumab for the treatment of mild to moderate Alzheimer's. Bapi is a humanized monoclonal antibody that

provides patients with an antibody to beta-amyloid.

Alzheimer's has no cure. But treatments for symptoms, combined with the right services and support, can improve life for people with Alzheimer's.

Researchers at more than 200 sites are seeking volunteers to participate in the third phase of clinical testing of the investigational drug bapineuzumab. Participants must be between 50 and 88 years of age and have a diagnosis of mild to moderate Alzheimer's.

In addition to receiving study-related physical exams and laboratory services at no charge, participants will be monitored by a medical team, including a physician.

To learn more about the study, visit www.icarastudy.com or call (888) 770-6366.

The drug is made by pharmaceutical company Elan



"It is important for patients and families affected by Alzheimer's to consider participating in clinical studies," said Dr. Biber. "Clinical studies that test new treatments are the best chance we have for fighting this devastating disease."

According to the Alzheimer's Association:

- As many as 5 million Americans are living with Alzheimer's disease.
- Today, it is the sixth-leading cause of death in the United States.

Ants In Your Home Is No Picnic

(NAPSI)-Ants are social insects that work together for a common good, but their food-seeking missions may not always be in your best interest--especially if such efforts take them into your home.

Of the 700 species of ants found in the U.S., 20 find refuge in homes, schools and businesses and about two dozen are considered pests. Recognizing these pests for what they are can help you protect your home and family.

• Carpenter ants are an aggressive species of ants found nationwide. These wood-destroying insects hollow out wood for nesting, causing costly property damage.

• Fire ants, a native of Argentina, are an invasive, predatory species that instantly attacks any animal or human unfortunate enough to stumble on their mound-type nest.

• Odorous house ants commonly nest in basements, crawlspaces and adjacent structures. The ant gives off a pungent odor when crushed, which is how it got its name.

• The pavement ant, which nests under pavements, is found on both the

East and West Coasts.

Whatever their type, ants are the No. 1 pest problem that drives homeowners to look for professional advice. The National Pest Management Association (NPMA) offers these tips for keeping ants out of your home:

- Dispose of trash on a regular basis to prevent ants from becoming a problem indoors.
- Thoroughly clean up grease and spills.
- Store sugar, syrup, honey and sweets in closed containers and wipe the outside of the containers to eliminate sticky residue. Also, rinse out empty soft drink containers and store them away from the house.
- Seal cracks and crevices around foundations that allow entry from the outside as well as cracks and crevices inside the home.



kabooru.com

• Inspect potted plants for signs of ant nesting and remove plants if infested.

• Reduce moisture in and around structures that may be attractive to ants by repairing leaking hose bibs and other supply lines, downspouts, drain lines and air-conditioner condensate lines.

Following these simple tips may help you avoid an ant problem later on. If you suspect you already have an infestation, call a licensed professional to inspect and treat the problem.

To learn more, you can visit www.pest-world.org

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Better Business Bureau Notes, News, Warnings

by Katie Carroll - BBB

BETTER BUSINESS BUREAU ANNOUNCES NEW FOUNDATION BOARD MEMBER

Ted Sayer has been named to the Better Business Bureau of Southern Colorado's Foundation board of trustees.

Sayer is currently the general manager of American Medical Response, the largest 911 advanced life support transport provider in El Paso County.

BETTER BUSINESS BUREAU JUNE NETWORKING EVENT

What: Buzz with the Bs, a monthly business networking breakfast.

When: Friday, June 12, 2009 - 7:15 a.m. to 9:00 a.m.

Where: The Benevolent and Protective Order of the Elks (BOPE) Club - 3400 N. Nevada Avenue in Colorado Springs.

Topic: Recycling Electronic Waste. Presentation by Bill Morris of Guaranteed Recycling Xperts (GRX).

Why To learn about electronic waste, what it is, why it should be recycled and more.

RSVP: Required by 12:00 noon on Wednesday, June 10. Please contact Carolyn Ball at 719-636-5076 ext. 118 or carolynb@bbbbsc.org.

Cost: In advance -\$12; \$15 at the door. BBB Reports Problems with Auto Warranty Solicitations.

Because major auto manufacturers such as Chrysler and GM are either declaring bankruptcy or fighting off the threat, there is a lot of confusion surrounding the status of auto warranties.

Your BBB is concerned that consumers across the country are receiving solicitations by phone, mail and e-mail stating that their auto warranty is about to expire and that they must act immediately to avoid a lapse in coverage. Consumers are often led to believe it's their manufacturer contacting them when, in fact, these companies are independent entities. Many of these solicitors are

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selling extended service contracts, essentially health insurance for the consumer's car if something should break.

Consumers are complaining that after purchasing these service contracts, they learn there are many caveats and exemptions, and that the policy doesn't cover the work needed on their cars.

In 2008, complaints and reports to the BBB against companies selling extended auto warranties rose by more than 40 percent. More than 140,000 people contacted their BBB in 2008 to confirm the legitimacy of companies soliciting extended auto warranties; more than 4,000 complaints were filed.

The solicitation problem is so rampant that New York Senator Charles Schum-

er and Virginia Senator Mark Warner, both of whom have received these types of phone calls, are asking the Federal Trade Commission (FTC) to investigate and take action. As a result, the FTC has announced they will be filing lawsuits shortly on several companies. When dealing with a firm selling extended auto service contracts, your BBB suggests:

- Never give personal information to an unknown telemarketer.
- Insist on getting a contract defining all terms and conditions. Make sure you understand the provisions before you provide credit card or other payment information.
- Read your auto manufacturer's warranty and contact your dealer or manufacturer so you are not purchasing duplicate coverage.
- Before purchasing extended warranty coverage, check the company out first with the BBB at www.bbb.org.

DON'T GET SWINDLED BY SWINE FLU SCAMS

Your Better Business Bureau is warning consumers to be on the lookout for fraudulent e-mails and Web sites trying to take advantage of the current Swine Flu outbreak.

Scammers read newspapers, watch TV and surf the Internet in order to capitalize on the day's top headlines. Right now it's Swine Flu.

According to McAfee Avert Labs, an online security company, spammers began sending e-mails as soon as the first accounts of Swine Flu hit the news. The messages include subject lines such as, "Madonna caught Swine Flu!" and "Swine Flu in Hollywood!" McAfee reports that the e-mails do not contain malware, but often link to online pharmacies.

Misleading Web sites are also beginning to appear. One in particular, www.noswineflu.com, is offering a Swine Flu Survival Guide for \$19.95.

BBB offers the following advice to avoid Swine Flu scams:

- Avoid opening e-mails from unknown sources and don't click on any links in the body of the e-mail or open any attachments. Instead, delete the e-mail or report it to the Federal Trade Commission by forwarding the e-mail to spam@uce.gov.
- Don't believe online offers for vaccinations against Swine Flu because a vaccine does not exist. For more information on Swine Flu and updates on progress in fighting the outbreak, go to www.cdc.gov/swineflu.
- Make sure your anti-virus and anti-spyware software is up to date and all operating system security patches have been installed. If your computer becomes infected as the result of a spam e-mail about Swine Flu, you can report it to the Internet Crime Complaint Center at www.ic3.gov.

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Cuba And America

from page 11.

that connect them, and the income they generate is being reinvested to restore more.

Enough streets have been spruced up, in fact, that it is now possible to stroll all the way across Old Havana from the harbor to the Parque Central and never encounter the grinding decay in which most of the population still lives.

But the veneer is thin. Venture one or two streets off the restored main drags, and you can't miss it. Buildings are crumbling, even when they're occupied, and windows are boarded. Facades are cracked or shored up with scavenged lumber. Pavements and sidewalks are pocked with holes or half-blocked by rubble. People live crowded into tiny apartments carved out of other tiny apartments, where drying laundry flies like flags off the balconies.

And there are still shortages. Cubans I talked to said that eggs, fruit and potatoes were hard to get this winter in the aftermath of last year's hurricanes.

Despite it all, Cubans dance, laugh, sing, flirt, joke and chat up tourists. It's a mistake to assume that their friendliness is just a facade, or that, underneath, they all secretly loathe the regime.

"The revolution isn't about fighting any more," said a man who had been a little boy when Castro came to power. "Now it's more psychological." It has come to mean standing firm, being brave, doing your best in the face of hardship. Plenty of Cubans, including him, are proud of that.

Some aren't, of course. "Other dictatorships last 10 years, 20 years. But 50 years!" one old man said, shaking his head in disgust. "In your own house, you get to move the furniture around -- put the sofa over here, move a table over there. Not in Cuba. ..."

Others I asked got defensive about the revolution. "People say Castro is bad," a middle-aged man said, "but he is the reason I have my mother and father!" She had had leukemia, he explained, and his father had a heart attack, but both got sophisticated medical care -- "all free!" -- and 10 years later, both were still alive.

One thing that hadn't changed was the sound of everyday Cuban life -

- people talking in the street or calling from one balcony to another; the clip-clop of horses' hooves; stray dogs arguing over scraps; even the occasional crow of a rooster. And music -- music is still everywhere.

It's impossible to walk down a street -- any street, restored or in decay, in any town -- and not hear pulses of Cuban music, mostly live, pouring out of house doors and hole-in-the-wall bars.

It's also impossible to walk down a street and not get into a conversation with a Cuban. Whether in Spanish or in English, these conversations still begin the same way: "Where are you from? Oh! The United States! My father" -- or mother, or brother, or son, or uncle -- "is in the United States!"

Sometimes the speaker has been there too. Either way, they tell you where -- Miami, New Jersey, New Orleans, Chicago -- and the range of connections shows how close our countries used to be.

All such conversations eventually get around to the same thing: El Bloqueo -- the blockade -- as Cubans call the American trade embargo, now almost as old as the revolution itself.

The embargo grew out of the Cold War. The basic idea was to starve Fidel out of office. Obviously, it didn't work.

To Cubans, continuing the embargo seems cruel. "You are friends with China," one man said in puzzled frustration. "You are friends with Vietnam. Why not Cuba?"

This winter, though, Cuban conversations had a new theme. People's eyes would light up, and I'd know what was coming. "Ojala que Obama ...," they would say. "If only Obama ..." "I hope Obama ..."

And then, on April 13, came the kind of change they'd been hoping for, when President Obama lifted the restrictions that had prevented Cuban-Americans from freely visiting their relatives still in Cuba and from sending money back to them.

The reasons, presidential spokesmen said, included furthering the civil rights of Cubans in Cuba.

Left unanswered was a broader civil rights question: When will the rest of us get to go to Cuba? That may change too, possibly this year.

In December, the American Society of Travel Agents (ASTA) requested the Obama administration lift restrictions on travel to Cuba. As ASTA's president put it, "To use travel freedom as an instrument of foreign policy manipulation ultimately does harm to the very citizens it purports to protect."

At the end of March, a Senate bill was introduced that would lift the whole travel ban and allow Americans to go to Cuba legally, as we can to every other country in the world. A companion bill has been introduced in the House.

More support came in early April, when members of the Congressional Black Caucus visited Havana, meeting with both Fidel and Raul Castro, and returned home to ask President Obama to allow Americans to travel to Cuba.

"For the past 50 years, the United States has been swimming in the Caribbean Sea of delusion," Rep. Emanuel Cleaver, D-Mo., said in a statement to the press.

Later in April, there were two more signs of change. At the Summit of the Americas in Trinidad and Tobago, President Obama announced that the United States would seek "a new beginning" in its relations with Cuba. And The New York Times reported that 67 percent of Cuban-Americans support lifting travel restrictions for everyone.

What all this means is that tourist travel to Cuba is looking more possible than it has in nearly five decades. It may actually be time to think about reserving one of Canada's cheap all-inclusive Cuban tour packages for next winter. Once we're finally allowed to use them, they'll be some of the best travel deals Americans can buy.

(Catherine Watson is the former travel editor of the Minneapolis Star Tribune.)

GETTING THERE

Cuba is a short, easy trip by air from Miami, major Canadian cities and many countries all around Central America and the Caribbean. But for average Ameri-

cans, getting there is still the hardest part, because of U.S. policy.

American tourists who go to Cuba without U.S. permission can be prosecuted and fined. How often that actually happens isn't clear, just as it's not clear how many Americans go anyway and get away with it.

As a result, I met only one other Yankee on this trip. He'd come in the usual, unlicensed way -- via a "tercer pais" or "third country" -- meaning he bought a round-trip ticket from the United States to another country, then bought a separate round-trip from there to Havana.

For details on the American travel restrictions, go to the U.S. State Department Web site, http://travel.state.gov/travel/cis_pa_tw/cis/cis_1097.html, and the Web site of the Office of Foreign Assets Control (OFAC), part of the U.S. Treasury Department, <http://www.treas.gov/offices/enforcement/ofac>.

MONEY

Cuba allows U.S. currency to be changed into Cuban convertible pesos, but special fees add up to a 20 percent penalty. Credit cards, debit cards and travelers' checks on U.S. banks don't work in Cuba because the two countries have no banking connection.

For Americans, the options are opening a credit card or bank account with a non-U.S. bank, getting travelers' checks in foreign currency from a non-U.S. bank, or carrying another country's cash. Whether Euros, Canadian or Australian dollars, Mexican pesos -- whatever -- convert U.S. dollars into something else before you get to Cuba.

SEE "CUBA" PAGE 22.



Oasis of the Seas.

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JUNE 3: Country Style Steak, Mashed Potatoes, Peas, Salad w/Italian Drsg., Wheat Bread/Marg., Orange Sherbet.

JUNE 4: Roast Turkey/Gravy, Mashed Potatoes, Broccoli, Wheat Bread/Marg., Cranberry Orange Jello.

JUNE 5: Sloppy Joe on a Bun, Potato Salad, Green Beans, Blush Pear Dessert.

JUNE 8: Pork Chow Mein Over Rice, Pickled Beets, Wheat Bread/Marg., Strawberries & Pineapple.

JUNE 9: Beef Pot Roast w/Potato/Carrots/Onions, Fruit Cocktail, Wheat Bread/Marg., Banana Cake.

JUNE 10: Pinto Beans & Ham, Peas & Carrots, Wheat Bread/Marg., Spiced Fruit Jello.

JUNE 11: BBQ Chicken, Baked Beans, Cucumber/Onion Salad, Wheat Bread/Marg., Cherry Coffee Cake.

JUNE 12: Spaghetti & Meat Sauce/

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& Bananas.

JUNE 17: Hot Turkey Sandwich, Mashed Potatoes, Harvard Beets, Strawberry Yogurt.

JUNE 18: Roast Beef/Gravy, Stewed Tomatoes, Carrot Raisin Salad, Wheat Bread/Marg., Fruit Cocktail.

JUNE 19: Breaded Fish/Lemon, Parslied Noodles, Peas, Wheat Bread/Marg., Pineapple Up/Down

Cake.

JUNE 22: Lasagna, Italian Mixed Veggies, Orange Carrot Jello, Wheat Bread/Marg., Apricots.

JUNE 23: Garden Vegetable Soup, Turkey Sandwich, Lettuce/Tomato Garnish, Pear/Blueberry Dessert, Fruit Juice.

JUNE 24: Beef Stew, Confetti Rice, Cole Slaw, Wheat Bread/Marg., Gingerbread w/Lemon.

JUNE 25: Roast Pork Loin, Glazed Sweet Potatoes, Capri Mixed Veggies, Wheat Bread/Marg., Cinnamon Applesauce.

JUNE 26: Turkey, Mediterranean Garlic Mashed Potatoes, Harvard Beets, Wheat Bread/Marg., Strawberries & Pears.

JUNE 29: SRDA Spicy Pork, Au Gratin Potatoes, California Blend Veggies, Wheat Bread/Marg., Cranberry Orange Mold.

JUNE 30: Turkey Tetrizzini, Carrots, Zucchini, Wheat Bread/Marg., Applesauce Cake.

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Finances: Create And Keep Wealth

United States Of America..... On Sale!

by **Ronald S. Phillips**

The US is the largest, most-diverse economy on the planet. We make, grow and service just about anything you can imagine. We are also ethnically and religiously the most-diverse nation in history.

Because of these factors we have a resilient and consistent economy. US government debt is the only investment that I, as a financial advisor, can legally call risk-free. That is because we have never defaulted on our national debt instruments.

And those debts could be one of our largest current problems. Are we getting too deep in debt? Most people would say yes. In general, I agree with that. We need to bring these levels down. We are the biggest debtor in the world in dollar

terms. But we should look at our debt as a percent of GDP. When measured that way we are inline with several Western European nations and Japan (source: Wikipedia.com).

We also need this "deficit spending" when we are in tough economic periods. Government spending will help to float the economy to better times (and avoid even worse times).

Although the US does need to safeguard our pristine, AAA credit rating. Just as I'm writing this Great Britain is losing their AAA rating. This will raise their interest costs and lower the desirability of their bonds. We need to protect this valuable asset of ours.

Where's the silver lining?

Despite the recent market run-up stocks are still very cheap. The Dow

Jones Industrial Average (DJIA) is down an average of 0.61% over the last ten years (source: Dow Jones). This is essentially flat since 1998. So, in other words, we can pick up thirty large, multi-national stocks for the same price as a decade ago.

Yet at that time the economy was only at \$9.2 trillion. Today it is roughly \$13 trillion. That is forty-one percent growth and we can buy at a ten-year discount. How often do prices drop to those levels for an even stronger asset?

There are several ways to play the US market. You can buy all of the actual components in the DJIA. It is called the Dow Diamonds (symbol: DIA). The price is about 1-100th the value of the Dow. It's about \$82.78 today and has a very respectable yield of 3.57 percent.

If you want something with more than thirty stocks and representative of the whole market take a look at iShares Dow Jones US Total Market (symbol: IYY). This index fund owns about 95% of the entire US stock market, including stocks of all sizes and valuations. Another similar broad-market index fund is the iShares Russell 3000 (symbol: IWB). This fund includes about 86% of the US stocks traded.

With solid population growth and consistent economic growth I would bet, along with Warren Buffett, on the US for the long haul.

Ronald S. Phillips is a Pueblo native and an Independent Financial Advisor. Order a free copy of his book Investing To Win by calling 545-6442.

Trusts Versus Wills! What's Really The Difference?

Trusts vs. Wills: What's the difference?

By definition, a trust company is "a company formed to act as trustee or to deal with trusts." Sounds pretty simple, but in reality there are common misconceptions about trust accounts and trust companies that complicate how consumers view the trust industry. Most prevalent are beliefs that trusts are like wills and are only for the wealthy, unable to benefit middle income families with moderate assets.

Trusts can benefit anyone who owns assets of any kind, including stocks, bonds, mutual funds, jewelry, collectibles, real estate, and even life insurance. A trust can help safeguard assets for a spouse, children, or a person with disabilities; protect an estate from unnecessary

court involvement; carry out charitable bequests; preserve the maximum value of hard-earned assets; and minimize estate taxes.

Another frequent misconception is that a will is enough to protect assets and ensure that final instructions are carried out correctly. While a will is an essential part of an estate plan, there are often situations where a trust would be a logical addition. If there are family members with special needs; a blended family with children from previous marriages; or concerns about the management of personal and financial affairs in the event of disability, then a trust account can provide more security and peace of mind than a will alone.

A trust is a legal document drafted by an attorney, designed to ensure that

property and assets are transferred to the chosen heirs with maximum privacy and minimum taxes. In addition to commonly known trusts, such as Revocable Living Trusts, which provide for asset management in the event of a disability and help avoid estate taxes and probate, there are many other types of trusts available to meet different financial and personal needs.

For instance, a Qualified Terminable Interest Property Trust is ideal for parents in a new marriage who want to provide for children from a previous marriage. If a family has a dependent with special needs, such as a disabled child, a Special Needs Trust will ensure that money is available to enhance their quality of life while still maintaining a loved one's eligibility for government benefit programs. An Incentive Trust can help children who receive substantial assets at an early age. This type of trust makes distribution contingent upon the beneficiary meeting certain criteria, such as earning a college degree or holding a job for a specified period of time. With a Generation-Skipping Trust, assets may be used to fund a grandchild's education or special needs and to limit the tax liability of children with sizeable taxable estates.

An important part of creating a trust is naming a successor trustee, the individual or institution designated to manage the trust if the trustor is unable

to do so. A relative or close friend is often chosen, but many people prefer to name a corporate trustee for the added peace of mind that comes from having an objective and impartial trust expert managing the trust.

Besides administering the many types of personal, charitable, and foundation trusts, most trust companies also offer professionally managed investment portfolios and investment advice. A customized investment plan will take into consideration the needs of the client and is based on existing investments, desired risk levels, expectations of returns, liquidity requirements, retirement and tax planning, and current and future financial needs. Other services often offered by trust companies include, Individual Retirement Accounts and IRA Rollovers, asset custodial services, and estate settlement.

Submitted by: Paula Pollet, Vice President and Colorado Springs Market Manager for MEMBERS® Trust Company, a nationally-chartered, full-service trust company owned by Ent Federal Credit Union and other credit unions across the country. MEMBERS Trust offers trust and asset management services to Ent members and the Front Range community. Pollet can be reached at (719) 550-6414 or 1-800-525-9623 ext. 6414 or via email at ppollet@Ent.com.



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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

O.W.L.S. Variety in Dining (Breakfast, Brunch, Dinner) meet 3rd Wed. each month. Contact M.& L.Rich at 647 0415 for more info.

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."

REGIONAL ADVISORY COMMITTEE

The UpperArkansasAreaAgency on Aging is seeking individuals to join our Regional Advisory Committee(RAC). The Area Agency on Aging provides a wide variety of programs and services to seniors in Lake, Chaffee, Custer and Fremont counties. The Older American and Older Coloradans Acts, local dollars and contributions provide funding for the agency. RAC members assist the agency in setting funding priorities and identifying needs in local communities throughout the region. Those interested in applying for membership should contact the Area Agency on Aging at 719- 539- 3341 or toll free at 877- 610- 3341.

GENEALOGICAL SOCIETY

"The Southeastern Colorado Genealogy Society holds regular meetings on the second Saturday of the month beginning at 2:00pm in the Meeting

Room B", Robert Hoag Rawlings Library, 100 Abriendo Ave., Pueblo. There is a continuing Refresher/Beginners class starting at 1:00PM. Call 546-1973 for details." Guests welcome and there is no charge.

WHAT A GREAT TIME TO VOLUNTEER

Volunteers are needed:

---Drivers to deliver Meals on Wheels to homebound seniors

---Volunteers to help in the many areas of St. Mary Corwin Medical Center especially in the Resale Shop.

---The Cancer Resource Center needs volunteers to work with cancer patients giving out information and helping individuals pick out wigs and hats.

---The assist the Day Care Teacher at a north side charter school.

---To help with a Senior Vision Support Group, sending out monthly notices, calling and making room and travel arrangements.

---Tutors and volunteers in the schools are always needed.

If you are interested in any of these opportunities or want more information call Gloria Valdez, SRDA, 545-8900. Also get information on the these three web sites: srda.org (look under programs-RSVP), pueblovolunteers.org, 211help.net.

SRDA JUNE CALENDAR

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

LIVING WITH OSTEOARTHRITIS?

Osteoarthritis does not only strike the knees, hips and hands. In an estimated one million Americans, it also affects the small, vulnerable joints of the

neck, and can cause sudden attacks of severe pain that may radiate into the head and arms. But what can patients themselves do about this form of arthritis? How can they ease the pain, deal with the limitations it causes, and support their doctor's treatment? With the help of some of the world's leading spine specialists, the American Arthritis Society has compiled twelve practical tips for self-care that are effective and easy to follow. Please visit the Society's website at: www.americanarthritis.org.

AARP SCHEDULE OF ACTIVITIES FOR JUNE 2009

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

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

AMBASSADORS NEEDED

SRDA, 211, American Red Cross, Neighborhood Watch and the City County Health Department/Medical Reserve Corp are combining forces and developing a core group of dedicated volunteers called EP Ambassadors. Individuals who are interested in helping the community in a variety of activities concerning emergency preparedness are needed now. Volunteers will be involved in a variety of activities from demonstrating how to make a disaster kit, to mailings, giving presentations and many more activities. This will also be a fun group with other interesting perks. Call Gloria Valdez, 545-8900 for info.

TOASTMASTERS

What:Pueblo Toastmasters #179 Public Speaking Class

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

When: 2nd & 4th Monday of every month

CANON CITY MUSIC CLUB

presents three artists in concert on Sunday, June 7, 2009, 2 p.m. at the Fremont Center for the Arts in Canon City. Featured will be Sam Cogburn, guitarist, hailed as "a bright and gifted musician"; Theresa Richards, flautist, an "expressive and lyrical performer"; and Mat Whitmore, vocalist, "powerful and eloquent", "award-winning performer". Accompanist: Cheri Chiaro.

Admission: Adults \$10, Students

\$5. Proceeds will go to the Charlene Brendel Scholarship Fund to further additional scholarships for local graduating high school music students. Richards and Whitmore are former scholarship winners.

Refreshments will be served. For more information, call (719) 275-4522.

STEP-UP PROGRAM

McHarg Park Community Center, 409 Second Street Avondale, CO. Monday, June 8th; 9:00 – 11:30 am

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

Hyde Park Community Center, 2136 W. 16th St., Tuesday, June 9th; 1:00 – 2:30pm.

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

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

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

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

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

Mesa Towers, 260 Lamar, Wednesday, June 17th; 9:00 – 11:30 am.

Ogden Apartments, 2140 Ogden, Thursday, June 18th; 9:00 – 10:30 am.

Fulton Heights, 1331 Santa Rosa, Thursday, June 18th; 1:00 – 2:30 pm.

Get Moving with Pueblo StepUp Community Exercise Programs: Please call Emily Johnson @557-3887 for questions about any of Pueblo StepUp's Health & Fitness Programs.

LIFESTLYE BALANCE- A DIABETES PREVENTION PROGRAM

A free 12 week diabetes prevention class begins in June. Class is open to the people of the Pueblo community and will be held Monday's at various location and times throughout Pueblo. A 30 minute pre-class appointment is required. Experts from Colorado State University-Pueblo will help participants increase physical activity, learn nutrition and change behavior to reduce their weight. Lifestyle Balance is supported by LiveWell Pueblo a program of the Pueblo City-County Health Department. Registration deadline is May 22, call 719-549-2855 or email stephanie.arelano@colostate-pueblo.edu.

CENTER FOR GRIEF & LOSS

Counseling and Education--a Colorado Non-Profit Organization--

OPEN HOUSE: Saturday, June 20, 2009, 2:00 - 4:00 p.m. - 2310-A South Prairie Avenue, Pueblo, CO 81005

Entertainment by "Sunday Strings" and light refreshments. Help us celebrate our new location and meet the counselors, interns, and board of directors.

Donations welcome but not required.

RIBBON CUTTING FOR ASHWOOD APARTMENTS

The Housing Authority of the City of Pueblo and Pueblo Fenix, Inc. are proud to announce the completion of Ashwood Apartments. A ribbon cutting is planned for Friday, June 24 at 10:00 a.m. Ashwood Apartments are located at 1404-1415 E. 21st St.. RSVP 586-8977.

GIRL SCOUTS TAKE THE LEAD FUNDRAISING BREAKFAST

Tuesday, June 23, 7 a.m. registration, 7:30-8:30 a.m. breakfast and program at Sangre De Cristo, Arts and Conference Center, 210 N. Santa Fe Ave., Pueblo.

Southern Colorado Community Connections Inc. presents

The 9th Annual Spirit Fest on the Riverwalk

Gateway Park

Saturday, June 13th

4 pm - 10 pm

FREE ADMISSION

5K Run, Continuous Music and Entertainment, Food, Beverages, and Gift Vendors

For Information:
SCCC Inc., 719.671.5451
southerncoloradocc@hotmail.com

Inflammatory Bowel Disease Sufferers

This is a call to action/help! If you have suffered with IBD (Crohn's, Colitis, etc.), please give us a call at 647-1300.

Given your experience your help would be invaluable in aiding children and their families.

Join
Never Alone Foundation, Inc.

A Non-Profit local organization so no child or family need never feel alone!

SENIOR CLASSIFIEDS

CAREGIVER, Part time. Private Care. Have experience: Recommendation letters. Fix meals, Dr. appts., shopping. Southside. Feel free to call, 564-2157. #0709

HANDYMAN SERVICES: Painting, home repairs, tile, etc. FREE ESTIMATES! (719) 214-0563. #0709

FOR SALE: Mobility Power Chair! It Can Be Pushed. Like new! At cost it was \$3,000. Asking much less. Call 543-0217. #0709

NO TIME...? USE MINE!! Can't drive? Can't get out? I run errands. Call Virginia, 719-561-1384 or 719-214-6007. #0609

HOSPITAL BED, electric with mattress. \$400.00. 719-406-5400. #0609

NEEDED LIVE-IN CAREGIVER- Room, board and good wages. Wetmore, Co 719-371-1957. #0609

FOR SALE: 1971 Mobile Home. 3 bedrooms, 1 bath, 4 sheds. Nice yard. 543-5607. #0609

HOME CARE: very reasonable rate. Honest, dependable. CNA Certified. 719-251-8539 or 719-251-6178. #0609

"SCOOP-IT" CANINE CLEANUP SERVICE. You'll never have to scoop poop again. Dependable, honest, weekly, bi-weekly or monthly service. Senior Discount! Call J.R. 250-4419. #0609

PERMANENTS -\$30.00: Complete! Open Wed. - Sat. Curl Corner. 2318 Thatcher - Pueblo. Call Annie at 544-

9160. #0609
BUSYBEE 4U! On-Demand Personal Assistant can assist you with errands, writing letters, scheduling appointments, meal delivery, shopping, etc. References, licensed and insured for you protection! Call Judy (719) 252-4296. www.busybee4U.com #0409

POOP SCOOP: \$8.00 a week, ANY SIZE YARD! We're the best and most affordable in town. Call Julie, 543-3614. #0609

SEMI-RETIRED man will build that garage for you at a reasonable price. Also remodeling an all types concrete work and foundation repair. 719-240-2046 anytime. #0609

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LOOKING FOR AN AVON REP? Call me today! Hailey Hollins, 719-547-3808 or www.youravon.com/hollins. Join AVON today for just \$10! #0110

FOR SALE: Craftmatic double bed - like new - \$1500. Miscellaneous health care items - handgrips for tub & toilet, walker, heated pad for double bed, etc. 719-546-9944. #0409.

SENIOR SHOPPING SERVICES/ APPOINTMENTS: Mon.-Fri. Please call me at 565-0445. #0409

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.

EXPERIENCED COMPANION/ CAREGIVER available Part/Time with TLC assistance. Bondable, honest, mature, best references. Looking for help in your home, call MONIKA 719-542-6120. #0209

ANCIENT OLD CODGER needs recliner with motor to sit up or lie flat for sleeping. Leather preferred. 542-3032. #0209

IMPERIAL MEMORIAL GARDENS 4 grave sites in Hillcrest section. Lot 47, spaces 1,2,3,4. \$600.00 each. Call 719-649-2478. #0209

EXPERIENCED: Compassionate lady available to assist you in your

home. Errands, Dr's. appointments, shopping, all activities of daily living. Please call us at 565-0445. #0109

CARE PROVIDER: Experienced, honest and dependable. References 3-24 hours. Cleaning, cooking. Assist to Dr.'s. Errands and shopping. 543-7853. also 719-214-0321. #0109

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

24/7 LOVING SENIOR CARE IN CHRISTIAN HOME. 30 years experience. SPACE FOR ONLY ONE CLIENT LEFT. HURRY! Call today, 719-542-3496. #0209

Diabetes Risk Reduced With Hydroxychloroquine

Older adults who take hydroxychloroquine for their rheumatoid arthritis (RA) have a reduced risk of developing diabetes, according to research funded in part by the Arthritis Foundation and presented this week at the American College of Rheumatology Annual Scientific Meeting in San Francisco.

Arthritis is a frequent comorbid condition for adults with diabetes. Previous reports have indicated that the drug hydroxychloroquine reduces blood sugar levels and the risk of diabetes. Because hydroxychloroquine is a safe and inexpensive treatment for RA, scientists from Brigham and Women's Hospital and Harvard Medical School in Boston decided to explore the relationship between RA, hydroxychloroquine use and diabetes.

The research team examined

medical records of 25,310 people with RA who had received at least one prescription for an RA medication. Those who had received a diagnosis of diabetes or had received a diabetes medication prescription prior to the beginning of the study were excluded. The scientists then determined how many people with RA developed diabetes during the course of the study. They found 640 people with a new diagnosis of diabetes or who began taking diabetes medication.

People who took hydroxychloroquine alone for their RA were 33 percent less likely to develop diabetes than people who took methotrexate alone. Those who took oral corticosteroids increased their risk of developing diabetes as much as two-fold.

Lead researcher and recipient

of an Arthritis Foundation grant Daniel Solomon, MD, says, "We found a reduction in risk of incident diabetes associated with hydroxychloroquine. Future studies examining the role of hydroxychloroquine in patients with rheumatic disease who are at risk of diabetes would be worth considering."

About Arthritis

Arthritis is the nation's most common cause of disability with a nationwide economic impact of more than \$128 billion annually. The condition strikes all ages and knows no racial or ethnic bound-

aries. 46 million people have been doctor diagnosed and 300,000 children are affected.

The Arthritis Foundation is the only nationwide, nonprofit health organization helping people take greater control of arthritis by leading efforts to prevent, control and cure arthritis and related diseases - the nation's most common cause of disability. For more information, contact the Rocky Mountain Chapter, serving Colorado, Montana and Wyoming at 800-475-6447 or online at www.rockymountainarthritis.org

COOKING IDEAS

• (NAPSA)-Whatever your grilling skill level, "Grilling For Dummies, 2nd Edition" by award-winning author and columnist John Mariani and food and beverage consultant Marie Rama provides information to make grilling season hot. It's available at most bookstores or online from www.wiley.com.

• Researchers and farmers have seen crop yields and quality increase with the help of the new Nitamin Steady-Delivery product from Georgia-Pacific. You can learn more about how America's growers and scientists are helping fight world hunger at www.nitamin.com.

• Upscale your barbecue. Offer cheese choices to top meat or fish from Jarlsberg or Jarlsberg Lite to creamy Boursin to a piquant Spanish Manchego to fresh Chevreai or a luscious goat Brie from Woolwich Dairy. For additional entertaining ideas, visit www.norseland.com, www.boursincheese.com and www.woolwichdairy.com.

• "Fruits and vegetables are loaded with vitamins A and C, folic acid, fiber and a host of antioxidants that optimize health," says Lisa Talamini, RD-vice president, research and program innovation for Jenny Craig, Inc. For recipes, visit www.jennycraig.com.

• For budget-friendly and nutritious recipe ideas, visit Meals.com. And for "Plus Pumpkin" tips, check out VeryBest Baking.com.

• Swanson chicken broth adds rich, delicious flavor to your everyday culinary creations. For cooking suggestions and chef-inspired recipes, visit www.swansonbroth.com and www.swansonstock.com.

• Calimyrna Figs add natural sweetness, a light, chewy texture, and lots of fiber, essential nutrients and health-promoting antioxidants to any recipe. For great recipes and fun facts about figs, go to www.valleyfig.com.

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Home of Active Seniors!

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Coulter: "They Do That On First Dates?"

by Ann Coulter

Without any pretense of an argument, which liberals are neurologically incapable of, the mainstream media are now asserting that our wussy interrogation techniques at Guantanamo constituted "torture" and have irreparably harmed America's image abroad.

Only the second of those alleged facts is true: The president's release of the Department of Justice interrogation memos undoubtedly hurt America's image abroad, as we are snickered at in capitals around the world, where they know what real torture is. The Arabs surely view these memos as a pack of lies. *What about the pills Americans have to turn us gay?*

The techniques used against the most stalwart al-Qaida members, such as Abu Zubaydah, included one terrifying procedure referred to as "the attention grasp." As described in horrifying detail in the Justice Department memo, the "attention grasp" consisted of:

"(G)rasping the individual with both hands, one hand on each side of the collar opening, in a controlled and quick motion. In the same motion as the grasp, the individual is drawn toward the interrogator."

The end.

There are rumors that Dick "Darth Vader" Cheney wanted to take away the interrogators' Altoids before they administered "the grasp," but Department of Justice lawyers deemed this too cruel.

And that's not all! As the tortments were gradually increased, next up the interrogation ladder came "walling." This involves pushing the terrorist against a flexible wall, during which his "head and neck are supported with a rolled hood or towel that provides a C-collar effect to prevent whiplash."

People pay to have a lot rougher stuff done to them at Six Flags Great Adventure. Indeed, with plastic walls and soft neck collars, "walling" may be the

world's first method of "torture" in which all the implements were made by Fisher-Price.

As the memo darkly notes, walling doesn't cause any pain, but is supposed to induce terror by making a "loud noise": "(T)he false wall is in part constructed to create a loud sound when the individual hits it, which will further shock and surprise." (!!!)

If you need a few minutes to compose yourself after being subjected to that horror, feel free to take a break from reading now. Sometimes a cold compress on the forehead is helpful, but don't let it drip or you might end up waterboarding yourself.

The CIA's interrogation techniques couldn't be more ridiculous if they were out of Monty Python's Spanish Inquisition sketch:

Cardinal! Poke her with the soft cushions! ...

Hmm! She is made of harder stuff! Cardinal Fang! Fetch ... THE COMFY CHAIR!

So you think you are strong because you can survive the soft cushions. Well, we shall see. Biggles! Put her in the Comfy Chair! ...

Now -- you will stay in the Comfy Chair until lunchtime, with only a cup of coffee at 11.

Further up the torture ladder -- from Guantanamo, not Monty Python -- comes the "insult slap," which is designed to be virtually painless, but involves the interrogator invading "the individual's personal space."

If that doesn't work, the interrogator shows up the next day wearing the same outfit as the terrorist. (Awkward.)

I will spare you the gruesome details of the CIA's other comical interrogation techniques and leap directly to the penultimate "torture" in their arsenal: the caterpillar.

In this unspeakable brutality, a harmless caterpillar is placed in the terrorist's cell. Justice Department lawyers

expressly denied the interrogators' request to trick the terrorist into believing the caterpillar was a "stinging insect."

Human rights groups have variously described being trapped in a cell with a live caterpillar as "brutal," "soul-wrenching" and, of course, "adorable."

If the terrorist manages to survive the non-stinging caterpillar maneuver -- the most fiendish method of torture ever devised by the human mind that didn't involve being forced to watch "The View" -- CIA interrogators had another sadistic trick up their sleeves.

I am not at liberty to divulge the details, except to mention the procedure's terror-inducing name: "the ladybug."

Finally, the most savage interrogation technique at Guantanamo was "waterboarding," which is only slightly rougher than the Comfy Chair.

Thousands of our troops were waterboarded every year as part of their training, but not until it was done to Khalid Sheikh Mohammed -- mastermind of the 9/11 attack on America -- were liberal consciences shocked.

I think they were mostly shocked because they couldn't figure out how Joey Buttafuoco ended up in Guantanamo.

As non-uniformed combatants, all of the detainees at Guantanamo could have been summarily shot on the battle-

field under the Laws of War.

Instead, we gave them comfy chairs, free lawyers, better food than is served in Afghani caves, prayer rugs, recreational activities and top-flight medical care -- including one terrorist who was released, whereupon he rejoined the jihad against America, after being fitted for an expensive artificial leg at Guantanamo, courtesy of the U.S. taxpayer.

Only three terrorists -- who could have been shot -- were waterboarded. This is not nearly as bad as "snowboarding," which is known to cause massive buttocks pain and results in approximately 10 deaths per year.

Normal human beings -- especially those who grew up with my older brother, Jimmy -- can't read the interrogation memos without laughing.

At Al-Jazeera, they don't believe these interrogation memos are for real. Muslims look at them and say: *THIS IS ALL THEY'RE DOING? We do that for practice. We do that to our friends.*

But The New York Times is populated with people who can't believe they live in a country where people would put a caterpillar in a terrorist's cell.



Guest Op-Ed: Federal Funding For Illegal Alien Jobs

by John Stickler

In late January the House of Representatives passed the \$787 billion American Recovery & Reinvestment Act, the \223stimulus bill.\224 As President Obama had promised, it was designed to create or save 3.5 million jobs. To ensure that those jobs went only to Americans, or people legally in this country, the bill contained a clause (sponsored by Reps. Ken Calvert and Jack Kingston) that required employers receiving this federal money to qualify their new hires by clearing them through the E-Verify employment verification program.

The open-borders lobby has criticized the E-Verify system as being costly and error prone, but it is actually free for employers to use and its error rate is only 4/10 of one percent. The few mistakes are primarily data errors that are cleared up in 24-72 hours and do not prevent eligible workers from being hired. Currently more than 100,000 U.S. employers have enrolled and are using E-Verify and 13 states have enacted laws encouraging or requiring use of E-Verify for state contractors and state employees or both.

In early February the Senate began working on their version of the stimulus bill. Alabama Sen. Jeff Sessions' offered an amendment to include the E-Verify employment verification program to preclude U.S. employers from hiring illegal alien workers with federal funds. However, Senate Majority Leader Harry Reid refused to allow it to be offered and the stimulus bill was passed with no such protection for American workers. In the subsequent conference committee meeting the E-Verify

provision was stripped from the final legislation. The U.S. Chamber of Commerce won that round.

Then in March, a reprise. The Omnibus Appropriations bill offered another opportunity to reserve American jobs for Americans. This time when Senator Sessions proposed his amendment, it was offered for a vote. Amazingly, on March 10, the Senate voted 50-47 to table the amendment and the law passed with no such long-term protection for American workers.

Again, in conference, the House version contained the E-Verify provision, the Senate version did not. Again, in direct contravention of the will of the House and a majority of Americans, the clause was stripped from the legislation and sent to the President for signature.

With more than 12 million Americans currently out of work, and thousands more losing their jobs daily, one might expect that our elected officials would do whatever they can to facilitate employment for their constituents, yet both California Senators Boxer and Feinstein voted against the Sessions amendment. Essentially, they voted to allow American jobs to be given to illegal aliens.

The Heritage Foundation estimates that because the bulk of the stimulus package goes for construction, and some 15 percent of construction workers are in this country illegally, perhaps 300,000 illegal aliens will get these \223shovel-ready\224 jobs.

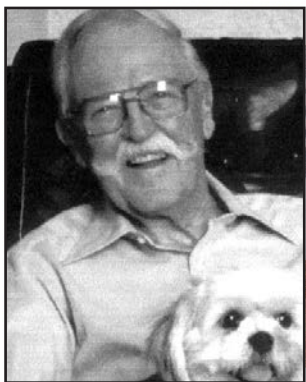
Private companies may choose to break the law and hire undocumented workers, paying them with private money. But when U.S. taxpayer funds are allocated for government spending, they really should go to American workers and people legally in the U.S., not to illegals who will send part of it out of the country. Stimulate Guatemala?

Ironically, if Senators Boxer and Feinstein had voted for the E-Verify amendment, it would have passed 49-48, and job-seeking Americans would now be assured of better odds in their search for work.

Author John Stickler lives in Murrieta, California. His latest book is Land of Morning Calm: Korean Culture Then and Now.

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Warhol & Friends: Artists To See Before It's Too Late!

SANGRE DE CRISTO ARTS CENTER WILL CELEBRATE ITS 37TH ANNIVERSARY

by *Rae Ann Short*

(PUEBLO) - Pop!...Goes the Party. When Andy Warhol and his fellow artists get together, it's sure to be a good time! Pop, Modern and Contemporary Art will take over the Sangre de Cristo Arts Center as it celebrates its 37th birthday with a bang on Friday, June 5 at 6:00 p.m. Sponsored by the Mahlon Thatcher White Foundation, the 37th Anniversary Gala will give attendees a fun, art-filled night to remember.

This funky event will start with cocktails, sponsored by Chris Kaufman: Land Title Guarantee, in the Helen T. White Galleries at 6:00 p.m. Enjoy a delicious drink while exploring the fabulous art masterpieces on display for the Summer Exhibitions.

Guests will have the chance to purchase light-up, blinking, wearable pins

featuring Andy Warhol's famous painting of Marilyn Monroe. With a magnetic backing, these crazy, colorful pins will compliment any outfit, suit or dress at the gala. The cost per pin is \$20 and all proceeds benefit Sangre de Cristo Arts Center programs.

After cocktails, around 7:45 p.m., this pop-party will move to the Jackson Conference Center. The silent auction will kick-off and the bidding will start. Some of the auction items include a time share week at Paniolo Greens in Waikoloa, Hawaii, a Denver loft weekend, a VIP evening with "Wicked" at the Denver Center for the Performing Arts, a tanzanite ring with a white and yellow gold band from Armstrong Jewelers, dinner and wine for six, a ThunderWolves Football package and much more!

Guests will then sit down to indulge in the gourmet dinner being served. This decadent menu will include a delicious Caesar wedge salad with parmesan

crisps, steak with succulent lobster thermidor, tasty yams and fresh vegetables, all with a banana split to top it off Warhol style.

Funk out your night of partying and dance to live music from the Denver band, Homeslice. This performance is sure to make everyone's dancing shoes come to life by bringing great jams to the stage with a groove that will funk you up! Don't miss your chance to show off dance moves and get your fifteen minutes of fame.

This amazing evening is sponsored by the Mahlon Thatcher White Foundation. Gold sponsors include the Aberdeen Surgery Ctr. Drs Kessler and Marin, Black Hills Energy, Chris Kaufman: Land Title Guarantee and Loaf 'N Jug. Silver sponsors include Greg & Sally Berryman, Barbara & Tony Fortino, Houston Construction and Parkview Medical Center. Bronze sponsors include Ali'i Management, Scott Luinstra and Kay & Gary Stone. Contributors are Cliff Brice Petroleum, Karen & Brad Farbo and Swerdfeger Construction. The Corporate Table sponsors will be the Mahlon Thatcher White Foundation, Pueblo Radiology Group, Colorado Springs Utilities, CSU-Pueblo, W.L. Enterprises, the City of Pueblo, St. Mary Corwin,

Loaf 'N Jug and Xcel Energy. (We apologize for the admission of any sponsor names that are added after this press release is sent out)

Tickets are \$110 per person and corporate tables of

8 to 12 guests are available. The gala is black tie optional and attendees can dress funky or fun. Call 719-295-7200 to reserve your spot.

The Sangre de Cristo Arts Center is located at 210 N Santa Fe Avenue, just off of I-25, exit 98b. Galleries and Buell Children's Museum is open Tuesday-Saturday 11a.m.-4p.m.; closed Mondays. Box office is open Monday-Friday, 9a.m.-5p.m., Saturday, 9a.m.-4p.m. Admission is \$4 for adults, \$3 for children, seniors, students and military. For more information call 719-295-7200 or visit us online at www.sdc-arts.org. All proceeds benefit arts education programs.



St. Paul's Church Dedicated

by *David Layden - Knights of Columbus Grand Knight*

On a pleasant and partly cloudy first Sunday afternoon in May, about 250 joyful and excited parishioners gathered in the paved parking lot at the site of the new Saint Paul the Apostle Catholic Church on West Oro Grande Drive in Pueblo West to witness the progress of the construction that began with the groundbreaking ceremony officiated by Bishop Tafoya last August.

As attendees arrived they were greeted by an eight foot banner that read WELCOME TO OUR NEW HOME ST. PAUL THE APOSTLE CATHOLIC CHURCH. Guided tours were given around the perimeter of the facility, and parishioners witnessed the dedication and blessing of a new stainless steel flag pole, adorned by a gold colored eagle on its top. The pole was constructed and donated by Sir Knight Juan Trujillo, a member of the construction oversight committee and a Charter Member



of the Pueblo West Council 12020 and Fourth Degree Assembly 2977 Knights of Columbus. A bugler from the Pueblo Veterans Military Ceremonial Team played Call To Colors while Sir Juan, dressed in his tuxedo and wearing full regalia, hoisted the flag. Next the Star Spangled Banner was sung. Pastor and Sir Knight, Monsignor Edward Nuñez then blessed the flag and pole. afterward, everyone sang God Bless America.

Monsignor Ed provided parish members with an overview of the new church and his plans for the future of the parish. Construction is expected to be completed by September.

The Knights of Columbus prepared from their cooking trailer and served a lunch of hot dogs and beans with salad and chips and cookies. Parishioners sat on folding chairs at tables hauled in just for this event and drank sodas donated by the General Contractor, Houston Construction, while brother Knight Randy Gonzales and his son played their guitars from a flatbed trailer used as a stage.

The entire event was co-sponsored by Pueblo West Knights of Columbus Council 12020 and Saint Paul the Apostle Assembly 2977. Proceeds from the lunch were donated to the building fund.

The Nature and Raptor Center Of Pueblo Still Has Some Openings Available In Its 2009 Summer Eco-Camps

by *John Gallagher*

It's not too late for your child to have some outdoor fun and adventure this summer. The Nature and Raptor Center of Pueblo still has a few spaces available in our week-long Summer Eco-Camps. Building shelters, caring for injured raptors, playing in the river and making our own wildlife videos, are just some of the cool activities we will be offering. Hurry and sign your kids up today for one of these camps before its too late.

Fort and Shelter Building in the Wild: Dates: June 15-19; Age: 4th & 5th grades; Time: 8:30 a.m. - 3:00 p.m. daily; Cost: NRCP Members \$110, Non-Members \$125.

Explore the wilds of Pueblo. We'll build forts and shelters, and sharpen our outdoor skills while exploring the area's hidden wonders, but mostly we'll be enjoying ourselves in the outdoors.

Raptor Camp: Dates: June 22 - 26; Age: 4th & 5th grades; Time: 8:30 a.m. - 3:00 p.m. daily; Cost: NRCP Members \$110, Members \$125

Wild about birds of prey? Then spend a week learning about these magnificent creatures through hands-on and up-close activities. We'll not only explore the world of birds of prey, but also participate in our efforts to care for ill, injured and orphaned birds of prey at our raptor rehabilitation facilities.

Prairie to Peaks Camp - FULL

Camp Animal Planet: Dates: July 20 - 24; Age: 7th & 8th grades; Time: 8:30 a.m. - 3:00 p.m. daily; Cost: NRCP Members \$110, Members \$125.

Do you like to learn about wildlife on Animal Planet? Have you ever wanted to make your own wildlife videos, like Steve Irwin, the Crocodile Hunter? Then join us as we study some local animals and then make a wildlife video with you as the star.

River Camp: Dates: July 27 - 31; Age: 2nd & 3rd grades; Time: 8:30 a.m. - 3:00 p.m. daily; Cost: NRCP Members \$110, Members \$125

Discover the Arkansas River in beautiful Rock Canyon! We'll explore what's in the river and do experiments with the water. Plan to get wet as we find new ways to enjoy the river.

For Information and Reservations please call the Nature and Raptor Center of Pueblo at 719-549-2414.

The mission of the Nature & Raptor Center of Pueblo is to provide quality education and conservation programs, wildlife rehabilitation, and recreational opportunities related to the environment as well as the natural and cultural history of the area.

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Weird News

from page 4.
in fair condition.)

The New Waterboarding:

-- In April, the district attorney in Vilas County, Wis., announced that he was seeking volunteers for a forensic test to help his case against Douglas Plude, 42, who is scheduled to stand trial soon for the second time in the death of his wife. The volunteers must be female, about 5-foot-8 and 140 pounds, and will have to stick their heads into a toilet bowl and flush. Plude is charged with drowning his wife in a commode, but his version (which the prosecutor will try to show is improbable) is that his wife committed suicide by flushing herself.

Compelling Explanations

-- Neal Horsley, running for governor of Georgia in the 2010 election on a platform encouraging the quaint Peach State legal theory of "nullification" (i.e., that the state can override the U.S. Constitution in certain instances), is principally known as a staunch foe of abortion who once posted a "hit list" of doctors. However, Horsley is also celebrated for a 2005 television interview with Fox News' Alan Colmes, in which Horsley described his childhood: "When you grow up on a farm in Georgia, your first girlfriend is a mule." To a skeptical Colmes, Horsley added, "(Y)ou (city) people are so far removed from reality. ... Welcome to domestic life on the farm."

-- A month after her client was accused of a March attempted murder, attorney Frances Hartman spoke up for him to a reporter. "(My client) is an exemplary young man," said Hartman, describing fourth-year Camden, N.J., medical student Brett Picciotti, 26, who was charged with shoving his girlfriend off a second-story balcony, but who denied that he pushed her. "This is an aberrational charge," Hartman said. "I think there's an explanation. I'm just not prepared to give it to you right now."

-- Rammed for a Good Reason:

(1) Lorena Alvarez was charged with aggravated battery in April in Lake Worth, Fla., after allegedly, angrily crashing her car into her boyfriend's pickup truck, thus endangering her two kids, ages 7 and 1, who were with her. She explained to police that her boyfriend was about to drive off drunk and hitting him was the best way to prevent danger to other motorists. (2) John Angeline was charged with fatally running over gas station attendant Haeng Soon Yang in Mossy Rock, Wash., in April after she tried to stop him from leaving without paying for \$34 in fuel. Angeline, captured nearby, explained to police that he had run over the woman because she looked like she was about to "cast a spell" on him.

Ironies

-- On April 8, the New Hampshire House of Representatives debated a controversial bill to outlaw discrimination against "transgenders" (those born of one sex but who identify as the other), and the legislation passed by one vote. Coincidentally, April 8 was the state's Tartan Day, and by tradition, male lawmakers of Scottish ancestry wore kilts to work. Thus, some opponents of giving greater protection to "men" who wear skirts were men who were that day wearing "skirts." (In any event, the state Senate subsequently rejected the bill.)

-- Environmental activists Raoul Surcouf and Richard Spink set sail from Bristol, England, in May on a 40-foot boat outfitted with solar panels and a wind turbine to attempt the first carbon-neutral crossing of Greenland's polar ice cap (a journey being monitored eagerly online in Bristol by 25,000 schoolchildren). However, 400 miles off the coast of Ireland, hurricane-force winds destroyed the boat, and the crew was lucky to be rescued by a nearby ship, which was a tanker carrying 680,000 barrels of crude oil.

-- Almost No Longer Weird: (1) In Los Angeles on March 29, hit-and-run drivers killed two pedestrians: an 18-year-

old female college student and, hours later, a 55-year-old Guatemalan-American construction worker. As is not unusual, according to the Los Angeles Times, the LAPD went into massive "overdrive" to find the woman's killer but handed the other homicide off to "a lone detective with little more to go on than hope." (2) On April 25, in Washington, D.C., the murder of a black teenager was reported in two sentences of that day's Washington Post while nearly 10 times the space was devoted to the colonoscopy of a panda at the city's National Zoo.

Why Government Workers Get a Reputation

In April, accounting clerk James Kauchis made a formal complaint to the personnel office of the county Department of Social Services in Binghamton, N.Y., demanding that he be compensated for a recent interrupted lunch hour. Kauchis had missed lunch when DSS offices were locked down as police secured the neighborhood surrounding the site of the April 3 massacre in which a gunman killed 13 people and then himself. Although DSS had pizza and beverages brought in during the siege, Kauchis felt that wasn't as good as a regular lunch hour.

Fetishes on Parade

Perverts Giving 110 Percent Effort: (1) Allan Mailloux, 45, was arrested for flashing motorists as he walked among rush-hour traffic in Madison, Wis., in January, on a day when the high temperature was minus-2 (F). (2) Police in Mount Pleasant, Iowa, investigated reports in February from "several" people that a man was driving up alongside motorists on Highway 78, and if the motorist was a lone female, he would speed on ahead, pull over to the shoulder, get out, and flash the motorist as she drove by.

Least Competent Criminals

Questionable Judgments: (1) In April in Arnold, Mo., police arrested a suspected shoplifter trying to leave a Schnucks store with unpaid-for merchandise. She aroused suspicion from security personnel only because she was attempting to exit through an automatic "enter" door and was slow to figure out the problem and loud in expressing her frustration. (2) Nathaniel Johnson, 19, was arrested in March in Tampa on burglary charges when police produced solid evidence of his presence in a neighborhood that had reported several break-ins. Johnson was

revealed to be at each crime scene because he was traced by the ankle monitor he was wearing from a previous court appearance.

Recurring Themes

Public urination continues to be dangerous, as News of the Weird has reported periodically. In April, a 23-year-old man tumbled off a bridge over the Minnesota River in Bloomington, Minn., just before 5 a.m. while attempting to urinate. He fell 30 feet but survived. And in March, tugboat captain Kevin McGonigle fell off his boat into the Campbell River near Victoria, British Columbia, while attempting to urinate. He was rescued after 70 minutes, clad only in T-shirt and pajama bottoms, and could not have survived much longer in the frigid waters.

The Classic Middle Name (All-New!)

Arrested recently and awaiting trial for murder: Codey Wayne Miller, Johnson City, Tenn. (May). Darcy Wayne Banaszek, Skamania County, Wash. (May). Dale Wayne Baylis, Denver (May). Benjamin Wayne Shorter, Catonsville, Md. (April). Timothy Wayne Fletcher, Welaka, Fla. (April). **Paul Wayne Stark, Pueblo, Colo.** (March). Abrey Wayne Fortner, Blountsville, Tenn. (January). On trial for murder at press time: Geoffrey Wayne Freeman, Brisbane, Australia. Arrested in Nevada, at press time fighting extradition to Roseburg, Ore., to face a murder charge: Dale Wayne Hill (April). Committed suicide after (according to police) murdering his wife: Terry Wayne Scott, Dade City, Fla. (May).

A News of the Weird Classic (May 1998)

On the day before Good Friday in 1998, reported the Los Angeles Times, Dr. Ernesto A. Moshe Montgomery consecrated the Shrine of the Weeping Shirley MacLaine at the Beta Israel Temple in Los Angeles. Inspired by an image he said he had while riding in the actress's private jet, Montgomery said a subsequent, large photograph of him with MacLaine was "observed shedding tears," which had inspired congregants' prayers and testimony of miraculous healings.

Read News of the Weird daily at www.weirduniverse.net. Send items to weirdnews@earthlink.net.

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Cuba

from page 15.

The most interesting places to stay -- especially if you want to meet Cubans -- are the "casas particulares," private homes with government permits to rent rooms to tourists. Rates are controlled and this winter ran from \$25 to \$35 per room for one or two people. A place to start looking is <http://www.casaparticular.info>, which links to 700 sites and Web pages.

If you decide to risk an independent vacation, the best overall travel deals are all-inclusive Canadian tour packages. As of this spring, one-week packages at dozens of four-star resorts on Varadero Beach, east of Havana, were going for as little as \$1,000 in Canadian dollars. That covered round-trip air fare into Varadero, all meals plus snacks, all beverages including beer and wine, and more than a dozen activities, ranging from salsa dancing to deep-sea fishing.

FOOD AND DRINK

Cuban food is not spicy and, unless it's at a fancy restaurant, not very exciting, either. Standard menus offer various forms of pork, chicken, seafood and fish, plus cabbage salad, fried bananas or banana chips, and rice and beans (called "congrí" or "moros y cristianos," literally "Moors and Christians," because of the blend of colors). Average meals in Havana run \$8 to \$14. "Paladares" -- private homes permitted to serve food to guests -- are cheaper and often better.

Cuba makes good beer, and Cuban rum is cheap and rightly famous (and available in juice-box size as well as larger bottles).

Because author Ernest Hemingway favored two Havana watering holes -- La Floridita, at the west end of Calle Obispo, for daiquiris and La Bodeguita del Medio, near the Cathedral, for mojitos -- both places are now overcrowded and overpriced, but too famous to skip.

MUST-SEE

Try to see these: The elegant 18th-century Governors' Palace, more correctly called the Palacio de los Capitanes Generales, on the Plaza de Armas in Habana Vieja; the great fortress complex of El Morro across the harbor; and the Museum of the Revolution in the former Presidential Palace on Calle Refugio. The big boat on display outside is the Granma, the motor yacht that brought Castro, Che Guevara and a core group of revolutionaries from Mexico to Cuba in 1956.

Ernest Hemingway fans should add two other stops: the author's sparsely furnished room, No. 511, in the Ambos Mundos Hotel on Calle Obispo in Old Havana, and Finca Vigia, or Lookout Farm, his peaceful villa in the leafy Havana suburb of San Francisco de Paula. It's preserved as it was in 1960, when he last saw it, right down to the worn brown loafers on the shoe rack in his bedroom.

For my money, the single best thing to do in Havana doesn't cost a cent:

It's just walking on the Malecon, especially at twilight. The buildings are weather-beaten and crumbling, but they're still beautiful, and they go on and on, with no neon in sight -- at least until Americans are allowed to travel and invest in Cuba.

CULTURE

Every major town has a Casa de la Trova, where musicians hang out, and most bars and bigger restaurants also have live music.

For a glimpse of the pre-revolutionary glamour that made Cuba an American resort, take in the (overly) expensive floorshow at the Tropicana nightclub (hotels and tourist offices can arrange tickets).

Much less expensive -- and, I think, classier -- is Cuba's world-renowned Ballet Nacional. Tickets for tourists are the equivalent of \$20 at the Gran Teatro box office on Havana's Parque Central. If you don't like your seat, quietly ask an usher if there's a better one -- and be prepared to tip.

ELSEWHERE IN CUBA

Santiago de Cuba, the country's second-largest city, lies on the south coast at the eastern end of the island, close to the Sierra Maestra mountains, where Castro's revolutionaries gathered strength before they pushed westward in 1958. It's smaller and quieter than Havana, and a Sunday evening spent people-watching in Parque Cespedes, surrounded by its Spanish colonial buildings, is a real treat.

Santiago figures in American history as the site of San



'56 Buick - Cuban Taxi!

Juan Hill, where Teddy Roosevelt's Rough Riders fought against Spain in 1898. One of the spoils of that war is nearby -- the controversial U.S. naval base of Guantanamo.

Trinidad, a small, exquisite city on the central coast, is -- like Havana itself -- a UNESCO World Heritage Site. It's as pretty as the best of Old Havana and much quieter, aside from the tour buses.

Cuba's wild west is rougher, emptier, more like rural areas of other Central American countries. The Valley of Vinales is the gem there -- green and lovely, among limestone karst formations that look like the landscapes in Chinese scroll paintings.

A FINAL WORD

Cuba is a beautiful puzzle of a place, made more fascinating by being out of reach to us for so long, and it will be well-worth visiting -- as soon as it's legal.

— Catherine Watson

FREMONT/CUSTER County Menus

Penrose(372-3872) - Canon City(275-5524)
Florence(784-6493) - Silvercliffe (783-9508)

FLORENCE

100 Railroad St. - Florence Tu-Thur-Fri

JUNE 2: BAKED HAM & RAISIN SAUCE, Candied Sweet Potatoes, Green Bean Amandine, Cranberry Mold.

JUNE 4: TURKEY POT PIE, Tossed Salad, Orange Juice, Apple.

JUNE 5: TUNA NOODLE CASSEROLE, Italian Green Beans, Pineapple Tidbits.

JUNE 9: BEEF/BROCCOLI STIR FRY, Brown Rice, Steamed Carrots, PA Tidbits.

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

JUNE 12: SLOPPY JOE ON A BUN, Scalloped Potatoes, Peas/Carrots, Apple.

JUNE 16: CHILI CON CARNE, Wheat Crackers, Sliced Yellow Squash, Fresh Apple, Cornbread with Margarine.

JUNE 18: DIJON CHICKEN, Steamed Brown Rice with Parsley, Shredded Green Salad, Cut Broccoli, Strawberries.

JUNE 19: TACO SALAD/SALSA, Tomato/Lettuce Garnish, Strawberry Applesauce, Tropical Fruit, Cornbread/marg.

JUNE 23: SWISS STEAK/MUSHROOM sauce, Whipped Potatoes, Greens, Orange.

JUNE 25: BEEF STROGANOFF, Orange Spiced Carrots, Beet Salad, Mixed Fruit.

JUNE 26: HAMBURGER/CATSUP, MUSTARD/ONION, Tomato/ Lettuce, Baked Beans, Potato Salad, Watermelon.

JUNE 30: ROAST PORK, Whipped Potatoes/Gravy, Parslied Carrots, Strawberry Gelatin Salad, Dinner Roll/marg.

SALIDA MENU

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

JUNE 2: SLOPPY JOE/BUN, Scalloped Potatoes, Broccoli/Carrots, Apple.

JUNE 4: SPINACH LASAGNA, Tossed Vegetable Salad, Green Beans, Tangerine.

JUNE 5: TURKEY POT PIE, Cut Broccoli, Tossed Salad/French Dressing, Apricot Pineapple Compote, Biscuit.

JUNE 9: CHICKEN & NOODLES, Green Beans, Baked Acorn Squash, Apricot Pineapple Compote.

JUNE 11: TACO SALAD/SALSA, Tomato/Lettuce,, Strawberry Applesauce, Tropical Fruit, Cornbread/marg.

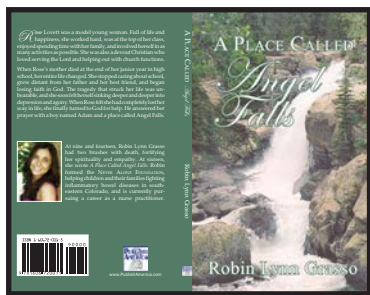
JUNE 12: KIELBASA, Parsley Buttered New Potatoes, Mixed Vegetables, Squash, Pineapple Mandarin Orange Compote.

JUNE 16: SPAGHETTI/MEATSAUCE, Tossed Salad/Italian Dressing, Green Beans, Orange.

JUNE 18: SCALLOPED POTATOES/HAM, Chopped Spinach, Mixed

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Vegetables, Apple.

JUNE 19: ROAST CHICKEN/BROTH, Scalloped Potatoes, Harvard Beets, Cinnamon Apples.

JUNE 23: MACARONI/CHEESE, Shredded Green Salad/Lemon, Whipped Hubbard Squash, Strawberry Applesauce.

JUNE 25: SPICY BEEF RICE CASSEROLE, Broccoli, Sliced Yellow Squash, Pineapple Tidbits.

JUNE 26: HAMBURGER/CATSUP/MUSTARD & ONION, Sliced Tomato/Lettuce, Baked Beans, Potato Salad, Watermelon.

JUNE 30: COMBINATION BURRITO, Lettuce/Tomato/Salsa, Green Beans, Cilantro Lime Rice, Sliced Peaches.

Black Beans with Cilantro, Diced Pears.

JUNE 19: BIRTHDAY LUNCH, Oven Fried Chicken, Spinach Mandarin Orange Salad, Potato Salad, Peach, Cornbread..

JUNE 22: Sloppy Joe on a Bun, Scalloped Potatoes, Broccoli & Carrots, Apple.

JUNE 24: Baked Pork Chop with Gravy, Whipped Potatoes, Hot Bean Casserole, Fruit Salad, Cinnamon Applesauce.

JUNE 26: Lemon Baked Fish, Tartar Sauce & Lemon, Rice Pilaf, Green Beans with Mushrooms, Fruit Salad.

JUNE 29: Scalloped Potatoes/Ham, Chopped Spinach Salad, Hardboiled Egg, Peaches.

PENROSE CENTER

1405 Broadway-Penrose (Tues/Thur)

JUNE 2: MACARONI & CHEESE, Shredded Green Salad/Lemon, Whipped Hubbard Squash, Strawberry Applesauce.

JUNE 4: BBQ PORK RIBS, Corn On The Cob, Seasoned Greens, Potato Salad, Watermelon.

JUNE 9: SPAGHETTI AND MEATSAUCE, Tossed Salad with Italian Dressing, Seasoned Green Beans, Orange.

JUNE 11: CHICKEN FAJITA, Tomato, Lettuce Garnish, Cilantro Rice, Cooked Cabbage with Red Pepper, Grapes.

JUNE 16: TACO SALAD WITH SALSA, Tomato/Lettuce Garn, Strawberry Applesauce, Tropical Fruit, Cornbread/marg.

JUNE 18: TURKEY SANDWICH With Provolone Cheese & Mustard, Sliced Tomato/Lettuce, Orange, Waldorf Salad.

JUNE 23: BRATWURST ON A BUN With Sauerkraut, Mustard & Onion, Pickled Beets, Sliced Peaches.

JUNE 25: OVEN FRIED CHICKEN, Spinach Mandarin Orange Salad, Potato

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JUNE 1: TATER TOT CASSEROLE, Tossed Salad/Italian Dressing, Baked Acorn Squash, Vegetable Blend, Banana.

JUNE 3: Chicken Cordon Bleu, Rice Pilaf, Seasoned Asparagus, Apricots.

JUNE 5: Crunchy Baked Fish, Whipped Potatoes, Mixed Vegetables, Pineapple Mandarin Orange Compote.

JUNE 8: Roast Turkey/Gravy, Cornbread Stuffing, Cauli-Broccoli w/ Cheese Sauce, Cranberry Mold, Pumpkin Bar.

JUNE 10: Meatloaf/Brown Gravy, Cheesy Potatoes, Green Beans, PA Tidbits.

JUNE 12: Spinach Cheese Squares, Tossed Salad with Pear, Whipped Hubbard Squash, Tropical Fruit.

JUNE 15: Tuna Macaroni Salad, Cool Cucumber Salad, Sugar Free Orange Juice Gelatin, Salad with Banana.

JUNE 17: Combination Burrrito/Chicken Green Chile, Tomato, Lettuce and Salsa,

Salad, Peaches, Cornbread/marg.
JUNE 30: HAMBURGER WITH CATSUP,MUSTARD & ONION, Sliced Tomato on Lettuce, Baked Beans, Potato Salad, Watermelon.

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JUNE 1: TURKEY TETRAZINI, Italian Green Beans, Cottage Cheese Peach Salad, Strawberry Applesauce.

JUNE 2: BRATWURST ON A BUN With Sauerkraut, Mustard & Onion, Scalloped Potatoes, Peas and Carrots, Peach Halves.

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

JUNE 8: SALISBURY STEAK, Whipped Potatoes with Gravy, California Vegetable Medley, Seasoned Greens, Nectarine.

JUNE 9: ROAST CHICKEN WITH MUSHROOM SAUCE, Steamed Brown Rice, Seasoned Cauliflower Broccoli Mix, Apple Pear Salad.

JUNE 11: TURKEY POT PIE, Tossed Salad, Orange Juice, Apple.

JUNE 15: SPICY BEEF RICE CASSEROLE, Cut Broccoli, Sliced Yellow Squash, Pineapple Tidbits Waldorf Salad.

JUNE 16: TAHITIAN CHICKEN, Steamed Brown Rice, Green Bean Amandine, Fruit Salad.

JUNE 18: FRENCH DIP SANDWICH WITH AU JUS, Oven Browned Potatoes, Mixed Veggies, Strawberry Applesauce.

JUNE 22: BAKED HAM WITH RAISIN SAUCE, Candied Sweet Potatoes, Green Bean Amandine, Cranberry Mold.

JUNE 23: TUNA MACARONI SALAD, Cool Cucumber Salad, Orange Juice Gelatin, Salad with Banana, Peaches, Cheddar Drop Biscuit.

JUNE 25: PASTA PRIMAVERA, Spinach Salad with Egg & Italian Drsg. Apple Pear Salad/Almonds, Plums, Garlic Bread.

JUNE 29: ROAST PORK WITH GRAVY, Oven Browned Potatoes, Parslied Carrots Strawberry Gelatin Salad, Dinner Roll with Margarine.

JUNE 30: OVEN FRIED CHICKEN, Spinach Mandarin Orange Salad, Potato Salad, Peaches, Cornbread/marg.

ALL MEALS SERVED WITH MILK

(Coffee or Tea optional). Most meals served with bread and margarine.

Pueblo Volunteer Center Has Grown With Community

by Gloria Valdez - SRDA

We are proud to announce that the Pueblo Volunteer Center now has four staff members, all dedicated to "increasing citizen involvement in the community by recruiting volunteers, matching their skills and utilizing their talents to enhance Pueblo non-profit and public agencies". This is the mission of the Pueblo Volunteer Center. The actual workings of the Volunteer Center are three fold according to Gloria Valdez, quasi director (only because she has been doing this type of work for many years!)

The Pueblo Volunteer Center has been a dream for many years. Pueblo hasn't had a centrally located program where individuals of all ages can go to find volunteer opportunities in the com-

munity until now.

The Volunteer Center addresses three areas: Retired and Senior volunteers, Adults and Youth Volunteers and Volunteers placed with the Pueblo City Departments and is funded by the Packard Foundation, SRDA, the City of Pueblo and the National Corporation for National and Community Services.

RSVP: Gloria Valdez and Eleanor Mosco have staffed the Retired and Senior Volunteer Program for over 15 years. They recruit and place individuals 55 and older to meaningful volunteer work in the Community. RSVP Volunteers are placed in many non-profit agencies such as schools, hospitals, museums, food banks, and the list goes on.

55 & under and Youth Area: Janique Rizer coordinates this portion of the Volunteers Center. She works with individuals under the age of 55, with an emphasis on the youth.

Ms. Rizer has a list of agencies that accept teen volunteers and categories for everyone, including working with animals, elderly or those with special needs. Places that primarily work outdoors, or with the hungry, and of course, clerical positions.

Beginning this year, freshmen in Pueblo City Schools are required to put in 20 hours of community service. This program will expand to include sophomores, then juniors, and by the time today's freshmen are seniors, will incorporate all four years of high school. By graduation, the class of 2012 will have put in a total of 80 hours of volunteerism in addition to time already required by various clubs and organizations.

City Department Volunteer Program: The city of Pueblo has contracted with SRDA to recruit and place volunteers for city of Pueblo Departments. SRDA has hired Beth Gladney to facilitate this program. Mrs. Gladney will recruit, screen and place volunteer job orders for the city. Volunteers will be brought in to support and enhance the work of paid staff, not to replace them. Screening and background of volunteer candidates will ensure a good match for



city departments.

To reach volunteers and respond to the cities needs with speed and efficiency, the Pueblo Volunteer center will develop many of the latest technology formats to enhance the efficacy of the program. Email groups, internet presence, a website with an online application process will be established and maintained. In addition, the Volunteer Staff works in a cooperative effort with other volunteer programs in the community and help maintain ongoing public relations with these agencies.

So ...if you are a teen looking to fulfill your graduation requirements, or an individual wanting to be part of the cities working core or a retired individual who has skills to offer an helping agency... then call the Pueblo Volunteer Center to day, 545-8900 and one of our staff will be more than happy to provide you with the information on volunteer opportunities in our community.

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The New World On Diaries

(NAPSI)-Keeping a diary could provide some unexpected perks.

Researchers now say writing in a diary or journal offers a range of benefits, from helping people lose weight to organizing their finances and from providing insight into daily problems to busting stress. One study at the University of Texas even

says regular journaling strengthens immune cells, helping to fight off illness.

Some feel diaries may soon become even more important as hard economic times force people to look inward for rewards, rather than relying on external payoffs. Such was the case for best-selling author and artist Philipp Keel, who says his new book, "Keel's Simple Diary," was his personal response to having "too much information and not enough meaning," and needing to remember what made him smile.

But despite what its title implies, keeping a diary that's "simple" doesn't mean the answers are always easy. Instead, the book tickles readers' minds and asks that they look at things in a different way--or at things they never looked at before.

For instance, one section challenges people to describe their ideal selves by checking off a word from a list including "meteor," "matchbox," "springtime" and "kosher" or to describe their day as either "colorful," "bleached out" or "black and white."

With his book, Keel answers some of his own questions about life and engages the reader in what he feels is our ultimate quest: to gain insight into who we are and why we do what we do.

Other sections invite the reader to make choices among images and symbols that stimulate further reflection, along with fill-in-the-blank sentences such as "A secret passion you are dying to share with those who deserve it" and playful and inspiring suggestions for dealing with life's ups and downs.

Say, for instance, you're dealing with a broken heart--certainly not an uncommon topic for a diary. The book offers eight simple solutions: "1. Cry like a river. 2. Think of the good stuff. 3. Breathe. 4. Kindly proceed to the end of the tunnel. 5. Sigh. 6. Wear sunglasses. 7. Set boundaries. 8. Send flowers."

"Our lives are so complicated, at the end of the day we always have more to do, but time for less," says Keel. "Everyone can use a break to remember what's truly important in a day, a year, a moment."

For more information, visit www.simplifiediary.com.

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Reeling "Who's Afraid Of The 1950's?"

by Film Critic Betty Jo Tucker, Pueblo

WHO'S AFRAID OF THE 1950'S?

Lost dreams and marital stress make the lives of a young couple miserable in "Revolutionary Road," available this month on DVD. Kate Winslet and Leonardo DiCaprio co-star here as the husband and wife struggling to survive suburbia during the 1950s. Having gone through similar experiences at that same buttoned-down era, I found the film quite accurate in terms of the way people dressed, decorated their houses, wore their hair and so forth -- but overly melodramatic in how they related to each other.

Still, the story of Frank and April Wheeler is a serious one, so perhaps their almost continuous arguing and shouting serves to emphasize this point. However, I couldn't help thinking about "Who's Afraid of Virginia Wolfe?" -- a classic 1966 film with Elizabeth Taylor and Richard Burton -- during most of

these scenes. And that distracted me from what was happening on screen, which is never a good sign. Although Winslet and DiCaprio deliver brilliant performances, even on a par with those of Taylor and Burton, they also portray characters who are not easy to care about, and that's another drawback for this movie. But Winslet and DiCaprio (co-stars also in "Titanic"), both acting up a storm, provide the reason to see this film. When their characters hurl ferocious insults at each other, the intensity of their feelings appears chillingly real.

What happened to April and Frank's marriage? They seem very much in love at the beginning of their relationship, which starts out with being drawn together by romantic looks "across a crowded room." "Revolutionary Road," directed by Sam Mendes and based on a 1962 novel by Richard Yates, blames it on the 1950s and life in the suburbs. A

move from New York City to a house on Revolutionary Road in the Connecticut suburbs serves as the first step of Frank and April's descent into despair. Frank must commute to his job, leaving April at home to deal with babies, loneliness and boredom. April's dreams of becoming an actress no longer sustain her, and she finally starts pleading with Frank to move the entire family to Paris, hoping doing something this drastic will change things. Unfortunately, how those "Paris plans" open up new problems between these two unhappy individuals receives too much attention in the film and begins to drag it down more than necessary.

Can this marriage be saved? A former mental patient, played impressively by Oscar nominee Michael Shannon, gives them surprisingly wise advice. But by the time we know the answer to that question, we've run out of empathy for April and Frank. Yet we're jolted by the movie's shocking ending. Even so, we have trouble blaming the 50s or suburbia. Lack of respect, fidelity and compassion in a marriage can make the partners miserable, no matter when or where you live. (Released by Paramount Vantage and rated "R" for language and some sexual content/nudity.)



ON THE BIG SCREEN IN JUNE

Two remakes look promising this month: "Land of the Lost" and "The Taking of Pelham 1 2 3." Will Ferrell stars in the former, which -- from the previews -- appears to be a spoof rather than a serious attempt to re-do the original TV sci-fi series. Although "Pelham" boasts an intriguing cast, including Denzel Washington, James Gandolfini and John Travolta, many viewers might miss Walter Matthau from the 1974 film, which was incredibly riveting.

Because I'm an incurable romantic, "The Proposal" also has me psyched up. The always entertaining Sandra Bullock and handsome Ryan Reynolds, one of my favorite new leading men, co-star in this romantic comedy about a boss (Bullock) who forces her assistant (Reynolds) to marry her so she won't be deported. Bullock and Reynolds both have a special flair for comedy. I predict they'll make a very watchable movie couple.

Happy viewing, movie fans!

Read Betty Jo's movie reviews at ReelTalkReviews.com. Autographed copies of her two books, *CONFESSIONS OF A MOVIE ADDICT* and *SUSAN SARANDON: A TRUE MAVERICK*, are available in Pueblo at Barnes & Noble.

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