

page 2 .....Opinion  
page 4 .....Weird News  
page 5.....Health  
page 7.....Social Security & You  
page 23.....Light for the Journey

*Peace & Joy To All*  
*Back To School Safety*  
*Primary Voting*

page 12.....Senior Safety  
page 15.....SRDA Menu  
page 16.....Finances  
page 18.....Senior Classifieds  
page 5.....Fremont/Custer Menu



# Senior Beacon

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

AUGUST, 2010 Vol. 29: No. 1 Established Aug., 1982 337 Consecutive Months!

## Seniors Say "No" To Social Security Totalization Program

Seniors Say "No Social Security Based On Illegal Work!" as Totalization With Mexico Remains Pending Alexandria, VA (July 15, 2010) If President Obama is serious about protecting Social Security and cutting the deficit, he should not sign the pending Social Security totalization agreement with Mexico or send it to Congress for approval, says one of the nation's largest nonpartisan seniors groups. "The agreement would pay Social Security totalization benefits to Mexican workers, including those who worked in this country illegally," says Daniel O'Connell, Chairman of The Senior Citizens League (TSCL). "With the President's Fiscal Commission working on developing a plan for cutting the deficit that may include cuts to Social Security benefits and cost-of-living adjustments (COLAs), the Presi-

dent should not approve a totalization agreement that would award hundreds of millions in Social Security benefits to an estimated 1.6 million illegal Mexican workers and their dependents," says O'Connell.

Last year, TSCL released an opinion from a respected legal team saying that, under the totalization agreement, Mexican workers appeared to have greater rights to Social Security benefits than American citizens. The memo said that in the 1960 Supreme Court case *Flemming v. Nestor*, the court ruled that American workers have no contractual right to receive Social Security payments. "An American worker who has faithfully paid the employment tax has no legal recourse to any of those monies deposited in the Social Security trust fund," the memo states. The totalization

agreement between the United States and Mexico, however, may create "a legally enforceable obligation in United States courts," the memo continues.

The pending agreement with Mexico has been signed but has not yet been sent by the President to Congress for final review. Such totalization agreements allow workers who divide their careers between two countries to combine or totalize their work credits under both Social Security systems in order to qualify for benefits if they lack sufficient coverage under either system. The United States has 24 such agreements with nations having economies said to be similar to ours.

The agreement with Mexico is highly controversial because of the millions of Mexicans working without authorization in the United States. An es-

timated 59% of the estimated 11 million illegal immigrants in the U.S. are from Mexico. Despite legislation passed in 2004 that prohibits the payment of Social Security benefits to illegal immigrants, Mexicans who worked in this country illegally could become entitled to totalized Social Security benefits, according to the Congressional Research Service. When determining entitlement for Social Security benefits the Social Security Administration uses all reported earnings, even for jobs worked while illegal.

"TSCL believes the President would be wise to abandon any plan to send the totalization agreement with Mexico to Congress," states O'Connell. "Seniors are deeply and adamantly opposed to the payment of Social Security **SEE "SENIORS" PAGE 3.**

## Advance Directives Help Seniors Get Care They Desire

by Eileen Doherty

Denver, CO. Outraged by former Governor Richard Lamm's statement that elders have a "duty to die", Coloradoans are more comfortable with making end-of-life decisions. Now they have access to numerous advance directives which help to direct the elder's

care at a time of frailty and inability to care for one's self.

Advance directives provide guidance to family and the medical community to deliver appropriate health and palliative care. The Colorado legislature recently made some significant changes to the Living Will and added the

Medical Orders for Scope of Treatment (MOST).

Passed in 1985, the original Living Will form provided a pre-printed form that directed care givers to remove life support under certain prescribed conditions. The new form defines life-sustaining procedures, persistent vegetative state, and terminal condition.

A life-sustaining procedure is any procedure administered for the specific purpose of prolonging the dying process. For example, if a medication is prescribed solely for the purpose of keeping one's blood pressure level as the person is dying, that intervention might be interpreted to be a "life-sustaining procedure". Artificial nutrition and hydration are excluded as palliative measures providing comfort rather than life support.

"Persistent vegetative state is deemed when the attending physician and another physician agree that within a reasonable degree of medical probability the patient can no longer think, feel anything, knowingly move, or be aware of being alive". Physicians must agree that the condition will last indefinitely without hope for improvement through monitoring the patient.

Terminal condition is defined as "an irreversible condition for which the administration of life sustaining procedures will only serve to postpone the moment of death".

Individuals who have a living will do not need to make a new one, but may want to consider completing a new form to be more consistent with current laws.

Although the medical power of attorney empowers the agent to determine the need for medical care, the legislature has strengthened the agent's powers by enacting a standardized form, the Medical Orders for Scope of Treatment (MOST).

The MOST form orders medical professionals to deliver care that can include comfort measures only, hospital care, limited interventions or full treatment. A medical power of attorney may sign a MOST order for someone who lacks decisional capacity. The MOST order can be revoked at any time by the individual or the medical power of attorney.

A MOST order signed by a physician or other health care professionals, requires emergency professionals, home care personnel, hospital staff, and/or nursing home managers to follow the treatment orders. Medical personnel are immune from criminal prosecution if they follow the MOST orders.

MOST orders may also be provided verbally. Similarly photocopies, faxes, and other electronic copies of the form are recognized as legally constituting the wishes of the individual eliminating the need for the original copy to be available to medical personnel. It is the responsibility of the transferring medical facility to another health care facility to transfer the MOST orders. If a facility or health care professional objects on moral grounds, they are required to identify an organization or individual willing to follow the MOST orders.

The MOST order form takes effect August 11, 2010 and is designed to give individuals more rights in managing their end of life care. For more information, contact your attorney or you can call The Society at 303-333-3482 for copies of the pre-printed forms.

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

## Fremont Senior Fair August 28

It is time for the 9th Annual Seniors Inc. Senior Fair. The fair is proudly sponsored by Seniors Inc.

Home Care, Centura Health Systems, and Parkview Medical Center. The Fair will be held at Evangelical Free Church, 3000 East Main in Canon City from 9:00 to Noon on Saturday, AUGUST 28, 2010.

Seniors Inc. would like to thank the community including the many sponsors and exhibitors for making the Annual Senior Fair a successful event. This information Fair is FREE to the community and offers the opportunity to visit with fifty five organizations and businesses supporting a healthy lifestyle for older adults.

The Senior Fair will showcase Senior Housing, Senior Service vendors, Medical Resources, and Health Screenings including bone density, blood pressure, vision and hearing. Door prize drawings will continue through out the event. Goodie Bags, Hand Outs and the "2010 Resource Guide" will be provided to all participants.

Parkview Medical Center will again be sponsoring "Lunch with the Doctor" following the Fair, from noon to 1:00. Neurologist Dr. Gary Cohen will present. Platinum Sponsor Centura Health Systems will be offering a representative from the Cancer Center at St. Mary Corwin, Pueblo, consecutively, from noon to 1:00. KRLN/Star Country radio remote will again broadcast from the Senior Fair.

Co sponsors for 2010 are: Hildebrand Care Center (Gold Sponsor), and Silver Sponsors Arkansas Valley Surgery Center, Canon Lodge Care Center, Commstar, Kaiser Permanente - Senior Advantage, Legacy Center/Friendship House, Master Printers, Palace Drug, Seniors Blue Book, and Skyline Vision.

Media Sponsors are: The Daily Record, KRLN/Star Country, Senior Beacon, and The Shopper.

Seniors Inc. Home Care, Centura Health Systems, and Parkview Medical Center along with our co sponsors and exhibitors are looking forward to visiting with our guests. Please join us Saturday, AUGUST 28 at Evangelical Free Church 3000 East Main St., Cañon City, CO, 9:00 to Noon.

For more information call 719 269 1524

FREE admission - FREE prize drawings - Lunch with Doctors - Noon - 1 PM -FREE health screenings.

# I'm Still Above Ground

by James R. Grasso, Chief Cook & Bottle Washer



## Gotta Love Jefferson

John F. Kennedy held a dinner in the white House for a group of the brightest minds in the nation at that time. He made this statement: "This is perhaps the assembly of the most intelligence ever to gather at one time in the White House with the exception of when Thomas Jefferson dined alone."

Jefferson quotes from 1802.

"When we get piled upon one another in large cities, as in Europe, we shall become as corrupt as Europe." **Ed. Note: Which party controls the big cities?**

"The democracy will cease to exist when you take away from those who are willing to work and give to those who would not." **Ed Note: Sound familiar?**

"It is incumbent on every generation to pay its own debts as it goes. A principle which if acted on would save one-half the wars of the world."

"I predict future happiness for Americans if they can prevent the government from wasting the labors of the people under the pretense of taking care of them." **Ed. Note: Government bureaucracy anyone?**

"My reading of history convinces me that most bad government results from too much government." **Ed. Note: And therein lies the rub.**

"No free man shall ever be debarred the use of arms."

"The strongest reason for the people to retain the right to keep and bear arms is, as a last resort, to protect themselves against tyranny in government."

"The tree of liberty must be refreshed from time to time with the blood of patriots and tyrants."

"To compel a man to subsidize with his taxes the propagation of ideas which he disbelieves and abhors is sinful and tyrannical." **Ed. Note: Let's start with abortion and go from there.**

## Here Are Some Actor's Quotes

'Here's my strategy on the Cold War: We win, they lose.'

'The most terrifying words in the English language are: I'm from the government and I'm here to help.'

'The trouble with our liberal friends is not that they're ignorant; it's just that they know so much that isn't so.'

'Of the four wars in my lifetime, none came about because the U.S.. Was too strong.'

SEE "OP-ED" PAGE 13.



Get back on your feet.

Our therapy team will support you every step of the way with a complete variety of inpatient and outpatient rehab services designed to help you get better faster.

**Cañon Lodge Care Center**

719.275.4106 • www.LCCA.com  
905 Harding Ave., Canon City, CO 81212  
Joint Commission accredited

**TLC Rehab outpatient services**  
719.275.1014 | 312 S. 9th St.

## Senior Homecare By Angels®

### Select Your Caregiver®

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

Pueblo 719-543-4220  
Canon City 719-276-2020

America's Choice in Homecare.

**Visiting Angels®**  
LIVING ASSISTANCE SERVICES  
418 W. 12th St. Pueblo, CO 81003  
www.visitingangels.com/pueblo

Listen to the Senior Living Today show on 590 KCSJ Saturday and Sunday.

## Continuing to Exceed the Standard



Dian & Gerry J. Montgomery



Marvin F. Steward



In an effort to provide the finest service and resources, Montgomery & Steward Funeral Directors' top priority was to expand our facility to continue to meet the needs of the families we serve. We believe we have achieved that goal.

We now offer a larger chapel and reception area, additional visitation rooms, handicap accessible restrooms and elevator, Kids' Kove (our children's play area) and a grief resource center.

Since 1922, our pledge has always been to provide quality care and personalized service to families of all faiths and ethnic origins. We promise to continue that tradition as long as our funeral home bears the names Montgomery & Steward.

If you haven't visited us yet, stop by today and we will be glad to give you a tour.

**SELECTED Independent FUNERAL HOMES**  
Member by Invitation

Member of International Order of the **GOLDEN RULE**

• Funeral Services  
• Pre-need Plans  
• Cremations  
• Burial Planning  
• Granite Memorials  
• Bronze Memorials

Since 1922

**MONTGOMERY & STEWARD**  
Funeral Directors, Inc.

14th and Main Streets, Pueblo, Colorado 81003, (719) 542-1552  
Visit our web site: [www.montgomerysteward.com](http://www.montgomerysteward.com)

## Ready... Set... Go!

Program Has Worked For Others, and It Can Work For You.





**SpringBridge**  
Physical Rehab & Wellness Center

Providing Physical, Occupational, and Speech Therapies, both Inpatient and Outpatient Services.

OUR TEAM OF NURSES AND THERAPISTS WORK WITH YOU AND YOUR FAMILY TO REACH YOUR GOAL OF RETURNING HOME.

**Life Care Center of Pueblo**

2118 Chatalet Lane • 564-2000  
[www.lcca.com](http://www.lcca.com)

# ACS Cancer Resource Center Helps People Get Well

Pueblo, Colorado – July, 20, 2010 – The American Cancer Society provides cancer patients, survivors, and caregivers with free and up-to-date information and support through the

American Cancer Society Cancer Resource Center. The Cancer Resource Center, located at St. Mary Corwin, The Reverend Roger Patrick Dorcy Cancer Center

2004 Lake Avenue, is staffed by trained volunteers who link those affected by cancer to information, services, and local resources. The Society's Cancer Resource Centers also provide guidance to help cancer patients, survivors, and caregivers navigate through their cancer journey.

toll-free information line at 1-800-227-2345 to be linked with resources in the community and to obtain information about local events as well as programs offered through the American Cancer Society. In addition to the local American Cancer Society Cancer Resource Center and the 24-hour information line, comprehensive cancer information can be obtained at cancer.org

## Veterans Organization Launches New Assistance Program to Help Retrain Wounded Vets

The Retired Enlisted Association (TREA) through their Armed Forces Aid Campaign (AFAC) is proud to announce a new program, Vocational Educational Training (VET). The new program will provide disabled Afghanistan and Iraq veterans separating from the military an opportunity to receive educational training in an area that he/she would be suitable for with their experience and background. The program will cover some costs not provided by the Veterans Administration (VA) or other Department of Defense (DOD) government educational assistance programs.

VET assistance will be awarded on a case-by-case basis with allowances made for the severity of the disability, the type of vocational training being sought, and the personal financial situation of the applicant.

TREA has a long and successful history of awarding scholarships and assisting service members and their families. Thousands of dollars in educational awards have been made over the last decade.

The new program is in response to a growing need among enlisted men and women who are being medically discharged from the military and find that service related disabilities prevent them from pursuing the careers for which they were trained. For example, a mechanical specialist who has suffered partial paralysis or lost a limb will likely need to change careers and move into an occupational area with different physical requirements. While DOD programs cover some of the costs resulting from this, TREA has found that in many cases there is a need for additional financial assistance.

To see if you qualify and obtain an application, please contact:  
Bill De Boer, Chairman - TREA Memorial Foundation, 1111 South Abilene Ct.  
Aurora, CO 80012  
Fax: 719-570-7065  
Phone: 800-338-9337  
Email: TREAMEMFND@comcast.net

Rosie O'Connell, staff partner of the American Cancer Society says that: "Volunteers report that this is one of the most satisfying opportunities, in that they are working directly with patients and they feel the heartfelt appreciation of the patients as they give them resources, free wigs and materials that assist them in their cancer journey."

People interested in visiting the Society's Resource Center can stop by Mondays 1:00-1:30 for a volunteer orientation, and may call to register by calling 557-4944. They may also call the Society office at 719-630-4963.

Anyone who wishes to speak to a cancer information specialist from the comfort of their own home can call the American Cancer Society's 24-hour

The American Cancer Society saves lives by helping people stay well by preventing cancer or detecting it early; helping people get well by being there for them during and after a cancer diagnosis; by finding cures through investment in groundbreaking discovery; and by fighting back by rallying lawmakers to pass laws to defeat cancer and encourage communities worldwide to join the fight. As a result, more than 11 million people in America who have had cancer and countless more who have avoided it will be celebrating birthdays this year. To learn more about us or to get help, call us anytime, day or night, at 1-800-227-2345 or visit cancer.org.

**Please Tell Our Advertisers  
You Saw Their Ad In  
Senior Beacon.  
They Have Been The Bulwark  
Of This Newspaper Since We  
Started in August of 1982!  
Thanks To All And Godspeed!**



### If you are age 65 or older...

**and experiencing symptoms of overactive bladder (OAB), you may be interested in a research study that is evaluating an approved medication for OAB.**

**In order to qualify you must:**

- be 65 or older
- have experienced overactive bladder symptoms for at least 3 months
- have strong, sudden urges to urinate
- have frequent urination
- experience frequent wetting episodes
- have health problems related to aging

**Qualified participants:**

- receive study-related care at no cost
- receive study medication or placebo (inactive substance) at no cost
- may be compensated for time and travel for the required 5 doctor visits over 14 weeks

For a phone screening, call toll-free:  
**1.800.817.4009**  
To refer a family member or friend to the study, call 1.800.817.4009 for more information

### Seniors Say No

from page 1.

based on illegal work," O'Connell says.

A survey by TSCL found that more than 86% of seniors responding said that illegal immigrants should not be allowed to earn credits toward Social Security even if payroll taxes were withheld from their wages. TSCL has mounted a national petition drive to protest the totalization agreement with

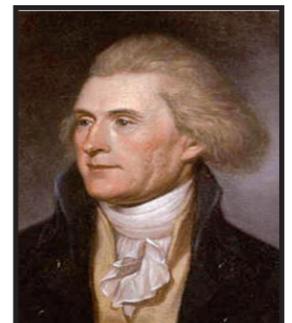
Mexico. To learn more and to sign the petition visit, the TSCL website at [www.seniorsleague.org](http://www.seniorsleague.org).

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

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

### Thomas Jefferson

3rd. President, Democrat  
Term of Office: January 20, 1777 to  
January 20, 1781



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



### Parkview Women's Services - taking care of you for generations!

Each decade of a woman's life is a "ten-year transition" with opportunities for renewal, transformation, and the pursuit of vibrant good health - mind, body, and spirit.

Call 584-4760 to receive your complimentary bookmark, listing recommended screenings for every decade of your life.

*Spirit of Women*

Your Health  
Your Hospital



[www.parkviewmc.org](http://www.parkviewmc.org)

# news of the weird

COMPILED BY CHUCK SHEPHERD  
FOR SENIOR BEACON



**Ed. Note: We'll continue our comments on these clips again this month.**

## These Folks Aren't Slaves

Among the promotions offered by New York City's upscale Marmara Manhattan hotel is a "birth tourism" package exploiting the U.S. Constitution's 14th Amendment. For about \$35,000, a foreign expectant mother with a visa can spend her delivery week in luxury accommodations (including medical care) -- and assure her baby automatic U.S. citizenship. (That child could then become an "anchor," subsequently making it easier for the parents to acquire "green cards.") Also, The Washington Post reported in July that three agencies in China, with U.S. affiliates, offer similar packages to their affluent citizens, whose primary concern seems to be providing their children access to a U.S. education as an alternative to China's expensive, competitive system. (Historians agree that the purpose of the "citizenship right" in the 14th Amendment, ratified in 1868, was to recognize former slaves as citizens.)

### Now isn't this special!

## More Tales of the Miracle Drug

(1) A naked, 47-year-old man was taken to an El Paso, Texas, burn center in July after "friends" won a bet and got to set his prosthetic leg on fire, and it spread to his body. The man admitted to police that he had lost fair-and-square, by downing "only" six beers. He was treated for several days and released. (2) In June, two 34-year-old men in Horsham, Australia, underwent surgery as a result of a plan hatched during a drinking bout. They had both wondered if it hurt to get shot and thus obliged each other.

### Signs of the Apocalypse.

## Cultural Diversity

-- Black magic failed to secure the World Cup for Africa this year, but on the other hand, the weak host team,

South Africa, managed an opening round draw with Mexico and an upset victory over France. "Sangomas" (traditional "healers") spreading "muti" (powders, potions, animal bones, especially from speedsters like horses and ostriches) had been out in force. World Cup stadium security was tight, but in African league soccer games, it is not uncommon for sangomas, pre-game, to bury animal parts on the field, or to have players urinate on it to improve the karma.

### Good grief!

-- British Safety Ninnies: (1) Britain's head constable told a police chiefs' meeting in June that they were being "buried" under a "telephone directory"-sized (6,497 pages) compilation of rules and regulations telling street bobbies in massive detail such things as how to apply handcuffs and ride bicycles. (2) The local government that runs the Ebdon Road Cemetery in Weston-super-Mare, England, ordered the removal of the small cross marking the grave of Rosemary Maggs, who died in May. The local council has prohibited crosses in the cemetery, citing safety.

### Safety from what?

-- Things You Didn't Think Happened: (1) Although 85 percent of Americans are covered by health insurance, the figure in Rwanda is 92 percent. In that country's 11-year-old system, everyone pays \$2 a year -- obviously just for basics. However, Rwandans' main problems are more easily treatable -- infections, malnutrition, malaria, unsafe childbirth -- and not expensive diabetes, obesity, cholesterol-clogged arteries.

*Isn't Rwanda still involved in a civil war of sorts. I guess \$2 goes a long way there what with gunshot wounds and severed limbs?*

-- In July, acknowledging pres-

sure from local Asian activists, officials at the Exchange mall in Rochdale, England, said they would remove the toilets from two of the facility's restroom stalls and build "Nile pans," also known as "squat toilets" -- also to Westerners referred to as "holes in the ground." The officials said they were trying to serve the many Pakistani and Bangladeshi immigrants living in Greater Manchester.

*If their new country is so offensive to them why did they move there in the first place? It's surprising the Brits are accommodating this.*

## Questionable Judgments

-- At press time, the city council of Barre, Vt., continues to debate extending its pet "leash" law to cats, following a woman's complaint that a neighbor's cat continues to foul her yard with droppings. In the few towns that try to enforce leash laws on cats, a main rationale has been to protect friendly birds. (The late U.S. statesman Adlai Stevenson, when he was governor of Illinois, once rejected such a law, terming leashing "against the nature of the cat.")

*We're having the same problem with cats in our neighborhood. But out here coyotes be. I guess it's leash 'em or lose 'em.*

-- Hard Time, Hard Luck: Harry Jackson, 26, was in jail in Woodbine, Ga., in March, on several minor charges such as driving on a suspended license. However, acceding to pressure from fellow inmates, brought on by the jail's non-smoking policy, Jackson agreed to break out, steal cigarettes at a nearby convenience store, and break back in, undetected. "(D)on't come back empty-handed," one inmate supposedly warned him. Jackson was apprehended climbing back in over a fence. In May, a judge sentenced him, for the earlier charges plus the escape and subsequent burglary, to 20 years.

*One must do something to keep one occupied.*

## The Weirdo-American Community

John Mark Karr burst onto the national scene in 2006 when he famously, falsely, confessed to murdering little JonBenet Ramsey 10 years earlier, but since then, his life has been even more bizarre. He has spun through a series of

romances with JonBenet-like youngsters, the latest with Samantha Spiegel, who was 9 when they met and is now 19 and recently got a restraining order against him. Karr is currently known as "Alexis Reich" in preparation for his gender-reassignment surgery, which Spiegel says Karr wants only in order to make it easier to befriend, and seduce, younger and younger girls. According to another ex-girlfriend, Karr asked her to solicit little girls to join a cult he was starting called "The Immaculates," to fulfill fantasies including taking baths with young girls.

*The sickness continues. Who said we shouldn't pray? Wonder why this deranged person isn't institutionalized?*

## Redneck Chronicles

From Florida's Panhandle Region: (1) A 24-year-old man was arrested in Crestview, Fla., in April after he allegedly removed a window air-conditioner and crawled into a house in which his wife was staying. They had recently separated, and he told police that he had not "gotten any" in three weeks and was going to "get some." (2) In June in Okaloosa County, passenger Courtney Bradley, 21, roughed up the driver while the car was moving, making it swerve wildly, thus allegedly endangering her baby in the back seat. At the subsequent traffic stop, a defiant Bradley allegedly told officers, "My (expletive) family is one of the richest around, and we will have y'all's (expletive) jobs."

*Who says money caint but 'ap-pinness?*

## A News of the Weird Classic (August 1991)

In May (1991), 19 members of the Michigan House of Representatives (led by the chairman of the Judiciary Committee) introduced a resolution designed to deal with obnoxious social problems, but without creating expensive regulatory programs. The resolution would establish, at the State Archives, a "Registry of Bothersome Practices," on which people could contribute to an official list of complaints about such things as elevator music and magazine blow-in subscription cards.

*How about goofy politicians?*



# HOT-N-READY



## All Day - Every Day Large Pepperoni Pizza

**PUEBLO**

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

**PUEBLO WEST**

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

**LAMAR**

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

**CANON CITY**

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

**LA JUNTA**

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



\$5.99

plus tax  
carryout only

## DON'T BE A VICTIM



A professional property inventory by **Property ID** will increase the accuracy of your insurance claims after a robbery, fire or natural disaster. In addition, it may help recover your valuables after a robbery.

**Property ID** specialists come to your home or business and take a room-by-room photo inventory of your most valued possessions along with identifying serial numbers and descriptions.

**In addition to peace of mind you get:**

- CD or hardcopy of your inventory in an organized format
- Offsite, electronic backup of your inventory
- More accurate insurance claims for your protection
- Faster and easier insurance claims
- Increased chance that a perpetrator will be caught

**Photo inventory services start at** \$79<sup>95</sup>



PROPERTY ID

Because your valuables are worth it

To schedule your property inventory today, call **719-369-9587**

# For A Healthier You



## Ptosis: It's The Drooping Of The Upper Eyelids

Submitted by Kathy-Lyn Allen – Rocky Mountain Eye Center

Ptosis (pronounced “toe-sis”) is the medical term for drooping of the upper eyelid(s). This lowering of the

upper eyelid margin may cause a reduction in the field of vision when the eyelid either partially or completely obstructs the pupil. Patients with ptosis often have difficulty keeping their

eyelids open. To compensate, they will often arch their eyebrows in an effort to raise the drooping eyelids. In severe cases, people with ptosis may need to lift their eyelids with their fingers in order to see. Children with ptosis may develop amblyopia (“lazy eye”) or developmental delay from limitation of their vision.

### What Causes Ptosis?

There are many causes of ptosis including age related weakening of the muscle, congenital weakness, trauma, or sometimes neurologic disease. As we age, the tendon that attaches the levator muscle, the major muscle that lifts the eyelid can stretch and cause the eyelid to fall. This represents the most common cause of a droopy eyelid. Children

may be born with ptosis or may acquire it due to trauma or neurologic reasons.

### Can Ptosis Be Corrected?

Ptosis can be corrected surgically and usually involves tightening the levator muscle to elevate the eyelid. In severe ptosis, when the levator muscle is extremely weak, a “sling” operation may be performed, enabling the forehead muscles to elevate the eyelid(s). Other types of repair may include surgery on the muscle on the inside of the lid in cases of small amounts of ptosis. The surgeon will perform testing determine the best form of correction for the individual patient. The goal is to elevate the eyelid to permit a full field of vision and to achieve symmetry with the opposite upper eyelid.

**27 Montebello Road • Pueblo • 719-545-1530**  
**3954 Sandalwood Lane • Pueblo • 719-561-2244**  
 Cañon City • La Junta • Salida • Alamosa • Trinidad • Raton, NM

**1-800-934-EYES (3937) • rockymountaineyecenter.com**

*Most Insurance Plans Accepted • Hablamos Español*  
*Visa, MC and Discover Accepted*

## MEDICARE COUNSELING FOR FREMONT, CHAFFEE, CUSTER AND LAKE COUNTIES

Contact: Alaina Garcia

Upper Arkansas Area Agency on Aging will not be providing Medicare counseling services through the Senior Health Insurance Assistance Program (SHIP) as of June 30, 2010.

Beginning July 1, 2010, the Area Agency on Aging will provide assistance to individuals choosing a Medicare Part D (Prescription Drug) plan only. Residents of Chaffee, Custer, Fremont and Lake counties needing assistance in choosing a Part D plan should call the Upper Arkansas Area Agency on Aging in Salida at (719)539-3341 or toll-free at (877)610-3341 to schedule an appointment.

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

## FREMONT/CUSTER County Menus

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

**PENROSE CENTER**  
 1405 Broadway-Penrose (Tues/Thur)

**AUGUST 3:** BEEF & SWEET PEPPERS, Steamed Brown Rice, Orange Spiced Carrots, Grapefruit Half.  
**AUGUST 5:** HONEY BBQ CHICKEN, Oven Browned Potatoes, Chopped Spinach, Diced Pears.  
**AUGUST 10:** BAKED PORK CHOP/COUNTRY STYLE GRAVY, Whipped Potatoes, Hot Bean Casserole, Fruit Salad, Cinnamon Applesauce.  
**AUGUST 12:** HOTTURKEYSANDWICH, Whipped Potatoes, Asparagus Amandine, Pineapple Mandarin Orange Compote.  
**AUGUST 17:** BAKED POTATO, Broccoli Cheese Sauce, Tossed Salad/Lite French Drsg., Strawberry Applesauce, Fruit Cocktail.  
**AUGUST 19:** SALISBURY STEAK, Whipped Potatoes/Gravy, California Veggie Medley, Seasoned Greens, Nectarine.  
**AUGUST 24:** SPAGHETTI/MEATSAUCE, Tossed Salad/Italian drsg., Seasoned Green Beans, Orange.  
**AUGUST 26:** TATOR TOT CASSEROLE, Tossed Salad, Squash, Pears.  
**AUGUST 31:** CHICKEN CACCIATORE, Whipped Potatoes, Spinach, Banana.

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

**AUGUST 3:** BRATWURST/BUN, Sauerkraut/Mustard/Onion, Pickled Beets, Sliced Peaches.  
**AUGUST 5:** BEEF STROGANOFF, Orange Spiced Carrots, Ruby Beet Salad, Mixed Fruit.  
**AUGUST 6:** COMBO BURRITO, Smothered Chicken/Green Chile, Tomato/Lettuce/Salsa, Black Beans/Cilantro, Diced Pears.  
**AUGUST 10:** SWEET/SOUR PORK, Steamed Brown Rice, California Vegetable Medley, Diced Pears.  
**AUGUST 12:** SLOPPY JOE/BUN, Scalloped Potatoes, Peas/Carrots, Peach.  
**AUGUST 13:** MEATLOAF/Brown Gravy, Cheesy Potatoes, Green Beans, PA Tidbits.  
**AUGUST 17:** TUNA STUFFED TOMATO, Spinach Mandarin Orange Salad/Italian drsg, Plums, Peanut Butter Oatmeal Cookie.

**Argus Home Care, Inc.**

121 S. 5th St. Cañon City, CO 81212  
 (719) 275-1101

Now Accepting New Patients

807 W. 4th St. Pueblo, CO 81003  
 (719) 543-2634

**AUGUST 19:** ROAST CHICKEN/MUSHROOM SAUCE, Brown Rice, Cauliflower Broccoli Mix, Apple Pear Salad.  
**AUGUST 20:** HAMBURGER/CATSUP/MUSTARD/ONION, Sliced Tom/Let, Baked Beans, Potato Salad, Watermelon  
**AUGUST 24:** BAKED PORK CHOP/COUNTRY STYLE GRAVY, Whipped Potatoes, Hot Bean Casserole, Fruit Salad, Cinnamon Applesauce.  
**AUGUST 26:** CORNED BEEF SANDWICH/HOAGIE/MUSTARD/SWISS CHEESE/ONION, Green Beans/Tomatoes, Creamy Coleslaw, Sliced Peaches.  
**AUGUST 27:** BLACK BEAN/TORTILLA CASSEROLE, Brown Rice, Whipped Sweet Potatoes, Mixed Fruit.  
**AUGUST 31:** SPAGHETTI/ITALIAN SAUSAGE/MARINARA SAUCE, Squash, Tossed Salad, Pizzelle ~ Pears.

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

**AUGUST 3:** SLOPPY JOE/BUN, Scalloped Potatoes, Broccoli/Carrots, Apple.  
**AUGUST 5:** CHICKEN CORDON BLEU,

- Argus Alert
- Skilled Nursing
- Rehabilitation Services
- Personal Care Providers
- Homemaker Companions

Rice Pilaf, Asparagus, Watermelon.  
**AUGUST 6:** COMBO BURRITO, Let/Tom garnish/Salsa, Green Beans, Cilantro Lime Rice, Sliced Peaches.  
**AUGUST 10:** TURKEY SANDWICH/Provolone Cheese/Mustard, Sliced Tomato/Lettuce, Orange, Waldorf Salad.  
**AUGUST 12:** BEEF STEW, Wheat Crackers, Whole Kernel Corn, Herbed Green Beans, Diced Pears.  
**AUGUST 13:** SWEET/SOUR PORK, Brown Rice, California Vegetable Medley, Diced Pears.  
**AUGUST 17:** MAC & CHEESE, Shredded Green Salad/Lemon, Whipped Hubbard Squash, Strawberry Applesauce.  
**AUGUST 19:** PORK CHOW MEIN, Steamed Brown Rice, Cooked Cabbage/Red Pepper, Banana, Fortune Cookie.  
**AUGUST 20:** ROAST CHICKEN/MUSHROOM SAUCE, Brown Rice, Cauliflower Broccoli Mix, Apple Pear Salad.  
**AUGUST 24:** BRATWURST/BUN/Sauerkraut/Mustard/Onion, Pickled Beets, Sliced Peaches.  
**AUGUST 26:** TURKEY POT PIE, Tossed

Salad, Orange Juice, Apple.  
**AUGUST 27:** MEATLOAF/Brown Gravy, Cheesy Potatoes, Green Beans, PA Tidbits.  
**AUGUST 31:** SUBMARINE SANDWICH/SALAD DRESSING, Sliced Tomato/Lettuce, Macaroni Salad, Watermelon, Oatmeal Raisin Cookie.

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

**AUGUST 2:** SPINACH LASAGNA, Tossed Veggie Salad/Ranch drsg., Green beans, manadin orange.  
**AUGUST 4:** CHICKEN FRIED STEAK/ GRAVY, Whipped Potatoes, Lima Beans/ Corn, PA Chunks.  
**AUGUST 6:** SALMON PATTIES/CREAM SAUCE, Tater Tots, Mixed Veggies, Fruit Cocktail/Raisin Nut Cup.  
**AUGUST 9:** BRATWURST/BUN, Sauerkraut/Mustard/Onion, Pickled Beets, Peaches.  
**AUGUST 11:** CHICKEN FAJITA, Let/Tom, Brown Rice, Cooked Cabbage/Red Pepper, Plum Peaches.  
**AUGUST 13:** MEAT LOAF/GRAVY, Whipped Potatoes, Peas/Carrots, Pudding Cup, Strawberry Apple Sauce.  
**AUGUST 16:** SWEET/SOUR PORK, Brown Rice, California Veggies, Pears.  
**AUGUST 18:** Spaghetti/Meat Sauce, Tossed Salad/Italian, Garlic Bread, Green Beans, Orange.  
**AUGUST 20:** BIRTHDAY MEAL. Smothered Chicken, Cornbread Stuffing, Cauliflower/Broccoli Mix, Applesauce, Waldorf Salad.  
**AUGUST 23:** COMBO BURRITO, Let/Tom/Salsa, Mexican Corn, Tropical Fruit.  
**AUGUST 25:** TURKEY POT PIE/ BISCUIT, Broccoli, Tossed Salad/French, Apricots.PA.  
**AUGUST 27:** Lemon Baked Fish/Tartar Sauce, Scalloped Potatoes, Chopped Spinach, Banana.  
**AUGUST 30:** Baked Potato, Broccoli/ Cheese Sauce, Tossed Salad/Ranch, Plum/ Fruit Cocktail, Sweet Potato Bread.

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

# Fashion: Looooking Gooood!

## Tougher On Stains But Gentler On Clothing

(NAPSI)-If your inability to remove difficult stains from the wash has put a blot on your laundry reputation, you may want to consider a different kind of washing machine.

From grass to mud to wine, washing machines offer more cleaning

power, use about 70 percent less water and are actually gentler on fabrics.

Traditional washers use the friction of an agitator to remove soil. HE machines require low levels of water so clothes do not soak in gallons of water and diluted detergent, but rather are washed in a small amount of water, making the cleaning power of the detergent more concentrated. The clothes are moved through the concentrated solution and the solution is pulled through the fabrics to dislodge soil and stains.

The efficient new washers are available in top-loading and front-loading styles. Front-loading machines alternate the wash motion of the clothes back and forth in a repetitive motion, tumbling clothes clockwise and counterclockwise for a more efficient and gentle cleaning cycle.

Top-load and front-load HE washers are equipped with a wash plate at the bottom of the tub using low water with high concentrations. A look inside a top-load HE washer, such as the Maytag® Bravos®, can be surprising. There's no agitator in the tub. Instead,



the tub looks much like the front-load washer tipped upright.

For the most powerful cleaning, HE laundry detergents should be used with these machines. These

detergents are highly concentrated, keep suds levels low, have enhanced cleaning agents that help keep dyes from being released from garments, and suspend the soils to keep them from redepositing on the wash load.

According to the Whirlpool Institute of Fabric Science, it's a smart idea to read the directions on your detergent for proper dosage. Too much detergent can lead to extra suds that inhibit proper cleaning by holding on to soils and redepositing them on clothing.

For more information on stain removal and clothing care, visit [www.instituteoffabricscience.org](http://www.instituteoffabricscience.org).

### Pilots Are Inspiration For Watch Design

(NAPSI)-A new watch collection that combines a masculine sense of style and a strong aeronautical heritage is taking off.

Designed in collaboration with aerobatic pilot Nicolas Ivanoff--known as the "Quick Corsican"--the latest line from Hamilton Watches demonstrates a "relevant functionality" that is often appreciated by aviators.

Ivanoff, the official ambassador for the brand, is competing in this year's Red Bull Air Race series, with a Hamilton-branded Extra 300 SP plane as his ride.

Called the Khaki Pilot, the new watch combines style, reliability and a heritage of proven performance both on the ground or in the air and sea. Designed for the eyes in the sky, the watch features a unique dial with an easily readable minute track surrounding a subdial of hour markers.

The style is also steeped in a bit of nostalgia, taking its cue from the action-packed lifestyles of early aviators. The wristband is offered in genuine brown leather or in a stainless steel bracelet with a sapphire crystal integrating Super-LumiNova technology.

Learn more at [www.hamilton-watch.com](http://www.hamilton-watch.com).



**FREE EXCHANGE**  
for  
old mercury thermostats  
in homes and small business

Installed by local licensed electricians

**STEP 1:** Verify that your thermostat has mercury




**STEP 2:** To set up an appointment  
Call: (719) 252-6258 or (719) 423-9144  
E-mail: [fortino@socolo.net](mailto:fortino@socolo.net)  
[am.solis15@yahoo.com](mailto:am.solis15@yahoo.com)

Grant funding through:  
Pueblo County Mercury Education and Reduction Project  
Citizens for Clean Air in Pueblo for Education, Reduction and Action  
Colorado Department of Public Health and Environment



# They're baaaaaack!

# Dave & Dan

# in the Morning

Pueblo has its own Radio Stations again!




**For More  
Strength, Energy  
and Well-Being!**

**10%  
Discount**  
on Non-Food  
Items For  
Seniors

**Mother Nature's**  
915 Main St. Canon City • 275-  
9367 • M-F 9-6 • Sat. 9-5:30

# Social Security & You

by Melinda Minor, District Manager - Pueblo



**LESS TIME INSIDE MEANS MORE TIME OUTSIDE**  
The sun is out and there are a thousand and one things you could be doing outside.

The last thing you want to do is sit in traffic on your way to the Social Security office, or to wait in line once you get there. From your doorstep to the local office and back again, you could spend a lot of extra time taking care of your Social Security business. Or, you could choose to visit our online office at [www.socialsecurity.gov](http://www.socialsecurity.gov) and complete your Social Security business in a matter of minutes with no commute whatsoever.

There are so many things you can do at our online office. For example, you can apply online for retirement benefits. Our website makes it simple, allowing you to apply for retirement benefits in as little as 15 minutes. In most cases, once you fill out the application, you're done. There are no forms to sign and no documents to submit. The direct link to applying for benefits online is [www.socialsecurity.gov/applyonline](http://www.socialsecurity.gov/applyonline).

Not ready to retire yet, or not sure? We have online resources that can help you plan ahead or make your decision. Our Retirement Estimator will allow you to enter different scenarios to come up with the retirement plan best for you. You can find it at [www.socialsecurity.gov/estimator](http://www.socialsecurity.gov/estimator).

Perhaps you need to file an application for disability benefits. A Disability Starter Kit explains the documentation and information you'll be required to provide on the application, and includes checklists and worksheets to help take the mystery out of applying. You can find the Disability Starter Kit at [www.socialsecurity.gov/disability](http://www.socialsecurity.gov/disability) on the left-hand side of the page.

You can apply online for Medicare, if you're within four months of

your 65th birthday. Most people, even those who don't plan to start getting retirement benefits right away, need to apply for Medicare coverage at age 65. The application takes as little as 10 minutes, from start to finish. Learn more at [www.socialsecurity.gov/pubs/10530.html](http://www.socialsecurity.gov/pubs/10530.html).

There are other things you can do online, such as apply for a replacement Medicare card, and request an SSA-1099 for tax purposes. You can learn about these and other online services at [www.socialsecurity.gov/onlineservices](http://www.socialsecurity.gov/onlineservices).

So if you'd like to soak up some sun this summer, we suggest you take your Social Security business online. You may even be able to take your laptop outside and conduct your business in the great outdoors. See for yourself at [www.socialsecurity.gov](http://www.socialsecurity.gov).

## NATIONALLY, LOCALLY, INDIVIDUALLY, SOCIAL SECURITY MAKES A DIFFERENCE

Social Security reaches almost every family in the United States, and at some point touches the lives of nearly all Americans. It not only helps older Americans, but also workers who become disabled and families in which a spouse or parent dies. Today, about 159 million people work and pay Social Security taxes. More than 53 million people receive monthly Social Security benefits. In 2009 alone, those benefits came to about \$675 billion.

In addition to the national impact Social Security has on the U.S. economy, there's no denying the difference it makes in communities all across America. In neighborhoods around the nation, the benefits paid help more than just individual beneficiaries. These people spend their benefit payments at the local grocery store, the local clothing store, department stores, and mom-and-pop shops. Benefits are used to pay for goods and services that sustain the local

economy, keep local farmers farming, local retailers retailing, and local contractors contracting. In some counties, as much as 30 percent of the population receives benefits and those benefits make up as much as 20 percent of the local economy.

Both at the national and local level, Social Security makes a difference. The average payment for a retired individual is \$1,169 a month, which represents 40 percent of income for an average retired person. The monthly payment for a disabled person averages \$1,065. For the widow or widower of a working family member, the average payment is \$1,104. These are real numbers that help many individuals make ends meet.

The payments made to beneficiaries help individuals and families to stay afloat. But the byproduct is that these individuals are using their benefits to help keep the economy going.

It's clear that Social Security makes a difference on a national, local, and individual level.

To learn more about Social Security, visit [www.socialsecurity.gov](http://www.socialsecurity.gov).

## SOWING SEEDS FOR RETIREMENT

If you're a farm worker, it's likely that you're busy right now. The spring planting season has ended, but the farm work has only begun. As you cultivate a bountiful harvest, we at Social Security want to remind all farmers to help cultivate future retirement and disability protection for any farm workers hired.

Most farm workers are covered by Social Security, but only if the employer reports the wages — which is a legal obligation. By reporting farm workers' wages and paying Social Security taxes, you can help ensure they earn valuable Social Security retirement, disability, and survivors protection.

Farm owners also need to be aware that if they don't report wages and pay the taxes due, they are breaking the law and could be subject to an IRS penalty.

Some farmers try to rationalize that farm workers can be considered independent contractors, in which case the worker must pay self-employment tax and the employer has no tax obligation. But if people are working under a farm owner's direction and control, they cannot be considered independent contractors. They are employees and their wages must be reported to Social Security.

Some farmers hire "crew leaders" to manage their farm workers and to handle their wage-reporting responsibilities. In these cases, the crew leader is often considered the "employer" of the farm worker and has the responsibility for submitting wage reports.

## "Blog With Us"

[www.seniorbeacon.info](http://www.seniorbeacon.info)

or e-mail us at:

[srbeacon@gmail.com](mailto:srbeacon@gmail.com)

If you need more information about who is considered a farm worker's employer, or if you have other questions regarding farm workers and Social Security, take a look at our helpful publication, A Guide to Social Security for Farmers, Growers, and Crew Leaders. It's available online at [www.socialsecurity.gov/pubs/10025.html](http://www.socialsecurity.gov/pubs/10025.html). The booklet is available in English and Spanish. You can also request a printed copy by calling 1-800-772-1213 (TTY 1-800-325-0778).

If you run a farm and hire agricultural workers, this booklet is a must-read. But the most important thing to remember is what you probably know better than anyone else: folks reap only what they sow. Farm workers won't be able to reap the Social Security benefits they are due unless their work and wages are reported to us.

Learn more about Social Security at [www.socialsecurity.gov](http://www.socialsecurity.gov)

## REQUEST A SPEAKER FOR YOUR EVENT

As the nation's most successful domestic program, Social Security is something worth learning more about. That's why the representatives at Social Security are available to share news and information about the programs and how they work.

Whether you are representing a club or an employer's human resources department, an advocacy organization or a community association — if you have a large meeting or event coming up and you'd like to have a representative speak, please submit your request to us online at [www.socialsecurity.gov/organizations](http://www.socialsecurity.gov/organizations).

We can speak on an array of topics, such as

- retirement, and how to prepare;
- pre-retirement, and how to get an estimate of future retirement benefits;
- disability, how it can help, who is eligible, and how to apply;
- wage reporting for small businesses and employers;
- work incentives for people with disabilities who want to work;
- how Social Security can provide extra help with Medicare prescription drug costs; and
- what Social Security means to every American.

At [www.socialsecurity.gov/organizations](http://www.socialsecurity.gov/organizations), you'll find an easy-to-complete form that you can submit online. It will ask you about the type of talk you would like, and more information about the event.

So whether you would like a speaker to talk to your employees about preparing for retirement or teach your students what Social Security has to do with them, we can help. There is no fee for this service.

To learn more about Social Security without the aid of a speaker, visit our vast wealth of information at [www.socialsecurity.gov](http://www.socialsecurity.gov).

**May The Clouds Never Burst And The Son Always Find You!  
We Wish You Peace And Joy Always.**

**Bruce McCandless  
Colorado State Veterans Home**

Residents are treated with honor, dignity and respect.  
Residents are empowered to make more choices.  
We're committed to our Vision of eliminating residents' feelings of loneliness, helplessness and boredom.



**Now Proud Members of the Eden Alternative Registry!**  
*A better way of providing long-term care.*

Florence, Colorado. Call 784-6331 for more information.

**Caring for America's Heroes!**

**We Need Rentals!**

We want to help keep your property rented and maintained. We pride ourselves in offering our customers:

• reliable feedback • professional treatment • dependable service

*And Here's A Bonus:*

**"WE OFFER BASIC LAWN CARE AND CLEAN UP SERVICES"**  
Just call us for free estimates.

**River City Property Management**  
117 Greydene - Cañon City, CO 81212  
Phone: 275-7770 office , 671-4117; 250-1077



# Traveling: There's Nothing Like A Holiday!

## Barcelona: A Favorite European Destination

by David G. Molyneux - *TheTravelMavens.com*

### A NEW SPANISH ARMADA FOR CRUISERS IS BASED IN BARCELONA, A FAVORITE EUROPEAN DESTINATION

(Barcelona, Spain) If you are vacationing on a Mediterranean cruise during the next few years, chances are your voyage will begin in Barcelona. Lucky you.

Starting next summer, Barcelona will be home to three of the largest cruise ships in the world, Norwegian's new Epic, Carnival's new Magic and Royal Caribbean's Liberty of the Seas. With the addition of these ships, the cruise fleet, already substantial, will sail each week

next summer with some 20,000 vacationers headed for the Mediterranean.

You will be rewarded if you add at least one night, before or after your cruise, in Barcelona, one of the favorite cities to visit for Americans touring Europe.

Downtown, near the port and especially along the famed wide walking street Las Ramblas, Barcelona pulses with strolling crowds of all ages. You'll find engaging street entertainers – including mimes dressed like the Tin Man or a flowering plant, each hoping for a contribution. Nearby are outdoor markets, churches, parks, and dozens of fine restaurants.

Barcelona's architecture is unlike any other city in the world, thanks in no small part to Antoni Gaudi, who designed his wondrous buildings by borrowing from the genius of nature.

Visiting Gaudi's Sagrada Familia, a massive church dedicated to the Holy Family, is reason enough to make a journey here. Plan to spend a few hours at this church, where Gaudi devoted 43 years of his life. Sagrada Familia, still under construction, is not scheduled for completion until 2030. But construction is part of its appeal as you can see the inner workings.

A fascinating exhibit explains Gaudi's genius. Don't be put off by the long line for tickets (10-16 Euros) on weekends; it moves quickly. If the children are bored,

promise them a stop later at McDonalds, which sits in great contrast directly across the street.

Barcelona offers the rare combination of highly appealing destination and accessible seaport. Other Mediterranean city favorites, such as Rome and Florence to the east, are at least an hour's bus ride inland from the water, and are far more expensive cities than Barcelona for travelers wanting to stay overnight at either end of their cruise.

From Barcelona's modern port, cruise ships on a seven-night voyage can reach deep in the Mediterranean to Nice, France; Monte Carlo, Monaco; Tunisia; Malta; and Italian cities Livorno (for excursions to Florence and Pisa), Civitavecchia (for Rome), Naples (for Capri and Pompeii), Genoa, and Messina, Sicily.

#### BOOKING EARLY

Summer is a good time to think about booking for next summer, as cruise lines are offering early booking discounts and upgrades.

Starting in May (2011), the new Norwegian Epic (4,200 passengers) cruises out of Barcelona each Sunday for seven nights to Livorno, Civitavecchia, Naples, and Palma Majorca. The line's Norwegian Jade (2400 passengers and based year round in Barcelona) sails each Saturday.

Liberty of the Seas will sail on Saturdays to Toulon, France; Nice; Civitavecchia and Naples. Except for the two behemoths, Oasis and (soon) Allure of the Seas, Liberty is the largest of Royal Caribbean's ships, carrying 3,600 passengers.

The Carnival Magic will be based in Barcelona for seven-night cruises to Monte Carlo, Livorno, Civitavecchia, Naples, Messina; nine-night cruises (add Mallorca and Marseilles, France); and 12-night cruises (including Dubrovnik, Venice, and Messina). Carnival Dream holds about 4,000 passengers.

Costa Serena will sail Fridays

out of Barcelona on seven nights to Marseille, Savona, Naples, and Catania, Sicily, with 3,700 passengers.

MSC Fantasia will sail Saturdays out of Barcelona for seven-nights to Tunisia, Malta, Messina, Civitavecchia, Genoa, and Marseille, with 3,300 passengers.

Those are the regulars. Other ships sailing occasionally from the port next summer include Disney Magic, Ruby Princess, Holland America's Nieuw Amsterdam, Celebrity Solstice, the Silver Spirit, the Seabourn Quest, and Brilliance of the Seas.

Last February, off the Norwegian Jade after a 12-night Mediterranean cruise, I could have flown back to the United States on disembarkation day. I was glad I didn't rush home.

For the extra night, I searched for bargains on the Internet and found one at booking.com. Moderno is a small, well-run hotel at 11 Hospital Street, less than one block from Las Ramblas. The Internet price for a single that night was 62 Euros, less than \$90 US, including breakfast (hot toast, slices of ham, juice, milk, coffee). The man at the front desk was helpful and friendly.

Off the ship, and just off Las Ramblas I found the bustling La Boqueria Market, full of fish, fruit, meats and

SEE "BARCELONA" PAGE 13.



Street performer on Las Ramblas in Barcelona balances a glass ball and rolls it up and down her arm. Passersby are encouraged to place a few coins or folding money in the bowl, bottom left. (Photo by David G. Molyneux, TheTravelMavens.com)

*Did you know...*

**THERE'S NEVER BEEN A BETTER TIME TO GO FACTORY DIRECT THAN TODAY!**

*At...*

**DigiCare® Hearing Research & Rehabilitation**  
6685 Hwy 165 @I-25, Colorado City, CO 81019  
"Just 20 minutes south of downtown Pueblo"

**Call Today! (719) 676-3277**

**FACTORY DIRECT**

DigiTech® Hearing Aids

NationWide Sales & Service

Analog ~~was~~ \$595  
Digital ~~was~~ \$995  
OpenEar \$1495

PUEBLO Metro Area  
Exit 74  
Colorado City

"Drive a little, Save a lot!"

*Just look at what you receive when you go factory direct!*

- ♦ **FREE** Hearing Evaluation!
- ♦ **FREE** Video Otoscopy Exam!
- ♦ **FREE** Digital Speech Mapping!
- ♦ **FREE** Digital Open-Ear Demo!
- ♦ **FREE** Tinnitus Assessment!
- ♦ **Low** Factory Direct Prices!
- ♦ **Generous** Trade-in Credit!
- ♦ **EZY FINANCING OAC!**

**"Let us repair & refurbish your hearing aid to factory quality!"**

*Always there... even in the storms of life*

**Safe Watch, Inc.**

*Locally Owned & Operated • Non-profit*

Home Care  
Transportation  
Med Dispensers  
Lifeline

Bobbi & Wayne Stock, R.N. BSN  
276-1105 • 1415 N. 15th St. • [www.SafeWatchHomeCare.com](http://www.SafeWatchHomeCare.com)

**Gracious Home Environment**

- Assisted Living Home • Private Pay • Medicaid Certified • State Licensed • Double Occupancy
- Private Rooms • One Energy-Efficient Apartment • Medicare Certified • Respite Care
- No Hidden Fees • Laundry & Meals Included • In-Home Activities • Large Open Deck with Views

523 Cokedale - Pueblo West 719-566-1189 Tammy & Marty Redmond - owners/operators

**Tammy & Marty's Cozy Adult Care Home**  
Licensed for just 15 residents, giving you a more family-oriented caregiving experience!

**GAC** Cañon's Senior Center

August 13, 2010 at 12:00 Noon

We are celebrating 49 years serving Seniors  
In the Cañon City area.

We thank all our members and volunteers who are invaluable to us.

Thanks to all who continue to support us.

# Children's Theater Camp: King Arthur's Quest

by Nicki Hart - Marketing Specialist - Sangre de Cristo Arts Center  
 p: 719.295.7211 | f: 719.295.7230 | e: nicki@sdca-arts.org  
[www.sdca-arts.org](http://www.sdca-arts.org): giving you the tools to think and act creatively

**FIND US ON FACEBOOK**

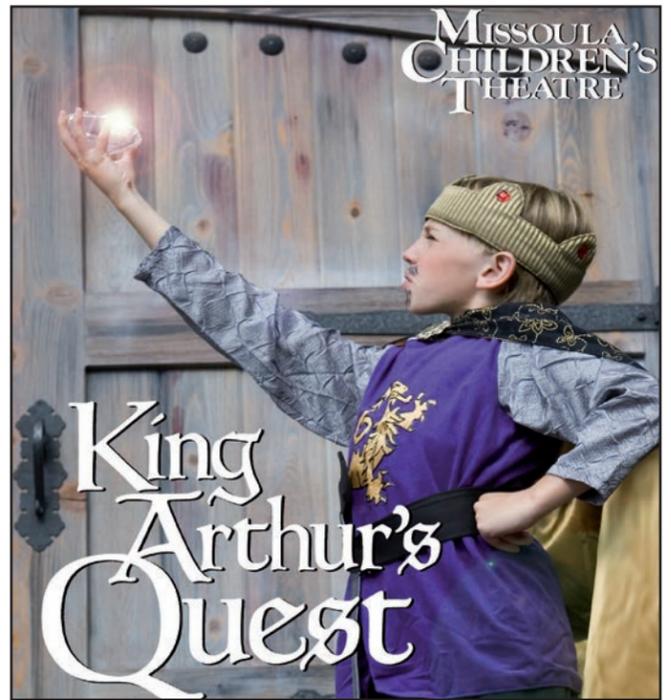
<http://www.facebook.com/pages/Sangre-de-Cristo-Arts-Center/92813858128?ref=mf>  
**Hasan Drama Fest Presents Missoula Children's Theatre Camp: King Arthur's Quest**  
 (PUEBLO, Colo.) - Calling all child actors!...Be a star on the

big stage. The Hasan Drama Fest presents Missoula Children's Theatre Camp performing King Arthur's Quest. This yearly extravaganza gives children the chance to be part of a professional quality theatre performance. Each theatre camp attendant spends six days learning dances and songs, making friends, and having fun. Their creativity shines as they learn all about being part of a theatre production from highly qualified instructors.

Children ages K-12 are invited to audition for a role in King

Arthur's Quest on Tuesday, August 3 beginning at 10 a.m. in the Arts Center Theater. Rehearsals take place throughout the week from 10a.m. to 2:30 p.m. Tuesday-Saturday with a 30-minute lunch break. After only a week of rehearsals, students perform King Arthur's Quest on Saturday, August 7 at 2 p.m. in the Arts Center Theater. There is a \$50 tuition fee for non-members, \$45 for Arts Center members for all cast roles. Tickets to the performance are \$6 and can be purchased from the Arts Center Box Office at 719-295-7222.

For more information, please contact Gary Holder, Curator of Education at 719-295-7210 or visit [www.sangredecristoarts.org](http://www.sangredecristoarts.org).  
**About Missoula Children's Theatre**



The Missoula Children's Theatre is a non-profit organization based in Missoula, Montana. This coming year more than 65,000 cast members across the globe will take to the stage to the

delight and applause of their families, friends, community, neighbors and teachers! The residency at the Sangre de Cristo Arts Center is made possible by The Hasan Drama Fest.

The cultural hub of Southern Colorado, the Sangre de Cristo Arts Center gives visitors the tools to think and act creatively through a three building complex including seven galleries offering the best in historic and contemporary art by artists of local, regional and national renown. In addition the Arts Center offers the Buell Children's Museum, recognized as the second-best for art by Child magazine, a 500-seat theater featuring a variety of performing arts programs, both local and national, and two gift shops. Over 100 fine arts, dance and leisure classes are available every quarter providing something unique to everyone from children to adults of all skill levels.

Admission to the Arts Center is \$4 for adults and \$3 for children and military. Admission includes the Buell Children's Museum. Members of the Arts Center receive free admission. Galleries and Buell Children's Museum are open Tuesday-Saturday 11a.m.-4p.m.; closed Mondays. Box office open Monday-Friday, 9a.m.-5p.m. and Saturday, 9a.m.-4p.m. For more information, please call 719-295-7200; stop by the Arts Center located at 210 N. Santa Fe Ave., just off of I-25, exit 98b, or visit online at [www.sangredecristoarts.org](http://www.sangredecristoarts.org).

**HearAid Clinic**  
 Doctors of Audiology  
**Dr. Renée H. Cichon Dr. Brandi R. Shepard**  
**719-544-3828**  
*If you need Hearing Aids Trust a Doctor*  
**Pueblo / Cañon, Lamar, Trinidad**

**Fremont Regional Hospice**  
 1439 Main Street Cañon City  
[www.fremontregionalhospice.com](http://www.fremontregionalhospice.com)

Call us about our new program  
**F.R.E.S.H.**  
*Fremont Regional Elder Support at Home*  
*Providing quality, compassionate, unskilled care and support to our elders living at home.*  
**719-275-4315**

Fremont County's ONLY locally-owned and operated Non-Profit Hospice  
**CARE—COMPASSION—COMFORT**

We're by your side so your parents can stay at home.  
**719-545-0293 or 866-945-0293**

Whether you are looking for someone to help an aging parent a few hours a week or need more comprehensive assistance, Home Instead can help. Serving Pueblo and Fremont Counties.

Call for a free, no-obligation appointment: Private pay/longterm Care insurance and Medicaid Accepted.  
**719-545-0293 or 877-945-0293**  
[www.hisc530.digbro.com](http://www.hisc530.digbro.com)

**Home Instead SENIOR CARE**  
*To us, it's personal*

Each Home Instead Senior Care® franchise office is independently owned and operated. © 2009 Home Instead, Inc.

**Our Belmont Lodge Rehab Team can help you get back to the activities you enjoy!**

If you know you will require therapy after surgery or a hospital stay, include your nursing facility choice in your pre-planning.

- At Belmont Lodge, our aim is to meet your goal of returning home – with improved function and quality of life!
- Physical, Occupational, Speech Therapies by experienced staff.
- Private rooms - no extra charge - on separate rehab unit

**Belmont Lodge Health Care Center**  
**1601 Constitution Rd.**  
**719-562-7200**

**OUR STAND**  
 WHEN YOU INSURE MORE, YOU SHOULD **PAY LESS.**

Insure your home & car with Allstate, and we can help you save on both policies. Call us today.  
**719-275-5762**

**BOB RUNDRELL**  
 103 S 9TH  
 CANON CITY  
[BobRundell@allstate.com](mailto:BobRundell@allstate.com)

Discount and insurance offered only with select companies and subject to availability and qualifications. Discount amount may be lower. Allstate Fire and Casualty Insurance Company; Northbrook, IL © 2009 Allstate Insurance Company.

# Instant Aristocracy For Your New Garden

by Marty Ross

A brand-new garden is full of excitement, but like a new kitten, it lacks the grace and assurance of ma-

turity. Although it takes a few years for plants to grow and for a garden to develop its character, there are a few things you can do to give even a new garden an aura of age and permanence.

Garden antiques give your garden instant history, even as new plants get their roots down. An old iron gate between spanking-new fenceposts establishes a fine mood and lets visitors know that this is a garden where the past is part of the present and where handsome materials are appreciated. Weathered statues or flowerpots, dot-

ted with moss and lichen, lend some easygoing aristocracy to a garden in its salad days.

Carol Dickey, owner of Pear Tree Design and Antiques, in Kansas City, Mo., furnished her own new garden with antique urns, statues and crusty glazed flowerpots. Her garden, inspired by the French and English gardens she loves, but full of plants that flourish in the Midwest, has grown up around her collection of garden ornaments. A tri-color beech tree is only now, after five years, beginning to provide the intended backdrop for a stunning and artfully placed statue.

Garden antiques often represent a substantial investment: A pair of large urns on matching plinths might cost several thousand dollars from an antiques dealer. So shop around: Aged terra-cotta flower pots, old watering cans and curious bits of architectural salvage can often be found for \$100 or less. Rusty farm salvage, like tractor seats and milk cans, are also usually affordably priced, and they look just right by the gate to a vegetable garden or as a sculptural element in an herb garden. If the rusty patina doesn't appeal to you, a quick coat of bright paint will put a fresh twist on tradition.

Shop at estate sales or flea markets for bargains, and don't be too picky about condition. A good-looking urn doesn't need to hold water, or even soil; set it on a stump among the roses, and it



Rusty old farm implements and weathered garden chairs show the style and sensibilities of a gardener and collector. CREDIT: Marty Ross

immediately becomes a handsome piece of sculpture.

The gardens around new homes in the suburbs often look as bleak as a plowed field in the rain. Jeff Lightbody, a gardener with an eye for both natural and off-beat decoration, brought boulders of local volcanic rock into his new garden in Boise, Idaho, and had them arranged to look like a natural outcropping. Once they were in place, he planted colorful perennial flowers to fill in the bare spots. For the patio right outside his back door, Lightbody chose a rich earth-tinted concrete and had it stamped (with a rubber mat) to mimic the texture of stone. Gray concrete "is sad and depressing," he says. "Life is too short for gray concrete."

Lightbody's collection of garden ornaments is mostly industrial pieces, such as the old rock-sifting screens from Boise's quarries that he used as trellises around his patio. He planted ferns in an antique cast-iron sink. His antique garden tools, decorative spigot handles and industrial drill bits are as intriguing as flowers, and the rusty salvage pieces complement his garden's palette. "I am a huge fan of rust," he says. "That was the basis of the garden's color scheme."

Fast-growing morning glories, scarlet runner beans and other annual vines will cover a trellis in one year, Lightbody says, while perennial vines are just getting started. Evergreens contribute lush texture even while they're small. To give your young garden plenty of color, plant flats of annual flowers in the bare spots between perennials for a year or two until the perennials fill in.

It's tempting to invest in large trees to create instant shade, but big

SEE "ARISTOCRACY" PAGE 14.

**Orchard Springs Dental Lab**  
orchardspringsdental.com Rooted In Excellence

**No Insurance, No Problem!**  
"Hollywood Teeth... Not Hollywood Prices"

**Offering New Ultra Suction Denture**

**NEW HOURS**  
Evening and Saturday appointments available  
**547-2826**

Dr. Kimra Hall  
Kathy Brake  
Dr. Emily Batson

318 Orchard Springs Drive • Pueblo West  
410 Macon Avenue • Cañon City

**ARE YOUR INVESTMENTS PRODUCING INCOME?**

Are you satisfied with your investment income?

Let's talk about strategies to produce income, that could build wealth while minimizing risks.

**Gary Neiens**  
Financial Advisor/Investment Broker

**RAYMOND JAMES**  
FINANCIAL SERVICES, INC.  
MEMBER SIPC

Individual solutions from independent advisors.  
310 S. Victoria Ave., Ste. G Pueblo, CO 81003  
719-545-2900  
GaryNeiens@RaymondJames.com

**We Want You!**  
Veterans, Spouses, and Widows

Please Visit or Call...We offer:

- A Bright, & Comfortable Facility with panoramic views
- A Secure Special Care Unit (SCU)
- Physical, Occupational & Speech Therapy (included)
- Connected to Spanish Peaks Regional Health Center
- All-inclusive, affordable rates that eliminate added charges
- VA Benefits for those who qualify
- Colorado residency NOT required
- Private pay & Medicaid residents welcome

23500 US HWY 160, Walsenburg, CO 81089

*Chateau at Sharmar Village*

*"I toured other places, but none compared to the Chateau. I find living here a true blessing! They take care of everything."*

Fay Kastelic  
Retired City Councilwoman & Educator

AN ASSISTED LIVING RESIDENCE

1201 W. Abriendo Ave - Pueblo 719-544-1173 [chateauatsharmar.com](http://chateauatsharmar.com)

**Need Christian Counseling?**

We are dedicated to providing Christian counseling in a safe environment where men and women from all walks of life can work through issues that are robbing them of satisfaction and enjoyment in life. We do not as yet take any insurances, but we are able to provide you with all of the paperwork needed for out of network claims.

We can treat: Conflict Resolution, Grief, Anxiety, Depression, and Practicle Applications of God's 'How to' Book. Life is too short and precious. Don't let it pass you by one more day!

**JKLR Counseling**  
719-924-5557  
PO Box 61 Boone, Co. 81025  
"Come to me..." Matt. 11:28



# SENIOR SAFETY

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



## Why Should I Join Better Business Bureau? How's It Help Me?

by Katie Carroll - Better Business Bureau

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

During this educational seminar, you'll be introduced to the multitude of benefits you'll receive as a BBB

Accredited Business. You'll learn how membership can ultimately increase your bottom line, and help your business succeed in this increasingly competitive marketplace. The event is open to all companies in southern Colorado. You do not need to be an accredited business.

Below are the details for the August workshop:  
**Date:** Thursday, August 19, 2010  
**Time:** 8 - 9 a.m.  
**Location:** 25 N.

Wahsatch Avenue, cross street is Kiowa - Colorado Springs. Better Business Bureau office.

**Admission:** Free

For accredited businesses who would like to customize their free ShopMyBBB Web page, we

will hold an editing class following the benefits event from 9:15 - 10:15 a.m.

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

To RSVP online, please go to <http://www.blacktie-colorado.com/rsvp>. Enter event code: BBB101 or call at 719/636-5076 Ext. 115.

**Start with Trust®**

## Securing Your Identity Isn't Just For Tax Time

(NAPSI)-Most Americans survey their finances from a high level only once a year. Tax time forces people to think about how to best organize their financial lives. It should also remind you to take extra care in protecting yourself against fraud and identity theft--something you should think about year-round.

During and after tax time, even with the prevalence of online filing, reams of vital information are easily harvested from workplace desks and mailboxes.

The nonprofit Identity Theft Resource Center (ITRC) recommends that you take the following steps to protect yourself:

- Keep paperwork with personal information in a safe, locked location.
- Put papers you no longer need through a crosscut shredder.
- Make sure to have updated firewall, anti-virus and spyware software to protect your computer from invasion.
- Be sure to retrieve your mail every day. Don't leave financial documents in an outgoing mailbox at work.

Even the most organized consumer can benefit from identity theft protection and restoration services provided by firms like EZShield.

You want to prevent, detect and restore when you have trouble with your identity. All three are important. Take appropriate measures.



**Bronco Billy's CASINO**

- \* Senior Day Every Monday & Friday 8 AM to 6 PM!
- \* Double Points!
- \* Half Price Meal at Home Cafe!

**Craps & Roulette now Playing 24hrs!**



**BAJA BILLY'S**  
Restaurant & Cantina

Open for lunch and dinner 5 days a week!  
Half Price Dining Wed - Fri 1-5 PM



**HOME CAFE**

Serving a good home cooked meal 24 hours a day.  
Enjoy 49¢ breakfasts & \$6.95 steak dinners daily!

**Cripple Creek's LUCKY Casino!**  
233 E Bennett Ave • Cripple Creek, CO  
719-689-2142 • 877-989-2142 • BroncoBillysCasino.com



**COMMSTAR ALARMS**  
State of the Art Protection

(Mention this ad for FREE installation of Helpcall)

- Burglary • Security Cameras
- Fire • Low-Voltage Wiring

**HELPCALL** • **Cord-Mate**  
Personal Emergency Response System

**Automated Medication Dispensers**  
Dispenses Medications at Prescribed Times

**Serving Colorado Since 1996**



**Thornton Wheelchairs PLUS**



**564-5333**  
1951 Lake Ave.  
Pueblo, CO 81004

"Medicare Approved if Qualified"

We Accept Major Credit Cards



**Pride**  
Mobility Products Corp.



**10% CASH Off Your Purchase Scooters, Lift Chairs Power Chairs**

**ALSO:**

- Adult Incontinent Briefs
- Underpads/ Linen Savers
- Adult Nutritional Formulas (Boost/Ensure)
- Egg Crates For Mattress Comfort
- Wound Care
- Basic Moisture Barriers
- Auto & Stairway Lifts
- Wheelchairs
- Walkers
- Bathroom Safety Equipment
- Diabetic Socks

**564-5333**  
1951 Lake Ave  
Pueblo, CO 81004  
"Our Service Department Is Without Peer!"

Expires: 10/15/10

**SAVING MONEY IS A GIVEN**

**I SWITCHED TO GAIN A SENSE OF COMFORT**



There's comfort in knowing that my car and everyone inside is well-protected. I owe that to American Family. They showed me that having the right coverage from the start saves me from paying more, later. Now, I'm comfortable with the policy I have, and Bailey, he's just happy as long as he doesn't have to drive.



**YOUR AMERICAN FAMILY AGENT**  
**Bob Cabrera**  
(719) 542-5845  
Bob Cabrera Agency

**GIVE ME A CALL**  
SAVE UP TO 28% ON AUTO, HOME AND LIFE COMBINED.



All your protection under one roof®

American Family Mutual Insurance Company and its Subsidiaries American Family Insurance Company Home Office - Madison, WI 53763 ©2010 004288 - 210

# Op-Ed

from page 2

'I have wondered at times about what the Ten Commandments would have looked like if Moses had run them through the U.S. Congress.'

'The taxpayer: That's someone who works for the federal government but doesn't have to take the civil service examination.'

'Government is like a baby: An alimentary canal with a big appetite at one end and no sense of responsibility at the other.'

'The nearest thing to eternal life we will ever see on this earth is a government program.'

'It has been said that politics is the second oldest profession. I have learned that it bears a striking resemblance to the first.'

'Government's view of the economy could be summed up in a few short phrases: If it moves, tax it. If it keeps moving, regulate it. And if it stops moving, subsidize it.'

'Politics is not a bad profession. If you succeed, there are many rewards; if you disgrace yourself, you can always write a book.'

'No arsenal, or no weapon in the arsenals of the world, is as formidable as the will and moral courage of free men and women.'

'If we ever forget that we're one nation under God, then we will be a nation gone under.'

The above quotes were from the mouth of Ronald Reagan. Contrast and compare them to our "leaders" of today.

## Observations From The Cave

For those people that want to control every aspect of life to their world view I submit this: We all know now that evil plastic shopping bags are destroying Mother Earth. So, to curb their use the "control-freaks" want us all to use reusable fabric bags. In fact, Californians are mulling over a bill to get stores to stop handing plastic bags out. But wait a while. Researchers from Arizona University and Loma Linda University randomly tested these fabric bags carried by shoppers in Tuscon, Los Angeles and San Francisco. They found "a serious threat to public health,

## CRUISE

from page 9.

Tapas – small portions of food locals buying ingredients for dinner. I sat at a crowded lunch counter for a plate of fish, fried potatoes and a glass of beer at 10 Euros. The man next to me ordered about five courses for him and his wife, including shrimp, calamari, mussels and lobster. He was still eating when I left, so I didn't see the bill.

I walked the afternoon away, finishing at dark at a tapas counter near the front door of the Egipte restaurant on Las Ramblas near my hotel.

Tapas – small portions of food like appetizers – are a delight in Barcelona, and they were plenty for my evening meal. With a glass of San Miguel beer, I feasted on lightly breaded calamari with lemon (chocos), cod topped by melted cheese on a bed of spinach (bacalao gratinado), shrimps (langostinos) and toasted bread with tomatoes (pan tomate). Total price, about 15 Euros or \$20.

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

especially from coliform bacteria including E. coli, which were detected in half of the bags sampled" as reported in the *Sacramento Bee*. So our little busy-bodies recommended that the government should take action by mounting a campaign to get people to wash and/or disinfect their fabric bags regularly (which will add to harming the environment no doubt with the detergent, water and chemicals needed for cleaning). Why does it never occur to these folks to leave us alone?

I haven't read the latest bill by Congress passing legislation overhauling regulatory procedures for Wall Street, banks, credit card companies and the like but the two most responsible for this fraud were Barney Frank and Chris Dodd who were the two most influential "leaders" of the housing collapse in the first place. It's sickening that the very people who got us in this mess with their easy-credit schemes through government-run Fannie Mae and Freddie Mac (who are still hemorrhaging money by the way) saw to it that the aforementioned Fannie and Freddie are exempt from this new legislation! What's wrong with us?

Okay, so the housing market tanked again. Gee, what a surprise. BHO's administration didn't expect that when the freebies (tax-credits, etc) ended that there would be a drop? Are they ignorant? The same thing happened when cash-for-clunkers stopped. Are they stupid? Now, as you know the government (see BHO administration) owns 61% of General Motors who has just purchased a finance company to help sell more cars with an emphasis on folks who really can't afford to buy new cars like the housing debacle; people with risky credit. It's official, the BHO administration is ignorantly stupid and condescending to boot!

I sure hope we do something about this in November.

Godspeed!

## ORAL HEALTH TIPS TIP FOR SENIORS

Your teeth can last a lifetime with proper home care and regular dental checkups. No matter what your age, you can keep your teeth and gums healthy by brushing twice a day with a fluoride toothpaste, flossing daily and seeing your dentist regularly for professional cleanings and checkups.

Even if you brush and floss regularly, you may face certain issues in your senior years when it comes to your oral health. Wearing dentures, taking medications and general health conditions are some of the issues many seniors face. Luckily, your dentist and physician can help you meet most of these challenges quite successfully.

Cavities and decay on the root surfaces of the teeth are more common in older adults. So it's important to brush with a fluoride toothpaste, floss daily and see your dentist regularly.

Sensitivity can be an increasing problem as one ages. Your gums naturally recede over time, exposing areas of the tooth that are not protected by enamel. These areas are particularly prone to pain due to cold or hot foods or beverages. In severe cases cold air, as well as sensitivity to sour and sweet drinks and foods can occur. If you experience sensitivity, try an anti-sensitivity toothpaste. If the problem persists, see your dentist, as the sensitivity may be an indication of a more serious condition, such as a cavity or a cracked or fractured tooth.

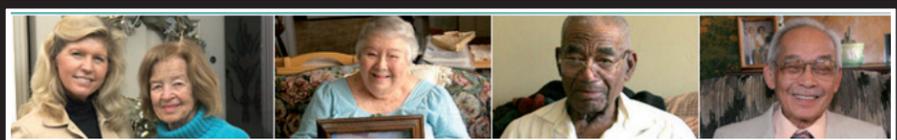
Dry mouth is a common condition in seniors, and one that may be caused by medications or certain medical disorders. Left untreated, dry mouth can damage your teeth. Your dentist can recommend various methods to restore moisture in your mouth, as well as appropriate treatments or medications to help prevent the problems associated with dry mouth.

Dentures can make life easier for many seniors, but they require special care. Follow your dentist's instructions carefully and see your dentist if any problems arise. An annual checkup is recommended for long-term denture wearers.

Gum disease is a potentially serious condition that can affect people of all ages, but especially people over 40. A number of factors can increase the severity of gum disease, including bad diet, poor oral health, systemic diseases, such as diabetes, heart disease and cancer, environmental factors such as stress and smoking and certain medications that can influence gum conditions.

Because the earliest stages of gum disease are reversible, it is important to spot it early on. Regular dental checkups can insure early detection and treatment of gum disease. Best of all, it is easy to prevent gum disease from developing in the first place by practicing proper oral hygiene.

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



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

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

## Are You Working Harder Than Ever? Do Health Care Costs Have You Down? The GOOD FEET STORE Can Help You!

Based on *Independent Clinical Studies* and *Rave Reports* from our customers themselves, **GOOD FEET ARCH SUPPORTS** are an extremely **cost effective** means of allowing people, like you, **work/play longer** and with **greater comfort**. Studies show that Good Feet Supports **reduce lost time** at work due to injury and, in terms of **preventative maintenance**, skeptics have become enthusiastic fans. Your feet **support 98% of your body's weight** and if your feet are not properly supported, you may feel it in your **feet, ankles, knees, hips, even your back**.

Good Feet Supports can only **help with symptoms** but, in some cases, even **reverse foot related ailments!**

**Get your feet and your body into proper alignment and put your mind at ease!** Visit a **GOOD FEET STORE** and a trained representative will take a **FREE footprint** and demonstrate just how supports work in **your own shoes**. There's **no obligation** to buy but, chances are, we have what you need. In about a **1/2 hour** you could be walking out our door with your **new supports** in your shoes and with a smile on your face.

Go with the **leader and innovator**, **THE GOOD FEET STORE**. And remember, imitation is the sincerest form of flattery but, it has no place in your shoes.

Prices start at \$39.95!

## THE GOOD FEET STORE

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

### CELEBRATE HISTORY

**My Friend, The Printer Inc.**  
COPY & PRINT CENTER

410 W. 5th St. – between Grand & Greenwood  
Call **542-FAST (3278)** or Fax 542-1557

### Self-Publish Your Own Family History Book!

Let us show you how!  
We can help with:

- Professional lay-out and design
- Reasonable printing prices
- Fast, Friendly, Knowledgeable Service!

**See us for all your printing needs!**

# Medigap Changes Take Effect - Premiums To Climb

Alexandria, VA (June 28, 2010) Changes to Medicare supplements that took effect on June 1st of this year could leave many seniors with steeply rising premiums, warns The Senior Citizens League (TSLC), one of the nation's largest nonpartisan seniors groups. "The situation is adding to worry and confusion about the rising cost of Medicare health plans," says Daniel O'Connell, Chairman of TSLC. "Although the changes don't immediately affect seniors currently enrolled in the plans, they could see steeper

increases in premiums by as early as next year," O'Connell says. "Seniors may wonder if they should switch to a different Medigap or Medicare Advantage plan," O'Connell says. "Switching Medicare plans is often confusing, complicated, and can be full of pitfalls for the unwary," he observes.

"Four of twelve standard Medicare supplement plans E, H, I and J are no longer offered to new customers. Seniors in the plans may keep them, but premiums are expected to skyrocket because no new people are coming into the

plans," O'Connell explains. "As people in the plans get older and need more health care, these plans will have higher payouts and that will cause premiums to climb," he adds. Two new standardized plans have been added, each with a different coverage than the previous supplements. In addition, benefits for home recovery have been eliminated from all Medigap plans.

"The changes, part of the 2008 Medicare Improvements for Patients and Providers Act, come as a surprise to seniors because there was virtually no publicity about them," notes O'Connell. "Seniors with serious health conditions, like cancer or heart conditions, may need to think very carefully before attempting to switch Medigap plans," he says. "They may also be eligible for newer Medicare Advantage plans, but those plans are also in the midst of major changes that may increase costs, under recently enacted healthcare reform," O'Connell adds.

Seniors have special "guarantee issue" rights to enroll in Medigap health plans during the six-month period surrounding the time when they first turn age 65 and become eligible for Medicare. Medigap plans cannot put an exclusion on pre-existing health conditions. During Open Enrollment, insurance companies must sell seniors any Medicare supplement they offer and cannot make them wait for the coverage to begin, even for pre-existing conditions. They cannot add extra charges

because of any health problems. After Open Enrollment, other rules apply.

"Seniors may need to wait and make a decision during their next open enrollment period," O'Connell says. "We strongly recommend that seniors in Medigap plans E, H, I, and J get the assistance of a State Health Insurance Medicare Counselor," O'Connell says. Medicare benefits counselors provide free personalized assistance to help seniors understand which Medicare health plan is their best choice, and to guide them through the process of switching coverage. Many of the programs operate through local Area Agencies on Aging or senior departments.

To read more about how changes to Medicare will impact you, visit the TSLC website at [www.SeniorsLeague.org](http://www.SeniorsLeague.org).

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

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

## Teens Team With Elderly

by Alisha Hall-Bent County HealthCare Center [www.bentcountyhealthcare.com](http://www.bentcountyhealthcare.com) 719-456-0106

Prairie View Village, the assisted living center in Las Animas, hosted a unique intergenerational program with teenagers and elders. Called, "Me and My Shadow" the program was a two-day event including overnight that paired a teenager with a senior. The purpose was to build relationships and respect between the two age groups. Was it a success? Absolutely! The teens had a wonderful time learning about the seniors and realizing they are interesting people. Seniors gained a new respect for today's teens deciding all teens aren't like what they see on the news. Teens and elders tie dyed t-shirts, did make-overs, had a bbq and a dance, shared a movie and had time to visit. Several of the teens involved in the program have expressed a desire to volunteer and all of them want to stay in touch with their elder. This program was made possible through grant awards from Las Animas True Blue, and the Colorado Health Foundation, the inspiration and planning of Candi Patton, Prairie View Coordinator and many volunteers who helped with the event. This unique opportunity will become an annual event. For more information about Prairie View, to sign up for next year's Me and My Shadow, or to make a donation to the intergenerational program, feel free to contact Candi Patton and (719) 456-1993.



Lola McElroy (l) and Shelby Watkins tie dying t-shirts

## Did You Know?

- For those who need vision correction, a significant measure of UV protection can be achieved with a combination of UV-absorbing sunglasses, a wide-brimmed hat and UV-blocking contact lenses. For more information on how to protect your children's eyes from the sun's harmful rays, visit [www.healthywomen.org/sunandyoureyes](http://www.healthywomen.org/sunandyoureyes) to download the free resource, Fast Facts for Your Health: The Sun and Your Eyes.

- One hair care product to consider is Infusium 23's Repair & Renew Conditioner, which uses a patented I23 complex to infuse hair to provide softness, manageability and shine. You can get more advice and information online at [www.infusium.com](http://www.infusium.com) or by calling (800) 382-7833.

## Aristocracy

from page 11. trees are expensive and not always practical. They cost substantially more than smaller specimens, and they ac-

usually grow very slowly. They are also difficult to maneuver, and sometimes have to be planted with heavy equipment, leaving industrial tracks through the garden. Instead, buy small trees, and invest in a snappy striped umbrella for the patio table to provide shade while you enjoy your trees growing up and filling out into mature specimens.

Gardens are never really finished -- there's always something new to plant or a project to work on -- and you may move long before all your garden plans come to fruition. While you sip your tea and lemonade in the shade of your umbrella, admiring your rustic garden decorations, you can think of future gardeners who will one day be grateful for the trees you planted so long, long ago in your brand new garden.



**Country Kitchen**

**SENIOR GUESTS**  
These feature smaller portions

Country Fried Steak.....	\$6.39
1/4 lb Senior Cheeseburger.....	\$5.49
All Dinners Served With Your Choice of soup or salad!	
Country Fried Steak.....	\$6.49
Liver & Onions.....	\$6.49
Pork Chop Dinner.....	\$6.49
Chopped Steak Dinner....	\$6.49
Roast Turkey Dinner.....	\$6.49
Cod Dinner.....	\$6.49
Roast Beef Dinner.....	\$6.49
Chicken Breast Dinner....	\$6.49

**TWO SENIOR DINNERS**  
Just \$11.99

present ad - expires: 8/31/10  
4137 N. Elizabeth St.  
Pueblo, CO - 545-3179

**FRONTIER FEEDS**

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

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

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



**Freedom is**  
the personal attention our financial future deserves.



Where you belong.

**You need a partner** you can count on for retirement planning. That's why you want a CFS Registered Representative from Ent Investment Services\*. You'll enjoy personalized, one-on-one attention, and a plan tailored to your specific goals.

Guidance. Partnership. Service. Get the freedom to succeed.

**Learn more in person, online, or by phone.**  
**Ent.com/Investments**  
**(719) 574-1100 ext. 6550 or**  
**800-525-9623 ext. 6550**

Ent is a community-chartered credit union

\*Our investing and financial services are provided by representatives who are registered through our broker/dealer, CUSO Financial Services, L.P. (CFS). Investment products and services offered through CFS are not NCUA/NCUSIF-insured, not guaranteed or obligations of the credit union, and may lose value. Ent is affiliated with CFS (Member FINRA/SIPC). Registered representatives are employees of Ent and registered through CFS.



# Ann Coulter: "Poll Numbers Down. Racism Up?"



by Ann Coulter

## OBAMA'S POLL NUMBERS DOWN, IMAGINARY RACISM UP

The Democrats are depressed about their collapsing poll numbers, so it's time to start calling conservatives "racist."

As we now know from the Journalist list-serv, where hundreds of liberal journalists chat with one another, and which was leaked to Daily Caller this

week, journalists cry "racism" whenever they need to distract from bad news for Obama. (Ironically, this story did not make headlines.)

When the Rev. Jeremiah Wright scandal broke during the 2008 campaign, the first response of Spencer Ackerman of the Washington Independent was to demand that they start randomly picking conservatives -- "Fred Barnes, Karl Rove, who cares -- and call them rac-

ists."

Ackerman, frequent guest on MSNBC's "Rachel Maddow Show," continued on Journalist:

"What is necessary is to raise the cost on the right of going after the left. In other words, find a rightwinger's [sic] and smash it through a plate-glass window. Take a snapshot of the bleeding mess and send it out in a Christmas card to let the right know that it needs to live in a state of constant fear. Obviously I mean this rhetorically."

This is what "racism" has come to in America. Democrats are in trouble, so they say "let's call conservatives racists." We always knew it, but the Journalist postings gave us the smoking gun.

This explains why we've heard so much about Tea Partiers being "racists" lately.

But despite a frantic search, the media have been unable to produce any actual evidence of racism at the Tea Parties. Even the trace elements are either frauds or utterly trivial.

For example, there was blind terror last week over a Tea Party billboard in northern Iowa that showed a picture of Adolf Hitler, Obama and Vladimir Lenin under the headings: "National Socialism," "Democratic Socialism" and "Marxist Socialism."

Overheated? Perhaps. Racist? No. Unless liberals are about to break the news that Lenin and Hitler were black, what we have here, gentlemen, is not racism.

I'm not even sure why liberals are so testy: As an aficionado of liberal talk radio, I've heard both Ed Schultz and Randi Rhodes repeatedly say socialism is terrific. (Given their ratings, this is understandable.)

Most sickeningly, the mainstream media continue to spread the despicable lie that someone called civil rights hero Rep. John Lewis the "N-word" 15 times during the anti-ObamaCare rally in Washington. Fifteen times!

That turned out to be another lie. About a week after the protest, Andrew Breitbart offered a \$100,000 reward for anyone who could produce a video of Lewis being called the N-word ever once -- forget 15 times. (That's the most we can afford. Hey, who do we look like over here, George Soros?)

Plus, the winner might have his video appear on the new hit TV show, "America's Most Racist Home Videos."

With hundreds of news cameras, cell phone cameras and camcorders capturing every nook and cranny of the Capitol Hill protest -- and news media hungry for an ugly, racist act -- it defies possibility that someone called Lewis the N-word once, much less 15 times, without one single camera capturing the incident. And yet, to this day the reward remains unclaimed.

Democrats did their best to provoke an ugly confrontation by marching a (shockingly undiverse) group of black Democrats right through the middle of the anti-ObamaCare protest. But they didn't get one, so the media just lied and asserted Lewis was called the N-word. (If they wanted to hear the N-word so badly, they should have sent the congressional delegation to a Jay-Z concert.)

Indeed, news anchor after news anchor has indignantly claimed to have footage of the incident, teasing viewers by saying, "We'll get that right up" or claiming personally to have seen the video -- and then you watch the whole program without ever seeing footage of anyone calling Lewis the N-word.

Dateline: April 18, 2010, CNN's Don Lemon: "We have the tape here at CNN. I saw it on CNN's 'State of the Union.'" And yet, Lemon never got around to showing viewers that tape. IF YOU HAVE THE TAPE, DON, CLAIM YOUR \$100,000 REWARD!

And now this week, with the NAACP accusing the Tea Partiers of harboring racists, and conservatives demanding proof, the George Soros-backed Center for American Progress ran a 45-second video allegedly showing racism at the Tea Parties.

One of the videos shows an obvious liberal plant announcing, "I'm a proud racist!" Apparently this was their best shot, because they had to work this video into the montage twice, amid utterly innocuous posters, for example, saying, "God bless Glenn Beck." So I guess they didn't have anything better.

Here's the part Soros' people didn't show you: In the fuller video shown on the Glenn Beck show, the Tea Partiers surrounded the (liberal plant) racist, jeering at him, telling him he's not one of them and to go home. In a spectacularly evil fraud, all that was edited out.

Just hours later on MSNBCChris  
**SEE "POLLS" PAGE 18.**



## Incentive-Based Pricing ASSISTED LIVING

"We reward residents who are committed to remaining active, social, and engaged in life and living with our lowest monthly fee."  
*Dennis Prather, Executive Director*

**Carefree Assisted Living & Retirement Living at its Best!**

- Serving Private Pay and Medicaid-Approved Seniors
- 4-Incentive-Based Levels of Care: Assistance w/Bathing, Dressing, Grooming, Personal Care & Hygiene, Mobility, and More. **Residents Only Pay For the Level of Care Needed/Desired**
- No Hidden Charges. Monthly Fee Covers All Care, Assistance, Services and Room
- Coordinated Care With a Resident, Their Family, Physician, and a Registered Nurse On-Staff
- Memory, Confusion, and Dementia Impairment Challenges Addressed With Loving Care, Compassion, and Empathy

**The Oddfellows & Rebekahs of Colorado present Assisted Living & Retirement Residences:**

**Friendship House**  
1020 N. 15th St. • Cañon City, CO 81212  
Manager: **Tisha Darnell**  
**719-275-7451**

- and -

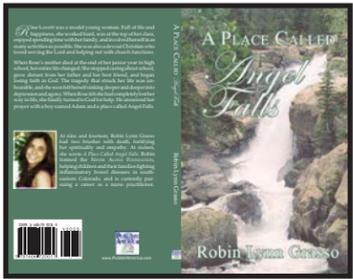
**Legacy Center, Inc.**  
1335 Bauer Ln. • Cañon City, CO 81212  
Manager: **Darla Watley**  
**719-275-2917**

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

- AUGUST 2:** Hot Turkey Sandwich, Glazed Sweet Potatoes, Harvard Beets, Cole Slaw, Cranberry Orange Jello.
- AUGUST 3:** Polish Sausage, Cabbage/Carrots, Garlic Mashed Potatoes, Cherry Crisp.
- AUGUST 4:** Salisbury Steak, Parslied Red Potatoes, Basil Green Beans, Blush Pear Salad, Watermelon.
- AUGUST 5:** Breaded Fish/Lemon, Rice Pilaf, Broccoli, Waldorf Salad, Apricots, Fruit Juice.
- AUGUST 6:** Herb Baked Chicken, Potatoes Au Gratin, Carrots, Tossed Salad/Ranch, Applesauce.
- AUGUST 9:** Chicken Chow Mein/Rice, Oriental Vegetables, Cherry Fruit Jello, Apple
- AUGUST 10:** Lasagna, Caribbean Mixed Veggies, Broccoli, Lettuce Tomato Salad/Italian drsg., Strawberries & Pineapple.
- AUGUST 11:** Roast Beef/Gravy, Mashed Potatoes, Spinach, Carrot Raisin Salad, Pears.
- AUGUST 12:** Turkey Tetrizzini,

## "A Place Called Angel Falls"

*A Wonderfully Uplifting Spiritual Gift For You,  
Your Granddaughters or Great Granddaughters*



Call 647-1300 for this special price available only through *Senior Beacon!*

Limited Time At This Price! Reg. \$21.95

NOW \$15.95

Get your signed copy by author *Robin Lynn Grasso* also available at: [barnesandnoble.com](http://barnesandnoble.com), [amazon.com](http://amazon.com) and [publishamerica.com](http://publishamerica.com) but not at this reduced price.

- California Blend Veggies, Zucchini, Fruit Cocktail.
- AUGUST 13:** Meatloaf/Tomato Sauce, Cabbage, Peas, Fresh Grapes, Orange Juice.
- AUGUST 16:** Beef Stroganoff/Noodles, Sugar Snap Peas, Orange Carrot Jello, Fruit Cocktail.
- AUGUST 17:** SRDA Spicy Pork, Parslied Red Potatoes, Basil Green

- Jello, Apple Cherry Juice.
  - AUGUST 23:** Country Style Steak, Potatoes Au Gratin, Sweet/Sour Carrots, Blush Pear Salad, Apple Brown Betty.
  - AUGUST 24:** Cheese Manicotti, Italian Mixed Veggies, Graham Crackers, Fruit Pudding, Grape Juice.
  - AUGUST 25:** Chicken/Rice Casserole, Brussel Sprouts, Peas/Onions, Strawberry Applesauce.
  - AUGUST 26:** Roast Beef/Gravy, Mashed Potatoes, Green Beans, Cucumber/Onions, Raspberry Sherbet
  - AUGUST 27:** Chili Relleno Casserole, Spanish Rice, Mexican Corn, Tossed Salad/Ranch, Peach Blueberry Dessert.
  - AUGUST 30:** Macaroni/Cheese, Sugar Snap Peas, Broccoli Yogurt & Fruit, Apple.
  - AUGUST 31:** Roast Turkey/Gravy, Orange glazed Sweet Potatoes, Calico Corn, Cranberry Jello, Orange Juice.
- 2% MILK With ALL Meals!**

# Finances: Create And Keep Wealth



## Here's A Mid-Year Market Recap Just For You

by Gary Neiens - Raymond James

The numbers from Wall Street are in the books for the first half of 2010. The S&P 500\* average fell 11.4%. The Dow Jones Industrial Average\* lost 9.41%--the poorest performance since 2008.

Taking a look at the first half's list of best/worst performers reveals these corporations:

Amongst the best:\*\*

Zions Bancorp (+ 68 %)

Akamai (+ 60 %)

Huntington Bancshares (+ 51 %)

SanDisk (+ 45%)

Amongst the worst were:\*\*

Nvidia Corp (-45%)

Dean Foods Co. (-44 %)

AK Steel Holding Corp (-44 %)

Monsanto Co (- 43%)

Anadarko Petroleum Co (-42%)

The DJIA (Dow Jones Industrial Average) now trades at 13X earnings (price/earnings ratio). Jeff Saut, Market Investment Strategist at Raymond James, continues to be hopeful that S & P lev-

els of 1040-1050 will hold on the down side. The Average traded in a narrow band throughout July. Currently the S&P 500 trades close to 19X earnings.

Elsewhere, the U.S. Congress passed another massive piece of legislation this time with the stated objective of regulating the financial institutions. Financial institutions were blamed by congress for creating the 2008 financial meltdown. A Bloomberg poll suggests 4 of 5 Americans think this legislation will not be helpful. I agree. It seems to me that this bill does for free market financial stability what Obamacare does for health. Meanwhile let me suggest the real culprit of the financial mess was the government itself—and this group currently moves unchecked and unpunished. Some voter polling suggests a November remedy is possible.

There is an old expression stating God takes care of drunks, fools, and children. Mercifully the expression has been altered to say, "God takes care of drunks, fools, children and the United States of

America."

So maybe we should look at some of these things.

Current account deficits have led to an unprecedented foreign ownership of U.S. securities—primarily debt securities. Some who reside outside of the White House or halls of Congress think this may be something troublesome and noteworthy. As Doug Noland of Prudent Bear points out the world holdings of our financial assets grew in the past decade from 60% of GDP to 108% of U.S. GDP. He continues his research by stating that total system credit in the past 20 years rose "from a historically high \$12.83 trillion to \$52.39 trillion". Noland suggests that the U.S. not only has a credit bubble but that we also exported it to other countries. In India inflation nears 11% and interest rates are heading higher. What happens to our U.S. debt service ability if/when rates move higher here in order to attract Asian Buyers of U.S. debt? I think that we need to keep our eye on the ball. The

ball is the U.S. dollar and the picture is not real encouraging.

Good luck and good investing.

For more information you can reach Gary at 719-545-2900

E-mail: [Gary.Neiens@RaymondJames.com](mailto:Gary.Neiens@RaymondJames.com)  
Administrative Assistant: [Julie.Cline@RaymondJames.com](mailto:Julie.Cline@RaymondJames.com)

"Independent solutions from Independent Advisors"

\*The S&P 500 is an unmanaged index of 500 widely held stocks. The DJIA is an unmanaged index of 30 widely held stocks.

\*\*All stock prices are as of end of 2nd quarter. Raymond James Financial; NYSE symbol RJF. The information contained in this report does not purport to be a complete description of securities, markets, or developments referred to in this material. The information has been obtained from sources considered to be reliable, but we do not guarantee that the foregoing material is accurate or complete. Any opinions are those of Gary Neiens and not necessarily those of RJFS. This information is not intended as a solicitation or an offer to buy or sell any security referred to herein. Raymond James Financial Services, Inc., its affiliates, officers, directors, or branch offices may in the normal course of business have a position in any securities mentioned in this report. Investments mentioned may not be suitable for all investors.

## Here's How To Pick A Mutual Fund

by Ron Phillips

### A STRONG FOUNDATION

As you might know I strongly believe in the many, many benefits of mutual funds. While you can have more tax control, hands-on selection and excitement with individual stocks you give up other benefits. With a fund you get professional management, extreme diversification and lower general volatility. You also get convenience, low minimum investments, trading-cost economies and better research available

to institutional investors. You can also sleep better at night not worrying if you are in the next Enron.

Before you pick your own funds you should have a strong foundation in the form of a personalized asset allocation.

Yes, asset allocation does work. For example, if you invested \$10,000 into BlackRock Asset Allocation fund (symbol: PCLAX) over the last decade you would have \$15,633. The same investment over this "lost decade" in the

S&P 500 index would be \$9,090.

### FREE TOOLS

It is hard to consistently pick winning stocks but simple to pick funds. There are a lot of free sites that are helpful. The granddaddy of them all is Morningstar.com. That is where I got the allocation fund performance. Another useful site is CEFConnect.com. This site specializes in closed-end fund research. Another site is Zacks.com. Zacks is stock-centered but they have nice "Top 5" lists. Their lists highlight some pretty interesting funds and can be a good place to start your research.

### WHAT TO LOOK FOR

What most people look at first is yearly expenses. Expenses are very important so you should look closely. Compare them to other similar funds to get an apples-to-apples comparison.

When I look at Morningstar I pay even closer attention to their style boxes. Here you can see what the managers are actually investing in. Are they called a small-company fund but really invest in mid-sized companies? The style box will tell. This will help you build true diversification.

Looking at the top holdings of the fund can also help you to see what the management is really investing in.

Also look at the portfolio turnover. This is how often the manager is

trading. The higher the turnover percent the more trading. The more trading the more expenses to you.

### GOOD, FREE SITES

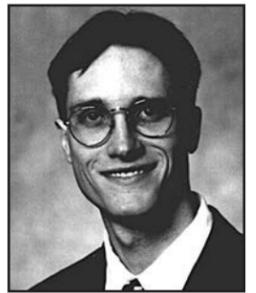
- Morningstar.com
- CEFConnect.com
- Zacks.com
- WSJ.com (path: "markets"- "market data"- "mutual funds")

### LOOKING AT INCOME

A key component of investing is producing income. With your funds you should look at the current yields. Also look at the past income. This will give you a picture of historic payouts for the fund. Is the income trending up? Or down?

Look at the details and arm yourself with information.

Ron Phillips is an Independent Financial Advisor and a Pueblo, Colorado native. He and his wife are currently raising their two sons in Pueblo. Order a free copy of his book *Investing To Win* by visiting [www.RetireIQ.info](http://www.RetireIQ.info) or leaving a message on his prerecorded voicemail at 924-5070. Please mention ID #1001 when ordering.



**OPEN MON - SUN**  
**8am to 8pm**

**3937 Ivywood**  
**Pueblo, CO**  
**553-0111**



from  
**southerncoloradoclinic**

**3676 Parker Blvd**  
**Pueblo, CO**  
**553-2208**

<p><b>COMPREHENSIVE CARE</b></p> <ul style="list-style-type: none"> <li>- Board Certified Family Physicians</li> <li>- Comprehensive Diagnostic Equipment</li> <li>- Specialty Consultation Available</li> </ul>	<p><b>COMMON ILLNESSES</b></p> <ul style="list-style-type: none"> <li>- Influenza &amp; Vomiting</li> <li>- Fever &amp; Diarrhea</li> <li>- Colds, Earaches, Sore Throats, etc.</li> </ul>	<p><b>INSURANCE &amp; PAYMENT</b></p> <ul style="list-style-type: none"> <li>- We accept Most Major Insurance &amp; Health Plans (Please bring your current insurance card &amp; appropriate co-pays!)</li> <li>- We Bill Insurance Directly - No Delay or Hassle</li> <li>- Cash, Check, Visa, MC &amp; Discover</li> </ul>
<p><b>URGENT MEDICAL CONDITIONS</b></p> <ul style="list-style-type: none"> <li>- Broken Bones or Sprains</li> <li>- Lacerations</li> <li>- Injuries (slip &amp; fall, sports, household, etc.)</li> </ul>	<p><b>ADDITIONAL SERVICES</b></p> <ul style="list-style-type: none"> <li>- Department of Transportation Exams (Physicals)</li> <li>- Sports, Work or School Physicals</li> </ul>	

**JUST WALK IN • NO APPOINTMENT NECESSARY!**  
Two Convenient Locations To Serve You

## Senior Beacon

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

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

### MAILING ADDRESS

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

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

Copyright© 2010-Beacon Publishing

## Minnequa Medicenter...

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

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



**Transitional Care Unit**

offering: private rooms, flat screen TV, telephone, private dining

**Medicare/Medicaid, Managed Care and VA contracted.**  
For additional information/directions please call:  
**719-561-1300** and ask for Niki Garcia, Admissions Manager

# Senior Community Update



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

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

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

**2010 SENIOR FAIR**

Seniors, Inc. Home Care's "Annual Senior Fair" is calling for co-sponsors and exhibitors.

The Ninth Annual Seniors, Inc. Home Care "Senior Fair" is scheduled for Saturday, August 28, 2010 from 9am to Noon at E-Free Church in Cañon City, CO.

Service providers and businesses specializing in older adults and their families are invited to register to exhibit by calling Susan or Debbie at 719-269-1524 or stopping by Seniors, Inc offices at 3055 Hwy 50 East, Ste F by August 1, 2009.

**STROKE SURVIVORS SUPPORT GROUP**

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

Call Chuck at 583-8498 for all the information.

**PUEBLO WEST SENIORS**

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

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

Consider our warm summer weather when you plan your covered dish to share. Please bring your own table service as well. Coffee and tea will be provided.

For more information call

Membership committee 647-8969 or 404-4413

**LOU GEHRIG'S DISEASE SUPPORT GROUP**

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

**OWLS MEETING**

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

**RIDE TO CHURCH?**

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

**GENEALOGICAL SOCIETY**

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

**SRDA CALENDAR**

SRDA at 545-8900 has activities for seniors every weekday of the month. From quilting to bridge and from computer classes to movies with popcorn and exercise classes, SRDA tries 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](http://www.americanarthritis.org).

**AARP SCHEDULE OF ACTIVITIES**

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

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

**TOASTMASTERS**

**What:** Pueblo Toastmasters #179 Public Speaking Class

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

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

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

**STEP-UP PROGRAM**

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

**ALZHEIMER'S SUPPORT**

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

**COMMUNITY BLOOD DRIVES**

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

**JOB SEEKERS**

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

**RIVERWALK FARMER'S MART**

The Farmers' Market at the Riverwalk brings several local farm-

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

**JUNKTIQUE AND OPEN MARKET**

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

**PHONEBOOK RECYCLING NOW AVAILABLE**

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

- Bessemer Recycling Drop-off Site, near the corner of Abriendo Avenue and Division Street
- Habitat for Humanity ReStore, 2313 S. Prairie Avenue
- Colorado Mental Health Institute-Pueblo campus, near the soccer field off W. 24th Street
- Girl Scouts of Colorado, Pueblo Center, 21 Montebello Avenue
- Mesa La Gree's Market, 27050 Hwy 50 East
- Pueblo West Library, 298 Joe Martinez Boulevard, Pueblo West
- C&C Disposal, 21 Magneto Drive, Pueblo West

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

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

**QUEEN ANN ACTIVITIES**

After five months of intense work the "Mile High Window Light Show" is operating daily from 8 to 10 p.m. The show is FREE and it includes a 107.5 FM broadcast of music which compliments window lighting changing colors from gold, to green, to purple. The show is located at 813 Macon Avenue, Canon City, CO, and is sponsored by the Queen Anne Tea House.

**GOING TO SEED**

Pueblo County and CSU Extension present legendary seedsman Bill McDorman, President of Seeds Trust, Thursday, August 5th, 7 - 9 pm, at the Municipal Justice Center, Community Room, 200 S. Main in Pueblo. In this unique presentation, Bill will inspire his audience to reconnect with the ancient ritual of seed saving. Tickets are \$10 in advance only and purchased through the Extension Office, (719) 583.6566.

**GOING TO SEED**

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

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

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

**QUALITY CARE,  
Compassionate Touch**

Whether you need short-term rehabilitation or long-term residential care, Pueblo Care and Rehabilitation Center's interdisciplinary team offers the specialized healthcare services you deserve in a homelike environment.

Contact us today for more information.

**PUEBLO**  
CARE & REHABILITATION CENTER  
*Caring is the Key in Life*

**(719) 564-1735**  
2611 Jones Ave. • Pueblo, CO  
[www.sunbridgehealthcare.com](http://www.sunbridgehealthcare.com)

**BELMONT SQUARE APARTMENTS**

**One Bedroom Apartments starting at just \$360 a month!**  
CALL for Details about our GREAT move-in special!

*Bring this ad, take a tour and we will waive your application fee!*

- ELEVATORS
- Seasonal lap pool • Dishwashers
- Air Conditioned • Huge closets
- On-site laundry facilities
- On bus line
- Well maintained property
- Walk to schools/shopping/mall

2020 Jerry Murphy Road  
Call today for additional info!

**(719) 545-2236**  
[belmontsquare@greystar.com](mailto:belmontsquare@greystar.com)  
[www.belmontsquareapartments.com](http://www.belmontsquareapartments.com)

# SENIOR CLASSIFIEDS

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

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

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

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

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

**BOOK SALE:** Hardback and paperback - many titles - many author's - some cookbooks - \$2.00 and less.

Call, 561-4495. #0810  
**HOMES, OFFICES, RENTALS:** Complete cleaning service. One call does it all. Classy Glassy Cleaning Specialists. Over 30 years experience. Free estimates. 719-561-9968 or 719-248-9673. #1010

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

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

**ARE YOU CHALLENGED** by your INSULIN balancing, cholesterol or weight management? Let me introduce you to Bios Life Slim. Go to HealthCanBeEasy.com and see 2 short videos and listen to a 6 minute audio. Or call 1-760-569-1140 and listen to a 6 minute recording. My friends CJ and Tori have lost a total of 92 lbs in 90 days. My name is Maureen and I'm a seasoned private caregiver for brittle diabetics and people with Alzheimer's. Diabetes is so prevalent and I'm making

## 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.

## Polls

from page 15.

Matthews was loudly proclaiming that he would believe the Tea Partiers weren't racist when he sees "just one of those Tea Party people pull down one of those racist signs at the next Tea Party rally. I'm going to just wait. Reach over, grab the sign and tear it out of the guy's hands. Then I will believe you."

Well, here it was. The (liberal plant) racist was driven from the Tea Party by the Tea Partiers. But you won't see that. Like USDA official Shirley Sherrod's apparently racist comments excerpted this week from what was, in fact, a commendable speech about racial reconciliation, the alleged Tea Party racism was, literally, "taken out of context."

it my personal quest to help people live a longer life and have a decent chance to outlive their parents. I can be reached at (970) 361-0400(cell) or (970) 433-7207(office) or HealthCanBeEasy@gmail.com. The science is strong behind these products and I can provide published clinical information for you and your doctor to evaluate. #0710

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

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

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

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

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

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

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

**30 YEAR EXPERIENCE, CNA.** Will care for you in your home. Cooking, errands, doctor appointments, shopping, cleaning, laundry. Will make

your day comfortable. References. 719-543-5446. #0610

**"I FORGAVE MYSELF" CD:** 15 inspiring, humorous, breathtaking songs by spiritual songwriter. \$15 (including shipping). Check, Money Order: Eric Schneider, 1817 Carson Ave., La Junta, CO 81050. #0610

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

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

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

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

**FOR SALE:** Timeshare. Stormy Point, Branson, MO. Sleeps four. Furnished, \$12,000. 719-583-2042; 248-5479. #0510

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

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

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

**30 YEARS EXPERIENCE.** Qualified, caring, compassionate Caregiver will give good personal hygiene care. cook, light cleaning. Day & Night care. Call Diana, (719) 369-5758. #0310

### Assisted Living At Its Best!



*The Legacy Commons*

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

*Pueblo's Premier Practice for over 37 Years Concentrating on Implants, Dentures, Partials and Extracts.*




**R. M. Saunders, DMD**  
2047 Columbia Drive - Ste. A  
Pueblo, CO 81005



**(719)544-6787 (800)781-6787**

**Enhancing Lives & Smiles With Total Dental Solutions**

### "Pueblo's Only Shuttle Service"

If you're planning a trip, special event or excursion CALL US!  
Colorado Springs Airport Service  
ADA approved

**(719)545-9444**  
**1-877-545-9435**  
24 hr service



215 S. Victoria St., Suite B  
Pueblo, CO 81003



**“A SUITCASE FULL OF MEMORIES”  
AUGUST 2010**

I found an old suitcase packed full of my journals. Stored inside were thousands of pages of my life. Year after year, records of joyous, traumatic, tragic and exciting events. While still a new Christian, I learned the value of recording events, prayers and musings but, most importantly, personal words spoken to my heart by Jesus.

Time after time I sought God’s direction and waited for answers. Using small notebooks or journals I recorded His words as fast as I could write. There are few things as precious as hearing and recognizing my Father’s voice even when it is a stern rebuke. Yes! I hear those quite often. For instance the time He told me to confess to my husband that my jealousy had caused me to wreck the car. I cringed just thinking about con-

# “Light For The Journey”

By Jan McLaughlin - Director of Prayer Warriors For Prisoners



fessing. The thought was totally humbling and I really didn’t like to be humbled.... it’s so humiliating! Therefore, dreading to face him, I rebelled and put it off. When God tells us to do something NOW, He really means NOW! If I would have obeyed immediately it would have been so much easier. My disobedience made my confession more difficult and the outcome much worse.

The recorded lessons from my Father are priceless. In one instance, as I neared Colorado Springs, several hot air balloons dotted the horizon. Months earlier as I labored through a raging storm, He revealed the symbolism of hot air balloons. If I keep my focus on Him, He will lift me above the circumstances. Safe in the basket, He will carry me as I float above the turbulence. He taught me it is heat that keeps the balloon in the sky. When I am IN the basket, the heat is above me, and I would get burned if I try to do HIS job of being the balloon. I simply need to rest in the basket. That day the balloons were like heavenly messengers sent to encourage me.

Thumbing through one of my journals brought memories of the time I realized I needed professional counseling. It was shortly after my exodus from a 33 year abusive marriage. My friend and I were in church listening to a powerful message about the crippled man who had waited thirty-eight years by the pool for someone to help him into the pool when the water stirred that he might be healed. Jesus looked in his eyes and asked, “Do you want to get well?” I was certain he was speaking of my former husband who refused to get professional

counsel. I poked my friend with my elbow and whispered smugly, “You know who he’s talking about, don’t you?” She looked at me a moment and said sternly, “YES! Do you?”

Her words pierced my heart. “God, do I need to get well? Am I also sick?” Certainly I needed help. I needed to get well. Abusive relationships are addictive and I needed free of the addiction. Professional help opened my eyes and gave me strength to stop enabling the abuser.

Some of my earlier journaling includes frequent Lighthouse Journeys with Jesus. Written like stories each contains one or more spiritual lessons I needed at the time of the journey. In these stories, I am a child meeting with Jesus at the lighthouse or along the way. I feel compelled to share some of those journeys over the coming months. Some people will think I am crazy and some will be instructed and blessed as I was during the journey. Even today as I read I’m reminded of the faithfulness of my Father to teach and to help me grow through trials and travels.

If you are a regular reader, you may remember “The View from the Lighthouse,” which appeared in the July 2008 edition of the Senior Beacon. It is available online at [www.seniorbeacon.info](http://www.seniorbeacon.info), online archives, July 2008, page 8 if you are interested. The Lighthouse Journeys grow from this initial vision.

If you don’t journal, it isn’t too late to begin. It is one of the most priceless ways to record your visits with Jesus wherever you meet Him: In a lighthouse, a mountain cabin, beside a peaceful

stream, or at your kitchen table. He is there, waiting to talk with you. As

He speaks, write. You will never regret recording those precious words even if sometimes they rebuke or require you to humble yourself. Our Father knows what He is about and is in the process of making us more like Jesus. I don’t know about you but I have a long way to go. However, I am determined to press on toward the prize because my heart yearns to be more like Him.

Most Christians know Romans 8:28 from memory, even those whose memories are getting a little clouded! “And we know that in all things God works for the good of those who love him, who have been called according to his purpose.” However, how many know the following verse explains WHY all things work together for the good? It reads, “For those God foreknew he also predestined to be conformed to the likeness of his Son, that he might be the firstborn among many brother” NIV. Becoming like Jesus is a process and it will be worth it all to look into the eyes of my Master on that last day and perhaps see His reflection in His eyes instead of my own. No longer will a suitcase full of memories hold any interest for me. I will be caught up in that eternal moment with Jesus.

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

**golden corral**  
Store Hours  
Mon-Fri 10:30am - 9:30pm  
Sat. & Sun. 7:30am - 9:30pm  
**Daily Specials**  
3400 N. Elizabeth St.  
Pueblo, CO  
545-3384

## Primrose is NOW OPEN!



Come tour the spacious Independent and Assisted Living apartments at our brand new retirement community! Of course, you’ll have to stop in the Movie Theater, Ice Cream Parlor, Fitness Center and Pub/Billiard Room.

Call Rachelle or Tammy today to set up your personal tour and come see why we say...

*this is living!*



**PRIMROSE**

RETIREMENT COMMUNITIES

*Independent & Assisted Living*

5055 Outlook Blvd.

Pueblo

719-543-3300

[PrimroseRetirement.com](http://PrimroseRetirement.com)



# Reeling

## "Funny And Suspenseful"

by Film Critic Betty Jo Tucker, Pueblo

### FUNNY AND SUSPENSEFUL

In "Date Night," Tina Fey and Steve Carell portray a husband and wife so bored with each other they stoop to making up exciting stories about other couples while dining out in various restaurants. Then on one special "date night," they are forced into a situation more exciting and dangerous than any tale either of them could have imagined. Although played strictly for laughs, this entertaining comedy also boasts plenty of action, thrills and suspense. Because of its amusing performances and clever story, "Date Night" might end up as one of my favorite movies of 2010.

Fortunately, it will be available on DVD this month (August 10).

Claire and Phil Foster (Fey and Carell) think they are more like "roommates" now, so they decide to spice up their relationship with a trip into Manhattan for dinner at a posh restaurant. However, they neglected to make a reservation. When another couple's name - Tripplehorn -- is called and receives no response, Phil shouts, "That's us!" and Claire goes along with him. This identity fraud leads to an adventure involving corrupt officials, wild car rides, blackmail and strip-club dancing.

Fey ("Baby Mama") and Carell ("Get Smart") make an excellent comic duo. They avoid over-the-top acting and concentrate on showing the vulnerabilities of their characters. Fey endows Claire with a wistful "what if" aura in some scenes and a funny grumpiness in others. Carell gives Steve a more low-key persona that works well in combination with Claire's lack of focus when under extreme stress. But their best sequences come when working with Mark Wahlberg ("The Shooter"), who shows off his buff torso in the role of Phil and Claire's reluctant helper. In every meeting with the two, Wahlberg's character is dazzlingly shirtless. Carell projects Steve's jealousy perfectly, and Fey's revealing facial expressions convince us that Claire is overwhelmed by admiration for this gorgeous guy.

I know what you're thinking: who are the real Tripplehorn and why are they in so much trouble? Of course, I don't want to spoil things for you, but it won't hurt to mention that James Franco ("The Great Raid") and Mila Kunis ("The Book of Eli") are hilarious as this weirdly fascinating couple.

And now a word from my inner Church Lady. Unfortunately, like most movies today, "Date Night" needs to have its mouth washed out with soap. (Released by Twentieth Century Fox Film Corporation and rated "PG-13" for sexual and crude comments throughout, language, some violence and a drug reference.)

### AND ON THE BIG SCREEN...

Based on the previews I've seen, my August picks at the multiplex include "The Expendables" (August 13),



"Eat Pray Love" (August 13), and "Nanny McPhee Returns" (August 20). I chose one for the men, one for the women, and one for the kids!

It should be exciting to watch action stars like Sylvester Stallone, Jason Statham and Jet Li mix it up in "The Expendables," a film about mercenaries trying to overthrow a dictator. And Julia Roberts will probably shine in the film version of

Elizabeth Gilbert's popular book about a woman's search for EVERYTHING as she travels across Italy, India and Indonesia. I'm reading this book right now and find it quite thought-provoking and involving. Will it transfer successfully to the big screen? I hope so.

But the movie I'm most eager to see is "Nanny McPhee Returns." Why? Because I absolutely loved the first adventure starring Emma Thompson as a bizarre and magical governess. Happily, Thompson plays Nanny McPhee again in this second outing. She still looks quite creepy with her bulbous nose, snaggle-toothed mouth and wart-covered face. She's also very serious -- not a bit cheery like Mary Poppins. However, I'm sure her weird appearance will get attention from anyone she agrees to supervise, just like in the original film.

Additional promising theatrical offerings on the August schedule include: "The Other Guys" (August 6), an action comedy co-starring Will Ferrell and Mark Wahlberg; "Scott Pilgrim vs. the World" (August 13), a fantasy adventure with Michael Cera; and "The Switch" (August 20), a romantic comedy with Jennifer Aniston, Jeff Goldblum, Patrick Wilson and Jason Bateman.

## MOUNTAIN VISTA RECOVERY AND REHAB UNIT

*Inpatient/Outpatient Rehab*



### UNIVERSITY PARK CARE CENTER



**945 DESERT FLOWER BOULEVARD  
PUEBLO, CO 81001**

**(719) 545-5321**

**ALL ON ONE CAMPUS!**



**"QUALITY PEOPLE CARING  
FOR QUALITY PEOPLE"**

*We Welcome Medicare, Medicaid, Most Insurances,  
VA Contract and Private Funds*

**Stop in For a Tour Today!**

2515 Pitman Place  
Pueblo, CO 81004

**719-564-0550**



[www.westwindcampus.com](http://www.westwindcampus.com)

**SKILLED NURSING**



- 24-Hour Skilled Nursing Care
- Long Term & Respite Care
- Ventilator Care & Respiratory Therapy
- Sub-Acute Care
- Daily Physical, Occupational & Speech Therapy Program

564-0550

**ALZHEIMER'S CARE**



- Skilled Nursing Care
- Gated Community
- Small, Private Facility
- Individualized Activities

404-1003

**ASSISTED LIVING**



- Medicaid Certified
- All Inclusive Private Rates
- Central Location
- Daily Activities & Transportation Services

404-1015 & 404-1014

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

**Seniors**  
60 years and older

**20% OFF**

**Lunch & Dinner  
Entrees**

**Monday-Friday**  
11 am - 5pm



4610 N. Elizabeth  
**545-8218**

Hours: Sun.-Wed. 11am-9pm  
Thurs.-Sat. 11am-10pm