



Senior Beacon

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

JAN., 2009 Vol. 27: No. 7 Established Aug., 1982 319 Consecutive Months!

Ask Patrick: What Is Assisted Living? Part Two!

Patrick J. Craig - Lead Ombudsman - Pueblo County

Second in a series - Final part in March edition.

Services and Activities

- Is socialization encouraged and promoted?
- Is it easy to socialize with other residents?
- Do lounge areas and a common dining room exist?
- What is the extent, range, and frequency of planned activities?
- Are there many opportunities for transportation?
- How flexible is the transportation?

- Do opportunities for involvement with the surrounding community exist?

- How flexible is a resident's daily schedule?

- How much independence is allowed?

- Is the facility licensed by the state?

- Is the facility's administrator licensed by the state?

Equipment/Amenities

- Are exercise facilities available to the residents?

- What kind of opportunities do residents have to exercise?

- What types of amenities are available to residents?

- Is the facility equipped to support any special needs of the patient?

- Is extra storage space available?

- Is the facility located close to shopping centers and/or entertainment?

- Do the units have a telephone and television?

- How is billing handled?

- Is there a kitchen with a sink and refrigerator in the unit?

- Are religious facilities available?

Financial Considerations

- What is the monthly cost of the

facility?

- What are the trends in rate increases over the past years?

- Is a deposit required?

- Is it refundable?

- What services are included in the monthly cost?

- What services have to be paid for separately?

- What other services are available?

- Are utilities included in the cost?

- What circumstances might force a resident to leave the facility?

- What kinds of opportunities are available for a resident to receive further care as a condition or problem requires?

- Is the facility connected with a nursing home or other kind of facility?

- What types of housing are available? (private/shared, apartment, suite)

- Is the housing furnished? If so, what is included?

- What types and what amounts of personal belongings is a resident allowed to bring?

- What happens if you are unable to pay for services?

- When can care services be terminated, and what is the refund policy?

- What are the payment, billing, and credit policies?

Safety Considerations

- Are intercoms installed in each room?

- Is there a 24-hour emergency response system accessible from each unit?

- What is the level of safety in the facility? Is there proper lighting?

- Are there handrails, emergency pull-cords, and door alarms?

- How extensive is the fire sys-

- tem?

- Are exits clearly marked and easily accessed?

- Does the facility have air conditioning?

- Is the ventilation and heating adequate?

- Is the facility's security adequate?

- Are there lockable doors for each unit?

- Does the facility have handicapped access and accommodations?

- How close is the nearest hospital?

- Is there a doctor or pharmacy on-site?

- How many staff members are on duty for each shift at the facility?

- How long does it take the staff to respond to a resident's call for assistance?

COLORADO Citation

Assisted Living Residences Chapter VII, §1.1 et seq.

General Approach

Colorado licenses assisted living under personal care boarding home rules. Rules were revised in 1993. The number of licensed facilities has risen from 238 in 1990 to 385 in 1995 and 469 in 1998. Nursing home beds occupied by Medicaid recipients have remained stable over the past 10 years at 10,400. State respondents attributed the stable census to the expansion of home and community based programs, including reimbursement of personal care boarding homes. In 1995, the legislature revised the Medicaid rate for alternative care facilities (personal care boarding homes) and participation

well as anyone seeking care for a homeless child. New Horizons is especially inter-ested in working with persons who indicate a strong desire to overcome the negative, self-defeating patterns in their lives which led to their incarceration. Applicants are considered without regard to race, color, ethnicity, or national origin.

New Horizons helps offset the cost of child care by having two local Thrift Stores in the area. One at 310 Main, in Canon City and the 2nd store at 745 Desert Flower Blvd beside Big Lots in Pueblo. Both stores are open Mon-Sat. New Horizons can be found on the web at www.newhorizonsministries.net or visit givekidsachance.wordpress.com for a blog on children's issues & foster parenting.

rose from 70 facilities to 179 by March 1998. The number of HCBS waiver participants in ACFs rose from 600 to 960 by June 1996 and 1,400 by March 1998.

While the regulations allow double occupancy and shared bathrooms, the majority of new construction provides private rooms or apartments, including homes that contract with the state to serve Medicaid recipients. The supply of personal care boarding homes is expected to increase. The licensing agency notes that many nursing facility owners are developing their own personal care boarding homes and few nursing home operators have complained about the level of care offered.

Definition

Personal care boarding home is "a residential facility that makes available to three or more adults not related to the owner of such facility, either directly or indirectly through a provider agreement, room and board and personal services, protective oversight, and social care due to impaired capacity to live independently, but not to the extent that regular 24-hour medical or nursing care is required."

Units

The rules allow no more than two people to share a room for facilities built after July 1, 1986. Single occupancy rooms must have at least 100 square feet and double occupancy rooms at least 60 square feet per person. Cooking is not allowed in bedrooms and facilities must provide access to a food preparation area for heating or reheating food or making hot beverages subject to "house rules."

Tenant Policy

Personal care boarding homes may not admit or retain residents who are:

- Consistently, uncontrollably incontinent of bladder unless the resident or staff is able to prevent it from becoming a health hazard;

- Incontinent of bowel unless they are capable of self-care;

- Totally bedfast;

- Require 24-hour nursing or medical service;

- Need restraints; or

- Have a communicable disease.

Each facility develops their own admission criteria based on the capacity of the facility. A review of Medicaid pre-admission screening assessment forms showed that Medicaid waiver participants in ACFs had fewer skilled needs than nursing home residents.

Next month - Services.



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New Horizons Thrift Stores Help Families

Every Wednesday a small group of children from the Cañon City area make a trek north to Denver. Why would newborns and toddlers be making a 7-8 hour round trip to Denver every week? If they were able to speak for themselves, the answer would be clear, to see mommy of course! You see, it's not because they like the travel so much, but it's because their mothers are incarcerated. The day trip to our state's capital city involves both nannies and foster parents. DOC officials at the Denver Womens prison have arranged a special visit every Wednesday of the month (with the exception of Parole hearing days). This visit is arranged as part of a program for mothers who have signed on with New Horizons Ministries.

The ministry has been in existence for nearly 19 years, it was founded in March of 1990. NHM provides care, free of charge, in a family setting for babies and

young children whose mothers are incarcerated or who for other reasons are unable to care for their children. It is the goal of NHM to arrange for mother and child to be reunited as soon as possible following the mother's release, hopefully before the child reaches two years of age.

There are cases where a parent or member of the extended family is unable to provide a home for the child within a reasonable period of time, due to a long prison term or for various other reasons. The Child Placement Agency branch of NHM will provide the option for the mother to consider permanently placing the child into a loving healthy home. If such an arrangement is desired by the mother, NHM will be happy to assist the mother in finding a suitable home for her child.

Who Qualifies?

All mothers or expectant mothers who are incarcerated may apply, as

well as anyone seeking care for a homeless child. New Horizons is especially inter-ested in working with persons who indicate a strong desire to overcome the negative, self-defeating patterns in their lives which led to their incarceration. Applicants are considered without regard to race, color, ethnicity, or national origin.

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Next month - Services.

Just One Guy's Opinion

by James R. Grasso, Chief Cook & Bottle Washer



Senior Of The Year Award

May 2009 is Older Americans Month and citizens have the opportunity to nominate and honor a very special senior citizen during the annual Senior Life Festival being held May 08, 2009 at the Colorado State Fair Grounds Events Center.

The Pueblo Area Agency on Aging and the Pueblo Advisory Council on Aging will award this honor to an outstanding Pueblo County senior citizen who has made significant contributions to our community through volunteer services. The nominee must be 60 years of age or older and the award can be made posthumously.

Nomination forms are available through the Pueblo Area Agency on Aging 719-583-6120. Nominations will be accepted through March 16, 2009.

From The Desk Of Kathilee Champlin

Yes its that time to start planning for the 2009 Senior Life Festival. This year the Life Fest will take place on Friday May 8 at the Event Center at the State Fairgrounds. This year's theme is going back in time for a good old fashioned country bazaar. Ribbons and prizes for the best jams, jellies, pickles, doilies and quilts,

We're even having a cake walk. What's really great is that jeans and overalls will be the proper attire!!!!

Our community service awards are going to county commissioner Jeff Chostner, and SRDA director Steve Nawrocki. I am honored to present them this year's awards. The senior life festival's yearly contribution goes to Meals on Wheels, and Never Alone Foundation (Crohn's & Ulcerative Colitis patients) locally.

All our favorites will be on hand again this year: Senior of the year, healthy cooking, Cake and ice cream social, Health screening, Senior luncheon, and, of course, our new addition BINGO!!!! Boy What Fun That Was Last Year AND THE PRIZES!!!!

Our senior luncheon will be for the first 150 seniors this year adding 50 more than last. Jim Grasso Editor of the *Senior Beacon* invited and pay for seniors that were 100 years old for various assisted living facilities and nursing homes in the area. *Senior Beacon* has sponsored the Show since we started 12 years ago. Thanks, Jim.

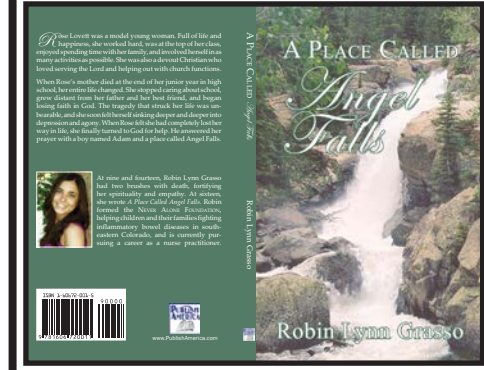
We do have a guest pianist coming to play for our dinner show, I wonder if anyone might know who he is? Hints, He has played with Liberace, knows Carol Channing, and is well known in Colorado. E-mail Jim at *Senior Beacon* on all of your guesses. In closing, we our adding one more important award to the show. The Pueblo Caregivers award!!

If you know of someone that fits this very important title please send a letter telling us why you have picked this person. A panel of judges will read and pick who who wins this award and then be sent into the National Caregivers Awards done nationally every year. Also, if you would like to enter your harvest goods for judging the show, also write a letter listing you entries. Please send all letters and correspondence to: Kathilee Champlin, 2024 W. Bijou Colorado Springs, CO 80904.

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also available at barnesandnoble.com, amazon.com and publishamerica.com. but not at this reduced price.

Less than 20 left at this price - So Hurry!

Crooks And Abortion - Dangerous?

Okay, let's take a sober look at the beginnings of the Obama Administration. shall we? I have been pilloried by some about printing that I thought BHO was "Dangerous" for America. Well, his Secretary of the Treasury (the head IRS guy) is a tax cheat who didn't pay his taxes for most of this decade until he had to so he could get the nomination for the post. BHO's Attorney General nominee helped pardon Mark Rich (he of Iran arms deal fame) and FALN terrorists responsible for some 40 bombings. But that's okay because the former said his tax cheating "was an honest mistake" and the latter said "he's learned a lot" from those dealings. And guess who looks the other way and gives these guys a pass? Congress, the Mainstream News Media and BHO himself. If you don't see the danger in this then....

How do you like that your tax dollars are now paying for abortions overseas? You say it's a woman's right. Okay, fine. For the sake of argument, let's say you are correct. The baby inside these pregnant women can't live outside the womb during the first 20 weeks or so. They are then just viable tissue masses, but why in Sam Hill does the American taxpayer have to pay for them? Is this the way BHO voters truly wanted your tax dollars to be spent? Are we all breaking the Commandment "Thou Shalt Not Kill?" If you can't see the danger to these unborn children then....

Maybe you are starting to get what I meant concerning BHO and his administration being dangerous. I didn't even mention Hillary's "credentials."

Where Can You Turn?

Since the Republican Party has become Democrat-Lite, it would seem the Reagan/Buckley conservative thought patrons are left afloat in a big, big sea of "Change." But, in every cloud there is a silver lining no matter how small. If you feel alone and in the deep minority might I suggest you go to www.askheritage.org if you are looking for solid conservative thought past and present. It is a wonderful website for anyone who needs a lift with some solid rational thinking.

And from the Internet: Naawww . . . there's nothing biased about the Main Stream Media! Is this true? Subject: Unbelievable! What a difference four years makes..... Headlines On This Date 4 Years Ago: "Republicans spending \$42 million on inauguration while troops Die in unarmored Humvees," "Bush extravagance exceeds any reason during tough economic times," "Fat cats get their \$42 million inauguration party, Ordinary Americans get the shaft." Headlines Today: "Historic Obama Inauguration will cost only \$120 million," "Obama Spends \$120 million on inauguration; America Needs A Big Party," "Everyman Obama shows America how to celebrate," "Citibank executives contribute \$8 million to Obama Inauguration." Godspeed!

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Bringing Out The Memories In New Art Show

by Niki Hart - Arts Center

SHOW AND TELL: MEMORY, ART, AND COMMUNITY

Free opening reception Feb. 20th, 2009 from 5-7 p.m.

(PUEBLO) Art creates community, reinforces memory and tells stories. Show and Tell: Memory, Art, and Community explores how art is and has been used to both reinforce and recreate community or personal memories using traditional art forms in a variety of media beginning January 17, 2009.

The galleries, opening throughout the month of January through February 7, feature art that evokes or recreates stories, memories or community action. Traditional folk arts from New Mexico and Mexico are featured in the White gallery including Santos, Colchas and Mata Ortiz pottery. In the King Gallery, Latino artist Max-Carlos Martinez commemorates his family, heroes and personal history in a psychedelic 1960s style. The Hoag gallery features women immigrants from Cuba who come together to create conceptual wedding dresses that express who they are as women and artists. Each of the main galleries will focus on Latin art and artists who live and work in the United States.

Transformers: Folk Art Recreated
White Gallery— January 17-May 16

This exhibit explores the dynamic tension between tradition and innovation in folk art. Three "cultural traditions" turned "revivals" are exhibited in combination to invite the audience to reevaluate the meaning of tradition and authenticity.

Traditional pieces are paired with contemporary artists remaking the art forms in new and innovative ways including Santos and Spanish Colonial colchas from New Mexico and Colorado and Mata Ortiz pottery from northern Mexico. In this exhibit contemporary Santeros like Ruben Archuleta and Marion Martinez are show against santos from the Arts Center and Regis University's collections.

Spanish Colonial colchas from the Colorado Historical Society, the Colorado Springs Fine Arts Center, the Harwood Museum and the Millicent Rogers Museum are paired with those made by a contemporary colcha maker Josie Lobato from the San Luis Valley. Lobato continues this traditional art form commemorating the history and events of her life and that of the San Luis Valley.

Finally, Mata Ortiz pottery from Chihuahua, Mexico recreates the spectacular Casas Grandes pottery of the 13th and 14th centuries and carries the art form to new levels. Come learn the story of how a town was transformed through art. All three art forms take a historical view to see how the traditional was transformed into contemporary masterpieces.

W10: Conceptual Wedding Dresses
Hoag Gallery— January 31-May 2
Curated by Yovani Bauta

W10 is a group of Latin American women who, at different points of time, had to confront great obstacles and cultural barriers to begin their lives anew, beyond their language, their culture and their native lands. Having lived on the margins of the world of art, but feeling

an urgent and ardent desire to paint, to be recognized as artists and to become a part of an artistic community, these women became the group W10. Mentored by their instructor and curator of this exhibition, artist Yovani Bauta, W10 presents their most recent work, an exploration of their own histories and the institution of marriage.

Show Statement: Marriage is an interpersonal relationship, celebrated with a wedding ceremony. It is mediated between two individual parts through vows, with the gathered audience witnessing, affirming, and legitimizing the marriage. "I do, I do" celebrates a symbolic marriage between the artists' experience and their art

Of Thee I See: Max Carlos Martinez
King Gallery— January 24-April 25

As a child of the 1960s growing up in Albuquerque, New Mexico, Max-Carlos Martinez experienced several awakenings, on the order of ecstatic visions, about art, light, color and his ancestry. Motivated by a poor but supportive family, his father's leadership in the Chicano Renaissance, and the inherent tension between assimilation and the reassertion of ethnic identity, Martinez trusted these visions to guide his life's work. The results speak for themselves in this exhibition of obsessively patterned figurative paintings, which negotiate the territory of autobiography, family history and cultural overlay, against the backdrop of 1960s and 70s psychedelic and pop culture.

A self-taught painter, Max-Carlos Martinez has lived in New York since

1980, and has earned fellowships, grants and residencies from the McColl Center for Visual Arts, the Marie Walsh Sharpe Art Foundation, the Puffin Foundation, the Bronx Museum of the Arts, and Skowhegan School of Painting and Sculpture.

Santos and Santeros Jan Oliver/Jerry Montoya/ Carlos Jose Otero
Regional Gallery—February 7-May 9

Three Santeros are combined in the Regional Gallery. Jerry Montoya and Carlos Jose Otero from New Mexico are partnered with the Santero paintings of Jan Oliver to create a unique visual expression of saints through the eyes of their saint makers.

Love/God/Children: Justin Reddick and John Nicholas

2nd Floor Foyer— February 7-May 9

Love, God, Children is a combination of John Nicholas's poems illustrated through Justin Reddick's art. The poetry and art are combined to create image and word diptychs that create a dynamic duo. The combination was born out of these two men's passion for what they love to do, or perhaps, what they can do in no other way...express something so others may know. Justin Reddick's application of art to John Nicholas's words bring a completeness to them that Nicholas never imagined possible. He states that he was waiting for this "Point in Time" to begin processing these years of work. They were often seen lugging their work into the coffee shop where people would wonder at what could create such energy, or the image of two large men jammed into a van with a new painting nearly as big as the vehicle...discussing the possibilities in a Colorado snowstorm. Nicholas states that he is honored to have his poems expressed through Reddick's artistic hand; there is an indefinable beauty to his work and an edge in his method, which brings to life the words of this writer.

The Color of Life: Klaus Anselm Tapestries

3rd Floor Foyer—February 7-May 9

Klaus Anselm was born in Eastern Germany and later lived in Bavaria where he obtained his medical degree from the University of Munich. After moving to the United States, he trained in Internal Medicine and Gastroenterology and practiced until his retirement in 1999.

After his retirement from medicine, Anselm developed an interest in weaving after taking a workshop in Pueblo. Since then, he has been drawn to tapestry as an expression of his imagination. "I find peace and relaxation in the solitude of designing and creating my tapestries," Anselm said. He works mostly with 2-ply wool and cotton warp that is woven on either a 42 inch Leclerc or a 46 inch Macomber loom.

Svetlana Piltingsrud

Boardroom—February 7-May 9

Svetlana Piltingsrud was born in the Soviet Union in 1974 and grew up in West Siberia. Piltingsrud loved to paint throughout her life, but started to capture her passion for art when an advisor at the Pueblo Community College Fremont Campus suggested she take an art class. Her paintings are fantastical, colorful and whimsical. Piltingsrud enrolled her paintings into the Colorado State Fair where her work was chosen as the Arts Center's Choice for emerging artist in 2007.

Immediately following Svetlana Piltingsrud in the Boardroom, the District 60 Middle School Art Show will take place from May 4-8th.

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

Curves: "SilverSneakers" Offers Free Memberships

Cañon City, CO (Grassroots Newswire) 01/15/2009 -- Curves of Cañon City is rolling out the red carpet to members of the award-winning Healthways SilverSneakers Fitness Program, the nation's leading exercise program designed for older adults. Beginning January 1, 2009, SilverSneakers members are eligible to join Curves of Cañon City at no cost. Curves is also in Pueblo West.

"We are so pleased to welcome local SilverSneakers members to Curves of Cañon City," said club owner Carole Bergeman. "As you age, your risks for debilitating disease increase, and being overweight or obese significantly adds to that risk. At Curves of Cañon City, we have programs that help women of all ages do the three most significant things they can do to decrease their risks -- manage their weight, exercise regularly, and eat healthfully."

On February 13th we want to invite everyone to an Open House celebrating the SilverSneakers program at Curves. Open House hours will be 8:30am - 1pm and 3:30pm-6pm. If you have never been in Curves before you can come in and get a free tour and, of course, all former members are welcome too. There are 6,500 Curves locations and more than 2.5 million women in the U.S. who are eligible for the SilverSneakers program.

For more information about Curves of Cañon City (also in Pueblo West), please contact Glenna, Jojo, or Stela at 275-9789.

About Curves

Curves works every major muscle group with a complete 30-minute workout that combines strength training and sustained cardiovascular activity through safe and effective hydraulic resistance. Curves also works to help women lose weight, gain muscle strength and aerobic capacity, and raise metabolism with its groundbreaking, scientifically proven method that ends the need for perpetual dieting. With nearly 10,000 locations worldwide, Curves is the world's largest fitness franchise. For more information, please visit: www.curves.com.

About Healthways, Inc.

The SilverSneakers® Fitness Program is a product of Healthways, Inc. Healthways is the leading provider of specialized, comprehensive Health and Care SupportSM solutions to help millions of people maintain or improve their health and, as a result, reduce overall healthcare costs. For more information visit www.silversneakers.com or call 1-800-295-4993.



9:00-11:00 a.m.

Health Screenings & Exhibits:

- ♥ cholesterol
- ♥ diabetes - must fast for 1 hour
- ♥ blood pressure
- ♥ height/weight
- ♥ spirometry
- ♥ Ask a Doctor - Drs. Bailey & Conn, Cardiovascular & Thoracic Surgery
- ♥ Podiatrist Point on Pumps - Arlin Peterson, DPM

February 28, 2009

at the PUEBLO MALL (former Steve & Barry's)

11:00 a.m.-2:00 p.m.

Day of Dance Events:

- ♥ dance demonstrations
- ♥ heart smart education

1:00 p.m. Presenter - Dr. Sbarbaro
Prescription for Heart Health: A glass of red & a bite of chocolate. Take once daily.

1:30 p.m. Pueblo Dancing with the Stars - Come out and watch our Pueblo stars learn the Rumba!

- ♥ great music
- ♥ door prizes

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news of the weird

COMPILED BY CHUCK SHEPHERD
FOR SENIOR BEACON



Superheroes

They're either earnestly civic-minded or people with issues, but in several dozen cities across the country, men (and a few women) dress in homemade superhero costumes and patrol marginal neighborhoods, aiming to deter crime. Phoenix's Green Scorpion and New York City's Terrifica and Orlando's Master Legend and Indianapolis' Mr. Silent are just a few of the 200 gunless, knifeless vigilantes listed on the World Superhero Registry, most presumably with day jobs but who fancy cleaning up the mean streets at night. According to two recent reports (in Rolling Stone and The Times of London), unanticipated gripes by the "Reals," as they call themselves, are boredom from lack of crime and (especially in the summer) itchy spandex outfits.

Leading Economic Indicators

-- Among the best-selling and most controversial toys of this past holiday season were the \$39.95 Mattel "Gotta Go" Doll and the \$59.95 Hasbro Baby Alive, both because of their interactive features, especially their digestion/excretion functions. The latter doll comes with its own food ("green beans," "bananas") and a warning ("May stain some surfaces"). The Gotta Go includes a toilet and brings the flushing process to life for the child. An industry insider told the Washington Post that next season's toys would be even more realistic.

-- The Economy in Crisis: (1) The Platinum Lounge, a lap-dancing club in Chester, England, announced in November that it would begin selling advertising, in 4-by-6-inch body-paint squares, on dancers' derrieres. Said the club's agent, "I had to do a lot of research ... to come up with the optimum size for the (ads)!" (2) In the midst of widespread unemployment in Sweden, the Haxriker i Norden company announced in November it would hire 20 professional witches well-versed in tarots, crystals, herbs, exorcism,

and "contact with the other side," in the expectation that desperate consumers increasingly would require counseling.

Cutting-Edge Science

-- Ewww, Gross! Two brain surgeons in the western U.S. admitted that recent operations had shaken them up, though both said the patients have since been doing nicely. Dr. Peter Nakaji, expecting to find a dreaded tumor in the brain of a woman in Phoenix, was heard on video of the surgery chuckling when he realized the problem was merely a worm on the brain stem (probably acquired from poor sanitation). And in December, a 3-day-old infant was doing well in Colorado Springs following the discovery and removal of a tiny, almost-perfectly-formed foot from his brain by Dr. Paul Grabb.

-- More than 1,000 new animal species were discovered in the last decade in the area surrounding the Mekong River that runs through Myanmar, Cambodia, Laos, Thailand and Vietnam, including striped rabbits and a spider bigger than a dinner plate. Also found was a pink millipede that secretes cyanide, according to a December World Wildlife Fund report.

Recurring Themes

On successive days in January in two towns in Britain, loners in their 70s were reported dead from dehydration in their homes after becoming trapped in monstrous labyrinths of, in one case, hoarded garbage, and in the other, hoarded but unopened merchandise. Gordon Stewart, 74, was found dead in a tunnel system he had arranged from several tons of refuse in his house in Broughton, Buckinghamshire, and compulsive shopper Joan Cunnane, 77, was buried under so much merchandise and rubbish that it took rescuers in Heaton Mersey two days to locate her body.

Least Competent Criminals

-- Failed to Keep a Low Profile: If a motorist is carrying \$18,000 worth of

marijuana, he might try to avoid attracting attention (and not go the wrong way on a one-way street, as Samuel Randall, 27, did in Chicago in January). Or if carrying a duffel bag full of marijuana, not driving around in a car that lacked license plates, like the four women arrested in San Antonio in November. Or if there are 78 marijuana plants in the back seat, making sure that her car had a valid state inspection sticker, unlike Tracy Pioggia, in Hampden, Mass., in October.

-- Wrong Place, Wrong Time: Torvald Alexander, 39, was able to chase away the unlucky home invader who hit his apartment on Dec. 31 in Edinburgh, Scotland, according to a BBC News report. The two men inadvertently came face to face just as Alexander was preparing to leave for a New Year's party, dressed in full regalia as Thor, the hammer-wielding Norse god of thunder. Alexander said the burglar took one look at him, turned and climbed hurriedly out a window, sliding down a sloped roof and landing on the ground, where he took off running.

Undignified Deaths

A 77-year-old man was crushed to death in October while visiting his parents' gravesite at the St. Gregoire Cemetery in Buckingham, Quebec, when a tombstone fell on him. And in November, a 67-year-old woman was killed in southern Brazil on her way to the cemetery following her husband's funeral. She was a front-seat passenger in the hearse when another vehicle collided with it, slamming her husband's coffin forward and crushing the woman's skull.

Modifying Genes

"Genetic modification" sounds like frighteningly complicated lab work, but amateurs are routinely doing it in garages and dining rooms across the country, according to a December Associated Press report. Hobbyists (some terming themselves "biohackers") are busy creating new life forms and someday, observers say, may turn up a cure for cancer or an accidental environmental catastrophe. The community lab DIYbio in Cambridge, Mass., has patrons who typically work on vaccines and biofuels, but might also whimsically create tattoos that glow. One amateur bought jellyfish DNA containing a green fluorescent protein (for about \$100), and built a DNA analyzer (less than \$25) so she could alter yogurt bacteria to glow green when it

detects melamine (the substance recently discovered in deadly Chinese baby formula and pet food).

Compelling Explanations

-- As the British government was poised in November to re-classify lap-dancing clubs from "entertainment" to "sexual encounter establishments" (thus imposing tougher licensing standards), the industry's trade association insisted to a Parliamentary committee that the clubs are not sexual. "(T)he entertainment may be in the form of nude ... performers, but it's not sexually stimulating," said the chairman of the Lap Dancing Association. That would be "contrary to our business plan."

-- Not My Fault: (1) Bruce George, 20, admitted to police that he had molested a 6-year-old girl in Anchorage, Alaska, in October but said he needed to do it to acquire the courage to kill himself. He said he needed motivation for suicide by doing something that totally disgusted him. (2) In October, a man unnamed in news reports filed a lawsuit in Selkirk, Manitoba, against the woman who supposedly caused him mental distress by suing for child support. The man said he had been sound asleep during that 2006 encounter, but awoke to discover the woman having sex with him. He ordered her to "cease and desist," he said, and she complied (but nonetheless, a pregnancy resulted).

Ironies

-- Karma: A few animals were rescued from an early morning fire at a Humane Society shelter in Oshawa, Ontario, in December, but cats suffered heavy casualties, with nearly 100 perishing. The Fire Marshal's office said the blaze was probably started by mice chewing through electrical wires.

-- Drunk-Driving News: (1) Kathleen Cherry, 53, was arrested for DUI in Carson City, Nev., in December. She is a phlebotomist working on contract with the sheriff's office and was driving to the jailhouse to administer a blood test to a DUI suspect. (2) Stephen Foster, 28, was jailed briefly in June in Edmonton, Alberta, when he showed up in court drunk for his DUI trial. The driving charge was postponed until December, and at that time a court found him not guilty.

SEE "WEIRD" PAGE 21.



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For A Healthier You



Here Are Secrets To Longevity/Heart Health

by Thomas Perls, M.D.

Leading Gerontologist Shares Secrets To Longevity And Good Heart Health

(NAPSI)-With resolutions set and Heart Health Month approaching in February, Americans continue to seek greater health, well-being and the secrets to aging gracefully.

"The average person is built genetically to live to 90, but the lifestyle choices that we make are key factors that help propel us to that age," says Dr. Thomas Perls, one of the nation's leading gerontologists and author of "Living to 100." He adds, "People have this idea that the older you get, the sicker you get, when in fact our studies show that many

are living healthily well into their 90s. So it becomes more the case that the older you get, the healthier you've been."

Dr. Perls shares unexpected tips that can add quality years to your life.

Absolutely Positive: One of the key factors to aging well is to be optimistic. Having a positive outlook on life and not allowing stress to get to you can increase your life expectancy and enhance your quality of life. Although our personalities are often innate and are stable throughout life, it is possible to alter reactions and keep unnecessary overreacting at bay. Focus on mind over matter, and try lightening your emotional load with humor. Laughing helps people relax and stay alert, so get together with friends for a game of charades or pop in your favorite sitcom.

Floss for Life: Flossing daily is one of the easiest ways to maintain the health of your smile and body. Perls' review of

the medical literature revealed that flossing daily can add 1.5 years to your life expectancy. Not flossing regularly can cause inflamed gums. The inflammatory substances and bacteria that subsequently collect in your gums can surprisingly go on to greatly increase your risk for heart disease, as well as other serious health conditions such as stroke and Alzheimer's disease. Choose a floss that is comfortable to use, so you'll be encouraged to floss more often. Glide Comfort Plus gently wraps around the fingers and teeth, making for a more enjoyable flossing experience.

Antioxidants 101: Antioxidant nutrients such as selenium produce powerful enzymes that act in neutralizing damaging particles in the body. Intake of these antioxidants improves your chances at healthy aging. Load up on tomatoes, flaxseed, and dark greens such as broccoli, kale and spinach, all known for containing substances that likely decrease risk for age-related maladies.

Make it a Monday: Designate a specific day of the week to start healthy habits,



whether it be flossing daily or solving a Sudoku puzzle. Research indicates that lack of structural support for a healthy lifestyle is among the primary reasons that people are unable to initiate and sustain healthful practices. Start on a Monday; it's the day to set goals, to refocus, to recommit. People organize their lives around the week, which initiates with a Monday, so why not start this Monday?

The power to control your genetic destiny and live longer is as simple as keeping a positive outlook and making sensible lifestyle choices.

The Mysteries Of The Brain

Scientists Tackle The Latest Frontier In Alzheimer's Disease Research

(NAPSI)-By the year 2050, over 86 million people--or 21 percent of the total U.S. population--will be age 65 or older. Over that same period, the number of people living with Alzheimer's disease (AD) is expected to increase almost threefold, from 4.5 million to 13.2 million.

Much evidence suggests that AD is caused by amyloid plaque deposits and tangles in the brain, which lead to cognitive decline, memory loss and behavioral changes. Amyloid, one of the main components of plaques in AD, is known to bind to Receptors for Advanced Glycated Endproducts (or RAGE, for short) on the surface of brain cells.

"The RAGE Inhibitor [RI] Study represents the latest frontier in AD research," said Dr. Paul Aisen, director of the Alzheimer's Disease Cooperative Study

at the University of California San Diego (UCSD). "With this study, researchers across the U.S. are now focused on attacking the root of the disease progression versus solely focused on improving the disease's symptoms."

The Alzheimer's Disease Cooperative Study at UCSD is coordinating the RI Study to test this experimental drug. The study is taking place in more than 40 U.S. cities and seeks 399 volunteers age 50 or older with mild to moderate AD to test this novel approach to treating AD. To learn more, contact the National Institute on Aging's Alzheimer's Disease Education and Referral (ADEAR) Center at (800) 438-4380 or <http://adcs.org/studies/RI.aspx>.



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

Prostate Cancer Clinical Study Is Looking for Volunteers.

If you are aged 60 or older and have been diagnosed with low-risk, localized prostate cancer, you may be eligible to participate in a research study in your area investigating the safety and effectiveness of a minimally invasive procedure for treatment of this type of prostate cancer.

For more information or to find out if you may qualify to participate, visit www.PCaResearch.com or call toll-free 1-888-711-3939.

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Medicare AAA Screening Benefit Now Offered For 12 Months

(NAPSI)-A one-time, free Abdominal Aortic Aneurysm (AAA) screening for at-risk Medicare beneficiaries is now available for 12 months after enrollment. Men who have smoked sometime during their life, and men and women with a family history of AAA, qualify for the free screening benefit as part of their Welcome to Medicare Physical Exam.

AAA is an enlargement or "bulge" that develops in a weakened area within the largest artery in the abdomen. The pressure generated by each heartbeat pushes against the weakened aortic wall, causing the aneurysm to enlarge and, in time, weaken. If undetected, the aneurysm becomes so large, and its wall so weak, that rupture occurs.

Nearly 200,000 people in the United States are diagnosed with AAA annually; approximately 15,000 of these cases may be severe enough to cause death if not treated. Talk to your family physician about being screened for AAA and see a vascular surgeon if AAA is detected. Visit VascularWeb.org for more vascular health information.

Preventing Falls

(NAPSI)-Most serious falls occur in and around the home, but some simple precautions can help reduce your risk of falling.

For instance, make sure that handrails in stairways are securely fastened and that all rugs are secured to the floor with tacks, nonskid pads or double-sided tape.

Falling can lead to life-changing injuries and could result in having to give up some independence, but a new brochure called "Preventing

Falls at Home" can help. It offers these additional tips:

- Be sure that you can move safely in the bathroom area, and in and out of the tub or shower.
- Keep frequently used kitchen items, such as dishes and food, within easy reach.
- Place night-lights in hallways, bedrooms, bathrooms and stairways.

Contact the Eldercare Locator at (800) 677-1116 to find local agencies that can help with fall prevention or to order the "Preventing Falls at Home" brochure.



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Fashion: Looooking Gooood!

Support Women's Heart Health This Valentine's Day

(NAPSI)-Giving a gift from the heart is a lot easier this Valentine's Day.

Help leading fashion accessories brand, Swarovski, raise awareness about women's heart health by purchasing red and heart-shaped jewelry items from its 2009 Go Red For Women® Collection. The company will donate a minimum contribution of \$150,000 from the sales of this collection to the American Heart Association's Go Red For Women movement.

The company has donated more than \$1.6 million to the issue of women and heart disease awareness through partnerships with the American Heart Association's Go Red For Women movement and national sponsorship of The Heart Truth campaign's Red Dress Collection.

For the fifth year, it will co-sponsor The Heart Truth's Red Dress Collection 2009 Fashion Show at New York Fashion Week to raise awareness about women and heart disease. The

show will debut red dresses, including a one-of-a-kind Daniel Swarovski dress, and jewelry created exclusively for The Heart Truth.

To help achieve better heart health, the American Heart Association offers a few tips:

- Choose good nutrition. A healthy diet is one of the best weapons you have to fight cardiovascular disease. A diet rich in vegetables, fruits, whole-grain and high-fiber foods, fish, lean protein and fat-free or low-fat dairy products is the key.

- Be physically active every day. Research has shown that getting at least 30 minutes of physical activity on five or more days of the week can help lower blood pressure and cholesterol and keep weight at a healthy level.

For more information, visit www.swarovski.com.

WINTER WELLNESS STARTS WITH THE LIPS

(NAPSI)-During cold and flu season, one way to help stay healthy may

lie in the lips.

According to Dr. Charles Zuger, associate professor of clinical dermatology at Northwestern University Medical School, dry, cracked lips not only lead to discomfort, but also make one more susceptible to infections.

"Skin serves as the front line for your body's defense system," said Dr. Zuger. "If your lips are severely dry, they tend to crack and create tears that can invite viruses and bacteria into the body."

The frigid winds and dry air that go hand in hand with cold and flu season make for an unforgiving environment for lips. Dr. Zuger advises applying a good lip balm regularly to protect pouts from chapping and cracking.

"Look for a lip product that does double duty in preventing and treating chapped lips," said Dr. Zuger.

For those who find themselves constantly battling bouts with the flu or frequently suffering from cold sores, Dr. Zuger recommends making Blistex Medicated Lip Ointment a medicine cabinet staple to ensure access to immediate relief and comfort.

"Breathing through the mouth due

to a stuffy nose, fevers and antihistamines found in cold remedies really dries out the lips," said Dr. Zuger. "Keeping lips well moisturized and in good condition makes dealing with painful cold sores and other cold-causing side effects more bearable."

- Wash Up--Follow your mother's advice and wash hands with soap and water frequently. If a sink isn't available, use the next best thing--a hand sanitizer.

- Don't Touch--Keep your hands out of your mouth and avoid rubbing or touching your face. Keep your distance from others who may be sick and wait to pucker up until they aren't contagious anymore.

- Cover Your Mouth--Avoid sneezing into hands, which can easily spread germs. Sneeze into the crook of your elbow or use a tissue.

- Be Fit--Exercise regularly and get a good night's sleep. Eat fruit and vegetables to keep your immune system strong.

Always keep your lips protected by using a lip care product to maintain their healthy condition. For more lip care tips, visit Blistex.com.

New Science Helps Fight Aging

(NAPSI)-You might not think time is on your side when it comes to fighting the effects of aging-but science is.

From free-radical-fighting serums to age-defying, face-firming creams, new science-based skin care products are allowing people to take their beauty treatments in-house.

In addition, the American Academy of Facial Plastic and Reconstructive Surgery reports a significant increase in the number of men and women undergoing cosmetic facial enhancement without surgery.

So how can you keep science on your side when it comes to skin care? Look for products that are proven to work. For instance, the formula and uniquely designed applicator used by Sculptinex Instant ReSculpting Face Treatment by Good Skin Labs have been shown to instantly help tighten skin as well as help reshape the appearance of facial contours.

Among other key ingredients, the product uses resveratrol, a superpowerful antioxidant found in the skin of grapes, along with Tensine, a protein derived from wheat, to defend against free radicals and to help firm, recontour and sculpt skin's appearance.

This powerful lifting and firming formula is paired with a patent-pending roller mechanism to maximize results. The roller is applied in an upward and outward motion from the jawline toward the eye area.

The product's ingredients then work together to "set" the skin in the position in which it was placed by the roller.

The results are an increase in firmness and a more sculpted look. In clinical testing, 64 percent of subjects reported an immediate tightening effect. Perhaps equally important, the product has also been shown to fight the breakdown of elastin as it boosts natural collagen production. Those visible effects could keep faces looking younger longer, and for less.

The product is available exclusively at Kohl's department stores. For more information, visit www.kohls.com.



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Social Security & You

by Melinda Minor, District Manager - Pueblo



DISCOVER NEW SERVICES ONLINE

Discover a wealth of information and services at www.socialsecurity.gov.

You can apply for Social Security retirement benefits online. Not sure whether you're ready for retirement? We can help you plan ahead with our online benefit planners. Perhaps the most impressive of these planners is the online Retirement Estimator, which you can use to get quick and accurate estimates of your retirement benefits based on different scenarios. And you can apply for disability benefits online. You even can apply for help to pay the costs of the Medicare prescription drug program at www.socialsecurity.gov.

Information on retirement, survivors, disability, Supplemental Security Income (SSI), and Medicare are easily accessible on Social Security's homepage. But the website offers much more. The site allows you to discover the wider Social Security program.

First, you'll want to familiarize yourself with our publications. They explain all of Social Security's programs. One of our newest publications is a fact sheet that explains the new retirement estimator — you can get to it from our Forms and Publications link at the left side of the home page. There, you'll find publications on all the relevant subjects including information about your Social Security card and number and how Social Security affects women. Moreover, dozens of publications are available in 15 languages. We even have a Spanish language website at www.socialsecurity.gov/espanol.

If you have a question that you can't find answered in the publications, click to "Questions?" for the most frequently asked questions and answers.

So spend some time at www.socialsecurity.gov. You'll be pleasantly

surprised at all you can discover there.

TEST YOUR KNOWLEDGE OF SOCIAL SECURITY

Social Security is a vital program that touches the lives of almost everyone in the country.

Test your knowledge by answering the following questions. Check your accuracy by visiting our website using the links provided.

1. If you are an average wage earner, how much of your pre-retirement earnings will Social Security replace?

www.socialsecurity.gov/pubs/10035.html

- a. About 20 percent
- b. About 40 percent
- c. About 70 percent

2. In 1940, a 65 year old male could expect to live another 12 years, but today it is: www.socialsecurity.gov/pubs/background.htm

- a. 10 years
- b. 12 years
- c. 16 years
- d. 25 years

3. How many years of earnings will your basic Social Security retirement benefit be based on? www.socialsecurity.gov/OACT/COLA/Benefits.html

- a. Your last 10 years of earnings
- b. Your highest 3 years of earnings
- c. Your highest 35 years of earnings

4. How much is the average Social Security benefit? www.socialsecurity.gov/pressoffice/factsheets/colafacts2008.htm

- a. About \$507
- b. About \$1079
- c. About \$1201
- d. About \$2024

5. If you don't retire at your full retirement age, will your eventual benefit be higher?

www.socialsecurity.gov/retire2/delayret.htm

- a. Yes, your benefit will increase.

b. No, your benefit amount is final once you reach your full retirement age.

6. How many baby boomers are expected to reach retirement age over the next 20 years? www.socialsecurity.gov/pressoffice/pr/babyboomerfiles-pr.htm

- a. About 20 million
- b. About 50 million
- c. About 80 million

How did you do? Go to page (fill-in) to find out. But remember this: you don't have to answer all the questions right to be a winner. Just go to www.socialsecurity.gov where the prize is an informative and easy-to-use web site.

KEY: 1.B; 2.C; 3.C; 4.B; 5.A; 6.C

SAFEGUARDS FOR ALL THE STAGES OF YOUR LIFE

Each stage of life — youth, middle age, retirement — comes with its own set of financial concerns. Luckily, just by having a better understanding of the Social Security program you should be able to calm some of those concerns.

The first thing you need to know is that Social Security is much more than a retirement program. Of the 50 million Americans receiving Social Security benefits, nearly one-third are not retired workers or their dependents. They are severely disabled workers and their families, or the survivors of a deceased worker covered by Social Security. These non-retirement Social Security benefits can be especially important to young workers because about one in eight young people will die before retirement, and about one in four will become disabled.

While the death of a husband, wife or parent is emotionally devastating, it can often be financially devastating as well. Social Security provides a monthly survivors benefit check to help the family of a deceased worker continue on.

Social Security disability protection is equally valuable. Relatively few workers have an employer-provided, long-term disability policy. With Social Security, however, the average worker has the equivalent of a disability insurance policy that would pay monthly benefits to both the worker and his or her family, based on his or her lifetime earnings. So you can rest a little easier knowing that Social Security provides some measure of security, if life does not turn out as planned.

On the other hand, if you do work and retire as planned, Social Security is the foundation for a secure retirement. For the average wage earner, Social Security will replace about 40 percent

of pre-retirement earnings. And you can earn a higher benefit by choosing to retire a little later instead of a little earlier.

The Social Security Statement that you receive in the mail each year provides an estimate of your retirement, survivors and disability insurance benefits. If you'd like to try out some different scenarios and see how different retirement ages and future earnings may change your retirement picture, visit our online Retirement Estimator at www.socialsecurity.gov/estimator. It's a quick, accurate, and easy way to plan for your retirement.

If you would like more information about these Social Security programs you can visit our website at www.socialsecurity.gov.

DON'T BE AFRAID TO APPLY ONLINE

On Halloween, ghosts and goblins, monsters and skeletons, and all sorts of creatures will roam the streets with tricks and asking for treats. It can be a little frightening, even though it's all in jest.

There's something else that needlessly frightens some people: applying online for Social Security retirement benefits. But the good news is that those fears should be just as unwarranted as being afraid of children in costumes. Save yourself a trip and apply for benefits from the safety of your own home or office by going online.

Applying for Social Security benefits online doesn't have to send shivers down your spine. There's nothing to be afraid of at www.socialsecurity.gov. More and more people are discovering how convenient and easy it is to apply for benefits online at Social Security's website.

If you're not quite ready to retire, but you'd like to begin planning for it, there's an easy way to do that online too. Visit www.socialsecurity.gov/estimator for a quick, accurate estimate of your future retirement benefits. Then, once you've fleshed out your retirement plans, you know where to go when the time comes to apply for benefits.

Does deciding when you should apply for retirement benefits seem tricky? Read our fact sheet When to Start Receiving Retirement Benefits at <http://www.socialsecurity.gov/pubs/10147.html> for information that should make your decision easier.

Whether you're ready to retire now or just want to take a peek, don't be afraid to visit www.socialsecurity.gov. You'll find that it's full of useful treats.

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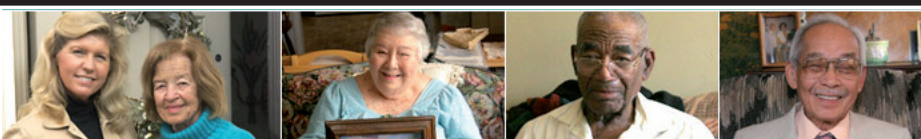
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“Light For The Journey”

By Jan McLaughlin - Director of Prayer Warriors For Prisoners



“WANT A REWARD”

FEBRUARY 2009

The message was brief. The man sounded distraught. “My name’s Tom. Will you please call me.” Leaving his phone number, he hung up. There was a tone of desperation in the man’s voice. I had to listen several times to make out the number. I tried to call, got a canned message on the mail box and left a brief response. A television interview I had done a few days earlier must have prompted this call from Tom.

Several attempts to call Tom yielded no response or answer. Twice a man answered and when I asked for Tom, was told, “He just left,” or “He isn’t here.” The man answering the phone was obviously blocking me from talking to Tom. I didn’t know who Tom was but felt there was urgency in his message so I persisted. I had written his number on

several notes and now and then the notes turned up. Each time I saw his number, I attempted to reach him and was told Tom wasn’t there. Ordinarily, I would have thrown the number away and forgotten it but I persisted.

One evening, I dialed the number and the same man answered. When he learned who was calling, his first words were, “I don’t have any money to pledge.”

I said, “Is this Tom?”
“Yes, but I don’t have any money to give you.”

“Tom, I don’t want your money. You called and left a message for me to call you and I am returning your call.”

He repeated, “But I don’t have any money to send you.”

“Tom!” I reiterated, “I DON’T WANT your money. I want to pray for you. Tom, are you the one who has been answering and telling me you aren’t there?”

“Yes! I’m sorry. I shouldn’t

have lied to you. Then Tom spilled his pain, “My life is really a mess and you probably don’t even want to hear about it. But I was watching Day Star Television and wrote this number down. You probably don’t want to hear my story but I have a real problem with alcohol and I just can’t quit. I just drink mostly beer and not the hard stuff but I can’t quit.” His voice broke. “You don’t want to hear my story. My life is so messed up.” I said, “Tom, that’s what we do. We pray for people who need prayer. We pray for prisoners and Tom, you are a prisoner to alcohol.” He couldn’t control his emotion as he said, “You’re right! I am in prison.”

My husband, Rick, joined the conversation. He counseled Tom about his drinking and told of his own addiction and being set free of it years earlier.

Tom listened and said repeatedly, “I want to be set free. I hate this. I sit in front of the TV with a beer. I HATE it but I can’t stop. I think what am I doing? I need to be helping people not sitting here drinking

beer but I just can’t stop.”

I told Tom of friends near where he lives who lead a Celebrate Recovery group and he promised to call them. He said, “If it has anything to do with rehab or recovery, I want to go. I am so tired of this life I’m living.”

Rick and I prayed at length with Tom and then he prayed to be delivered and cleansed through the power of the Blood and in the name of Jesus Christ. He was weeping.... at times, uncontrollably. Broken and sincere, Tom’s prayer reached the heart of a loving and caring Father. There is hope for Tom. He had taken the first step. Confessing his need and reaching out for help.

The next day, I called my friends and gave them a heads up on Tom’s call. They will follow up and Tom will receive the help he desperately needs.

Refusal to take the first step keeps one in bondage to an addiction, be it alcohol, drugs, sex, a relationship, pornography and more. Addictions plague our society. Sometimes addiction wears a disguise. Who would dream a relationship could be addictive? Who could know religion can be addictive. Jesus knows. Bondage to religion kept the Pharisees from seeing the truth. Addiction to a relationship is blinding. Jesus died so those who believe can walk in freedom. But there is a first step to freedom. Then Jesus said to those Jews who believed Him, *‘If you abide in My word, you are My disciples indeed. And you shall know the truth, and the truth shall make you free’* (John 8:31-32).

Consider Hebrews 11:6 which says, But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him (NKJV). Think about this verse. Have you thought about what it means to “believe that He is?” What does it mean that God “rewards” those who diligently seek Him? What does “diligently” mean? Some synonyms are: industriously, conscientiously, thoroughly, attentively, carefully and meticulously. The seeker is passionate about finding God and because of this passionate seeking after Him, God will reward the seeker.

WOW! Do you want rewards from God like a special word of encouragement or wisdom from His word, or perhaps freedom from addiction? SEEK HIM DILIGENTLY...PASSIONATELY! You will be blessed and He will guide you in your walk with Him and open incredible doors of opportunity. Don’t miss it. Take the first step. Seek Him. One of the greatest rewards.....Jesus told us in John 8:36. Therefore if the Son makes you free, you shall be free indeed.
8 2003 Jan McLaughlin, All rights reserved

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

Youth Around The World See Spirituality As Important, Want To Talk About It

(NAPSI)-The vast majority of today’s young people believe in a spiritual dimension to life, though most have few opportunities to talk about it, according to a new global study.

The study, conducted by U.S.-based Search Institute, involved surveys, focus groups and interviews with 7,000 youths between the ages of 12 to 25 in 17 countries. Researchers from the Institute’s Center for Spiritual Development in Childhood and Adolescence found that 93 percent of the young people surveyed believe life has a spiritual dimension.

When researchers asked young people to define what it means to be spiritual, they were most likely to say it involves

believing in God (36 percent), believing there is a purpose in life (32 percent) or being true to one’s inner self (26 percent). In addition, most young people see themselves as being spiritual (57 percent).

“Helping young people develop a positive sense of purpose, a sense of connectedness to something larger than themselves and a commitment to living with integrity is a core part of growing up,” said Gene Roehlkepartain, co-director of the Center for Spiritual Development. “These aspects of spiritual development are important for all young people, whether or not they consider themselves to be religious.”

Despite young people’s interest in spirituality, few have opportunities to

explore it. Only one-third of the youth surveyed said they talk regularly with their friends or parents about spiritual issues. And one in five says “no one” helps them develop spiritually.

However, these conversations can be difficult. As a 17-year-old girl from the United States stated in a focus group, “I know lots of people in my life are deeply spiritual, but I feel like that’s something that’s private-and I don’t see that side of them.” In addition, open communication requires a level of trust, honesty and respect that can be hard to find.

“Too many youths are being left on their own to sort through these issues,” Roehlkepartain said. “We hope this research encourages parents, grandparents, youth workers, educators and others to invite young people to explore their own experiences, questions and priorities. Doing so will not only help deepen young people’s own spiritual lives, but will enrich relationships across generations.”

Supported by the John Templeton Foundation, the study is part of Search Institute’s mission to provide leadership, knowledge and resources to promote healthy children, youths and communities. The 50-year-old nonprofit organization, based in Minneapolis, mobilizes and equips all aspects of society to help young people grow up successfully. For more information on the study, please visit www.spiritualdevelopmentcenter.org.

Charity That You Can Bank On!

(NAPSI)-A new checking program may help Americans fight three life-threatening diseases.

It lets people use their check cards to support the American Cancer Society, American Diabetes Association and American Heart Association.

Currently, there are nearly 24 million Americans with diabetes and another 57 million at risk. There are approximately 11 million living with cancer, while coronary heart disease and strokes kill some

870,000 Americans annually.

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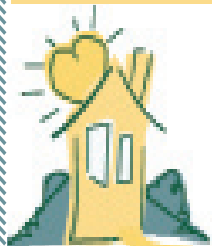
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Figuratively Speaking..... "Banking On The Percentages"

by John MacIntyre

When asked if their company had experimented with alternatives to travel in 2008, percentage of business travelers who said they had tried video conferencing, according to a survey by Orbitz: **50**

Percentage of business travelers who say they don't feel video conferencing is currently or would be as productive as an in-person meeting: **85**

Source: Orbitz.

For those employed workers who will not be job hunting in 2009, percentage who said that happiness at their current position is their No. 1 motivation to stay put, according to a poll commissioned by SnagAJob.com: **65**

Of those who plan on looking for a new job, percentage who said their greatest motivation is fear of layoffs: **19**

Among salaried workers who plan to be on the hunt, percentage who said they are most motivated by layoffs: **30**

Source: SnagAJob.com.

Percentage of Americans who report adjusting their driving habits in significant ways in response to surging gas prices earlier this year, according to a Gallup Poll: **64**

Percentage who have reverted to their old habits as prices at the pump have plunged: **12**

Source: Gallup.

When car shopping, percentage of women surveyed who negotiated the lease or purchase themselves, according to a survey commissioned by Automall Network: **55**

Percentage who felt they'd gotten the dealer's best price: **49**

Percentage who felt they'd been treated unfairly as a female: **53**

Percentage of all women surveyed who said they would prefer to use a professional service to conduct the negotiations, as they felt it would save them money: **81**

Source: Automall Network.

Percentage of Americans who admit the economic downturn is heaping more stress on their family, according to a survey by Country Financial: **75**

Percentage who say it has sparked more arguments with their spouse or children: **33**

Source: Country Financial.

Ranks of Washington, D.C., London and New York on the list of the top global cities for foreign investors' real estate dollars, according to a survey

of members of the Association of Foreign Investors in Real Estate (AFIRE) conducted by The James A. Graaskamp Center for Real Estate at the University of Wisconsin-Madison: **1, 2, 3**

Number of the investors' top 10 global cities that are located in the U.S.: **5**

Ranks of the U.S., Brazil, China, the U.K. and India on the list of countries voted by AFIRE as providing the best opportunity for capital appreciation: **1, 2, 3, 4, 5**

Source: AFIRE.

Percentage of American workers who feel that Barack Obama's presidency will be good for the job market, according to a survey by Adecco: **67**

Source: Adecco.

Percentage of working Ameri-

cans who "agree" (52 percent strongly/28 percent somewhat) that technology gives their company/organization a competitive advantage in their industry, according to an Ipsos poll: **80**

Percentage of workers who say that "technology is critical to their individual productivity at work" as well as their creativity: **78**

Percentage of employees who "strongly agree" that their employer gives them excellent training on all the latest innovations in their industry: **41**

Source: Ipsos Reid Public Affairs.

Idle Thought "Imagination is everything. It is the preview of life's coming attractions." -- Albert Einstein

(Readers can contact John MacIntyre at [johnmacintyre\(at\)bwr.eastlink.ca](mailto:johnmacintyre(at)bwr.eastlink.ca).)

Where Are They Now?

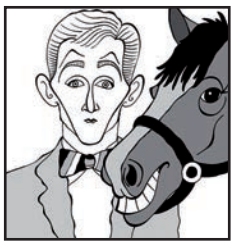
by Marshall Jay Kaplan

ALAN YOUNG

The other day, I was in a bookstore where I noticed a book titled, "Mr. Ed and Me". On the cover was Alan Young as 'Wilbur Post' and 'Ed'. I thought to myself, Where is he now? So....

Alan Young was born in North-

ern England on November 19, 1919 and moved to Vancouver, B.C. when he was 13 years old. He started to write comedy and eventually had his own radio show, "The Alan Young Show" at age 17, broadcasting from Toronto. Shortly thereafter he moved his radio show to New York and was signed by 20th Century Fox who gave him a contract and brought him out west to Hollywood.



Alan made his film debut in Margie (1946), opposite Jeanne Craine. Although he had the comedic skills and personality, Alan lacked that certain star quality. His time at the studio lasted 4 years. Then television came along.

It was in this new medium where everything clicked for Alan. In 1950 he was asked to write and perform a pilot for CBS. By 1951, "The Alan Young Show" had won two Emmy awards. TV Guide did a cover story on Alan and hailed him as "the new Chaplin." The show lasted for a total of three seasons, because Alan did not want to renew for a fourth — he wanted another shot at film stardom.

Alan signed movie contracts with both Paramount and Howard Hughes. He made one picture for each studio — both of them were financial disasters. He reminisces, "You only got two changes in those days. If they thought you had something, they'd try twice, but two strikes and you're out!"

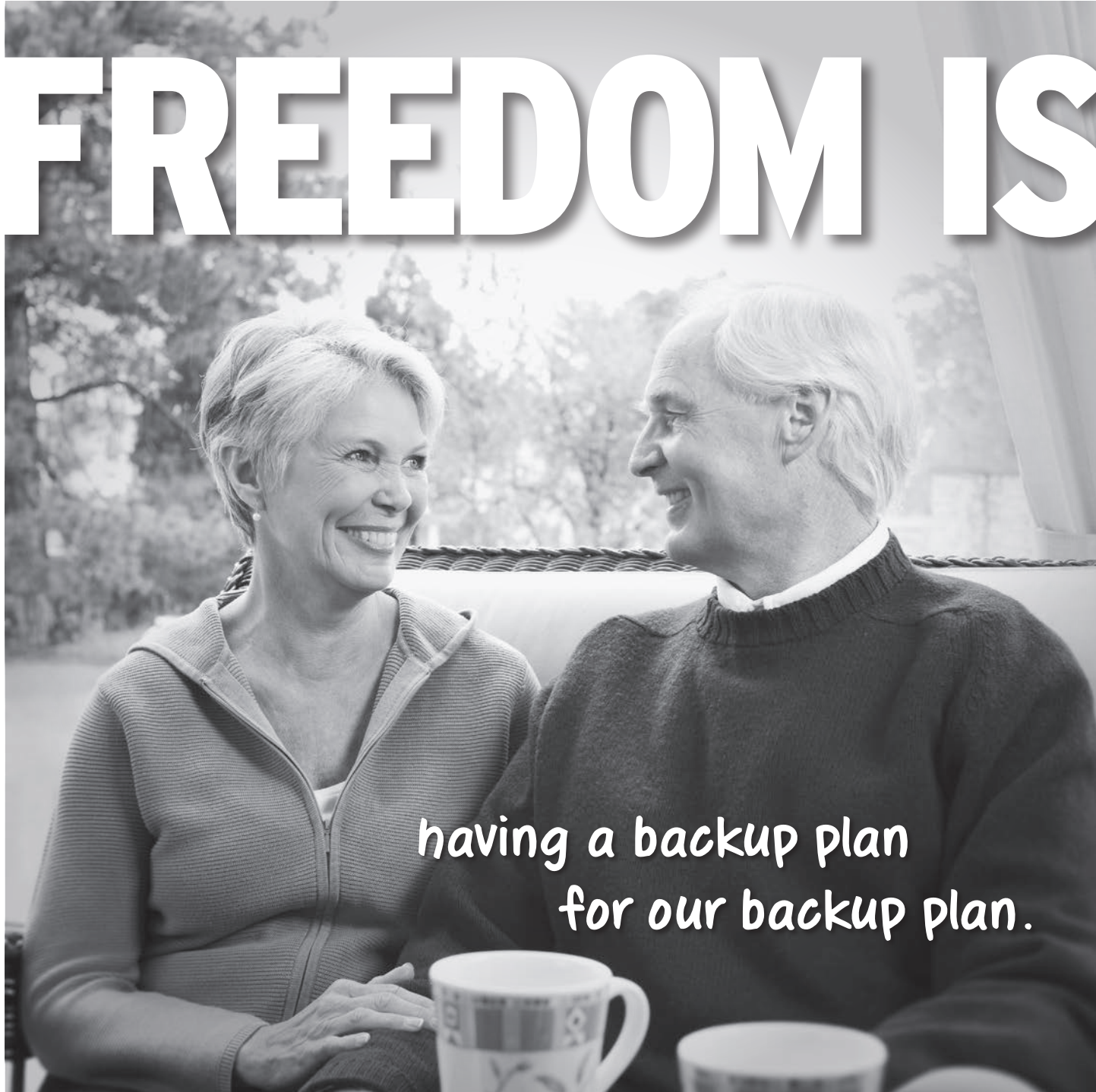
In the late 1950's, he packed up his bags and moved back to England, where he wrote and performed on various television programs. Again, nothing seemed to be clicking.

Returning to the U.S. in 1960, he went to MGM and co-starred in the classic, "The Time Machine." Due to the film's success, he was offered the series, "Mr. Ed" — a concept that captivated him. The show's premise was simple enough, an architect, living alone, has a talking horse, Ed, who would only talk to his owner, Wilbur. The show lasted from 1961 until 1965. Today, it is seen in 27 countries.

Alan decided to retire from show business at a young age. He took an eight year hiatus, eventually returning to Broadway in 1973. In 1974, Alan started a long-term relationship with Disney, where he is still currently doing cartoon voices.

Each year for the past twenty years, Alan makes sure that he is in a stage production, as well as, making a television appearance. When he is not working, you might find him scuba diving off the coast of California, where he currently lives, or making public appearances promoting his book. His words of wisdom on life?

"Stay in Canada!"



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Look & See: Signs Show A Senior Needs Help

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

How to tell when the elderly need assistance to stay safe and comfortable at home

What today's seniors want most is to age in place. What they fear most is to lose their independence. But what they're least likely to ask for is the kind of help that will keep them comfortable and safe at home. That's why it's often up to the adult children of aging parents to look for the signs that their elderly loved one needs help at home. Neglecting those signs will likely lead seniors to the kind of dependence that most would like to avoid.

"Seniors often don't recognize when they require help," said Robin Mosey, owner of the Home Instead Senior Care office serving Pueblo, Canon City. "That's why adult children should identify where their loved ones need assistance. Home Instead Senior Care has made this process easier by providing a list of simple, look-and-see signs that adult children can use to identify the types of services their loved ones might need. Providing seniors assistance with a few basic tasks - such as meal preparation, light housework, companionship and medication reminders - often means the difference between whether they stay at home or go to a facility. And that kind of independence is very important to seniors' overall happiness."

The latest report in the AARP's Beyond 50 series confirmed that seniors' number one fear is loss of independence. "The vast majority of people 50 and older do not require long-term assistance at any given time. However, most people will require assistance at some point in their lives, and most families will face these issues with their older family members," according to the report.

Seniors' expectations for remaining at home are high. In a survey conducted late last year by Home Instead Senior Care, 83 percent of seniors surveyed said they are very or somewhat likely to remain in their homes rather than move to a care facility. Home Instead Senior Care,

the largest provider of non-medical home care and companionship for the elderly in the U.S., sends CAREGivers to seniors to help keep them independent and at home for as long as possible.

"Most people, in general, want to live at home or independently in a retirement community," said Mary Hujer RN, MSN, geriatric clinical nurse specialist for the Cleveland Clinic. "Who wants to lose their independence? The best approach to staying self-sufficient is to plan ahead and accept help when necessary."

Hujer explained that some concerns of aging, which jeopardize independence, could include isolation, weight loss, safety and transportation. "First, research shows that routine socialization is one of the key aspects of successful aging so it's important for seniors to find social activities," she said. "Second, poor nutrition that leads to weight loss can be caused by multiple factors, some of which may be social. Up to one-third of patients I see experience some weight loss at one time or another," she added.

"Third, safety becomes a real concern for seniors who are suffering illness or mobility problems. To prevent falls, consider putting grab bars in bathrooms, placing bright yellow tape strips on stairs or painting the toilet seat yellow," she said. "Finally, transportation is a big challenge for those seniors who are forced to give up their keys. Communities can offer the best programs in the world, but if you can't get the individual there, what good are they?" Hujer said.

Oftentimes, seniors are reluctant to seek outside help because they want to keep doing things the way they always have. "Dementia, which includes Alzheimer's disease and other cognitive problems, may impair seniors' judgment as well as their memory," Hujer said. "That's when, with an older adult's input, a caregiver can intervene to promote a safe environment and help ensure quality of life."

"By helping adult children identify the types of resources that a senior might need to remain independent at home, we hope that families can avoid some of the stress that goes with caring

for an aging loved one," Mosey said.

Look-and-See Signs of Aging

Look in refrigerator, freezer and drawers. Has food spoiled because mom can't get to the grocery store? Does she have difficulty cleaning tight, cluttered places?

Look over the grocery list. Has your loved one's declining health prompted her to purchase more convenience and junk foods, and neglect proper nutrition? Is she losing weight?

Look on top of furniture and countertops. Are dust and dirt signs that household tasks are becoming more difficult for your parents?

Look up at fans and ceilings. Has the inability to lift her arms and climb stepstools prevented your loved one from cleaning soot and grime from high places? Caution your senior not to climb.

Look down at floors and stairways. Have shaky hands spilled drinks and food, soiling vinyl, wood, carpets and walkways? Are frayed carpets, throw rugs, objects and furniture creating tripping hazards? Does dad's bad knee put him at greater risk on cracked sidewalks and with broken stair rails?

Look under beds and sofas. Is your senior having difficulty organizing

old newspapers, books and magazines, which are creating a fire hazard?

Look through the mail. Is mom's dementia causing her to forget to pay bills and answer correspondence?

Look below bathroom and kitchen sinks. Is poor eyesight making it difficult for your elderly relative to read medication labels and to properly store cleaning materials? Is he forgetting to refill medications and to take them on schedule? Check the refill date against the number of pills in the bottle to help determine if your loved one is taking medication regularly. Or call the pharmacy.

Look at your senior's appearance. Is clothing dirty and unkempt, and is your loved one neglecting personal hygiene?

Look to your parents' neighbors and other close friends to find out about their daily routine. Are your seniors at home more, watching television and avoiding stimulating conversation and companionship?

Robin Mosey, CSA Gerontologist
Franchise Owner
Home Instead Senior Care
503 N Main Street STE#700
Pueblo, CO 81003
(719)545-0293

On Your Toes!!

by Benjamin Marble, DPM, Pueblo Ankle & Foot Care



PREVENT YOUR GRANDCHILD FROM GETTING THIS PAINFUL FOOT PROBLEM

Grandparents and parents can prevent a common childhood foot problem by following some simple recommendations. Ingrown toenails are one of the most frequent conditions I treat in children. Many grandchildren hide their ingrown toenails from their parents and grandparents, even though the condition can cause significant pain. An ingrown nail can break the skin and lead to dangerous infections.

Typically tight shoes, tight socks and incorrect nail trimming are to blame in most cases. In others, the children may inherit the tendency for nails to curve. The following are tips from the American College of Foot and Ankle Surgeons.

1) Teach grandchildren how to trim their toenails properly. Trim toenails

in a fairly straight line, and don't cut them too short.

2) Make sure children's shoes fit. Shoe width is more important than length. Make sure that the widest part of the shoe matches the widest part of your child's foot.

3) If a grandchild develops a painful ingrown toenail, reduce the inflammation by soaking the child's foot in room-temperature water and gently massaging the side of the nail fold.

The only proper way to treat a child's ingrown toenail is with a minor surgical procedure at a doctor's office. Parents and grandparents should never try to dig the nail out or cut it off. These dangerous "bathroom surgeries" carry a high risk for infection. I may need to prescribe antibiotics to children with infected ingrown toenails.

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

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Traveling: There's Nothing Like A Holiday!

Vacation Homes Illustrate Lives Of Yesteryear's Elite

by Jay Clarke

by JAY CLARKE

VACATION HOMES ILLUSTRATE LIVES OF YESTERYEAR'S ELITE

LENOX, Mass. -- They call it the Gilded Age. It's the period in the late

1800s and early 1900s when the rich and powerful built sumptuous vacation retreats here in the Berkshire Mountains.

Their names were legend -- Astor, Carnegie, Vanderbilt and Westinghouse, among others -- and so were their

palatial second homes, which they called "cottages," an outrageous oxymoron. Many of these extravagant estates are gone, but some still survive to give visitors a chance to see how the elite of a bygone era lived and played.

That's just one reason to come to western Massachusetts' Berkshires, which remain a popular vacation area.

Thousands of visitors come here for the summer-long Tanglewood Music Festival, one of America's biggest. Open year-round is the Norman Rockwell Museum, showcasing the greatest collection of the famed illustrator's work. His Berkshires studio and that of Daniel Chester French, who sculpted the seated figure of the 16th president for the Lincoln Memorial in Washington, D.C., also are open to the public. Shakespeare & Co. presents the Bard's plays from May to November. The nation's biggest yoga retreat, Kripalu Center, occupies a former Gilded Age estate.

Best of all, the villages and rolling countryside of the Berkshires are charming, restful places easily accessed from New York or Boston.

Just a few miles from Lenox is the lovely village of Stockbridge, where Norman Rockwell lived and created his famous Saturday Evening Post covers and other poster art. All 323 magazine covers, painted from 1916 to 1963, are on view in the Rockwell Museum.

Most reflect everyday facets of American life, vibrantly brought to life in Rockwell's realistic style. One room is devoted to his iconic Four Freedoms paintings inspired by Franklin D. Roosevelt's 1941 State of the Union address.

Also on the museum grounds stands Rockwell's art studio, whose interior is being re-created as it was in 1961, when he was working on his iconic painting, "Golden Rule." Reopening on May 1, the reinstallation is part of the museum's 40th anniversary.

Other events include "Artists in Their Studios," a major exhibition of rarely seen photographs from the Smithsonian's archives, Feb. 7-May 25; "American Chronicles," a retrospective of Rockwell's art, July 4-Sept. 7; and "Norman Rockwell: Behind the Camera," an exhibition of the many photos he took in planning his illustrations.

Before the advent of income tax in 1913 put a brake on such extravagances, 93 Gilded Age estates were built in the Lenox area. Each had more than 20 rooms on at least 30 acres of land. Some



Wheatleigh is among Gilded Age estates in the Lenox area that have been transformed into elegant resorts. It resembles a French country chateau and is known for its fine dining photo: Berkshire Visitors Bureau

that still exist have been transformed into elegant boutique resorts.

The Tudor-style Cranwell Resort, for instance, has a 35,000-square-foot spa and an 18-hole golf course on its 380 acres. Scottish-themed Blantyre, now a Mobil five-star hotel and member of the prestigious Relais et Chateaux association of fine hotels, has croquet lawns, four tennis courts and a spa. Wheatleigh, resembling a French country chateau, sits in a park originally designed by Frederick Law Olmstead and has a five-diamond-rated restaurant. A Canyon Ranch Resort now occupies the former Bellefontaine estate.

Ventfort Hall, the most expensive "cottage" constructed in the Gilded Age, fell into disrepair and was saved from demolition in the late 1990s. The entire first floor of the estate has been restored and the second floor is scheduled to open this year.

If Ventfort looks familiar, it might be because the exteriors of the movie "The Cider House Rules" were filmed there. Built by Sarah Morgan, the sister of financier J.P. Morgan, Ventfort is the home of the Museum of the Gilded Age. One of its most remarkable exhibits is a set of 60 mannequins, each 29 inches high and painstakingly outfitted down to their underwear in attire depicting styles from 1855 to 1914.

Also open to visitors is Naumkeag, the Gilded Age home of Joseph Choate, President William McKinley's ambassador to England. Designed by Stanford White, the Norman-style home is known for its terraced gardens and landscaped grounds.

Tanglewood, summer home of the Boston Symphony, takes place on the former estate of the Tappan family. This year's program highlights include an all-Tchaikovsky season-opener July 3, Michael Tilson Thomas' return to the podium after two decades, and a series of concerts by James Taylor.

Five thousand people can sit in Tanglewood's main music pavilion, "the Shed," for concerts, with another 10,000 to 15,000 seated on the lawn (admission charged). Many lawn concertgoers make a day of it, bringing their own chairs and picnicking. Special round-trip bus service from Boston, New York or Albany is available for a nominal fee, usually about \$35.

Information: Berkshire Visitors Bureau, (413) 743-4500 or www.berkshires.org; Norman Rockwell Museum, (413) 298-4100 or www.nrm.org; Tanglewood, (617) 266-1492 or www.tanglewood.org.

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For Gardeners, It's So "Easy Being Green"

by Marty Ross

- it's an attitude. Think of your garden as an environment, not just as an escape. And while you're out there enjoying the little corner of nature you've created, you'll be doing your part to help the planet.

Being a good garden steward actually makes your own backyard a richer and more interesting place, says Jean Ponzi, green resources manager at the Earthways Center, which promotes sus-

tainable gardening practices in St. Louis. Earthways Center, a division of the Missouri Botanical Garden, encourages environmental awareness and suggests ideas for greener living. The ideas will work anywhere, of course.

Making and using compost is the most significant step for gardeners, Ponzi says, because leaves, grass clippings and compostable kitchen scraps (broccoli stems, onion skins and the like) make up about 25 percent of household trash. If

you make your own backyard compost, you're recycling a significant amount of organic material into an excellent, free soil amendment.

This may seem like a small gesture in a big world, but "what you do in your own garden really matters," Ponzi says. "Those actions add up. Gardeners know better than any other hobbyist that the Earth's resources are abundant but finite."

Sustainable gardening practices need not limit your creativity. You can conserve resources and energy in a formal garden of neatly pruned shrubbery and crisp lines just as well as in a garden that takes its design and planting cues from the prairies.

The difference is only in the choice of plants and the way they are arranged. Any gardening style will accommodate rain barrels, so plants can be watered without drawing on overburdened municipal water systems.

Any garden can incorporate recycled materials and make use of permeable paving for paths and patios. No matter where you garden -- by the sea or in the mountains -- you can use organic mulch to conserve moisture in the soil, control weeds and keep your flower beds looking neat.

Keeping lawns small is another good way to conserve resources, Ponzi says. Small lawns make correspondingly smaller demands on your time. They're easier to mow and require less water than sweeping swaths of green.

You can weed by hand or spot-treat to control weeds in problem areas instead of broadcasting herbicides. You'll also save time and energy if you leave grass clippings on the lawn. They provide natural nitrogen fertilizer.

Native plants reveal an environmentally sensitive gardener's hand and help establish a garden's regional identity. Certain plants grow naturally in certain regions and not in others. Native plants that are adapted to your climate and conditions provide the right kind of food and shelter for local and migratory birds and will thrive without pampering, so you'll use less water and will not have to rely on fertilizers or pesticides.

Not so long ago, it was hard to find a good variety of great native plants at garden shops, but programs like Grow Native! in Missouri, PlantNative in Portland, Ore., and American Beauties, an East Coast retail line of native plants, are working to bring more natives into the mainstream.

You can easily find flashy purple



Go green in your garden: Plant native plants, compost yard waste and kitchen scraps, install a rain barrel, and use recyclable and reusable materials like these wherever you can. photo: Gardener's Supply

coneflowers, beebalm and asters, but as the selection and availability of natives increases, look beyond the plants you already know and add penstemons, butterfly milkweed, columbines and other herbaceous perennials to your garden. Don't forget native trees and shrubs. They are part of the garden's year-round architecture, and their flowers, fruits and nuts bring bees and birds to your yard.

Ponzi likes to recommend high-tech timbers of recycled materials for benches, gazebos and decks. (Trex is one brand, made with plastic grocery bags and sawdust.)

"Recycled plastic lumber is attractive, it's not slippery and you don't have to paint it," Ponzi says. "It does not splinter or warp -- and you're using two waste products."

If you prefer the real thing, look for wood that is certified by the Forest Stewardship Council, which has established high standards for sustainable forestry around the world and certifies wood products from responsibly managed forests.

Green gardening can be very social, too, Ponzi says. Gardeners are naturally generous, and if you've ever shared a cutting of a favorite plant or divided perennials among friends, you already understand the philosophy of sustainable gardening. Share your experiences and the pleasure of gardening, especially with a younger person just getting started.

"Spread that knowledge base around -- those are skills and resources in the human community that are in demand," Ponzi says. "It's a skill set and a body of knowledge that is really crucial for healthy communities."

Hot green tips

-- Shrink the lawn. Small lawns are easier to care for than large lawns. You'll save time, gas and water.

-- Plant native plants. They are adapted to your region's climate and conditions. Native plants also provide food and shelter for birds and butterflies.

-- Use water wisely. Choose plants that do not need extra irrigation after they are established. Group plants according to their needs, conserve water with drip irrigation and use mulch to preserve the moisture in the soil.

-- Plant a tree. Deciduous trees on the south side of your house will provide shade and shelter in the summer and let the winter light shine through.

-- Watch for runoff. Permeable paving allows rain falling on driveways, paths and patios to soak through instead of washing directly into the storm-drain system. Rain gardens filter water through plant roots and help control erosion.

-- Go organic. Instead of using
SEE "GREEN" PAGE 13..



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Science & Technology News Odds & Ends

KEEP HOME TECHNOLOGY RUNNING SMOOTHLY

(NAPSI)-You can save more than dollars and cents when you reduce your risk of computer mishaps.

A recent Kelton Research study shows the average American wastes 12 hours a month--the equivalent of one weekend day--due to problems with home computers. In fact, the study found 65 percent of consumers are spending more time with a computer than with their sig-

nificant other.

Here are a few steps you can take to make sure your family is covered to head off a computer meltdown:

- Use the power-save features on your computer to save on your energy bill and reduce your carbon footprint.

- Keep your virus and spyware software up to date.

- Regular computer tune-ups and software updates will help you get the most life out of your older technology, putting off a pricey new computer and keeping older computers out of the landfill.

- Avoid unforeseen tech support expenses and consider a subscription tech support plan to cover all your family's computers and peripherals for one low monthly or yearly price.

You can get all your family's computer needs met for one price with a tailored subscription plan that has expert solutions engineers quickly diagnose and repair problems remotely.

Most computer problems can be fixed quickly over a broadband connection by visiting www.support.com or call-



ing 1-800-PC Support. There, you'll find North America-based engineers specially trained to solve problems for people who aren't computer experts.

After establishing a secure connection to your computer, the support.com engineer can operate your keyboard and mouse to resolve your problem while you watch. You control the engineer's access during the process and can see everything he or she is doing. You don't have to lift a finger or play 20 questions with a technical support representative.

Learn More

You can learn more online at support.com.

COPD PATIENTS BREATHE BETTER BY CELEBRATING LIFE'S MOMENTS

Leading COPD Advocacy Group Conducts National Storytelling Campaign

(NAPSI)-More than 12.1 million people have been diagnosed with chronic obstructive pulmonary disease (COPD)--a lung condition that includes chronic bronchitis, emphysema or both--and many are now being empowered to speak out about their experience living with the disease through a national campaign, Celebrate Life's Moments: Share Your COPD Story. The campaign, launched by the COPD Foundation--a leading advocacy group for people living with COPD--is helping to put patients in the spotlight by providing an opportunity for them to share an experience, memory or story with their friends, family members and others.

As part of the campaign, the COPD Foundation conducted a survey that reveals that when it comes to understanding the emotional impact of the disease, patients and their family members, friends and doctors may not be seeing eye to eye. Survey results demonstrate

a need for improved communication between patients and their loved ones. The Celebrate Life's Moments: Share Your COPD Story program was created to encourage people to talk about COPD and help them recognize that they are not defined by their disease.

"Because many patients may feel alone or not feel like themselves after their diagnosis, it's no surprise that they could face breakdowns in communication with their doctors and loved ones," said



John W. Walsh, President of the COPD Foundation. "People with COPD need to talk with both family and doctors about their experience, and help people in their lives understand what they are going through."

COPD is characterized by an accelerated, progressive loss of lung function. Over time, symptoms of the disease, which include shortness of breath, cough (sometimes with phlegm or mucus) and wheezing, may restrict a patient's ability to perform normal activities of daily living. Smoking is the most common risk factor for COPD cases worldwide. Currently, the disease ranks as a leading cause of disability and death in the United States, and is projected by the National Heart, Lung, and Blood Institute (NHLBI) to become the third-leading fatal illness by the year 2020.

Patients, caregivers, physicians, family members and friends can visit www.ShareYourCOPDStory.com to learn more about COPD and the campaign, and to hear patients share their personal stories. The program was made possible through support from Boehringer Ingelheim Pharmaceuticals, Inc. and Pfizer Inc.

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GREEN

from page 12.

chemical fertilizers and pesticides, use organic fertilizers and look for nontoxic solutions to pest problems.

- Recycle. Make your own compost, take plastic flower pots back to the garden shop for recycling and buy lumber made of recycled materials for building projects.
- Power down. Use a rake instead of a leaf blower and an electric or push-mower if possible. Power tools pollute the air, generate dust and make a lot of noise.
- Share. Your gardening experience is valuable, so share your skills, your experience and your harvest. When you divide plants or take cuttings, give some to the neighbors. The plants will

look just as good on the neighbors' side of the fence as they do on yours.

- Grow your own. Plant a tomato plant or a pot full of basil and parsley. Help a new gardener learn to grow her own, too.

SOURCES

- Earthways Center, www.earthwayscenter.org.
- Missouri Botanical Garden, www.mobot.org.
- Grow Native, www.grownative.org.
- Plant Native, <http://plantnative.org>
- American Beauties, www.abnativeplants.com.
- Trex, www.trex.com.

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BBB: Not All Obama Memorabilia Is Valuable

by Katie Carroll - BBB

Posters, buttons, coins, plates, cologne, and bobbleheads are all examples of the kinds of Obama memorabilia that are getting snatched up by Americans wanting to own a piece of history. However, for those who are looking to get rich, your Better Business Bureau warns that the only value for most Obama memorabilia is sentimental.

According to estimates by the New York Times, consumers have already spent as much as \$200 million on what's being called "Obamabilia."

While most of the memorabilia attached to President-elect Obama's Inauguration are not worth much, it doesn't mean that everything is worthless. Some items may actually increase substantially in value. However, an item generally needs to be extremely rare to be worth

much money.

In order to be a savvy collector, the BBB has the following advice:

- Get educated.

Collectors should research the value of Obama-related items before they begin purchasing memorabilia, especially if they are interested in buying pieces that have the potential for substantial appreciation in value.

- Confirm authenticity.

Confirming the authenticity of memorabilia is not easy. Autographs can be verified by a third party, but for other items, the collector must ask the seller questions about the item, including how the seller came to own it. If the seller can't answer simple questions, then the collector should walk away.

- Make purchases with a credit card.

The fine folks at Thornton Wheelchairs Plus Are Proud To Sponsor the Senior Safety Page for all the loyal readers of Senior Beacon. Enjoy this month's page. As their ad says below, Rick Roth and his staff have everything you need for your healthful durable goods and more. Give them a call or stop by their establishment!

Consumers should always purchase items with a credit card when shopping online. If the seller turns out to be fraudulent, then the consumer can dispute the charge with the credit card company and may be eligible for reimbursement.

- Purchase items from a reputable seller.

When shopping online, collectors should look for the BBB seal on

Web sites and click on the seal to confirm the company's legitimacy. If there isn't a BBB seal on the site, shoppers should always check a company out with their BBB before they buy at www.bbb.org.

- Don't be fooled by empty advertising claims.

Just because the seller claims that a commemorative plate or coin is of limited edition, it doesn't mean that there weren't millions made. If the item is being widely advertised, chances are, it's too common to actually gain much value over the years.

For more BBB advice you can trust on shopping safely go to www.bbb.org.

Better Business Bureau Announces New Ratings System

Last month, your BBB launched a new method for rating companies, including BBB accredited businesses.

As of January 5, all companies in the BBB's national and local databases will be assigned a letter grade. Every business will be rated anywhere from A+ to F.

To check it out, go to southern-colorado.bbb.org, click on check out a business or charity, enter the name of the business for which you are searching, and you'll find the company's BBB reliability report with a corresponding letter grade.

There is a link next to the letter grade that can be clicked on to obtain additional information including an explanation of how the rating was determined.

Although there are multiple variables that went into the assigning of the grade, below are the most important criteria:

- The category of industry, some categories are areas for concern, such as advance fee loans
- A company's time in business
- Its complaint history
- Adherence to licensing and registration requirements.
- The existence of government action
- Compliance with the BBB's advertising review process

BBB's across the country made this change in response to feedback from consumers and businesses telling us they would like to see more information in our reliability reports. It also highlights the fact that accredited businesses adhere to a strict set of standards.

DID YOU KNOW???

Seniors can contact the Eldercare Locator at (800) 677-1116 to find local agencies that can help with fall prevention or to order a brochure called "Preventing Falls at Home."

Elizabeth Battaglino Cahill, RN, of the National Women's Health Resource Center, says women who smoke are two to six times as likely to suffer a heart attack as nonsmoking women. For tips on avoiding heart disease—the No. 1 killer of American women—visit www.HealthyWomen.org.

To find volunteer opportunities in your ZIP code on Beyond February Give Back Day, visit www.beyondfebruary.com. The interactive Web site provides links to VolunteerMatch, an online search engine that promotes volunteerism and civic engagement.

The more than 47 million Americans who have no prescription drug coverage will now have easier access to information about prescription drugs and programs that may provide assistance with the cost of medications. Patients and caregivers can visit www.PatientAssistanceNow.com or call (800) 245-5356 toll-free to find programs that may be right for them.

To create a sparkling centerpiece, use a LED-lighted fabric table runner. Fiber-optic table runners from Sylvania last up to 10 hours on a single charge. For more information, visit www.Sylvania.com.

Kimberly-Clark, maker of Kleenex facial tissue, Cottonelle bath tissue and Huggies diapers, has teamed up with Thom Filicia, from television's "Dress My Nest," to share practical tips to revamp rooms for less. To learn Filicia's tips and information on how to win \$25,000, visit www.RoomADayGiveaway.com.

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Gov. Ritter Urges Households To Test For Radon

Gov. Ritter Urges Households to Test for Radon Gas DENVER - Gov. Bill Ritter today proclaimed January to be Colorado Radon Action Month and urged residents to test their homes for radon, a radioactive gas responsible for approximately 1,400 Colorado cancer deaths each year. The colorless, odorless, tasteless gas enters homes through cracks in the floor or spaces around utility pipes and accumulates unless properly vented. Long-term radon exposure is the leading cause of lung cancer in nonsmokers and the second leading cause of lung cancer in smokers. "January is an ideal month to test your home for

radon, because short-term tests require closed windows and doors," Gov. Ritter said. "Testing is easy, and it's the only way to know for certain if your health is at risk, and to make your home safe to prevent harm to you and your loved ones." The Colorado Department of Public Health and Environment provides coupons for reduced-cost radon test kits at www.coloradoradon.info. The Web site also lists contractors certified by the National Environmental Health Association to install systems to remove, or mitigate, radon. "The Environmental Protection Agency recommends install-

ing a mitigation system if your home tests above four picocuries per liter of air," explained Chrystine Kelley, radon program coordinator in the Colorado Department of Public Health and Environment's Hazardous Materials and Waste Management Division. "Qualified contractors can seal cracks and install ventilation systems to prevent radon from collecting in your home." Certified contractors installed 8,597 new mitigation systems statewide in 2007, an increase of 764 from 2006. Merely opening a window will not remove radon from the home. Radon results from the radioactive decay of uranium, which

occurs naturally in soil. Due to Colorado's geologic makeup, 52 of the state's 64 counties are at high risk for radon. The gas moves unpredictably through soil, so it's possible for radon to collect in one home, but not in a home next door. The complete text of the governor's proclamation can be read at www.coloradoradon.info. Colorado residents also can call the state's Radon Hotline at 1-800-846-3986 or check with their local health department, county extension office or public health nurse for radon information.

Making Those Healthy Changes You Can Believe In

by Molly Kimball, RD, CSSD

(NAPSI)-Any time of year can be the right time to get healthier, stronger, slimmer and leaner. Or perhaps your goal is more subtle--a healthier heart, enhanced energy or better sleep.

Whatever your goal, some find that the start of a new year can be an excellent time to ramp up health and fitness. Here are some tips on making positive changes that will increase your chance for success:

- Make it realistic: For example, if weight loss is your goal, aim to lose one to two pounds weekly. If your plan is to improve your cholesterol profile, give yourself at least three months to see changes.

- Make it meaningful: If achieving a resolution will add value to your life, chances are you'll be more motivated to

achieve it.

- Keep it specific: It can be tough to stay focused and determined if your resolution is too vague.

- Make changes one step at a time: Outline steps of just how you will reach your goal. Make sure these steps are specific and measurable. For example:

- Add protein to your breakfast.
- Plan ahead to have healthy snacks on hand.
- Take supplements daily.
- Limit starches at dinner.

Another strategy is to eliminate the emphasis on giving up something "bad" and embrace the idea of adding in something "good."

For instance, instead of a lackluster breakfast--or no breakfast at all--

try adding a smoothie to your morning. Smoothie King's line of Slim-N-Trim smoothies are low in calories and fat. While there, you can even ask to "Make It Skinny," leaving out the added sugar.

To change an old habit, give yourself time and be patient. For example, instead of fast-food meals, opt for a protein-rich, low-sugar smoothie. Smoothie King's Shredder is a great option. And if you are not getting enough whole grains, you may want to add a fiber blend enhancer to your favorite smoothie.

Also, nix the chips and crunch on veggie or soy chips instead. And replace that candy bar with a protein bar.

You don't need all these ingredients at home to have healthy meals and snacks throughout the day. Smoothie

King's mission is to help folks achieve healthier lifestyles, and it has created its menu to offer blends to support any health and fitness goal.

Focus on working toward your resolution each day and planning ahead for challenging situations. This will help create the conditions for change in your life. And don't forget to celebrate your successes along the way.

Molly Kimball is a sports and lifestyle nutritionist, advising clients on reducing body fat and building muscle, endurance training, disordered eating and general health and wellness.

Keep your goals realistic. For example, if weight loss is your goal, aim to lose one to two pounds weekly.

SECURE HORIZONS AND SRDA SPONSOR FREE SENIOR BOWLING AT PINELLE'S BOWLERO LANES

PUEBLO - Almost 30 years ago, Pueblo's Senior Resource Development Agency (SRDA) introduced a complimentary bowling program to the area's seniors. The response to the twice-weekly event was overwhelming, said Bowlero Lanes owner Mike Pinelle, with seniors nearly filling his 32-lane center.

"We averaged 80 people each day," Pinelle said. "There were a couple of times where we used both sides of the bowling center."

The free program ran for about five years starting in the mid-70s. It ended when the SRDA suffered a funding cut. Free senior bowling has returned to Bowlero Lanes.

Medicare health plan provider Secure Horizons offered last month to fund the weekly event, which is administered through the SRDA.

The free session is held from 1 to 3 p.m. each Monday. Secure Horizons covers the cost of two hours of bowling and shoe rental for each senior. Bowlero Lanes is located at 1000 West 6th Street in the Midtown Shopping Center.

Probiotic Powerhouse

(NAPSI)-Beneficial bacteria, known as probiotics, naturally live in our digestive tract, but they need regular replenishing. This dynamic community of microorganisms is disrupted by antibiotics, stress, alcohol, smoking, pollution and simply growing older. Fortunately, it's possible to achieve the optimal balance you need for digestive and immune health, simply by eating a cup of organic yogurt.

All organic yogurts include the starter cultures *Lactobacillus bulgaricus* and *Streptococcus thermophilus*. Meanwhile, Stonyfield Farm adds four additional cultures, including the premium probiotic culture *Lactobacillus rhamnosus*, to create a probiotic powerhouse in each cup.

"This unique blend has been clinically proven to enhance infection resistance, reduce intestinal discomfort, improve lactose tolerance and create a barrier effect against pathogenic bacteria in the intestinal tract," explains Vicki Koenig, MS, RD, CDN.

To learn more, visit the Web site at www.stonyfield.com.

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

FEB. 2: Ham and Beans, Cornbread, Peas & Carrots, Spiced Fruit Mold.

FEB. 3: Beef Chop Suey/Rice, Mixed Veggies, Wheat Bread/Marg., Peas.

FEB. 4: Green Pepper Steak, Mashed Potatoes, Zucchini, Pickled Beets, Wheat Bread/Marg., Fresh Orange.

FEB. 5: Turkey Tetrastini, Green Beans, Carrot Raisin Salad, Biscuit, Peaches.

FEB. 6: Enchilada Casserole, Lettuce & Tomato, Mexican Corn, Wheat Bread/Margarine, Cherry Crisp.

FEB. 9: Chicken a la King, Biscuit, Green Beans, Chocolate Pudding.

FEB. 10: Sweet & Sour Pork/Rice, Peas, Wheat Bread/Marg., Peaches.

FEB. 11: Meatloaf/Tomato Sauce, Parslied Noodles, Broccoli, Wheat Bread/Margarine, Fruit Cocktail.

FEB. 12: Roast Beef/Gravy, Mashed Potatoes, Basil Green Beans, Wheat Bread/Marg., Cole Slaw, Raspberry Sherbet.

FEB. 13: Turkey Green Chili, Spanish Rice, Mexican Corn, Wheat Bread/Marg., Peach Cobbler.

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FEB. 18: Beef Tomato Mac,

Carrots, Mixed Green Salad w/ Ranch Dressing, Wheat Bread/Margarine, Plums.

FEB. 19: Beef Stew, Confetti Rice, Cole Slaw, Wheat Bread/Marg., Gingerbread w/Lemon.

FEB. 20: Hot Turkey Sandwich, Mashed Potatoes, Harvard Beets, Wheat Bread/Marg., Cranberry Orange Mold.

FEB. 23: Lasagna, Cucumber & Onion Salad, Wheat Bread/Marg., Apple Juice.

FEB. 24: Tomato Swiss Steak, Mashed Potatoes, Cabbage, Wheat Bread/Marg., Lime Pear Gelatin, Fresh Orange.

FEB. 25: BBQ Chicken, Stewed Tomatoes, Basil Green Beans, Wheat Bread Margarine, Cinnamon Applesauce.

FEB. 26: Roast Pork Loin, Glazed Sweet Potatoes, Zucchini & Tomatoes, Wheat Bread/Margarine, Ambrosia.

FEB. 27: Cabbage & Beef Bake, Carrots, Green Beans, Wheat Bread/Margarine, Cranberry Fluff, Apricots.

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Finances: Create And Keep Wealth

Can The USA Grow Our Way Out Of Trouble?

by **Ronald S. Phillips**

The short answer? Yes, we can... but not in the usual, irresponsible ways. Easy credit, rising home prices (and rising home-equity loans) and endless buying are gone (for now). Let's opt for the long-term approach and invest in renewable energies.

We are all well aware of the huge energy usage of the US. And that's actually a good thing. There is a direct relationship to the size of the economy and energy use. So, of course, we have a large and powerful economy. And we are relatively efficient in our usage, too. Unfortunately, we are importing these needs and lowering our GDP in the process.

But the future growth-engine of our economy can be (and should be) alternative energies. The US is surprisingly a big player in this field already. Accord-

ing to Wikipedia we will have the largest "solar farm" in the world by 2013 and are currently the largest producers of ethanol, even surpassing Brazil. But renewables as a percent of our overall energy production and usage are lacking big time. We're not alone, either. In 2004 eighty-six percent of world energy use was fossil fuel.

We stand to improve our GDP in many ways by focusing on renewable power:

- more exports
- less addiction to imports
- more jobs (a lot of them)
- lasting investment in energy infrastructure and
- more domestic business investment

How do we do it? If we were to cut oil imports by 20% and replace it with local ethanol we would lower imports

by about \$50 billion a year (if oil was at an average of fifty dollars a barrel). This would also create new jobs in ethanol production totaling roughly 1.086 million NEW jobs.

Another idea is to replace our coal used for electricity with wind and hydropower. Hydropower is very cheap to produce, requires relatively small investment and we already do a good amount of it. This could free up our coal reserves (the US has 27% of the world's reserves!) to export to the rest of the world, creating 2.3 million more new jobs.

With those two ideas we would have 3.39 million new jobs. That doesn't even take into account the many alternatives like biomass, nuclear fission, solar power and geothermal.

Add all of these in and there is some huge potential. It gets really exciting when we

compound this innovative growth. If we doubled the new jobs from above and grew our new energy industry at ten percent for fifteen years we would have 28.3 million new jobs. This can build a whole new segment to our vibrant economy.

Are these ideas at all realistic? You bet. Already the entire country of Brazil runs essentially all of their cars on ethanol or flex-fuel. They are not running petro-based cars any more. France is about 3/4 nuclear powered for their electricity generation. And other European countries are steadily reducing fossil fuel use.

The US needs to take the lead in this energy frontier and grow our way out of trouble.

Ronald S. Phillips is a Pueblo native and an independent financial advisor. He can be reached at ronphillips@rpadvisor.com or at 545-6442.

Southern Colorado Community Blood Drives For Feb. '09

BEULAH: Beulah Community Blood Drive. Saturday, Feb. 28 from 9 to 11:30 a.m. Donations inside Bonfils' mobile bus located at the Stompin' Grounds Café, 8913 Grand Ave., Beulah

For more information or to schedule an appointment please contact B.J. Hiatt at (719) 485-3407

BUENA VISTA: Buena Vista Community Blood Drive. Thursday, Feb. 5 from noon to 4:30 p.m. Located at The Church of Jesus Christ of Latter-day Saints, 611 Arizona St., Buena Vista.

For more information or to schedule an appointment please contact Susan Miller at (719) 395-2935

COTOPAXI: Cotopaxi High School Community Blood Drive. Wednesday, Feb. 25 from 11 a.m. to 3 p.m. Located at 0345 County Rd. 12, Cotopaxi.

For more information or to schedule an appointment please contact Peggy Murphy-Gerk at (719) 942-4131

FLORENCE: Rocky Mountain Bank and Trust Community Blood Drive. Saturday, Feb. 7 from 10:30 a.m. to 1:30 p.m. Donations inside Bonfils' mobile bus located at 101 E. Main St., Florence

For more information or to schedule an appointment please call Judy Purvis at (719) 784-4804

FOWLER COMMUNITY: Fowler Community Blood Drive. Wednesday, Feb. 25 from 2 to 6 p.m. Located at Fowler Elementary School's all purpose room, 601 W. Grant, Fowler.

For more information or to

schedule an appointment please call Bonfils' Appointment Center at (800) 365-0006 opt. 2 or visit www.bonfils.org

ST. BENEDICT'S CHURCH COMMUNITY BLOOD DRIVE: Sunday, Feb. 8 from 8:30 to 11:30 a.m. Donations inside Bonfils' mobile bus located at 619 W. 2nd St., Florence

For more information or to schedule an appointment please call Barb Straight at (719) 784-4874

LA JUNTA: La Junta Community Blood Drive. Tuesday, Feb. 3 from noon to 4:30 p.m. Donations inside Bonfils' bus located at the Arkansas Valley Medical Center, 1100 Carson, La Junta.

For more information or to schedule an appointment please contact Colorado Bank & Trust at (719) 384-2000 or visit www.bonfils.org

PENROSE: Penrose Community Blood Drive. Friday, Feb. 20 from 3 to 5:30 p.m. Donations inside Bonfils' mobile bus located at Wells Fargo Bank, 210 Broadway, Penrose.

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

PUEBLO: "11th and Court" Community Blood Drive. Friday, Feb. 6 from 2 to 4:30 a.m. Donations inside Bonfils' mobile bus parked at the District 60 Admin. Office, 315 W. 11th St., Pueblo.

For more information or to schedule an appointment please contact Bonfils' Appointment Center at 1-800-

365-0006, ext. 2 or visit www.bonfils.org

"UNION & GRAND" COMMUNITY BLOOD DRIVE: Friday, Feb. 6 from 9 to 11:30 a.m. Donations inside Bonfils' mobile bus parked in front of the SRDA building, 230 N. Union Ave., Pueblo.

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

PARKVIEW MEDICAL CENTER COMMUNITY BLOOD DRIVE: Monday, Feb. 9 from 7:30 a.m. to 2 p.m. Donations inside Bonfils' mobile bus parked at 400 W. 16th St., Pueblo

For more information or to schedule an appointment please contact Tiffany Herrera at (719) 584-4526. Lunch break from 11 to 11:30 a.m.

PUEBLO COMMUNITY COLLEGE COMMUNITY BLOOD DRIVE: Tuesday, Feb. 10 from 11 a.m. to 3 p.m. Located in the College Center, 900 W. Orman Ave., Pueblo

For more information or to schedule an appointment please contact Jim Torres at (719) 549-3249

ST. MARY-CORWIN MEDICAL COMMUNITY BLOOD DRIVE: Monday, Feb. 16 from 7:30 to 10 a.m. Donations inside Bonfils' mobile bus located at 1008 Minnequa Ave., Pueblo.

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

PUEBLO CITY - COUNTY LIBRARY COMMUNITY BLOOD DRIVE: Friday, Feb. 27 from 10 a.m. to 12:30 p.m. Donations inside Bonfils' mobile bus parked at 100 E. Abriendo Ave., Pueblo

For more information or to

schedule an appointment please contact Bonfils' Appointment Center at (800) 365-0006, ext. 2 or visit www.bonfils.org

PUEBLO WEST: Ecumenical Church of Pueblo West Community Blood Drive. Sunday, Feb. 1 from 9:30 a.m. to 12:30 p.m. Donations inside Bonfils' mobile bus located at 434 Conquistador Ave., Pueblo West.

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

SAFeway COMMUNITY BLOOD DRIVE: Friday, Feb. 27 from 3 to 6 p.m. Donations inside Bonfils' mobile bus parked at 1017 N. Market Pl. Ave., Pueblo West.

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

DETAILS: The winter months are often the most difficult to maintain Colorado's blood supply due to holiday activities, poor weather and road conditions and cold and flu season. With nine community donor centers and as many as 13 mobile drives each day, you're sure to find a donation location to suit your needs.

Bonfils Blood Center provides blood and blood products to more than 200 hospitals and healthcare facilities throughout Colorado. Bonfils needs more than 4,000 people to donate blood every week to meet the needs of the community and be prepared for any unforeseen events.

For more information about Bonfils Blood Center, please visit www.bonfils.org or call (303) 363-2300 or (800) 365-0006.

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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.

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

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Senior Community Update



K of C FISH FRY

Come and enjoy the annual Knights of Columbus Lenten fish fry at the Pueblo West VFW on 127 E. Spaulding each Friday beginning on Feb 27 until April 3. The menu includes fish, potatoes, cloeslaw, veggie, roll, dessert and drink. Cost: \$8 Adult; \$4 12 & U.

AARP TAX PREPARATION

AARP free tax preparation begins February 2, 2009

Schedule: Monday - Thursday 9:30 AM to 2:30 PM; Friday 9:30 AM to 12 noon; Closed Feb. 16, 2009

First come - first served, limited number each day.

Joseph Edward Senior Center (SRDA) 230 N. Union Avenue

CSU EXTENSION - PUEBLO

Here is a schedule of the February horticulture classes you can share with your readers.

Pre-registration is required. Fee for most classes is \$15. We'd like payment when they register but if they want to call and send a check in the mail that's fine too.

Classes offered through the Pueblo Zoo, Register by contacting the Pueblo Zoo, 561-9664

Tuesday, Feb 3, 6-9 p.m. - Introduction to Landscape Design

Thursday, Feb 5, 6-9 p.m. - Soil and Planting Basics

Tuesday, Feb 10, 6-9 p.m. - Garden Maintenance: Keeping Your Garden Healthy & Happy

Tuesday, Feb 12, 6-9 p.m. - Right Plant, Right Place: Making Wise Choices for Your Landscape

Classes offered through CSU Extension register by calling 583-6574

Tuesday, Feb 17, 6-9 p.m. - Plant Propagation

For more information please contact me at 583-6574.

LOU GEHRIG'S DISEASE

SUPPORT GROUP

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

OWLS MEETING

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

The group also meets the third Wednesday of each month at 6 p.m. for

dining and socialization at various area restaurants. RSVP: Jack Briggs at Jack. Briggs@comcast.net or 546-6189 for reservations and location

RIDE TO CHURCH?

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

BUSINESS EXPO IN CAÑON

The Cañon City Business Owner's Meet and Greet is sponsoring its first annual Business Expo.

- Date: February 7, 2009
- Time: 10 am - 4 pm
- Location: Golden Age Center, 728 Main Street, Canon City
- Admission: Adults \$2, Children under 12 - FREE

All proceeds and donations go to Courtyard Ministries.

There is a tri-fold purpose of this business expo:

- To offer citizens of the community to meet local business owners and learn about the products and services they offer,
- To invite business owners and managers to learn more about and attend the Canon City Business Owner's Meet and Greet, a networking group,
- To benefit a local non-profit charity, Courtyard Ministries.

We will be featuring speakers every half hour to offer a more detailed presentations on their businesses, products and services. We will be giving out door prizes to those who attend -

The highlight of the day will be our grand prize drawing, you do not need be present to win.

For more information and details call Brenda 429-9999. Ask about our upcoming Expo

GENEALOGICAL SOCIETY

"The Southeastern Colorado Genealogy Society holds regular meetings on the second Saturday of the month beginning at 2:00pm in the Meeting Room B", Robert Hoag Rawlings Library, 100 Abriendo Ave., Pueblo. There is a continuing Refresher/Beginners class starting at 1:00PM. Call 546-1973 for details." Guests welcome and there is no charge.

STEP-UP PROGRAM

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

Vail Hotel - 217 S. Grand, Tuesday,

February 10th; 9:00 - 10:30pm.

Hyde Park Community Center - 2136 W. 16th St., Tuesday, February 10th; 1:00 - 2:30pm.

Joseph Edwards Senior Center (SRDA) - 230 S. Union, Wednesday, February 11th; 9:45 - 12:00 pm.

Mineral Palace Towers - 1414 N. Santa Fe, Thursday, February 12th; 9 - 11:30 am.

Memorial Recreation Center - 230 E. George Dr, Pueblo West, Thursday, February 12th; 8:15 - 10:30 am.

Park Hill Christian Church Hall - 1404 E. 7th St., Monday, February 16th; 10:00 - 12:00 pm

Minnequa Park Apartments - 1400 E. Orman Ave, Tuesday, February 17th; 9:00 - 11:30 am.

Mesa Towers - 260 Lamar, Wednesday, February 18th; 9:00 - 11:30 am.

Ogden Apartments - 2140 Ogden, Thursday, February 19th; 9:00 - 10:30 am.

Fulton Heights - 1331 Santa Rosa, Thursday, February 19th; 1:00 - 2:30 pm.

Get Moving with Pueblo StepUp Community Exercise Programs:

Please call Jo Stinchcomb @ 557-3883 for questions about any of Pueblo StepUp's Health & Fitness Programs.

WHAT A GREAT TIME TO VOLUNTEER

Volunteers are needed:

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

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

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

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

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

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

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

MINING MUSEUM NEWS

On Mondays in February and March, the Western Museum of Mining & Industry is running a special for adults age 60+. Seniors will be admitted into the Museum for \$2.50 (regularly \$6). The Museum is located at I-25 exit 156 A. Tours begin at 10:00am & 1:00pm daily. (719) 488-0880 web: WWW.WMMI.org

SOCO SENIOR CITIZENS

Southern Colorado Senior Citizens organization will sponsor a Valentine Dinner Dance on Saturday February 7, 2009 at the Union Depot, 132 W. "B" St in Pueblo. There will be a dinner at 5:30pm followed by the dance from 6pm - 11pm. Admission is \$20 for members and \$25 for guests. Music will be performed by High Fidelity. Call Dorothy at 948-3986 if you'd like to be a part of this fundraising activity.

SRDA FEBRUARY CALENDAR

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

LIVING WITH OSTEOARTHRITIS?

Osteoarthritis does not only strike the knees, hips and hands. In an estimated one million Americans, it also affects the small, vulnerable joints of the neck, and can cause sudden attacks of severe pain that may radiate into the head and arms. But what can patients themselves do about this form of arthritis? How can they ease the pain, deal with the limitations it causes, and support their doctor's treatment? With the help of some of the world's leading spine specialists, the American Arthritis Society has compiled twelve practical tips for self-care that are effective and easy to follow. Please visit the Society's website at: www.americanarthritis.org.

AARP SCHEDULE OF ACTIVITIES FOR FEBRUARY 2009

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

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

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SENIOR CLASSIFIEDS

LOOKING FOR AN AVON REP?

Call me today! Hailey Hollins, 719-547-3808 or www.youravon.com/hhollins. Join AVON today for just \$10! #0110

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

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

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

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

IMPERIAL MEMORIAL GARDENS 4 grave sites in Hillcrest sec-

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.

tion. Lot 47, spaces 1,2,3,4. \$600.00 each. Call 719-649-2478. #0209

EXPERIENCED: Compassionate lady available to assist you in your home. Errands, Dr's. appointments,

shopping, all activities of daily living. Please call us at 565-0445. #0109

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

CHRISTMAS SHOPPING on line:

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www.sensesgiftworld.com;
www.4427onetouchshopping.biz;
www.4427onetouchtravel.biz;
www.4427onetouchfitness.biz;
www.4427onetouchpharmacy.biz.

e-mail- em3266@q.com #0109
I WILL DO HOMECARE. Have experience! Have recommendation letters. Run errands. Doctor visits, Fix Meals. Good Companion. South Side. Feel free to call. 564-2157. #0109

SENIOR MANICURES AND PEDICURES. Finding it difficult to care for your nails? Gentle service in your apartment or assisted living residence. Call 719-252-3548 for appointment. Enter to win free manicure. #1208

MY HUSBAND IS 83! I'm 76! I am asking your help as he needs a mobile chair. Scooter store won't give him another one because his wore out in 6 years! I can give you a registered puppy for a chair. Help! Thank you. Call 719-254-6210. #1208

FOR SALE. 211 E. POPPY LN. 2/2/2 w/1275 sq ft of living space! 100% maintenance free Patio Home w/hardwood floors, skylights, gorgeous kitchen & covered patio w/gas-line hookup! Master bed has private bath w/walk-in shower w/bench seat! Ramp instead of stairs lead to front porch + wide corridors & entryways

throughout! \$160,000. Karen GetstDone Trujillo, 240-5523. Re/Max Pueblo West Inc. #1108

UP TO 70% OFF! Children's Name Brand clothing!. Pueblo's best Kept Secret! Compare our Bargain Prices! 1153 S. Prairie. Pueblo Trading Post, Saturdays and Sundays. #1208

IMPERIAL MEMORIAL GARDENS. 4 grave sites, Hillcrest section, lot 47 #1,2,3,4 - \$600 each. Call Ken, 719-649-2478. #1208

NEW BISSELL POWERSTEAMER - with (2) gallons shampoo, \$150; Plaid loveseat/matching rocker, \$65.00; Vinyl turquoise loveseat and (2) matching chairs, \$60. Call (719) 560-9741. #1108

HOUSEKEEPER. \$12/HOUR. You supply cleaning equipment. Kathy, 583-2262. #1108

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

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

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

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

HOUSE CLEANING. 3-Hour minimum. \$15 per hour or \$14 per hour if 65 or older. You supply the cleaning goods. Near a bus stop. Have recommendation letter. Carolyn, 561-8682. #0908

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

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

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

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

Nature & Raptor Center

Nature and Raptor Center of Pueblo, 5200 Nature Center Rd, Pueblo, CO 81003. (719) 549-2414

Calendar of Events 2009

February 4	10 am to 11 am	Storytime
	1:30 pm to 2:30 pm	
February 7	8:45 am to 5:00 pm	Eagle Day at Lake Pueblo State Park
February 8	11:00 am to 4:00 pm	Open House at the Nature and Raptor Center of Pueblo
		Bird presentations in afternoon, call for times
February 11	10 am to 11 am	Storytime
	1:30 pm to 2:30 pm	
February 12	1pm to 2 pm	Senior Scientists
February 12	4 pm to 5 pm	Mini-Camp for Kids and Parents
February 13	10:30 am to 11:30 am	Mommy & Me
February 14	Call for Times	Great Backyard Bird Count at NRCP
February 18	10 am to 11 am	Storytime
	1:30 pm to 2:30 pm	
February 21	1 pm to 2 pm	Saturday's with MJ
February 25	10 am to 11 am	Storytime
	1:30 pm to 2:30 pm	
February 26	1pm to 2 pm	Senior Scientists
February 26	4 pm to 5 pm	Mini-Camp for Kids and Parents
February 27	10:30 am to 11:30 am	Mommy & Me
February 28	9:00 am to 11:00 am	4th Saturday Birdwalk
February 28	1 pm to 2 pm	Saturday's with MJ

Call (719-549-2414) or refer to our website www.gncp.org for more information.

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Charlene Dengler: "To Supplement Or Not, That Is The Question"

by Charlene Dengler

Health and wellness are always interesting topics of discussion since everyone has an ongoing need to maintain the balance of health known as homeostasis. I hope you would agree that one's health is the single most important element to a good quality of life here on earth. Without your health many other blessings in life pale and move down on the priority list until a health crisis has been resolved. While recognizing that health is at the core of vitality and wellness, it is amazing how many people still neglect to supplement their diet to ensure adequate nutrition and optimal health.

Since 2002 the USDA has included vitamin and mineral supplementation on the well known, and occasionally modified, Food Pyramid. There are a number of reasons for the addition. First, the quality of food has diminished over the last several decades due to lack of crop rotation, green harvesting, and the transportation of food over many hundreds of miles before being purchased by the consumer. Secondly, the manner in

which food is prepared often contributes to the destruction of nutrients, whether it be boiling the living daylight out of the food or nuking it in the microwave, not only diminishing nutrients but irradiating the food as well, which is detrimental to anyone's health! In addition, hectic, stressful lifestyles often prevent the proper nutritional intake recommended.

Another recommendation on the food guidelines is that everyone eats 9-12 servings of vegetables each day, and many days that just does not happen; and even if it does, go back to the previous paragraph and reread how our food is being produced, harvested and prepared. So what is the resistance to wise supplementation? For one, many believe it is just wasted money. However, just consider, when there is a failure to thrive in a healthy way whether with heart disease, diabetes, cancer, or an auto-immune disorder, the hundreds of thousands of dollars spent on managing the diminishing health. And that doesn't even address the pain and suffering that accompanies the "dis ease". The cost can be monumental

even when there is no cure in sight.

Many are confused by messages they receive about what supplements to take, how much and how often. There is not a one-size fit all remedy to this and each person is an individual with varied and complex needs. Reading a magazine or even a book about supplementation does not make anyone an expert regarding supplements. Consulting with a nutritionist or natural health professional is heading in the direction of wise supplementation.

A professional can evaluate, assess and then make recommendations based on your particular needs. Adjustments may need to be made down the road, but at least you will be on the right path.

With the huge variation in individual lifestyles and health goals it is impossible to address specifics in this short editorial. I will draw attention to several areas that require strong consideration of intelligent supplementation. The more intense the situation is, the greater the need to correct through supplementation. Also, quality and cost does make a difference.

You usually get what you pay for. Laboratory contrived vitamins and minerals are not absorbed well and may just pass through without benefit. Again, an expert can explain the differences between formulations and the results to be expected.

Here are some specific circumstances in favor of serious supplementation: 1) Stress – Physical and emotional stress can increase the body's need for vitamins B and C. Air pollution increases the need for Vitamin E. 2) High intake of coffee – Hot liquids and caffeine irritate the lining of the digestive tract and interfere with food absorption. 3) Smoking – Cigarettes are an irritant to the respiratory and digestive tract and increase the need for Vitamin C. 4) Consuming lots of alcohol – Affects how the body absorbs and metabolizes nutrients. 5) Vegetarianism – The concern with a complete vegetarian diet, without any meat or meat products, is a lack of B12. However, B vitamins should be taken as a complex, which includes the full spectrum of B vitamins. SEE "QUESTION" PAGE 20.

This Year It's New Warmth For You And Your Family

by Todd Jorgensen - LEAP Director, Colorado Dept. of Human Services 303-861-0325

DENVER – January 2009 – Nothing is more comforting than a warm house during the cold winter months. However, comfort is not the only reason to keep your home warm in the New Year. A poorly heated house can be extremely harmful to the well being of children and senior citizens, those most vulnerable to

health problems caused by cold temperatures.

Children and senior citizens lose body heat more easily than adults and are more likely to have preexisting conditions that are aggravated by cold. Children and seniors also tend to have low defenses, leaving them more susceptible to colds, the flu and pneumonia. The Low-income Energy Assistance Program (LEAP) can help prevent these issues by assisting

families with their expensive heating bills through the cold winter months.

"While some adults may be able to withstand colder temperatures in the home, children and the elderly may not be as strong or healthy," said LEAP director Todd Jorgensen. "This is why it so important to keep a house warm. LEAP can help families cover heating costs, making sure that the home is safe for all of its inhabitants."

LEAP pays the highest benefits to those with the highest heating bills and lowest incomes by family size. Applicant income cannot exceed 185 percent of the federal poverty index, which equals a maximum income of \$3,184 per month before taxes for a household of four people. The anticipated average LEAP benefit for 2007-2008 is approximately \$316 per family.

LEAP applicants must provide a copy of valid identification and a completed affidavit indicating that they are lawfully present in the United States with their applications to the program. Applicants must also be responsible for paying heating costs, either to a utility company, or to a landlord as part of rent. Currently, El Paso, Arapahoe, Adams, Pueblo, and Jefferson County are the LEAP offices receiving the largest amount of applications this year.

While LEAP provides assistance paying for heating bills, there are additional ways to keep yourself and your family warm and safe. The Center for Disease Control (CDC) offers the following tips you should know to prevent cold-related health and safety problems:

If you plan to use a wood stove, fireplace, or space heater, be extremely careful. Install a smoke detector and a battery-operated carbon monoxide detector near the area to be heated. Test them monthly, and replace batteries twice yearly.

If you don't need extra ventilation, keep as much heat as possible inside your home. Avoid unnecessary opening of doors or windows. Close off unneeded rooms, stuff towels or rags in cracks under doors, and close draperies or cover windows with blankets at night. Eating well-balanced meals will help you stay warmer. Do not drink alcoholic or caffeinated beverages—they cause your body to lose heat more rapidly. Instead, drink warm, sweet beverages or broth to help maintain your body temperature. Extreme cold can cause water pipes in your home to freeze and sometimes rupture. When very cold temperatures are expected:

Leave all water taps slightly open so they drip continuously.

Keep the indoor temperature warm. Improve the circulation of heated air near pipes. For example, open kitchen cabinet doors beneath the kitchen sink.

Applications for LEAP are accepted anytime between November 1 and April 30 of each year. For more information about LEAP, please call 1-866-HEAT-HELP (1-866-432-8435) or visit www.cdhs.state.co.us/leap/index.htm <<http://www.cdhs.state.co.us/leap/index.htm>> to view the most current program application requirements.

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Coulter: Consider Some Facts Before Damning Vets

by Ann Coulter

In a front-page article on Jan. 2 of this year, The New York Times took a brief respite from its ongoing canonization of Barack Obama and returned to its series on violent crimes committed by returning GIs, or as I call it: "U.S. Military, Psycho Killers."

The *Treason Times*' banner series about Iraq and Afghanistan veterans accused of murder began in January last year but was quickly discontinued as readers noticed that the Times doggedly refused to provide any statistics comparing veteran murders with murders in any other group.

So they waited a year, hoping readers wouldn't notice they were still including no relevant comparisons.

What, for example, is the percentage of murderers among veterans compared to the percentage of murderers in the population at large -- or, more germane, in the general population of young males, inasmuch as violent crime is committed almost exclusively by young men?

Any group composed primarily of young men will contain a seemingly mammoth number of murderers.

Consider the harmless fantasy game, *Dungeons and Dragons* -- which happens to be played almost exclusively by young males. When murders were committed in the '80s by (1) young men, who were (2) *Dungeons and Dragons* enthusiasts, some people concluded that factor (2), rather than factor (1), led to murderous tendencies.

Similarly, for its series about how America's bravest and finest young men are really a gang of psychopathic cutthroats, the Times triumphantly produced 121 homicides committed by veterans of the Iraq and Afghanistan wars in order to pin the blame for the murders on the U.S. military.

Perhaps the Times' next major expose could be on how a huge percentage of murderers are people who won't ask for directions or share the TV remote.

Let's compare murders by veterans to murders by other 18- to 35-year-olds in the U.S. population at large. From 1976 to 2005, 18- to 24-year-olds -- both male and more gentle females -- committed homicide at a rate of 29.9 per 100,000. Twenty-five- to 35-year-olds committed

homicides at a rate of 15.8 per 100,000.

Since 9/11, about 1.6 million troops have served in either Iraq or Afghanistan. That makes the homicide rate among veterans of these wars 7.6 per 100,000 -- or about one-third the homicide rate for their age group (18 to 35) in the general population of both sexes.

But fewer than 200,000 of the 1.6 million troops who served in Iraq and Afghanistan have been women, and the murder rate for the general population includes both males and females. Inasmuch as males commit nearly 90 percent of all murders, the rate for males in those age groups is probably nearly double the male/female combined rates, which translates to about 30 to 55 murderers per 100,000 males aged 18 to 35.

So comparing the veterans' rate of murder to only their male counterparts in the general population, we see that Iraq and Afghanistan veterans are about 10 times *less* likely to commit a murder than non-veterans of those wars.

But as long as the Times has such a burning interest in the root causes of murder, how about considering the one factor more likely to create a murderer than any other? That is the topic we're not allowed to discuss: single motherhood.

As I describe in my new book, "Guilty: Liberal 'Victims' and Their Assault on America," controlling for socioeconomic status, race and place of residence, the strongest predictor of whether a person will end up in prison is that he was raised by a single parent. (The second strongest factor is owning a Dennis Kucinich bumper sticker.)

By 1996, 70 percent of inmates in state juvenile detention centers serving long-term sentences were raised by single mothers. Seventy percent of teenage births, dropouts, suicides, runaways, juvenile delinquents and child murderers involve children raised by single mothers. Girls raised without fathers are more sexually promiscuous and more likely to end up divorced.

A 1990 study by the left-wing Progressive Policy Institute showed that, after controlling for single motherhood,

the difference in black and white crime disappeared.

Various studies come up with slightly different numbers, but all the figures are grim. A study cited in the far left-wing *Village Voice* found that children brought up in single-mother homes "are five times more likely to commit suicide, nine times more likely to drop out of high school, 10 times more likely to abuse chemical substances, 14 times more likely to commit rape (for the boys), 20 times more likely to end up in prison, and 32 times more likely to run away from home."

With new children being born, running away, dropping out of high school and committing murder every year, it's not a static problem to analyze. But however the numbers are run, single motherhood is a societal nuclear bomb.

Many of these studies, for example, are from the '90s, when the percentage of teenagers raised by single parents was lower than it is today. In 1990, 28 percent of children under 18 were being raised in one-parent homes -- mother or father, divorced or never-married. By 2005, more than one-third of all babies born in the U.S. were illegitimate.

That's a lot of social problems in the pipeline.

Think I'm being cruel? Imagine an America with 60 to 70 percent fewer juvenile delinquents, teenage births, teenage suicides and runaways, and you will appreciate what the sainted "single mothers" have accomplished.

Even in liberals' fevered nightmares, predatory mortgage dealers, oil speculators and Ken Lay could never do as much harm to their fellow human beings as single mothers do to their own children, to say nothing of society at large.

But the Times won't run that series because liberals adore single motherhood and the dissolution of traditional marriage in America. They detest the military, so they cite a few anecdotal examples of veterans who have committed murder and hope that no one asks for details.

Oral Health Tips For Seniors

ORAL HEALTH TIP FOR SENIORS XXIV

In this Oral Health Tip for Seniors we will continue to provide answers to some of the most frequently asked questions about senior dental care.

Q: Can medications that I am taking affect my dental treatment?

A: Yes. In fact, each time you visit your dentist, be sure to give him or her complete, up-to-date information about any recent hospitalizations or surgery, recent illness and/or any changes in your health since your last visit, and any changes in any medications you may be taking.

Regarding medications, be sure to write down and bring with you a list of the names of current medications you are taking, their dosages, and frequency of use. Include any over-the-counter products you may be using as well as any herbal products and supplements. All of these issues will need to be considered by your dentist in order to devise a safe and effective treatment plan for you.

Q: I've heard that implants are an alternative to dentures. What should I know about implants?

A: First you should know that today's older adults are keeping their natural teeth longer. According to a recent survey by the National Institute of Dental and Craniofacial Research, the rate of toothlessness in individuals aged 55 to 64 has dropped 60% since 1960. This is attributed to scientific developments as well as to a growing awareness of good oral hygiene practices.

Despite this good news, some older adults do suffer from tooth loss and will need dentures, bridges, or an alternative -- such as implants. Dental implants are replacement tooth roots. Implants provide a strong foundation for fixed (permanent) or removable replacement teeth that are made to match your natural teeth.

Not everyone is a candidate for implants. Patients should have healthy gums and enough bone to hold the implant. Heavy smokers, people suffering from uncontrollable chronic disorders -- such as diabetes or heart disease -- or patients who have had radiation therapy to the head-neck area need to be evaluated on an individual basis. Talk to your dentist to see if implants may be an option for you.

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

QUESTION

from page 19.

6) Known nutrient deficiencies -- Fad dieting which eliminates any one of the three basic food components - proteins, carbohydrates, or fats -- definitely requires adequate supplementation. Fad dieting is never recommended and rarely is successful long term. Another instance of known nutrient deficiencies is when taking chemotherapy or conditions where normal nutrition cannot be taken by mouth. A physician's care is necessary in these situations. 7) Food allergies -- Gluten or lactose intolerance means that the body cannot digest important sources or thiamine, riboflavin and calcium.

Those are just some situations where supplementation is not only rec-


ommended, but, rather extremely important to reestablishing the homeostasis of the body. Even within those specific situations there are many variables which affects what kind and how much of a particular vitamin or mineral one may need. Keeping the right balance for optimal health can be like walking a tightrope at times, and wise supplementation could just be the safety net to maintaining equilibrium.

Charlene Dengler is a former registered nurse who has also been a model, nutrition consultant, fitness instructor and educational consultant. She is currently a nutrition consultant and personal trainer whose main focus is a natural approach to health and wellness. She can be reached at (719) 250-0683.

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Weird News

from page 4.

-- In December, Lorraine Henderson, the port director for the federal Customs and Border Protection agency's southern New England area, was charged with hiring illegal immigrants to clean her home and instructing them how to avoid detection by her agency. According to court documents, she told one worker, "You have to be careful, 'cause they (meaning, her agency) will deport you."

The Litigious Society

-- Elizabeth Shelton, 21, filed a lawsuit in Houston in December against the truck driver that she accidentally rear-ended in a 2007 crash, while she was intoxicated, and in which her boyfriend was killed. Though she was convicted of manslaughter, she is now suing for \$20,000 damage to her Lexus SUV and for "pain and suffering," basing her claim on the fact that the blameless driver she hit was uninsured. In all, her lawsuit names 16 defendants, including insurance companies and banks. Shelton is the daughter of a state court judge.

-- In November, Michigan state circuit court judge Robert Colombo Jr. almost single-handedly quashed thousands of apparently bogus lawsuits for asbestos-related injuries by exposing the principal examining doctor as

unqualified. Dr. Michael Kelly had diagnosed injuries on 7,323 patients' x-rays over 15 years (earning \$500 per screening), which in one sampling was 58 times the abnormality-detection rate of independent radiologists. Judge Colombo found that Kelly is neither a radiologist nor a pulmonologist, had failed the certification test for reading x-rays, and performed lung-function tests improperly 90 percent of the time. On the day Judge Colombo commenced the investigation of Dr. Kelly, plaintiffs' attorneys, realizing they had been busted, promptly withdrew all of their lawsuits except one.

-- Poor Babies! (1) Two customers who lined up for the 5 a.m. November "Black Friday" opening at the Long Island, N.Y., Wal-Mart (in which a worker was crushed to death) filed lawsuits against the store because of the crowd's unruliness. Fritz Mesadieu, 51, and son Jonathan, 19, said they got neck and back pain from the surge of customers and that their medical and legal expenses amounted to at least \$2 million. (2) More than 130 lawsuits were filed in November and December by inmates at a state prison in Beaumont, Texas, who claimed to suffer psychological trauma because prison officials failed to prepare them well for Hurricane Ike, which hit the

city in September.

Least Competent Criminals

-- Questionable M.O.s: (1) Jessica Cohen, 20, was re-arrested in Cincinnati in December. She had gone to the local Public Defender's Office seeking a lawyer to represent her on a theft charge, and while there, according to police, stole an employee's cell phone. (However, she had already filled out paperwork with her name and address.) (2) Robert Dendy, 59, was detained by police in Tonawanda, N.Y., in November after he dropped by police headquarters to give them a holiday wreath as a token of his gratitude for their service. One of the officers happened to notice that the wreath was the same one that had just been stolen from a market next door to the station, and after investigating, found more suspicious missing goods at Dendy's home.

Recurring Themes

Louise Light, 21, was not hurt when she crashed into guideposts in Woodstock, Ontario, in November, but she did get milk all over her because she was eating cereal from a bowl while driving.

The Joys of Air Travel

(1) In December, a Flybe Airline flight from Cardiff, Wales, was preparing to land as scheduled at Charles de Gaulle airport in Paris when the pilot announced that they had to return to Cardiff because, he said, "Unfortunately, I'm not qualified to land the plane in Paris." Because of the heavy fog, the plane would have to be instrument-landed, and the pilot had not yet completed certification. (2) In September, after a Chinese Shandong airline flight landed safely in Zhengzhou, the engine died, and the airline was forced to enlist some of the 69 passengers to help employees push the plane to the gate.

Government in Action!

-- Recently, the Georgia Department of Natural Resources has been seeking 75 volunteers to be trained in listening to frogs so that the state can complete its annual frog survey. Georgia has 31 frog species, each with distinctive ribbits and croaks, and surveyors, after practicing detection, will monitor frog habitats to help officials measure population trends. Tracking season begins this week.

-- A Houston Chronicle investigation revealed in November that Immigration and Customs Enforcement failed to act against 75 percent of all self-identified illegal aliens convicted of local crimes in the Houston area recently, including immigrants who had committed felonies ranging up to sexual assault of a child and even capital murder. After ICE declined to hold them, that 75 percent were

simply released back into the community. Nationally, during that same approximate time period, ICE was deporting twice as many illegal aliens with clean records (clean, except for being undocumented) as those with criminal rap sheets.

Police Report

-- Britain's association of police officers complained to the Daily Telegraph in November that bureaucratic requirements are "emasculating" law enforcement, offering as one example the Home Affairs Department's insistence that a seven-page form be submitted for any surveillance work, even if the "work" is merely observing via binoculars. And in December, the Daily Telegraph reported that 45 officers from the Lancashire county police were assigned to help install speed indicator signs but only after being sent to a two-hour class that included safety instructions on climbing a 3-foot ladder. Said a spokesman, "If we didn't do it and people were falling off ladders, we would be criticized."

Fine Points of the Law

-- (1) By a 2-1 vote, a Florida appeals court ruled in December that Andrew Craissati could stop paying alimony to his ex-wife. The couple's agreement called for alimony only until she remarried or was "cohabit(ing)" with another person for at least three months, and Craissati pointed out that his ex-wife, recently convicted of a serious DUI offense, is now "cohabiting" with a cellmate in prison. (2) In November, a judge at Killorglin District Court in Kerry, Ireland, dismissed two DUI cases because the blood-alcohol readings were not administered properly. The suspects should have been isolated for 20 minutes before the test but had been permitted to use urinals, and the judge accepted lawyers' arguments that "steam" from the urine might have wafted into the men's noses and raised their readings.

Least Competent Criminals

-- Joseph Goetz, 48, was charged with trying to rob the Susquehanna Bank in Springettsbury Township, Pa., in November, even though he had to leave empty-handed. The bank had just opened for the day, and cash had not yet been delivered to tellers' stations. Employees said that Goetz was highly irritated at having wasted his time, and that he threatened to file a "complaint" about the bank's operations.

-- Benedict Harkins, 46, was charged with attempted petty larceny in Jamestown, N.Y., in December after he had filed an insurance claim against the Farm Fresh Market for having tripped over a rug at the front door. Shortly after the filing, Harkins was informed that the store's front-door surveillance camera had captured a sequence in which he had sat down and adjusted the rug to make it look like he had tripped. Harkins then immediately withdrew the claim but was arrested anyway.

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

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

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

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

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Elegantly Easy, Wickedly Delicious Sweet Treat

(NAPSI)-Impress that special person in your life with a healthy taste of decadent Dark Chocolate Bark with Figs and Nuts. If you're new to bark, this chocolate candy ranks as one of the easiest and tastiest confectionary treats.

Simply melt chocolate in the microwave, stir in some chopped golden Calimyrna or dark purple Mission Figs

and some chopped nuts, and spread the mixture on a foil-lined sheet. Chill and break into pieces. So easy, it's hard to believe. Variations abound--drizzling white chocolate over the top, sprinkling with toasted almonds or, for fig lovers, sprinkling additional chopped figs on top--all the variations are delicious. Wrap in festive cellophane with a decorative ribbon

for a celebration or keep in an airtight container for everyday enjoyment.

The news keeps getting better. Dark chocolate is loaded with health-promoting antioxidants. Add to this the fact that California dried figs and nuts are great sources of dietary fiber and other essential nutrients and you have a treat that shows you care about healthy eating and know how to make it taste good. Indulge your sweet tooth, but remember that a little piece goes a long way. Share the recipe with friends and family and let everyone in on the treats that treat you well.

Valley Growers' Store is a great place to order figs throughout the year, and the Web site is a wealth of kitchen-tested recipes. Visit www.valleyfig.com.

DARK CHOCOLATE BARK WITH FIGS AND NUTS

- 8 ounces bittersweet (not unsweetened) chocolate baking bar, broken into small pieces
- 1/2 cup stemmed and chopped (1/3 inch) Blue Ribbon Orchard Choice or Sun-Maid Figs
- 1/2 cup chopped (1/3 inch) salted or lightly salted mixed nuts*
- 2 ounces white chocolate,

broken into small pieces

Melt bittersweet chocolate as package directs. Stir figs and nuts into melted chocolate. Spread on foil-lined baking sheet to thickness of about 1/4-inch. Chill until firm, about 30 minutes. For white chocolate drizzle, melt white chocolate as package directs. Scrape into small plastic bag; seal bag. Snip tiny hole in corner of bag. Squeeze bag to drizzle chocolate over bark. (Or dip teaspoon in chocolate and drizzle over bark.) Chill 30 minutes or until firm. Peel bark off foil and break into irregular 1 1/2- to 2-inch pieces. Store in airtight container at room temperature. Makes 24 to 28 pieces.

*Or chopped, toasted almonds, hazelnuts, pecans, pistachios, cashews, walnuts or a combination.

Fig Almond Bark Variation:

Omit mixed nuts and white chocolate. Increase chopped figs to 1 cup. Melt bittersweet chocolate as directed above and stir in figs. Spread on foil as directed. Immediately sprinkle 1/2 cup toasted sliced almonds over chocolate. Press almonds into warm chocolate with back of spoon to secure. Chill and break into pieces as directed.

Just Nuts About Pistachios

(NAPSI)-More than just a tasty snack, tree nuts--such as pistachios--may actually help lower the risk of heart disease. Plus, research shows that nut consumption is associated with a lower body mass index and has not been shown to cause weight gain.

To help reduce the risk of heart disease, it's important to get regular exercise and follow a healthy diet low in sodium and unhealthy saturated and trans fats but high in fiber, healthy monounsaturated fats and plant sterols. One way to accomplish this is by eating pistachios. According to a recent Penn State study:

- Adding one to two handfuls of pistachios per day to a low-fat diet can reduce LDL "bad" cholesterol levels 9 to 12 percent; and

- HDL "good" cholesterol levels in women increased when adding 3 ounces of pistachios per day to the diet.

To learn more about the heart-healthy benefits of pistachios, visit www.PistachioHealth.com and www.WonderfulPistachios.com.



FREMONT/CUSTER County Menus

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

FLORENCE

100 Railroad St. - Florence Tu-Thur-Fri

FEB. 3: PORCUPINE MEATBALLS, Whipped Potatoes/Gravy, California Vegetable Medley, Banana.

FEB. 5: HAM AND BEANS, Broccoli, Carrots, Orange Juice, Cornbread/marg.

FEB. 6: TUNANOODLE CASSEROLE, Italian Green Beans, Pineapple Tidbits.

FEB. 10: BEEF STEW, Wheat Crackers, Whole Kernel Corn, Herbed Green Beans, Diced Pears.

FEB. 12: HONEY BBQ CHICKEN, Oven Browned Potatoes, Chopped Spinach, Diced Pears.

FEB. 13: BEEF & SWEET PEPPERS, Steamed Brown Rice, Orange Spiced Carrots, Grapefruit Half.

FEB. 17: SWISS STEAK/MUSHROOM SAUCE, Whipped Potatoes, Seasoned Greens, Tropical Fruit.

FEB. 19: SPAGHETTI/MEATSAUCE, Tossed Salad, Mixed Fruit, Orange Juice.

FEB. 20: TURKEY SALAD/LETTUCE/TOMATO, Steamed Brown Rice, California Veggie Medley, Raisin Applesauce.

FEB. 24: MEATLOAF, Brown Gravy, Cheesy Potatoes, Seasoned Green Beans, Pineapple Tidbits.

FEB. 26: BEEF STROGANOFF, Orange Spiced Carrots, Ruby Beet Salad, Mixed Fruit.

FEB. 27: CHILI RELLENO CASSE-ROLE, Parslied Carrots, Tossed Vegetable Salad with Lemon.

SALIDA MENU

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FEB. 3: CHILI CON CARNE, Wheat Crackers, Sliced Yellow Squash, Fresh Apple, Cornbread with Margarine.

FEB. 5: KIELBASA, Parsley Buttered New Potatoes, Mixed Vegetables, Squash, Pineapple Mandarin Orange Compote.

FEB. 6: ROAST CHICKEN/MUSHROOMSAUCE, Brown Rice, Cauliflower Broccoli Mix, Apple Pear Salad.

FEB. 10: COMBINATION BURRITO/Chicken Green Chile, Tomato, Lettuce/Salsa, Black Beans/Cilantro, Pears.

FEB. 12: HUNGARIAN GOULASH, California Veggie Medley, Chopped Spinach with Malt Vinegar, Banana.

FEB. 13: BAKED HAM/RAISIN SAUCE, Candied Sweet Potatoes, Green Bean Amandine, Cranberry Mold.

FEB. 17: VEGETABLE SOUP, Cold Roast Beef Sandwich/Wheat Bread/Must/Mayo/Tom/Let, Waldorf Salad, Banana.

FEB. 19: STEWED CHICKEN/OLIVES, Greek Spaghetti, Greek Spanish Rice, Salata, Karidopita.

FEB. 20: TURKEY POT PIE, Tossed Salad, Orange Juice, Apple.



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FEB. 24: BEEF STEW, Wheat Crackers, Whole Kernel Corn, Herbed Green Beans, Diced Pears.

FEB. 26: BRATWURST/BUN/Sauerkraut/Must/Onion, Pickled Beets, Sliced Peaches.

FEB. 27: CHICKEN CORDON BLEU, Rice Pilaf, Asparagus, Apricots.

GOLDEN AGE CENTER

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

FEB. 2: SALISBURY STEAK, Whipped Potatoes/Gravy, Italian Green Beans, Tropical Fruit.

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

FEB. 6: TACO SALAD/SALSA/Tom/Lettuce Garnish, Strawberry Applesauce, Tropical Fruit, Cornbread/Margarine.

FEB. 9: BEEF STROGANOFF, Orange Spiced Carrots, Ruby Beef Salad, Tropical Fruit.

FEB. 11: MEATLOAF/Brown Gravy, Cheesy Potatoes, Seasoned Green Beans, Pineapple Tidbits.

FEB. 13: CHICKEN CORDON BLEU, Rice Pilaf, Asparagus, Apricots.

FEB. 16: PRESIDENTS DAY-No Meal.

FEB. 18: SCALLOPED POTATOES/HAM, Chopped Spinach, Mixed Vegetables, Apple.

FEB. 20: BRATWURST/BUN/Sauerkraut, Mustard/Onion, Pickled Beets, Sliced Peaches.

FEB. 23: TURKEY TETRAZINI, Italian Green Beans, Cottage Cheese Peach Salad, Strawberry Applesauce.

FEB. 25: LENTIL BLACK BEAN SOUP, Egg salad Sandwich on Wheat Bread, Sliced Tomato on Lettuce, Banana.

FEB. 27: TERIYAKI BEEF, Steamed Brown Rice, Chinese Vegetables, Spinach Mandarin Orange Salad with Sesame Vinaigrette Dressing.

PENROSE CENTER

1405 Broadway-Penrose (Tues/Thur)

FEB. 3: CHICKEN FRIED STEAK/COUNTRY GRAVY, Roasted Garlic Mashed Potatoes, Cauliflower, Broccoli Mix, Apple, Drop Biscuit/marg.

FEB. 5: HAM/BEANS, Cut Broccoli, Parslied Carrots, Orange Juice, Cornbread with Margarine.

FEB. 10: SPAGHETTI/MEATSAUCE, Tossed Salad/Italian Drsg., Seasoned Green Beans, Orange.

FEB. 12: OVEN FRIED CHICKEN, Spinach Mandarin Orange Salad, Potato Salad, Peaches, Cornbread/Margarine.

FEB. 17: SLOPPY JOE/BUN, Scalloped Potatoes, Broccoli and Carrots, Apple.

FEB. 19: ROAST TURKEY/GRAVY, Cornbread stuffing, Cauliflower Broccoli/Cheese Sauce, Cranberry Mold, Pumpkin Bar.

FEB. 24: BEEF STEW, Wheat Crackers, Whole Kernel Corn, Herbed Green Beans, Diced Pears.

FEB. 26: ROAST PORK, Whipped Potatoes/Gravy, Parslied Carrots, Strawberry Gelatin Salad, Dinner Roll with Margarine.

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FEB. 2: TOMATO SOUP, Turkey on Wheat with Mustard and Salad Dressing, Seasoned Green Beans, Orange, Almond Peaches.

FEB. 3: SPICY BEEF RICE CASSE-ROLE, Cut Broccoli, Sliced Yellow Squash, Pineapple Tidbits.

FEB. 5: BAKED PORK CHOP/COUNTRY STYLE GRAVY, Whipped Potatoes, Hot Bean Casserole, Fruit Salad, Cinnamon Applesauce.

FEB. 9: CHILI CON CARNE, Whole Wheat Crackers, Cut Broccoli, Raisin Nut Cup, Apple.

FEB. 10: TURKEY TETRAZINI, Italian Green Beans, Cottage Cheese Peach Salad, Strawberry Applesauce, French Bread.

FEB. 12: MEATLOAF, Brown Gravy, Mashed Potatoes, Peas, Apricots.

FEB. 16: PRESIDENTS DAY.

FEB. 17: SPAGHETTI/MEAT SAUCE, Tossed Salad with Italian Dressing, Seasoned Green Beans, Orange.

FEB. 19: TURKEY SANDWICH/Provone Cheese & Mustard, Sliced Tomato/Lettuce, Plums, Waldorf Salad.

FEB. 23: CHICKEN RICE SOUP, Wheat Crackers, Open Face BBQ Beef On a Bun, Creamy Coleslaw, Almond Peaches.

FEB. 24: HONEY BBQ CHICKEN, Oven Browned Potatoes, Chopped Spinach, Diced Pears.

FEB. 26: BAKED HAM/RAISIN SAUCE, Candied Sweet Potatoes, Green Bean Amandine, Cranberry Mold.

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ALL MEALS SERVED WITH MILK (Coffee or Tea optional). Most meals served with bread and margarine.

Art/Beauty Dwells In Medellin, Colombia

by Elliott Hester

Believe it or not, Colombia -- the world's largest exporter of the powdery white substance that spawned decades of drug-related violence and corruption in this South American nation -- supplies most of the flowers purchased in the United States.

And in the eyes of local art lovers, Medellin -- the country's second-largest city and one-time headquarters of

Pablo Escobar's drug cartel -- is most notable as the 1932 birthplace of Fernando Botero, considered by many to be Latin America's greatest living artist.

Despite warnings from friends, I spent four days in Medellin (pronounced Meh-da-jeen) and was not assaulted, kidnapped or caught in the crossfire between rival drug gangs. Instead, I had a wonderful time.

The sheer beauty of the city is worth the trip. Medellin (population 3 million) is cradled in the emerald-green Aburra Valley, where red-brick skyscrapers rise like giant redwoods. White clouds, like icing on lime cake, swirl atop the surrounding foothills. Perhaps as impressive as the scenery, the Museum of Antioquia, named for the province

in which Medellin resides, is a favorite attraction. In addition to work from prominent Colombian artists such as Luis Caballero, the three-story structure houses more than 100 sculptures, drawings and paintings by Botero.

Botero is an abstract artist by nature, and his work is instantly recognizable. His subjects, both human and animal, are known for their fleshy, exaggerated proportions. Portraits of a corpulent Marie Antoinette, a chubby Cezanne and even a plump, stubby-fingered Jesus Christ grace the third-floor galleries.

An entire room is dedicated to bullfighting, a sport that fascinates the artist. Matadors, picadors and bulls are portrayed in portly splendor.

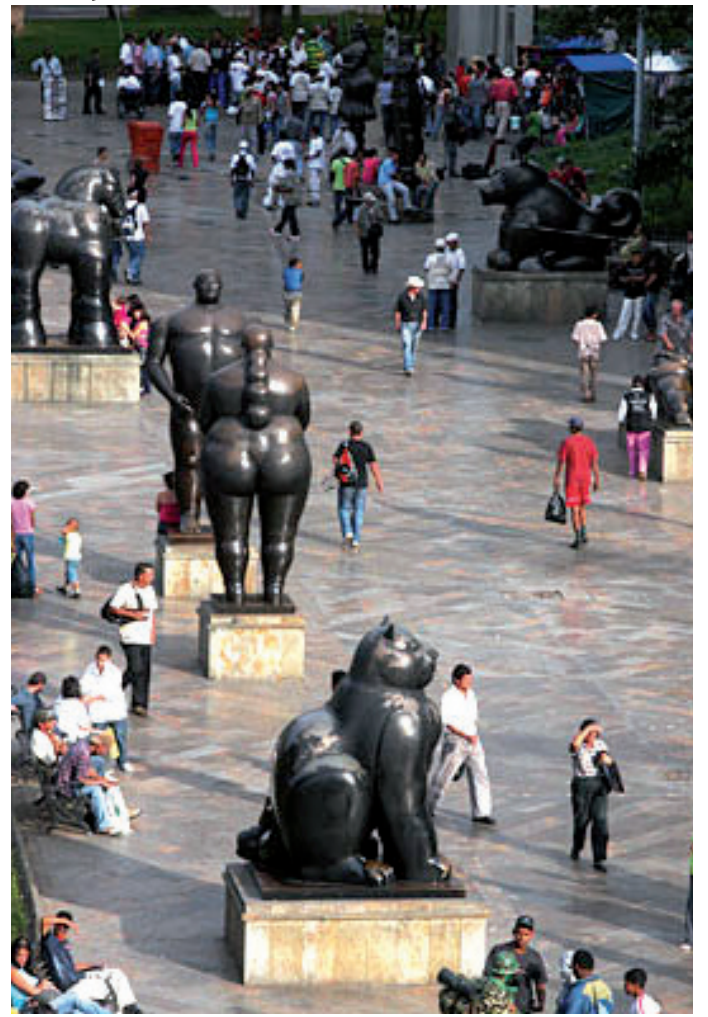
One of Botero's most powerful portraits captures the end of an ugly era in his own hometown. In "Muerte de Pablo Escobar," the artistically bloated drug lord is depicted, pistol in hand, falling dead in a rain of police bullets.

Escobar's Dec. 2, 1993, demise, a progressive new president and a thriving textile industry that put thousands of jobless locals to work -- these events combined to put an end to out-of-control violence. The once lawless town now is no more dangerous than any other South American city.

Across the street from the museum, in Botero Park, some two dozen bronze sculptures help transform a once-blighted city plaza into an artistic wonderland. Children pose for photos beneath "Perro," an obese Botero dog. The massive buttocks of Botero's "Mujer Con Espejo" (Woman With Mirror) serve as a makeshift slide for laughing playmates.

Many larger-than-life sculptures serve as meeting points for friends and lovers. They rendezvous at "Gato," Botero's fat cat; "Cabeza," a giant head; "Soldado Romano," the Roman Soldier, or whichever Botero sculpture suits their fancy. His sculptures have become examples of art facilitating life, rather than imitating it.

The park and museum are referred to jointly as "Botero City." It's an oasis in an otherwise crowded city center. Maddening traffic and vociferous street



Works by Fernando Botero, an artist known for sculptures with exaggerated proportions, can be seen in Botero Park and the Museum of Antioquia in Medellin, Colombia, once the domain of drug lords. photo: Elliott Hester

vendors drove me across town to Parque Lleras.

Located near the stylish El Poblado neighborhood, Parque Lleras is a cozy park surrounded by shoulder-to-shoulder restaurants and bars. Medellin's beautiful people party here most every night. It's like South Beach without the sea.

As is the case in most North American cities, Medellin is full of shopping malls. El Tesoro and Oveido, two of the largest, boast nearly 600 shops between them. The state-of-the-art, open-air shopping centers are sparkling clean. The workers are friendly and the amenities surprising. At Palms Avenue Mall, for example, the gourmet food market is open 24 hours.

Boasting spring-like weather all year round, spotless city streets, excellent service and the world's largest Botero collection, Medellin is an unexpected pleasure.

Perhaps the most telling aspect of the city's transformation is in the mantra from the tourism office's promotional campaign: "Colombia: The only risk is wanting to stay."

While this may be an exaggeration, the reference to Colombia's violent past speaks volumes about its future.

(Elliott Hester is the author of "Adventures of a Continental Drifter" and "Plane Insanity." Contact him at elliottthester@gmail.com or visit www.elliottthester.com.)

IF YOU GO

The Museum of Antioquia is open from 10 a.m. to 6 p.m. Monday through Saturday and 10 a.m. to 5 p.m. Sundays and holidays. Admission is \$3.70 U.S. for adults, and \$1.80 for students. Admission is free to seniors and children under 12. For more information, visit www.museo-deantioquia.org.

Where to stay: The Intercontinental Hotel (\$115 per night), and Holiday Inn Express (\$103 per night) are among options. For details, visit www.ichotelsgroup.com.

Information: For more information on traveling to Colombia, visit www.turismocolombia.com.er

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Reeling “Never Too Late For Romance”

by Film Critic Betty Jo Tucker, Pueblo

NEVER TOO LATE FOR ROMANCE

Falling in love can happen at any age. “Last Chance Harvey” emphasizes this romantic theme while having a bit of fun doing it. Playing two lonely middle-aged people who find each other during some tough times in their lives, Dustin Hoffman and Emma Thompson may look ill-suited for each other here, but they deliver the goods with believability and charm. Who would expect these two actors to be among the most fascinating on-screen couples ever?

Hoffman portrays Harvey Shine, a man disappointed with the way his career has turned out. Although quite talented as a composer and pianist, he’s ended up writing jingles for commercials. And his boss hints about bad things to come. On the personal side, Harvey’s relationship with his estranged daughter couldn’t get much worse. To attend her wedding, he must leave New York City – during what he insists is a crucial time for his job – and travel to England. After arriving across the pond, Harvey faces the humiliation of being the odd-man out at his own daughter’s nuptial activities.

Luckily, our sad-sack hero

soon meets Kate Walker (Thompson), a woman who spends most of the time answering calls from her quirky mother (Eileen Atkins). Mom can’t seem to stop pestering Kate about her single status. Unfortunately, Kate’s latest blind date resulted in considerable embarrassment for her – so she’s not in a very happy emotional state when Harvey tries to start up a conversation with her.

These two walking wounded believe they are losers and that love has passed them by. However, their amusing interactions and shared misery help them establish a strong bond, one that offers them a chance for happiness. Despite the painful and, of course, humorous obstacles standing in their way, will they be daring enough to risk being together as a couple?

Hoffman and Thompson give low-key performances as the unlikely Harvey/Kate duo. But they are a treat to watch! Because of their brilliant acting skills, it’s easy to feel empathy for the unhappy characters they portray. Hoffman lends Harvey an almost pathetic demeanor during certain parts of the film, and Thompson makes Kate someone we care for from the very beginning. She’s a real pro at changing expressions in the blink of an eye, which serves her well in various interactions with Hoffman. Thompson towers over Hoffman, so they look like Mutt and Jeff. This striking visual reinforces the idea that Harvey and Kate may not be right for each other. And yet a surprising Hoffman/Thompson chemistry comes across in practically every one of their scenes together.

Applause also writer/director Joel Hopkins for filling “Last Chance Harvey” with subtle humor and witty dialogue as well as for allowing important sequences to run longer than we see in

most romantic comedies today. We need time to get to know how Harvey and Kate relate to one another, so extended conversations seem very appropriate.

“Last Chance Harvey” earns a well-deserved spot on my list of favorite romantic comedies. (Released by Overture Films and rated “PG-13” for brief strong language. Opened on a limited basis in December, then nationwide in late January.)

On the other hand, “Nights in Rodanthe,” a February 10th DVD release, fails to hit home as a satisfying romantic film. Do Diane Lane and Richard Gere look great together on screen? Yes! Does this film “make you “want to fall in love all over again,” as Stephen Colbert teases? Not so much, unfortunately.

Based on a novel by Nicholas Sparks, “Nights in Rodanthe” relates the tale of what happens when an unhappy woman, who has volunteered to take care of her friend’s inn for a weekend, meets the handsome but distraught guest staying there for those same two days and nights.

Despite the chemistry between its co-stars and the movie’s lush coastline scenery, “Nights in Rodanthe” serves up too much manipulated sentimentality for my taste, even though I’m incurably romantic most of the time. It tries to depict a “Great Love” springing up full-blown between two mature people after only one weekend together, which seems rather farfetched.

Still, Lane and Gere work hard to bring some credibility to their characters. As Adrienne, a stressed-out mother of two estranged from her philandering husband, Lane excels at showing how hard it is for Adrienne to deal with all the day-to-day challenges facing her. And she does a great job transforming Adrienne into an entirely different woman after falling in love with Paul (Gere). As a divorced



doctor suffering guilt over a surgery gone wrong, Gere succeeds in projecting changes in the doctor’s personality as a result of his love for Adrienne.

Because Gere and Lane share such terrific rapport, I wish “Nights in Rodanthe” took advantage of that fact by shortening their characters’ letter-writing romance and including more scenes of them together. Always the eternal optimist, I’m betting the Lane/Gere pairing will get the chance to shine in a better romantic movie sometime in the future. (Released by DreamWorks and rated “PG-13” for some sexuality.)

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

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