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*Peace & Joy To All
May The Clouds Never Burst &
The Sun Always Find You!*

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Senior Beacon

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

DECEMBER, 2010 Vol. 29: No. 5 Established Aug., 1982 341 Consecutive Months!

Seniors Transferred To Costly Medicare Drug Plans

Seniors Transferred To Costly Medicare Drug Plans Without Their Knowledge

Alexandria, VA (November 17, 2010) Healthcare costs are exploding for unsuspecting seniors next year. Millions of Medicare Part D enrollees are impacted by a new government policy that required Part D insurers to reduce the number of plans they offer in 2011. The Senior Citizens League (TSC), one of the nation's largest nonpartisan seniors groups, warns that notification to seniors enrolled in plans that are closing appears too lax, and a lack of timely, easy-to-understand information about new costs will result in sticker shock at the pharmacy next year.

The changes came as a shock to 85-year old Irene Haney who lives in Central Virginia. Irene checks her Part D coverage in early November with the help of her neighbor, TSC's Medicare policy analyst, Mary Johnson.

Irene was very surprised to learn that her Part D drug plan is closing at the end of December. Although Medicare Part D plans are required to

notify enrollees of changes in coverage, the information that Irene received was unclear, and even the plan's website did not spell out that her plan would close by December 31st, 2010. Irene learned that without her knowledge; she had been automatically enrolled in a different drug plan run by the same insurer. A call to 1-800-MEDICARE (1-800-633-4227) confirmed that the new plan would take the place of her 2010 Part D plan, effective January 1st. The automatic enrollment was allowed under Medicare rules, but the new plan would cost significantly more, and didn't cover her expensive-brand eye-drop prescription.

Irene's estimated costs for 2011 would almost double - from \$1,014 in 2010 to \$1,957 in 2011. Instead, after carefully checking cost and coverage details, Irene plans to switch to a new drug plan. According to the estimate from the Medicare Drug Plan Finder, she will save about \$1,164 in 2011.

"Seniors need to check their Part D coverage now," says TSC Chairman Larry Hyland. "We believe hundreds of thousands of seniors and the disabled

are at risk of higher premiums, new deductibles, loss of coverage and higher drug costs," he says. Medicare's Open Enrollment period, when seniors have the opportunity to switch drug plans, runs from November 15th through December 31st. TSC suggests that seniors contact their local Area Agencies on Aging and ask for help checking their drug coverage. Also, using the Medicare Drug Plan Finder at www.medicare.gov, seniors can check current drug plan enrollment, costs and coverage changes for the following year, and see at a glance if there are less costly plans offering better coverage based on their current prescriptions.

"We feel that seniors were not given adequate notice about the changes or fully informed about the financial impact of closing drug plans," Hyland says. "This comes at the very worst possible time, when there was no annual cost-of-living adjustment to help offset any higher costs." TSC has sent letters to Department of Health and Human Services Secretary, Kathleen Sebelius, and Donald Berwick, the Administrator of the Centers for Medicare

and Medicaid Services, calling for an extension of the Medicare Part D and Medicare Advantage Open Enrollment, until March 2011. Says Hyland, "The extension is needed to allow seniors more time to become informed of their costs for 2011 and to make appropriate plan changes." To learn more, visit www.SeniorsLeague.org or call 1-800-333-8725.

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

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

RetireSafe Supports Of Prostate Cancer Treatment

by Thair Phillips, President
202-628-5095
tphillips@retiresafe.org

RetireSafe Urges Support for Provenge Prostate Cancer Treatment

November 18, 2010 (Washington, DC) -- RetireSafe, a 400,000-sup-

porter strong national advocacy group for older Americans, yesterday urged the Medicare Evidence Development & Coverage Advisory Committee (MEDCAC) to support the full reimbursement of costs related to the important new Provenge treatment procedure for

prostate cancer patients. RetireSafe President Thair Phillips urged the Committee to "consider not only the many Americans suffering from prostate cancer, and their families, but also the millions of older Americans who are not yet directly affected by the disease, but who will, nonetheless, be affected by this decision" He said, "These seniors care very deeply about the suffering and choices of the individuals who do have prostate cancer and also about the role of government in determining the availability of the best possible medical treatment."

"The MEDCAC decision will have a lasting effect on future research and development of innovative new medications," Phillips continued. "If the Provenge treatment is denied for reimbursement, future innovation will suffer along with millions of cancer patients," he said. "We second Dr. Allen Lichter's (head of the American Society of Clinical Oncology) comment that it is 'extremely chilling' to innovation in cancer research if new FDA-approved treatments against cancer must now go through a second round of efficacy

and safety review from CMS, even for 'on-label' use," Phillips stated. "That kind of rationing, after the 15-year, \$1 billion development of this state-of-the-art treatment, would be beyond cruel," Phillips charged.

"The clinical effectiveness of the Provenge treatment is not in dispute," he added. "Whether the MEDCAC admits it or not the real core of this discussion is price and price is the very thing that should not be a point of discussion," he stated.

"Finally, we see many new Food and Drug Administration (FDA) approved drugs and treatments applauded, while others, like the Provenge treatment for prostate cancer, are attacked for supposedly being too costly," he said. "This apparent bias is troubling to seniors and serves to break the trust seniors have in the agency that has a huge impact on their everyday lives," Phillips went on to say. "This decision impacts not only prostate patients but every American, especially older Americans, and MEDCAC should carefully consider the far reaching implications of this landmark decision," he concluded.

El Pueblo History Museum

"Faces of Aultman" Exhibit Opening and Museum Open House

A new traveling exhibit developed by the Colorado Historical Society will open on December 10, Friday, from 6:00 p.m. to 8:00 p.m. at El Pueblo History Museum. The "Faces of Aultman" features the photographs of Oliver Aultman, an early Trinidad photographer who captured the ethnic and socio-economic diversity of the people who lived in the region during the turn of the 20th century. Bold black and white images go beyond family portraits to include a variety of settings and characters. Also that evening, the museum's bookstore and gift shop will have its Christmas Open House featuring incredible sales. A wide selection of American Indian jewelry and art, home décor, books and toys await the shopper. The High Vista Fine Art Gallery features the "Wet and Dry" exhibit of paintings by the Pikes Peak Pastel Society and the Southern Colorado Watercolor Society; the artworks are for sale. The Open House sale continues through Saturday, December 11, from 10:00 a.m. to 4:00 p.m. Also on Saturday, from 11:00 a.m. to 1:00 p.m., Santa will be here for children to visit. Admission is free to the Open House. The Museum galleries, which include the new exhibit and family fun and learning interactive areas, will have \$2 off admission for adults, senior citizens and students. Children 12 and under are free.

El Pueblo History Museum is located at 301 North Union. For more information call 583-0453.

"Plum Pudding Christmas"

Experience an old-fashioned holiday with a "Plum Pudding Christmas" on Saturday, December 18, from 9:00 a.m. to 4:00 p.m. at El Pueblo History Museum. The day begins with children making plum pudding. While waiting for the treat to cook, they will make origami ornaments, posie cones, punched tin ornaments, chains, paper balls and quill ornaments. A taffy pull and decorating cookies follows lunch. The tree is decorated and all enjoy plum pudding, cookies and wassail. Call the museum at 583-0453 for admission and more information, and to register. Children will need to bring a sack lunch. The museum is located at 301 North Union.

**This Season Celebrates Christ's Birth,
So Merry Christmas!
And We Hope That 2011 Brings You
Serenity And Joy!!!**

Beacon Publishing

I'm Still Above Ground

by James R. Grasso, Chief Cook & Bottle Washer



2011 Senior Citizen Of The Year

Pueblo County citizens have the opportunity to nominate and honor a very special senior citizen during the annual Senior Life Festival being held April 29, 2011 at the Colorado State Fair Grounds Events Center.

The Pueblo Area Agency on Aging and the Pueblo Advisory Council on

Aging will honor 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.

Nomination forms are available through the Pueblo Area Agency on Aging 719-583-6120. Nominations will be accepted through March 4, 2011.

Observations From The Cave

It would seem that the BHO administration does not really have a handle on the "jobs" thing. They don't seem to be transcending ethnicity as they said they would. In fact, everything they "said" they were going to do, it would seem they never intended to do and I mean everything! Perhaps it is just too hard or perhaps it was never their intention at all.

Many of the BHO administration's movers and shakers have "jumped ship" because they realize that this utopia thing is not the province of man. So we are left with a president that really is rudderless. Unemployment is inexcusably high and we are on the brink in so many areas. We have over-borrowed and we are sinking in red ink and BHO goes on a \$200,000,000 a day ten-day trip all over the world after the worst defeat of a sitting president in history or darn close to it. Our media looks the other way or makes excuses like the "American public is throwing a temper tantrum." Fools!

We know exactly why we voted against this "utopia" nonsense. Everything starts in our daily lives. Love the Creator, first, and others as you love yourself dovetails. It's a simple message but these guys and gals that are our leaders got it backwards. They love themselves first, foremost and forever and give "others" lip-service knowing they are fooling enough of us. That's why we are always stuck in the mud. They know how to play us. They fleece us.

Look at the economic debacle they are currently extending and making worse. The BHO administration still blames his predecessor. When will they take responsibility? Never, is the answer that pops into my head because they only know what they know. They were told all their lives that America is the root of all evil. America's capitalism has ruined the rest of the world. In their world view only socialism is king. Throwing worthless gobs of money around is their answer. They are clueless but what the heck, they have theirs!

Here's a simple answer to our economic woes. Our competitors throughout the world got stronger than we because of savings, investment and innovation. This BHO administration has run away from those words in a directly opposite direction. Those three words lead to productivity. Productivity leads to jobs, jobs and more jobs and in the end prosperity. It's been proven! The BHO administration doesn't seem to care about this one iota. They can't. Their mind-washed world view won't allow them to see what are the plain facts.

I read a Brookings Institute report which offered one main item that would get us back on our feet and competing with the Chinas of the world. "Get real on deficit reduction," it said. Just look around ladies and gents. As the BHO-Pelosi-Reid axis spent, spent and spent some more who became the creditors? Who are they, I ask? Why China, Hong Kong, Singapore, India and even Saudi Arabia. Um, that's where the money is and we all know where the debts are.

This is not rocket science or brain surgery. We simply must cut spending and let the economic engine of the United States do the rest. It really is that simple. We all know it but won't allow ourselves to admit our mistake!

Unfortunately the BHO administration and the Dem leadership have theirs. Their mindset is diametrically opposed to doing what needs to be done for the good of America. So we will continue to spin our wheels until such time we decide to do something about it. If we wait too long the wringing of hands and gnashing of teeth we are going through now will be a walk in the park compared to the real storm that is on the horizon.

Protect yourselves and your families. Be prudent. Use common sense in your everyday dealings. But most important be prayerful because in the final analysis, none of us is running the show. None of us is infallible.

Godspeed and remember the real reason for this season.

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Prescription Drugs May Cost Less in 2011

by Eileen Doherty

Denver, Co. Once again, it is time for seniors and disabled people on Medicare to make decisions about their prescription drug coverage under Medicare Part D. This year, due to the passage of the Affordable Care Act individuals who reach the donut hole will receive some assistance with their prescription drug costs.

Beneficiaries should review the annual notice of change sent by their current plans to determine the changes for 2011. Beneficiaries looking to change their prescription drug coverage can enroll in a new plan between November 15 and December 31, 2010 with coverage to begin January 1, 2011.

In 2011, the premiums range from \$14.80 to \$111.70 depending on the deductibles, co-pays and coverage of generics and brand name drugs in the donut hole. Thirty one plans are offered with a minimum of four co-payment tiers or a flat percentage of the drug cost. Most companies offer a mail order option.

In Colorado, there are 24 Medicare Advantage Health Plans that have monthly premiums including health and prescription drug plans with premiums

ranging from \$0 to \$246.20.

Of the first \$2840 in prescription drug costs, the standard Medicare prescription drug benefit includes a \$310 deductible. The beneficiary then pays \$632.50 or 25% of the next \$2530 costs of the prescriptions. Next, the beneficiary pays 50% of the costs of brand drugs and 7% of generic drugs for a total prescription drug cost of \$3607.50. The beneficiary pays about \$1803.75 during the coverage gap or the donut hole.

The gap ends when the total drug cost is \$6447.50. Catastrophic coverage begins when the individual incurs more than \$6448 in costs. At that time, the beneficiary pays 5%, the plan pays 15%, and Medicare pays 80%.

The annual notice of change explains the restrictions on the drugs including step therapy which requires the physician to demonstrate that a less costly drug is not working for an individual's condition. Other restrictions include the need for prior authorizations from the company before the prescription can be filled. Finally, the company may cover a limited number of pills per month. For example, the company may pay for 60 pills per month, but your doctor wants

you to take 90 pills. You will pay the costs on the formulary for 60 pills, but you will have to pay full price for the extra 30 pills. The cost of the extra 30 pills does not count toward the out-of-pocket expense in the donut hole.

Low Income seniors may be eligible for further assistance with their drug costs and other Medicare related costs. Low Income Subsidy (LIS) is a program for beneficiaries with a monthly income of less than \$1353.75 for a single person (\$1821.25 for a couple) and assets of less than \$12,510 for a single person (\$25,010 for a couple). LIS will pay for a portion of the Part D Premium, lowers co-pays, and lowers costs during the deductible and coverage gap. Beneficiaries can receive help in applying for LIS by enrolling through Social Security.

Individuals will pay \$1.10 or \$3.30 for generics, \$250 or \$6.30 for brand name drugs if they are on LIS. Individuals who enroll in one of the following plans will not pay a monthly premium for their prescription drug plan. The no-premium plans are: Advantage Star Plan, BravoRx, Community CCRX Basic, First Health Part D-Premier, Humana WalMart-Preferred Rx Plan, CVS

Caremark Value Plan, and Wellcare Classic.

Seniors with a monthly income of less than \$1238 for a single person (\$1662 for a couple) and assets of less than \$8,100 for a single person (\$12,910 for a couple) may receive assistance from the Medicare Savings Program. The Medicare Savings Program pays for the Medicare Part B Premium. For very low income individuals, it will also cover the Part B deductible, as well as the co-pays for physician and other medical services. Individuals can apply for this program through the county department of human services.

Individuals who need assistance with enrollment in a Part D or Medicare Advantage Plan or have questions about Medicare or Low Income Subsidy can call 303-333-3482 or visit www.medicare.gov.

Eileen Doherty, MS is the Executive Director of the Colorado Gerontological Society, 3006 East Colfax, Denver CO 80206. She has more than 30 years of experience in education and training, clinical practice, research, and public policy in gerontology. You may reach her at 303-333-3482 or Doherty001@att.net.

Seniors Blast Commission's Ideas On Social Security

SENIORS BLAST THE DEFICIT COMMISSION'S WILLINGNESS TO BREAK AMERICA'S PROMISE TO

AMERICA'S OLDER CITIZENS!

(Washington, DC) - RetireSafe, a 400,000-supporter strong national advocacy group for older Americans,

today blasted the Deficit Commission's draft report. The report cites cuts to Social Security benefits and a reduction in Medicare services as ways to reduce debt. "The Deficit Commission has chosen to put the burden of Washington's debt on the backs of those who are least able to bear it, America's older citizens," said RetireSafe President Thair Phillips. "Seniors paid into Social Security faithfully when they were younger with the belief that America would keep its promise with a monthly check when they retired. Now, the Deficit Commission wants to break that promise," he added.

The report contained various approaches to reduce debt, and some directly impact seniors. The most onerous are the chained Consumer Price Index (CPI) and Medicare service cuts.

"The chained CPI will make the already flawed CPI used for the annual Cost-of-Living Adjustment (COLA) even worse," Phillips stated. "If we thought using a CPI based solely on urban workers to determine Social Security and Veterans' benefits was bad, wait

until we use a chained CPI," he charged. "We'll have more 'zero' COLAs and smaller benefits because the government is using a faulty CPI to cut benefits," said Phillips.

"A chained CPI wrongly assumes that seniors have the same flexibility and options as younger, working Americans," Phillips said. He added, "Instead of adopting a fair and accurate CPI for seniors as outlined in the CPI for Seniors Act, H.R. 5305, the Commission goes in the opposite direction to further cut the COLA for older Americans." Phillips continued, "The fact that they would try to trick seniors into accepting a smaller check each month by proposing a chained CPI, simply adds insult to injury."

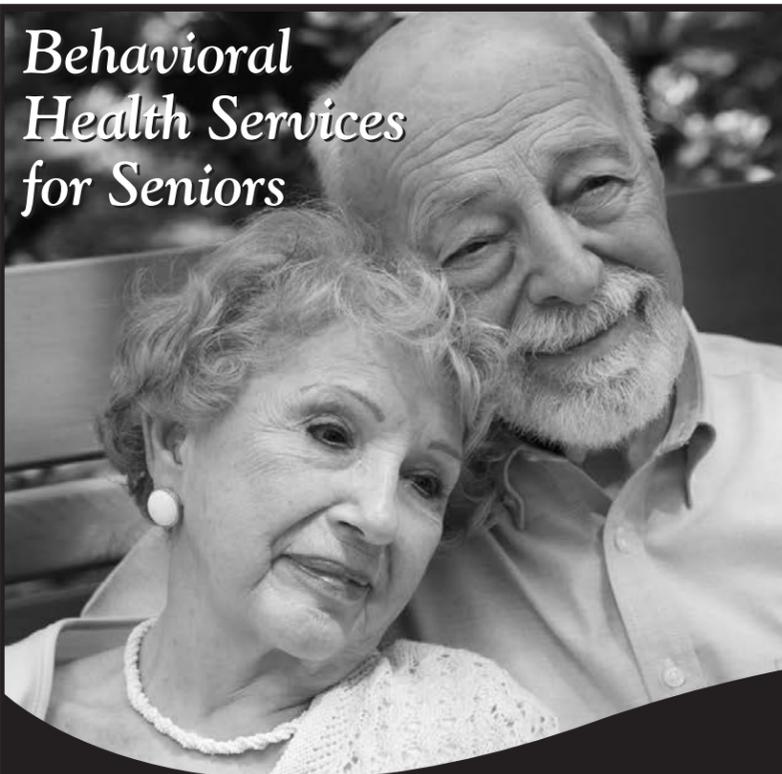
"The recommendation to increase the power of the Independent Payment Advisory Board (IPAB) shows the Commission's willingness to further cut health services to older Americans under the mantle of reducing the debt," he said. "This bureaucratic interference between a patient and their doctor goes far beyond even the unpopular healthcare reform bill," Phillips stated. "Reducing benefits and punishing older Americans to pay off the debt is not right or fair, and it must be stopped," he concluded.

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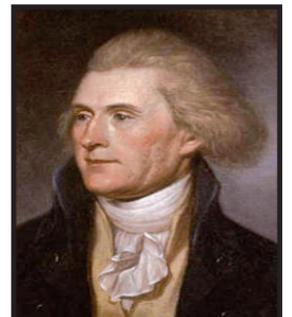
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"A government big enough to give you everything you want, is strong enough to take everything you have."

news of the weird

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LEAD STORY

-- Librarian Graham Barker, 45, of Perth, Australia, casually revealed to a reporter in October that his hobby of 26 years -- harvesting his own navel lint daily, just before he showers -- has now won acclaim in the Guinness Book of World Records. His three-jar collection (a fourth is in progress) has been sold to a local museum. His pastime, he told London's Daily Mail in October, "costs nothing and takes almost no time or effort so there is no compelling reason to stop." Barker, who also collects McDonald's tray liners, said he once did a "navel lint survey," and "a handful of respondents" "confessed" to the hobby. "One guy might have persisted, but he got married, and his wife ordered him to stop."

The Continuing Crisis

-- Bolivia's president Evo Morales, the former union leader and coca farmer known for hard-nosed political combat, is also a fanatical soccer player and drew worldwide video attention in October for an incident during a supposedly friendly match between his pals and a team headed by the mayor of La Paz. After absorbing a vicious foul five minutes into the contest (resulting in a leg gash), President Morales confronted the offender and kned him in his (as local media described it) "testicular zone," leaving the player curled on the ground. Afterward, Morales' bodyguards briefly threatened the gasher with arrest.

-- Fathers of the Year: (1) Real Father: In September, a judge in Kent County, Mich., finally ordered Howard Veal, 44, to prison to serve at least two years for failure to pay child support. He is more than \$500,000 behind in payments to 14 mothers for the 23 children he has fathered. Authorities suspect there are even more. (2) Fake Father: French officials arrested a 54-year-old immigrant in September on suspicion of

welfare fraud. They had recently begun to notice the man applying for government benefits for 55 children by 55 different mothers. (He may have fathered none at all.)

-- Swiss artist Gianni Motti has been displaying (through the end of November) a bar of soap at Zurich's Migros Museum of Contemporary Art, claiming it was made from fat that had been liposuctioned from Italy's Prime Minister Silvio Berlusconi. Motti said a clinic employee had surreptitiously given him the fat following Berlusconi's treatment in 2004, but the clinic has denied any involvement.

-- David Rees draws the political cartoon "Get Your War On," but in his new day job, he is an artisan -- of pencil-sharpening. "With an electric pencil sharpener, a pencil is meat," he complained to the Los Angeles Times in August. For \$15 (postage paid), Rees will lovingly, painstakingly sharpen a customer's favorite pencil or one of his own classic No. 2's and ship it in a secure tube to protect its newly super-sharp point. Rees also gives periodic exhibitions, wearing safety goggles and apron, to demonstrate his guarantee of "respect" for the instruments -- "an authentic interaction with your pencil."

-- The investigative journalism website ProPublica.org, curious about the workers being hired in the mortgage industry's massive, rushed re-examination of home loans previously foreclosed upon but which may have been processed illegally, began scouring the classified ads in October and November. Result: Though most employers "preferred" college graduates with credit-industry experience, it was clear from the entry-level wages offered that many were accepted only with high school educations, with at least some barely familiar with the concept of mortgages. (One staffing agency, offering \$10 to

\$12 an hour, sought a "Supervisor of Foreclosure Department," but that position, also, required only a high school diploma.)

Yikes!

-- Life Imitates 100 Sci-Fi Movies: At a conference in Vancouver in October, University of California, San Francisco researcher Charles Chiu disclosed that a never-before-detected virus that partially wiped out a monkey colony in a lab in Davis, Calif., recently appeared to have "jumped" from its species onto a human scientist at the facility. However, Chiu and his research team said there is "no cause for alarm at this time."

-- Smooth Reaction: In November, after her fourth-grade son was allegedly slapped by his teacher at a Kansas City, Mo., elementary school (son, black; teacher, white), Lisa Henry Bowen submitted a 40-page list of reparations she expects from President Obama and two dozen other officials. Included in the many demands: \$1.25 million in cash, \$13,500 in Wal-Mart gift cards, free college education, Disney World vacations, private tennis lessons, an African safari, her mortgage paid off, home remodeling, nine years of free medical and dental coverage, and a nine-year "consulting contract" with the school district at \$15,000 a month. Anticipating criticism that she had gone too far, she added that opponents can "kiss my entire black (expletive)!!!!!! I haven't begun to go far enough!!!!!!!"

-- Centuries ago, women who devoted themselves to the Hindu goddess Devadasi were priestesses from upper castes, but over time, the temples began to use "Devadasis" merely as prostitutes to raise money, according to a new British documentary by Sarah Harris, who was interviewed in September by London's The Independent. As before, girls are offered to the temples by their parents by age 3 and perform chores, but nowadays, at puberty, the temple begins to cash in on them. India made this practice illegal in 1988, but it endures, largely because the "Devadasis" (now, almost exclusively from lower castes) have, as career alternatives, only farm labor and latrine-cleaning.

-- Incoming University of Ten-

nessee football coach Derek Dooley told reporters in September of encountering one unexpected problem: staph infections caused by "the worst shower discipline of any team I've ever been around." He said he had recently run a clinic on "application of soap to the rag" and "making sure you hit all your body."

Latest Research

-- Formulas: (1) In July, researchers at University of Manchester devised a mathematical formula for the perfect handshake. Said psychology professor Geoffrey Beattie, "(U)ntil now there has not been a guide showing people how they should shake hands." Professor Beattie's work incorporates 12 key measures, including cool, dry palms; firm wrists; strong grips; eye contact; and using "three shakes." (2) Researchers from the Royal Tyrrell Museum in Canada and the University of Portsmouth in England, in a journal article released in May, "proved" by "flotation dynamics" and "rotation dynamics," altered for "external surface area," that giraffes can swim -- although they are probably terrible at it because of their odd shape.

Least Competent Criminals

-- Judgment-Challenged: (1) Tommy Riser of Blaine, Wash., had a rough Sept. 13. After a bout of drinking, he crashed a truck into a utility pole, and a few minutes later, crashed his wife's car into a guardrail trying to drive away. Later, he retrieved his personal tow truck and drove it back to the scene, intending to tow the two crashed vehicles home. However, a sheriff's deputy was on hand and, noting that Riser was still tipsy, charged him with three separate DUIs. (2) Theodore Davenport Jr., 53, who was wanted for robbing the same PNC Bank branch in Harrisburg, Pa., twice in the previous month, was arrested in November when he approached a teller at that bank to inquire about the balance in his own account.

A News of the Weird Classic (February 1992)

-- Bedford, Pa., district judge Charles O. Guyer was charged in August (1991) with improperly favoring a defendant in his courtroom. Police said

SEE "WEIRD" PAGE 22.

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For A Healthier You



December Is "Safe Toys & Celebration" Month

Submitted by **Kathy-Lyn Allen, PR Coordinator-Rocky Mountain Eye Center**

The holiday season is a time for family, fun and festivity - but it can also be a dangerous time as each year people suffer eye injuries caused by unsafe toys and celebrations.

When choosing gifts, select toys and gifts appropriate for a child's age and maturity level. Avoid toys with

sharp protruding parts like paint or pellet guns, rifles and darts. If you are giving sports equipment, be sure to include appropriate protective gear, such as helmets, facemasks or goggles. These gifts can reduce eye injuries by 90 percent.

Because December is Safe Toys and Celebrations Month, the American Academy of Ophthalmology (AAO) reminds parents of the dangers that some toys may pose to children's eyes.

Celebrating the New Year ushers in the excitement to include fireworks. Schedule your holiday to attend professional fireworks displays. Never allow children to play with fireworks or sparklers because there is no safe way to handle them.

Have a great holiday season and remember to celebrate responsibly. If you experience any eye injuries seek medical attention promptly. For more

information or to schedule your next appointment with Rocky Mountain Eye Center, please call 719-545-1530 (toll-free at 1-800-934-3937) or visit www.rockymountaineyecenter.com

American Academy of Ophthalmology. Safe Toys and Celebration Month. Retrieved November 2010, from http://www.aao.org/aaoesite/eyemd/toys_celebrations.cfm

Survey Finds "Proactivity" Gap In Heart Health

(NAPSI)-Good news: Americans know what to do to help their hearts. Bad news: Many don't do it. Despite broad concern about heart disease, a recent survey found that many Americans disregard some of the basic steps to support a healthy heart.

In the survey, 87 percent of respondents said they are concerned about keeping their hearts healthy and 94 per-

cent say they know how to do so. Nevertheless, while 94 percent of respondents say getting at least 30 minutes of aerobic exercise three times a week or more is important, only 69 percent say they actually do so.

"Clearly, knowing that heart health is important and being concerned about it is not enough," said Melina Jamopolis, M.D. internist and board-certified

physician and nutrition specialist. "It's important for all Americans to change this mind-set and make heart-healthy choices."

With this in mind, WomenHeart: The National Coalition for Women with Heart Disease and Nature Made joined forces to create the 100,000 Heartbeats campaign. It gives Americans tools to keep their hearts healthy and provides easy tips on how to narrow the "proactivity gap." The campaign features a website that lets visitors spread the word about heart health and help unlock a \$100,000 donation from Nature Made to WomenHeart. Each interaction on the campaign's website unlocks a \$3 or \$5 donation.

According to the U.S. Centers for Disease Control and Prevention, heart disease is the leading cause of death for women as well as men. Here are some simple steps you can take to get proactive

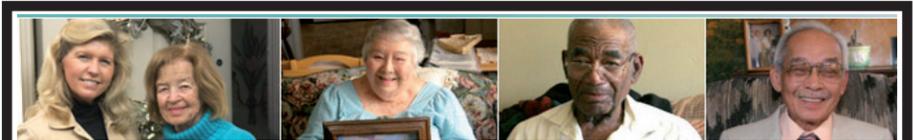
about heart health:

1. Lighten the Load: Losing weight is the second-most-important thing that you can do to lower your risk of heart disease (after not smoking). Research shows that losing 10 percent of your body weight can make a significant difference.

2. Fill the Gap: Vitamins and supplements can help fill nutrition gaps in your diet. Nature Made Fish Oil contains useful omega-3 fatty acids and Nature Made CholestOff provides extra plant sterols and stanols that help maintain a healthy cholesterol level.

3. Move to the Beat: Regular exercise—it doesn't have to be intense—helps keep your heart strong.

For more heart-health tips and information, visit <http://WomenHeart.NatureMade.com>.



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

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

FREMONT/CUSTER County Menus

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

PENROSE CENTER

1405 Broadway-Penrose (Tues/Thur)

DECEMBER 2: BEEF STROGANOFF, Orange Spiced Carrots, Ruby Beet Salad, Mixed Fruit.

DECEMBER 7: ROAST PORK, Whipped Potatoes/Gravy, Parslied Carrots, Strawberry Gelatin Salad, Roll/marg.

DECEMBER 9: ROAST BEEF, Mashed Potatoes/Gravy, Green Bean Amandine, Apricot Peach Compote, French Bread/marg.

DECEMBER 14: TURKEY POT PIE, Cut Broccoli, Whole Kernel Corn, Tossed Salad/French Dressing, Apricot Pineapple Compote, Biscuit.

DECEMBER 16: BAKED HAM/RAISIN SAUCE, Candied Sweet Potatoes, Green Bean Amandine, Cranberry Mold.

DECEMBER 21: STUFFED PEPPERS, Whole Kernel Corn, Chopped Spinach/Malt Vinegar, Applesauce/Raisins.

DECEMBER 23: Site Closed

DECEMBER 28: BAKED POTATO, Broccoli Cheese Sauce, Tossed Salad/Lite French Dressing, Strawberry Applesauce, Fruit Cocktail.

DECEMBER 30: TATOR TOT CASSEROLE, Tossed Salad/Lite Italian Drsg., Squash, Banana.

FLORENCE

100 Railroad St. - Florence Tu-Thur-Fri

DECEMBER 2: HAM/BEANS, Cut Broccoli, Parslied Carrots, Orange Juice, Cornbread/marg.

DECEMBER 3: CREAM OF POTATO SOUP, Tuna Salad Wrap/shredded/lettuce/tomato, Hard Boiled Egg, Grapefruit Half.

DECEMBER 7: MEATLOAF/Brown Gravy, Cheesy Potatoes, Green Beans, PA Tidbits.

DECEMBER 9: SWEET/SOUR PORK, Steamed Brown Rice, California Veggie Medley, Diced Pears.

DECEMBER 10: ENCHILADA PIE, Sliced Tomato/Lettuce, Sliced Yellow Squash, Mixed Fruit.

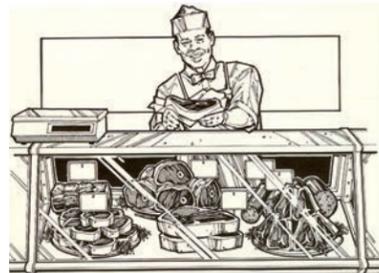
DECEMBER 14: SCALLOPED POTATOES/HAM, Chopped Spinach, Mixed

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Big D Superfoods

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Veggies, Apple.

DECEMBER 16: CHILI CON CARNE, Whole Wheat Crackers, Sliced Yellow Squash, Pineapple Mandarin Orange Compote, Cornbread/marg.

DECEMBER 17: CHICKEN FAJITA, Tomato/Lettuce Garnish, Cilantro Rice, Cooked Cabbage/Red Pepper, Grapes.

DECEMBER 21: TURKEY TETRAZINI, Italian Green Beans, Cottage Cheese Peach Salad, Strawberry Applesauce.

DECEMBER 23: SMOTHERED CHICKEN, Cornbread Stuffing, Cauliflower/Broccoli Mix, Applesauce Waldorf Salad.

DECEMBER 24: Site Closed

DECEMBER 28: CHILI RELLENO CASSEROLE, Parslied Carrots, Tossed Vegetable Salad/Lemon.

DECEMBER 30: BEEF/SWEET PEPPERS, Steamed Brown Rice, Cut Broccoli, Raisin Applesauce.

DECEMBER 31: Site Closed

SALIDA MENU

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

DECEMBER 2: CREAM OF POTATO SOUP, Tuna Salad Wrap/shredded Lettuce/Tomato, Hard Boiled Egg, Grapefruit Half.

Spinach Salad with Egg & Italian Drsg., Apple Pear Salad with Almonds, Plums, Garlic Bread.

DECEMBER 30: SWEET/SOUR CHICKEN, Steamed Brown Rice, Chinese Vegetables, Strawberry Applesauce.

DECEMBER 31: Site Closed.

GOLDEN AGE CENTER

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

DECEMBER 1: Hot Turkey Sandwich/Mashed Potatoes/Gravy, carrot raisin salad, cinnamon/applesauce.

DECEMBER 3: Spaghetti/Meatsauce, garlic bread, Italian green beans, tossed salad, mandarin oranges.

DECEMBER 6: Sloppy Joe, tater tots, peas/carrots, sliced apples.

DECEMBER 8: California Veggie Bake, spinach salad, boiled egg, pears oatmeal raisin cookie.

DECEMBER 10: Baked Pork Chop, whipped potatoes/country gravy, hot bean casserole, fruit salad.

DECEMBER 13: Roast Chicken/Mushroom Sauce, steamed brown rice, california blend, apple-pear salad/almonds.

DECEMBER 15: French Dip/Aujus, oven fried potatoes, mixed veggies, strawberry applesauce.

DECEMBER 17: Birthday Meal! Meatloaf/Gravy, whipped potatoes, green beans, pineapple.

DECEMBER 20: Teriyaki Beef, whipped potatoes, broccoli, banana.

DECEMBER 22: Baked Ham/Raisin Sauce, sweet potatoes, green bean casserole, cranberry mold.

DECEMBER 24: NO MEAL
DECEMBER 27: Baked Fish/Shrimp, baked potato, spinach, mixed fruit.

DECEMBER 29: Chicken Pot Pie, broccoli, tossed salad, peaches.

DECEMBER 31: NO MEAL

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

Fashion: Looooking Gooood!

Jewelry That Helps To Support Good Works

(NAPSI)-Those shopping for a diamond have a sparkling opportunity to purchase a piece of jewelry and support the people of Africa's diamond-producing nations.

Following on the success of the original Simmons Jewelry Co. "Green Bracelet," which raised more than \$900,000, the Diamond Empowerment Fund (D.E.F.) is continuing its mission of helping Africans help Africa through exciting new collaborations with three jewelry designers.

D.E.F., in partnership with Freedom Stones, is offering what it calls the Green Collection. The pieces are hand-made in Ghana of 100 percent recycled glass-bead bracelets and necklaces with

signature broken-chain clasp. Freedom Stones is a nonprofit international organization that works to decrease exploitation in vulnerable communities.

With each purchase, consumers can help improve the lives of the women and children of Ghana and elsewhere. More than \$9 from each sale goes to support education in African nations. The D.E.F. and Freedom Stones' Green Collection will be available in Spring 2011 at select Kay Jewelers and other leading jewelry stores. For more information, visit www.freedomstones.ws.

The elegant rings, earrings and pendants that make up the Stars of Africa Collection were designed by award-winning Reena Ahluwalia. The pieces consist

of diamonds encased in a fluid-filled sapphire dome, which allows them to fall freely, like snowflakes in a snow globe. These globes signify education, health care and empowerment, all of which are essential components to the root of the Stars of Africa initiative.

Royal Asscher will donate \$150 from each sale to Star of Africa

to enable D.E.F. to continue to empower Africa's youth through education. For more information, visit www.royalasscher.com/starsof africa.



The Everlon Diamond Knot Bracelet, designed by actress Rachel Bilson, is a leather and diamond bracelet that is not only chic but gives back, too! Last year, Bilson traveled to Botswana and South Africa to report firsthand about the improvements that diamond mining has brought to the people in these nations. The bracelet is available exclusively at Macy's online, and \$20 of each purchase goes to D.E.F. to help purchase student housing for the CIDA City Campus in Johannesburg.

To learn more, visit www.diamondempowerment.org.

Inspire A Girl's Potential, Change Her World

HELP A GIRL IN YOUR LIFE REACH HER FULL POTENTIAL

(NAPSI)-When girls feel bad about their looks, 70 percent disconnect from life—avoiding normal daily activities like attending school or even giving their opinion—which can put their dreams on hold and jeopardize their potential as future leaders, decision makers and role models.*

Everyone has the opportunity to make a difference in a young girl's self-esteem. That is why Dove launched the

Dove Movement for Self-Esteem, inviting all women to create a world where beauty is a source of confidence, not anxiety. The nationwide effort encourages women to take simple actions that help build self-esteem and inspire all women and girls to reach their full potential by caring for themselves and each other.

Dr. Ann Kearney-Cooke, psychologist and self-esteem expert, offers simple tips for parents and mentors to help girls develop a positive relationship with beauty.

1. Embrace Your Real Beauty: Challenge your inner critic and engage in healthy behaviors so that she can see that by taking care of herself, she can look and feel her best. Girls often model the behaviors of important women in their lives, so treat yourself well! Eat healthy, be active and see your doctor regularly for checkups so you can be a model of physical health for your daughter or a girl in your life. This will help her realize that feeling good about her body is not about being a certain weight or shape but about

taking care of herself. Share Inspiring Messages: Ban negative talk about your own body or her body. Instead, let her know that you love and value her because of who she is, not how she looks. Compliment her on character traits that reflect positive self-esteem, such as how she looks people in the eye as she shakes their hand, or on how you love listening to the ideas she shares about current events. She needs to know that you are proud of the person she is becoming.



3. Help Her See Her Full Potential: Girls need to know who they are, what they value and what they want out of life to experience the self-esteem that comes from taking charge of their own lives. Guide her to set goals and help her develop the skills necessary to turn a vision into a reality. Encourage her to focus on working hard and doing her personal best, rather than on being the best at everything she tries.

4. Build Positive Relationships: Teaching respect and empathy is important to help her create meaningful and positive relationships with her peers. Encourage development of healthy relationships by exhibiting mutual respect and empathy in your own relationships. To help her develop empathy, encourage her to view events from another person's perspective. For example, you might ask: "How do you think your friend was feeling when she wasn't invited to the sleep-over?"

5. Stop the Scary Sit-Down: When parents or mentors need to discuss serious issues, they may believe that the best way to do this is to tell her that they "need to talk." Rather than saving serious conversations for a single important session, build a stronger relationship with your daughter or a girl in your life by creating a consistent, predictable time when you are receptive and available to listen—for example, riding in the car, taking a walk or watching movies together. A strong, consistent connection will increase the likelihood that she will feel comfortable seeking your help and support when times are tough.

Visit dovemovement.com to join the Dove Movement for Self-Esteem and download free self-esteem building tools for girls, moms and mentors.

*Dove, 2006

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Country 106.9

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in the Morning

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Social Security & You

from Melinda Minor, District Manager - Pueblo



KEEP US IN THE LOOP TO HELP DECREASE IMPROPER PAYMENTS

If you are receiving Social Security disability benefit payments, it is important to notify us promptly — either in person, by phone, or by mail — whenever a change occurs that could affect your benefits. This is especially true when reporting other income. Errors occur when you fail to report certain types of income timely. If you do not report these amounts, you may have to repay a large part of your benefits.

If you work while receiving disability payments You should tell us if you take a job or

become self-employed, no matter how little you earn. There are some work incentives that may allow you to keep your disability payments for a while. If your benefits stop because of your work, we can quickly start them again if your income drops or if you stop working.

Special rules make it possible for people receiving Social Security disability benefits or Supplemental Security Income (SSI) to work and still receive monthly payments.

If you cannot continue working because of your medical condition, your benefits can start again — you may not have to file a new application.

Work incentives include:

- Continued monthly benefits for a time while you work;
- Continued Medicare or Medicaid while you work; and
- Help with education, training, and rehabilitation to start a new line of work.

The rules are different under Social Security and SSI. But, whether you are receiving Social Security or SSI, it is important to let us know promptly when you start or stop working, or if any other change occurs that could affect your benefits.

Also, tell us if you have any special work expenses because of your disability (such as specialized equipment, a wheelchair or even some prescription drugs) or if there is any change in expenses.

If you receive other types of disability benefits Social Security benefits for you and your family may be reduced if you also are eligible for workers' compensation (including payments through the black lung program) or for disability benefits from certain federal, state, or local government programs. You must tell us if:

- You apply for another type of disability benefit;
- You receive another disability benefit or a lump-sum settlement; or
- Your benefits change or stop.

If you get a pension from work not covered by Social Security

If you start receiving a pension from a job for which you did not pay Social Security taxes — for example, from the federal civil service system, some state or local pension systems, nonprofit organizations, or a foreign government — your Social Security benefit may be reduced. Also, tell us if the amount of your pension changes.

So keep in mind that you must always keep Social Security informed of your changing situation. Many fac-

tors can affect your benefits. To learn more about Social Security, visit www.socialsecurity.gov

QUESTIONS AND ANSWERS GENERAL

Question:

I applied for a Social Security card for my baby at the hospital, but the card came back with the wrong name. What do I do?

Answer:

Go to your local Social Security office or card center. We need to see original documents proving your child's:

- U.S. citizenship;
- Age; and
- Identity.

If you corrected the child's birth certificate, we will want to see that. We also will need to see a document proving your identity. All documents must be either originals or copies certified by the issuing agency. We cannot accept photocopies or notarized copies of documents.

To learn what documents we will accept, go to www.socialsecurity.gov. There, you also can find Social Security Numbers For Children (Publication No. 05-10023) at www.socialsecurity.gov/pubs/10023.html.

In addition to using our website, you can request a copy of that publication by calling 1-800-772-1213. We can answer specific questions from 7 a.m. to 7 p.m., Monday through Friday. We can provide information by automated phone service 24 hours a day. If you are deaf or hard of hearing, you may call our TTY number, 1-800-325-0778.

Question:

What are some of the documents Social Security will accept as proof of identity for a child?

Answer:

We can accept only certain documents as proof of your child's identity. An acceptable document must be current (not expired) and show your child's name, identifying information, and preferably a recent photograph. We generally can accept a non-photo identity document if it has enough information to identify the child (such as the child's name and age, date of birth, or parents' names). We prefer to see the child's U.S. passport. If that document is not available, we may accept the child's:

- Adoption decree;
- Doctor, clinic, or hospital record;
- Religious record (e.g., baptismal record);
- Daycare center or school record; or
- School identification card.

(Your child may need to be present if a picture ID, such as a student ID, is pre-

sented as proof of identity.)

All documents must be either originals or copies certified by the issuing agency. We cannot accept photocopies or notarized copies of documents.

RETIREMENT

Question:

What is the earliest age that I can apply for my Social Security retirement benefits?

Answer:

If you want benefits to begin at age 62 — the earliest age you can receive reduced retirement benefits, you must be at least 61 years and 9 months of age to apply. Keep in mind your benefits will be reduced so evaluate your options carefully before you decide when to retire. Even if you are not ready to retire, you should still sign up for Medicare three months before your 65th birthday. You can do both online at www.socialsecurity.gov/applyonline.

Question:

Can I delay my retirement benefits and receive benefits as a spouse only? How does that affect me?

Answer:

It depends on your age. If you are full retirement age or older when you first apply, and your spouse is receiving Social Security benefits, you can choose to file and receive benefits on just your spouse's Social Security record. This way, you could delay filing for benefits on your own record in order to receive delayed retirement credits.

By filing only for benefits as a spouse, you may receive a higher retirement benefit on your own record later based on the effect of delayed retirement credits. You can earn delayed retirement credits up to age 70 as long as you do not collect your own benefits.

Since the rules vary depending on the situation, you should talk to a Social Security representative about the options available to you. To learn more, visit www.socialsecurity.gov or call us at 1-800-772-1213 (TTY 1-800-325-0778).

DISABILITY

Question:

Does Social Security provide special services or information for people who are blind or visually impaired?

Answer:

Yes. Social Security offers a number of services and products specifically designed for people who are blind or visually impaired.

Special Notice Option

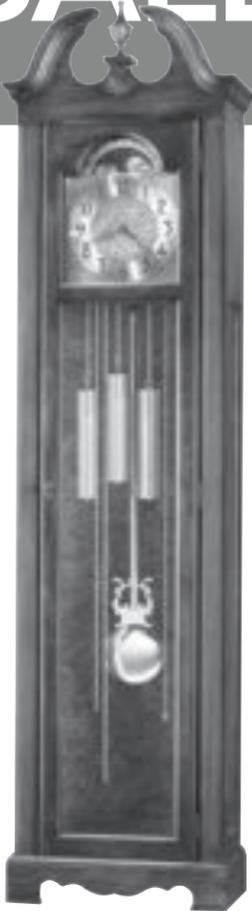
If you are blind or visually impaired, you can choose to receive notices and other information from Social Security in ways that may be more convenient for you. To find out more about this service, go to our page, If You Are Blind Or Visually Impaired—Your Choices For Receiving Information from Social Security, at www.socialsecurity.gov/notices.

Public Information Materials

Many of our publications, such as brochures and fact sheets, are available in Braille, audiocassette tapes, compact disks, or in enlarged print. Our publication, If You Are Blind Or Have Low Vision—How We Can Help, and other publications in alternative formats can be obtained by calling, toll-free, 1-800-772-1213, Monday through Friday, 7 a.m. to 7 p.m. If you are deaf or hard of hearing, you may call our TTY number, 1-800-325-0778.

For more information, see our page Public Information Materials in Alternative Media at www.socialsecurity.gov/pubs/alt-pubs.html.

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This Holiday, Get Healthy, Get Gandoderma

by Charlene Causey

Each year as the holidays approach and another year ends, us older folks realize that we are blessed to be alive to spend the festivities with our loved ones. Certainly there is not one person over the age of fifty who wouldn't want to feel better, look younger, and live longer. What if I shared with you the secret to longevity, a virtual fountain of youth? What if I told you that this secret grows on wood and is a part of the fungus kingdom, but is readily available in consumable form?

Well, read carefully because I am about to divulge fascinating information that health experts such as Dr. Andrew Weil and Dr. Mehmet Oz have recently been sharing. This incredible herb, Ganoderma lucidum, is derived from the Reishi mushroom. Having a history of over 4,000 years and known in the Asian community as "The King of Herbs", this herb of longevity is the secret found under a toadstool. The Reishi mushroom, a medicinal fungi, is inedible as it is grown in the wild. Therefore the herb, Ganoderma, must be extracted from it in order for it to be absorbed in the body.

So numerous are the health benefits of this miraculous herb that I'll only scratch the surface of what it can do. The primary understanding that I must make clear is that the Ganoderma does not cure anything. In the past I have written about homeostasis, which is the delicate balance within the body that sustains health and life. Ganoderma helps to balance the body so that homeostasis is regained and then the immune system can work at its optimal level of functioning.

Known as the "herb of longevity", Ganoderma slows the deterioration of collagen which in turn slows the aging process. My personal experience has been improved sleep quality and an annoying occasional ache in my left hip has completely disappeared! Collagen is also found in the joints as well as the skin, so it makes sense that my hip no longer hurts. Another noted benefit is that Ganoderma has a blood pressure lowering effect and tends to regulate blood sugar. That is good news for people with hypertension and diabetes.

A natural detoxification process occurs when consuming this herb and with all that the body is bombarded

with on a daily basis all individuals need detoxification. Most impressive is the way the herb Ganoderma helps to balance the ph of the body and therefore boosts the immune system. The more acidic the body is the more prone to cancer and other diseases it becomes. Ganoderma pushes the ph level of the body toward the alkaline range, thereby offering its most valuable benefit of a strong immune system.

The astounding king of herbs can be taken in capsule form, but best of all can be consumed in healthier coffee, tea and other beverages. What a genius

delivery mechanism for all those who enjoy the hot beverages of winter; and just in time for Christmas. With that, since I've given you my gift by sharing the secret to longevity, I will end with holiday wishes for a Merry Christmas and a Very Happy and Healthy New Year!

Charlene Causey, is a former registered nurse, who has also been a model, skin care consultant, nutritionist, fitness instructor and educator. She is currently a nutrition consultant and certified personal trainer. Her passion is helping others achieve optimal wellness from a natural approach. She can be reached at (719) 250-0683 or iohealth@live.com

WHERE ARE THEY NOW?

by Marshall Jay Kaplan

DAVID L. LANDER

Best known for his 1950's slick hair (with the curl on the forehead), leather jacket and recognizable "HELLO!", actor David L. Lander who played 'Squiggy' on the 1970's hit sitcom, 'Laverne and Shirley' currently suffers from Multiple Sclerosis, but lives a positive life, surrounded by his wife and daughter.

David L. Lander was born where else but in Brooklyn, NY on June 22, 1947. Always a class clown, David (and fellow acting class colleague, Michael McKean) developed their characters, Squiggy (originally called Anthony) and Lenny while in University – poking fun of vocational schools in Brooklyn.

David made his way out to California rooming with (can you believe it?) The Doors of all people, until finding a job as a writer and performer with an underground satirical radio show called, 'The Credibility Gap'. One of his fellow performers on the show was Harry Shearer. With moderate success on radio, David called his Brooklyn buddy, McKean, convincing him to move out to Los Angeles. David also got him a job on the radio program.

Once both college buddies were in Los Angeles, the two were invited to a party at Garry Marshall's home. Another former roommate of David's, Rob Reiner was also at the party, as he was married to Penny Marshall at the time. Rob suggested that David and Michael perform their 'Lenny and Anthony' act for the party guests. Garry Marshall loved the schtick and cast the two buddies on Laverne and Shirley. Anthony



was changed to Squiggy because Garry Marshall thought that there were too many Italian characters already on the show.

Lenny and Squiggy were overnight sensations – even releasing an album – Lenny and the Squigtones. David and Michael also wrote their own material. However, due to the fact that they were not union writers, they were not given on-screen credits for writing nor paid – a sore spot for David who approached Garry many times about being compensated for their input.

Towards the end of the show, David was feeling odd. At times, "my legs just gave out". He won a large part in the film, 'Conan the Destroyer' – a role that could have made him a film actor. Unable to keep his balance, the producers of the film assumed he was drunk and fired him. David actually had Multiple Sclerosis, but wanted to keep it a secret – especially in Hollywood. "I would rather they think I was drunk than know I was sick."

His firing from the film, and rumors of David's 'alcoholism' prevented David from getting other acting roles. Finally, after 15 years of hiding MS, David went public with his disease. In 2002, he published his autobiography, 'Falling Down Laughing – How Squiggy Caught MS and Didn't Tell Nobody.'

David has appeared in a few TV shows and film roles, most notably he has supplied his unique voice to many animated productions including 'Who Framed Roger Rabbit' and 'A Bug's Life'.

David is a huge baseball fan and works part time as a baseball talent scout. He has been married to Kathy since 1979 and they have a talented singer/actress daughter, Natalie.

David is a funny and talented man who lives day to day alongside his loving and supportive family.

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Seniors Launch Drive For Emergency COLA 2011

Alexandria, VA (October 26, 2010) As the government measures it, inflation is so low that 53 million Social Security recipients won't receive a cost of living adjustment (COLA) in 2011 - the second time in two years. But even though the government's measure of inflation isn't growing, senior health care costs are. "With average out-of-pocket Medicare costs taking more than one-third of average Social Security benefits, a one-time \$250 emergency payment in 2011 is sorely needed by a majority of beneficiaries to offset those

costs," says Larry Hyland, Chairman of The Senior Citizens League (TSC). The media is widely reporting that even though Social Security beneficiaries didn't get any COLA this year, they got a big 5.8% COLA for 2009, the biggest since 1983. That COLA was based on a spike in energy prices, and although energy prices later dropped by December, Social Security recipients still got the 5.8% COLA. Critics of the \$250 emergency payment argue that retirees have already gotten a far bigger raise than actual inflation entitles them to, and that inflation is still too low to justify a boost.

"But the reverse situation has also been true," Hyland asserts. "In 2008, one year prior to the 5.8% COLA, seniors received a 2.3% COLA, but inflation had climbed and was actually 4.3% by December 2007. Seniors and the disabled had to cover the higher costs with a COLA that was about half the rate of inflation in 2008," he points out. "Nobody's talking about that." At issue is the government's method of determining the COLA. The index used, The Consumer Price Index for Urban Wage and Clerical Workers (CPI-W), surveys the costs of only 32 percent of the population, and does not survey the costs of people age 62 and older at all. Seniors, however, are

forced to spend their money differently than younger workers. Retirees and the disabled, the majority of Social Security recipients, spend a greater portion of their income on medical costs that rise several times faster than overall inflation.

According to the Bureau of Labor Statistics (BLS), medical costs account for 5.3% of the monthly costs surveyed by the CPI-W. But a study by the BLS found that households with people age 65 and older spend 12.9 percent of their incomes, more than twice as much, on health care expenses.

"With the majority of retirees depending on Social Security for over half of their income, we urge seniors to ask their Members of Congress to enact The Seniors Protection Act of 2010 (H.R. 5987) to provide the \$250 emergency payment," says Hyland. TSC has launched a nation-wide petition drive for the emergency COLA legislation. To learn more, visit TSC on the web at www.SeniorsLeague.org.

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

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(NAPSI)-The story behind two classic American Christmas songs that figured in one of the darkest times in history is told by noted historian and two-time Pulitzer Prize-winning author David McCullough in a new book that can make a great gift at holiday time or anytime.

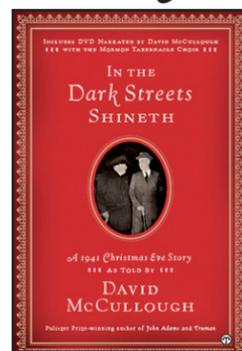
"In the Dark Streets Shineth: A 1941 Christmas Eve Story" (Shadow Mountain, \$19.99) tells the story of Christmas 1941, when British Prime Minister Winston Churchill and U.S.

President Franklin D. Roosevelt attended a church service and sang "O Little Town of Bethlehem" including the words, "Yet in thy dark streets shineth the everlasting Light."

It also describes how, with more than a million Americans serving overseas, two New Yorkers gave the country hope with "I'll Be Home for Christmas."

On a DVD in each book McCullough narrates the story accompanied by the famed Mormon Tabernacle Choir.

Filled with historic photographs, the book is available at bookstores and online.



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Create A Healthy Home With Good Indoor Air

by Kathy Howe-Kerr

As a nation, we are becoming more aware of factors we can control which impact our health, such as diet, exercise and lowering stress. Somewhat more unfamiliar, but growing in common understanding, is the impact of indoor air quality. In the United States, people spend an average of 90% of their time indoors, and studies have shown that indoor air can be 2 – 5 times more polluted than outside air. As many as 900 different chemicals can be found in the air and on the surfaces of the average home. Many topics could be included in the category of indoor air quality, but four stand out as critical ones: household hazardous waste, radon, mold, and lead.

DENTAL TIPS FOR SENIORS

In this edition of Oral Health Tips for Seniors, we're going to talk about a subject we've been hearing a lot about recently: Dental Implants.

Dental implants are metal posts or frames that are surgically positioned into the jawbone beneath your gums. Once in place, they allow your dentist to mount replacement teeth onto them.

Because implants fuse to your jawbone, they provide stable support for artificial teeth. Dentures and bridges mounted to implants won't slip or shift in your mouth – an especially important benefit when eating and speaking. This secure fit helps the dentures and bridges – as well as individual crowns placed over implants – feel more natural than conventional bridges or dentures.

For some people, ordinary bridges and dentures are simply not comfortable or even possible, due to sore spots, poor ridges or gagging. In addition, ordinary bridges must be attached to teeth on either side of the space left by the missing tooth. An advantage of implants is that no adjacent teeth need to be prepared or ground down to hold your new replacement tooth/teeth in place.

To receive implants, you need to have healthy gums and adequate bone to support the implant. You must also commit to keeping these structures healthy. Meticulous oral hygiene and regular dental visits are critical to the long-term success of dental implants.

Implants are usually more expensive than other methods of tooth re-

Household Hazardous Waste

Household Hazardous Waste (HHW) is defined as waste that can catch fire, react, or explode under certain circumstances, or that is corrosive or toxic. Almost every home contains some form of hazardous waste, which can be found all over the home, from the kitchen to the bathroom to the garden or the garage. Examples of HHW include cleaning agents, paints and varnishes, electronics, ammunition, pesticides, aerosols and automotive products.

Most of these products contain Volatile Organic Compounds (VOCs) which disperse into the air we breathe and either can cause immediate symptoms such as skin or eye irritation, or can lead to a higher risk for long-term

placement, and most insurance carriers typically cover less than 10 percent of the fees.

The American Dental Association considers two types of implants to be safe. They are:

Endosteal implants – these are surgically implanted directly into the jawbone. Once the surrounding gum tissue has healed, the second surgery is needed to connect a post to the original implant. Finally, an artificial tooth (or teeth) is attached to the post individually, or grouped on a bridge or denture.

Subperiosteal implants – these consist of a metal frame that is fitted onto the jawbone just below the gum tissue. As the gums heal, the frame becomes fixed to the jawbone. Posts, which are attached to the frame, protrude through the gums. As with endosteal implants, artificial teeth are then mounted to the posts.

Implants generally last 10 to 20 years, depending on the location of the implant and patient compliance with oral hygiene and dental visits. Because molars receive more stress and wear and tear, these implants typically do not last as long as implants located at the front of your mouth.

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.beasmart-mouth.com

health issues such as cancer. Therefore it is important to limit exposure to these substances, both by reducing their presence in our homes and by using, storing and disposing of them properly. Read labels carefully and follow instructions for use and disposal. Store HHW in original containers, or label carefully if transferred to other containers.

One other HHW is mercury, found in old mercury thermostats and new compact fluorescent lightbulbs. When the bulb containing mercury is broken, mercury vaporizes into the air. Inhalation of mercury vapors may cause neurological damage, especially in pregnant women and young children. Lightbulbs can be recycled at a variety of locations including many local hardware stores and health departments. Mercury thermostats can be replaced free of charge for residents of Pueblo County by calling the Mercury Education and Reduction Project at 719-252-6258.

Radon

Radon is a naturally occurring, invisible, tasteless, odorless, radioactive gas that is in your home. Long term exposure to radon is the leading cause of lung cancer among non-smokers, and increases the risk of lung cancer among smokers four fold. Yet it is a health risk that can be removed from our homes with relative ease.

Through data gathered locally and confirmed by State Health Department statistics, the average level of radon in homes in Pueblo County is 8.9 pCi/L. This compares to the EPA recommended action level of 4.0 pCi/L and the World Health Organization action level of 2.7 pCi/L.

The only way to know if a home or building contains elevated levels of radon is to test for it. Any home can be susceptible: old or new, large or small; with a basement, crawlspace or slab-on-grade. Testing homes for elevated levels of radon is simple and inexpensive. Free test kits are available at PuebloCAREs, 301 N. Main St., Suite 101 in Pueblo.

Mold

Molds are natural, living organisms found everywhere. There are hundreds of thousands of different types of mold, and they are essential to the decay process of dead material in the natural environment. They reproduce by creating microscopic spores, which travel easily through the air. When they land on a moist surface, spores multiply and

become visible. Mold growth can range in color from white to orange, or from green to brown or black. Even before you see the mold growth, you may detect a damp, musty smell which indicates the presence of mold.

Because spores travel so easily through the air, they can be found everywhere, both indoors and out. Mold needs a food source and moisture to grow. Indoors, mold can grow almost anywhere: on ceilings or walls, carpets or furniture. Moisture is the key: even in dry climates like in Pueblo County, a constant leak or an unventilated bathroom can lead to mold growth.

For the average, healthy individual, exposure to small amounts of mold will not cause serious illness. Yet repeated exposure to mold and mold spores can increase an individual's sensitivity and reaction. Even dead mold can cause reactions. Sensitive individuals may experience allergic responses when mold and mold spores are inhaled or come into contact with skin. These include headache, sneezing, runny nose, red eyes and rashes.

When cleaning up existing mold, be sure to use protective gear to clean up any existing mold to minimize negative health effects. Detergent and hot water is usually sufficient to clean up mold, without the use of bleach which has hazardous VOCs. To prevent further mold, fix any moisture problems in your home such as leaks or improper ventilation.

Lead

Lead is a toxic metal which was used for years in many household items because it is flexible, durable and resists rust. It was later banned from use in many products when it was discovered that it has serious harmful health effects. Yet because it does not decompose quickly, lead remains a common health concern. Lead poisoning is of particular concern in children, especially under the age of 6, because their brains and nervous systems are still developing and their growing bodies absorb higher levels of lead. In children, lead can cause decreased IQ, learning disabilities, behavior problems, and in severe cases, even death. According to the US Dept. of Housing & Urban Development (HUD), nearly one million U.S. children under age six have blood lead levels high enough to impair their ability to think, concentrate and learn.

Lead can be found in a variety of places, including some imported candies, pottery with lead glaze, hobbies such as stained glass which use lead solder, and fishing sinkers. Yet the most common source of lead poisoning is lead based paint. Banned from residential use in 1978, lead based paint still exists in many older homes. Chalking, chipping or peeling lead based paint must be cleaned up and maintained to assure the lead is not inhaled or ingested. Learn about lead safe practices for clean-up and renovation at www.epa.gov/lead.

Reducing our exposure to HHW, radon, mold, and lead, are concrete steps we can take to protect the health of our families. Other simple steps to improve indoor air quality include replacing filters on heating and air conditioning units, increasing fresh air circulation when appropriate, cleaning up pet fur and dander, and installing carbon monoxide detectors. Knowing you have improved the health and safety of the air will let you breathe easy in your home!

PuebloCAREs is an EPA funded project which strives to improve the health of our community by educating the public on ways to reduce exposure to indoor radon gas, mold, lead sources and hazardous household waste. Please visit our website at www.pueblocares.org.

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Merry Quilted Christmas At The Buell Museum

by Nicki Hart

Merry Quilted Christmas at the Buell Children's Museum Featuring visits by Santa & Mrs. Claus December 4, 11 and 18

(PUEBLO, Colo—October 28, 2010) The holidays are all sewn up at the Buell Children's Museum with a comfy, cozy exhibit featuring fun fiber art, holiday crafting, hot chocolate, and

the handiwork of local quilters. Merry Quilted Christmas opens Nov. 18 and runs through Dec. 29, giving children plenty of time to warm up to the season.

Mark your calendars, kids! Santa and Mrs. Claus will stop by the Buell Children's Museum from 12-2 p.m. on Saturday, Dec. 4, Dec. 11 and Dec. 18 to visit with you about your Christmas

wish list! Their visits are sponsored by Rotary Club #43. Saturdays also feature free, yummy cocoa on tap, courtesy of Stephen's Cocoa.

Visitors will think it's snowing quilts when they enter the Kid Rock Café, where the Pride City Quilt Guild, Royal Gorge Quilt Council and Calico Quilters of Pueblo have swirled the ceiling with samples of their fiber art. Be sure to also check out Anna Grossnickle Hines beautiful book of children's poetry and accompanying quilt pieces, *Winter Lights: A Season in Poems & Quilts*, as part of the exhibits in the Helen T. White Galleries. Then, with imaginations fueled, children can try their hands at Quilt Magic in the children's museum, a fun way to combine fabric and foam board to create their own masterpieces. Or they can meet a quilter and learn to sew a quilt square during the museum's Creativity Box on Saturday, Dec. 4 and Saturday, Dec. 11 from 12-2 p.m. All supplies included with admission! The Dec. 4 Creativity Box includes a reading of the story *The Keeping of the Quilt* by Patricia Polacco, while on Dec. 11 children will hear *The Quilt* by Ann Jonas.

Other interactive activities for



children offered at the exhibit include Art Angels (featuring the art of Janet Anslor), Lacing Shapes, Fiber Art Brown Bag Challenge, and a bazillion gift-making options.

Not to be forgotten are the Buell Children Museum's traditional holiday favorites: the World of Nutcracker Sweets, featuring a gingerbread land created by Pueblo artist Dorothy Mendoza and over 50 whimsical nutcrackers; Sensations' Enchanted Frosty Forest; costumes from Tchaikovsky's Nutcracker, The Ballet to dress up in; the virtual reality of becoming a snowman in PlayMotion's Snow Biz; and holiday card-making at its best.

If it's a toy cupboard parents need to visit for holiday shopping, the gift shop will help your Santa bucks go a long way with award-winning toys that educate and entertain, ranging in price from 25 cents to \$20. Best of all, Arts Center members receive a 10 percent discount on all purchases.

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BBB: Local Injured Warriors Make Holidays Special

by Katie Carroll - Better Business Bureau

Local Injured Warriors Help Make the Holidays Warm and Wonderful
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Photographer's Edge, a local manufacturer of high grade greeting card frames, have teamed up to produce limited edition holiday greeting cards with the help of local warriors who have been wounded. Each card will be hand assembled by an injured warrior predominately from our local military installations.

Creating the holiday greeting cards will give these American heroes a way to begin the arduous rehabilitation process of healing from the tremendous physical and psychological wounds they sustained while serving our country. It's one small step towards helping our injured warriors' transition into the working world.

For every card assembled, the wounded warrior will receive payment and the Better Business Bureau of Southern Colorado's Foundation will receive a donation to its scholarship fund.

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

For information about purchasing the cards, call 719-528-3988 or 1-800-550-9254, or visit www.photographersedge.com/bbb. To learn more about the BBB of SC's Foundation scholarship, call Katie Carroll at 719-636-5076 ext. 115.

MORE CONSUMERS ARE CHECKING WITH THE BETTER BUSINESS BUREAU BEFORE MAKING A PURCHASE

A recent spending poll from Harris Interactive, an internet-based market research company, states that more than 20 percent of American consumers have stopped buying non-essential items such as morning coffee and bottled water. Consumers have also been cancelling their subscriptions to magazines and cable TV because of the current economic environment. A full two-thirds are buying more generic brands.

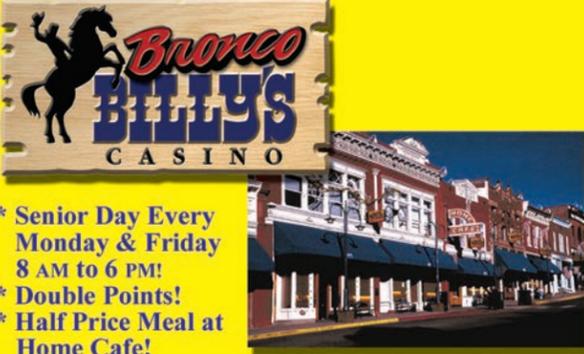
For the Better Business Bureau, this

means the information we provide is more important and relevant than ever.

"We are finding that the number of people, who are checking with us first, before they part with their hard-earned money, is sharply on the rise," according to Carol Odell, CEO of the Better Business Bureau of Southern Colorado. The four million reliability reports in our national database are easy to access and give consumers valuable information to help them make an informed decision.

The first thing a consumer should do when considering buying a product or service is to visit bbb.org and look up a business's reliability report.

And in fact, that's what is happening. The numbers have more than doubled. Reports read in the last three months are up 108.75 percent compared to the same months in 2009. In September 2010, more than 51,900 reliability reports were read by consumers wanting to know more about a company's background.



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STOMACH CANCER SIGNS 21,000 People Diagnosed With Stomach Cancer Do You Know the Signs and Symptoms?

(NAPSI)-There are many types of cancer, but some are more known than others. Approximately 21,000 Americans will be diagnosed with stomach cancer in 2010, and it remains a serious and life-threatening disease. Furthermore, the incidence of cancer in the area where the esophagus and stomach join (gastroesophageal junction) continues to increase. Understanding the signs and symptoms of stomach cancer can help people be proactive about their health and talk to their doctor.

The most common type of stomach cancer, called adenocarcinoma, originates in the innermost lining of the stomach and accounts for more than 90 percent of tumors in this area. In metastatic stomach cancer, the cancer has spread beyond the wall of the stomach and into nearby organs. This makes the cancer harder to treat and results in a poorer outcome.

"Depending on the characteristics of the tumor, treatment options include surgery, radiation and chemotherapy," said oncologist Dr. Mary Mulcahy, of Robert H. Lurie Comprehensive Cancer Center of Northwestern University and Northwestern Memorial Hospital. "Testing a tumor for its genetic makeup can play a major role in deciding which medicine may be best for a person and may ultimately impact their survival."

There are many variables in determining the cause of stomach cancer. **SEE "STOMACH" PAGE 16.**

Arts Center: A Timeless Tale For The Holidays

by Nicki Hart

(PUEBLO, Colo. – November 3, 2010) Artistic Director of the Sangre de Cristo Ballet Theatre Misha Izotov presents five performances of holiday

favorite Nutcracker, the Ballet on Dec. 2-5 in the Arts Center Theater. Izotov will dance the role of the Nutcracker Prince and Herr Drosselmeyer.

Izotov's production features new

choreography with a greater emphasis on the role of the Nutcracker Prince. Audiences will enjoy many new dance scenes with first-time Clara (Annelise Carlson) and the Nutcracker Prince than in years past.

The Story of the Nutcracker

Based on the original 1816 E. T. A. Hoffmann story, The Nutcracker and the Mouse King, SBT's version reflects the ballet as it was first performed in 1892. It is set to the famous score by P. I. Tchaikovsky. The ballet begins with a Christmas Eve party at the Stahlbaum household in Germany. All the guests arrive and the magnificent tree is unveiled. The merriment is interrupted by the arrival of the mysterious Herr Drosselmeyer, a strange and wondrous inventor who is also an old family friend. Large wooden boxes are brought in containing three, life-sized mechanical dolls. After an incredible dance with the dolls, Clara begs her parents to keep them, but she is refused. Drosselmeyer comforts the little girl by giving her a Nutcracker doll instead. After a jealous brother breaks the Nutcracker, Drosselmeyer magically repairs it. As the evening grows late, Herr, Frau Stahlbaum and Drosselmeyer lead all the guests in one last dance before they depart.

Clara's mother prepares her for bed, but Clara doesn't want to sleep without her Nutcracker doll. She enters the living room to find her Nutcracker under the tree and falls asleep on the sofa. She starts to dream. In the dream the clock strikes midnight and a rustling sound awakens her. She finds herself surrounded by mice and becomes frightened. Drosselmeyer works his magic and Clara begins to shrink making the tree appear larger and larger. The Rat King (Leah Drummond) arrives to direct his army of mice. Magically, the Nutcracker comes to life and leads his army of toy soldiers into battle with the mice.

The Rat King corners the Nutcracker and battles him one-on-one. Clara saves the Nutcracker when she throws her shoe at the Rat King, killing



him. The mice carry away the body of their slain king. The Nutcracker is transformed into a Prince by Drosselmeyer.

Next, Clara and the Nutcracker Prince travel through an enchanted forest wonderland where they are welcomed by dancing snowflakes.

Outside the gates of the Kingdom of Sweets, angels are landing in the garden to watch their flowers grow. The Sugar Plum Fairy (Sydney Gettel) and the sweets are asleep, but a magic wand wakes them up and they greet the visitors. The Sugar Plum Fairy asks them to tell her their story. The Nutcracker Prince describes the daring battle with the Rat King and how Clara saved his life. He and Clara are then invited to sit and watch the customary dances of the kingdom: Spanish Chocolate, Arabian Coffee, Chinese Tea, French Mirlaton, Russian Blinchiki, Mother Ginger and her Candy Canes, and Clowns.

As a finale, the Sugar Plum Fairy and the Nutcracker Prince perform a Grand Pas de Deux. All of the characters return to say good-bye to Clara. As her dream fades to darkness, Clara is left with a beautiful memory of her adventure and her beloved Nutcracker.

A highlight of every year's production is the guest appearance of community members in the role of Mother Ginger in Act II. Mother Ginger represents a gingerbread house, from underneath whose voluminous skirts appear dancing gingerbread children. This year's Mother Gingers are Dotsy Baxter (appearing in the Thursday, Dec. 2 performance at 7:30 pm), Andrea Keilbach (Friday, Dec. 3, 7:30 pm), Jennifer Gallagher (Saturday, Dec. 4, 2 pm), Erin Gibbs (Saturday, Dec. 4, 7:30 pm), **SEE "NUTCRACKER" PAGE 19.**

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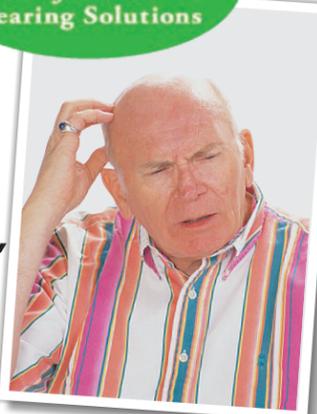
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Barging Through Burgundy With Chef/Wine

by David G. Molyneaux

TheTravelMavens.com

BARGING THROUGH BURGUNDY WITH A CHEF AND WINE CELLAR

Burgundy, France

We were a floating dinner party, our group of 11 Americans in France's region of Burgundy, home of some of the world's best food and wines. We tasted both.

Our mode of transportation was a long barge with a motor, so our dining room and six cabins cruised with us, as well as our staff of six, as we crept down quiet canals and lazy rivers for five days and six nights – a long, lavish party indeed.

France offers other barge trips – we met one group of seriously activate travelers who had biked about 40 miles of Burgundy each day from their barge-

but none as extravagant as the boats operated by French Country Waterways.

This is an American company, based in Duxbury, Mass. Its trips are designed to whisk Americans, who have a fine taste for food and wine, into and out of a slow gourmet experience in the countryside of France. Passengers are met at the Westminster Hotel in Paris, zipped by fast TGV train to the boat, and then transported back to Paris by fast train at the end.

French Country Waterways operates three such barges, two in Burgundy and one in Champagne, April to November, at the high cost of \$850 to \$1,050 per person per night.

The barges tote bicycles, which can be off-loaded quickly while the boat is raised or lowered at a series of locks – you leave the barge at one lock, return

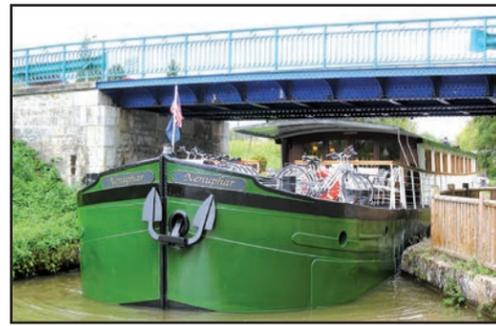
at another. Passengers also make forays into the countryside to wineries and landmarks along Burgundy's Route de Grand Crus on a private little bus. Most of the cruise is afloat and relatively sedentary.

On the Nenuphar, built in 1936 as a cargo vessel, our crew of six included our own private chef, as well as a guide and wine expert who dipped enthusiastically into the company cellar to pour from a parade a bottles labeled as premier cru and grand cru wines.

We ate exceedingly well – several salads and a meat choice at lunch, four courses at dinner led by pork, veal, fish, duck, beef, and three different cheeses at each lunch and dinner seating, a total of 30 cheeses.

We drank wine most of the day. With the wine tastings (one in the morning), the wine at lunch, cocktail hour and dinner, you might think we were in a constant state of inebriation. But we weren't. A little buzz maybe, but we never drank without eating. This was a sipping party. Not a single person ever appeared even slightly incapacitated, though tongues were loosened.

Our nightly dinner party talk – around a rectangular table for 12 – touched most of the taboos, though



Nenuphar glides through Burgundy's Canal du Centre with little room to spare. In locks, the boat had about 2 inches on either side.

religion never seemed to get much of run. We seriously discussed American politics; yet, I can't tell you how many passengers at the table were Democrats, how many Republicans, as it didn't seem to matter. One night's animated conversation, which coursed through politics, travel, death and energy conservation, was summed up by an engineer from New Mexico as "Cruises, caskets and cremations."

Among the highlights of this trip were vintner visits to Domaine de la Folie in Rully and famed Chateau du Clos de Vougeot, and – oh, yes, reason enough to journey to France – a dinner (included in the cruise price) at a three-star Michelin restaurant, one of only 25.

I mention this outstanding restaurant near the end of the story because as good as it was – Lameloise in Chagny, with 50 employees, 22 in the kitchen, has held three stars for 18 years – meals on Nenuphar did not take a back seat to our dinner at Lameloise. Seems to me that a company has to feel confident about its meals to send passengers out to a three-star Michelin dinner, and then bring them back aboard for regular fare for the rest of the week. There was nothing ordinary about eating on the Nenuphar. Each meal was a special occasion.

"I had high expectations for this cruise," said a passenger from Portland, Ore., a businesswoman with major credentials. "My expectations were exceeded."

Contact French Country Waterways at www.fcwl.com or call 1-800-222-1236.

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

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Ann Coulter: "Napolitano: The Ball's In My Court Now!"

by Ann Coulter

After the 9/11 attacks, when 19 Muslim terrorists -- 15 from Saudi Arabia, two from the United Arab Emirates and one each from Egypt and Lebanon, 14 with "al" in their names -- took over commercial aircraft with box-cutters, the government banned sharp objects from planes.

Airport security began confiscating little old ladies' knitting needles and breaking the mouse-sized nail files off of passengers' nail clippers. Surprisingly, no decrease in the number of hijacking attempts by little old ladies and manicurists was noted.

After another Muslim terrorist, Richard Reid, AKA Tariq Raja, AKA Abdel Rahim, AKA Abdul Raheem, AKA Abu Ibrahim, AKA Sammy Cohen (which was only his eHarmony alias), tried to blow up a commercial aircraft

with explosive-laden sneakers, the government prohibited more than 3 ounces of liquid from being carried on airplanes.

All passengers were required to take off their shoes for special security screening, which did not thwart a single terrorist attack, but made airport security checkpoints a lot smellier.

After Muslim terrorist Umar Farouk Abdulmutallab of Nigeria tried to detonate explosive material in his underwear over Detroit last Christmas, the government began requiring nude body scans at airports.

The machines, which cannot detect chemicals or plastic, would not have caught the diaper bomber. So, again, no hijackers were stopped, but being able to see passengers in the nude boosted the morale of airport security personnel by 22 percent.

After explosives were inserted in two ink cartridges and placed on a plane headed to the United States from the Muslim nation of Yemen, the government banned printer cartridges from all domestic flights, resulting in no improvement in airport security, while requiring ink cartridges who traveled to take Amtrak.

So when the next Muslim terrorist, probably named Abdul Ahmed al Shehri, places explosives in his anal cavity, what is the government going

to require then? (If you're looking for a good investment opportunity, might I suggest rubber gloves?)

Last year, a Muslim attempting to murder Prince Mohammed bin Nayef of Saudi Arabia blew himself up with a bomb stuck up his anus. Fortunately, this didn't happen near an airport, or Homeland Security Secretary Janet Napolitano would now be requiring full body cavity searches to fly.

You can't stop a terrorist attack by searching for the explosives any more than you can stop crime by taking away everyone's guns.

In the 1970s, liberal ideas on crime swept the country. Gun owners were treated like criminals while actual criminals were coddled and released. If only we treated criminals with dignity and respect and showed them the system was fair, liberals told us, criminals would reward us with good behavior.

As is now well known, crime exploded in the '70s. It took decades of conservative law-and-order policies to get crime back to near-1950s levels.

It's similarly pointless to treat all Americans as if they're potential terrorists while trying to find and confiscate anything that could be used as a weapon. We can't search all passengers for explosives because Muslims stick explosives up their anuses. (Talk about jobs Americans just won't do.)

You have to search for the terrorists.

Fortunately, that's the one advantage we have in this war. In a lucky stroke, all the terrorists are swarthy, foreign-born, Muslim males. (Think: "Guys Madonna would date.")

This would give us a major leg up -- if only the country weren't insane.

Is there any question that we'd be looking for Swedes if the 9/11 terrorists, the shoe bomber, the diaper bomber and the printer cartridge bomber had all been Swedish? If the Irish Republican Army were bombing our planes, wouldn't we be looking for people with Irish surnames and an Irish appearance?

Only because the terrorists are Muslims do we pretend not to notice who keeps trying to blow up our planes.

It would be harder to find Swedes or Irish boarding commercial airliners in the U.S. than Muslims. Swarthy foreigners stand out like a sore thumb in an airport.



The American domestic flying population is remarkably homogenous. An airport is not a Sears department store.

Only about a third of all Americans flew even once in the last year, and only 7 percent took more than four round trips. The majority of airline passengers are middle-aged, middle-class, white businessmen with about a million frequent flier miles. I'd wager that more than 90 percent of domestic air travelers were born in the U.S.

If the government did nothing more than have a five-minute conversation with the one passenger per flight born outside the U.S., you'd need 90 percent fewer Transportation Security Administration agents and airlines would be far safer than they are now.

Instead, Napolitano just keeps ordering more invasive searches of all passengers, without exception -- except members of Congress and government officials, who get VIP treatment, so they never know what she's doing to the rest of us.

Two weeks ago, Napolitano ordered TSA agents to start groping women's breasts and all passengers' genitalia -- children, nuns and rape victims, everyone except government officials and members of Congress. (Which is weird because Dennis Kucinich would like it.)

"Please have your genitalia out and ready to be fondled when you approach the security checkpoint."

This is the punishment for refusing the nude body scan for passengers who don't want to appear nude on live video or are worried about the skin cancer risk of the machines -- risks acknowledged by the very Johns Hopkins study touted by the government.

It is becoming increasingly obvious that we need to keep the government as far away from airport security as possible, and not only because Janet Napolitano did her graduate work in North Korea.

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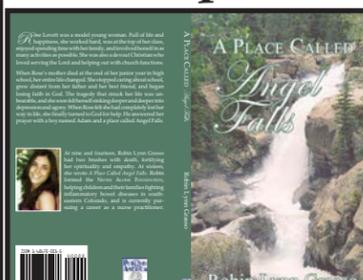
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- DECEMBER 7:** Lemon Chicken, Orzo, Acorn Squash, Bread, Apricots.
- DECEMBER 8:** Roast Pork Loin, Sweet Potatoes, Cauliflower, Applesauce.
- DECEMBER 9:** Hamburger Steak, Acorn Squash, Peas/Carrots, Banana.
- DECEMBER 10:** Baked Chicken, Lima Beans, Carrots, Cornbread, Strawberries/Pears.

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- DECEMBER 13:** Baked Fish w/ Lemon, Mashed Potatoes, Broccoli, Garden Salad/French drsg., Orange.
- DECEMBER 14:** Cuban Style Roast Pork, Zucchini/Tomatoes, Spinach, Bread, Pears.
- DECEMBER 15:** Herb Baked Chicken, Sweet Potatoes, Cauliflower Bread, Banana.
- DECEMBER 16:** Meatloaf/Gravy, Garlic Mashed Potatoes, California

- Blend Veggies, Pear.
- DECEMBER 17:** Hot Turkey Sandwich, Vegetable Florentine Soup, Broccoli, Chocolate Pudding, Apple.
- DECEMBER 20:** Macaroni/Cheese, California Blend Veggies, Acorn Squash, Mango, Grape Juice.
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- DECEMBER 24:** Closed
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Finances: Create And Keep Wealth



“Like A Phoenix Out Of The Ashes”

by Ron Phillips

As I write this, GM has just sold new stock to the public. They raised at least \$20 billion and it could be as high as \$23.1 billion (source: Bloomberg.com). If they raise the higher amount it will place the US back at the top of biggest IPOs (initial public offerings), passing China's recent record. I hope they do it.

It was a good thing that GM could declare bankruptcy. It saved thousands of jobs, it maintained precious confidence in a very bad economy and the US government can actually make billions off of the deal.

Besides that, it also highlights the efficiencies of the US system. An institution like GM can prosper for decades, enrich its native country and reinvent itself after stumbling down. That kind of tolerance for failure makes the US continually innovative and flexible as an economy.

IS THIS ALL POSITIVE?

For recent stock and bond investors the GM bankruptcy was anything but good. As far as my research shows, the stock investors received a 100% loss. Some bond investors made out a little better. One of the last bond prices was 32.5 cents for every dollar invested (a 67.5% loss).

Fortunately, we can learn some basics from this event.

LESSONS FOR INVESTORS

Lesson #1: Do Your Research

Of course, always invest the time to thoroughly look at a company's balance sheet, industry trends, cash levels, etc. The most important stat is the potential investments' debt level. If you see a very steady and dramatic rise is long-term debt you need to think twice and then three times before investing.

Lesson #2: (The Old Standby) Diversify

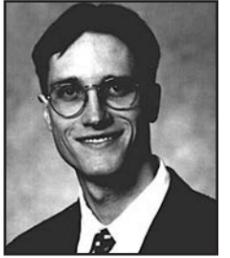
You've heard it a thousand times before. You probably get tired of hearing that same advice repeated over and over. Diversify. Warren Buffett's mentor Ben Graham was a big believer in this. Warren himself oversees more than 70 companies and dozens of additional investments. Diversify.

Lesson #3: Use Mutual Funds

What is the easiest way to efficiently diversify? Use a mutual fund. Individual stocks and bonds can be more tax-efficient and you do have more control of buying and selling. Yet a fund can offer extreme diversification at very low internal costs. Funds have additional disclosures that are required by law; making them very transparent investments (always remember the lack of transparency with Madoff). They can mimic an index, offering a passive investment in hundreds of individual securities. Or they offer pro-

fessional management, constantly adjusting the portfolio. Pretty good benefits.

Think again of the Old GM investors. Would you rather lose 67% of your single bond investment or be in a mutual fund that owns 400 different bonds? If one bond defaults out of the group then your loss is 0.25 percent. It seems pretty clear which would help an investor sleep better at night.



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

The Unknown Of Unknowns On The Street Of Dreams

by Gary Neiens - Financial Advisor / Investment Broker - Raymond James Financial Services, Inc., Member FINRA/SIPC

Since my last (Sept. 2010) article a lot of good things have happened.

The fall started well when the Yan-

kees didn't win and from there the news continued to get better. Corporate earnings kept improving and often beat estimates. The stock market has rallied sharply from the 12 year March/09 low. At this writing the S & P trades around the 1200

mark and according to some bullish market technicians needs to break through the 1228 mark to continue the uptrend. If this would happen about 60 % of the loss from the 2007 market high would be recaptured. The dollar continues to draw concern and acts feebly but has not fallen below 2008 lows. The gold, oil, and commodity suggestions I've made to you in past articles continued to have impressive returns. Gold traded at the \$1400/oz mark; oil around \$90/barrel. Even many bank stocks (not currently my idea of a good idea) joined in the rally.

Additionally, good news came from the political scene. In my opinion a portion of the market rally has been because of this. Not because the Republicans would win but because gridlock could gain a footing in Washington. Those who think the market rally was because of a GOP victory would have to answer the question, "What good did they do this decade?". No, readers, gridlock is simply wonderful unlike many pundits suggest. If we had had Washington gridlock for the last ten years wouldn't we be better for it?

There is another part of this sharp rally. Despite some ominous problems, I think, it's tough for financial assets to be unattractive when you have the Federal Reserve taking a big fire hose and blowing money throughout the system. The Fed has given several indications that a little inflation would be a good thing. Since 1913 when the Fed was created they have been quite good at creating inflation—so expect some more "success".

Congressman Paul (R-TX) continues to seek an investigation of the Fed and his wish may, in the new congress, have a small chance of getting approval. By

small chance-- think snowball in hell. Soft dollar Bernanke might be in the way of additional congressional criticism—we'll have to see.

As reported by the Wall Street Journal the Standard and Poors is up about 17% since August. The dollar is down about the same. Retail investors (individuals) are slowly returning to the stock markets with 48% now being bullish. This is often though a lagging indicator. In 2008, Morningstar reported that many mutual funds that were closed were re-opening and then came the crash. In fact this time, the Los Angeles Times reported heavy withdrawals from mutual funds just prior to Sept (2010), in fact \$7.6 billion was removed the week before the market began a strong two-month rally that was quite special. In total about \$65 billion has left the door from equity mutual funds in 2009 and 2010. One beneficiary of this exodus has been the various bond funds. I think the individual investors recent reliance on the bond market will turn out to be in error.

So where do we go from here? As Raymond James economists pointed out we as a firm are currently cautiously optimistic. I think Jeff Saut (analyst at Raymond James Financial) was astute when he made mention of a Donald Rumsfeld observation. Rumsfeld was the Chief-of-Staff in the Ford Administration, worked for President Nixon; and was more recently the Defense Secretary. Rumsfeld notes that there are known unknowns. These are things that we know that we know. There are known unknowns. That is to say there are things we know we don't know. Then there are unknown unknowns—the things we don't know that we don't know. In my opinion it

SEE "UNKNOWN" PAGE 18.

STOMACH!

from page 12.

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Publisher/Sales/Production.....James R. Grasso
Sales.... Jan McLaughlin, James R. Grasso
Contributing writers.. B. J. Tucker, Universal Press Syndicate, Mature Market Editorial Services, NAPS, Jan McLaughlin

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Senior Community Update



PUEBLO WEST SENIOR HOLIDAY SEASON PARTY

The Pueblo West Seniors/Retirees would be pleased to have you join us for our annual Christmas Party at the Solid Ground Restaurant 412 S McCulloch Blvd. from 11:30 am to 1:45 pm on Thursday, Dec. 9th.

For more information or to make reservations (by Dec. 5th), call 719-647-8969 or 719-404-4413.

Our Members meet the second Thursday of each month, except December, at the PW Memorial Recreational Center for a Potluck lunch. Guests always welcomed.

ASSISTANCE LEAGUE

Holiday Fashion Preview and Gourmet Luncheon Saturday, December 4, 2010 doors open at 11:30am

Assistance League Pueblo presents the 21st annual Holiday Fashion Preview and Gourmet Luncheon. Special guest emcee Graig Eliot. Cost \$45.00, Pueblo Convention Center. All proceeds benefit Operation School Bell. For reservations call Pat 719- 235-2998.

PHOTOGRAPHY SOCIETY AND PUEBLO ART GUILD

The 2010 Annual Photography Show will begin with an open reception on Friday, November 5 from 6pm to 8pm at the Pueblo Art Gallery.

The Gallery is located at 1500 N. Santa Fe in Mineral Palace Park in Pueblo and is open Wednesday through Sunday from Noon to 4 pm.

For more information please call the Art Guild at 719-543-2455 or Joe Klune at 719-547-9485.

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

Call Chuck at 583-8498 for all the information.

LOU GEHRIG'S DISEASE SUPPORT GROUP

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

OWLS MEETING

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

RIDE TO CHURCH?

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

GENEALOGICAL SOCIETY

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

SRDA CALENDAR

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

LIVING WITH OSTEOARTHRITIS?

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

How can they ease the pain, deal with the limitations it causes, and support their doctor's treatment? With the help of some of the world's leading spine specialists, the American Arthritis Society has compiled twelve practical tips for self-care that are effective and easy to follow. Please visit the Society's website at: www.americanarthritis.org.

AARP SCHEDULE OF ACTIVITIES

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

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

TOASTMASTERS

What: Pueblo Toastmasters #179 Public Speaking Class

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

When: 2nd & 4th Mon., of

BELMONT SQUARE APARTMENTS

One Bedroom Apartments starting

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CALL for Details about our GREAT move-in special!

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belmontsquare@greystar.com

www.belmontsquareapartments.com

every month, 6:15 - 7:15PM

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

STEP-UP PROGRAM

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

ALZHEIMER'S SUPPORT

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

COMMUNITY BLOOD DRIVES

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

JOB SEEKERS

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

VITA TAXPAYER HELP

This is a call for volunteers to become IRS Certified tax preparers for the VITA (volunteer income tax assistance) program.

Please contact Judith Boudreaux, the VITA/Financial Literacy coordinator for Pueblo, at 296-8768. She will have all the answers to your questions on this subject.

HOW DO YOU FEEL?

Come and join us for C.H.A.N.G.E. Canceling Habits Affirming New Goals Easily at 1:00 P.M. on the 3rd Saturday every month at the Rawlings Library 100 E. Abriendo Ave. Pueblo, Colorado.

For more information please contact: Ramona Lombard (719) 583-2732 ramonalombard@me.com Ramona Lombard.com

2011 COLORADO MASTER GARDENER PROGRAM

We are accepting applications. The Colorado Master Gardener (CMG) program is designed to educate individuals in research-based gardening techniques. 2011 training is scheduled every Thursday from January 27 to April 7, 2011, 9 a.m. to 4 p.m., at the CSU Extension office in Pueblo. Application deadline is Dec. 10th. For more information please contact Colorado State University Extension - Pueblo County at 583-6566, <http://pueblo.colostate.edu>, or at 701 Court Street, Suite C.

If You Have Not Planned For Final Needs, It May Not Be Too Late



Pueblo, CO If you have not planned for final needs, it may not be too late! You can still avoid burdening your loved ones if you qualify.

When your family remembers your golden years, Farmers Insurance Essential Simple Whole Life can help ensure their thoughts do not include memories of unexpected financial burdens you have left behind.

Prepare today for tomorrow's expenses with coverage that can never decrease and premiums that will never increase for as long as you live.

Call Tom Chavez at the Thomas J. Chavez Agency today for more information at 719-566-0473.

-ADVERTISEMENT-

QUALITY CARE, Compassionate Touch

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

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- Ice cream parlor-Country store-Library
- Chapel-Rec Room-Beauty/Barber Shop



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SENIOR CLASSIFIEDS

CONCRETE WORK Driveways, patio, monolithic, garage floor slabs - Tractor work and landscaping Professional work at a reasonable price. Call 719-240-2046 anytime. #0311

TURN KEY RENTAL PROPERTY in friendly Colorado farming town of Rocky Ford. Investors, retirees, entrepreneurs - live in one, rent out the rest and let this one-of-a-kind mansion pay for itself. 14.5 bedrooms, 8 baths. 8 kitchens. Loads of character, possibilities! Make offer - willing to negotiate. Owner selling due to health reasons. 50 miles east of Pueblo. Close to golf course, nursing home, hospital, Amtrak, college, shopping, schools, churches. Call for details/appointment: 719-568-4293 - ask for Jan. <http://www.coloradoincomeproperty.info> #1012

CNA WILLING and able to provide for your Home Health needs to keep you in your Home. Sixteen years experience! Excellent references. Call Donna, 719-320-3034. #1210

EXPERIENCED HOME CARE provider for your loved ones! Honest & Dependable. I will assist you with your daily needs (day or night). Call Martha, 719-566-9077. #1210

DUAL PLOT in Military Court of Honor. Imperial Memorial Garden Cemetery, Pueblo, CO. Will pay filing fees. \$500.00 Call 719-225-6671. #1210

AUTOMOTIVE REPAIR & DIAGNOSTICS: Brakes - tune-ups - C.V. axles - etc. Foreign and domestic. 24-7 mobile service. Seniors Discount. 719-369-3502. #0111

POWER CHAIR SELECT 6. LIKE NEW - MUST SELL! \$590 OBO Call 719-252-2243. #1210

FOR SALE: 1986 Mobile home and lot. Nice, 3 bedroom, 2 bath, enclosed sunroom addition, carport, shed, all appliances, newer furnace, 3 big trees, fenced. 564-4944/252-7071. #1210

HARD WORKER will do yard work, other odds and ends. Must use your tools, \$7 per hour. Call 583-0192. Please leave message if no answer. 583-0192. #1210

PERSONALIZED RESUME with 1 copy and cover letter. \$30. English grammar tutoring, all ages, \$7/hr., Typing, editingschool/college papers, \$3/page. 543-8391. #1210

CNA - 8 YEARS EXPERIENCE Available weekends only. Call Yvonne, 334-0428. #1210

HELP IN YOUR HOME. Senior Lady will come to your home. Errands, appointments, meals and personal care. Please call, 406-6718 or 565-0445. #1210

IMPERIAL MEMORIAL GARDENS. Faith lot #10, 1 & 2... \$1550. Pieta lot #58, 1 & 2... \$2058. Endowment care included. Call 719-240-0538. #1210

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

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

COLORADO TIME-SHARE FOR SALE. \$2,000. Sleeps 6. FLOATING RED-WINTER WEEK at Mountain-side at Silvercreek. In-room 6 person

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.

hot tub. 719-647-0101. #1010

RECENTLY WE AT DOVE HOMES LLC have an opening for one who needs 24/7 care in our Christian home. Call 719-542-3496 NOW! These openings don't last long. #1210

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

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

WANTED: used behind-the-ear

hearing aids. Must be workable in good shape. Cañon City, 719-269-8200. #0910

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

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

Geriatric Care Managers Needed

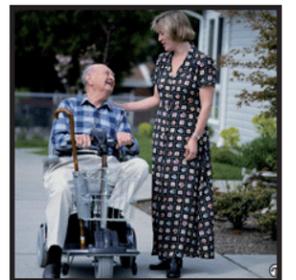
(NAPSI)-With the leading edge of the 72 million baby boomers now in their 60s, there's growing interest in a new career option: geriatric care managers.

These health and human services professionals come from a variety of backgrounds, including nursing, gerontology, social work and psychology. They assist older adults, persons with disabilities and their families by serving as advocates and a resource for help for those with chronic needs, including helping those who suffer from Alzheimer's disease or Parkinson's or exhibit symptoms of dementia.

Geriatric care managers who are

members of the National Association of Professional Geriatric Care Managers follow the association's Pledge of Ethics and Standards of Practice.

For more information about a career in geriatric care management, visit www.caremanager.org.



Importance Of Family Caregivers

(NAPSI)-More than 65 million family caregivers play a major role in maximizing the health and quality of life of individuals with acute and chronic illnesses.

"Family caregivers make a valuable contribution to patient care," said J. Fred Ralston Jr., M.D., FACP, president, American College of Physicians (ACP). "A proper patient-physician-caregiver relationship will contribute to a positive caregiving experience and may decrease rates of patient hospitalization and institutionalization."

ACP has issued "Family Caregiv-

ers, Patients and Physicians: Ethical Guidance to Optimize Relationships" to guide ethical relationships among patients, physicians and caregivers. The paper, available on www.acponline.org, outlines principles to guide the patient-physician-caregiver relationship. ACP also encourages all adults to document their health care wishes in a living will, and for providers to respect those decisions.



UNKNOWN

from page 16.

is from this last category that this rally will be stopped.

We pretty well know that the consumers are in trouble; so are the banks, real estate, the dollar, the debt etc... What is it that we don't know that we don't know? If you know, give me a call because I'd like to know.

My stated inclination to you has been to be in gold, oil and various commodities and out of the dollar. This is becoming a very popular idea recently and the trade is becoming quite crowded—which concerns me for the short term. Remember, by the time everyone knows something—it is not worth knowing on Wall Street.

Good luck and good investing.

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markets, or developments referred to in this material. The information has been obtained from sources considered to be reliable, but we do not guarantee that the foregoing material is accurate or complete. Any opinions are those of Gary Neiens and not necessarily those of RJFS. This information is not intended as a solicitation or an offer to buy or sell any security referred to herein. Raymond James Financial Services, Inc., its affiliates, officers, directors, or branch offices may in the normal course of business have a position in any securities mentioned in this report. Investments mentioned may not be suitable for all investors. Commodities are generally considered speculative because of the significant potential for investment loss. Commodities are volatile investments and should only form a small part of a diversified portfolio. There might be sharp price fluctuations even during periods when prices overall are rising. Gold is subject to the special risks associated with investing in precious metals, including but not limited to: price may be subject to wide fluctuation; the market is relatively limited; the sources are concentrated in countries that have the potential for instability; and the market is unregulated.

Assisted Living At Its Best!



The Legacy Commons

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

Funeral Advantage Program

Assists Seniors

ATTENTION SENIORS: Information Request
WE ARE PLEASED TO ANNOUNCE:

You may qualify for the Funeral Advantage Program that will pay your family in the event of your death on insurance cash benefit up to \$20,000. **TAX FREE.**

THOUSANDS OF COLORADO RESIDENTS AGE 50-85 have been accepted so far for this program - created to help pay for one's final expenses.

TO SEE IF YOU QUALIFY. Call **1-877-280-0933** today! There is no charge for this information. Currently, you may qualify even if you have a health condition.

CALL TODAY TO RECEIVE the valuable planning help, *My Final Wish* from Lincoln Heritage today. Requests received after 15 days may not be processed. Again, call toll free 1-877-280-0933.




F.R.E.S.H. New Program At Fremont Regional Hospice

Suzette Benish
F.R.E.S.H. Program Coordinator
Fremont Regional Hospice
719-275-4315
1439 Main St
Canon City, Colorado 81212

The Fremont Regional Hospice is proud to announce the start of a new program called Fremont Regional Elder Support at Home or F.R.E.S.H.

F.R.E.S.H. provides unskilled care and support to elders in need who desire to continue living at home for as long as possible. A little friendly, trustworthy, help can make a serious difference in the lives of our elderly.

Elders who need a helping hand at home may benefit from

F.R.E.S.H. Services are provided to recipients based on their need, not on their ability to pay. F.R.E.S.H. provides services free of charge to its recipients. Persons currently receiving home health services are not eligible for this program.

F.R.E.S.H. does not provide skilled medical care. We offer assistance with daily living tasks, such as: meal preparation, light housework, shopping, errands, changing bed linens, laundry, help with correspondence, local transportation and companionship. Each recipient receives a personal plan of care to maximize their independence.

Funding for the programs comes from the donations of caring

individuals, organizations and private foundation grants. All administrative and promotional expenses are covered by Fremont Regional Hospice so that 100% of the funds are used to provide services to those in need. Every ten dollars donated to the program provides one hour of service to one of our elders.

We would especially like to introduce Ms. Suzette Benish.

She is the Coordinator of the F.R.E.S.H. Program. She came to Fremont County in 2006. Suzette served as Deputy Town Clerk for the Town of Williamsburg for over a year before becoming a substitute teacher for Fremont RE-2 working mainly in the middle school and spe-

cial education classes.

She has been volunteering with the Penrose Library Young Adult Program for

almost 4 years and is a member of the VFW 2788 Ladies Auxiliary in Penrose.

She has also volunteered in the resale store at the Manna House in Florence. She is exceptional.

She brings enthusiasm and public service experience to this position and we look forward to a successful first year.



Here's How To Manage Your Prescription Drug Costs

(NAPSI)-While Medicare's Part D drug benefit has helped seniors save on prescription drug expenses, the benefit's doughnut hole, or coverage gap, can still put seniors living on fixed incomes in a tough spot.

A report released by The Henry J. Kaiser Family Foundation estimated that 3.4 million Part D enrollees found themselves in the gap in 2007. On average, 15 percent of people taking drugs in select drug classes stopped taking those medications upon reaching the gap.

Health care reform efforts be-

gan narrowing the gap with a \$250 rebate check for those who reached it in 2010. In 2011, those who reach the gap will receive a 50 percent discount on brand-name drugs and a 7 percent discount on generic drugs. Additional discounts for brand-name and generic drugs will be phased in gradually until the gap closes in 2020.

In the meantime, seniors can reduce their chances of reaching the gap. "Most retired Americans live on fixed incomes and are concerned about how they'll pay for prescription drugs," said Scott Perry, president of Bankers Life and Casualty Company, a national life and health insurer focusing on the retirement market. "Part D coverage, combined with some simple actions, can ease their worries."

Start by reviewing your medications with your doctor. Eliminating any unnecessary medications and switching to over-the-counter or generic drugs with your doctor's permission can produce real savings. According to the U.S. Food and Drug Administration website, the cost of generics is, on average, 80 to 85 percent lower than brand-name products.

Shopping around for the best prices can also help. According to TODAYshow.com, few people realize that retail drug prices can vary among drugstores by up to 400 percent.

When choosing your prescription drug coverage, pick a plan that covers most, if not all, your medications and uses pharmacies that are convenient for you. Some plans also offer a mail-

order option so medications can be sent directly to your home at a savings.

For help sorting through available plans, visit Medicare's website, www.medicare.gov, and use the Prescription Drug Plan Finder. The tool provides a listing of plans that cover your medications as well as information on plan rates, policy benefits and limitations.

Finally, check with your state's department on aging for programs that cover costs not included in Part D. These programs can substantially reduce out-of-pocket costs for eligible seniors. They're listed on Medicare's State Pharmaceutical Assistance Program website at www.medicare.gov/spap.asp.

Pueblo Senior Safety Triad
 Safety for seniors is our goal.

- Information & Referral
- Senior Resource Directory
 - Senior Safety Kits
 - Senior Advocates
- Provides Educational Programs
- Assists Senior Victims & Seniors At Risk
- Promotes Safety To Reduce Fear Of Crime

Senior Helpline

583-6611

How To Make Your Life Much Less Taxing

(NAPSI)-Did you know that you can learn a useful skill that will help yourself and help others at the same time?

Here's how: Volunteer to help older Americans and others figure out their taxes.

You don't have to be a tax professional to get involved. Volunteers receive free tax training and are reimbursed on a limited basis for qualified program-related expenses.

In addition, the program needs coordinators, greeters and many other roles filled to serve all its clients each tax season. The service is particularly in need of volunteers who are bilingual in English and Spanish to support the increasing number of Spanish-speaking taxpayers seeking assistance.

AARP Tax-Aide, the nation's largest free, volunteer-run tax assistance and preparation service served more than 2.6 million taxpayers and saved its clients more than \$115 million in tax preparation fees last year alone. Taxpayers who file a federal tax return with a refund due to them can also get help investing the money in America's future. They can purchase savings bonds in multiples of \$50, up to \$5,000, using all or a portion of their refund.

Some 7,000 volunteers are needed each year to dedicate their time during tax season and sometimes throughout the year to help low- to moderate-income taxpayers prepare their taxes.

AARP Tax-Aide is a program of the AARP Foundation, offered in conjunction with the IRS. Though the pro-

gram gives special attention to people over age 60, volunteers and clients do not have to be AARP members or even retired.

For more information on how you can join the AARP Tax-Aide team, visit www.aarp.org/ta volunteer8 (English only) or call their toll-free number, 1-888-OUR-AARP (1-888-687-2277). For information about the more than 6,500 sites open across the country, visit www.aarp.org/TaxAide. The site also offers free, year-round assistance to taxpayers, who can pose questions to online volunteers 24 hours a day, seven days a week.



Rehabilitation available through Cañon City Lodge Care Center's Out-Patient Clinic. The qualified staff at TLC Rehab will help you work towards maximum independence and healing using state-of-the-art techniques designed to address your individual goals and abilities.

Providing Neuromuscular Electrical Stimulation (NMES)

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Other treatments available: Aquatic Therapy, Wound Management/Sharp Debridement, Neuropathy, Hand Therapy, Orthopedic Treatment, Pain Management, Neurological Treatment, Vestibular Rehab, Aphasia/Dysphasia Treatment, TMJ Treatment, CVA (stroke), Seating/mobility, Prosthetic/Orthotic/Contracture, Communication, Fall Prevention, Lymphedema Therapy, Cardiovascular & Pulmonary

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Thank you to our entire Rehab Staff at Cañon Lodge & TLC for their hard work and dedication.

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click on "beacon online"

click on the month you'd like to read and read it!

Give it a few minutes to come up on the computer.

What could be easier?

Senior Beacon is also available at approximately 100 locations throughout Pueblo & Fremont Counties also at no charge!

AND

If you'd like Senior Beacon delivered by mail each and every month (\$19.95 for 15 mos.) just contact us at 719-647-1300 or check out how to subscribe by looking on the website: <http://www.seniorbeacon.info>

Reader Asbury Has Idea For City/County Health Department Land

Ed Note: Mr. Jim Asbury has an idea that deserves consideration and this is the letter he sent to the Pueblo City Council concerning that idea.

Dear Pueblo City Council Members:

I would like to propose a purpose for the land formerly used for the Pueblo (City)/County Health Department. I was speaking with Steve Nawrocki (councilman and long-time SRDA Director) a couple weeks ago about this property. He mentioned at the time that the most likely use would be a parking lot as no other possibilities

had been brought up.

As a senior citizen of Pueblo, I would like to present a need that you might not be aware (of).

Our seniors have very limited access to physical fitness facilities. Our options are taking walks outdoors when the weather permits or walking inside at the Pueblo Mall when the weather isn't cooperative.

Several years ago I lived in Fort Collins and used a facility called the Fort Collins Senior Center. In addition to a large swimming pool there

were treadmills, stationary bicycles, indoor tracks, (and) etc. The members would pay a monthly fee to offset operating costs.

If it is possible there why not build such a place in Pueblo?

Our Seniors make up a large segment of our community. I am certain that construction cost(s) along with operating expenses would be returned over time through membership dues and public donations.

In addition (the) physical benefit (to) our seniors, I can imagine that the

influx of seniors frequenting the downtown area (to make use of the swimming facility) would (also) benefit the shops and restaurants spending money, creating economic opportunity for our downtown business community.

Jim Asbury
Pueblo

Ed. Note: Contact Jim at 583-9012 if you like the idea and/or would like to speak with him on how to get this idea started.

Cholesterol And You

(NAPSI)-Did you know that one in every six adults in the U.S. has high cholesterol? Or that 80 percent of

people who have had a heart attack have high cholesterol? Having high cholesterol could double your risk for serious cardio-

Nutcracker

from page 13.

and hannon Kaufman (Sunday, Dec. 5, 2 pm).

Completing the ensemble are the talented SBT residents and students from the School of Dance.

This year's performances are sponsored by The Chamberlain Foundation. Tickets are \$8 for children and \$10 for adults. To purchase, call 719-295-7222, or come by the Sangre de Cristo Arts Center Box Office, located at 210 N. Santa Fe Ave., Monday-Friday, 9 am - 5 pm, and Saturday, 9 am - 4 pm For more information, visit online at www.sangredecristoarts.org.

About the Sangre de Cristo Arts Center

The cultural hub of Southern Colorado, the Sangre de Cristo Arts Center gives visitors the tools to think and act creatively through a three building complex including seven galleries offering the best in historic and contemporary art by artists of local, regional and national renown. In addition the Arts Center offers the Buell Children's Mu-

seum, recognized as the second-best for art by Child magazine, a 500-seat theater featuring a variety of performing arts programs, both local and national, and two gift shops. Over 100 fine arts, dance and leisure classes are available every quarter providing something unique to everyone from children to adults of all skill levels.

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

vascular events such as heart attacks and strokes.

What is cholesterol? Cholesterol is a soft, waxy fat, or lipid. There are two main sources of cholesterol. Cholesterol is made naturally in the body or it can be ingested if it is present in the food you eat. Cholesterol is found in the bloodstream and in cells throughout the body. Although cholesterol is necessary for the body to function properly, too much of it can lead to serious health problems. In fact, people with high total cholesterol have double the risk of heart disease. "Bad" cholesterol is called LDL cholesterol, and it can build up in the arteries and prevent the blood from getting to the heart or brain. HDL cholesterol, on the other hand, is the "good" cholesterol. It helps carry LDL cholesterol away from artery walls.

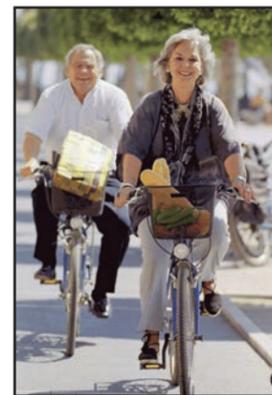
The good news is that you can reduce your risk of heart disease and stroke by lowering your LDL cholesterol. Although some risk factors such as family history, age and gender may impact your chance of having a heart attack or stroke, they cannot be changed. Luckily, however, risk factors such as diet, weight and exercise levels can be adapted to lower your cholesterol--and potentially your risk for

heart disease and stroke.

In some cases, exercise and healthy eating are enough to control cholesterol levels. But sometimes these efforts are not enough, and cholesterol-lowering medications may be needed. Controlling cholesterol is especially important for people who are at a higher risk for heart problems, including patients with coronary heart disease or other cardiovascular disease or patients with diabetes plus other risk factors.

Managing cholesterol with certain medicines has been shown to provide several health benefits, including reducing the risk of a first stroke. It is important to talk to your doctor about any treatment option.

Don't put yourself at risk. Talk to your doctor and take control of your cholesterol starting today.



strength compassion hope innovation expertise

Smaller home.
Bigger circle
of friends.

At Villa Pueblo, we offer independent retirement living in a variety of beautiful floorplans, and we have assisted living and skilled nursing services on-site should you need them. We simplify life with services like housekeeping, laundry and transportation to doctor appointments, shopping, classes and entertainment. And our restaurant-style dining room serves three delicious meals daily.

Call us for convenient tour hours.

1111 Bonforte Blvd.
719-545-5911
centuraseniors.org

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What You Need To Know About Hormone Therapy

by *Evan Goldfischer, M.D.*

(NAPSI)-Hormone therapy—also called androgen deprivation therapy (ADT)—is used to reduce levels of male hormones called androgens. Testosterone is the most well-known androgen and a principal target of hormone therapy. Testosterone also stimulates prostate cancer cells to grow. The goal of hormone therapy is to slow the growth of prostate cancer cells and help shrink tumors.

If you are newly diagnosed with advanced prostate cancer, you may feel overwhelmed and unsure. Among other issues, you may be coping with complex treatment decisions. Choices include surgery to remove the prostate, radiation therapy and hormone therapy.

Since an estimated 50 percent of prostate cancer patients will be candidates for hormone therapy during the course of their treatment, a brief primer on this option may help you weigh your alternatives. Once you understand hormone therapy, I will recommend the key questions you

should ask your doctor about this treatment.

Patients with advanced prostate cancer have several options when considering treatment. One is surgery, also called an orchiectomy. This procedure removes the testicles, which produce more than 90 percent of male hormones.

Other treatments include prescription medications that target the hormones responsible for regulating testosterone production: gonadotropin-releasing hormone (GnRH) antagonists and luteinizing hormone-releasing hormones (LHRH).

With LHRH agonists, patients generally experience an initial surge in testosterone production that may last several days. It may take up to 30 days to reduce testosterone levels to adequate levels. Doctors typically try to counteract the surge by prescribing oral anti-androgens, which block the body's ability to use testosterone. However, there is potential for more side effects and therapy may become costly.

Testosterone surge is a serious consideration because it may stimulate tumor growth and cause painful and potentially dangerous symptoms in certain patients. These symptoms include bone pain, urinary retention and pressure in the spine, which can result in paralysis and even death.

Shutting down testosterone immediately is the hallmark of the latest advancement in hormone therapy, Firmagon® (degarelix for injection), which is a GnRH receptor antagonist indicated for treatment of patients with locally advanced prostate cancer. Unlike LHRH agonists, Firmagon binds immediately and reversibly to GnRH receptors of the pituitary gland, blocking those receptors and virtually stopping LH production.

As a result, Firmagon causes a rapid, profound and sustained suppression of testosterone within three days—without the initial surge triggered by LHRH agonist therapy. It is also not necessary to use anti-androgens to block initial testosterone surges.

Finally, as a patient diagnosed with advanced prostate cancer who may undergo hormone therapy, the key questions you should ask your doctor are:

1. Am I a candidate for hormone therapy to treat my advanced prostate cancer?

2. Is my cancer at the stage where I could potentially benefit from hormone therapy?

3. What type of hormone therapy do you typically prescribe for your patients with advanced prostate cancer and why?

For more information about advanced prostate cancer, talk to your doctor and visit www.firmagon.com to learn more about this treatment.

Ed. Note: Before receiving FIRMAGON, tell your health care provider about all your medical conditions, including if you have any heart problems, problems with balance of your body salts or electrolytes (such as sodium, potassium, calcium and magnesium), or have kidney or liver problems.

Letter To Editor: Colorado Energy Assistance Available

Dear Editor:

Beginning this time of year, as many as one in five Colorado households struggle to keep up with home energy bills. Too many seniors on fixed incomes and families with children must seriously weigh such dismal choices as keeping the heat on or doing without food or medical care.

Fortunately, help is available to keep these people warm and safe and in their homes. The Colorado Low-Income Energy Assistance Program (LEAP), a

federally-funded program administered through the Colorado Department of Human Services, provides energy bill payment assistance to income qualifying households. LEAP also offers a Crisis Intervention Program to help eligible households needing a repair or replacement of their home heating system.

Another valuable resource is Energy Outreach Colorado, a private, non-profit organization that raises funds for energy assistance through individual and corporate donors. This year, Energy

Outreach is distributing \$6.7 million in energy assistance grants to 131 community assistance organizations across the state, including Seniors Resources Center, Salvation Army and Home Front Cares. Energy Outreach was established in 1989 to supplement LEAP funding and provide warmth and security to those who may not qualify for LEAP or need additional assistance. Since then it has distributed nearly \$123 million to fund energy bill payment assistance and energy efficiency upgrades for affordable housing in Colo-

rado.

I strongly encourage anyone struggling to pay home energy bills to apply for help today by calling toll-free 1-866-HEAT-HELP or by going to www.EnergyOutreach.org/locator.asp. Concerned citizens interested in helping those who can't afford home energy can make a donation through those sites or by calling Energy Outreach at 303-825-8750.

Warmly, Skip Arnold - Executive Dir. Energy Outreach Colorado

Winter In The Garden: And The Beat Still Goes On!

by *Marty Ross*

Good gardens have depth and dimension, and they don't pack up and go home when winter comes along. Four-season gardens have something going on all year.

Designing a garden for year-round interest may not seem important in springtime, an urgently burgeoning season when everything seems to want to bloom at once. But in fall and winter, there's time, finally, to take in the details, even if it's from a window. This is the season of bright berries, sculptural forms, shadows, textures and twigs. Evergreens sparkle in lower light of fall and winter; seedheads stand out. The paths and patterns in a garden come into focus at this season. The hardworking winter character of plants you have enjoyed all summer may surprise you.

"People should garden for year-round interest, and it isn't that tough," says Galen Gates, director of plant collections at the Chicago Botanic Garden.

It doesn't take a lot of plants to make a garden lively year round, Gates says, just judicious choices. "If you're thoughtful about plant selection, you can do it," he says. "You just have to see what the opportunities are."

Overwintering and migrating birds really come into their own in the starkly contrasting light and shadows of winter, especially in a thoughtfully planted garden. David Mizejewski, a naturalist at the National Wildlife Federation, calls shrubs "the workhorses of a wildlife garden" for their four-season interest and their importance to birds and wildlife. Layers of plants, from the tree canopy down to ground covers in the understory,

attract and shelter birds, "but they're also just good for garden design," he says. "You don't want to have just one thing. It doesn't look interesting."

Mizejewski promotes the planting of shrubs, especially, for their value as habitats for birds. In the fall, when birds are migrating, shrubs with berries are an important source of energy. Viburnums, pyracanthas, beauty berry and other shrubs with colorful berries that persist into winter feed the songbirds that remain year-round, and sparkle in the landscape. The bright red berries of deciduous hollies look particularly striking against a backdrop of ornamental grasses or evergreens. Evergreen hollies subtly provide their own lustrous backdrop -- and great shelter for birds in winter storms.

At the National Arboretum in Washington, D.C., ornamental grasses figure prominently in landscapes planned for winter interest. Grasses fill important spots in the summer garden, but they are also prized for their terrific fall character. Instead of typical maiden grass and penisetums, which are overplanted, gardeners at the National Arboretum like to recommend striking pink muhly grass, which has bright pink plumes in fall, and prairie dropseed, a fine, small ornamental grass with flowers that rise like a

mist above the tawny foliage and smell like popcorn. They both hold up through winter winds and snow, and then should be cut back in early spring, before new growth begins.

Witch hazels bloom in late fall or very early spring at the National Arboretum; wintersweet blooms in December and January, in the midst of winter. Oregon grape holly, which has bright yellow flowers in January and berries that last into fall, stands out in the winter landscape. To help visitors find these great plants, the arboretum's staff compiles a list of "horticultural hot spots" worth seeking out even on a cold snowy day.

Even in warm climates, gardens take on a different character in winter. Pink, red and creamy white camellias bloom from November through January at the Huntington Botanical Gardens near Los Angeles. The desert garden, one of the largest collections of cacti and succulents in the world, is a place of astonishing beauty in the winter light. Silk trees, aloes and roses in the Huntington's collection all bloom in winter. Many people experience these plants only as visitors to the garden, but gardeners in Southern California and in the Southwest, many of whom moved to these climates to escape northern winters, welcome the winter as a time of colorful flowers and design their gardens around them.

Every garden, and every gardener, is different. "You have to experiment," Gates says. "Gardening is so regional." But botanic gardens can provide inspiration throughout the year, and "then it's up to the gardeners to be creative," he says. Experimenting with new and unfamiliar plants is part of the pleasure. Once you start, he says, "you'll discover plants to enjoy every season, and every month."

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WEIRD NEWS

from page 4.

Guyer privately offered a lenient sentence to a 21-year-old man on the condition that the man would allow Guyer to shampoo his hair. The defendant reported the offer to authorities, and two undercover police officers, claiming to be friends of the defendant, allowed Guyer to wash their hair to gather evidence. (Guyer went on to resign in May 1992 after apologizing for his conduct and agreeing to forfeit his pension benefits.)

Surreal Estate

Sixty-two percent of the 12 million people of Mumbai, India, live in slums, but the city is also home to Mukesh Ambani's 27-story private residence (37,000 square feet, 600 employees serving a family of five), reported to cost about \$1 billion. According to an October New York Times dispatch, there are "terraces upon terraces," "four-story hanging gardens," "airborne swimming pools," and a room where "artificial weather" can be created. Ambani and his brother inherited their father's textile-exporting juggernaut but notoriously spend much of their time in intra-family feuding. A local domestic worker told the Times (after noting that both she and Ambani are "human being(s)") that she has difficulty understanding why the Ambanis have so much while she struggles on the equivalent of \$90 a month.

Can't Possibly Be True

-- Stacey Herald, 36, of Dry Ridge, Ky., is 28 inches tall, with a rare condition called Osteogenesis Imperfecta, which causes brittle bones and underdeveloped organs -- provoking doctors' warnings that childbirth could cause the fetus to crush Stacey's lungs and heart (and produce a baby suscep-

tible for life to broken legs and arms). However, to the delight of husband Wil, 27 (and 69 inches tall), Stacey recently gave birth to baby No. 3 and promised more. The middle child, 2, without OI, is already a foot taller than Stacey, but the other two are afflicted, with the recent one (according to a July ABC News report) 5 inches long at birth, weighing 2 pounds, 10 ounces.

-- Prolific: (1) In October, police arrested a man arriving at the Madras, India, airport from Sri Lanka, bringing precious stones into the country in his stomach. After employing laxatives, police recovered 2,080 diamonds.

-- Safari World, the well-known and controversial zoo on the outskirts of Bangkok, has previously stupefied the world (and News of the Weird readers) by training orangutans to play basketball, ride motorbikes and kickbox (while outfitted in martial-arts trunks). In a photo essay in November, London's Daily Mail showcased the park's most recent success -- training elephants to tightrope-walk (where they prance on a reinforced cable for 15 meters and then, displaying astonishing balance, turn around on the wire).

Last Words

(1) Ms. Rajini Narayan's lawyer told the court in Adelaide, Australia, in September that she killed her husband by accident after intending only to torch his penis for alleged infidelities. The lawyer said she might have lost control of the gasoline she was holding when her husband said, "No, you won't (burn me), you fat dumb bitch." (2) In May, when a fox terrier answered a call of nature in the yard of notoriously lawn-fastidious Charles Clements,

69, in Chicago, Clements confronted the dog's 23-year-old owner. That led to mutual bravado, which continued even after Clements pulled a gun. The dog-walker was killed immediately after shouting (according to witnesses), "Next time you pull out a pistol, why don't you use it."

Inexplicable

-- Convicted sex offender David Parkhurst, 27, was arrested in October in Palm Bay, Fla., and charged with sexual contact with a 15-year-old girl. According to police, when they asked her about any "physical characteristics" of Parkhurst's body so that they could substantiate her story, she said only that he had a "Superman-shaped shield" implant on his genitals (which was later verified).

-- More than 4,450 activities are federal crimes, and 300,000 federal regulations carry potential criminal penalties, according to an October feature by McClatchy Newspapers, and to illustrate its point that Congress has gone overboard in creating "crimes," McClatchy pointed to a Miami seafood importer. Abner Schoenwetter, 64, just finished a six-year stretch in prison for the crime of contracting to purchase lobster tails from a Honduran seller whom federal authorities learned was violating lobster-harvest regulations.

-- DNA evidence has exonerated 261 convicted criminals (including 17 on death row), but more interesting, according to professor Brandon Garrett of the University of Virginia Law School, more than 40 such exonerations have been of criminals who falsely confessed to "their" crimes. "I beat myself up a lot," Eddie Lowery told The New York Times in September. Lowery had

falsely admitted raping a 75-year-old woman and served a 10-year sentence before being cleared. "I thought I was the only dummy who did that." Lowery's (nearly logical) explanation was typical: Weary from high-pressure police interrogation, he gave up and told them what they wanted to hear, figuring to get a lawyer to straighten everything out -- except that, by that time, the police had his confession on video, preserved for the jury.

Unclear on the Concept

-- Acting on a citizen complaint, officials in Plymouth, England, ruled in October that Army cadets (ages 12 to 18), who practice precision drills with their rifles, could not handle them during the public parade on Britain's Remembrance Day (Veterans Day). Officials said they did not want to be "glamorizing" guns.

-- In June, the roller coaster at the Funtown Splashtown in Saco, Maine, unexpectedly came to a halt, stranding riders for all of 15 minutes. A reportedly "furious" Eric and Tiffany Dillingham said later that their 8-year-old daughter was so frightened that she had to be taken to a hospital and had nightmares constantly since then. (Since the purpose of a roller coaster is to induce fright, it was not known whether the girl would also have required a hospital visit if the ride had been working perfectly.)

More Things to Worry About

Clownmania: (1) Performers in New York's traveling Bindlestiff Family Circus protested in October against political campaign language referring to Washington, D.C., as a "circus. Said Kinko the Clown, "Before you call anyone in Washington a clown, consider how hard a clown works." (2) "Tiririca" ("Grumpy"), a professional clown, was elected by resounding vote to the Brazilian Congress from Sao Paulo in October under the slogan "It Can't Get Any Worse." (3) In June, Britain's traveling John Lawson's Circus announced a series of counseling sessions for people who avoid circuses for fear of clowns. "Coulrophobia" is reportedly Britain's third-leading phobia, after spiders and needles.

Least Competent Criminals

Recurring Themes: (1) John Stolarz, 69, became the latest just-released prisoner to return immediately to his criminal calling, by attempting a holdup of a Chase Bank in New York City instead of reporting to his halfway house on the day after his release. (The robbery failed because the "bank" was actually just a Chase customer-service branch, with no money.) (2) The Phoenix convenience store robber escaped with the money in September, but like many others, inadvertently stuck his face directly in front of the surveillance camera. He had entered the store with a plastic bag pulled tight over his face to distort his features and foil the camera, but halfway through the robbery, he unsurprisingly began laboring for breath and yanked off the bag, revealing his face.

News of the Weird Classic (Jan. 90)

Kourosh Bakhtiari, 27, went on trial in July (1989) for masterminding a three-man escape from a New York City correctional center after having hoarded, then meticulously braided, more than 15 rolls of unwaxed dental floss to make a rope strong enough to support a 190-pound man going over a wall. However, he had neglected to plan for gloves. From gripping the floss, Bakhtiari had to be hospitalized with severed tendons and ligaments in both hands.



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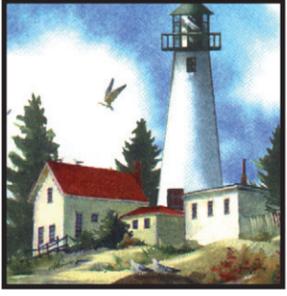
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“Light For The Journey”

By Jan McLaughlin - Director of Prayer Warriors For Prisoners



“STORIES BEHIND THE WALLS (PART I)” DECEMBER 2010

Sometimes you hear a story and drop your mouth in amazement. As prison volunteers, Rick and I often hear testimonies that leave us standing in awe of our mighty God.

Recently, a young man, Gary, placed a newspaper on the table in front of me. “Jan, I brought this paper to show you. Someone gave it to me today and I read the whole thing except for the front page.

“I never get this paper but I read all the way through then folded it and threw it on my bunk. Just then, I glanced at the picture on the front.” Gary pointed to a large picture of an elderly bearded man in the embrace of a younger, taller man in a military uniform and went on with his story. “I hadn’t noticed until I put it down but then I thought that looks like my dad. I’ve been searching for my dad for years. I picked it up again and read it. Sure enough, it’s my dad! He’s a homeless veteran and a news team was doing a live filming about homeless vets. This man hugging my dad, well, it turns out that he’s my cousin.”

David, Gary’s cousin, was watching the news cast. He recognized Gary’s dad as one of the homeless veterans. He went immediately to where they were filming and found him. The camera caught Gary’s dad and David embracing and these two men were the focal point of the news story and an answer to Gary’s prayer. After years of searching for his dad, he finds his picture on the cover of

a newspaper someone handed him... a newspaper he rarely reads. Gary was elated!

“I wrote to the women who wrote this news story to see if she could get me contact information for my dad so I can write to him.”

We were all astounded at this amazing story. However, there was another testimony that night involving this same shy young man who loves Jesus.

Alan surprised us when he came into the Bible study after being absent for six or seven months. When we last saw him he was on oxygen, looked near death and was being treated for rapidly advancing cancer. When he walked into class I was shocked. He looked wonderfully healthy... like he had never had cancer or any illness in his life. “Alan, where have you been? We haven’t seen you for months!”

“I’ve been in the hospital for five months. They had just told me I had more cancer. Jan, a week ago I had a tumor on my neck THIS big.” He cupped a hand over his neck to emulate a tennis ball size growth. Now, there was nothing but a healthy neck. Pointing to Gary, he said, “This man and his friend came to my cell and prayed for me. The next day the tumor was smaller. The next day even smaller and now, it’s GONE!” Alan’s eyes filled with tears.

Gary said, “When I saw Alan for the first time in a long time, I asked how he was doing. When he told me they had just diagnosed more cancer he had tears in his eyes.” Clutching his hands over his chest, Gary said, “My heart just ached for him.”

“I went back to my cell thinking, I needed to go and pray for him, but I thought, who am I? I don’t have any spe-

cial powers to pray for Alan. But the nagging to go to his cell and pray wouldn’t stop. Finally I asked my friend to go with me to pray for Alan. You should have seen Alan’s face light up with a smile when we went in to pray for him.”

“Gary,” I said, “This paper and the blessing of your finding your dad is God’s reward for your obedience in praying for Alan even when you didn’t want to go. God is pleased with your obedience.” Now, Gary had tears in his eyes.

As Gary shared his reluctance to pray for Alan, it was clear that most Christians are reluctant or refuse to pray in a situation like Alan’s because their focus is on their faith and lack of power, not on the God who created the universe. The God Who moves mountains and commands winds and waves to be still. Gary stepped over that barrier and his friend was healed. Praise God for his obedience and God’s mighty power.

Amazing stories are written daily in the lives of incarcerated men, women and youth. What an incredible blessing to hear these testimonies and rejoice with the men and women who share them. The Holy Spirit is alive and well and moving mightily behind the razor wire around the world.

Now, in the midst of the 12th year of the Prayer For Prisoners International Annual Christmas Card Outreach, I anticipate hundreds of testimonies arriving in this office. God-stories of how a Christmas card changed a life. Last year 22,500 cards were mailed to prisoners across the country and around the world. God is not just using this outreach to impact prisoners’ lives but also the volunteers who, in obedience to Christ, step over fear, disgust, pride or whatever keeps a Christian from reaching out to prisoners. Lives are

changed and God rewards obedience. He said, “Remember those in prison as if you were their fellow prisoner.” By this simple act of kindness, a Christmas card to a prisoner, volunteers are obeying our Lord’s command.

Jesus’ compassion for prisoners is so great, He relates Himself to them. “I was in prison and you visited ME.” (Emphasis mine.) Only eternity will tell of the many lives impacted through this simple, yet profound mission outreach.

How amazing that something as simple as a Christmas card can move mountains and soften a hardened heart. Since only 90% of prisoners receive mail, prisoners from every faith and no faith sign up to receive a card from a PFPI volunteer.

If you feel God tugging at your heart to participate in this massive evangelistic outreach, please contact us. You will impact lives for eternity. Picture yourself in heaven and someone walks up to you and says, “I know you don’t know me, but I was in prison and you sent me a Christmas card. It was that card with God’s love inside that proved to me He hadn’t forgotten me. That card changed my life. That’s why I’m here today and I just want to say thank you.”

“And the King will answer and say to them, ‘Assuredly, I say to you, inasmuch as you did it to one of the least of these My brethren, you did it to Me’” Matt 25:40. NKJV

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

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Reeling "Shrekology 101"

by Betty Jo Tucker, Pueblo

SHREKOLOGY 101

This month I'm putting on my Shrekologist hat to bring you an important analysis of Shrek's final movie

compared to his first film adventure. In "Shrek Forever After," available December 7 on DVD, Shrek and his friends get bored with everyday life, so they take a trip to Las Vegas and spend a wild weekend which they can't remember. Okay, I'm just kidding! But that's what I imagined while trying to pay attention to this disappointing fourth outing by some of my favorite animated movie characters. No matter how hard I tried, my mind kept wandering from what was happening on screen – which never occurred during the previous, and highly enter-

taining, Shrek flicks. Perhaps I'm immune to "It's A Wonderful Life" themes by now. "Shrek Forever After" plumbs depths of despair similar to the ones explored in Frank Capra's classic holiday movie. Now that's difficult to take even for adults, but in a film aimed at children? Yikes!

The story focuses on a contract between Shrek (voiced by Mike Myers) and Rumpelstiltskin (voiced by Walt Dohrn). Our lovable green ogre seems to be having difficulty with his responsibilities as a husband and father, so when the crafty Rumpelstiltskin offers him a chance to spend one day like the untroubled guy he used to be, Shrek signs on the dotted line. (Note to self: always read the small print before signing any contract.)

Well, Shrek magically gets transported to a very different world -- one he enjoys for a few minutes. Why? Because he can behave like a devil-may-care ogre. But, alas, Donkey (voiced by Eddie Murphy), Puss in Boots (voiced by Antonio Banderas), and Fiona (voiced by Cameron Diaz) don't even know him, so he must make friends all over again and only "true love's kiss" can break this spell. Shrek will also need to join a rebel group led by Fiona in order to defeat an evil tyrant -- Rumpy, naturally -- and his minions, which include numerous semi-scary witches. Speaking of Puss in Boots, I'm not happy about the misuse of this charming character here. It's so annoying to see the debonair, swashbuckling Puss get transformed into a spoiled pet. But take heart, Banderas fans, a "Puss in Boots" animated feature is still in the works, so I'm fairly certain we'll see the captivating cat in all his glory once again.

The brightest part of this generally dark movie comes from its wonderful background music. Songs like "Top of the World," "Dueling Banjos," "The Greatest Love of All," and "Once

in My Life" are used creatively to enhance various sequences, so I highly recommend the movie's soundtrack. Too bad I can't say the same for the film itself.

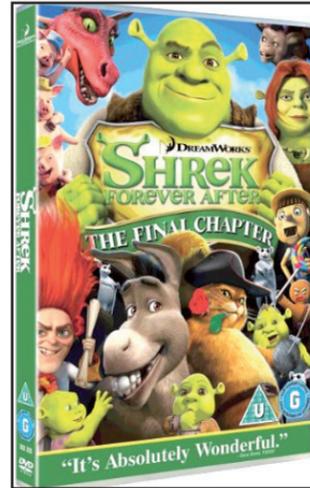
This final chapter is a far cry from the original Shrek film which had so much going for it. In the first movie, Shrek says ogres are a lot like onions. They're green and ugly and have layers. The original flick had layers too. Billed as a "fractured fairy tale," it offered plenty of laughs on one level. Peeling off that cover, something deeper emerged. The importance of friend-

ship and true love are explored with unusual sensitivity in scenes between Shrek and Fiona and between Donkey and Shrek. "Friends forgive friends," Donkey teaches Shrek. From Fiona, this unjolly green giant learns that looks aren't everything to a loving significant other.

Getting to know Shrek in his first animated comedy brought back memories of my favorite fairy tale, "Beauty and the Beast." Shrek turns out to be just as lonely and misunderstood as Belle's hairy friend, and speaking of fairy tales, the first "Shrek" pokes fun at practically all of them --- at least the Disney versions. Even a sweet-singing bluebird (resembling the one in "Snow White") meets an untimely end. Nursery rhyme characters take their lumps here too. When these imaginary creatures beg Shrek to save them from the evil Lord Farquaad (voiced by John Lithgow), it's an offer he can't refuse, especially since they've been banished and taken up residence in his very own swamp. Shrek's mission? To rescue Princess Fiona, the lovely "bachelorette" chosen by Farquaad as his bride after seeing her compared to Cinderella and Snow White in his confiscated magic mirror. Shrek must agree to fight a fire-breathing dragon guarding the tower in which Fiona is held prisoner. Our hero's helper on his important quest is Donkey, who expresses amusing thoughts about everything and insists on humming annoyingly in an effort to bolster Shrek's spirits as well as his own. It doesn't take long to figure out that Donkey's cheeriness and excessive talking mask a loneliness equal to Shrek's. Donkey and Shrek are two sides of the same coin. Happily, in the second and third Shrek movies, Banderas's marvelous Puss in Boots adds considerably to all the fun.

It pains me to report that most of the fun seems missing from "Shrek Forever After."

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



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