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Senior Beacon

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

MAY, 2008 Vol. 26: No. 10 Established Aug., 1982 310 Consecutive Months!

Colorado Celebrates Its Heritage, Pueblo Style!

In May, cities and towns across the state will, once again, host events honoring Colorado's past during Archaeology and Historic Preservation Month. The entire month will feature plenty of free or modestly priced tours, exhibits, lectures, displays, events, and activities that the entire family can enjoy while exploring our great state and learning about Colorado's past. The experience can be as close as your local historical society, or may inspire a grand day trip in the

mountains or plains. Eleven events are scheduled throughout Pueblo celebrating Archaeology and Historic Preservation Month (AHPM).

Rock Art of Colorado

Who? The Pueblo Archaeological and Historical Society

What? This event will be a free public lecture by Dr. Lawrence Loendorf on rock art, its preservation, and relevance to local culture and history.

Where? Robert Hoag Rawlings

Public Library (Ryals Room); 100 E. Abriendo Ave.

When? Thursday, May 1, 2008 at 7:00 p.m.

For more information: Carla Hendrickson (719) 583-1633 or Carla-hendrickson@gmail.com

Museum Open House No. 1

Who? Pueblo Firefighters Historical Society

What? Being that the museum is only open by appt., they are sponsoring an open house for the public that will include displays of historic trucks, as well as, other historic firefighting equipment. There is no fee, though donations are accepted. There is no handicap bathroom.

Where? The Pueblo Firefighters Museum, 116 Broadway.

When? Saturday, May 3, 9 a.m. - 4 p.m.; Sunday, May 4, 10 a.m. - 4 p.m.

For more information: Mark Pickerel (719) 564-2794 or firemark63@hotmail.com

A Peak into the Past

Who? The Rosemount Museum

What? The Rosemount Museum is having a special half-price day to museum visitors, as well as, tentatively offering other activities on the museum grounds. No reservations required, except for groups of 10 or more.

Where? The Rosemount Museum, 419 W. 14th St.

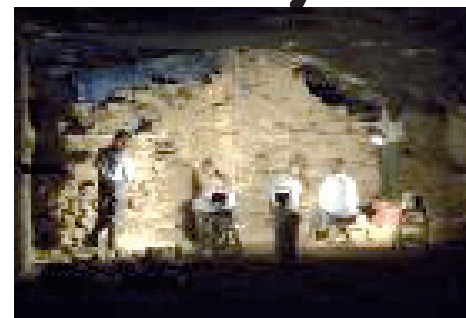
When? Saturday, May 3, 10 a.m. - 4 p.m.

For more information: Deb Darrow (719) 545-5290 or ddarrow@aculink.net

On the Road to a Victorian Mother's Day

Who? The El Pueblo History Museum

What? This event is a tour of the McAllister House in Colorado Springs and Miramount Castle. Enjoy High Tea at Miramount. Admission is \$50.00 for



members and \$55.00 for non-members.

Where? El Pueblo History Museum; 301 N. Union St.

When? Saturday, May 3, 2008 from 11:00 a.m. - 5:45 p.m.

For more information: (719) 583-0453.

Historic Walking Tours

Who? Historic Pueblo Inc.

What? This event focuses on the Thatcher's Historic Northside Neighborhood and Historic South Pueblo Walking Tours. At the end of each tour, there will be refreshments served and during the tours water will be provided to the walkers. Each walking tour costs \$10.00 per person 12yo and older (Under 12 no charge). Reservations required.

Where? North: 19th and Main St.; South: Walters Mansion, 300 W. Abriendo

When? North: May 3, 2:00 p.m.-4:00 p.m.; May 17, 10:00 a.m. - 12 Noon;

South: May 10, 2:00pm - 4:30 p.m.; May 24, 10:00 a.m. - 12:30 p.m.

For more information: Donna Alber (719) 543-7401 or <http://olin-house.com/historicpuebloinc/>

The Pueblo County Historical Society's Annual Historical Preservation Awards Banquet

Who? The Pueblo County Historical Society

What? The PCHS annually honors individuals and businesses with their prestigious award that signifies ext

SEE "HISTORICAL" PAGE 9.

Cataract Awareness



by Paul D. Rastrelli, MD
 Board Certified Ophthalmologist

It seems we all know someone who has had cataract surgery anymore. It is the most common operation undergone by senior citizens in the United States. As we age the natural lens of the eye gradually hardens and undergoes a color change. This aging leads to clouding of the lens and cataract formation. Left in the eye long enough the lens will eventually turn white or black. Sometimes the back of the lens will look like frost on a window. Over 50% of the world's blindness is caused by cataracts. Large studies found cataract formation in 42% of persons between 52 and 64 years of age. By age 75 to 85, 91% of persons had cataracts. Not only aging but some medications, such as prednisone, or other illnesses, such as diabetes, or familial predisposition can lead to cataract formation.

When the cataract gets sufficiently cloudy to interfere with the person's ability to perform those tasks they desire to do, it is time to remove the cataract. Some of the most common reasons to remove a cataract are because they interfere with safe driving, or make it difficult to read or watch TV. However, just because a cataract is forming, does not mean it needs to be removed right away. It only needs to be removed if the person is dissatisfied with their vision; although occasionally the doctor might advise removal for other reasons, such as glaucoma, or diabetic eye disease, or to pass a driver's license test.

In the last 30 years major advancements in cataract surgery have been made. Up until the 1980's one had to wait for the cataract to "ripen" and you hear stories of grandma spending a week in the hospital with sandbags around her head. Today, cataract removal is a short out patient procedure with local anesthesia. The cataract is gently aspirated out of the eye with an instrument that delivers ultrasonic energy to break up the cataract. The incisions are small enough that stitches are not normally needed and you go home right afterwards. Most people can resume their normal activities the following day. Naturally any activity that might injure or put pressure on the eye should be avoided, along with swimming.

One of the most exciting developments in cataract surgery is artificial lenses that

replace the cloudy natural lens. These came into use in the 1980's and have tremendously improved since then. Without these lenses, after a cataract was removed the person would have to wear very thick Mr. Magoo glasses or contact lenses. With the artificial lenses often the person can see in the distance without glasses. The initial lenses were made of hard plastic, and required a large opening in the eye with stitches to insert. Modern artificial lenses (IOL - Intraocular Lens) are flexible, made most commonly of silicone or acrylic. This allows the surgeon to roll the lens like a taco, and insert through a small opening in the eye, were it uncurls to its full size. These incisions are small enough to be self sealing without stitches in most cases.

Newer IOL's have bifocal, or multifocal designs. These designs allow a greater independence from glasses than the standard single focus IOL's. They allow the patient to not only enjoy distant vision without glasses, but also near vision without glasses. There are various designs available, and each has different strengths and weaknesses. At this time none of them allow the focusing range that say a 20 year old has. All the lenses give good distance vision, but they vary as to the range of near vision. For this reason it is important that your surgeon have access to all the current technology, and that the surgeon discuss with the patient what their expectations are and what near vision tasks are most important to them. Even with these lenses, glasses may be needed in some circumstances. It is very important with these multifocal IOL's that the appropriate design is matched to the individual's needs and expectations. Some of the lenses have side effects that may not be important to one person, but very bothersome to another. The surgeon needs to discuss these potential issues with the patient as well. In order to achieve excellent vision without glasses, the surgeon may also need to correct any astigmatism. This may require a separate minor surgical procedure, as removing a cataract in itself does not correct astigmatism.

For the appropriate patient these new multifocal lenses have permitted an independence from glasses that they may never have had before.

Dr. Rastrelli can be reached for appointments at Rocky Mountain Eye Center, 719-545-1530 or 1-800-934-EYES (3937).

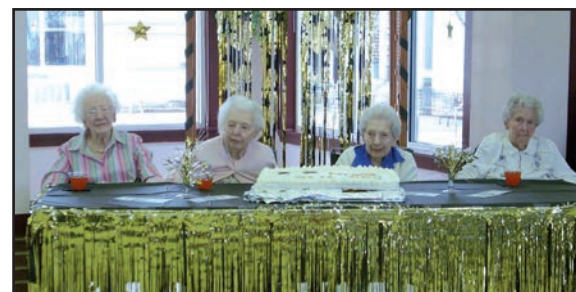
VILLA PUEBLO "100s PARTY"

Senior Living Community Honored Four Women

On Wednesday, April 9, the 100th day of the year, Villa Pueblo Senior Living Community honored four of its centenarians at a "100s Party."

Arta Booth, Doris Oliver, Marie Hobbs, all 103; and Ruth Yoder, 100, waved at friends, family and neighbors as they arrived at the Villa Pueblo Pavilion for the celebration. Party-goers and honored guests were treated to cake and entertainment. In addition, honorees were each introduced and presented with roses, a trophy and an "Aged to Perfection" ribbon.

Jennifer Perez, activities director at Villa Pueblo, organized the event after realizing there were several residents over the age of 100. "I thought it would be neat to have a party to celebrate their accomplishment," Perez said. She appropriately selected the 100th day of the year since the honorees birthdays were scattered throughout the year.



These beautiful "young" ladies turned 100 recently. They reside at Villa Pueblo. (Left) Arta Booth, Ruth Yoder, Marie Hobbs and Doris Oliver.

About Villa Pueblo Senior Living Community: A continuing care retirement community, Villa Pueblo offers independent living, assisted living and skilled nursing to area seniors. The community is part of Centura Health, Colorado's largest health care system.

Just One Guy's Opinion

by James R. Grasso, Chief Cook & Bottle Washer of "Your" Senior Beacon!



Mark Friday May 9th

Mark Friday, May 9th on your calendar. Why, you ask? It's the 11th, not the second or the third or the fifth.... but the 11th anniversary of Southern Colorado's Senior Life Festival to be held in the Events Center at the Colorado State Fairgrounds in Pueblo. Kathilee Champlin, who has been the director of the event from year one along with *Senior Beacon*, promises another boffo event. This year the sponsors include Rocky Mountain Health Plans, AARP Colorado, KRDO News Radio/News 13, Pueblo County Commissioners and Parkview Medical Center. The show runs from 8:00am - 4:00pm and the best of all it doesn't cost a penny for admittance; never has. Be sure to read *Senior Beacon* for all the details as the year unfolds.

Why Big Oil Loves The Enviros

I was cogitating one day and thinking I'd have another column about the lack of "grown-ups" in this country when a thought entered my mind about environmentalists. We all know enviros have thwarted most drilling in Alaska, offshore of the United States and in the continental United States. They have also thwarted any and all attempts to build refineries. We also know they have gotten the mainstream press to back their dubious claims of 'global warming' which has been altered to 'climate change.' That's all documented.

They also believe that they have solutions to our energy problems. They believe the use of wind, corn, sun and funky light bulbs will enable the United States to "save the planet!" Pretty funny when one considers that the rest of the world won't stop using fossil fuels and in fact will proliferate their use. If the

enviros really believe their rhetoric then they must realize that their cause is going to be an abysmal failure and at the same time ruin the United States.

Okay, here's the point of this exercise: Since the enviros will not allow Big Oil to spend very much money on Research and Development (more drilling, more refineries, etc.) then what do these companies do with their R & D. money? Well, they can throw it away on bio-fuels and wind-generated doodads, et al which they do to appease the enviros but that is chicken feed when compared to the chunks of cash it would take to drill and refine. So, ladies and gents, Big Oil doesn't spend that money. It gives it to their shareholders through dividends and pays huge bonuses to their executives. You just have to believe Big Oil is laughing all the way to the bank when they read, see or hear the cacophony of bloviating from the enviros and their well-meaning minions. The irony is too delicious!

Hope Becomes Reality In Their Own Minds

Recently I have battled a sportswriter, a very nice health care worker, a preacher and an old friend of many years vis-a-vis the politics of meaning. On each occasion I found myself jousting with the same set of evasive maneuvers because each of them were unwillingly to give up their Leftist creed regardless of how nonsensical that creed made them sound.

Here's the scenario: a sportswriter friend was miffed that his health insurance costs had risen from \$400 to \$1000 a month over a period of a few years. He was angry because he had good health and didn't use anywhere near the \$1000 a month he was paying. He wanted universal health care. He wanted the "government to run it just like they run the police, schools (more on that later) and other public entities." He wanted the profit taken out of medicine and he demanded that health care for all was a right as an American!

I tried to explain to him that his position was fraught with danger. I pointed out that if you take the profit out of any endeavor you destroy the incentive to improve upon same. I also pointed out to him the well-documented cases of patients waiting for months for important medical tests and procedures in places like Canada, England, Australia and the like that have single-payer (read government) run medicine. I then asked him this question on five separate e-mails before finally giving up: "When it's your turn to be sick and in need of medical help would you rather have "On Demand" medical treatment with some say in your own treatment or would you rather have some government bureaucrat making all those decisions for you according to some formula that has been written for them in advance?" The answer is simple. Anyone who isn't so invested in party dogma can see it, but even though he knew there was only one correct "common sense" answer he just couldn't answer the question.

I had a similar experience with a pastor that wanted to spar with me that Al Gore and his unproven tripe about global warming was not political. Of course it's political. Al Gore wants his point of faulty view to supersede the United States government when it comes to carbon emissions.

The absurdity of Al Gore's assertions which have already morphed from global warming (because he won't, nor can he debate his positions with anyone that doesn't agree with him for he has no solid proof) to "climate change." He, to use his own words against him, "plays on our fears!" And it works because who doesn't want to be a good steward of the earth? It matters not to the good pastor that Al Gore has absolutely no credentials in the scientific world. It matters not to the good pastor that Gore's movie has been proven to be a lie with the revelation last month that the opening to his movie where it shows dramatic footage of huge chunks of ice falling off glaciers and plunging into the ocean were taken from the movie "28 Hours" or some such and that footage was computer generated. It wasn't real. His information about polar bears had no basis in fact. Do the words "no controlling legal authority" (his words said when he was caught using government phones to raise money for his political run) ring a bell here?

So I asked the pastor how the global warming issue as presented by Al Gore wasn't political when his own rhetoric suggests that we put carbon caps on emissions by having taxing agencies levee a fee if the caps aren't met? To this I received no answer.

I am now convinced that the Left suspends logic because they are so invested in their socialist beliefs that they almost believe Utopia can be achieved by the common man. So, in essence, their hope becomes reality in their own minds and common sense has no room in their thoughts. They believe they are the latter day gnostics! Godspeed!

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Senior Beacon

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

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

Maggie Gallagher: "Pope Benedict's Message For America"



The first thing I learned from Vatican officials during a recent trip to Rome was this: Pope Benedict XVI is not really worried about us Americans.

For a universal church, the relative contentment with American Catholicism is perfectly understandable. In Rome, they worry about China, where the clandestine Bishop Han Dingxiang died after an 8-year imprisonment by the Chinese authorities. They worry about the Islamic world in the Middle East, including Iraq, where the Chaldean Catholic Bishop Paulos Faraj Rahho was killed by jihadist kidnapers. In Africa they worry not only about poverty and disease but an encroaching jihadist fever in places such as Nigeria. They worry a lot about whether Ireland and Poland are going to follow the European model of rapid secularization -- the end of historic national faith communities.

America? The view from Rome is that, on a relative basis, we Catholics here are doing just fine.

Pope Benedict XVI's visit -- officially in honor of the 200th anniversary

of the founding of the first five American dioceses: Baltimore, New York, Boston, Philadelphia and Louisville, Ky. -- has at least as much to do with Pope Benedict's desire to address the family of nations at the United Nations as anything peculiarly American.

Fair enough. It's a big church for a big world. So what will he tell us Americans?

Benedict will visit Ground Zero and become the first pope ever to celebrate Mass at St. Patrick's Cathedral. He will stroll down Fifth Avenue in the popemobile (added to the trip at the last minute to accommodate crowds that wish to see him). He will stop in to wish Rabbi Arthur Schneier at the Park East Synagogue and the rest of local Jewish community a "merry Passover" (OK, well, whatever). He'll speak to leaders at the United Nations, to thousands of cheering youth in Yonkers (including my son Bair), 350 bishops at the National Shrine of the Immaculate Conception in D.C., more than 200 heads of Catholic colleges and universities at the Catholic University of

America, and to the heads of Muslims, Hindus, Buddhists and Jews at the Pope John Paul II Cultural Center. No doubt he'll hit a home run at Yankee Stadium, with 60,000 reverent and raucous cheering fans of the papal Mass there.

And when it's all done -- this whirlwind half a week of Benedict -- what will he want us to know?

He said the most important thing in his videotaped greeting to U.S. Catholics released on the eve of his visit:

"It is God who saves us; he saves the world and all of history. ... I am coming, sent by Jesus Christ, to bring you his word of life."

In the literary and artistic conventions of utopia there is a problem known as "the face of God" problem. This happens when a writer builds dramatic tension around a great revelation -- a utopia, a messiah figure, whom he must then reveal by the end. Say, for example, in the Narnia movies, where the biggest problem with translating the book into a movie is that in the movie Aslan is just a big old talking lion. How do you reveal

the face of God?

President Bush offered one sort of answer. He explained to EWTN anchor Raymond Arroyo that he is going out to meet Pope Benedict at the airport because the Holy Father is not a politician but "a man of faith" who understands "that moral relativism has a danger of undermining the capacity to have more hopeful and free societies."

Then Arroyo asked, "You said, famously, when you looked into Vladimir Putin's eyes you saw his soul. When you look into Benedict XVI's eyes what do you see?"

"God," answered President Bush.

Pope Benedict would blush. "Christ," he told us already and no doubt will repeat again while he is here, "is the face of God present among us."

Writer's Art: "Defending The Doodad On The Lamb Chop"

by James Kilpatrick

Old wives have a lot to answer for. Such as that opening sentence.

You will have noticed that the sentence ended with a preposition. It is

astonishing -- indeed, dumbfounding -- that after all these years, a pernicious notion persists that some unwritten law of prose composition prohibits the construction. John D. Doykos III, who dwells

somewhere in Cyberspace, asks for comment. My comment is, bah, humbug!

You have to wonder where the notion came from. There's plenty of blame to pass around. One theory is that, because you cannot end a Latin sentence with a preposition, English writers should regard this as a rule to live by. Whatever, the canard keeps hanging around. Thus the controversy continues, even though dozens of successful writers have shot it down.

In their Dictionary of English Usage, the gnomes of Merriam-Webster devote nearly four pages to exorcizing this bogeyman. They quote myth-breaking passages from John Bunyan, Jane Austen, Samuel Johnson, Lewis Carroll, Henry Fielding, Robert Frost, Jonathan Swift, James Joyce, Henry Adams and even Andy Rooney. In sum, they endorse the view of Winston Churchill. The supposed rule, he famously said, "is the sort of nonsense up with which I will not put."

Notice, please, the immediately foregoing sentence: Churchill "famously" said. The construction sorely irks reader Ron Magid of Gig Harbor, Wash. He cites to obituary writers who remembered that William F. Buckley Jr. "famously feuded" with Gore Vidal. Moreo-

ver, recalled Michael Kinsley in The New York Times, Buckley "famously claimed that he could -- and did -- write a column in 20 minutes."

Reader Magid has other Horrid Examples: In The Seattle Times, "The American intellect Lionel Trilling famously said ..." In the Chicago Sun-Times, "The risks famously linked to post-menopausal hormone therapy largely vanish." In a book of political commentary, "Harry Truman famously longed for a 'one-handed economist' who could not say, 'on the one hand, but on the other hand ...'"

Is "famously" a kind of girly adverb, out of place in he-man prose? The gnomes of Merriam-Webster define "famously" as, "in a celebrated manner; in a superlative fashion; to an unusual degree." The amplifier dates from 1546. Given that pedigree, I venture no objection, but surely the adverb should be deployed with care. Sometimes the derivative forms of "fame" are not all that complimentary. It depends upon what one is famous for. Or infamous for.

Digression: Did you know that a "famulus" is a private secretary? I had never met a famulus, but the noun has been sitting for many years next to "famously" in all my dictionaries. Funny things happen in this forum. Press on!

Fred Strawser of Lancaster, Ohio, writes to continue the discussion of amplifying phrases, specifically, "I will marry Hairbreadth Harry whether OR NOT you approve." He finds the emphasized words not merely redundant but loathsomely redundant. He quotes from a columnist in The Columbus Dispatch, "Pope John Paul represents policy continuity, whether or not he can earn the affection John Paul enjoyed."

Let me persist in defending the Benign Redundancy. Technically speaking, the "or not" probably is surplusage, but so what? Many of life's simple pleasures lie in the icing on the cake, the doodads on the lamb chops. Tchaikovsky could have cut 50 measures out of the "1812 Overture," but Napoleon would not have gone so memorably home. Not all excess is needless excess. You can believe that, dear writer, or not.

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

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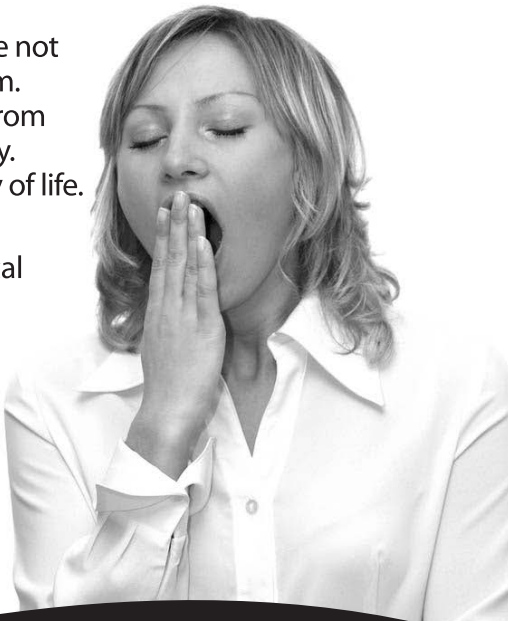
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news of the weird

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LEAD STORY

Update: Experimental "natural orifice" surgery might be health care's next big thing following its U.S. introduction last year at Columbia University (as reported also in "News of the Weird"), where doctors removed a woman's diseased gall bladder not by an abdominal incision but through her vagina. In March, doctors at UC-San Diego Medical Center removed a woman's appendix through her vagina, and a man's through his mouth. (A microscopic camera must be inserted through the abdomen, however, to guide the surgeons.) Pain and healing time are usually less than half that of ordinary surgery, but the risk of internal infection is greater. The next step, doctors say, will be removing kidneys through the anus.

Government in Action!

-- A Maryland governmental fund created to assist "innocent" victims of violent crime has paid out nearly \$1.8 million since 2003 to injured (or deceased) "drug dealers, violent offenders and other criminals," according to an investigation by the Baltimore Sun published in March. Burial expenses were awarded for a carjacker, a victim of an inter-gang killing and a sex offender who was fatally beaten in prison. The Maryland courts have ruled that as long as the applicant was not engaged in a crime at the time he was injured, he must be considered for an award.

-- The Associated Press reported in March that "dozens" of locked-up sexual predators are receiving federal aid to take mail-order college courses through Pell grants, even though prison inmates normally are ineligible. Sex offenders who have completed their sentences, but are held for "treatment," are not technically "prisoners," and many have spent their stipends on "living expenses" such as DVD players, in that they have no "room and board" expenses.

Great Art!

-- Graduate art student Matthew

Keeney's latest piece of performance art, in February, called "The Waiting Project," had him standing on streets in Syracuse, N.Y., waiting for someone to ask him what "The Waiting Project" is. In previous pieces, Keeney had held a "Super Bowl party for one" on a park bench, had earnestly watched ice sculptures melt, and had walked from the Capitol steps in Washington, D.C., to the Lincoln Memorial but stopping each time he heard a car horn and then starting again when he heard another.

-- Last year, Montreal, Quebec, artist Michel de Broin created, as art, the hollowed-out shell of an old Buick powered only by a four-seater bicycle (with hand brakes, or, failing them, Fred Flintstone-type brakes). Nonetheless, when a group took the car out for a spin last October, an overzealous officer ticketed them for "driving" an unsafe "car," but in April, after a daylong court hearing, the charges were dropped.

-- No Man's Land: "The Bride of Palestine" (a 26-year-old drag queen) is the best-known of a group of sexually uncertain Israeli Arabs who gather in underground venues in Tel Aviv and "struggle to define themselves," according to a March dispatch from McClatchy Newspapers. Though they are proud Palestinians at odds with the "occupying" Jewish society, some feel even more rejection by their own conservative communities and seem grateful that the "oppressors" permit the spaces that one woman called her "only refuge."

Police Blotter

Latest Police Chases: (1) In Ocala, Fla., in March, Bret Wass, 28, scrambling from police investigating a sexual battery, commandeered a tow truck and drove away, even though the truck had a car hooked onto it; during the chase, he hit the patrol car and was captured on foot nearby. (2) Police in Osaka, Japan, mobilized in January to apprehend fugitive Hirofumi Fukuda,

27, who was wanted for assaulting an officer (which tends to get the attention of fellow officers). By the end of the two-hour episode, a helicopter and 460 patrol cars, involving 2,240 law-enforcement officers, were on the case.

People Different From Us

Even though 20 states outlaw keeping monkeys as pets, the Humane Society of the U.S. estimates that there are 15,000 privately owned primates, with at least 200 Floridians licensed for pet capuchins, according to an April Orlando Sentinel report. Since experts warn that the animals are biters and scratchers and are very aggressive when agitated, the Sentinel asked what accounts for their popularity. Said the editor of Monkey Matters Magazine, it's their humanlike features and owners' desires to dress them up. "Believe me," said the editor, "if people could get their cats (into) outfits, a lot of those cats would be wearing outfits."

Least Competent Criminals

In three incidents in March and April, robbers were arrested in the act after police were tipped off in advance. The source of the tip each time was a store employee who had been brazenly notified by the perp to expect a robbery soon. Daniel Glen, 40, was arrested in Windsor, Ontario, having called ahead to make sure there was enough money in the convenience store's cash register. An 18-year-old man was arrested in Chicago, having given his phone number to a Mufflers For Less employee and instructing him to call when the manager, with access to the safe, arrived at work. And two men were arrested near Traverse City, Mich., having described to a gas station employee two hours earlier exactly how they would soon rob him.

Recurring Themes

Earnest residents continue to accidentally destroy their homes: (1) A house in Galveston, Texas, had the roof blown off on Jan. 21 when the resident set out six bug foggers but neglected to turn off the gas stove's pilot light; (2) A Jacksonville, Fla., woman who smelled something unusual in her home on Nov. 15 decided to light the fireplace to clear the air, and a gas leak created a fire that destroyed the home; (3) An apartment building in Sioux Falls, S.D., was wiped out on Feb. 21 when a resident tried to thaw frozen pipes with a blow torch.

News That Sounds Like a Joke

(1) Bernard Fincher Jr., 25, was arrested in Buffalo, N.Y., in March for possession of cocaine when police found a stash of the drug that Fincher had allegedly tried to hide in a doughnut box. (2) Cody Young, 13, complained in January that when he parked his expensive BMX bicycle inside the front door of a Goodwill Industries store in Salem, Ore., so he could browse, an employee mistakenly sold the bike to a customer for \$6.99.

The Continuing Crisis

-- In March, the Tokyo High Court reversed the conviction of pinup model Serena Kozakura, who had been found guilty of kicking a hole in the door of her former boyfriend's apartment so she could break in and scream at him. Kozakura had appealed, claiming that the man had made the hole himself, and as evidence, explained that she could never have squeezed through it, anyway, because her breasts are too big. That argument apparently won the day, creating enough "reasonable doubt" to overturn the verdict.


-- Two German air force sergeants were suspended in December after being caught in a side venture selling sausages based on an old family recipe requiring human blood. Their first batches were made with their own, but as they began mass-producing, they had allegedly asked their colleagues because, according to instructions from one of the men's grandmothers, all blood must be "fresh." "Do not use too many breadcrumbs," she had written, "but if the blood starts to curdle, stir in a teaspoon of wine vinegar."

-- Several psychotherapists told The New York Times in February that treatments are being developed for people who are excessively worried about their own carbon emissions being responsible for "global warming." More than 120 therapists are now listed as specialists in the field on Ecopsychology.org, and schools such as Lewis & Clark College in Portland, Ore., have created courses on counseling such patients.

Family Values

-- Sheila and Paul Garcia of Northfleet, England, acknowledged to London's Daily Mail in February that

SEE "WEIRD" PAGE 21.



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TIPS FOR MAKING YOUR LIFE THE BEST IT CAN BE

The 40-70 Rule

by Robin Mosey
Local Company Launches Campaign to Get Seniors and Their Families Talking

Your dad's neighbor just called to tell you that your 79-year-old father sideswiped his parked vehicle and nearly hit a child standing nearby. Was it an isolated slip-up or the sign that it's time for your dad to think about giving up his car keys? More importantly, how do you begin the discussion about such a potentially volatile subject?

"The '40-70 Rule' means that if you are 40, or your parents are 70, it's time to start the conversation about some of these difficult topics," said Robin Mosey, Gerontologist and owner of the local Home Instead Senior Care office.

Senior Care, which revealed that nearly one-third of adults in the U.S. have a major communication obstacle with their parents that stems from continuation of the parent-child role.* In other words, it can be difficult to get the conversation going because the child is still in a child rather than adult role with their aging loved one.

"Because of this obstacle, adult children may wait until an emergency or crisis happens before talking to parents," said Robin Mosey. "Our goal with the '40-70' campaign is to provide practical ways for adult children to talk to their parents now. We've seen lack of communication lead to misuse of medications, self-neglect and accidents."

At the center of the "40-70 Rule" campaign is a guide of conversation starters for sensitive senior-care subjects, which is available free from the local Home Instead Senior Care office. The guide was compiled with the assistance of Jake Harwood, Ph.D., national author and communication professor from the University of Arizona who is the former director of that school's Graduate Program in Gerontology.

Starting conversations early is particularly important for end-of-life issues such as power of attorney and wills, said Harwood, author of "Understanding Communication and Aging," (2007, Sage Publications). Other topics may need to be addressed as well, he said. "On the earlier driving instance, you could say, 'Hey Dad, Fred from next door called to tell me about your accident. What happened?'" Harwood said. "Then take the opportunity to drive with your parent. Even a short drive would help you gauge your dad's skills and deficits."

Such conversations should be broached with care, Harwood added. "It's crucial to begin these conversations assuming 'if' rather than 'when.' Many older adults continue to drive safely as they

age. So personal circumstances should determine how much discussion needs to occur," he said.

In general, the Home Instead Senior Care survey found that Boomers have the most difficulty talking with their parents about independence issues, such as continuing to live in their own home, and that their parent's desire to remain independent makes it challenging to address such sensitive issues as health (28 percent) and money (21 percent). The fact that many of these families are still in a parent-child rather than a peer-to-peer role makes the conversations even more difficult.

"It takes two to tango," Harwood explains. "If an adult child always turns first to the parent in times of trouble, regularly needs money from the parent, or calls the parent every time there's a crisis in the child's romantic life, then they can expect the parent to continue acting out the parenting role."

"On the other hand, if the child becomes truly independent and stops acting out these behaviors, then the parent may be more likely to relinquish the parent role," he said. "So adult children should be aware of the sorts of behaviors they are engaging in, which may cause their parents to act 'parentally.'"

The bottom line is to keep talking, because the parent-child conversation can be so important in helping seniors adapt to changing life circumstances, said Harwood and Home Instead Senior Care's Mosey.

Good communication also is vital to helping families know when it's time to seek additional resources. "Often-times both adult children and their loved ones can benefit from outside help, such as a professional caregiver," said Robin Mosey. "But the only way that will happen is if they can talk about it."

For more information about Home Instead Senior Care's survey, including the results of the research and an executive summary, log on to www.4070talk.com. For interviews with local seniors and their adult children, and copies of the free "40-70 Rule" guide, contact Robin Mosey at (719)545-0293. For more information about aging issues, contact Jake Harwood at jharwood@u.arizona.edu. To order his book, "Understanding Communication and Aging," visit www.amazon.com.

**Survey Methodology: 1,000 telephone interviews were completed in the U.S. (sampling error of +/-3.1 percent at a 95 percent confidence level) and 500 interviews were completed in Canada, excluding Quebec (sampling error of +/-4.4 percent at a 95 percent confidence level). Data analysis was performed by the Boomer Project of Richmond, Virginia: www.boomerproject.com.*

Seven Tips to Help Boomer Children

Communicate With Their Aging Parents

Get started. If you're 40 or your parents are 70, it's time to start observing and gathering information carefully and thoughtfully. Don't reach a conclusion from a single observation and decide unilaterally on the best solution until you have gathered information with an open mind and talked with your parents.

Talk it out. Approach your parents with a conversation. Discuss what you've observed and ask your parents what they think is going on. If your parents acknowledge the situation, ask what they think would be good solutions. If your parents don't recognize a problem, use concrete examples to support your case.

Sooner is best. Talk sooner, rather than later when a crisis has occurred. If you know your loved one has poor eyesight or has trouble driving at night, begin to address those issues before a problem arises.

Forget the baby talk. Remember you are talking to an adult, not a child. Patronizing speech or baby talk will put older adults on the defensive and convey a lack of respect for them. Put yourself in your parent's shoes and think how you would want to be addressed in the situation.

Maximize independence. Always try to move toward solutions that provide the maximum amount of independence for the older person. Look for answers that optimize strengths and compensate for problems. For instance, if your loved ones need assistance at home, look for tools that can help them maintain their strengths. Professional caregiving services, such as those offered by Home Instead Senior Care, provide assistance in a number of areas including meal preparation, light housekeeping or medication reminders. Or find friends who can help.

Stay tuned in. If your dad dies and, soon afterward, your mom's house seems to be in disarray, it's probably not because she suddenly became ill. It's much more likely to stem from a lack of social support and the loss of a life-long relationship. Make sure that your mom has friends and a social life.

Ask for help. Many of the issues of aging can be solved by providing parents with the support they need to continue to maintain their independence. Resources such as Home Instead Senior Care, Area Agencies on Aging and local senior centers can help provide those solutions.

Conversation Starters for Sensitive Senior Subjects

Research: The most difficult topic for adult children to discuss with



their aging parents was that they have to leave their home. That conversation was a problem for more than half (53 percent) of those who were still in the parent-child role, as well as more than one-third (35 percent) who didn't have that communication obstacle.

You find that your 77-year-old mother's house is often in disarray when you visit. You believe it's time for her to make a change in her living arrangement. What do you say?

Observation and careful attention to the problem should be your first course of action. Avoid diagnosing a problem and deciding on a solution quickly. Approach your mother with a sense of working together to find a solution rather than telling her what to do.

The specific circumstances – such as financial constraints – may be relevant. Is the problem simply that your mother is physically challenged by strenuous housework or is she deteriorating mentally? Does she just need help tidying up around the house or are other aspects of her personal care, such as bathing, going downhill?

Assuming that the problem is physical where vacuuming or bending is becoming an issue, begin the conversation with an offer: "Mom, I have some extra cash. What do you say we find someone to help you with the heavy stuff, like vacuuming? It will be my treat." Seniors are often very willing to accept help around the house. And most communities have ample resources such as cleaning services and companies like Home Instead Senior Care that can help.

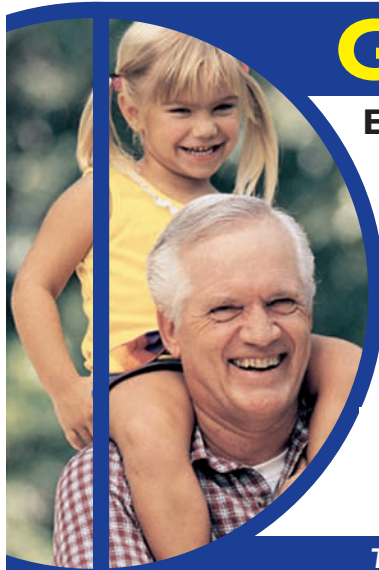
Research: Forty-nine percent of adult children said they were interested in learning more about their parents' medication management.

When visiting your 85-year-old dad, you see bottles of medication on the kitchen counter, on the bathroom counter and on his nightstand. You wonder how he is keeping all of his medications straight. What do you ask?

It's good to use humor and, in a situation like this, to assume that he is keeping them straight (innocent until proven guilty). There may be good reasons why some of his medications are in the kitchen (he's taking them with food), while others are on the nightstand (he's taking them before bed).

Pointing to a bottle and asking, "How the heck do you keep all these pills straight, Dad?" would be a good conversation starter. If the response includes the reasons you suspected above, then it sounds like things are under control. If, however, he says, "I don't know. I do my best. I'm not even sure what some of them are," then the situation probably needs more attention. If he's having a problem, talk to him about a pill organizer, which could help him keep his medications better organized: "Dad, I've heard about organizers that can help you keep all your pills in one place and make it easier for you to keep them straight. Why don't I check into it for you?" In addition, one service that Home Instead CAREgivers provide seniors is medication reminders to assist them in managing their daily medications.

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



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Fashion: Looooking Gooood!

by Patricia McLaughlin - Mature Market Media Services

GIRDLES FOR GUYS

What do men want? To "be more fit instantly." Or, failing that, to look as if they are.

I can't remember where I read the story of Victor Kiam's doomed attempt to invent a foundation garment American men would buy. Kiam, briefly famous in the 1980s for liking his Remington razor so much he bought the company, had been a VP at Playtex in the 1960s. He would've been in a position to push development of a girdle for guys, and it's consistent with his rep as an innovator. He expected his new product to be a huge hit -- until, so the story went, he wear-tested the prototype himself and, much to his regret, concluded that few male Americans would willingly endure such agony merely to look a little slimmer.

But that was then.

Today, apparently, the American

male is more intent on looking fabulous (or, at least, OK) and more willing to tolerate discomfort in pursuit of this goal. He's also fatter: A Centers for Disease Control survey found that men ages 20 to 74 were almost 25 pounds heavier in 2002 than they were in 1960.

The technology of remedial underwear has also improved, according to Max Hauer of Solidea USA, the U.S. division of an Italian company that claims its compression hosiery and undergarments can "eliminate unsightly cellulite." When the company noticed men were buying the cellulite-fighting tights it makes for women, it added three similar men's products -- complete with "contoured cotton front pouch and unique horizontal fly." Hauer says the garments deliver graduated medical-grade compression and "micro-massage features" that have a diuretic effect, so

you look slimmer even when you're not wearing it.

And he says it's comfy: The Lycra is stretchy enough to move with the body, the fabric is made to breathe, and the fiber blend includes threads of pure silver to inhibit bacteria and prevent irritation. He says the only problem with selling it to men is cultural: American men think girdles are for grandmas. They don't expect to find them in the traditional men's stores and menswear departments where they buy their suits, and they'd rather die than go looking in the ladies' lingerie department -- "so most sales come from the Internet." (www.legluxe.com)

Hauer's company has company. A recent Wall Street Journal story reported that "a growing number of labels are launching elasticized 'shapewear,' 'bodywear,' 'support boxers' and other beer-belly-constricting undergarments for men."

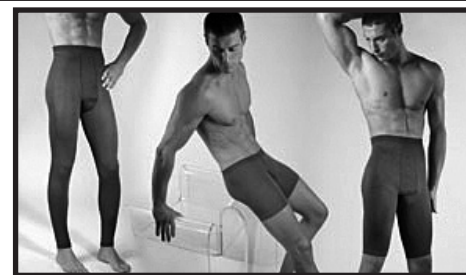
Go Softwear, a Los Angeles-based supplier of men's underwear, introduced a "Waist Eliminator" 10 years ago, but discontinued it for lack of interest. "We were way ahead of our time," says VP Alex Hernandez. They plan to reintroduce it later this year. (www.gosoftwear.com)

Up to now, he says, remedial underwear for men -- Go Softwear also makes briefs with padded fronts and/or rears -- has been "Hollywood's little secret." He claims that "any celeb you see on the red carpet, males or females, they all wear some garment under that dress or suit that makes you look more shapely, more slim. It's common knowledge within the industry: It's all smoke and mirrors."

Lately, though, his company has been hearing from non-celebs, "men who call us at the office or e-mail us looking for something like the Waist Eliminator." So now, "it's not just celebrities, it's for everyone -- the businessman, anybody who wants to look a little slimmer in that outfit."

It's "still kind of a taboo issue, but men want to look good," he explains, and the Waist Eliminator can help: "It's gonna hold you in, you're gonna look good, it gives you that boost of confidence, is what it is."

All without running a single mile or going on a diet: Instant gratification is clearly part of the calculus. Three years



Solidea USA makes compression underwear for men in three styles. A spokesman calls it "a quick fix." photo: Solidea USA

ago, www.underneath.com, an Internet shopping portal for men's and women's underwear, sent out a press release touting its new men's "shapewear" department as "one of the most visited pages on our Web site." The site's founder, Jeff Johnson, pinpointed the reason for its popularity as "many men's desire to be more fit instantly."

Or, anyway, to look more fit. Solidea USA's Hauer says "it's another quick fix." He compares it to makeup, which everybody -- even Al Gore -- wears on TV now.

And why should real life be any different from television?

Media coverage of the purported boom in remedial underwear tends to portray men's new willingness to wear it as an index of rising male vanity, but that's silly. A truly vain man gains 50 pounds and still thinks he looks like George Clooney. The uptick in sales of "compression shorts" and "support boxers" points not to vanity but to its polar opposite, shame -- shame at failing to meet a standard of physical perfection that we've absorbed from media, movie stars, pro athletes and underwear models.

American men used to feel entitled to walk around flaunting magisterial beer bellies, as if it were enshrined in the Constitution along with life, liberty and the pursuit of happiness: A guy's God-given right to grow a belly that strained his shirt buttons and rolled over his belt and extended out so far in front that checking to be sure his shoes were tied turned into a project. Ah, those were the days: Women ate salads, went on diets, wore girdles. Men ate steaks that lapped over the edges of their plates and slabs of pie with ice cream. They slapped their expanding bellies with satisfaction, and felt not a twinge of self-doubt.

Say goodbye to those halcyon days, America. Now men and women feel equally lousy about being too fat. Sure, we all hope to lose weight and maybe someday we actually will. Meanwhile, we count on Lycra to do what it can to hide the shameful fact that we don't look like the people we see on TV.

Believe me, guys, this is not the kind of gender equality we were hoping for.

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What Are We?

Never Alone Foundation (NAF) is a non-profit organization established to help those living in the southern Colorado area suffering from the debilitating symptoms of Inflammatory Bowel Disease (IBD).

Who Do We Help?

Never Alone Foundation's emphasis is on helping children, young adults and their families cope with the medical, financial and emotional distress caused by Ulcerative Colitis and Crohn's Disease. We also have support for adults.

How Do We Support Medically?

The medical support will include but not be limited to: helping with physician networking, discussing treatment options and aiding in nutritional education. We will work closely with the Rocky Mountain Chapter of the Crohn's and Colitis Foundation of America (CCFA) utilizing their resources. It must be emphasized that NAF was not established to take the place of the medical profession.

How Do We Support Financially?

Financially, Never Alone Foundation hopes to help pay for doctor visits, hospital stays, prescription medications, transportation needs, provide scholarship money for the National Crohn's/Colitis Camp and college aid as directed by the executive board.

How Do We Support Emotionally?

The emotional support will come from others who struggle with the demands of both diseases. Our organization has in its membership those already suffering from IBD and their family members. We hope to offer a shoulder on which to lean or an ear with which to hear through the ups and downs of these diseases. This will allow experiences to be shared and give patients and their families the comfort of knowing they are not alone.

Final Word!

Through fundraising events, donations and membership drives, we want to raise awareness of IBD and its footprint in southeastern Colorado, especially among our younger community. Southern Colorado struggles with limited resources and the goal of this organization is to improve the quality of life for all associated with IBD!

Check out our website at <http://www.seniorbeacon.info/neveralone>



"We wish NAF was around when our child was first diagnosed with IBD"



"The Never Alone Foundation was established so no one with IBD in our area would ever have to feel alone."

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Social Security & You

by Melinda Minor, District Manager - Pueblo



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So, you think you might qualify for benefits but aren't sure who to ask, where to start, or how to begin. Should you be applying for Social Security or Supplemental Security Income? Medicare or Medicaid? What's the difference? For someone not familiar with such benefits, it can all seem confusing.

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At the BEST website, you'll be asked some basic questions about your situation. It will take about five to 10 minutes to complete the questions. No one will see the answers you give and the session will not be recorded. It is a confidential way for you to plug in your situation and get quick answers regarding the benefits you may be eligible to apply for.

Why not get started now? Just visit www.GovBenefits.gov and answer a few simple questions to find out whether you might be eligible for benefits. You

can also visit www.socialsecurity.gov for additional information about Social Security.

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Social Security touches the lives of people with disabilities every day. That's why we joined 21 other federal agencies to create www.disabilityinfo.gov.

Disabilityinfo.gov is a comprehensive website designed to offer people with disabilities access to important information they can use.

Disabilityinfo.gov is a one-stop website — not only for people with disabilities, but also for older Americans, employers, Social Security beneficiaries, community- and faith-based service providers and others. Disabilityinfo.gov features information on a number of related topics. The site is easy to navigate, and is organized into subject areas, including benefits, civil rights, community life, education, employment, health, housing, technology and transportation.

Disabilityinfo.gov also is a useful information and referral tool for responding to the questions and concerns of Social Security's nearly 50 million beneficiaries. Individuals receiving Supplemental Security Income (SSI), disability or retirement benefits, as well as advocates who work with beneficiaries, will find answers to questions about work incentives, the appeals process, Medicare and Medicaid, youth transitioning from school to work, accessible transportation and much more.

If you want to get specific, detailed information about benefits available through Social Security for people with disabilities, you can go straight to the source: www.socialsecurity.gov/disability. On Social Security's website, you can even complete your application over the Internet from the comfort of your own home. Just go to www.socialsecurity.gov/applyfordisability to start your application.

The Disabilityinfo.gov web site shares general information about how Social Security can help people with disabilities, and much more. The web site offers a free subscription service where you can sign up to receive Disability Connection, a quarterly newsletter, as well as other e-mail alerts covering information tailored to your individual interests. Just fill in your email address under the gold "subscribe" banner on the right side of the page.

To learn more about information available for people with disabilities, visit www.disabilityinfo.gov. To learn more

about Social Security, visit www.socialsecurity.gov.

SOME LITTLE KNOWN FACTS ABOUT THE SOCIAL SECURITY NUMBER

Nearly every American is very familiar with at least one important aspect of Social Security — his or her Social Security number. Most of us know that number by heart, but otherwise never give it much thought. There is a lot of history and trivia behind the Social Security number and card. Here are a handful of interesting facts about them:

- The artist who designed the original Social Security card in 1936, Fred Happel of Albany, N.Y., also designed the famous "Flying Tigers" logo used by General Chennault's forces during World War II.

- There are about one billion possible Social Security number combinations.

- Approximately 442 million Social Security numbers have been issued since 1936. About 280 million of those numbers remain active. Social Security does not reuse Social Security numbers.

- Social Security assigns about five and one-half million new numbers each year.

- Generally speaking, you are limited to three replacement Social Security cards in a year and 10 during your lifetime. There are some exceptions.

Here is one more fact about the Social Security card and number that everyone should know: There is never a charge for getting a new or replacement Social Security card or for changing your name with Social Security. Please remember this if you ever get offers from "middlemen" who want to charge you a fee to help you get a Social Security card or number or change your name on your Social Security card and records.

Another important thing to remember is keep your card in a safe place, with your important papers. You should not carry it with you unless you know you are going to need it, such as for a new employer. And don't give your Social Security number out to just anyone. Safeguarding your Social Security card and number will go a long way to keep your identity safe.

If you'd like to learn more about the Social Security card and number, visit our website on the subject at www.socialsecurity.gov/ssnumber/.

For more information about Social Security, visit our website at www.socialsecurity.gov.

On Your Toes!!

by Benjamin Marble, DPM, Pueblo Ankle & Foot Care



Deep Pain Thrombosis

It's that time of year to pack your bags and head off to your favorite destination. But while you're riding in the car or traveling by plane, remember to stretch those legs to help prevent a serious condition known as Deep Vein Thrombosis (DVT).

DVT is a condition in which a blood clot (a blockage) forms in vein located deep within the leg. These clots most commonly occur in the veins of the leg, but they can also develop in other parts of the body. If the clot breaks loose and travels through the bloodstream, it can lodge in the lung. This blockage in the lung, called a pulmonary embolism, can make it difficult to breathe and may even cause death.

Certain people are more at risk than others for developing DVT. Some examples of risk factors include varicose veins, blood clotting disorders, pregnancy or recent childbirth, obesity, and heart disease. People over 40 years old, those who have had recent surgery, or those who are immobile through inactivity or wearing a cast are also more at risk for DVT.

Some people with DVT in the leg have either no warning signs at all or very vague symptoms. If any of the fol-

lowing warning signs or symptoms are present, it is important to make an appointment with our office for an evaluation:

- Swelling in the leg
- Pain in the calf or thigh
- Warmth and redness of the leg

If you have risk factors for DVT and plan on taking a long trip this season, follow these tips to reduce the likelihood of developing a blood clot:

- Exercise legs every 2 to 3 hours to get the blood flowing back to the heart. Walk up and down the aisle of a plane or train, rotate ankles while sitting, and take regular breaks on road trips.

- Stay hydrated by drinking plenty of fluids; avoid caffeine and alcohol.

- Consider wearing compression stockings.

For more information about DVTs or other foot and ankle problems, contact your podiatrist's office, or go to FootPhysicians.com.

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

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"Light For The Journey"

By Jan McLaughlin - Director of Prayer Warriors For Prisoners



"DO YOU WANT TO HEAR?"

MAY 2008

The tap on the door was so faint, I wasn't sure anyone was there. I swung the door open and fixed my eyes on a frail woman bundled in a scarf and heavy coat against the cold wind. She

looked up through tear filled eyes; her usually lovely face distorted, ready to burst into tears. At my invitation she fell into my arms sobbing and wept for several minutes while I held her. When she could talk we went inside and sat down. Timidly she began to share her heart. Her spirit was troubled and confused. She expressed her desire to be with people but felt rejection. She didn't know what she was supposed to do. I said, "You need to find out what God wants you to

do." "I can't hear Him." She said. I asked her if she was listening and she didn't seem to know the answer. Her doctor had suggested she do volunteer work so she was helping a ministry a few hours each week but wanted more to do.

"There are several things you could do here! I always need help. Files need organized and re-filed and letters prepared for mailing."

She promptly told me she wouldn't feel comfortable doing that. I said, "Sometimes God asks us to do things we aren't comfortable doing. He wants us to step out of our box. He will use the uncomfortable things in our lives to conform us into the image of His Son, Jesus. And when we get our focus on helping others it lifts us out of our depression and pit. You said you can't hear God. Could it be that you don't want to hear Him?"

My thoughts drifted to my first trip to Uganda in 1999. I had boarded a huge super jet at Chicago O'Hare for the long trip to Amsterdam. A French couple sat next to me with their friends in seats directly in front of them. They would occasionally chat with each other over the seat. I had tried to communicate with the French lady even though I knew no French and she couldn't speak English. I was certain we could communicate a little even with the language barrier. I persisted in my attempt to make just a small conversation with her until she threw up her hands and almost hissed at me as if to say, "I cannot understand you, will you please stop bugging me!" She refused to make any effort to understand me. I was disappointed but stopped trying.

Now, nine hours after boarding the plane, it is sitting on the tarmac at the airport in Amsterdam waiting to be towed into the port for the passengers to de-board. We were still strapped to our seats and there was little chatter but everyone was eager to leave. Then from behind a terrible grating and scraping of metal began with a simultaneous jerking lurch. Total silence enveloped the cabin. In English, the Pilot's voice came over the intercom, "Well, folks, we have just been hit in the butt by another super jet." Silence.

A few minutes later, the pilot gained his com-

posure and said calmly, "Well, ladies and gentlemen, I was correct. We have just been rear-ended by another super jet. There will be a slight delay."

Wild eyed with hands flailing, the French lady tried desperately to get me to tell her what the pilot said. What a change. She had become a highly motivated student of the English language! She now WANTED to communicate. She WANTED to listen! I explained to the best of my ability with hand signs what had happened. She GOT it! Then, she immediately communicated the message to her husband and their friends. Now, she was willing to WORK at communication with a foreigner.

Now, here I am with a friend who desperately needs to hear from God. How can I tell her that if we refuse to listen to Him because we don't want to hear what He has to say, He may as well be a foreigner. Relationships require communication. Close relationships require an abundance of it.

Scriptures declare the importance of listening. The Father told us to LISTEN TO JESUS. Then a cloud appeared and enveloped them, and a voice came from the cloud: This is my Son, whom I love. Listen to him! (Mark 9:7-8) Jesus said several times, He who has ears to hear, let him hear.

Jesus said His sheep listen to His voice and will never follow a stranger because they do not recognize a stranger's voice. His lambs must learn to recognize His voice but it comes from listening and spending time with Him.

God did not say it nonchalantly or gently when he spoke to Ezekiel of His people refusing to listen to Him. Son of man, you are living among a rebellious people. They have eyes to see but do not see and ears to hear but do not hear, for they are a rebellious people (Ezek 12:1-2). And James was very clear that even if we listen, there must be follow up. Sometimes we don't want to listen because we don't want to obey. Do not merely listen to the word, and so deceive yourselves. Do what it says (James 1:22).

Do you want to listen? My sheep listen to my voice; I know them, and they follow me. I give them eternal life, and they shall never perish; no one can snatch them out of my hand. My Father, who has given them to me, is greater than all; no one can snatch them out of my Father's hand. I and the Father are one (John 10:26-30).

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

Where Are They Now?

by Marshall Jay Kaplan

Virginia Davis

Everybody knows that Walt Disney's first star was Mickey Mouse. Right? Wrong!! Wrong?? Actually, Disney's first star was Virginia Davis. Who?? You may ask? Well, Virginia Davis of course! Who is alive and as 'animated' as ever, living in California.

Walt Disney once said 'It all started with a mouse'. Actually, Walt Disney Studios started five years earlier in 1923 with a four year old girl named, Virginia Davis, who was born on December 31, 1918 in Kansas City, Missouri. At age two, Virginia began taking dance and acting lessons. Two years later, when Walt Disney was struggling financially with his first animation studio, Laugh-O-Gram Films in Kansas City, he noticed a photo of Virginia in a newspaper advertisement. Later, when Walt began production on a series of 5 to 10 minute comedies - Alice in Cartoonland - he remembered the little girl with the ringlets from the ad and contacted her mother. The rest is animation history.

The first comedy that was produced, Alice's Wonderland, was completed in 1923. The Alice comedies were unique as they incorporated animated backdrops (i.e. flowers, rain, trees, houses, etc) with live action (Alice). The series proved extremely popular - 53 films in total (the first 13 with Virginia). Laugh-O-Gram's success led Walt Disney to move to California where he began work on Mickey Mouse in 1928 - becoming the greatest animation studio of all time.

After Alice, Virginia remained in the entertainment industry. First, she performed in vaudeville theatres and then

was a bit player in a few films of the 1930's and became a background chorus girl in a few films of the 1940's for MGM, RKO and Paramount Pictures.



After show business, Virginia went back to school and earned a degree at the New York City School of Interior Design, where she then became an editor of a homemaking magazine. Later, she had a successful career as a real estate agent - first in Connecticut and then in California.

Know matter what all of her accomplishments may be, she will always be known as Disney's first creation! Virginia continues to make appearances at Walt Disney conventions. How does she feel about her place in animation history? 'To be part of his majesty Walt Disney and animation history is just heartwarming for me and I really feel privileged to have been a part of it. It makes me think that perhaps I did accomplish something that was indeed part of Walt Disney history'.

Once again, pun definitely intended (but true), Virginia Davis is one of the most 'animated' 89 year olds you'll ever meet! Alice still lives here - in the heart and history of Disney fans!

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Pueblo Prevent-A-Thon In Pueblo May 10th!

Contact: Michelle Mohnhaupt, Pueblo Community Diabetes Project - Phone: 719-544-6391

The Pueblo Community Diabetes Project announces its first annual Prevent-A-Thon on May 10, 2008! A day filled with events located across Pueblo, Colorado to raise funding for diabetes prevention, awareness programs, education, and support throughout the community.

There will be a variety of events throughout the day to help raise awareness of diabetes and prevention of diabetes in southern Colorado.

The day's events will begin with a Run/Walk co-sponsored by the South-

ern Colorado Runners (SCR). The SCR sanctioned and certified 5K run will take place in Mineral Palace Park in Pueblo, Colorado. The 3 mile walk will also take place at the park. Late registration at 8:00am, start time at 9:00am and the registration fee is \$25.00.

The next activity of the day, the Horseshoe Tournament will take place in the livestock pavilion at the State Fair Grounds. Event starts at 10:00am, for information and to register contact Carl Beeman at 719-948-2807 or 719-251-9911. Space is limited!

To end the evening, there will be a concert at the Pueblo Riverwalk (Historic Arkansas River Project). There will be 5

bands performing; Martini Shot, Family Juls, Rich and Dave, Little Ricky and the Roosters, Jim Shafer and Tom Simms. There will also be food, drinks, and fun for the whole family. The event begins at 6pm, entry fee's paid at the door; Adults \$5.00, 13-21 with Student ID \$3.00, and children 12 & under are free!

All participants at the Run/Walk and Horseshoe Tournament will receive a t-shirt, a ticket to the Little Britches Rodeo 2008, and a wristband. The wristbands provide free entry to the concert that night.

The Pueblo Prevent-A-Thon was organized in honor of Jeff Beeman. Jeff was born and raised in Pueblo Coun-

ty, and was a longtime farmer in Avondale. He was diagnosed with diabetes as a teenager and for the next 40 years did what he loved to do; pitch horseshoes, listen to good music and spend time with his family and friends. The 1st Pueblo Prevent-A-Thon is dedicated to Jeff and others like him who live a full life with diabetes on a daily basis.

Diabetes poses a serious health risk to Puebloans. The Pueblo Community Diabetes

Project has been working since 2001 to prevent diabetes, increase early diagnosis, support effective education and behavior change and promote evidence-based treatment in Pueblo County.

Historical Society At El Pueblo

from page 1.

ceptional effort in preserving, promoting, and protecting Pueblo's history. Reservations necessary.

Where? The Elks Club; 6th and Santa Fe. When? Thursday, May 8, 2008; 6:00 p.m. Dinner/7:00 p.m. Program

For more information: (719) 543-6772

El Pueblo's Story: A True Tale for Children

Who? The El Pueblo History



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Museum of the Colorado Historical Society

What? This event is the unveiling of a storybook produced by the museum called "El Pueblo's Story: A True Tale for Children." At the event, there will be a reading of the book for the children, as well as, tours of the excavation site, frontier games, and demonstrations of frontier life. Admission is free.

Where? The El Pueblo History Museum; 301 N. Union.

When? Thursday, May 15, 2008 from 9:00 a.m. - 11:00 a.m. and again from 12:00 p.m. - 2:00 p.m.

For more information: Deborah Espinoza (719) 583-0453 or Deborah.espinoza@chs.state.co.us

New Deal Projects in Pueblo Bus Tour

Who? The Pueblo County Historical Society

What? This event is a bus ride around town to the various New Deal projects in Pueblo. You will hear about the history of these projects, which were carious out through out the Pueblo Area. Reservation required and due by May 15th. Enrollment is limited. Catered lunch. Call for admission costs.

Where? Pueblo Zoo; City Park
When? Saturday, May 17, 2008 from 9:30 a.m. - 12:30 p.m.

For more information: Bill Crain (719) 546-1443

On the Road to Denver's Tribal Paths

Who? The El Pueblo History Museum

What? This event is a tour of the Tesoro Indian Market and Powwow. A box lunch is provided. It will also tour the Colorado History Museum's Tribal Paths exhibit. Admission is \$50.00 for members and \$55.00 for non-members.

Where? El Pueblo History Museum; 301 N. Union St.

When? Saturday, May 18, 2008 from 8:30 a.m. - 6:00 p.m.

For more information: (719) 583-0453

On the Road to Pueblo's Historic Cemeteries

Who? The El Pueblo History Museum

What? This event is a continental breakfast at the El Pueblo History Museum and a tour of the museum's Descansos exhibit. The bus will tour Pioneer Cemetery (with possible costumed interpreters) and Roselawn Cemetery with a guide. Box lunch will be provided. Admission is \$40.00 for members and \$45.00 for non-members.

Where? The El Pueblo History Museum; 301 N. Union St.

When? Saturday, May 24 and 31, 2008 from 9:00 a.m. - 4:15 p.m.

For more information: (719) 583-0453

The Coal Camp Excursion

Who? The Bessemer Historical Society, Inc.

What? This event is a bus trip from the Steelworks Museum of Industry and Culture to historic mines and coal camp sites throughout Huerfano County. The cost is \$50.00 per person. This includes a light breakfast, lunch, transportation, and a keepsake map and guidebook.

Where? The Pueblo Steelworks Museum of Industry and Culture; 215 Canal St.

When? Saturday, May 24, 2008 from 9:00 a.m. - 5:00 p.m.

For more information: Bob Campbell (719) 564-9086 or www.cfsteel.org

Archaeology isn't just for scientists!

Archaeology and Historic Preservation Month might be for you if you have been delighted to dig up an old bottle cap, horseshoe, a piece of old barbed wire, doll head or coin in the backyard garden. If you have toured the Molly Brown House or Mesa Verde National Park you have benefited from the efforts

of historic preservation. Many of the streets we drive through, parks we play in and churches we attend are preserved through historic designation. It would be difficult to count the number of times we experience the history secured for us as we simply live our daily lives in this State rich in heritage.

Documenting the past is the job of State Archaeologist Susan Collins, co-director the Office of Archaeology and Historic Preservation for the Colorado Historical Society, and her staff. The physical remains of our historic sites preserve the experiences, and tell us the stories, of those who have gone before, and so the Office of Archaeology and Historic Preservation creatively engages Coloradans and their guests in partnerships to discover, preserve, and take pride in our architectural and archaeological resources.

For a complete listing of Preservation Month events and to learn the benefits of historic preservation go to www.coloradohistory-oahp.org.

Background

The Colorado Historical Society was established in 1879 and is headquartered at the Colorado History Museum in Denver. As the designated steward of Colorado history, the Colorado Historical Society aspires to engage people in our State's heritage through collecting, preserving, and discovering the past in order to educate and provide perspectives for the future. This educational institution contains History Colorado, the 12 museums and historic sites across the state, its public programs and services; the Office of Archaeology and Historic Preservation, the Stephen H. Hart Research Library, and administers the State Historical Fund, a preservation-based grants program funded by limited stakes gaming tax revenues. For more information call (303) 866-3682 or visit www.coloradohistory.org.

Contact Gloria Shanstrom, 303-778-7724 or 303-931-7241 - shanstrom@comcast.net for more info.

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Ask the PI.....**Investigative Uses Of GPS Tracking Devices Are Controversial**

by **Dave Pettinari, TAC Forensics and Investigations**

A mother calls a private investigator wondering whether or not she can help track where her footloose, wild, and tight-lipped 16-year-old daughter, a bit reckless with her newfound freedom, goes in her car on Friday and Saturday nights.

A suspicious husband calls asking the PI to track his wife, whom he suspects of having an affair.

Old-fashioned gumshoe surveillance works in these situations. Hang low nearby, and when the subject enters the car, follow him. But "getting made," where the subject becomes aware you are following them, or losing the tail at a stoplight, can derail these investigative efforts. Besides, it is expensive.

Clients might be able to afford to pay \$75 per hour times many hours of human surveillance. Global positioning system technology can do the job for much less, as it takes perhaps 10 seconds to place one of these magnetic units under a car. But, with the recent arrest of a Colorado PI caught planting a GPS tracking device on a car in a public parking lot, many PIs are wary of using them.

Law enforcement has used GPS devices for years, and private investigators have used them for surveillance to detect misuse of equipment, and in child-custody violations, insurance fraud and marital infidelity cases.

The GPS listens for satellite radio signals and calculates how long the signals take to arrive. The tracking units must receive signals from at least three satellites to triangulate. This provides a highly accurate estimate of latitude and longitude through a cellular network (real-time GPS units) or is recorded on the device that is retrieved later (passive GPS units).

PIs who use GPS attach these devices to a vehicle, then monitor and track the vehicle's movements, sometimes from a web site. They can also program them to transmit signals from a cellular tower to a base unit to report location in terms of longitude and latitude, tracking how long the vehicle stays at that location, and report where the vehicle is headed next.

Should a PI embrace this technology, originally developed to assist U.S. military forces, or shun it? What would be legal to do to accomplish investigative missions, and where do the legal landmines lie? Could it be considered wiretapping (usually not) or cause violation of privacy statutes (maybe, depending on the state law)?

What would happen if a PI gives the client minute-by-minute updates on the location of a tracked spouse's vehicle, and the husband ends up shooting the wife based on this information?

Would each new genre of case call for a legal opinion before proceeding?

The short answer is, "be careful." Since the technology is new, case law on the topic is in its infancy. GPS surveillance may or may not be legal depending on the type of device and on the location.

Two cases in the western U.S. have said that police using GPS without a warrant did not violate the Constitution based on so-called Bird Dog cases. U.S. v. Knotts (1983) said using this technology, a lower-tech predecessor to the GPS, amounted to simply "augmenting the sensory faculties" these officers had since birth. Next year, in U.S. v. Karo, the Supreme Court ruled that more Fourth Amendment oversight was justified when the Drug Enforcement Administration attached a bird dog device to a delivery to a drug house. The court said this action crossed a threshold under the federal constitution from monitoring things in public view to continuing to monitor after the device entered a private residence. Law officers must also consider whether their actions are legal under their state constitutions.

The California Scott Peterson investigation was one case where investigators

used this technology to track Peterson to the ocean several times after he murdered his pregnant wife, and this evidence was admissible in court.

Can these law enforcement cases provide similar justification for PIs who primarily use GPS in domestic investigations and in civil cases? Might PIs track vehicles in the open, but come up against a potentially litigious situation if they track the vehicle all the way into someone's private garage? Would they be permitted to install and retrieve GPS devices in a public place, but not on private property, as long as they did not commit a crime -- such as breaking into the car, tapping into the car's power supply, or altering the car's driving characteristics?

Keep in mind that police have a much higher standard to meet than PIs do because the U.S. Constitution and most state constitutions prohibit government intrusion onto private property without a warrant. Even so, PIs can be sued if their actions are perceived to violate one's rights.

What can PIs do, and what cannot they not do, with these devices? Most states would permit the following:

- Businesses tracking their own vehicles or materials, with informed consent of the employees.
- Domestic applications where husband and wife jointly own the vehicle. However, if the spouses have separate residences, this could pose a problem.
- Use without consent of the subject in all public areas.
- Use on the investigator's vehicle to track routes during mobile surveillance.

To ensure he or she is on the right side of the law, the PI or police officer must get permission to install the device, either from the courts or from the property owner. And, morally speaking, the PI must inform his or her client of the device's proposed use, as clients can be held liable for illegal use as well. It would also not be a bad idea to contact the state's attorney general to see what state laws might preclude or limit this approach to surveillance.

Some PIs attempt to distance themselves from responsibility for missteps by requiring clients to install the devices themselves on cars they own, or have the units installed at dealerships during routine maintenance visits. A contract may spell out that the client cannot use the information to confront, stalk or harm the tracked person.

Even so, in marital fidelity/integrity check cases, the PI should search police, sheriff and court files to ensure no restraining orders exist, as well as no history of domestic violence. They should also be keenly aware of privacy, trespass and criminal mischief statutes, and the local police attitudes toward use of this technology by PIs.

From a legal and financial standpoint, some PIs require clients to purchase the devices outright in case they are discovered, lost, stolen or damaged.

With all the above caveats, technology is still not a solution that replaces time-tested investigative techniques and real eyes, ears and brains. A piece of equipment cannot tell anyone what the wife did after she left her car and went inside the bar, or whom the child talked to or what he or she did along the route while being monitored.

GPS is one more tool in the kit bag, but PIs must use it only after understanding legal issues that could expose the investigator to arrest or lawsuit. Remember, even murderers, child molesters and cheating spouses have rights.

Dave Pettinari is a retired commander, Pueblo County (Colorado) Sheriff's Office; and a retired major, Air Force Office of Special Investigations (USAFR). He teaches multiple-courses at three colleges and universities, and operates a private investigations firm, specializing in computer forensics.

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Fernandina Beach's Panache Starts With History

by Jay Clarke

FERNANDINA BEACH, Fla. - At the northeastern tip of Florida is the only place in the United States that has served under eight flags.

That alone would give Fernandina Beach a special panache, but the city offers much more than an interesting history.

It is, first of all, the only city on Amelia Island, one of Florida's great resort areas. Thirteen miles of Atlantic beach lie minutes from downtown. A variety of hotels, motels, bed-and-breakfast inns and rental homes on the island beckon to vacationers, as do its seven golf courses.

It is the site of historic American Beach, one of the few beaches on the East Coast open to African-Americans during segregation, and of Fort Clinch, a well-preserved pre-Civil War fortress that guarded the mouth of the St. Mary's River.

Best known of the island's hostels is the Amelia Island Plantation, a mega-resort complex 10 miles south of Fernandina with inn and villa accommodations, 72 holes of golf, 23 tennis courts, several restaurants and miles of beaches. Nearby is another prestigious property, the Ritz Carlton Amelia Island, and closer to town are additional hotels and motels, B(and)Bs and vacation homes, some right on the beach.

But the hub of the island is Fernandina Beach's historic downtown district. Moss-laden oaks line Centre Street, a twisting main street bordered by brick sidewalks and shops and restaurants in Victorian-era buildings.

Dozens of lovely Victorian homes, some now elegant B(and)Bs, grace nearby blocks. Viewed perhaps most appropriately from a horse-and-carriage tour are such iconic homes as the Hoyt House, Bailey House, Fairbanks House and Williams House.

A landmark building on Centre Street is the Palace Saloon, Florida's oldest continuously operating drinking establishment. Today it looks much as it did in the late 1800s and early 1900s. You can belly up to the elegant 40-foot bar designed by Adolphus Busch, founder of the Anheuser-Busch beer empire. Its floors are inlaid mosaic, its ceiling made of embossed tin, and its walls are decorated with six large murals depicting scenes from Shakespeare and Dickens.

Just off Centre Street stands another venerable building, the Florida House Inn, the state's oldest surviving hotel. Built in 1857, Florida House has played host to such guests as President Ulysses S. Grant, Cuban martyr Jose Marti, automaker Henry Ford and actress Mary Pickford, as well as members of the Rockefeller and Carnegie families.

What made Fernandina Beach such a thriving city was its location at the confluence of the St. Mary's and Amelia rivers, both deep enough that early pirates could easily sail into them and find hiding places. This also made it a favorite spot for smugglers and slave traders.

Later, its mild climate brought hundreds of vacationers from the North, and its

rich seabeds created a shrimping fleet that still brings in much of Florida's shrimp harvest.

Its strategic location made Fernandina Beach a much-contested spot for many countries, which is why it served under eight flags. The first was the French flag, flown when explorer Jean Ribault landed on the island in 1562. The Spanish flag was raised in 1565 when forces led by Pedro Menenez de Aviles drove out the French, killing 350 colonists.

Then came the British, when James Oglethorpe took over the island in 1763 and named it Amelia. But in 1783 Spain again controlled Florida, and during its reign the Patriot Flag of the Republic of Florida appeared briefly when a group attempted unsuccessfully to transfer the island to the United States.

In 1817, a Scotsman with 55 troops seized the island from the Spanish and they raised their own flag, the Green Cross of Florida. Following that, a pirate named Luis Aury sailed into the harbor, raised the Republic of Mexico's flag and declared himself the island's ruler.

In 1821 the United States took over the territory, losing it only for a



Bailey House is among dozens of lovely Victorian homes within a few blocks of historic downtown Fernandina Beach.

photo: Jay Clarke

year during the Civil War, when the Confederates raised the eighth flag to fly over the island.

Today, Fernandina Beach rests happily under the Stars and Stripes, playing host to tourists instead of pirates, sun-seekers instead of smugglers.

It's not a bad exchange.

Information: Amelia Island Tourist Development Council, (800) 226-3542, www.ameliainland.org or www.islandchamber.com.

Submarine For Tourists

by Elliott Hester

Imagine you are diving beneath the surface of the Caribbean Sea. A school of horse-eyed jacks suddenly changes direction, flashing what appears to be a silvery sheet. A shipwreck emerges in the deep blue distance. You head in that direction, cruising alongside a picturesque coral reef.

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I went under in Atlantis III, a 48-

passenger sub operating off the coast of Barbados.

The journey began at the departure dock in Bridgetown, the capital. Along with a full complement of passengers, I boarded the Ocean Quest transfer boat for the 10-minute trip



Passengers get an underwater view of the ocean floor on vessels operated by Atlantis Submarines in the Caribbean, Hawaii and Guam. photo: Atlantis Adventures

to the dive site at Freshwater Bay Reef, a mile off the coast of Paradise Beach on the west coast of the island.

The submarine was waiting there, bobbing on the choppy surface like a prop in an action film. Images from "The Hunt for Red October" flashed before my eyes. But unlike the nuclear bomb-toting sub from the movie, Atlantis III is all about fun.

After the Ocean Quest nuzzled up to the submarine, passengers walked one-by-one down the gangplank. We stepped through a hatch, climbed down a ladder and sat back-to-back along a molded plastic bench in the passenger cabin.

Large viewing ports provided front-row seats to a world most of us see only on the Discovery Channel. Colored placards, with the names and images of the many sea creatures we would see along the way, were provided as educational aides.

The submarine itself is a technical marvel. Battery-powered and nonpolluting, it makes a minimal impact on the environment. Because the passenger cabin is air-conditioned and pressure-controlled, the ride is surprisingly comfortable.

As the craft submerged, I felt as if we were flying rather than diving. Looking through the viewing port, the ocean seemed more like outer space. Patches of sunlight shimmered in the water like stars.

The pilot, positioned behind a large window at the front of the craft,

SEE "SUBMARINE" PAGE 19.

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Well-Dressed Garden: Guilt-Free Rose Gardens

by Marty Ross

Forget about finicky roses. Both new and well-known old roses that perform without pampering are pushing out the oversensitive prima donnas.

Roses earning places in the sun today are not only beautiful, long-blooming shrubs, they're good for the planet. Adaptable, disease-resistant choices do not need to be sprayed for pests and diseases or loaded up with chemical fertilizers. You can grow these great roses without guilt.

"There are some phenomenal things happening in the rose world today, and they're changing the way everyone thinks about growing roses," says Marilyn Wellan, an American Rose Society rosarian who gardens in Alexandria, La. Wellan is an enormous fan of the Earth Kind rose program started by the Texas Cooperative Extension at Texas A&M University.

Earth Kind roses, a steadily growing selection of 17 old-time roses and new hybrids, are chosen for their

beautiful blooms, healthy foliage and easy maintenance. They have been tested in full sun, but without fertilizers or pesticides. The Knock Out rose, which blooms almost nonstop, is one of the best-known of the Earth Kind roses. Carefree Beauty -- a fancy pink rose that lives up to its name -- is another award-winning rose at the top of the list of Earth Kind roses.

"This is like a wildfire," says Gaye Hammond, national coordinator for the Earth Kind program and president of the Houston Rose Society. "The public has been demanding this for at least 10 years. We want beautiful roses, but we don't want to be chained to them, and we want to be environmentally responsible."

Hammond's own first roses were fastidious exhibition hybrids that could not survive without plenty of attention.

"But after three years of being a slave to them, I said, 'This is nuts. This is why roses have a bad reputation,'" she says. Now she grows Earth Kind and other tough, low-maintenance roses and has more time to enjoy their beauty.

Roses are among the oldest and most beloved garden plants, but choosing the right one has always been a bit of a challenge. A rose that thrives in Southern California is not often well-adapted to conditions in Michigan or Florida.

The marvelous rose you remember from your childhood in Chicago may not live up to your expectations as an adult in Georgia. Earth Kind roses, and the roses on the new Region's Choice lists from All-America Rose Selections, attempt to take some of the guesswork out of buying the right rose, even for beginners.

The 17 Earth Kind roses are especially good choices for Texas and the South. Hammond's work to coordinate a national trial of Earth Kind roses includes a study group of 100 roses -- known as the "Rose Brigade" -- including 20 that are being tested for extreme cold tolerance in brutal winter climates.

"We will find roses that will do well in every state," Hammond says. "This is the largest environmental rose research project in U.S. history."

Such roses deserve a place of distinction in a garden's design. They can clamber on the fence next to a garden gate, stand tall in the midst of lush beds

of annual and perennial flowers, or steal attention in the front yard among foundation plantings.

New Dawn, a classic shell-pink climber, is among the newest roses on the Earth Kind list and is one of the best choices for an arbor or trellis. Pretty sprays of The Fairy rose stand out against glossy green foliage and tumble happily down a terrace wall or along the edge of a flower bed. Low-maintenance roses will even thrive in large flower pots.

Old-fashioned rose gardens demonstrated a deep love of roses, but these sterile gardens were devoted to exceedingly needy plants. Low-maintenance roses don't need to be isolated and pampered in this way. You can grow them with perennial catmint, foxgloves, daisies and daylilies, or with elegant ornamental grasses.

Roses and herbs are especially good companions in sunny spots. Since you don't have to spoil them, you can plant them in beds you can't get to that often.

You don't have to give up glamorous blooms or fragrance with these easy-care roses, Hammond says. The biggest difference is that, instead of spending weekends on your knees in the rose garden, you can sit back and enjoy your flowers.

"If you can grow weeds," she says, "you can grow these roses."

SIDEBAR

Roses That Don't Need Pampering

Earth Kind roses have to be tough enough to thrive without pampering. When they are being tested, the roses are not sprayed with fungicides or pesticides, they are not fertilized, and they receive no supplemental watering after their first year. Gaye Hammond, national coordinator for the Earth Kind program, <http://earthkindroses.tamu.edu>, calls the testing "plant abuse."

"Once the roots are established, the genetics of the plants are so strong that they can take whatever nature gives them," Hammond says.

Plant roses where they will receive a good six hours of direct sun every day. Mix compost into the soil when you plant to improve drainage and add nutrients.



You can indulge yourself with roses, and if you choose the right plants, you'll have loads of flowers all summer on healthy shrubs that do not need pampering. Among the Earth Kind options is Pearl d'Or. photo: Jackson and Perkins

Here is a list of the 17 roses that have earned the Earth Kind designation: Belinda's Dream, Caldwell Pink, Carefree Beauty, Climbing Pinkie, Duchess de Brabant, Ducher, Else Poulsen, Georgetown Tea, Knock Out, Marie Daly, Mme. Antoine Mari, Mutabilis, New Dawn, Pearl d'Or, Seafoam, Spice and The Fairy.

Other highly recommended easy-care roses include roses hybridized for cold tolerance and top performance at Iowa State by the late Griffith Buck. Carefree Beauty is one of Buck's roses. For more information about Buck roses: www.ag.iastate.edu/centers/cad/rose1.html.

For information about All-America Rose Selections and its Region's Choice program, go to www.rose.org/regionschoice.

SOURCES

Three good sources for great roses of all kinds, including Earth Kind roses, include:

-- Antique Rose Emporium, (800) 441-0002 or www.antiqueroseemporium.com.

-- Wayside Gardens, (800) 213-0379 or www.waysideroses.com.

-- Jackson and Perkins, (800) 872-7673 or www.jacksonandperkins.com.

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Old-Looking Teeth: A Fate Worse Than Death?

Remineralizing tooth enamel sounds like a good idea, but defying age is silly.
 Not that long ago, it was an achievement, a consummation devoutly to be wished, to hold onto your teeth -- your own, natural, God-given chompers -- long enough for them to look old. Really old: yellowy and chipped and brown-veined and uneven and thoroughly unattractive. But still enviable, then, at least to people who had to make do with man-made substitutes.

Look at poor old George W. -- Washington, I mean -- with his mouthful

of odd-looking and probably strange-tasting and no doubt uncomfortable woodies. You think he wouldn't've given almost anything to have his very own old teeth back in his mouth, chewing along as efficiently as they had in his youth? What comfort is it to a man to have his portrait on every dollar bill when he can't so much as bite into a crisp, ripe apple -- say a Newtown Pippin from his own orchard -- without Martha first having to peel it and cut it up into so many small bites as if he -- he, the Father of Our Country! -- were a toothless infant.

Sure, his own old teeth would've looked old -- i.e., not like the teeth you see on TV. But would that have given him even a moment's pause? I doubt it.

For one thing, he'd never seen the kind of perfect, perfectly even, Chiclet-white teeth that people on TV have now. There was no TV -- also no orthodontists, no porcelain veneers, etc.

In Washington's day, people took it for granted that old teeth would look old -- maybe even that old teeth should look old.

And why shouldn't they? Aren't they entitled?

Sitting in the airport the other day waiting for my mom's delayed plane to

show up, I found myself admiring the hair of a woman apparently waiting for the same flight: perfect surfer-girl hair. It streamed down past her shoulders in several subtle shades of blonde -- platinum and pale honey and macaroon. But the face it framed was startlingly old. Her hair was beautiful, but it looked borrowed.

To compare a woman to mutton dressed as lamb used to be a slap. Now it's what we're all supposed to aspire to: Every sign of age must be obliterated -- wrinkles, wattles, age spots, eye bags, gray...

And more: Now comes a press kit from Church (and) Dwight, makers of Arm (and) Hammer baking soda and a lot of other things, promoting "our new Arm (and) Hammer Age Defying Toothpaste and Whitening Booster which will be available nationwide in May 2008."

Age-defying creams, cremes, moisturizers, masks, serums, cleansers, lotions and gels I'm used to, but toothpaste? Now I even need age-defying toothpaste?

I should say in its defense that this new Arm (and) Hammer Age-Defying Toothpaste contains Liquid Calcium ACP -- aka amorphous calcium phosphate -- which, in tandem with fluoride, promises to strengthen teeth and gums and to protect and remineralize tooth enamel.

So it may be just what my old



Arm & Hammer's new "age-defying" toothpaste contains liquid calcium to remineralize tooth enamel. photo: Arm & Hammer

teeth need. It's my psyche that quails at the prospect. I get tired just thinking about all the defiance that marketers of consumer goods seem to expect of me lately. Defiance is very demanding: It sucks up a huge amount of energy.

It comes naturally to 2-year-olds -- "NO!" -- and teenagers, but it's a lot to ask of an older person. Of course there are famous exceptions. Look at Barbara Frietchie, of whom you may never have heard, unless you were in fourth grade in 1955. In that case, you too may have learned John Greenleaf Whittier's poem by heart and may still have it rattling around in your head all these years later: "Up rose old Barbara Frietchie then, bowed with her fourscore years and ten" -- i.e., she was 90, for those of you unaccustomed to counting in scores. And yet she defied the whole invading Confederate Army under Stonewall Jackson

SEE "TEETH" PAGE 19.

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BBB: Shred Your Cares Away At "Letter Rip Day!"

by Katie Carroll-BBB Communications

The Better Business Bureau of Southern Colorado is hosting a free document shredding day on Friday, May 2nd from 10:00 AM to 2:00 PM in the parking lot at the First Presbyterian Church. The parking lot is on Weber, between Kiowa and Bijou Streets and is diagonally across from our office at 25 N. Wahsatch Avenue.

KKTU - 11 News and docuVault, a nationally-certified document destruction company, are co-hosting the

event known as "Letter Rip Day." The three organizations created the event in 2005 to give the public an opportunity to safely dispose of personal and financial documents as a way of preventing identity theft.

The public is invited to bring as many as five boxes of documents to be shredded by docuVault's shredding truck. Plastics, cardboard, newspapers and magazines cannot be accepted. Those who wish to bring shredded more than five boxes will be charged a nominal fee. The pro-

Camp & Plant Book Released

After 107 years, the first volume of Camp and Plant has been released for sale. This is a digitization of the initial company newspaper published by the Colorado Fuel and Iron Company (CF&I) between the years 1901 and 1904.

Volume One covers the issues from December 14, 1901 through June 28, 1902. Price for the book is \$45 for members of the Bessemer Historical Society, and \$50 for nonmembers. This publication is for sale in the Company Store Gift Shop at the Steelworks Museum of Industry and Culture, 215 Canal St., Pueblo, CO 81004. The Gift Shop is open Monday through Saturday from 10am to 4pm.

Camp and Plant was a publication for, and about, the employees of CF&I, which featured information about the various departments, and holdings, of the company. These include the steel mill itself, the coal mines and camps, the C&W Railway, subsidiary companies owned by CF&I, and employee betterment articles from the company's Sociological Department which founded the Minnequa Hospital, today's St. Mary-Corwin Medical Center.

Over 570 pages in length, Camp and Plant Volume One makes for fascinating reading for the general public, and is an invaluable tool for the serious researcher of American industrial operations at the beginning of the 20th Century.

For more information, or to purchase a copy, call the Company Store Gift Shop at 719-564-9086 or visit www.cfsteel.org.



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

ceeds from this additional fee go towards the bureau's Foundation activities.

Sinton Dairy and Pepsi will provide complimentary refreshments.

New Better Business Bureau Employee

Bernadette Sanchez has been hired by the Better Business Bureau of Southern Colorado as a sales consultant in its Pueblo office. Sanchez comes to the BBB from Bluegreen Corporation, a Florida-based timeshare corporation, where she managed a sales team.

How To Recognize A Foreclosure Rescue Scam

(NAPSI)-The recent mortgage crisis has left the door open for fraudulent foreclosure "rescue" professionals who use half-truths and outright lies to sell services that promise relief and then fail to deliver.

If you think you may be facing foreclosure or know someone who is, the Federal Trade Commission (FTC), the nation's consumer protection agency, wants you to know how to recognize a foreclosure rescue scam and what your options are to help you save your home.

How The Scams Work

Foreclosure rescue firms use a variety of tactics to find homeowners in distress. They use simple and straightforward messages, such as "Stop Foreclosure Now!" or "We guarantee to stop your foreclosure."

Once they have your attention, they use a variety of tactics to get your money.

- Phony Counseling or Phantom Help—The scam artist tells you that he can negotiate a deal with your lender to save your house if you pay a fee first. You may be told not to contact your lender, lawyer or credit counselor, and to let the "negotiator" handle the details. Once you pay the fee, the phony takes off with your money.

- Bait and Switch—You think

you're signing documents for a new loan to make your existing mortgage current. This could be a trick: You could be signing documents that surrender the title of your house to a scam artist in exchange for a "rescue" loan.

Rent-to-Buy Scheme—You're told to surrender the title as part of a deal that allows you to remain in your home as a renter, and buy it back during the next few years. You may be told that surrendering the title will permit a borrower with a better credit



rating to secure new financing—and prevent the loss of the home. But the terms of these deals are usually so burdensome that buying back your home becomes impossible. You lose your home and the fraudster walks off with all or most of your home's equity. Worse yet, when the new borrower defaults on the loan, you're evicted.

Bankruptcy Foreclosure—A smooth talker may promise to negotiate with your lender or to get refinancing on your behalf if you pay a fee up front. Instead of contacting your lender or refinancing your loan, though, this scam artist pockets the fee and files a bankruptcy case in your name—sometimes without your knowledge.

Finding Legitimate Help

If you're having trouble paying your mortgage or you've already gotten a foreclosure notice, contact your lender immediately. You may be able to negotiate a new repayment schedule. Other foreclosure prevention options, including reinstatement and forbearance, are explained in "Mortgage Payments Sending You Reeling? Here's What to Do," a publication from the FTC. Find it at www.ftc.gov.

If you're looking for foreclosure prevention help, avoid any business that guarantees to stop the foreclosure process.

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Cooking From A to Z: Cooking With Wine

by Brete Harrison

We normally think of wine as a drink to be enjoyed by the glass. But wine can also be a stellar ingredient in a meal, from entree to side dish or dessert. Wine-enhanced dishes expand your culinary repertoire.

For a simple and fun way to cook with wine, decant what you are going to serve in advance and enjoy a glass as you prepare your meal.

SUCCESS TIPS:

-- When cooking with wine as an ingredient, honor your dish by using the same quality wine as you serve at your table.

-- Boiling down wine concentrates its flavors, including acidity and sweetness, so be careful not to use too much, as the finished dish may be overpowered.

-- Use wine as an ingredient only when it makes a contribution to a dish, as

the palate can be confused by too many conflicting flavors.

A simple sauteed steak dish, "wine merchant-style," this recipe relies on two basic ingredients: good beef and good red wine.

MARCHAND DE VIN SAUTEED BEEF STEAKS WITH DEGLAZED SAUCE

- 1 1/2 to 2 pounds tender filet, strip or sirloin beef steaks, 3/4 to 1 inch thick
- Salt and freshly ground pepper
- 2 tablespoons minced shallot
- 4 tablespoons butter
- 2/3 cup red wine

1. Heat a heavy skillet over medium-high. Rub skillet with a piece of fat trimmed from the steaks. Cook steaks, turning once and seasoning after turning with salt and pepper, to the desired degree of doneness. Remove steaks to warm plates.

2. Add shallot to pan and cook in the meat juices until translucent. Add a little of the butter if the pan is nearly dry. Add the wine, bring to a boil and reduce by a third. Remove pan from heat, swirl in butter and spoon sauce over the steaks.

Serves 4.

Mixed Rice

Pilaf combines wild, basmati and brown rice with onion, garlic, red bell pepper and celery. Sherry, instead of oil, is used to saute the vegetables, considerably lowering the fat content of this dish.

MIXED RICE PILAF

- 1 cup chopped onion
- 2 teaspoons minced garlic
- 1/3 cup minced red bell pepper
- 1/2 cup minced celery
- 1/2 cup dry sherry
- 2 cups long-grain brown rice
- 1/2 cup wild rice
- 1/2 cup basmati rice
- 4 cups defatted chicken stock or vegetarian stock
- 1/2 teaspoon dried thyme
- 1/4 teaspoon dried sage
- 1 tablespoon low-sodium soy sauce

1. In a heavy pot over medium-high heat, saute onion, garlic, red bell pepper and celery in sherry until vegetables are soft (5 to 10 minutes).

2. Add brown, wild and basmati rice. Cook, stirring, for 3 minutes. Add stock, thyme and sage and bring to a boil. Lower heat to medium and cook, uncovered, for 15 minutes.

3. Lower heat to low, cover pot, and let pilaf steam until rice is tender (about 25 minutes). Stir in soy sauce and serve.



Wine is more than just brilliant color in a glass; it can be a key ingredient to a fabulous dish. photo: Copyright 2008, LS Media, LLC

Serves 4 to 6.

Granita is a Spanish sorbet that is frozen without constant churning. In general, granitas have less sugar than traditional frozen sorbets, with a grainy, granular texture, and should be served slightly thawed and slushy.

WHITE ZINFANDEL GRANITA

- 1 1/2 cups water
- 3/4 cup sugar
- 1 1/2 cups white zinfandel or other dry white wine

1. In a medium-sized saucepan, bring the water, sugar and 3/4 cup of the wine to a boil, stirring constantly until sugar dissolves. Reduce heat and simmer for 3 minutes without stirring.

2. Allow syrup to cool to room temperature or cool in refrigerator. Add remaining wine to cooled syrup. Pour into a shallow metal pan and place in freezer.

3. Stirring well every 30 minutes, freeze until firm (1 1/2 to 2 hours). Remove from freezer, warm at room temperature slightly, stirring one final time before serving.

Makes about 1 quart.



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- MAY 2:** Breaded Fish/Lemon Juice, tator tots, peas, wheat bread/marg., cranberry/orange mold, cherry crisp.
- MAY 5:** Lasagna, cauliflower, lime carrot gelatin, wheat bread/marg., apricots.
- MAY 6:** Garden Veggie Soup, beef sld sandwich, Let/Tom garnish, pear/blueberry dessert, fruit juice blend.
- MAY 7:** Beef Stew, confetti rice, creamy coleslaw, wheat bread/marg., gingerbread/lemon sauce.
- MAY 8:** Roast Beef/Gravy, mashed potatoes, stewed tomatoes carrot raisin salad, wheat bread/marg., fruit cocktail.
- MAY 9:** Turkey Mediterranean, garlic mashed potatoes, havard beets, wheat bread/marg., strawberries/pears.
- MAY 12:** Turkey Tetrizzini, carrots, zucchini, wheat bread/marg., apple-sauce cake.
- MAY 13:** SRDA's Spicy Pork, au gratin potatoes, california blend, wheat bread/marg., ambrosia.
- MAY 14:** Meatloaf/Tomato Sauce, noodles, peas, wheat bread/marg., apple juice.
- MAY 15:** Honey Mustard Chicken, stewed tomatoes, basil green beans, wheat bread/marg., cherry coffee cake.
- MAY 16:** Beef Stroganoff/Noodles, corn, carrot raisin salad, wheat bread/marg.,

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--------------------------------------------------------	---------------------------------------------------------	--------------------------------------------------------	-----------------------------------------------------------------

LOCAL BANK



- apple.
- MAY 19:** BBQ Beef Chicken Sandwich, baked beans, spiced fruit mold, blush pear dessert.
- MAY 20:** Roast Turkey/Gravy, mashed

- potatoes, broccoli, wheat bread/marg., cranberry/orange mold.
- MAY 21:** Roast Beef Sandwich, washington chowder, pickled beets, cranberries/pineapple.

- MAY 22:** Enchilada Casserole, peas, mexican coleslaw, wheat bread/marg., oatmeal cookie, applesauce.
- MAY 23:** Herb Bake Chicken, au gratin potatoes, california blends, wheat bread/marg., chilled plums.
- MAY 26:** Green Pepper Steak, garlic mashed potatoes, cauliflower, pickled beets, wheat bread/marg., apricots.
- MAY 27:** Sloppy Hoe/Bun, peas & carrots, cabbage apple salad, blush pear dessert.
- MAY 28:** Roast Beef/Gravy, mashed potatoes, stewed tomatoes, mixed green salad/italian drsg., wheat bread/marg., ambrosia.
- MAY 29:** Stuffed Bell Pepper, cabbage, mixed veggies, wheat bread/marg., lime carrot gelatin.
- MAY 30:** Turkey/Rice/Cheese Casserole, hor cornbread, pickled beets, pineapple upside down cake.
- JUNE 2:** Macraoni & Cheese, lima beans, veggie medley salad, wheat bread/marg., plums.
- JUNE 3:** Chicken A La King, biscuit, broccoli, mixed green salad/Italian drsg., peach cobbler.
- JUNE 4:** Pot Roast, potatoes/carrots/onions, mixed green salad/Italian drsg., wheat bread/marg., banana cake.
- JUNE 5:** BBQ Chicken, baked beans, creamy coleslaw, wheat bread/marg., fruit pudding.

2% MILK With ALL Meals!

Finances: Create And Keep Wealth

How Seniors Can Better Their Lives Within A Month-Part 2

by Grant Oakes - from last month's piece on page 16.

The government has also set the standard and capped interest rates that the lending institution can charge. Also the origination fees are capped by the government and the origination and most other fees can be financed as part of the reverse mortgage. This means that the senior incurs very little or no out-of-pocket expenses to get a reverse mortgage.

Under the FHA HECM program, the Total Annual Loan Cost or "TALC" disclosure, required by the Federal Reserve board, is provided to the prospective reverse mortgage borrower and displays the total transaction costs over the projected life of the loan. This way, a senior is made fully aware of the costs incurred in obtaining the reverse mortgage.

A HECM reverse mortgage cannot become due during the homeowners lifetime. The fact that there is no required payment and there is a lifetime right to occupy the home provides great protection against unforeseen or unanticipated future circumstances. That makes the HECM reverse mortgage safer than other loan alternatives for seniors.

The HECM loan has no prepayment penalty. It can be paid off at any time and in fact it is possible to take a re-

verse mortgage out at a later date and pay off the previous reverse mortgage.

The HECM reverse mortgage is a "non-recourse" loan. So, the amount due can never exceed what the home is worth. Title to the home always stays with the borrower. When the loan becomes due, (when the owners pass on, no longer lives in the home or have sold the home) the lender is repaid the sum of the advanced funds plus interest but never more than the home is worth. When the value exceeds the loan the owners or their estate receive the balance.

Yes they are protecting the seniors as they should. If you have hear of a senior losing their house or getting taken by a reverse mortgage, it was probably quite a while ago, because the new laws about HECM reverse mortgages are quite strict. This is not the case with all reverse mortgages, but the HECM reverse mortgage protects the seniors. The HECM is also the reverse mortgage that gives the seniors the most money from the equity in their home and also it gives them the most options in the way they can take the money.

The options are as follows: (1) First any mortgages or notes against the home will be paid off. (2) Seniors can take the money in monthly payments for as long as one of the owners lives in the home. (3) The seniors could take monthly payments for a given time period, such as 5, 10 or 15 years. (4) The seniors could put it in a growing line of credit that they could take money out at any time as the amount grows larger and larger. (5) Seniors could take it in a combination of the ways listed above, (example: a lump sum of part of the proceeds and a monthly payment for as long as one of them lives in the home).

I might mention here that the seniors can spend the money any way they wish, there are no limitations. A few examples might be that the money could be

used to supplement retirement income or cover daily living expenses, prevent foreclosure, buy a new car, take a dream vacation, pay medical bills, repair the home, widen halls, install ramps, pay for grandchildren's education or anything that the seniors would like to use the funds for.

The amount of funds that you can receive from a HECM reverse mortgage depends on the age of the youngest borrower, the equity you have in your home and the interest rate at the time of the loan. The older you are, the more equity you have and the lower the interest rate, the more you receive

Now let me go back to the headline. How seniors can better their lives in less than a month! I believe that I have shown how seniors can live better, but in a month? Yes, if you call me I will come to your home and visit with you. We will get to know a little bit about each other. If it turns out that I believe that a HECM

reverse mortgage would be the best thing for you to do, (and they are not the best for everybody) I will give you a list of counselors. It is them up to you, if you decide to proceed, you chose which counselor to call. From the time that you receive your counseling certificate till the time that you receive your money at closing usually takes about 3 weeks. So as you can see in less than a month it could be completed and you could be living a better and more enjoyable life. If you think it would benefit you please call me.

Bio: Grant Oakes is a Certified Reverse Mortgage Specialist with 4 years of mortgage loan experience. He is a local businessman that has owned Pueblo businesses most of his adult life. He is a senior himself and understands seniors and their problems. Grant's specialty is "in home service". He will come to your home to meet with you and your children, because in your home you are always in control. You can call his cell phone at 719-252-3610 from 9-5 Mon-Fri or call toll free 1-866-671-3207, Ext 2222 anytime for a free 24 hour recorded message with additional reverse mortgage information.

Girl Scouts: Why Not Pitch In?

Looking for a volunteer opportunity? Girl Scouts of Colorado or the Senior Resource Development Agency, Inc. may be the perfect opportunity for you in 2008! In the past, Girl Scouts has teamed up with other community organizations, such as the Senior Resource Development Agency, Inc. (SRDA), to provide shared volunteer opportunities to seniors. This year, Girl Scouts of Colorado and SRDA would like to build another strong collaboration. One way this can happen is through people like you generously donating your time, energy and resources to being a positive role model within the community.

Girl Scouts is the nation's premier leadership experience for girls. It is a safe place for girls to learn more about themselves and the world around them, develop an understanding and empathy for others, and take action to make the world a better place. Through participation in Girl Scouts, girls gain courage, confidence and character alongside a group of girls who will be their friends for life. In Girl Scouts, girls are guided by committed, caring adults who make learning fun. The mission of SRDA is to provide programs and projects that enhance the quality of life for the senior community of Pueblo and increase opportunities for independent living. SRDA provides services to all of Pueblo County and contracts with other organizations, including the City and County of Pueblo, to offer the best comprehensive quality of care and meet the needs of our senior population.

Whether you can give an hour once a year or have several hours to give every week, there is a place for you to volunteer for Girl Scouts. Opportunities include leading a troop of girls, assisting with cookie sales, mentoring a struggling girl, teaching girls about careers, working at camp, helping at special events or at the council office, serving on a board or committee and more. Girl Scout volunteers are diverse moms, dads, grandparents, young professionals, alumnae, retirees and other women and men 18 years of age and older who are interested in becoming role models and mentors for girls and who want to make a difference in their community.

Together, the Southeastern Colorado and Pueblo County senior community can help to make a difference in the lives of girls. Even if you don't have time or the ability to volunteer for us, spread the word to your family and friends or share your Girl Scout memories with us! For more information on Girl Scouts of Colorado, contact Kathy-Lyn Allen, Manager of Volunteer Development, at 719-543-4690, ext. 102, or at kathy-lyn.allen@gscolorado.org.

Amanda Kalina

MEDICARE SUPPLEMENT

Why Pay More?

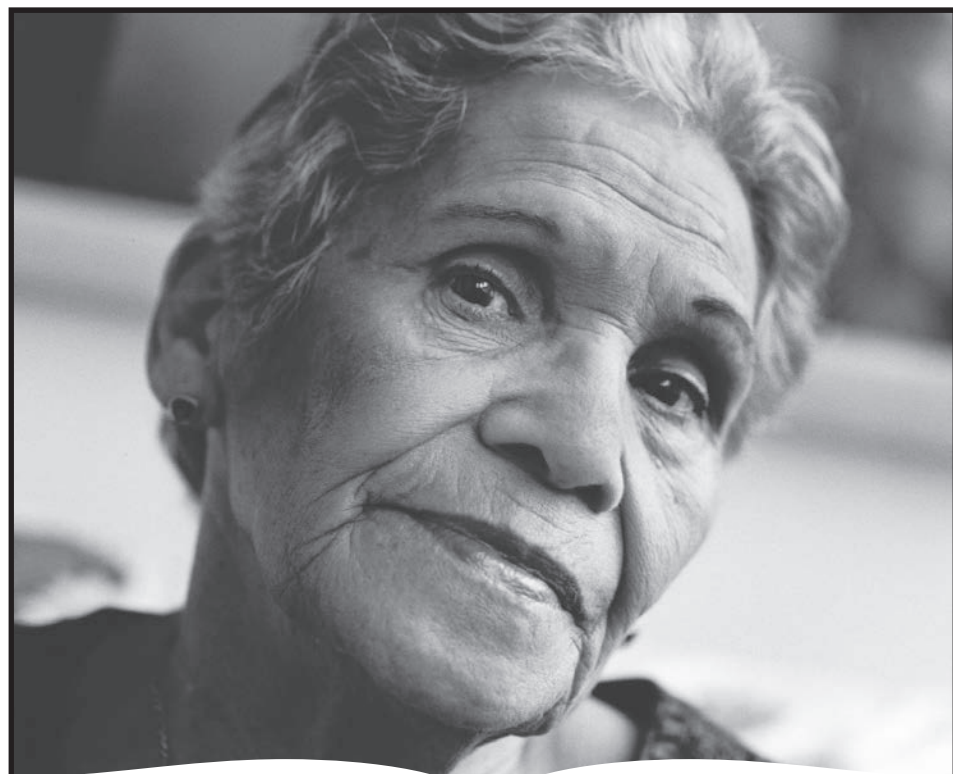
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Are You or Your Parents at Least 62 Years Old

And do you or your parents have at least 50% equity in your home? Would you or they like to have tax free extra money every month for the rest of your life and/or never pay a house payment again? **AND NEVER HAVE TO PAY THE MONEY BACK . . . EVER!!!!**

If you answered YES to the above questions, please call the toll free 24 hour recorded message line : 1-866-671-3207, Ext. 2222 to listen to additional free information about the NEW GOVERNMENT PROGRAM That allows seniors take money out of their home for any reason. This program is just for seniors like you that would like to have some extra money each month and not have to pay it back. NO it is NOT too good to be true. Let us show you how easy it is.

Don't be left out. Call TODAY!!!!!!

Remember, No one but you will ever own your home. We are your Pueblo County Reverse Mortgage Professionals. We come to you, so you are always in control. Let us meet you and your children and your advisor, then you can decide if this is right for you!

Grant Oakes, Colorado Licensed Life, Health & Mortgages.

Seniors Resource Masters, LLC-- IN PUEBLO 719-250-3610

Senior Community Update



OWLS MEETING

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

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

GENEALOGY NEWS

The Southeastern Colorado Genealogy Society holds its regular meetings on the second Saturday of the month in Meeting Room B, Robert Hoag Rawlings Public Library, First floor, 100 Abriendo Ave., Pueblo, CO. A Refresher/Beginners Genealogy Class starts one hour earlier at 1:00PM. No Charge. Non-members are welcome. Call 546-1973 for details on any of the above."

HOST FAMILIES NEEDED

Volunteer host families wanted for exchange students coming to the Pueblo area for the 2008-2009 school year. View student profiles on line at www.aspectfoundation.org or call Suzanne Mahan at 719-545-8461 for more information. There are a large number of students from which to choose, including a Russian girl and a Ukrainian girl coming on a State Dept. scholarship as part of the Future Leaders program

WHAT CAN YOU DO ABOUT

OSTEOARTHRITIS?

Arthritis of the hip is an "early" kind of osteoarthritis that can afflict people even in their twenties and thirties. When the hip joints grow sore and stiff, every step becomes painful, and daily life can be a struggle. But what can you do to protect your hip joints, reduce the symptoms, and support your doctor's treatment? With assistance from some of the world's leading hip experts, the American Arthritis Society has compiled some useful and practical tips for self-care and made them available on the Society's website. All of the tips are interesting and easy to follow. These and all previous issues, with many more suggestions for treating osteoarthritis, can be found online at:

www.americanarthritis.org.

PUEBLO STEPUP FREE COMMUNITY WELL-BEING CLINICS

Mineral Palace Towers, 1414 N. Santa

Fe, Thursday, May 8th (9:00 - 11:30). Memorial Recreation Center - Pueblo West, 230 E. George Dr., Thursday, May 8th (8:15 - 10:30).

McHarg Park Community Center, 409 Second St., Monday, May 12th & June 9th (9:00 - 11:30).

Vail Hotel Center, 217 S. Grand, Tuesday, May 13th & June 10th (9:00 - 10:30).

Hyde Park Community Center, 2136 W. 16th St., Tuesday, May 13th & June 10th (1:00 - 2:30).

Joseph Edwards Senior Center (SRDA), 230 S. Union, Wednesday, May 14th & June 11th (9:45 - 12:00).

Ogden Apartments, 2140 Ogden, Thursday, May 15th (9:00 - 10:30).

Fulton Heights, 1331 Santa Rosa, Thursday, May 15th (1:00 - 2:30).

Park Hill Christian Church Hall, 1404 E. 7th St., Monday, May 19th (10:00 - 12:00).

Minnequa Park Apartments, 1400 E. Orman Ave., Tuesday, May, 20th (9:00 - 11:30).

Get Moving with Pueblo StepUp Community Exercise Programs: Please call Jo Stinchcomb @ 557-3883 for questions about any of Pueblo StepUp's Health & Fitness Programs.

PUEBLO TOASTMASTERS!

Call Ledema 544-7918.

Have a question to ask? Toastmasters meets twice a month, call us and get the info.

DESERT HAWK LADIES 9 HOLE GOLF CLUB

The Desert Hawk Ladies 9 Hole Golf Club will hold its monthly meeting on Tuesday June 3 at 7:00 am at the Desert Hawk Clubhouse, Pueblo West with golf to follow.

Those interested in joining the group or learning more about the club are invited to attend. The group plays 9 holes of golf each Tuesday morning through October. Dues are \$65 which includes membership in CWGA, local handicap, local awards, tournaments and fun day. For further information contact Mary 547-3528 or Marilyn 547-0528.

CSU EXTENSION

From Lois Illick, lois.illick@colostate.edu (719) 583-6566 and Christine Pauletich, (719) 583- 6566

Legally Secure Your Financial Future

"Be Prepared" should be everyone's motto! Develop an action plan to protect, distribute and transfer your assets and set up end-of-life directives.

Tuesday, May 6, 2008 - The orga-

nizing records seminar helps decrease your confusion and stress when trying to find significant documents when an emergency occurs.

Monday, May 12, 2008 - The estate planning seminar includes advice from an attorney on probate items such as wills and trusts.

Tuesday, May 20, 2008 - The advance directives seminar teaches you about living wills, health care power of attorneys, and the Patient Self Determination Act.

Cost is \$15 for each seminar, \$35 for all three. All classes held 6:30 p.m. - 8:30 p.m. Pre-registration is required. Please contact CSU Extension at 583-6566. Space is limited, so call to enroll now!

FREMONT COUNTY CHAMBER ORCHESTRA

The Fremont Chamber Orchestra will present it's annual spring concert at Washington Elementary School, Canon City, CO. Beautiful music, by Mozart, Handel, Haydn, Korsakov, Brahms, Bizet and Holst will be presented. Concert begins at 7 pm. Concert is free to the public, but donations are graciously accepted at the door. For more information please contact the Fremont School of the Arts at 784-3400.

MAY SRDA NEWS

Cripple Creek Trip, May 9th. Leaves SRDA at 9:00am-\$20.00. You must pre-register for this trip

May Social, Sponsored by Humana Market Point, May 23rd, 2:00-4:00pm-\$2.00, Live Entertainment, Refreshments, Games, Prizes.

For calendar of events please contact SRDA at 545-8900.

PIONEER CEMETERY NEWS

Community volunteers are needed to assist with annual cleanup day of Pueblo Pioneer Cemetery on May 10, 8:30am - 12pm at 20th & Montezuma. Please bring tools needed such as rakes, shovels and garden tools. Refreshments will be available. For more information please contact Marge Patterson at 561-1072 or email jtalbott1@comcast.net.

AND; Memorial Day services will be held May 26, 2008 at 9:00am in the Pueblo Pioneer Cemetery, 20th & Montezuma. Refreshments will be provided. Pueblo Ritual Team will post colors.

SUPPORT GROUP ALZHEIMER'S

The Alzheimer's Association's caregiver support groups monthly meeting list:

2nd Tuesday of every month - 9-10:00am - Chateau Guest House 1234 W. Abriendo

2nd Tuesday of every month - 7-8pm - Alz. Assoc. 4104 Outlook Bldg. B (night group)

3rd Thursday of every month - 9:00-10:30am -Alz. Assoc. office 4104 Outlook Bldg. B

2nd Wednesday of every month - 11:30 - 12:30pm - SRDA 230 N. Union

4th Monday of every month - 6-7pm - Alz. Assoc. office 4104 Outlook Bldg. B (night group) Please call 544-5720 for more information.

About the Alzheimer's Association

The Alzheimer's Association Colorado Chapter is the premier source of information and support for the more than 65,000 Coloradoans with Alzheimer's disease, their families and caregivers. Through its statewide network of offices, the Alzheimer's Association offers education, counseling, support groups, Medic Alert® + Alzheimer's Association Safe Return® and a 24-hour Helpline, at no cost to families, and funds advancements in research to prevent, treat and eventually conquer this disease. The Alzheimer's Association advocates for those living with Alzheimer's and their families on related legislative issues, and with health and long-term care providers. For information call the Alzheimer's Association at 719 544-5720, the Helpline at 800-272-3900, or visit www.alz.org/co

RED CROSS S.O.S.

In light of the fires in Ordway the American Red Cross-Southeast Branch is desperately looking for seniors who would have a heart bigger than others. We need volunteers who are willing to assist their fellow neighbors in times of need. The training is provided free of charge. Contact Jeanette Loven, Red Cross Phone: (719) 561-2614 Fax: (719) 561-2615 www.pparc.org.

CSU EXTENSION NEWS

CSU Extension is offering the next class in the series "Preserving the Harvest".

Preserving Jams and Jellies will be offered on Thursday, May 8, 6:00-8:00 pm at Christ the King Church, 1708 Horseshoe Dr., Pueblo, CO, 81001. The cost is \$8.00. Call 583-6566 to register. Pre-registration required. Designed to fit into your busy schedule, this class will cover the method for safely canning jams and jellies. Participants, experienced and beginners alike, will be advised of the latest accepted techniques to use to safely preserve food and will go home with CSU Extension publications and approved recipes. You'll be ready to start preserving in your own kitchen!

GRIEF WORKSHOP

The Seasons of Grief, a workshop for adults experiencing bereavement at the death of someone close will meet for five sessions beginning Thursday, May 1 through May 29 from 6:30pm to 9:00pm at the First Presbyterian Church, 220 W. 10 St., Pueblo, CO. The cost is \$20.00. Scholarships are available.

For more information, please call Suzanne D'Spain at 719-542-7322.

LIVESTRONG DAY CELEBRATES CANCER SURVIVORSHIP

The Dorcy Cancer Center is celebrating LIVESTRONG Day on Tuesday, May 13, 2008. LIVESTRONG Day celebrates and honors all cancer survivors!

This year's festivities will begin at 1 p.m. in the Conference Room in the Dorcy Cancer Center at St. Mary-Corwin Medical Center. The afternoon will consist of workshops and demonstrations including:

For more information regarding the LIVESTRONG Day festivities in the Dorcy Cancer Center, contact Lynn Spencer-Tafoya at 557-4548.

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HOMES FROM JIM VALDEZ-RE/MAX OF PUEBLO:

1. **20 Nona Brooks #E**, Like new townhome with 2 bedrooms, 2 baths, vaulted ceilings, 2 car garage, plus a \$2,000.00 allowance-buyer's choice. \$134,900.

2. **4535 S. Soaring Eagle**, Beautiful townhome located on the P.W. golf course, with 3 bedrooms, 2 full baths, open living room with fireplace, 3 car garage. \$189,900.

3. **1501 JACKSON**, Newer 3 bedrooms, 2 bath rancher, vaulted ceilings, covered patio, 2 car garage. all on one level, \$139,900.

4. **687 S DUMONT**, Gorgeous 3 bed 2 bath rancher, with vaulted ceilings, FP in living room, large deck for summer fun & 2 car garage. \$139,900.

IF YOU NEED A PART-TIME CNA (Certified Nursing Assistant) in your

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.

home call Diane at 544-2710. #0608
IMPERIAL MEMORIAL GARDENS Faith lot #10, graves 1 & 2, \$1700 for both. Pieta, lot #58, graves 1 & 2, \$2900 for both. 240-0538. #0608
HOUSE HOSPITAL. Home Maintenance Professionals. We specialize in rental and home maintenance management. Call Lee or Hoss at 719-251-4429.

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

NEW-ADULT DAY CARE: Located in a safe home in Cañon City, by a licensed Practical Nurse. Arrangements and needs on an individual bases. Call Kathy, 719-315-2805. #0508

POWER CHAIR. Jazzy 600. All around mobility. \$1900. Call 719-542-4955. #0608

ANNIVERSARY RING. Gold band with eleven stones, .87 carat. Price Negotiable. New carpet, 8x12. Price negotiable. Call 719-647-0342. #0508

PERFECT FIT. Alterations by Abe Camhi. Wedding gowns and formal wear. All types of clothing. Men and women. 40 years experience. Se Habla Espanol. 719-595-1231 or 719-250-9354. #0508

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

ONE BEDROOM APARTMENT. All utilities paid. 1 bath, housing okay! 1 car garage, 242-6395. #0508

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

719-545-2669.

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

CEMETERY PLOT: Gate of heaven section - Roselawn. Current price, \$1095.00. Will take \$895.00 #0408

SPECIAL CARE PROVIDER At your home by licensed nurse. Errands, meal prep, medications, transportation; Activities of daily living. Call 565-0445. #0408

TWO CEMETERY PLOTS - MOUNTAIN VIEW Graves 2 & 3, Blk 5, Lot East 1/2 86. \$500 each. 719-561-4577. #0408.

HANDICAPPED VAN: with ramp, 1997 Dodge Grand Caravan, 79,694 miles. Excellent condition. Asking \$12,500. 584-3068. #0408

YOUR LAND is your down payment on a new three bedroom, two bath home for as little as \$59,995. Clayton Homes, 719-275-8883. #0308

\$31,995. Brand new three-bedroom, two-bath, 1128-sq ft. singlewide. Two only! Taking pre-orders. Financing with \$2000 down and no foreclosures or repos. Clayton Homes, 719-275-8883. #0308

FOR SALE: Finger Pulse Oximeter, SPO 5500. Almost New, \$85.00. Cañon City, 269-9221. #0308

HOME FOR SALE: 19 Pineridge - \$139,900 - New listing! Belmont 2 bedroom, 2 bath, 2 car garage. Very nice and well-maintained ranch-style townhome with no fees. Centrally located with good size rooms, fireplace, skylights, main-level laundry, unfinished basement, central air, covered patio and more! Call Donna Austin, MRE, CRS, GRI, 251-1701. www.DonnaAustin4Homes.com #0208

DEPENDS ADULT PULLON BRIEFS: X-Large size 4-18 pack to case. \$20.00 case of 72. Call 719-334-0150. #0408


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SUSTAINABILITY

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

VISION

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

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

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

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TEETH

from page

day it marched into Frederick, Md., where Ms. Frietchie happened to live.

Everybody else in town had knuckled under and struck their colors, taken down their stars and stripes out of fear. Wimps!

Barbara Frietchie wouldn't have it. "Bravest of all in Frederick Town, she took up the flag the men hauled down. In her attic window the staff she set, to show that one heart was loyal yet."

Naturally, Jackson's rifles fired on it, shattering her window, smash-

ing her flagpole, shredding her flag. But "quick as it fell from its broken staff, Dame Barbara snatched the silken scarf." (Scarf! Those old-time poets would say anything for a rhyme.) "She leaned far out on the windowsill, and shook it forth with a royal will. 'Shoot, if you must, this old gray head, but spare your country's flag,' she said."

Naturally, Jackson caved. Couldn't make war on an old lady, not back then -- not in a poem, anyway.

Barbara Frietchie's defiance won the day, but it was, after all, momentary.

Med Management For Visually Impaired Seniors

(NAPSI)-In today's society, medications--including both prescription and over-the-counter (OTC) drugs--have become an important aspect of maintaining good health. Yet for the nearly 20 million Americans with vision loss, the lack of accessible label information poses a serious health risk due to the potential misidentification and misuse of drugs.

To ensure that people with vision loss have ready access to the vital information available to all consumers via prescription labeling, enabling them to take medications safely, effectively and independently, the American Foundation for the Blind (AFB) has embarked on the Rx Label Enable campaign. The goal is to have policymakers develop standards to ensure that medication labels and information are accessible to individuals with vision loss.

As part of the campaign, AFB offers these tips for identifying and organizing medication:

- Ask your pharmacist to attach large-print or, if necessary, Braille labels to pill bottles.
- The size and shape of a pill can help with identification. Practice feeling different pills in your hand until you can recognize them.
- Store medicines in different places that serve as reminders, such as the nightstand if it's to be taken at night or in the kitchen if it should be taken three times a day.
- Use a weekly or daily pill organizer. These boxes generally come with large-print and/or tactile labels. As necessary, ask a friend, family member or home health aide to fill your pillbox for you.
- The size and shape of some containers--such as OTC cough syrups and topical creams--may be enough of a clue to help you recognize them.

For more tips on medication management or resources on leading an active, independent, healthy life with vision loss, visit AFB Senior Site at www.afb.org/seniorsite. And if you or a family member has had trouble reading prescription or over-the-counter medication information, please share your story at www.afb.org/labels.

For people with visual impairment, keeping medications organized and accessible is essential for day-to-day health.

Afterward, she probably took a nap.

Defying age is a quagmire by contrast. It's war we can't win, with no end in sight. Age isn't going to march off into the sunset like Stonewall Jackson. So when do we get to stop defying it? When do we get our nap?

And what good does it do anyway? Age isn't going to back down, defy it as we may. It isn't going to notice or care whether we defy it or not.

Remineralizing deteriorated tooth enamel is probably a good idea, but I think defying age is a mistake. We ought to be able to find better uses for our energy. I personally have cats to feed, walks to take, a syllabus to reconstruct, a class

to teach, clematis to plant, roses to top-dress, woollens to store for the summer, a kitchen that needs painting, a shawl I've been meaning to fringe, books to take back to the library, a shower that needs re-caulking, last week's newspapers to catch up with, computer files to organize, candidates to campaign for, shoes to put up on eBay, weeds to weed, a mother to visit, a cousin to write to, a clipping to send to a sister, a friend to drive to the doctor, next week's column to write.

You defy aging if you want to and have the time. I'm busy.

Write to Patricia McLaughlin c/o Universal Press Syndicate, 4520 Main St., Kansas City, MO 64111 or patsy.mcl@verizon.net.

Submarine

from page 11.

navigated the craft through aquamarine water. The low hum of the engine was interrupted by a series of "ooohs" and "ahhhs" as kids and adults pointed through the viewing ports.

Our pilot gave a running commentary throughout the 50-minute trip. Speaking in a soft Barbadian accent through the public address system, he pointed out the Lord Willoughby -- a water-carrying barge -- that had been sunk as an artificial reef nearly 40 years earlier.

During the "Living Classroom" segment of the tour, kids learned that the reef is a living ecosystem made up of millions of animals. The two-mile reef area is built with hard and soft corals upon which thousands of fish feed.

We saw trumpetfish wriggling among the sea fans. Sergeant majors poked around the branches of staghorn coral. There were tinfoil barb, barracuda and French angelfish that liked to swim in pairs.

Greenback turtles, whose numbers are steadily increasing, have been known to peer at passengers through the viewing ports. I didn't see turtles during my trip. But I did see the large school of horse-eyed jacks that has visited each Barbados dive for more than 20 years.

En route to a maximum depth of 150 feet, twice as deep as a recreational diver might go, I fought off a mild pan-

ic attack. Perhaps it was a petty dose of claustrophobia. Or maybe I've seen too many movies in which naval submarines become stranded at the bottom of the ocean.

I peered through the viewing port into the semidarkness, reminding myself that Atlantis submarines have a built-in safety feature. Unlike naval submarines, which normally operate at neutral buoyancy, Atlantis subs maintain constant positive buoyancy. In the event of a power failure, the sub will automatically rise to the surface.

As Atlantis III rose to the surface, safe and sound like always, I wondered if I should stick to Disney films.

IF YOU GO

Atlantis Submarines operates submarine tours in the Caribbean (Aruba, Barbados, Cozumel, Curacao, Grand Cayman, St. John, St. Martin, St. Thomas), Hawaii (Kona, Maui, Oahu) and Guam. Prices vary by destination. In Barbados, adults pay \$90; teens (13-17), \$70; children (4-12), \$45. (The 64-seat, 120-foot-long Atlantis XIV, which operates from Waikiki Beach in Hawaii, is the world's largest passenger submarine.) For more information visit www.atlantisadventures.com.

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

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From Charlene Dengler: Get Fit With "Fat?"

by Charlene Dengler

In about six short weeks summer will emerge, and so will bare arms and legs. Along with the summer heat and golden sun, often the desire to trim a few pounds and to slim a few inches arises. However, now is the time to consider what you can do to achieve those summer slimming goals and enrich your overall health as well.

In a previous article the vital factors necessary to keep the body in proper balance for optimum health were explained. By way of review the elements required for achieving your best health are: oxygen, water, 8 essential amino acids (proteins), 8 essential glyconutrients (carbohydrates), 3 essential fats, 26 vitamins, and 72 trace minerals. Let me emphasize that proper balance is key to obtaining and maintaining optimal health. Part of being vitally healthy, needless to say, is being at a proper weight. Currently, sixty-six percent of Americans are overweight, with thirty-three percent actually obese (30% over recommended weight).

With the myriad of diets being touted as the best way to achieve desired weight and body composition, how do you know which is best for you? In actuality, at the very foundation of weight control is proper diet and consistent exercise. Finding what works best for each individual is where the challenge lies. Current thinking on the

weight loss enigma has been to abandon the fat free approach, recognizing that essential fats are just that – essential for optimal health. In addition, it has been found that eliminating fat only increases appetite, which in turn increases carbohydrate intake, which in many cases are not the healthy carbohydrates and therefore doesn't result in healthy, permanent weight loss, or quite often actually yields an increase in unwanted pounds.

Then there is the high protein craze, which serves its purpose for some, yet doesn't present a balanced approach. Don't get me wrong, proteins are definitely important, since they are the building blocks of all cells which make up tissues, which make up organs, which make up systems, which make up the body. Do you see how every factor is really connected and interdependent on each other for a properly functioning body? In reality all three of the basic nutrients, proteins, carbohydrates, and fats play a vital role in weight control and desirable health.

In this article I want to detail some of the great benefits of consuming healthy fats not only to the body in general, but also how they just might help you get bathing suit ready for summer. Much maligned fat has gotten a bad rap, but the media has been doing a very good job, I believe, of rectifying that, particularly with the recent emphasis on reducing hydrogenated oils

and trans fats. Saturated fats have little place in a healthy nutrition plan; however, if you consume any form of animal products you will have some saturated fat in your diet. In fact, even a totally vegan diet will yield a small amount of saturated fat. The goal is to keep saturated fats to a minimum since they are the artery clogging, plaque forming fats. Polyunsaturated fats, thought at one time to be the weight loss key, still have their place and are derived from plant sources, but they alone don't fulfill the metabolic requirement for fat in the human body. Now scientists have discovered that monosaturated fats have earned their place in the health community as not only valuable, but essential in the fat equation.

Sources of monosaturated fats are found in plant foods such as nuts, seeds, avocados, olives and some fatty fish, such as wild harvested Alaskan salmon. These foods provide the essential fats necessary for the body to function like a well-oiled machine. They reduce and heal inflammation at the cellular level, which is a primary cause of disease and aging. Any of you baby boomers want to stave off aging? Read on and discover healthy ways to proactively make a difference in your future. Dr. Nicholas Perricone, M.D., has written several books with all the details to accomplish a more beautiful, healthy second half of your vital, century-long life!

Organic extra virgin olive oil is the absolute best source of monosaturated fat to incorporate into your diet. You want to look for a low acidity of 0.8% or less, and by ensuring that you buy organic EVOO you will be ingesting liquid gold. Extra virgin olive oil can do all of the following: Lower blood pressure, reduce pain and inflammation, protect against cancer, decrease LDL (bad) cholesterol, increase HDL (good) cholesterol, prevent osteoporosis, combat stomach ulcers and gastritis, lower glucose levels in diabetics and help intestinal absorption of nutrients. When substituting olive oil for

butter you may reduce the amount by ¼ of what the recipe calls for, and therefore save some calories. If you are focusing on weight loss, remember calories do count so be reasonable with the amount you consume. Store olive oil in a cool, dark place in an airtight container.

Now I want to move on to the benefits of flax seed or flax seed oil. Flax seed has all three of the essential omega fatty acids. Omega 3, omega 6 and omega 9 in proper proportions contribute to vibrant health and when embarking on a weight loss program, the addition of this valuable substance will almost ensure success. Flaxseed oil is becoming known in nutrition circles as an anti-fat. It can prevent and even reverse obesity, cardiovascular disease, stroke, and other degenerative diseases. Flaxseed works with the body's physiologic and metabolic processes to normalize weight and allow for easier maintenance. By providing the body with these essential fatty acids, which it cannot manufacture on its own, the body will not continue to crave fatty foods and sweets since proper fat metabolism is established. It also provides increased satiety or fullness and a slow, sustained rise in blood sugar correlating to prolonged satisfaction and increased stamina. The most beneficial form is high lignan liquid flax seed oil that has been cold pressed expelled and has an expiration date not beyond four months. It is heat sensitive and should be shaken very well and stored in the refrigerator.

The foregoing recommendations must also incorporate other elements of proper eating and exercise to add up to weight loss. Portion control, eating whole foods, as close to the way they are found in nature, eliminating white flour, sugar, and potatoes, and reducing high fat animal and dairy will contribute to your weight loss cause. And on your way to a slimmer you, eliminating or reducing other fats, particularly trans fats or partially hydrogenated oils from your nutrition plan, and adding extra virgin olive oil and flax seed oil to your diet will help you to nutritionally strike it rich.

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

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Stroke Survivors Support Group Give Comfort To All!

by Charles M. (Chuck) Couchman, Founder & President

Stroke Survivors Support Groups of Pueblo is a non-profit organization dedicated to helping, educating and supporting stroke survivors, people with aphasia and their caregivers (families and friends) and to informing the general public about strokes and aphasia.

For stroke survivors and our caregivers, it is important to know that we are not alone. We come together to share experiences and hope, and to encourage each other to work actively at self-improvement. We realize that self respect and humor are vital tools for recovery.

Stroke occurs when the flow of blood (and oxygen) to the brain, is interrupted, either by a blockage or a hemorrhage (Bleeding). A person who has suffered a stroke has experienced brain damage, but is not brain dead. The effects of a stroke depend on which areas of the brain has been damaged. They can range from total paralysis on one side of the body; loss of vision; loss of speech, understanding, thinking or memory; or nothing at all.

If a stroke survivor has suffered one or more of the symptoms one or more of the symptoms mentioned above, it is possible to recover through therapy and pure determination. As mentioned earlier, we encourage each other to work actively at self-improvement. Thus we can once become productive members of society. In the meantime, we do the best we can with what we have.

Aphasia, (a communication disorder, most commonly caused by stroke), can affect one or all forms of communicating. It is important to realize, if you lose the ability to communication in one form, other options are available; if you cannot speak, you may be able to type, use gestures or write.

And again, you may be able to improve your speech by therapy and hard work. Many people think because someone can't talk, they don't understand. This is one of the most common misconceptions about aphasia and in most cases is not true.

Today, if one experiences a stroke (brain attack) and gets diagnosed and treated within three hours, it is possible

to lessen the effects. That is why the term "brain attack" is used, because it tells people that it is a medical emergency that must be treated immediately.

So if you experience any of these warning signs:

- Difficulty speaking or understanding
- Numbness, weakness or paralysis of the face or limbs
- Sudden blurred or decreased vision in one or both eyes
- Dizziness or loss of balance; sudden unexplained headache.

GET TO THE EMERGENCY ROOM IMMEDIATELY

There are many causes or risk factors for stroke including high blood pressure, stress, smoking and heart disease. Many strokes can be prevented by taking the proper steps (keeping your blood pressure under control and stop smoking for instance.)

Stroke is a devastating condition that affects the entire family. "Stroke Survivors" will help you cope during recovery. We have three stroke/aphasia support groups in Pueblo County that meet



Stroke Survivors Care Group are picture here during a field trip to Parkview's Rehabilitation Center.

monthly. No fees are charged (donations are accepted). We can also have a meeting or awareness presentation at your business, school, etc., (to tell you if you are at risk for stroke, and to further educate you about stroke and aphasia).

For more information contact: Chuck Couchman, (719-583-8498)

Weird News

from page 4.

they invited their 16-year-old daughter's boyfriend to come live with her in her bedroom, despite the fact that he is 36 and divorced, with one child. The parents said they weren't thrilled with the situation, but that it was preferable to the daughter's running away with the man.

-- Cutting-Edge Parenting: (1) Sheriff's deputies in the Orlando area were on the lookout in March for two women who, according to surveillance video from the Magical Car Wash, had pulled into a stall and deposited coins but then proceeded only to scold and then pressure-wash a small child. (2) Aron Pritchard, 27, was convicted of child endangerment in March in Hutchinson, Kan., after a jury declined to accept his explanation for his girlfriend's kids, age 2 and 3, being burned in a hot clothes dryer. Pritchard said he was just trying to show them they could have fun without necessarily spending money.

Least Competent Criminals

Not Ready for Prime Time: (1) Two boys, 12 and 14, were quickly arrested in Port St. Lucie, Fla., in March when they tried to rob a woman who was

working at a counter behind protective glass in an office, by picking up the convenience phone and threatening her, implying that they had a gun. The woman was in no danger because of the protective glass, but besides that, the place they had chosen for the hit was a regional office of the Port St. Lucie police department.

(2) Donald Baker, 51, was re-arrested in March in Peterborough, Ontario, when he called the police department to request a wake-up call for his court appearance the next morning; amazed at his audacity, police ran a records check and found an additional arrest warrant on him.

Updates

-- News of the Weird cited a police report last May that an unidentified man in Guelph, Ontario, had committed at least three incidents of approaching women and asking to be kicked in the groin. After seven such incidents, Jarrett Loft, 28, pleaded guilty in March 2008 to one count and was sentenced to 60 days in jail. Loft offered no explanation for his behavior, other than that he was "curious." One victim, saying that she feared what Loft might do if she refused, repeatedly kicked him between the legs,

after which he thanked her and rode off on his bicycle.

-- Good Friday in the Philippines town of San Pedro Cutud has meant, for over 20 years, that two dozen men will line up to be nailed to a wooden cross for a few minutes each to mark their penitence for sins of the previous year (although this year, the government issued an advisory recommending getting tetanus shots and using only sterile nails). Ruben Enaje, 47, was first in line once again (the 22nd time in 23 years that he has been crucified) and, once again, screamed in agony for five minutes at the 6-inch nails driven into both palms and both feet while he lay on the cross. Before the crucifixions, dozens of other men punished themselves by whipping their backs bloody, using bamboo rods.

Undignified Deaths

(1) A 76-year-old Baptist minister was found dead in Clarksville, Tenn., in March after he had tried to pull a goat back into a fenced-in area of his property; apparently, the goat had resisted the slip knot, and somehow the animal's jumping had wound the rope around the minister's feet and neck, and he had begun to turn blue by the time his wife found him. (2) The day before that, an 82-year-old man in Lake Hallie, Wis., was killed when he apparently slipped while using a plumber's auger on his septic tank and fell in, head first, eventually drowning.

Too Much Time on Their Hands

-- Jonathan Lee Riches is believed to be the most prolific lawsuit-filer ever to operate from behind bars. His "docket" now includes more than 1,000 cases in just over two years (with eight more years to go on a federal sentence for fraud), including claims totaling several trillion dollars from "injuries" inflicted on him by such people as President Bush, Martha

Stewart, Steve Jobs, Britney Spears, Tiger Woods (luggage theft), Barry Bonds (illegal moonshine production), and football player Michael Vick (\$63 billion for allegedly stealing Riches' pit bulls and selling them on eBay so that Vick could in turn buy missiles from Iran).

Inexplicable

-- Making artistic, themed scrapbooks is a \$2.6 billion industry in the U.S. (nearly one-fifth as large as the adult-video industry) and has a "Hall of Fame" as protective of its morals as baseball's, which has shunned gamblers and steroid-users. According to a January Wall Street Journal report, one "superstar" scrapbooker, Kristina Contes, was recently kicked out of the hall for violating etiquette by displaying another's photo inside her scrapbook in a competition. Contes said the oversight was inadvertent but that she is now shunned within the community for her grave offense and called "labelwhore."

-- Orlando "public artist" Brian Feldman celebrated Feb. 29 (Leap Day) by devoting himself to "leaping," according to a report on WOFL-TV. For the entire 24 hours, beginning at midnight, Feldman leaped off a 12-foot-high platform every three minutes and 56 seconds (a total of 366 times). Said Feldman, "I thought it would be a good idea to get people to think how they spend their day."

Accidents Will Happen

(1) Police officer Thomas Wilson pleaded guilty to having 8,742 images of child pornography on his computer, but the judge acknowledged that Wilson might have acquired them "somewhat accidentally" (Brisbane, Australia; March). (2) Ernest Simmons was convicted of attempted murder of two sheriff's deputies despite his defense that he only "accidentally" shot at them (11 times, using two guns) (Orlando, January). (3) Accused purse-snatcher Derrick Dale, 21, said that the purse fell on his foot and (according to the arrest report) "the next thing he knew, (it) was in his hands" (Destin, Fla., January).

Least Competent Criminals

This Getaway Plan Works Better in July: James Jett, 33, was arrested in Blount County, Tenn., in February after attempting to evade police by jumping into the Little River and submerging all but his face. However, the high temperature that day was only 36 degrees (F), and by the time he was discovered, he was suffering from hypothermia.

Visit Chuck Shepherd daily at <http://NewsoftheWeird.blogspot.com> or www.NewsoftheWeird.com. Send your Weird News to WeirdNewsTips@yahoo.com or P.O. Box 18737, Tampa, FL 33679.

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

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

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When Old Is New, Think Cast-Iron Cookware

by Brete Harrison

Cookware today comes in all sizes, shapes and materials, from space-age alloys to traditional cast iron. In the 21st century, cast-iron pots and pans may sound like something only Grandma would use, but old-fashioned as they are, for many experienced home cooks and professional chefs, nothing is better.

Their consistent heat conduction, easy clean-up, and low maintenance and cost make cast-iron pans a good choice for a lifetime of culinary enjoyment. They are also a boon to the health-conscious, as a well-seasoned or -cured cast-iron pan is the original fat-free cooking tool.

Just as aluminum, copper, stainless and the like are varied in size, so is cast iron. With a range generally from 6 inches to 12 inches for skillets, various-sized griddles and deep Dutch ovens, each has a purpose and can be used both on the stovetop and in the oven.

While you may start out with just one cast-iron skillet, perhaps a 10- or 12-incher, it will not take long for you to build an assorted collection.

SUCCESS TIPS:

-- Good sources for acquiring a cast-iron pot and pan collection for your kitchen are second-hand stores or thrift

shops. Gems from these sources are often better than new -- the years of seasoned service are a virtue and the price is a bargain.

-- Cleaning is important for cast iron. Wash with kitchen detergent after each use, but do not soak or place in the dishwasher. After rinsing, thoroughly dry pan and provide touch-up seasoning by placing on a warm burner and applying a light coat of oil, shortening or lard, wiping clean with the burner off.

-- Testing a skillet for cooking temperature, droplets of water should bounce or hop on the surface; too hot, they will disappear, too cool, they will just sit there.

-- To season a skillet (or re-season if the surface has been damaged): After rinsing with soap and water, wipe the surface clean and let dry. Then apply a light coat of vegetable oil, shortening or lard; place in the oven for 30 to 60 minutes upside down on a cookie sheet at 350 degrees. Turn off oven, let cool and, depending on the surface condition, repeat the process several times to improve the seasoning bond.

Whether for breakfast, brunch or dinner, all-in-one-skillet meals are the ultimate for comfort food and cooking

convenience. This recipe was inspired by traditional San Francisco diner cuisine, often found down on the wharves and docks. Ground beef browned quickly in a skillet with onion and mushrooms, then scrambled with spinach and eggs, brings together an enticing mix of kitchen scents and tastes. Serve with a crusty sourdough loaf and a robust California zinfandel or pinot noir for a special repast.

OLD JOE'S SPECIAL

- 1 1/2 tablespoons extra-virgin olive oil
- 1 pound ground beef, crumbled
- 1 large onion, finely chopped
- 1 clove garlic, minced or pressed
- 1/4 pound white and brown mushrooms, sliced
- 1 teaspoon salt
- 1/8 teaspoon each pepper and dried oregano
- Pinch ground nutmeg
- 2 cups coarsely chopped fresh spinach
- 3 eggs
- Grated Parmesan cheese

1. In a large cast-iron skillet over medium-high heat, heat olive oil and brown ground beef well.

2. Add onion, garlic and mushrooms; reduce heat and continue cooking, stirring occasionally, until onion is soft.



Too many choices can be bewildering, particularly when choosing the right kitchen cookware. With the wide array of styles and materials now available, traditional cast iron can provide a versatile, low-cost solution to your cookware needs.

photo: Copyright 2008, LS Media, LLC

3. Stir in salt, pepper, oregano, nutmeg and spinach; cook for about 5 minutes longer, stirring several times, until spinach is limp.

4. Reduce heat to low and break eggs over meat mixture. Quickly stir just until eggs begin to set. Serve immediately; sprinkle cheese over each serving to taste.

Serves 3 to 4.

FREMONT/CUSTER County Menus

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

MAY 1: CHICKEN NOODLES, Green Beans, Yellow Squash, Apricot Pineapple Compote.

MAY 2: BRATWURST/BUN, With Sauerkraut, Mustard & Onion, Scalloped Potatoes, Peas/Carrots, Peach Halves.

MAY 6: TURKEY TETRAZINI, Italian Green Beans, Cottage Cheese Peach Salad, Strawberry Applesauce.

MAY 8: PORCUPINE MEATBALLS, Whipped Potatoes/Gravy, California Vegetable Medley, Banana.

MAY 9: CREAM OF POTATO SOUP, Tuna Salad Wrap/Lettuce/Tomato, Hard Boiled Egg, Grapefruit Half.

MAY 13: MEATLOAF/Brown Gravy, Cheesy Potatoes, Green Beans, Pineapple Tidbits.

MAY 15: OVEN FRIED CHICKEN, Spinach Mandarin Orange Salad, Potato Salad, Sliced Peaches, Cornbread/marg.

MAY 16: BURRITO/Lettuce & Tomato garnish/Salsa, Green Beans, Cilantro Lime Rice, Sliced Peaches.

MAY 20: SALISBURY STEAK, Whipped Potatoes/Gravy, California Veggie Medley, Greens, Nectarine.

MAY 22: ITALIAN SAUSAGE/MARINARA SAUCE/SPAGHETTI, Yellow Squash, Tossed Salad, Pizzelle, Pear.

MAY 23: TACO SALAD/SALSA, Tomato/Lettuce Garnish, Strawberry Applesauce, Sliced Peas, Cornbread/marg.

MAY 27: HOT TURKEY SANDWICH Whipped Potatoes, Asparagus Amandine, Pineapple Mandarin Orange Compote.

MAY 29: ROAST PORK, Whipped Potatoes/Gravy, Carrots, Strawberry Gelatin Salad, Dinner Roll/marg.

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

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

MAY 1: COMBINATION BURRITO, Smothered/Chicken Green Chile, Tomato, Lettuce/Salsa, Black Beans with Cilantro, Diced Peas.

MAY 2: ROAST TURKEY/GRAVY, Whipped Potatoes, California Vegetable Medley, Raisin Nut Cup.

MAY 6: CHILI CON CARNE, Whole Wheat Crackers, Sliced Yellow Squash, Pineapple Mandarin Orange Compote, Cornbread/marg.

MAY 8: KIELBASA, Parsley Buttered New Potatoes, Mixed Vegetables, Zucchini Squash, Pineapple Tidbits.

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

MAY 13: SPAGHETTI/MEATSAUCE, Tossed Salad, Mixed Fruit, Orange Juice

MAY 15: HAM/BEANS, Broccoli, Parslied Carrots, Orange Juice- 4oz, Cornbread with

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Margarine.
MAY 16: ROAST CHICKEN/BROTH, Scalloped Potatoes, Harvard Beets, Cinnamon Apples.

MAY 20: TUNA SALAD ON A BED OF LETTUCE w/ SLICED TOMATO, Pasta Salad, Orange Juice - 4oz, Sliced Peaches.

MAY 22: BLACK BEAN & TORTILLA CASSEROLE, Steamed Brown Rice, Whipped Sweet Potatoes, Mixed Fruit.

MAY 23: LEMON BAKED FISH, Tartar Sauce & Lemon, Rice Pilaf, Green Beans/Mushrooms, Fruit Salad.

MAY 27: CHICKEN SALAD SANDWICH with Sliced Tomato on Lettuce, Confetti Slaw, Peach Coconut Cream Pie.

MAY 29: PORCUPINE MEATBALLS, Whipped Potatoes/Gravy, California Vegetable Medley, Banana.

MAY 30: BAKED HAM/RAISIN SAUCE, Candied Sweet Potatoes, Green Bean Amandine, Cranberry Mold.

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call 719-783-9508 for reservations before 9:30am - M-Tu-Thur - Noon Meal

MAY 1: BEEF/BROCCOLI STIR FRY, Steamed Brown Rice, Steamed Carrots, Pineapple Tidbits.

MAY 5: CHICKEN NOODLE SOUP, Whole Wheat Crackers, Chopped Spinach, Sliced yellow Squash, Orang, Lemon Meringue Pie.

MAY 6: CHICKEN FAJITA, Tomato, Lettuce Garnish, Cilantro Rice, Cooked Cabbage/Red Pepper, Grapes.

MAY 8: BRATWURST/BUN with Sauerkraut, Mustard & Onion, Pickled Beets,

Sliced Peaches.
MAY 12: CHILI CON CARNE, Wheat Crackers, Sliced Yellow Squash, Apple, Cornbread/marg.

MAY 13: TURKEY TETRAZINI, Italian Green Beans, Cottage Cheese Peach Salad, Strawberry Applesauce.

MAY 15: ROAST BEEF, Mashed Potatoes/Gravy, Green Bean Amandine, Apricot Peach Compote, French Bread/marg.

MAY 19: VEGETABLE SOUP, Wheat Crackers, Tuna Salad on Lettuce/Tomato Sliced Zucchini Squash, Almond Peaches, Pear.

MAY 20: PORK CHOW MEIN, Steamed Brown Rice, Cooked Cabbage/Red Pepper, Banana, Fortune Cookie.

MAY 22: MACARONI & CHEESE, Shredded Green Salad/Lemon, Mixed Vegetables, Strawberry Applesauce.

MAY 26: BEEF BARLEY SOUP, Wheat Crackers, Sesame Broccoli, Apricot Pineapple Compote, Apple.

MAY 27: TAHITIAN CHICKEN, Steamed Brown Rice, Green Bean Amandine, Fruit Salad.

MAY 29: BBQ PORK RIBS, Corn On The Cob, Seasoned Greens, Potato Salad, Watermelon.

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

MAY 2: COMBINATION BURRITO, Smothered/Chicken Green Chile, Tomato, Lettuce/Salsa, Black Beans/Cilantro, Diced Peas.

MAY 5: SPINACH CHEESE SQUARES, Tossed Salad/Pear, Sliced Yellow Squash,

Citrus Cup.
MAY 7: ITALIAN SAUSAGE/MARINARA SAUCE SPAGHETTI, Green Beans, Tossed Salad, Pizzelle, ~Pear.

MAY 9: HAMBURGER/CATSUP, MUSTARD/ONION, Sliced Tomato on Lettuce, Baked Beans, Potato Salad, Pineapple Tidbits.

MAY 12: CHICKEN CORDON BLEU, Rice Pilaf, Asparagus, Apricots.

MAY 14: SWEET/SOUR CHICKEN, Steamed Brown Rice, Chinese Vegetables, Strawberry Applesauce.

MAY 16: CHICKEN FRIED STEAK/COUNTRY GRAVY, Roasted Garlic Mashed Potatoes, Cauliflower/Broccoli, Apple, Drop Biscuit/MARG.

MAY 19: HAM/BEANS, Cut Broccoli, Parslied Carrots, Orange Juice- 4oz, Cornbread/marg.

MAY 21: SLOPPY JOE/BUN, Scalloped Potatoes, Peas and Carrots, Apple.

MAY 23: TURKEY POT PIE, Tossed Salad, Orange Juice -4oz, Apple.

MAY 26: Memorial Day-No Meal.

MAY 28: TACO SALAD/Lettuce, Tomato & Salsa, Savory Black Beans Cilantro, Orange Juice, Sliced Peaches, Cornbread/marg.

MAY 30: BEEF STROGANOFF, Orange Spiced Carrots, Ruby Beet Salad, Tropical Fruit.

PENROSE CENTER
1405 Broadway-Penrose (Tues/Thur)

MAY 1: SPICY BEEF RICE CASSEROLE, Cut Broccoli, Sliced Yellow Squash, Pineapple Tidbits.

MAY 6: TURKEY SANDWICH/Provolone Cheese & Mustard, Sliced Tomato On Lettuce, Orange, Waldorf Salad.

MAY 8: CHICKEN FAJITA, Tomato, Lettuce Garnish, Cilantro Rice, Cooked Cabbage/Red Pepper, Grapes.

MAY 13: SWEET/SOUR PORK, Steamed Brown Rice, California Vegetable Medley, Diced Peas.

MAY 15: LEMON BAKED FISH, Tartar Sauce & Lemon, Rice Pilaf, Green Beans/Mushrooms, Fruit Salad.

MAY 20: SWISS STEAK/MUSHROOM SAUCE, Whipped Potatoes, Greens, Pineapple Tidbits.

MAY 22: HAMBURGER/CATSUP,MUSTARD & ONION, Sliced Tomato on Lettuce, Baked Beans, Potato Salad, Watermelon.

MAY 27: SPAGHETTI/MEATSAUCE Tossed Salad/Lite Italian Drsg., Green Beans, Orange.

MAY 29: SLOPPY JOE/BUN, Scalloped Potatoes, Peas/Carrots, Apple.

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

Odds & Ends From The World Of Napsnet.com

Preventing Joint Discomfort

by Jason Theodosakis, M.D.

(NAPSI)-Following a few simple steps can keep joints healthy, prevent pain and help you stay active--whether you're 30 years old, 70 years old or anywhere in between. Try these tips:

- Consult a physician if you have persistent joint problems.
- Devise an exercise plan that provides at least 30 minutes of moderate exercise a day.
- Prevent sports injury through strengthening, balance and agility drills. Also, switch from high-risk sports and activities to those with less risk; biking instead of running, for instance.

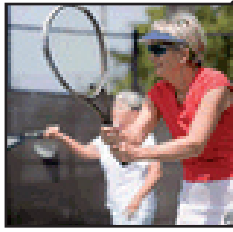
Consider using a glucosamine/chondroitin supplement such as Osteo Bi-flex.

Take n in combination, glucosamine and chondroitin can promote flexibility, renew cartilage and lubricate joints.

For more information, visit www.osteobiflex.com.

Dr. Theodosakis is author of the No. 1 New York Times best seller "The Arthritis Cure, revised edition."

A few tips can help keep joints



healthy--whatever your age.

Pain In The...Joints?

(NAPSI)-It's not uncommon for joint pain to interfere with daily life. Many health professionals will focus on treating the underlying condition, such as arthritis. However, there are options to manage the joint pain itself, such as physical therapy, nutritional supplements, pain relievers and surgery.

David Kliff knew it was time to take control of his health after he was diagnosed with type 2 diabetes. He began running daily to lose unwanted weight, but joint pain got in the way of David's attempts to run longer distances.

Joint pain is a common experience for most people at some point in their lives, regardless of age, race or gender. The pain can range from mild to severe, and includes aching, swelling, stiffness and/or warmth in the joints.

Steven Lamm, M.D., practicing internist and faculty member at New York University School of Medicine, said that pains and aches in the joints can be warning signs of a much larger problem,

such as a chronic disease or undiagnosed injury, or just a sign of aging.

According to Dr. Lamm, many people are unaware that omega-3s have benefits beyond heart health, such as depression and joint health. To help

reduce inflammation in joints, he recommends a pharmaceutical-grade omega-3 supplement called Iceland Health® Joint Relief. The omega-3 in Iceland Health Joint Relief is combined with Iceland Collagen GHA™, a proprietary formulation of hydrolyzed collagen II, chondroitin sulfate, hyaluronic acid and glucosamine sulfate 2KCL. The omega-3 helps reduce inflammation, while Iceland Collagen GHA improves joint elasticity, range of motion and joint lubrication.

"Joint pain can be very debilitating and become a great strain on your life," said Dr. Lamm. "It's important to find a way to manage the pain so you can remain active and live a normal lifestyle."

After searching for ways to relieve joint pain, David began using Ice-

land Health Joint Relief. He credits it with reducing his pain and allowing him to move with more flexibility and comfort.

"I was lucky if I could run eight miles," David said. "Now I'm happy to say I just completed my fourth marathon."

Iceland Health Joint Relief is available at food, drug and Supercenter stores nationwide. For more information, you can visit www.icelandhealth.com/jointrelief.

According to Dr. Lamm, pains and aches in the joints can be warning signs of a much larger problem, such as a chronic disease or undiagnosed injury.

What Does Your Golf Swing Say About Retirement Planning?

(NAPSI)-Plan on spending your

retirement days on the golf course? Maybe your golf swing offers some tips on how you can afford those greens fees.



• Hook--You've veered off course and haven't put away as much as you should. Well, it's time to get back on the fairway. "If you're over 50, take advantage of the catch-up provision, which allows you to put an additional \$5,000 a year in your 401(k) plan," says Gary Akiyama, a financial advisor with Akiyama Financial Services LLC.

• Straight shot--The good news is you've been building savings and are on track to retire comfortably. Take a look at an immediate annuity to ensure a dependable income throughout retirement. "People are living longer and the risk of outliving your money is very real," says Al Close of Symetra Financial. "An income annuity is a great way to ensure your money lasts as long as you do."

• Long drive--Your successful investments have paid off. While ahead of the rest, you now need to focus on diversifying your portfolio to prepare for the next phase of retirement. Seek out advice from a financial advisor on issues such as wealth transfer to help approach the next "shot" correctly.

For more retirement planning tips, visit www.symetra.com.

Proper planning can help your retirement suit you to a tee.



So you've never seen an albino peacock? Well, now you have! Thanks to Susan Capps for sending this to us at news@seniorbeacon.info.

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Reeling "Spellbound by Ingrid Bergman"

by Film Critic Betty Jo Tucker, Pueblo

Packed with revealing information about Ingrid Bergman and many other stars of Hollywood's Golden Era, "Ingrid: Ingrid Bergman, A Personal Biography" by Charlotte Chandler is a fascinating book. I found it hard to put down!

What's so great about this particular biography? First of all, it's the life story of a great actress who led a provocative life and left a legacy of unforgettable performances in such classic movies as "Casablanca," "Spellbound," "Gaslight," "Notorious," "For Whom the Bell Tolls," "Joan of Arc," and "Murder on the Orient Express." Second, it's written by someone who actually knew Bergman and her family members as well as many of the people she worked with. An added bonus involves Charlotte Chandler's ability to tell a spellbinding personal story.

Chandler, a member of the board of the Film Society of Lincoln Center, shows considerable skill at getting people

to open up to her, which probably explains the success of her previous biographies of Groucho Marx, Federico Fellini, Billy Wilder, Alfred Hitchcock, and Bette Davis.

"Ingrid Bergman, A Personal Biography" is based on extensive conversations Chandler had with Bergman, the people closest to her, and those who worked with her on various films. The list of movie folks Chandler spoke with reads like a Hollywood Who's Who - Alfred Hitchcock, George Cukor, Sidney Lumet, Cary Grant, Gregory Peck, Greta Garbo and Howard Hughes among others. Family members who shared reactions or memories with Chandler include Bergman's ex-husband Roberto Rossellini, their twin daughters Isabella and Isotta and Pia Lindstrom, Bergman's daughter by her first husband, Peter Lindstrom.

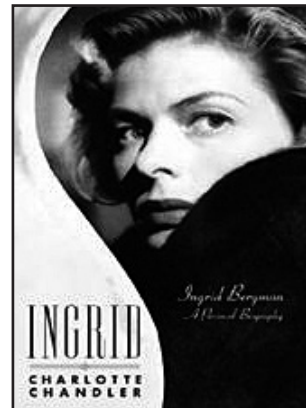
A woman as flawed and complex as she was talented and compassionate

emerges from the pages of this excellent biography. I never understood why Bergman left Hollywood back in 1949 to make movies with Roberto Rossellini in Italy. After coming to America from Sweden, where she was already a big star, she became even more popular in the U.S. Also, she was a mother and seemed happily married to a handsome Swedish doctor. When news about Bergman's romance with Rossellini and her pregnancy by him reached our shores, I was shocked and disappointed. Still, I hated her exile from America and couldn't believe it when she was denounced on the floor of the U.S. Senate. Fortunately, Chandler explains in detail - and with welcome sensitivity -- that bizarre part of Bergman's life. Seven years later, when Bergman finally came back to America, I couldn't help feeling she was back where she belonged.

Although I enjoyed reading about Bergman's private life, what I liked most about "Ingrid Bergman: A Personal Biography" involves the book's interesting behind-the-scenes information concerning her various movies. For example, the description of Bergman's close friendship with Alfred Hitchcock -- and the way they worked so well together on "Spellbound," "Notorious" and "Under Capricorn" -- is priceless. I loved reading about how Hitchcock was able to get around the decency code while filming a long kissing scene between Ingrid and Cary Grant in "Notorious." And Bergman's negative reactions at being cast in "Casablanca" was a real surprise to me. She feared it would be an unimportant movie and that its conflicting schedule might hurt her chances to be in the more prestigious "For Whom the Bell Tolls" with Gary Cooper.

Ironically, most movie fans consider "Casablanca" their favorite Bergman movie, and "For Whom the Bell Tolls" is hardly ever mentioned. In my opinion, Bergman gave her best performance (and an Oscar-winning one!) as a woman being driven insane by her husband, played by Charles Boyer, in "Gaslight." But another Bergman film, "Under Capricorn," holds the most significance for me. That movie came out in 1949, the year I moved to

New York City to attend college. Bad timing, because I had fallen in love with a hometown boy, and didn't want to be away from him. :



I remember my grandmother escorting me to New York City by train. She wanted to see me settled in at Barnard with her own eyes. Shortly after arriving in The Big Apple, I persuaded her to take us to Radio City Music Hall. We marveled at the splendor of that grand movie palace with its gigantic sweeping staircase and its plush décor. Although the Rockettes and their famed precision held me spellbound, I was even more enthralled by Ingrid Bergman's performance in Alfred Hitchcock's "Under Capricorn," the movie showing that night. Bergman's portrayal of an Irish noblewoman suffering from manic-depression and alcoholism was so real it made me cry. Or maybe I was crying because the boy I missed wasn't with me.

Ultimately, Bergman's performance in that film helped me realize my place was really back in Pueblo, Colorado. Needless to say, I didn't stay in New York City very long. And the hometown boy in question later became my husband. Don't you just love happy endings?

("Ingrid: Ingrid Bergman, A Personal Biography," published by Applause Theatre and Cinema Books, is available on Amazon.com and at local bookstores.)

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

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