



Senior Beacon

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

DEC., 2008 Vol. 27: No. 4 Established Aug., 1982 317 Consecutive Months!

Survey: Seniors Satisfied With Medicare Part D

92% Satisfaction Rate With Medicare Drug Coverage

(Reston, VA) Ninety-two percent of seniors enrolled in the Medicare Part D prescription drug benefit in 2008 are satisfied with their coverage according to a national survey by RetireSafe, a nationwide education and advocacy group for older Americans.

The findings were not unexpected. Similar surveys conducted over the last year found have found the same results. "The universal high rates of satisfaction across all of the surveys prove that the program is working well for the vast majority of seniors," said RetireSafe President Michelle Plasari in announcing the results of the latest survey.

The survey also indicated that ninety percent of seniors were happy with the number of medicines their individual plan covered, and eighty-five percent felt their overall costs were manageable.

Eighty-one percent of seniors said that they would most likely stick with their current drug plan for the coming year.

Some key results include:

Almost all (96%) of seniors surveyed reported that their Medicare drug plan was relatively easy to use.

Importantly, 86 percent reported that they no longer needed to skip doses or cut their pills now that they are enrolled in Part D. Nearly all (95%) said that they were satisfied that they were getting the medicines they needed through their Part D plan. Eighty-nine percent reported that they now had the peace of mind of knowing they could afford the medicines they needed.

Finally, the survey also found out that 91 percent of seniors agreed with the statement that "My Medicare plan is working for me and I am happy I signed up."

"The results of the survey send a clear message – seniors are happy with their Medicare drug coverage just the

way it is," said Plasari. "Congress should tread cautiously when it comes to making changes to what arguably has been the most successful large-scale government program in at least a generation."

RetireSafe is a grassroots organization representing more than 400,000 older Americans nationwide. Its mission is to preserve, protect and enhance the option and benefits of seniors and near-

seniors. The survey was conducted for RetireSafe by Voter Consumer Research, Inc. of Woodlands, Texas. The data was collected by telephone between November 6th and November 13th from a sample of 1000 seniors 65 and older, with a 3.2% margin of error.

For More information visit www.RetireSafe.org

Parkview-Pueblo West Brings Emergency Medicine To Growing Community

Almost a year to the date of the breaking ground, Parkview Medical Center unveiled a state-of-the-art emergency department in Pueblo West on the corner of Industrial and Purcell Boulevards. The new facility opened for business, Saturday November 15.

Parkview-Pueblo West is open 24-hours a day, seven days a week providing emergency care for everything

from fevers, to bumps and bruises and even major medical events. The stand alone emergency department offers the same quality care and exceptional customer service that patients experience when they walk through the door at Parkview Medical Center.

The emergency department is staffed by board certified emergency physicians and nurses who specialize in emergency care. Parkview- Pueblo West offers the same resources as Parkview's main emergency department including: laboratory services; radiology and CAT scan; and respiratory therapy. Ten percent of patients are admitted into the hospital following an emergency department visit. If a Parkview- Pueblo West patient is in need of an additional level of care they will be transferred to Parkview Medical Center or the appropriate healthcare facility.

The 18,000 square foot, one story building, was built on a 35 acre parcel with future growth in mind. If the community need for healthcare services continues to grow, Parkview will explore expanding the building to meet the service need.

"We believe that this facility will serve the healthcare needs of the population of Pueblo West as well as the neighboring communities along Highway 50 West," C.W. Smith, Parkview Medical Center President and CEO explained.

Pueblo West has seen substantial and continued growth for the last five years. With that growth, Parkview sees an increased need for healthcare services in Pueblo West. Parkview feels bringing additional services to Pueblo West will enhance healthcare in the area as well as create a level of convenience, for those not only living in Pueblo West, but also the neighboring communities along Highway 50 West.

The cost of the facility will be \$13 million and includes the land purchase, infrastructure, roads, construction and hospital equipment. H&L Architecture designed the building and Houston HW Construction Company was the contractor.



photo: Steve Bigley

Seniors Can Be Heartened By New Study On Statins

Groundbreaking Research Finds Statins Cut The Risk Of Heart Attacks, Deaths

(Reston, VA) Cardiovascular Disease is the leading cause of death among Americans, costing our healthcare system hundreds of millions of dollars and causing untold suffering. Now there is new hope for preventing this fatal disease – even among those who weren't thought to be at risk.

A new study has found that millions of people could cut their risk of a heart attack, stroke and death by taking statins. The study, released at the American Heart Association's annual meeting this week, found the benefits even for people with low cholesterol and no major risk for heart disease.

"This is the kind of news that could really save lives," said Michelle Plasari, President of RetireSafe's Senior Center for Health and Security. "According to this study, even people who believe they are at low risk for a heart attack could benefit from taking statins. This could transform the way we prevent heart disease."

About half all heart attacks and strokes occur in people who do not have elevated cholesterol. This study showed that a daily dose of a statin called rosuvastatin can prevent heart attacks and deaths in that group – people who would not normally be treated for heart disease.

Patients in the study had normal cholesterol. But they had higher levels of C-reactive protein, a marker of inflammation that indicates a risk of heart disease.

"This study shows that even if you have low cholesterol levels, you aren't safe from heart disease," Plasari said.

According to the American Heart Association, American's over the age of 65 are at the highest risk of developing heart disease. At this age, initial heart attacks tend to be more fatal than those suffered at a younger age.

The first step to protecting yourself from heart disease is maintaining a healthy lifestyle. This can include a balanced diet, weight loss, exercise, smoking cessation, and limiting the amount of alcohol consumed.

"This study shows statins could be one more way to protect yourself from heart disease," NAME said.

Statins are a class of prescription drugs that lower the level of cholesterol in the blood by reducing the production of cholesterol by the liver. Combined with diet and exercise, statins are estimated to lower blood cholesterol levels by as much as 40 to 60 percent.

Statins have not only been clinically-proven to lower cholesterol and reduce the risk of heart disease, they have been linked to lowering the risk of dying from emphysema, chronic bronchitis, influenza, and pneumonia.

Contact: Michelle Plasari, 703-766-6360 or mplasari@retiresafe.org for more information.



photo: www.flickr.com

Robin Grasso Now A Published Author

by James R. Grasso - Publisher - Senior Beacon

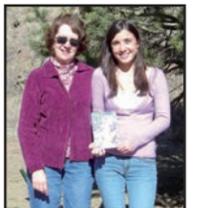
It is with great pride and humility, yes it's possible, that I announce that my daughter, Robin Lynn Grasso, is now a published author. *A Place Called Angel Falls* is a story Robin wrote in the summer of her 16th year.

"I had this story in mind and I had to write it down," said Ms. Grasso. "It was almost like someone was pushing me to get my thoughts down on paper."

Storyline from *Publish America*: "Rose Lovett was a model young woman. Full of life and happiness, she worked hard, was at the top of her class, enjoyed spending time with her family, and involved herself in as many activities as possible. She was also a devout Christian who loved serving the Lord and helping out with church functions. When Rose's mother died at the end of her junior year in high school, her entire life changed. She stopped caring about school, grew distant from her father and her best friend, and began losing faith in God. The tragedy that struck her life was unbearable, and soon felt herself sinking deeper and deeper into depression and agony. When Rose felt she had completely lost her way in life, she finally turned to God for help. He answered her prayer with a boy named Adam and a place called Angel Falls."

This is a great book for pre-teen and young teen girls and boys or for anyone who believes that God is with us.

Available on-line at PublishAmerica.com, Amazon.com and BarnesandNoble.com or you can call us at 719-647-1300. A Super Christmas gift.



Robin (l) and her Mom, Jeanne.

Just One Guy's Opinion

by James R. Grasso, Chief Cook & Bottle Washer



Our Daughter, The Author

Many of you who are long-time readers of *Senior Beacon* know that our family's youngest child, Robin Lynn, has battled mightily over the years healthwise. You also know that she helped start *Never Alone Foundation* (helping Crohn's and Colitis kids and their families locally) and graduated last year as co-valedictorian of her class at Pueblo West. She has gone off to college to pursue her career as a Nurse Practitioner. She also is the webmaster for *Senior Beacon* and you can see her work at www.seniorbeacon.info on the internet. My wife, Jeanne and I, as well as brother Brian (32) and sister Rebecca (27) are very proud of her.

What many of you may not know is that this little rascal actually wrote a book the summer of her sixteenth year. Her book, "*A Place Called Angel Falls*," was recently published and we at *Senior Beacon* have limited quantities from which to offer you her signed and in most instances, hand-delivered copies.

We have a special price of just \$17.95 and we believe that "*A Place Called Angel Falls*" will be a cherished gift for your younger granddaughters and great granddaughters. It is a spiritual book about a young girl who has just lost her mother and how she was able to overcome her grief and find herself with the help of a boy named Adam before she spiraled out of control. This was made possible by an answered prayer.

So if you are looking for that "just right" gift or stocking stuffer, this book is made to order. It's an uplifting story written from the pen of a child that knows tribulation and despair intimately.

We are going to donate \$1.00 to Never Alone Foundation for every book that is sold. If you are interested please call us at 719-647-1300. We have a very limited amount of books that we can sell for this lower price. Thanks.

Something To Ponder

This is the most interesting thing I've read in a long time. The sad thing about it, you can see it coming.

I have always heard about this democracy countdown. It is interesting to see it in print. God help us, not that I'm sure we deserve it.

How Long Do We Have?

About the time our original thirteen states adopted their new constitution in 1787, Alexander Tyler, a Scottish history professor at the University of Edinburgh had this to say about the fall of the Athenian Republic some 2,000 years earlier:

'A democracy is always temporary in nature; it simply cannot exist as a permanent form of government.'

'A democracy will continue to exist up until the time that voters discover they can vote themselves generous gifts from the public treasury.'

'From that moment on, the majority always vote for the candidates who promise the most benefits from the public treasury, with the result that every democracy will finally collapse due to loose fiscal policy, which is always followed by a dictatorship.'

'The average age of the world's greatest civilizations from the beginning of history, has been about 200 years'

'During those 200 years, those nations always progressed through the following sequence:

1. from bondage to spiritual faith;
2. from spiritual faith to great courage;
3. from courage to liberty;
4. from liberty to abundance;
5. from abundance to complacency;
6. from complacency to apathy;
7. from apathy to dependence;
8. from dependence back into bondage'

Where do you think we are on this scale?

Blog With Us!

Why not get on your computer and Blog With Us? You can wax poetic about any topic at all. We don't care. It's an open forum and the best part is no one interrupts you. But be prepared to be challenged and perhaps you might even change your mind or better yet, change someone else's mind. We hope to be posting new messages at least once a week or more and interacting with you.

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

Change!

In the strict sense of the word, President-elect Barack Obama has lived up to his promise of change. Yep, BHO (Barack Hussein Obama) changed the name of the administration from Bush to Obama. That is change indeed, but watching who he is appointing to key posts in his new administration doesn't show change at all. Not even close. BHO has appointed mostly members of the Clinton Administration to his team so far. Where is the change? Where are the new faces? Convolution logic from the Left states that we had a great economy in the Clinton years, so why not bring back Clinton's second-term people. But these Clintonistas were running the store when the economy fizzled in 1998. Remember the .com bubble bursting? What they fail to face is that the economy didn't start humming until Newt Gingrich's legislators came to power in the House in 1994 and reined-in government spending.

After looking at BHO's blueprint for growing jobs and the economy it looks as if he is taking a page from FDR's playbook with government programs to build bridges, pave roads, fix schools, build "greener" cars and so forth. This is not change at all. This is the same old, same old and please don't tell me that FDR's programs helped get us out of the Depression. Those programs exacerbated the Depression. World War II got us out of the Depression. You cannot grow the economy with government programs. It's undoable. This is going to be interesting. Godspeed.

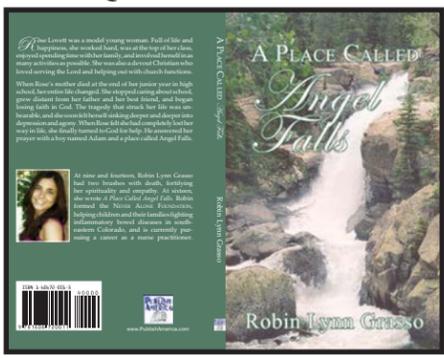
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Pueblo Symphony Presents: "Home For The Holidays"

by June King

The Pueblo Symphony, under the direction of Dr. Jacob Chi, will present their third season concert of the 2008-2009 concert season on Saturday, December 6, with a program called, "Home for the Holidays," featuring Broadway vocalist Tamra Hayden, Todd Albrecht and Canon City High School's award-winning show choirs, Encore! and Tiger Ladies. The concert begins at 7:30 PM in Hoag Recital Hall on the campus of Colorado State University - Pueblo. On Broadway, Tamra Hayden played the role of Cosette in Les Miserables and Texas in Cabaret at Studio 54. Ms. Hayden has toured ex-

tensively throughout the United States in Phantom of the Opera as Christine, Les Miserables as Cosette, and Fiddler on the Roof as Hodel opposite Theodore Bikel. Todd Albrecht graduated from the University of Southern Colorado (now CSU-Pueblo) in 1989 with a Bachelor of Arts Degree in Music Education with an emphasis in voice. Since that time, he has been employed as choral director at Canon City High School. In addition to his choral activities, he has served as director, musical director and choreographer for many musical productions. Todd recently finished work on his Master of Arts in Education Administration

and Supervision completing the requirements for his Principal's License. Todd has been a guest soloist with the Pueblo Symphony Orchestra and the Pueblo Chorale Society. Canon City High School's show choirs, Encore! and Tiger Ladies, have been entertaining crowds for many years. They perform a variety of material, but they are known for their intricate production numbers, and enthusiastic, crowd-pleasing, high-energy performances. Tickets (\$30.00 and \$35.00) are available at the Pueblo Symphony Box Office, 719-545-7967.

PS! Friends will host a luncheon to meet the guest artists on Friday, De-

ember 5, at 12 Noon. The luncheon will be held at Rosario's Restaurant, 2930 North Elizabeth. The cost of the lunch is \$15. For reservations, call 719-545-7967.

PS! Friends will present "Les Preludes" on Saturday at 6:45 pm before the concert in the Art Gallery in Hoag Recital Hall. This event is FREE for concert attendees on a first come, first serve basis. Dr. Jacob Chi, Marvin Read, and Pierre Kenyon will host the event and Canon City High School's vocal students will provide entertainment. For more information, contact the PSA office at 719-545-7967.

LEAP Increases Benefit Amounts To Help With Utility Bills

DENVER - November 2008 - Colorado's Low-income Energy Assistance Program (LEAP), which provides financial assistance with utility bills has

announced a funding increase. This increase means that more money is available to assist hard working Coloradans with their heating bills this winter. LEAP began accepting applications on November 1.

According to Todd Jorgensen, director of LEAP, the program has received additional Federal funding that will enable LEAP to increase its minimum benefit by 75 percent to approximately \$350 per household from \$200. The maximum benefit will increase by approximately 25 percent to about \$900 from \$700.

LEAP provides cash assistance to help families and individuals pay winter home heating costs. The program pays the highest benefits to those with the highest heating bills and lowest incomes by family size. Applicant income cannot exceed 185 percent of the federal poverty index, which equals a maximum monthly income of \$3,269.00 per month before taxes for a household of four people.

"LEAP plays an important role in helping many Colorado families cover their utility costs during the cold winter months," said Jorgensen. "With the price of utility bills expected to increase this year and with the current tough economic times, Coloradans will need assistance meeting these costs more than ever."

In 2007-2008 approximately 92,000 Colorado households received LEAP payment assistance, giving them much needed warmth, according to the Colorado Department of Human Services.

Those eligible for the LEAP may also qualify for the Crisis Intervention Program (CIP). The CIP operates year-round and provides assistance with a home's primary heating source such as

a furnace.

To qualify for LEAP, applicants must be responsible for paying heating costs to either a utility company or a landlord as part of rent. Applicants must also be permanent legal residents of the United States and Colorado or have household members that are U.S. citizens.

LEAP applicants must provide a copy of valid identification and a completed affidavit indicating that they are lawfully present in the United States with their program applications. Currently, the following valid forms of identification are accepted.

1. Colorado Driver's License or Colorado Identification card; or
2. United States Military Identification Card or Military Dependent's Identification card; or
3. United States Coast Guard Merchant Mariner card; or
4. Native American Tribal document.

As defined by the Colorado Department of Revenue, other forms of identification may be required as well. For more information on lawful presence requirements, contact the DOR or visit their web site located at <http://www.revenue.state.co.us/main/home.asp>

LEAP applications are accepted from November 1 to April 30 of each year. Potential program applicants can apply several ways:

1. Call 1-866-HEAT-HELP (1-866-432-8435) to order a mailed application.
2. Applications are available at every county department of social/human services.
3. Most utility companies keep a supply of LEAP applications and instruction sheets.
4. Many community agencies, like Catholic Charities, stock LEAP applications.

For more information about LEAP, please call 1-866-HEAT-HELP (1-866-432-8435) or visit <http://www.cdhs.state.co.us/leap> <<http://www.cdhs.state.co.us/leap>> to view the most current program application requirements.

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news of the weird

COMPILED BY CHUCK SHEPHERD
FOR SENIOR BEACON



LEAD STORY

The Brazilian designer Lucia Lorio introduced women's lingerie in October containing a global positioning device to enable the wearer to be tracked by satellite. The creator said the password-protected lace bodice would make it easier for women kidnapped by thugs or terrorists to be located and rescued. Critics called it a virtual chastity belt, primarily of service to insecure males curious to know where their women are. (However, the wearer can manually turn the device off.) Another anti-terror lingerie product may also surface someday, based on a 2007 U.S. patent, issued to a Plainfield, Ill., company for a bra whose cups could also function as air-filtration systems in case of chemical attacks.

Government in Action!

-- Facing a state budget crisis in July, California Gov. Arnold Schwarzenegger fired about 10,000 temporary and part-time workers and ordered the 200,000 permanent employees to be paid only the minimum wage of \$6.55 an hour until the legislature passed a crisis-solving budget. However, a week later the State Controller John Chiang pointed out that state payroll records could not be changed to accommodate the cut because they were written in the antiquated COBOL computer language, and virtually the only state employees who knew the code were some of the part-timers Schwarzenegger had just fired.

-- London's Daily Mail profiled two 10-children British families in October to illustrate the inconsistencies of government benefit awards. Sean and Anne Tate and their children live on Sean's truck-driver salary of the equivalent of about \$23,000 a year, plus the government's standard per-child benefit. Harry Crompton has been out of work for 15 years, and his wife, Tracey, has never held a paid job, yet they receive the equivalent of \$48,000 in various government benefits, which The Daily

Mail said would require a tax-paying family to earn the equivalent of \$68,000 a year to draw. The Daily Mail reporter also noted that the Tate home is immaculate and the Cromptons' home, messy.

-- Two of Oregon's unique public health markers clashed dramatically for resident Barbara Wagner this summer when she was informed that the universal medical care available to everyone in the state (but with certain service restrictions) would not pay for her expensive lung cancer drug (because her five-year survival likelihood was poor), but was told, at the same time, that the state would pay for any necessary drugs under its Death With Dignity Law (i.e., suicide).

Women Under Arrest

(1) The September mug shot of Michelle Allen of Middletown, Ohio, was possibly the Internet's most-circulated news photo of 2008, since she was inexplicably dressed in a full-body cow suit (with rubber teats) as she was allegedly disorderly in chasing children and interfering with traffic. (Alcohol may have been involved.)

Things You Thought Didn't Happen These Days

(1) A restaurant owner in Rutino, Italy (near Salerno), told police in November that as he was negotiating over the building's lease with his landlords, one hit him in the head with a chair and two others kicked him repeatedly in the stomach. The landlords were not from La Cosa Nostra but were a priest and two nuns from the local Catholic order that owns the building. (2) In the village of Pumaorcco, Peru, in September, a bus containing 14 British sightseers on holiday was held hostage for five hours by 50 natives wielding pickaxes and metal bars, who mistook them for personnel from a mining company that they believed were exploiting their land. The Peruvian guide finally negotiated their freedom but had to call for another bus, since the villagers completely destroyed the original.

Least Competent People

-- Merle Sorenson, 48, had to be rescued from the Columbia River near Quincy, Wash., in October, where he nearly drowned after driving his Humvee off of a boat launch. He told the rescuers that he was trying to clean his tires and wanted to see how far he could drive the vehicle into the water but still be able to back out.

Oops!

(1) In October in Vancouver, Wash., a 74-year-old man actually succeeded in his mission to unclog, with his hands, the garbage chute from his 10th floor apartment, but then he pushed too far. When rescue workers arrived, only the man's feet and lower legs were visible, with his wife holding on for dear life. (2) In August, a 78-year-old woman apparently misread the signs at Arlanda airport in Stockholm, Sweden, and placed herself on a baggage belt, which led to a chute, but she was only slightly injured and did not miss her flight.

Recurring Themes

People whose special land-use and zoning requests are turned down by the government or neighborhood associations sometimes retaliate defiantly, as News of the Weird has reported. In July in Bucks County, Pa., two men who were denied the right to tear down a house decided to paint it purple and pink, just to annoy the neighbors. In October in Olympia, Wash., a developer who was denied a permit for a grocery store decided instead to expand his adult video store next door into an "emporium." In September in Potsdam, N.Y., a man wanting to build a convenience store was turned down and so installed a row of nine used toilets in his front yard, as "artwork."

Undignified Deaths

Failed Prayers: (1) The 16 players for a soccer team called Midland Portland Cement, who were in Zimbabwe for a match in October, were told that a swim in the Zambezi river is a traditional ritual that would cleanse the team of evil spirits. However, only 15 players made it back, as there are crocodiles. (2) Hundreds of visitors a day visit the Muslim shrine of Khan Jahan Ali in Bangladesh, where they bathe in a pond to wash away evil spirits and feed chickens to crocodiles to bring good fortune. "Normally, the crocodiles are very friendly," said a local

police officer, but in August, Mr. Rubel Sheikh was eaten while washing away his evil spirits.

A News of the Weird Classic (October 2002)

Researchers at the University of Wisconsin-Madison said they had developed new technology that would detect breast-enhancement cheating at beauty contests. The researchers are veterinarians, and the relevant contests are of show cows at dairy exhibits, where the "cheating" involves making the cow's udders fuller, smoother and more symmetrical (in that 40 percent of the contestant's grade is based on udder integrity). Unlike their human beauty contest counterparts, though, cow udders are valued only for milk-producing potential.

Four Bedroom Home For 50

When a four-bedroom house inhabited by 50 tenants partially collapsed in October in Honolulu, at least 10 of the residents said they had been pressured to let the property manager give them experimental "stem-cell" injections. Manager Daniel Cunningham, 56 and a de-licensed chiropractor, said he has been injecting the substance, phenol, into himself for years, to treat gnarled hands (though the hands appeared to a Honolulu Advertiser reporter to be deteriorating to the point where Cunningham wears socks over them). One man said Cunningham injected him directly into the eye, and others complained of various side effects. Cunningham ran for mayor of Honolulu this year and in the September primary received 737 votes on a platform of complaining about government's meddling into health care.

The Sacred Institution of Marriage

-- In November, the Bombay high court expunged the arranged-marriage records of an Indian couple who had separated immediately after their 1998 honeymoon when the husband complained that he had been unable to consummate because the bride had large boils on her face. She has since been cured of her disorder and did not want future suitors to read of her past.

The New Nature of Work

(1) Officer Keith Breiner, suspended from the police force in Beaumont, Texas, for crossing the line

SEE "WEIRD" PAGE 21.



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Health Care Costs & Your Retirement Plans

(NAPSI)-For many, Medicare plays an important role in helping with health care expenses after age 65, but it won't pay for everything. That's why experts say your retirement plans aren't complete until you've considered how you'll pay your medical expenses.

Medicare benefits are available today through the Original Medicare Plan (Parts A and B) and Medicare Advantage Plans. Medicare Advantage Plans, offered through private insurers, include coverage that is at least as good as Original Medicare and can offer extra benefits such as vision care, annual physicals and prescription drug coverage.

Those who enroll in Original Medicare can consider obtaining a Medicare supplement (or Medigap) policy from a private insurer. Medigap policies help with some expenses not covered by Medicare, such as deductibles, co-pays and co-insurance.

If you choose Original Medicare, or a Medicare Advantage Plan without prescription drug coverage, consider a Prescription Drug Plan (PDP). These plans help pay for outpatient prescription drugs, while Medicare Part A helps cover inpatient medicines.

"Anyone planning for retirement needs to understand what Medicare is--and more importantly, what it isn't--and how it can be used with other insurance products to protect their savings," explains Scott Perry, president of Bankers

Life and Casualty Company, a national health and life insurer that serves the retirement needs of the middle market.

The federal government's Web site at www.medicare.gov has tools to compare all available Original Medicare, Medicare Advantage, Medicare Supplement and Prescription Drug Plans and premiums, so you can select the plan that's best for you.



While you most likely won't use Medicare until you're 65, your chances of needing long-term care insurance can occur at any age.

Medigap policies generally do not cover long-term care. Medicare pays for skilled care in a nursing home only for short periods during which you recuperate after a hospital stay. It stops paying benefits once your care needs stabilize.

Most long-term care insurance policies, on the other hand, cover skilled, intermediate and custodial care in state-licensed nursing homes. They also offer options covering home health care services--typically preferred over nursing home care--provided by state-licensed and/or Medicare-certified home health agencies.

For more topics of interest, visit www.bankers.com and click on "Senior Resources."

Many people who rely on Medicare to help with health care expenses also enroll in supplemental plans to address gaps in coverage.

STAYING HEALTHIER THIS WINTER

(NAPSI)-During cold and flu season and throughout the year, it's important to know about ways to boost your immune system-- thereby reducing your chance of getting sick. And a growing number of people are finding that beneficial bacteria, or probiotics, can help them feel better in a number of ways.

That's because enhancing the functioning of "good" bacteria in the digestive system is important not only for regulating digestive health, but also for supporting a healthy immune system. The National Institute of Allergy and Infectious Diseases estimates there are 1 billion colds in the U.S. each year. And, according to the Centers for Disease Control, 5 to 20 percent of all people in the U.S. contract the flu each year. Many of these people could benefit from the use of probiotics.



Approximately 70 percent of the immune system is found in the digestive tract. Consequently, maintaining a healthy bacterial environment in the digestive tract simultaneously provides an optimum environment for the immune system to function, helping to keep the body free from disease and infection.

When considering adding probiotics to your daily routine, it is important to assess the probiotic strain in the product or supplement you are taking. Certain strains, such as those called spore-form-



ing probiotics, can deliver more "good" bacteria to your digestive system, which means you get greater digestive and immune health benefits.

One such product with spore-forming "good" bacteria is Sustenex, developed by Ganeden Biotech. It offers a proprietary blend of probiotics in capsule form, making it easier and more convenient for people to get their daily dose. It is available at Walgreens, Wal-Mart, CVS/pharmacy, Kroger and other retailers nationwide.

To learn more, visit the Web site at www.digestiveadvantage.com. On the site, you can download a podcast series by Dr. Michael Roizen, co-author of the best-selling "YOU" series of books, who talks about the beneficial effects of probiotics and the importance of knowing the difference between particular probiotic strains.

Beneficial bacteria, known as probiotics, can help people stay healthier during cold and flu season and throughout the year.

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Fashion: Looooking Gooood!

Shine This Holiday Season

Celebrity Stylist Tips For Fabulous Hair And Makeup At Home

(NAPSI)-The holidays are around the corner and it can be easy to achieve a holiday-ready look at home. Hollywood's top celebrity stylists explain that shine and shimmer are key trends this season and offer tips to achieve a shine-inspired look.

Celebrity stylist and star of "Tim Gunn's Guide to Style" Gretta Monahan says, "The 'must have' look of the season is all about shine. Increase your shine potential with hair products and accessories that accentuate the natural style and texture of hair."

Celebrity makeup artist Mally Roncal predicts shimmery cheeks and luminous eyes--the perfect complement to chic and shiny hair --will carry over from the fall season for sophisticated holiday style.

Monahan and Roncal lay out some shine-infused looks that are easy enough to try at home and are universal enough for everyone.

Chic Sleek Shine:

To get started, use products that put shine in your hair. Monahan recommends Dove Shine Therapy Shampoo and Conditioner to give dull, lackluster hair shine. They help to protect, repair and align damaged cuticles to restore hair's ability to reflect light.

For straight hair, slick it back in a sleek ponytail, keeping it close to the scalp for an instant clean and sophisticated look. Finish off the look with a jeweled ponytail holder that is modest in size.

For a makeup look to match, keep eyes neutral with a focus on the cheeks. Achieve a sophisticated shimmer with a dewy, fresh face. Apply cream blush to the apples of the cheeks and finish off with a shimmered powder highlighter.

Modern Natural Shine:

For curls and waves, dry your hair halfway on low setting with a blow-dryer, then let your hair take a break from the heat and see the natural body bounce to life. Polish the look and add sheen with

a satin bow headband.

Achieve a makeup look to complement this hairstyle with gilded eyes enhanced with rich metallic shadows, especially gold and silver.

To pull this off during the day, apply a metallic shade of gold across the eyelid or just to highlight under the brow bone, tear duct and cheekbones. To make your eyes shine, dab a little extra shadow in the inner corner of your eyes for a completely polished look.

Roncal recommends, "Be sure you are always holiday-party prepared--throw a Q-tips purse pack in your clutch. Q-tips are the ultimate beauty tool, especially for precise makeup application, blending and touch-ups."

Visit dovehair.com for a free sample of Dove Shine Therapy. For more holiday makeup tips, visit www.qtips.com.

Increase your shine potential this holiday season with hair products and accessories that accentuate the natural style and texture of hair.



Classic Gift Picks

(NAPSI)-There are ways to choose great holiday gifts even if you don't have a person's wish list to help you shop.

The key is to opt for classic gift choices rather than trendy ones--after all, that latest-style shirt or newest self-help book may be all the rage today, but what about tomorrow? Plus, finding classic gifts can be easy. Just keep an eye out for items that have stood the test of time.

For instance, Brut's Fragrance Gift Collection features the brand's timeless cologne and a lighter splash-on to arm men with the essentials needed to smell fresh and crisp from sunrise to sunset. Similarly, the Heritage Collection includes cologne, as well as deodorant formulated with a patented compound to provide 24-hour odor protection.

For additional information, visit www.brutworld.com.

Reverse Mortgages Explained By CBA

CBA
COLORADO BAR ASSOCIATION
Established in 1897

Question:

What is a reverse mortgage, and what are its differences from a traditional mortgage?

Answer:

A reverse mortgage is a special type of mortgage loan designed for homeowners who are 62 years of age and older. It is a loan against the home that does not have to be paid back as long as the homeowner lives in the home. The money you receive from a reverse mortgage is considered proceeds of a loan instead of income; therefore, you do not pay income taxes on the money you receive. There are also no restrictions on how you choose to spend your money. A few ideas might be to: increase monthly income, hire in-home help, eliminate a house payment, update the home, pay off credit cards, pay for long-term care insurance or purchase a second home.

With a traditional mortgage, you qualify for and borrow a large sum of money based on factors such as your income, job history and credit worthiness. The lender wants to make sure that you will be able to repay the traditional mortgage loan by making monthly installment payments. If payments are not made, the lender can foreclose and you could be forced out of your home. The reverse mortgage works quite opposite from a traditional loan. You are not required to make monthly payments. Because of this, your income or credit score is not a factor in qualifying for the loan. A reverse mortgage is seen truly as a collateral loan, with only one payment required. This payment is made when you move, sell or die. It can be paid from the sale of the house (the remaining equity goes to you or your heirs) or your heirs may choose to refinance it and keep it.

The Colorado Bar Association welcomes your questions on subjects of general interest. The column is meant to be used as general information. Consult your own attorney for specifics. Send questions to CBA attn: Tara Miller, 1900 Grant St., Suite 900, Denver, CO 80203 or e-mail tmiller@cobar.org.

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Social Security & You

by Melinda Minor, District Manager - Pueblo



DISCOVER NEW SERVICES ONLINE

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

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

Medicare prescription drug program at www.socialsecurity.gov.

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

First, you'll want to familiarize yourself with our publications. They explain all of Social Security's programs. One of our newest publications is a fact sheet that explains the new retirement estimator — you can get to it from our Forms and Publications link at the left side of the home page. There, you'll find

publications on all the relevant subjects including information about your Social Security card and number and how Social Security affects women. Moreover, dozens of publications are available in 15 languages. We even have a Spanish language website at www.socialsecurity.gov/espanol.

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

So spend some time at www.socialsecurity.gov. You'll be pleasantly surprised at all you can discover there.

TEST YOUR KNOWLEDGE OF SOCIAL SECURITY

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

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

1. If you are an average wage earner, how much of your pre-retirement earnings will Social Security replace? www.socialsecurity.gov/pubs/10035.html

a. About 20 percent
b. About 40 percent
c. About 70 percent
2. In 1940, a 65 year old male could expect to live another 12 years, but today it is: www.socialsecurity.gov/pubs/background.htm

a. 10 years
b. 12 years
c. 16 years
d. 25 years
3. How many years of earnings will your basic Social Security retirement benefit be based on? www.socialsecurity.gov/OACT/COLA/Benefits.html

a. Your last 10 years of earnings
b. Your highest 3 years of earnings

c. Your highest 35 years of earnings
4. How much is the average Social Security benefit? www.socialsecurity.gov/pressoffice/factsheets/colafacts2008.htm

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

5. If you don't retire at your full retirement age, will your eventual benefit be higher? www.socialsecurity.gov/retire2/delayret.htm

a. Yes, your benefit will increase.
b. No, your benefit amount is final once you reach your full retirement age.

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

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

How did you do? See below. But remember this: you don't have to answer all the questions right to be a winner. Just go to www.socialsecurity.gov where the prize is an informative and easy-to-use web site.

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

SOCIAL SECURITY OFFERS SAFEGUARDS FOR ALL THE STAGES OF YOUR LIFE

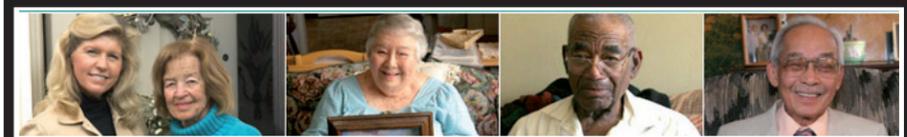
Each stage of life — youth, middle age, retirement — comes with its own set of financial concerns. Luckily, just by having a better understanding of the Social Security program you should be able to calm some of those concerns.

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

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

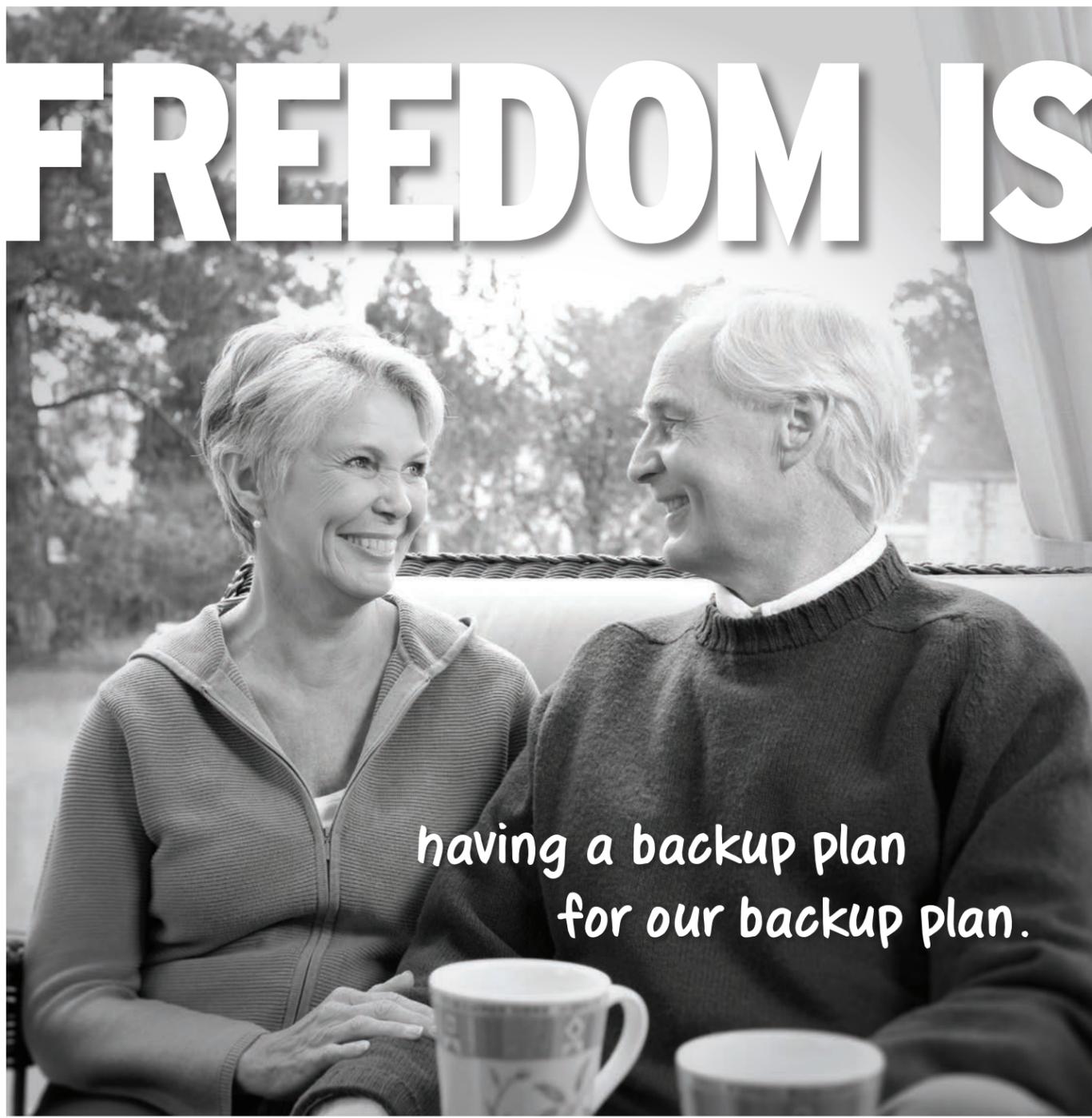
Social Security disability protection is equally valuable. Relatively few workers have an employer-provided, long-term disability policy. With Social Security, however, the average worker has the equivalent of a disability insurance policy that would pay monthly benefits to both the worker and his or her family, based on his or her lifetime earnings. So you can rest a little easier knowing that Social Security provides some measure of security,

SEE "SOCIAL" PAGE 9.



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

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



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"Light For The Journey"

By Jan McLaughlin - Director of Prayer Warriors For Prisoners



"REVELATION, REPENTENCE, RESTORATION" DECEMBER 2008

I attended a party a few nights ago. It was no ordinary party but a type of party that is becoming popular in Christian circles. It was a Christmas Card Party. Over forty women gathered for an evening of "Cards and Cookies". Tables were festive and the music inspiring. The ladies brought cards and postage stamps and plates of yummy cookies. This fun time of fellowship had a much deeper purpose than just a party. This mission project would show hundreds of prisoners the love of Jesus Christ, making a difference in their lives for eternity.

I was graciously given a few minutes to share about the ministry of prayer for prisoners (PWFP) and found my audience more than attentive. After 22 years of volunteer work with prisons across the country and abroad, I still experience incredible joy reading testimonies of men and women whose lives are changed by God because someone took the time to care, as these ladies were doing. I find it just as amazing that hearts

of many Christians are more hardened than those who are behind bars when it comes to helping or praying for a prisoner. I rejoice when a simple act of kindness, such as sending a Christmas card, woos a volunteer over the barrier of fear or disgust or whatever prevents them from participating in the prison mission field. I looked around the festively decorated room into the eyes of ladies moved with compassion and realized it is this compassion and love that volunteers embed in cards and prayers God uses to change prisoners' lives.

The following testimony is not directly related to PWFP volunteer activity but to the power of God to change a life, even when the person is running. The name is changed but none of the testimony. It was written to share with other prisoners in the Freedom Walk newsletter which PWFP publishes for prisoners.

"I write this testimony with prayer that in some way, God will use it to help you and others like myself who struggle desperately to overcome the sinful nature, hoping to become a person capable of love, faith, hope, patience, kindness, honesty, and all of the gifts from God. I've done so much wrong, hurt so many, and now I long to do something good, something to help others. The Freedom Walk asked for testimonies, so here is mine.

Prayer Warriors Need Your Help

Prayer Warriors For Prisoners' (PWFP) Annual Christmas Card Project is at hand. The purpose of the project from its inception in 1998 is to reach lost and lonely prisoners with the love of Jesus Christ at a time when they are most vulnerable and open to the Gospel message.

Prisoners from all faiths and no faith will "sign up" to receive a Christmas card because they are starved for mail. Only 10% to 15% of prisoners receive mail or visits. Most volunteers participating in the project include a Christian tract with each Christmas card. Many prisoners are committing their lives to Christ because of this simple act of love and care.

Last year, over 16,600 cards were mailed to prisoners from PWFP volunteers. This year, the expected number of requests for cards is 25,000 to 35,000.

YOU CAN MAKE A DIFFERENCE IN A PERSON'S LIFE FOR ETERNITY

Volunteers furnish cards and stamps. PWFP furnishes the prisoner names and the PWFP return address on labels, along with specific guidelines and instructions. This outreach to prisoners is totally safe provided the volunteer follows the guidelines.

It is amazing what one little stamp, a Christmas card, a few minutes of time and prayer can accomplish for the Lord and one of the Least of These, He speaks of in Matthew 25. You can learn more about the project and even sign up to participate on line: www.PrayerForPrisoners.org

Please consider participating in this outreach and pass this on to some one else. This is GOD'S invitation to you to join Him in this work. In His Service,

Jan McLaughlin Forman, PWFP Co-Director 719-275-6971 - Cell; Office Phone/Fax 719-275-6971

"At 15 I started doing time in a juvenile center and have been in 14 different jails, some of them repeatedly, 10 State prisons, two Federal prisons, and a mental hospital twice. I've overdosed several times, survived being shot, and suffered many broken bones, stitches, and staples while fighting, and caused as bad and worse to others. I'm a thief, robber, burglar, kidnapper, adulterer, liar, and murderer. I'm an alcoholic and drug addict. I have broken every commandment and lived a miserable, self-serving lifestyle, a loser and a loner. I destroyed all trust I ever had from anyone and disappointed and hurt everyone who loved me.

"Roman 7:15 says, 'I don't understand the things that I do. I don't do what I know is right. I do the things that I hate.' When I first read that verse, it really hit me, 'THAT'S ME!' The things I was doing, I didn't understand. I was on a roller coaster of bad choices, drugs, alcoholism, and no self-control. I used drugs to escape my own self-hatred.

"As a teen I learned to associate drinking and using drugs with having a good time, 'partying!' They gave me a false confidence and the ability to fit in. If I got high or drunk enough, I could escape my feelings of inadequacy. That became my life. This terrible cycle brought more guilt, shame, regret, and destroyed relationships with my family and friends. To cope, I drank more and used more drugs.

"Now and then, I'd try to read the Bible and pray. It made me feel better at times but, I didn't think it was 'cool'. The Bible was for 'weak people'. I was blind to how weak I really was and often referred to Christians as 'Jesus Freaks'. I was totally lost.

"On December 10, 2007, I was sitting in another jail cell waiting for jury selection for a trial I had no hope of winning. Facing 20 years in prison, I felt totally alone, like my life was over. Having no hope, I took a razor and cut my veins. As I watched the fountain of blood gushing from my arm, terrible things I'd done in my past flashed before my eyes. Then, an intense fear engulfed me, 'I'm fixing to go to HELL!' I'd been close to death quite a few times before, but never known a fear like this. I remember little after that, as I drifted in and out of consciousness. The marshals were yelling at me. 'Stay with us, Daniel!'

"I've experienced all sorts of emotions as a result of that day, but it was the eye opener I needed. I begged God to

forgive me and to take over my life, to help me totally change and to use me for HIS WILL.

"I no longer care if people think I'm weak because they're right! GOD is my only hope! Jesus is His gift to us. I have been nearer to Hell than I want to go and now there is no doubt in my mind that GOD is helping me. In Revelation 3:19 the Holy Spirit says, 'I correct and train those that I love. So be sincere, and turn away from your sins.' When I read that, I asked myself, 'Does God really love me?' That thought no sooner came when it was answered in my mind with the verse, John 3:16: 'For God so loved the world, He gave His only begotten son that whosoever believeth in Him should not perish but have everlasting life.'

"The Holy Spirit is training and correcting me. Do you know what that means? It tells me that HE loves me. ME! A wretch of wretches!

"Everything I do now is alien to me. Praying and praying. Reading the Bible daily, asking for help from the Chaplain. Today I attended church for the first time in many, many years. It was a Prayer Warriors For Prisoners worship service and they gave me a Freedom Walk Newsletter, and asked for testimonies.

"For the first time I feel peace within. Although I have bad days and still struggle with sin I know THERE IS HOPE! THERE IS A LIGHT AT THE END OF THE TUNNEL! That hope comes from GOD, JESUS and the HOLY SPIRIT.

"WE ARE LOVED. WE ARE NOT ALONE! In Mathew 11:28-30, Jesus says, 'Come to me all of you who are tired and carrying a heavy load. I will give you rest. Become my servant and learn from me. I am gentle and free of pride. You will find rest for your souls. Serving me is easy and my load is light.'

"Don't give up! God Bless You!"

Daniel

If your heart is moved by Daniel's story, please pray for him and others like him who endeavor to serve God in an environment that can be hostile to Christians and offers many temptations and trials. If you want to make a difference in a prisoner's life by praying or sending a Christmas card, or holding a PWFP Christmas Card Party, you can volunteer at the web site, www.PrayerForPrisoners.org, or call me.

My prayer is that you will have a joyous and safe Christmas and that Jesus Christ will be the star and focus of your celebration... after all CHRISTmas IS about CHRIST! His name is JESUS! EMANUEL, GOD WITH US! The Indescribable Gift!
©2008 Jan McLaughlin, All rights reserved.

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



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Figuratively Speaking..... Shopping "Greener" This Year?

by John MacIntyre

Percentage of consumers who will purchase more "eco-friendly" products this holiday season than in the past, according to the "23rd Annual Holiday Survey" of retail spending and trends commissioned by Deloitte: 20

Percentage who will shop at more "green" retailers: 18

Percentage of consumers who said they will use fewer plastic bags from supermarkets and other stores this holiday season: 38

Percentage who will consider not wrapping holiday gifts in order to conserve paper: 21

Source: Deloitte.

Percentage of video gamers who are married, according to research by IGN Entertainment and Ipsos MediaCT: 55

Percentage who have children: 48

Average age of new gamers -- those who have started playing videogames in the past two years: 32

Source: Ipsos Media.

Percentage of holiday shoppers who say they begin shopping before Thanksgiving, according to data from Mediarnk Research and Intelligence: 35.1

Percentage of holiday shoppers who say they begin shopping between Thanksgiving and Dec. 15: 35.8

Percentage who start their shopping between Dec. 16 and Dec. 23: 25.6

Source: Mediarnk Research.

Projected amount Americans will spend on gift cards this holiday season, according to an Archstone Consulting survey: \$25 billion

Percentage of consumers who told the National Retail Federation they want to receive gift cards this holiday season -- more than any other type of gift: 55

Percentage of card recipients who tend to redeem them on necessities: 33

Source: Bankrate Inc.

Percentage of Americans who initially say that they support existing policies aimed at promoting the use of corn to produce ethanol, according to an Ipsos poll conducted for members of the "Food Before Fuel" campaign:

55

When informed of USDA data linking ethanol to food price increases, percentage who become less likely to support these policies: 49

Estimated annual tax subsidy to fuel blenders for adding ethanol into the fuel supply: \$4 billion

Source: Ipsos North America.

Average amount of money that can be saved per person per day by brown-bagging a lunch, according to statistics from the Oscar Mayer "Brown Bag Barometer": \$3

Estimated amount that can be saved per month for a family of four: \$260

Percentage of Americans who think people give gifts as a way to make subtle suggestions about what someone wears or how they look, according to a survey by Remington products and conducted by Zoomerang: 68

Percentage who admit that's why they've picked particular products: 41

Source: Zoomerang..

(ED. Note: All data is confirmed with the primary source. For more information on sources, including contacts, e-mail Clint Hooker at chooker@amuniversal or contact John MacIntyre.)

SOCIAL SECURITY

from page 7.

if life does not turn out as planned.

On the other hand, if you do work and retire as planned, Social Security is the foundation for a secure retirement. For the average wage earner, Social Security will replace about 40 percent of pre-retirement earnings. And you can earn a higher benefit by choosing to retire a little later instead of a little earlier.

The Social Security Statement that you receive in the mail each year provides an estimate of your retirement,

survivors and disability insurance benefits. If you'd like to try out some different scenarios and see how different retirement ages and future earnings may change your retirement picture, visit our online Retirement Estimator at www.socialsecurity.gov/estimator. It's a quick, accurate, and easy way to plan for your retirement.

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

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Where Are They Now?

by Marshall Jay Kaplan

Juanita Quigley

From time to time this author likes to write about celebrities, that although were famous at one point in their lives, today are not only literally forgotten, but also unheard of. Such is the case of Juanita Quigley – a big child star of the 1930's who disappeared – until now!

Juanita Quigley was born on June 24, 1931 in Los Angeles, California. By the age of three, she began appearing in small roles as an uncredited extra. When she did earn an on-screen credit, it was as 'Baby Jane'. After her role as Baby Jessie Pullmen in the 1934 classic tear jerker, Imitation of Life (starring Claudette Colbert), she became famous and began securing more prominent roles in films.

Juanita had fourth billing in her next film, The Man Who Reclaimed His Head (1934, opposite Claude Rains). She was still being billed as Baby Jane and continued to do so for the next year and a half. Over the next three years, Juanita starred opposite some of the greatest

actors of the era, and in turn, she became one of the top child actors of the 1930's. Her films during this period included, Riff Raff (1936 with Spencer Tracy



and Jean Harlow), Born To Dance (1936 opposite Eleanor Powell and James Stewart), Hawaii Calls (1938 with singing male child star, Bobby Breen), Having a Wonderful Time (1938 with Ginger Rogers, Douglas Fairbanks Jr., and Lucille Ball), and That Certain Age (1938 playing a pest opposite singing sensation, Deanna Durbin).

Unfortunately for Juanita, although she was making an impact as a child actor, she did not make enough of an impact to star in a film vehicle of her own, and was overshadowed by films made specifically for other child stars of the period such as Shirley Temple, Jane Withers, Deanna Durbin, Mickey Rooney and a bit later, Margaret O'Brien.

In the next decade, Juanita only appeared in sixteen films, with more than half of these films having only an uncredited, non-speaking role. Her only notable role during this period was as Elizabeth Taylor's sister in National Velvet (1944).

In 1951, Juanita left Hollywood and became a nun. After several years of living at the convent, she decided to leave. She later married an ex-priest and lived a quite life, never to be heard from again.

One of the most oddest credits in motion pictures was that of Juanita's one-time return to the screen in the film, Porky's II – The Next Day (1983). She played a lady hitting a man with an umbrella. Juanita will not comment or explain as to how or why this on-screen appearance happened.

After so many years, this author located the former child star living in Cornville, Arizona. Although she was kind enough to sign my caricature (shown here), she politely requested that I no longer contact her and remove her address from my records. My guess is that the Juanita Quigley of today is a very different person from the child star of years gone by. As a fan with a heart, I respect her personal wishes, and at the same time continue to enjoy and remember her for her motion pictures.



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Chuck Green, former editor-in-chief of the Denver Post.



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Hell Hawks: Savaging Hitler's Wehrmacht

The Untold Story of the American Fliers Who Savaged Hitler's Wehrmacht

by Thomas D. Jones and Robert F. Dorr
Zenith Press, 2008, hardcover, 336 pp, \$24.95

Hell Hawks! is a Stephen Ambrose-style history of a "band of brothers with planes" --- a recounting in their own words by Americans who serviced and flew the P-47 Thunderbolt in the European theater of WWII. These U.S. Army airmen went ashore at Normandy, fighting and flying across Europe, through the Battle of the Bulge and on to VE Day.

The rugged, heavily armed P-47, affectionately known as "the Jug," was built in greater numbers than any other

American fighter, but rarely receives recognition. (The Pima Air Museum, for example, doesn't have one to display.) The men of the 365th Fighter Group, who supported, maintained and flew the P-47 across the Continent, waged a grim, gritty, mostly air-to-ground war in which the enemy was personal, the fighting point-blank. Viewed from above, one appreciates what a crucial role air power played in the Allied victory.

The pilots' description of their aerial life-and-death dogfights against skilled German fliers is gripping reading, backed up with gun camera shots of winged prey in their sights. More often, however, they were bombing and strafing military targets on the ground: vehi-

cle convoys, railroads, strategic buildings and German tanks attacking Allied forces.

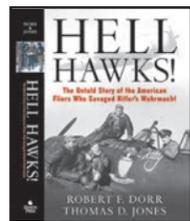
Co-authors Jones and Dorr spent five years researching and interviewing 171 of these ordinary men who became heroes. Jones is an Air Force Academy distinguished graduate, a former B-52 pilot, and an astronaut who flew four shuttle missions. Dorr is an Air Force veteran, a retired U. S. diplomat, and an author. Together they worked to tell this story for the first time. (Disclosure: I met Bob Dorr when he was a diplomat in Seoul in the 1960s.)

"Hell Hawks" uses never-before-published photos and first-hand personal accounts to create a fascinating narrative of

WWII. As the 365th leapfrogs its temporary airfields eastward across Europe -- from France to Belgium and right into Germany -- one watches the war progress like a giant chess game, much as General Eisenhower must have seen it on his tactical maps.

Hell Hawks! is recommended for any military history buff, or any student of the 20th century.

Reviewed by John Stickler.



Coping With Grief During The Holiday Season

COPING WITH GRIEF DURING THE HOLIDAYS EXPERT WITH HANDS-ON EXPERIENCE IN HELPING PEOPLE GRIEVE OFFERS TIPS

DENVER, Colo., Nov. 21, 2008 — The words to the song "it's the most wonderful time of the year" don't ring true for everyone. For those who have suffered the loss of a loved one in the past year, the holiday season can be devastating.

"During the course of my career, I've held the hands of thousands of people in the first hours and days of losing a loved one," said Martha Thayer, founder of End of Life Insights LLC, a Colorado-

based company that educates consumers and professionals about issues related to end of life issues. "The grief can be overwhelming, and without resources to help manage the loss, individuals and families suffer alone."

Thayer has worked for more than 20 years in the funeral services industry and is chair of the nationally known Mortuary Science Program at Arapahoe Community College, where she has taught the Role of Death & Bereavement in Society course for the past 14 years. Thayer's experience in the funeral service industry provides her with unique insight into the lives of those experiencing loss.

Whether the loss is recent or several months or more have passed, Thayer

offers compassionate tips for getting through the season. She encourages families to:

Recognize the significance of their first holiday season without their loved one and to identify family traditions and rituals that were meaningful. "If Dad made the Thanksgiving dinner toast, pass the torch onto someone new and keep the tradition alive," says Thayer.

Recognize that you're not alone. "You may think you're the only one feeling this way, but there are other people feeling loss as well."

Even those who are experiencing a different kind of loss such as a job loss or a divorce are experiencing grief. Thayer explains that the feelings asso-

ciated with these losses are similar to a death and warrant acknowledgement.

Many people know someone experiencing a loss, but don't know how to help. Thayer advises friends and relatives to:

Send a holiday card and in it acknowledge the person who died by name. "Grieving people like to know that their loved one has not been forgotten," says Thayer.

Reach out with a phone call or a dinner invitation to help diminish feelings of isolation.

Send a note just letting them know you care.

Do you suffer from ringing of the ears?

New Tinnitus Study Seeking Participants

Colorado City, CO—Today, the lives of more than 12 million Americans are significantly disrupted by constant ringing, hissing, buzzing, sirens, and other noises, according to the American Tinnitus Association (ATA).

DigiCare Hearing Research & Rehabilitation is launching a new study that utilizes an allied community healthcare team model to explore auditory, lifestyle, and health contributors in individuals that suffer from both hearing loss and tinnitus.

Participation in the study and most related services will be free, but in all cases will involve optimized digital correction of any hearing deficits as part of the treatment plan. Participants will enjoy special incentives for any devices fitted during the study.

Dr. Max S. Chartrand, Ph.D., and Glenys A. Chartrand, OTR—two foremost experts on tinnitus & amplification --will be supervising the study.

"Almost everyone with tinnitus has been told that nothing can be done. But after more than 30 years of research, this new breakthrough study will document the most effective ways to manage tinnitus and reduce the stress and disruption of quality of life that currently plagues uncountable individuals," said Dr. Chartrand.

Those wishing to participate in the MTM study may call (toll-free) 866-864-6449 for a free consumer information packet. From there, they will be scheduled for a no-cost hearing evaluation and tinnitus evaluation at the authorized DigiCare site nearest them.

---ADVERTISEMENT---

On Your Toes!!

by Benjamin Marble, DPM, Pueblo Ankle & Foot Care

YOU CAN AVOID THOSE 'SHOE BLUES'

Do your feet hurt more since summertime has ended? You're not alone. We see a lot of patients like you each fall. When it comes time to put the sandals away, these patients get the shoe blues.

In summer, sandals provide the freedom that allows your feet to feel comfortable. If you start wearing closed shoes again in autumn, the shoes can rub against bunions and hammertoes and cause you pain. Sometimes the friction of shoe against skin can cause painful corns and calluses to build up.

Your first line of defense is to wear comfortable, well-fitting shoes.

Pick footwear with a toe box wide enough so that your toes aren't crowded together. If you wear shoes with heels, keep the heel height to two inches or less to avoid putting pressure on bunions. It is recommended that you buy your shoes at the end of the day when your feet are the largest. Make sure that you measure feet (every time) while you stand as your feet to change in size and your feet elongate up to a full size when standing. Finally, start looking for a shoe that is about a half size to a size larger than what you measure.

Wear socks to reduce the friction of the shoes against your feet. You may also want to take your shoes to a shoe repair shop and get them stretched in the areas that are bothering you. Using pads to shield the corns may help, but avoid medicated pads, which contain acid that can be harmful.

If you try these tips to no avail, see your local foot and ankle specialist. There are several things we can do, including:

- Trimming corns and calluses professionally. Don't attempt this yourself because you run the risk of injury and infection.
- Providing custom shoe inserts.
- Injecting corticosteroids, which ease pain and inflammation, or prescribing pain medication.

If conservative measures like these don't give you results, surgery may be an option.

Don't let painful toes keep you from enjoying all that fall has to offer. Make an appointment with our office to get them checked out.

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



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Traveling: There's Nothing Like A Holiday!

Yesteryear's Sharks Give Tourism Some Teeth

by Jay Clarke

VENICE, Fla. -- In Italy, Venice conjures up romantic visions of canals and gondolas. In Florida, the visions tend more to shark's teeth.

For some reason, this southwest Florida beach town is one of the best places in the world to find fossilized shark's teeth. Tourists and residents alike comb area beaches for toothy treasures that wash up regularly. The city even dubs itself the "shark's tooth capital of the world" and hosts an annual Shark's Tooth Festival.

But there's more to Venice than marine dental discards.

Florida's Venice may not have canals and gondolas, but it possesses an unusually rich cultural life as well as a lo-

cation and climate that attract thousands of visitors and new residents.

For a small city, Venice offers significantly greater cultural opportunities than one might expect.

The Venice Theater presents more than 400 performances a year on two stages, including Broadway musicals, contemporary drama and concerts. The 75-member Venice Symphony gives a winter series of pops and classical concerts, and the Venice Art Center presents exhibits and workshop classes for adults and children.

Venice also benefits from its proximity to Sarasota (about 20 miles), the cultural center of Florida's Gulf Coast. Sarasota has its own symphony, ballet and opera as well as 40 theaters

and 30 art galleries, including the world-famous Ringling Museum of Art.

Golf, sailing, kayaking and other outdoor doings are year-round activities here. Miles of beaches beckon, among them Paw Park, where even dogs can go for a swim. Venice Municipal Beach, among the busiest, lies conveniently at the edge of downtown. Seekers of shark's teeth favor Caspersen Beach, the longest in Sarasota County.

Tampa, with its big-city services and facilities, is just an hour and a half away, and within 2 1/2 hours are such Florida playgrounds as Tampa's Busch Gardens and Orlando's Walt Disney World, Universal Studios and Sea World theme parks.

All of which makes Venice a happy locale for those who look for small-city ambience without big-city problems.

Then there are lions, tigers and bears. No, this isn't Oz, and the beasts aren't roaming Venice today, but they were here for 32 years, from 1960 to 1992, when Venice was the winter home of the famous Ringling Bros. and Barnum and Bailey Circus.

That's part of the unusual history of Venice, which from its beginning in 1925 was destined to be different from other Florida cities.

Unlike most communities that arose helter-skelter in Florida during the 1920s boom, Venice was planned down to the last byway before the first spadeful of sand was turned. It even incorporated the then-little-employed concept of zoning to separate business property from residences.

That heritage makes Venice one of the most livable cities in Florida. Graceful palms outline Venice Avenue, many blocks of which are still lined with stately Mediterranean-style mansions of yesteryear. Downtown has grown and taken on modern airs, but archways and



Fossilized shark's teeth wash up frequently on the waterfront in Venice, Fla., and are prized by tourists and residents alike. photo: c. Coco Hibbits/Venice Area Chamber of Commerce

red-tile roofs still mark many 1920s-era buildings there -- and some new structures even have reverted to that elegant Northern Italian-style of architecture.

While it's long been a retirement haven for escapees from Northern climes, Venice lately has taken on an edgy patina attractive to 20- and 30-somethings -- new stores offering youthful clothing and home-decor fashions, dining spots serving contemporary dishes, and occasional less-traditional theater offerings such as "Reefer Madness" (a musical).

For that same age group -- and other active folks -- a 10-mile-long paved trail, the Legacy Trail, opened earlier this year over the former railbed from Venice north to Sarasota. Another paved path, the recently built Venetian Waterway Park, straddles both sides of the Intracoastal Waterway.

A history of Venice, called "Venice Remembered," is painted on a grouping of murals close to the downtown-end of the trail, which runs south all the way past the Venice Airport to Caspersen Beach.

That's a good place to take a breather -- and maybe dig up a shark's tooth or two.

Information: Venice Chamber of Commerce, (941) 488-2236 or www.venicechamber.com.

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Sparkle Up The Garden Or The Porch For The Holidays

by Marty Ross

To make a garden sparkle for the holidays, turn on some lights. Twinkling lights capture the spirit of the season, and their cheerful glow takes the sting out of a cold winter's night.

But don't overdo it. A garden has a mood all its own, even in winter, and holiday decorations should enhance it, not overwhelm it.

"People take such pride in their front and back gardens during the summer -- it's a reflection of their style and point of view. Why wouldn't they do that during the holidays?" says Jennifer Sypeck, who tracks trends for Smith and Hawken, the retail and mail-order garden decor specialists.

Illuminated, blow-up snow

Chestnuts Roasting On An Open Fire Jack Frost Nipping At Your Toes

globes, reindeer with blinking red noses and neighborhood supernova-style displays express tremendous enthusiasm but not much style. Tone it down, Sypeck says, and let your good taste and sensibilities show.

Garden shops capture the holiday mood with outdoor decorating products of all kinds, offering fresh new looks for the winter garden along with reinterpretations of traditional styles. Red and green are always great, Sypeck says, but look for new ways to put them to work.

At Smith and Hawken, a bright red Adirondack chair invites Santa to make himself at home on the porch. The chair will look terrific in June, too, surrounded by pots of daisies.

Campbell's Nursery and Garden Centers in Lincoln, Neb., are among many garden shops that sell fresh-cut greenery for wreaths and garlands. Many customers like to fill flowerpots with evergreens to decorate their porches, patios and decks.

Campbell's sells greenery by the pound, and staff members also make arrangements in plastic pots ready to be plopped right into pots and planters in customers' gardens. The nursery also will go to local homes to make the arrangements.

"It's a big deal for us," says Chris Campbell, who, at 29, represents the fourth generation in the family-owned nursery.

Bright stems of red-twig dog-

wood and holly branches loaded with berries add natural festive color to such arrangements, but nature gets some help from the garden-shop elves. Colorful flocked evergreen branches are popular.

"We're not afraid of spray paint, either," Campbell says. Silver and gold paint and spray-on glitter make the arrangements sparkle like a special package under the tree, even on a bleak mid-winter day.

While you've got the paint can in your hand, try spraying interesting seed pods from the garden, magnolia leaves or rhododendron or viburnum branches, and combining them with greenery in pots or wreaths.

Shauna Dooley, manager of American Plant Food garden shop in Great Falls, Va., spray-paints the big ruffled heads of potted ornamental cabbage and kale. She tried it as an experiment during the holidays last year, and strong customer demand kept her at it until Christmas.

Many garden shops now stock their winter shelves with wide assortments of holiday lights and help customers find new ways to light up their landscapes. Lights running along a curving front walk or over the top of an arbor bring out the structure and architecture of the garden.

Try some in the backyard, too. A string of lights on the garden gate, over the door of a potting shed or spiraling around the boxwoods at the corners of the herb garden will enliven the long winter nights and may even draw you out, all bundled up, for a stroll under the stars.

Smith and Hawken and other garden shops sell rustic grapevine globes covered with tiny lights that can be rolled out onto the lawn, hung from a branch or parked beside the front door to guide guests' steps.

Oversized grapevine snowflakes and stars will glow from the back fence or above a window or door. Battery-operated strings of lights let you place these decorations wherever you like and move them around to change the effect.

White lights remain the most popular, Campbell and Sypeck say, but red and green and multicolored strings of lights are also much in demand.

Younger customers seem to like fruity colors. Lime green, fuchsia pink and tropical blue lights are the sort of thing Campbell admits she likes in her own holiday decor.

"It's a nontraditional tradition,"



A subtle touch with holiday decorating shows off your style and your garden. Turn on the lights, by all means, but leave the reindeer with the blinking nose in the barn. photo: www.smithandhawken.com

she says. "It just looks a little more modern."

'Tis the season of jolly new ideas, too.

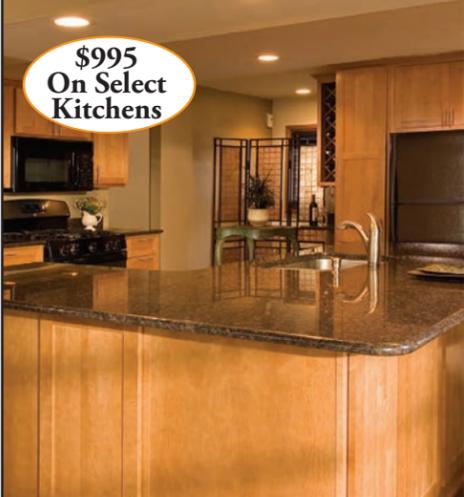
TRUE OR FAUX

Real evergreen decorations are beautiful, but they can be expensive and they only last one season. Take a look at some of the artificial evergreens and fruit available, says Jennifer Sypeck of Smith and Hawken, www.smithandhawken.com. You might be pleased with what you see.

Sypeck likes to use faux evergreen decorations outside. They hold up to the weather and look good for several years. On the front door, go for the real thing. Up close, you want to see something genuine, and you shouldn't deny yourself the pleasure of the fragrance of an evergreen wreath.

Campbell's Nursery in Lincoln, Neb., www.campbellsnursery.com, uses faux fruit in its evergreen arrangements. Real apples, pineapples and pomegranates can't take the low temperatures and do not hold up to freezing and thawing weather. Critters also leave the fakes alone.

When you hang up your wreath, don't forget the bow. Big, wide ribbons -- with wire edges to hold their shape -- look exceptionally festive. For a fresh, unexpected style, skip traditional red and green and try ribbons of bright fuchsia, hot lime green or even chartreuse.



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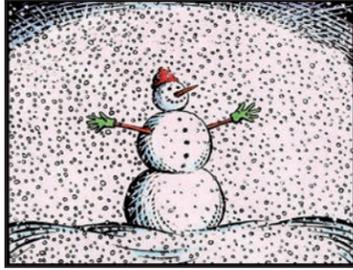


Snow Biz At The Buell Children's Museum

A HOLIDAY TRADITION FOR THE WHOLE FAMILY SET IN A WINTER WONDERLAND!

Through January 3, 2009

(PUEBLO) Sugar plums, candy canes and gumdrops galore decorate the walls of the Buell Children's Museum this holiday season beginning November 20, 2008 and going through January 3, 2009. Snow Biz, sponsored by Comcast, features a holiday tradition for the whole family all set in a Winter Wonderland created by Pueblo artist, Dorothy Mendoza.



Rock around the tallest Teddy bear tree in town, make family memories with nutcracker crafts and visit the Enchanted Frosty Forest in Sensations. Cut snowflakes, take home gifts for giving, discover Snowflake Bent-

ley, make a unique computer generated snowflake, and even meet the Snow Queen from this year's Nutcracker, the Ballet! And of course- thrill once again, to our Nutcracker Collection- it's a tradition! Look for Mrs. Claus between noon and 2:00p.m. the first three Saturdays in December to send your list to the big guy himself.

Playmotion!, unveiled this past summer, will feature a new interactive program in the Magic Carpet Theatre. If you've ever wondered how Frosty really came to life, turn yourself into a snowman with PlayMotion!

The Children's Museum will be closed on December 25 and January 1. The Buell Children's Museum is open from 11:00 a.m. - 4:00p.m. Tuesday-Saturday and is open from 9:00a.m.- 4:00p.m. on Friday.

Admission to the Arts Center is \$4 for adults and \$3 for children and military. Members of the Arts Center receive free ad-



mission. Cinfully Delicious is now open from 7:30a.m.-2:00p.m. Tuesday-Saturday with an inexpensive menu for everyone. For more information, call 719-

295-7200 or go online to www.sdc-arts.org. The Sangre de Cristo Arts Center is located at 210 N. Santa Fe Ave., just off of I-25, exit 98b.

Sangre De Cristo Arts Center Holiday Exhibitions

Fiber art, photography, paintings and the 41st Annual Own Your Own Art Show & Sale make up this year's holiday exhibitions

Altered Threads

King Gallery | November 1- January 17

Altered Threads takes quilt mak-

ing into the realm of contemporary art. These amazing fiber art works stimulate the mind and extend the horizons of stitchers, painters and manipulators of fabric. Front Range Contemporary Quilters is a membership organization that began in 1988. The group now has more than 200 members and is devoted to contemporary inno-

vative quilt making and fiber art. It is a forum for exchanging ideas and methods, for encouraging creativity and broadening the horizons of art quilters.

Steve Mohlenkamp Photography
Regional Gallery | November 5- January 31

Steve Mohlenkamp's natural ability to find composition catapults him in his versatility of shooting. With his passion for shooting landscapes, his striking images of America's pristine mountains, vast canyons, and expansive deserts, stir the spirit of the west in viewers, and hang in many corporate and private collections. Mohlenkamp's editorial work has appeared in such

publications as Sunset, Car and Driver, Arizona Highways, Cowboys and Indians, and Road and Track, to name a few.

Orphans

Hoag Gallery | November 8- January 24

The Corvo Brothers introduce us to a world that does not impose sharp divisions between reality and fantasy and which celebrates the existence of the extraordinary. Simultaneously playful and sinister, Corvo Brothers' images construct mysterious narratives that explore universal themes of the human condition, such as rage, fear, and fragility, by way of unexpected juxtapositions. The Corvo Brother's merge an eerie Victorian sensibility with the compositional aesthetics of the Renaissance masters. Their astonishing digital prints possess a remarkable painterly quality. They employ a hybrid technique that they term organic digital, the brothers use digital technology to seamlessly fuse together diverse art forms, including photography, painting, and the assembly of found or constructed objects. The Corvo Brothers will debut their newly completed series Orphans during our holiday exhibitions.

Patchwork Bird

2nd Level Foyer Gallery | November 15- January 31

Radeaux, co-owner of the John Deaux Galleries on Union Avenue, brings a new series entitled Patchwork Bird to the Sangre de Cristo Arts Center. His latest series of paintings seamlessly stitch his love of birds and pattern with his magnificent artistic talent. His love of birds started with a trip to the Monte Vista National Wildlife Refuge as a teen.

Radeaux described the impact of that trip in an interview he did for the Chieftain in 2004 saying: "It was spring migration time and you could drive right up to golden eagles, shorebirds and ducks. It was eye-opening."

Radeaux's Patchwork Bird series marries quilt patterns and birds with their life like illustrations that he has become known for. Approximately 10 years ago, Radeaux's wife received a quilt pin as a gift. That pin captivated Radeaux and led him to 19th century patchwork patterns that incorporate stylized bird designs. He scoured quilt books and talked with traditional quilters to identify different bird patterns in the quilts which he then incorporated into his newest series.

Deb Komitor Boardroom | November 15- January 31

Growing up in the Midwest, Komitor never felt she belonged. Her soul found its true home when she moved to Colorado Springs in 1996. "I feel my spirit can soar here. The nature, legends and lore feed my creativity and make my colors sing!" Komitor said. Working in a variety of artistic mediums, Komitor uses vibrant colors showcasing animals in abstract landscapes.

Komitor's artworks are included in many private and corporate collections nationwide to include the Children's Hospital in Denver, Arapahoe Medical Center, Centennial, CO, Marriott Hotel in Southeast Denver, IMS Productions, Colorado Springs, CO, McGraw Hill Publishing, Colorado State University, and Columbus College of Art and Design. In March of 1999, Ceramics Monthly Magazine published a reproduction of
SEE "ARTS" PAGE



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Snowbird Seniors Are Urged To Use Direct Deposit

NAPSI)-As retired "snowbirds" head south for the winter, the U.S. Department of the Treasury hopes their pre-trip to-do lists include something beyond packing shorts and sunscreen. At the top of their list should be protecting their money.

How? One of the best ways for senior travelers to safeguard their money is to sign up to receive their retirement benefit electronically, instead of by paper check. Electronic payments are safer, easier and more convenient, which is why Treasury's Go Direct® campaign encourages seniors to switch to direct deposit for their Social Security and Supplemental Security Income (SSI) payments.

Or, if they don't have a bank account, seniors and others can sign up for

the new prepaid debit card that Treasury introduced earlier this year--the Direct Express® Debit MasterCard®. Each month, Social Security and SSI payments are posted to the Direct Express® card account automatically. There are no sign-up fees, no monthly fees and the Direct Express card can be used to make purchases, get cash and pay bills.

Protect Your Money

About 10.3 million Americans still receive their Social Security and SSI payments by paper check, which can be vulnerable to theft, loss and mail delays. Last year alone, 700,000 Social Security and SSI paper checks were reported lost or stolen and 142,000 checks were delayed in the mail, according to Treasury. Overall, Treasury receives about 1.4 mil-

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

lion inquiries a year regarding problems with checks.

"Switching to direct deposit or the Direct Express card gives people who travel or move for part of the year some peace of mind," says Wanda Rogers, Assistant Commissioner for Treasury's Financial Management Service. "They don't have to worry if their Social Security check will get lost in the mail or if it's sitting in their mailbox while they're away. Their payment is deposited automatically into their bank, credit union or debit card account on payment day, so their money is available immediately--on time, every time."

Electronic payments are also safer and more reliable than paper checks, according to Treasury officials. In 2007 alone, nearly 60,000 Treasury-issued checks, totaling an estimated \$56 million, were fraudulently endorsed. Electronic payments, which prevent this form of fraud and also eliminate any need to carry large amounts of cash, ease the minds of seniors managing their finances far from home, says Rogers.

Direct Express Card--A User-Friendly New Option

For millions of people without bank accounts, the Direct Express card offers many of the advantages that direct deposit provides, such as greater security and convenience, compared to paper

checks.

The Direct Express card provides immediate access to money and it is possible to use the card for free. Cardholders can make purchases at retailers that accept Debit MasterCard®, get cash back with purchases or make cash withdrawals through bank or credit union tellers that display the MasterCard® acceptance mark. Cardholders are also allowed one free in-network Automated Teller Machine (ATM) withdrawal for each federal payment they receive.

The Direct Express card offers a number of security features to keep cardholder money safe. The money on the card account is FDIC-insured and the card is protected from unauthorized use, when promptly reported. Furthermore, if the card is lost or stolen, it will be replaced.

How To Sign Up

Treasury has made it quick and easy to make the switch to direct deposit by calling the toll-free Go Direct helpline, (800) 333-1795, or visiting www.GoDirect.org. To sign up for the Direct Express card, call toll-free (877) 212-9991 or visit www.USDirectExpress.com.

The preceding information has been provided by the Go Direct and Direct Express card public education campaigns.

How To Protect Yourself And Stay Safe While Traveling

(NAPSI)-According to a recent survey by American Express, 84 percent of women are generally more concerned than men about safety and security while traveling. However, there are certain precautions women can take to safeguard themselves and their personal information while away from home. Lindsay Moran, former CIA officer and author of "Blowing My Cover: My Life as a CIA Spy," offers some insider tips on how women can stay safe while traveling:

- **Undercover Address:** Invest in luggage tags for checked bags and carry-ons that shield your name and address from potential prying eyes. Strangers don't need to know where you're going or your last location.
- **Hotel Room Etiquette:** Keep the "Do Not Disturb" sign on your door at all times and put electronic gear and valuables out of sight. Most hotels offer in-room safes--use them.
- **Safe Room:** Place a cheap rubber door wedge behind the door for added protection and peace of mind.
- **Use a Privacy Filter:** When you're working on your computer in close quarters, it can be easy for people to glance over and see what you're doing. Consider using a 3M Privacy Filter, which "blacks out" the view on either side of the laptop screen, keeping personal or sensitive information private. This allows only the person sitting directly in front of the screen to see what is being displayed.
- **Silence Is Golden:** Be aware of your surroundings when conducting business in public. Crowded settings such as trains, airplanes and airport lounges can be hotbeds of eavesdroppers.
- **Valet, Please:** It's generally safer to use valet parking when available. Dark, deserted parking garages can be unsafe. Also, when you hand a valet your keys, remove everything but your car keys. He or she doesn't need access to your home, room or luggage.
- **Call Someone:** Always make sure that someone has a copy of your itinerary and hotel information so that, in case of an emergency, someone knows where you are.
- **Trust Your Instincts:** If something doesn't feel right to you, it's probably not. When you find yourself in an uncomfortable situation, get smart and get out. You can find more helpful tips at www.travellikeaspy.com.

Obama Inauguration Is Free

by Katie Carroll, Better Business Bureau

Because of its historical significance, a record number of Americans want to attend the inauguration of President-elect Barack Obama. The good news is that tickets to the Inaugural Ceremonies are free -- the bad: there are only

250,000 tickets available. The process for the distribution of tickets is very clear. The week before the event, tickets will be issued to members of Congress, who in turn, will distribute them to their respective constituencies.

However, the possibility for unscrupulous behavior is so strong that Senator Diane Feinstein (D-California) and chairman of the Joint Congressional Committee on Inaugural Ceremonies has introduced legislation that would prohibit the sale and counterfeiting of inaugural tickets.

As expected, many Web sites are already selling tickets online. That's why your Better Business Bureau is urging you to exercise caution if you choose to

SEE "TIX" PAGE

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Karen "GetsItDone" Trujillo 240-5523
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Diabetes? Eating Right When Money's Tight

by the National Diabetes Education Program

(NAPSI)-Diabetes is a disease that results in high glucose (sugar levels) in the blood, which can lead to serious complications. Almost 24 million people nationwide have the disease. For people with diabetes, making healthy food choices, being physically active, and reaching and staying at a healthy weight are keys to managing the disease. Although making healthy food choices on a budget can be a challenge, it

is possible to eat well without spending a lot of time and money. Try these tips from the National Diabetes Education Program (NDEP) to eat better, save time, and stretch your food budget:

Review grocery store ads and clip coupons. Make a list of what you need and plan ahead to cook enough food to have a second meal. Visit your local farmers market where prices tend to be lower because you buy direct from the farmer. Buy frozen or canned vegeta-

bles with no salt added and canned fruit packed in juice--they are just as good for you as fresh produce and will not go bad. Buy low-fat or fat-free milk in the largest containers you can handle before it spoils. Make your own meals and snacks at home instead of buying less healthy, more expensive prepackaged and processed foods such as macaroni and cheese or spaghetti. Healthy snack ideas include air-popped popcorn or 1 cup of vegetables served with some salsa or a little low-fat salad dressing.

Here's an example of a healthy recipe that the whole family can enjoy. The recipe is designed to serve nine people. Nutrition information, including carbohydrate grams, is provided.

Beef & Bean Chili

2 lb lean beef stew meat, trimmed of fat, cut in 1-inch cubes
3 Tbsp vegetable oil
2 cups water
2 tsp garlic, minced

Toasting The Season

(NAPSI)-This holiday season, dazzle your guests with a festive holiday cocktail.

Make a traditional toast glow by adding a burst of bright color and a tasty, distinctive flavor.

Use a festive garnish like sugar to add a sparkling touch to the glass.

Here's a recipe for the luscious Midori Melon Ball Drop, a vibrant green drink with a glittering sugar rim:

Midori Melon Ball Drop
2 oz. Midori Melon Liqueur
1 oz. SKYY Infusions Citrus
.5 oz. Elderflower Liqueur
Juice ½ lemon
Sugar rim

To mix this drink: Shake and strain into a cocktail glass.

Garnish with a melon ball and a sugar rim. This specialty holiday cocktail pairs well with a variety of flavorful desserts and foods.

For more cocktail recipes and information, log on to www.midoriusa.com.

The sparkling sugar rim on this mouthwatering, melon-flavored cocktail adds to its visual appeal.

1 large onion, finely chopped
1 Tbsp flour
2 tsp chili powder
1 green pepper, chopped
2 lb (or 3 cups) tomatoes, chopped
1 Tbsp oregano
1 tsp cumin

2 cups canned kidney beans*

*To cut back on sodium, try using "no salt added" canned kidney beans or beans prepared at home without salt.



Instructions: Brown meat in large skillet with half of vegetable oil. Add water. Simmer covered for 1 hour until meat is tender. Heat remaining vegetable oil in second skillet. Add garlic and onion, and cook over low heat until onion is softened. Add flour and cook for 2 minutes. Add garlic-onion-flour mixture to cooked meat. Then add remaining ingredients to meat mixture. Simmer for 30 minutes. Serve chili with a mixed green salad with tomatoes, cucumbers and peppers topped with low-fat or fat-free salad dressing. Enjoy!

Nutrition Information Per Serving for Chili: Serving Size 8 oz, Calories 284, Total Fat 10 g, Saturated Fat 2 g, Cholesterol 76 mg, Sodium 162 mg, Total Fiber 4 g, Protein 33 g, Carbohydrates 16 g, Potassium 769 mg.

To get additional free resources to help manage diabetes, contact the National Diabetes Education Program at www.YourDiabetesInfo.org or call (888) 693-NDEP (6337), TTY: (866) 569-1162. For more ways to save time and money when preparing meals at home, visit the Weight-control Information Network at www.win.niddk.nih.gov. For more healthy, low-cost recipes, search online for "Keep the Beat: Heart Healthy Recipes" developed by the National Heart, Lung, and Blood Institute.

The U.S. Department of Health and Human Services' National Diabetes Education Program is jointly sponsored by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC) with the support of more than 200 partner organizations.

Best One Yet!

12th Annual Southern Colorado's Senior Life Festival

Colorado State Fair Grounds Events Center-Pueblo

May 8, 2009

Grand Hall 8-2:30 p.m. * Bingo 2:30-4:30 p.m (must register)

Features

- Health Fair
- FREE Dinner Show-1st 150 Seniors
- Pueblo Caregiver's Award
- Senior of the Year
- Cake & Ice Cream Social FREE
- FREE Entertainment
- Healthy Cooking
- Bingo- must register
- Health Screening at Parkview Hospital booth
- Assisted Living Facilities & Healthcare Products
- Financial Investments - Travel - Diet/Nutrition
- Retirement Communities
- Ribbons & Prizes for best Jams, Jellies, Pickles
- Old Fashioned Cake Walk

Look for info in Senior Beacon Pueblo Chieftain

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Listing in attendee program guide

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Nonprofit- \$150
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SRDA MONTHLY MENU Call SRDA at 545-8900 for congregate meal site and Meals-On-Wheels Info!

DEC. 1ST: Beef Tomato Mac, Carrots, Claremont Salad, Wheat Bread/Marg. Plums.
DEC. 2ND: Swedish Meatballs, Garlic Mashed Potatoes, Peas/Onions, Wheat Bread/Marg., Chocolate Chip Cookie.
DEC. 3RD: Chicken Cacciatore, Linguini, Mixed Vegetables, Wheat Bread/Marg., Pineapple Upside-down Cake.
DEC. 4TH: BBQ on a Bun Baked, Beans, Creamy Cole Slaw, Ambrosia.
DEC. 5TH: Tomato Swiss Steak, Mashed Potatoes, Zucchini, Wheat Bread/Marg., Lime Pear Gelatin, Orange.
DEC. 8TH: Breaded Fish/Lemon, Au Gratin Potatoes, Peas/Carrots, Wheat Bread/Marg., Strawberries & Pineapple.
DEC. 9TH: Roast Pork Loin, Glazed Sweet Potatoes, Zucchini/Tomatoes, Wheat Bread/Marg., Applesauce.
DEC. 10TH: Sloppy Joe on a Bun, Baked Beans, Mixed Green Salad w/ Italian Drsg., Apricots.
DEC. 11TH: Beef Pot Roast, Mashed Potatoes, Acorn Squash, Cole Slaw Wheat Bread/Marg., Fruit Cocktail.
DEC. 12TH: Burrito w/ Green Chili, Refried Beans, Mexican Corn Wheat,

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DEC. 15TH: Lasagna Basil, Green Beans, Cucumber Onion Salad, Wheat Bread/Marg., Apricots.
DEC. 16TH: Porcupine Meatballs,

Carrots, Broccoli, Wheat Bread/Marg., Lime Fruit Gelatin.
DEC. 17TH: Chicken a la King, Biscuit Stewed Tomatoes, Green Beans, Chocolate Pudding.

DEC. 18TH: Beans/Ham, Cabbage Wheat Bread/Marg.
DEC. 19TH: Beef Chop Suey Over Rice, Mixed Vegetables, Wheat Bread/Marg., Pears.
DEC. 22ND: Green Pepper Steak, Mashed Potatoes, Zucchini, Pickled Beets, Wheat Bread/Marg., Orange.
DEC. 23RD: Enchilada Casserole, Lettuce/Tomato Mexican Corn, Wheat Bread/Marg., Cherry Crisp.
DEC. 24TH: Turkey Tetrazzini Biscuit, Carrot Raisin Salad, Green Beans, Peaches.
DEC. 25TH: Closed
DEC. 26TH: Meatloaf w/ Tomato Sauce, Parslied Noodles, Peas, Wheat Bread/Marg., Fruit Cocktail.
DEC. 29TH: Spaghetti & Meat Sauce, Green Beans, Wheat Bread/Marg., Orange Carrot Gelatin.
DEC. 30TH: Hungarian Goulash Over Noodles, Pickled Beets, Carrots, Wheat Bread/Marg., Blush Pear Dessert.
DEC. 31ST: Chicken & Dumplings, Carrot Raisin Salad, Broccoli, Wheat Bread/Marg., Grapes.

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Finances: Create And Keep Wealth

Why A Bear Market & A Bad Economy Is Good

Could a scary bear market really be good? What could possibly be good about collectively losing trillions of dollars, having high unemployment and a slowing economy?!

Well, actually, a severe down market serves a few useful functions. We have to remember with free markets there is always the proverbial "other side of the coin." For example, when the US dollar was recently weakening to historic lows there were some deep negative effects. For US consumers it made our large amount of imports even more expensive. But, on the flip side, the weak dollar dramatically helped our manufacturing sector. This part of our economy is still extremely large, making up 20% of our gross production. Because of this boost to our producers we were able to stay out of a recession as long as we did. This lowered domestic currency also made real estate, stock and bond investments more

attractive to foreign buyers, strengthening our markets (yes, it really could have been worse if not for our recent weak dollar).

What is the other side of this bear market coin?

The most important by-product of our down economy is taking out excesses from our markets. This is a biggie. Excesses have been a large contributor to the current financial morass we are in.

The biggest bull we have had to "un-wind" is the 16-year up market in real estate. Everything turned to gold for a decade and a half. Great fortunes were made by a wide group of people. That wealth creation served an important part in our economy. But (you guessed it) on the flip side, average people were getting priced out of home ownership, people were dealing dishonestly and investors were bearing too much risk.

The average home is now down in value almost 17% and prices are more

realistic. That's a GOOD thing for new home buyers. There is a whole new group of people that are looking at homes to purchase. Recently more home sales have gone to first-time buyers than in the past. They are getting fair and simple home loans that will keep them in their abodes for years, not months.

But what difference is that to the rest of America already in a home?

That brings up the other monstrous excess that needed to be deflated. Don't be afraid of that word "deflation." The experts on TV throw that word around, hoping to cause fear. But we need prices to go down. We need to pop the commodity bubble. And it has already happened in a big way.

In the last 4 1/2 months lumber has gone down 25%, orange juice has dropped by 37% and cotton sank by 52 percent. Most of us are positively affected by drops like those. And, good news,

you can now buy that platinum ring you have been holding out for. Platinum has dropped about 55 percent.

What is the best silver lining on this commodity cloud?

A barrel of oil has dropped over 60% from its historic high of \$145 to a recent fifty-four dollars. You can actually get a gallon of gas for less than two dollars. This low oil price should also help corporate earnings overall.

What is the third good thing about a bear market?

My favorite: investments are on sale. There are hundreds of high-quality bonds, stocks, mutual funds and real estate assets selling at bargain-basement prices. I think we will look back five years from now and wish we had all invested more in this opportunity.

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

Seniors Can Now Purchase A Home With A Reverse Mortgage

by Grant Oakes

The FHA Rules are changing on January 1, 2009 and they will allow seniors to purchase a home with very little down and never have a house payment again as long as one of them stays in the home. How is this possible you say? Before the first of the year it would not be possible. What is the catch? There is no catch. Here is how it works.

Seniors over the age of 62 can now purchase a home with a reverse mortgage, or more specifically with a Home Equity Conversion Mortgage or HECM, we pronounce it as "heck-em". It is very important that you get a HECM reverse mortgage because the HECMs give you more money and they are backed by the government and are guaranteed by the FHA. That means that you have a lower down payment and probably more money coming in to you every month to make your golden years... golden.

Let's start with the rules. ONE-- the youngest borrower must be at least 62 years old. Remember the older the youngest borrower is the lower the down payment you will need. TWO - You do not have to make any house payments as long as one of you lives in the home. However, you still have to pay for the insurance, taxes, utilities and upkeep. But, we all have to pay for those things now. THREE - You can pur-

chase a one, two, three or four unit home as long as you occupy one of the units. You could even purchase a co-op or a modular under certain conditions. FOUR - This new home must be your primary residence. What that means is that you must not be away from the home for 12 consecutive months. It is where you get your utility bills and your property tax statements. FIVE - there are no credit or income requirements. It doesn't matter how good or bad your credit is and you don't need income because they don't expect you to pay them back. That is pretty much it for the rules.

Let's get down to some examples. In examples 1 and 2 the youngest senior borrower is 67 and the expected average interest rate is 5%. In example 3 and 4 the youngest borrower is 79 and the expected average interest rate is 5.57%.

Home Purchase - Example 1

Appraised Value	\$300,000
Sales Price	\$300,000
Principle Limit	\$199,500
Minus Insurance & Fees	\$15,500
Required Down Payment	\$116,000

Home Purchase - Example 2

Appraised Value	\$300,000
Sales Price	\$280,000
Principle Limit	\$199,500
Minus Insurance & Fees	\$15,500
Required Down Payment	\$96,000

These first 2 examples are taken from the HUD Mortgagee Letter 2008-33. Please notice that example 1 is the one that all the other examples are measured against. Also notice that in example 2 the home was purchased for \$20,000 below the appraised value which reduced the required money down by that same \$20,000.

Home Purchase - Example 3

Appraised Value	\$325,000
Sales Price	\$275,000
Principle Limit	\$242,642
Minus Insurance & Fees	\$15,500
Required Down Payment	\$116,000

The last 2 examples I added to show what happens if the borrowers are a little older and they get a better deal on the home. In example 3 the home appraised \$25,000 higher but was purchased for \$50,000 less than the appraised value. The youngest borrower is a little older (age 79) but the required down payment is the same as in example 1.

Home Purchase - Example 4

Appraised Value	\$325,000
Sales Price	\$265,000
Principle Limit	\$260,924
Minus Insurance & Fees	\$15,500
Required Down Payment	\$19,576

Now example 4 shows the real bargain, the same appraised Value as in number 3 but the purchase price is \$10,000 less. Now look at the required down payment. It is just over \$19,500. By the way this is not an uncommon situation in today's times. There are some real bargains out there with all the bank foreclosures going on.

Remember, that any money that

is received from a reverse mortgage is completely tax free, you always retain title to our home and the "Hec'em" Reverse Mortgage is insured by the FHA. A "Hec'em" is a non-recourse loan which means you will never owe more than your house is worth.

This allows senior borrowers an opportunity to purchase a home that never had the opportunity before. They might want to move into a community that their family, grandchildren, or friends live in and be closer to them. And they might be able to keep more of the proceeds from the sale of their present home available for their future needs.

So what can you use as the down payment resources?

- Proceeds from sale of current home.
- Retirement funds including 401k, stocks, bonds, etc.
- Other savings.
- Other sources with exceptions of loans.

The new law goes into effect on January 1, 2009. But, there is no reason that you can't start looking for the home of your dreams now. Find your home then have your realtor call me.

Is it time for you or your parents to purchase a home with a reverse mortgage? For an increased number of seniors this is the time. Interest rates are low, houses are inexpensive.

If you already own or are buying your home and you find that you are having a hard time making ends meet and you

SEE "REVERSE" PAGE 20.

Why are more seniors choosing Reverse Mortgages?

- No Monthly Payments FOR LIFE!
- Pay off all mortgages and bills
- Extra monthly income
- Home repairs and remodeling
- Cash reserves for healthcare
- Government Insured Program



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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.

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Senior Community Update



LOU GEHRIG'S DISEASE SUPPORT GROUP

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

OWLS MEETING

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

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

RIDE TO CHURCH?

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

S.R.D.A. CLASSES

S.R.D.A - 230 N. Union Pueblo, CO 81003 - 719-545-8900 EXT. 133.

SRDA has classes and seminars every week day. Seniors of this area should call SRDA at the above phone number. These classes and seminars/events range from computer class to Mah Jong and from Foster Grandparenting to bridge.

Please call SRDA for the enrite schedule of events for the month of December.

BUSINESS MEETING IN CAÑON

Please join the Canon City Business Owners Meet and Greet Thursdays 8-9 AM. Open to all Fremont County Business Owners and Managers who want the opportunity to network with other businesses. No Membership dues For more information and details call Brenda 429-9999. Ask about our upcoming Expo

GENEALOGICAL SOCIETY

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

STEP-UP PROGRAM

McHarg Park Community Center, 409 Second Street Avondale, CO - Monday, December 8th; 9:00 - 11:30 am.
Vail Hotel - 17 S. Grand, Tuesday, December 9th; 9:00 - 10:30pm.
Hyde Park Community Center, 2136 W. 16th St. - Tuesday, December 9th;

1:00 - 2:30pm.

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

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

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

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

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

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

Ogden Apartments, 2140 Ogden Thursday, December 18th; 9:00 - 10:30 am.

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

Get Moving with Pueblo StepUp Community Exercise Programs:

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

WHAT A GREAT TIME TO VOLUNTEER

In our community there are many different opportunities to volunteer. You can volunteer one morning a week or one day a month. It is up to you how much time you would like to help. You can work with children, elderly, special needs individuals or with no people at all. You can work around people or work by yourself. You can do clerical kind of work or you can work directly with people. You can choose where you would like to volunteer.

Below are some of the many areas that are in great need of volunteers:

- Drivers to deliver Meals on Wheels to homebound seniors
- Volunteers to help in the many areas of St. Mary Corwin Medical Center especially in the Resale Shop.
- The Cancer Resource Center needs volunteers to work with cancer patients giving out information and helping individuals pick out wigs and hats.
- The assist the Day Care Teacher at a north side charter school.
- To help with a Senior Vision Support Group, sending out monthly notices, calling and making room and travel arrangements.

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

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

CHURCH HOSTS SCREENING

Residents living in and around the Pueblo community can be screened to reduce their risk of having a stroke. The complete screening package now includes a new Heart Rhythm screening, checking for irregular heartbeat, which is a major risk factor for stroke.

First Baptist Church is pleased to host this event presented by Life Line Screening on Thursday, January 22, 2009. The site is located at 405 W. 9th St. in downtown Pueblo. Appointments will begin at 9:00 AM.

ART BY MICHAEL MEDINA

"Art At Christmas." Saturday, December 6, 2008 on display through Friday, December 12 at Pueblo Bank & Trust, 301 W. 5th St. Pueblo, CO 81003. This will be Michael's first public showing. Posa and Mendoza art, among others, will be shown also.

MEMORIES

To learn more about holiday crafting, recession-busting holiday gift giving, and holiday craft classes please contact Memories 4 Life at 719-276-2767. Memories 4 Life is located at 722 Main St. For more information please visit Memories4Life.org. Memories 4 Life is a member of the Craft & Hobby Association.

BELLS OF CHRISTMAS CRAFT SHOW

Thanksgiving is almost here and Christmas is sneaking up on us. If you are interested in purchasing a variety of holiday gifts, the 4-H Leaders Group Bells of Christmas Craft Show might be for you! The sale will be held December 6 and 7, 2008 at the Creative Arts Building at the Colorado State Fairgrounds from 9:00 A.M. to 4:00 P.M. on Saturday and 10:00 A.M. to 3:00 P.M. on Sunday. There is no admission. GREAT FOOD will be sold both days by the 4-H youth who are raising money for the 2009 Washington Focus Trip. Come support the 4-H leaders and youth. For more information on the sale, contact the Extension Office at 583-6566.

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

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.

CHRISTMAS SHOPPING on line:

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

e-mail- em3266@q.com #0109

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

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

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

FOR SALE. 211 E. POPPY LN. 2/2/2 w/1275 sq ft of living space! 100% maintenance free Patio Home w/hardwood floors, skylights, gorgeous kitchen & covered patio w/gasline hookup! Master bed has private bath w/walk-in shower w/bench seat! Ramp instead of stairs lead to front porch + wide corridors & entryways throughout! \$160,000. Karen GettDone Trujillo, 240-5523. Re/Max Pueblo West Inc. #1108

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

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

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

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

ALTERATIONS BY ABE & ROBYN 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. #0809

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

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

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

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

IMPERIAL MEMORIAL GARDENS. Last Supper Area. 6 grave sites #488 - 1,2,3,4 & #489 3 & 4. Current price \$1400, asking \$850 each. 719-545-5203. #0908

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

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

HOMES FOR SALE 2303 N. Main St. Buy this cozy cottage and put \$10,000 in your pocket as equity. Appraised for \$120,000. Reduced to \$105,000. Has 2 bedrooms, 1 full bath, new kitchen and Sunny living room. All new windows and storm doors. Fenced yard, landscaping, sprinkler system, garage and storage. **PLUS** cute Guest house for visitors or family. 1 Bedroom, full bath, kitchenette and living room.

Contact Corey Hepworth Masters Real Estate 1-719-291-5068 or Pueblo message 544-3547. #0908

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

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

OLD VET NEEDS PLACE TO LIVE. Would like old, battered camp trailer. Will haul away, FREE. Call Banjo Gracia 1-505-376-2344. #0808

PERMANENTS-\$30. Complete magnetic bracelets - \$5.00. Curl Corner. Open Wed-Sat - 2318 Thatcher. - 544-9160. #0808

IMPERIAL CEMETERY - Calvary Lot 254, space 6, Lot 255 - spaces 4,5,6. \$1000 each. Call 564-7221. #0808

24/7 LOVING SENIOR CARE IN CHRISTIAN HOME. 30 years experience. SPACE FOR ONLY ONE CLIENT LEFT. HURRY! Call today, 719-542-3496. #0808

DONATE TO PUEBLO'S "NEVER ALONE FOUNDATION."

Looking for a great charity to support? Inflammatory Bowel Disease (Crohn's & Colitis and others) is a particularly nasty disease that robs the afflicted of quality of life. It hits every age group hard and with no mercy. Please send donations to: "Never Alone Foundation" c/o Beacon Publishing, P.O. Box 7215 Pueblo West, CO 81007-0215. Your donation will allow us to help southern Colorado patients and their families cope with these dread diseases.

TIX

from page 14.
purchase tickets.

Some online brokers -- who do not even possess the tickets yet -- are offering a money-back guarantee if they can't secure the tickets. However, purchasers should consider that they may already be en route to Washington, D.C. before getting the news the broker couldn't provide the promised tickets.

While there are a number of issues associated with purchasing inaugural tickets online, there are some people who are willing to take the risk. For those, your BBB offers the following tips:

- Look for the BBOnline seal when buying from a ticket reselling company online. This logo indicates that the company has a good reputation and has a

secure Web site.

- Pay with a credit card or through PayPal for protection to ensure there is an opportunity for reimbursement if the ticket selling company is fraudulent. Never pay with a cashier's check or wire money to a seller. With these methods, the consumer will have no way to get their money back if the tickets do not arrive.

- If a consumer does get ripped off, they can file a complaint with the Better Business Bureau online at www.bbb.org, or with their states' Attorney General's offices.

To find out how tickets are being distributed in your state, contact your local Congressman or Senator.

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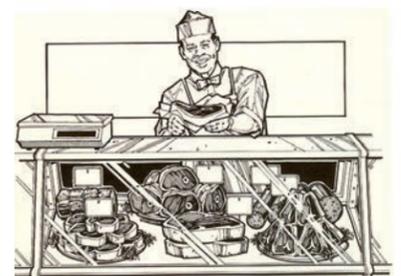
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Charlene Dengler: *Jump Start Next Year's Fitness Routine*

by Charlene Dengler

Now I realize Thanksgiving has just passed and Christmas hasn't even arrived, but what better time to consider, and possibly even try out, your New Year's resolution to exercise more? Over the past year I have focused primarily on nutrition and care of the body at the cellular level even to the point of discussing improved oxygenation of the individual cells of the body. All of the key principles have been important and are on my list of practices for optimal health.

Now, however, we have arrived at the final one on my list and it is last, not because it is not as crucial as the rest, but because it is sometimes a difficult one to put in to practice and to maintain on a consistent basis. Exercise, in its many varied forms and intensities, is so vital that without it other positive health practices are not as effective and sometimes are even

negated due to the lack of exercise. An example of this would be adding fiber to the diet. Without having toned musculature in the abdominal region, the very fiber intended to help with digestion and a number of other bodily functions, could end up causing a blockage and thereby doing more harm than accomplishing the good it was intended to.

The previous example is an extreme case of what could happen but let me just say that exercise is just as important to optimal health as any of the others I've addressed and it is time to examine seriously how exercise can benefit any one at any age at any time. Before I go further please understand that checking with your physician before embarking on any new activity is wise and advisable no matter what your age, so that is the place to begin your new adventure.

For those that have been exercis-

ing consistently and already experience the benefits, now may be a good time to consider ramping up your routine or changing your approach to reap new advantages or just stave off some holiday pounds. For those who don't make exercise a part of life I have some information to establish a solid case for why you need to begin as soon as you get the OK from your doctor.

Current recommendations are that everyone should have sixty minutes of exercise each day. That includes walking to and from your car, climbing stairs instead of taking the elevator, and vacuuming or scrubbing the floor. In other words, exercise should be a way of life for everyone. One study suggests that an elderly person who does their own housework stands a better chance of living to 100 years old than a person who hires someone to do their chores for them. Getting in sixty minutes of exercise a day takes some focused effort to ensure it happens and goal setting plays a part in succeeding at it.

I am a big advocate of individualizing a plan tailored to a person's individual preferences, health concerns and time factors. Consulting with a personal trainer even for just one or two sessions can make all the difference in getting results or getting frustrated and giving up. Many health and fitness magazines contain excellent workouts and the internet is a constant source of up to date information. But consulting with a trainer increases your opportunity to stay motivated and avoid boredom.

As a person ages, from thirty years old and onward a small percentage of muscle is lost each decade, unless ef-

orts are made to maintain muscle mass or even build muscle slightly to avoid unnecessary decline in fitness. By maintaining muscle, the metabolism stays up and weight is less likely to accumulate along with the years. Also, weight bearing exercise preserves bone mass and prevents osteoporosis and fractures later in life. In addition to weight bearing exercise, aerobic exercise is important to maintain cardiovascular health, keep the blood flowing freely through the vessels and provide the lungs adequate ventilation. A third area that is equally important to an exercise routine is stretching and flexibility. These types of movements can primarily happen in the warm up and cool down phases of a routine, which are very important to avoid injury and soreness. Or stretching and flexibility can be a specific workout in itself, such as a yoga or Pilates workout.

Whatever you choose to do it is important to address all three areas: Weight bearing exercises, cardiovascular or aerobic phases during the workout and flexibility stretches to attain a well-rounded routine. Depending on your schedule, you may have to alternate days for some exercises and if lifting weights to build muscle, muscles need a minimum of 36 hours rest between workouts. My final recommendation is to get started before the end of 2008. You'll weather the holiday assaults on your mood, weight and stress levels successfully, while facing 2009 with a smile knowing that you're prepared to jump in to a stronger, fitter, and healthier new year.

Here's An Entertaining Way To Save Money And Energy

(NAPSI)-Because of their large screens, today's advanced-display TVs consume more energy than older sets. That's why the Environmental Protection Agency's Energy Star program has changed the way it rates such sets.

To help consumers take energy usage into account when choosing a television (just as when buying air conditioners or refrigerators), the program now rates TVs based on their energy efficiency when they're on. In the past, Energy Star assigned ratings that reflected energy consumption while TVs

were turned off. A television draws power even when off so you don't have to wait for it to "warm up."

Technology Can Help

The technology supporting the products you choose can make a major difference in the energy consumption of your big-screen TV. For example, engineers at 3M have developed Vikuiti brand optical enhancement films, including reflective polarizers, which help LCDs use light in the most efficient way, resulting in a brighter screen while reducing the amount of power needed to produce the light. The films recycle light, allowing more to reach the viewer. As a result, less wattage is needed to generate light and less energy is consumed by the TV--as much as 37 percent less than with other big-screen sets.

Learn More

For more information on Energy Star TV ratings, visit www.energystar.gov and click on "Home Electronics."

Because of their large screens, today's advanced-display TVs consume more energy than older sets. Fortunately, some use a lot less than others.

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A BIG THANK YOU TO OUR CUSTOMERS AND FRIENDS HAVE A MERRY CHRISTMAS WE WILL BE CLOSED
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 - Stroke & Cardiac Rehabilitation
 - Motor Vehicle Accident



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Near East High

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Arts Center

from page 13.

one of Komitor's clay sculptures. "I feel a freedom to create works of art that are full of a joyous spirit skipping across the canvas! I will leave the angst to be created by others," said Komitor. She works to express the joy in her heart and create works of art that add lightness and joy to our lives.

OWN your own Art Show & Sale

White Gallery | November 19-December 27

The Own Your Own Art Show and Sale will fill, wall-to-wall, our largest gallery with the best selection of original affordable fine art and fine craft artworks. This exhibit features over 50 artists to include Fran Dodd, Jan Oliver, Sherry Rogers, Becky Brown, John Mendoza, Louis

Recchia and Zoa Ace working in oil, pastel and watercolor, ceramics, metal and fiber. Artistic styles range from traditional and functional to contemporary and decorative. This is an opportunity to buy during the holiday season at reasonable prices ranging from \$4-\$1,000. Then take the work home at the time of purchase.

A free public reception for all of these exhibits will be held on November 19 from 5-7p.m., sponsored by Mark and Kitty Kennedy.

Admission to the Arts Center is \$4 for adults and \$3 for children and military. Members of the Arts Center receive free admission. For more information, call 719-295-7200 or go online to www.sdc-arts.org.



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Dare To Ask: Different Standards For Disciplining Children?

by Phillip Milano
QUESTION

Why do Indians let their kids do what they please and not try to control them? I once asked a guy from India why he let his child scream and kick and slam doors while living in an apartment complex, and he said he read books that said you should let your child be free to do what they please. -- Rhea, 22, white, Albany, N.Y.

REPLIES

-- Looked around lately? The majority of parents today act like this with their kids. ... I worked as a camp counselor and this was the reaction most parents had when we informed them we had to write their children up: that you shouldn't discipline children. It's not a race issue. It's a "society full of crappy parents" issue. -- Cassy, 22, white, Jacksonville, Fla.

-- It's only in the last four or five years that yuppies have gotten over the idea they must be their children's "pal" rather than their parent, and that saying "no" or punishing them will not irreversibly damage their delicate little self-esteem-weemies and turn them into the next John Wayne Gacy. This Indian guy in your complex may have been a yuppie. -- A., 38, white female, Missouri

-- Indians do punish their kids. -- Sorgul, 20, Kurdish female, Atlanta

-- I work in a place frequented by a broad range of people. You know which parents don't discipline? White

parents, black parents, Indian parents, non-Indian Asian parents, gay parents, straight parents, teenage parents, older parents, parents with tattoos, parents who are professionals, blue-collar parents, Eastern European parents, born-again Christian parents and any other kind of parents. And of course, there are parents in all of those groups whose children do behave well in public and are corrected when they don't. -- Lynne, Gainesville, Fla.

EXPERT SAYS

Family therapist Mudita Rastogi does not see a lot of Indian kids throwing tantrums in Albany, N.Y.

OK, so her practice is in Arlington Heights, Ill., but still.

Actually, Rastogi, a professor of clinical psychology and a parenting expert with experience in India and the States, didn't blow off the whole notion of Indian parents being more permissive.

"Research says that up to age 5, children in Indian families are indulged more, and the parents are more easygoing," said Rastogi, who also is associate editor of the Journal of Marital and Family Therapy. "After that age, more clear expectations set in. So it might be that with a 3- or 4-year-old having a tantrum, the parents will be less strict in that situation."

Here's why: Lots of Indian parents immigrated to the U.S. in recent decades. Where they grew up -- as with about 80 percent of the rest of the world outside America -- it's a more collectivist society, in which the needs of the larger family often trump those of the individual.

"Many were raised to include children in all activities ... so most are comfortable being around kids, and expect that they will take part," Rastogi said. "That means people accommodate

to their needs and modify their expectations around children."

Take a grocery store meltdown by an Indian tot, for example. Not that we've ever seen an American cherub have a hernia by the Shrek Push-Up Pops or anything, but work with us here and try to envision this anyway.

"In a case like that, it might be terrible for a white mom to have her kid cry and say, 'I want candy.' But an Indian parent might say, 'Well, the kid was hungry' and look at it from a child-centered perspective."

However, most children of Indian parents who are immigrants will learn to adapt to different expectations in America, perhaps behaving a certain way at school versus at an Indian community event, Rastogi said.

Adaptation can and should go both ways, though.

"The reader who asked the ques-

tion might see that in terms of discipline ... how a child appears in public might not be as important as whether the children care about the needs of other family members. Are they considerate of everyone in the family, and willing to share with the extended family? ... Many Indian families I know will do anything for their parents."

Therefore, we in the U.S. might take a little time to examine where our own discomfort is coming from on an issue like this, she said.

"It might be, 'How much can I tolerate something different, as long as the child is not destroying property or doing something unsafe?' We need to ask, 'Why is it bothering me so much?'"

Continue the cross-cultural dialogue at www.yforum.com, or mail questions and replies to Phillip Milano, The Florida Times-Union, P.O. Box 1949, Jacksonville, FL 32231.

Reverse Mortgage

from page 16.

and your spouse are at least 62 years old, because interest rates are down this may be the best time for you to get a reverse mortgage on your home. That may mean that you would no longer have a house payment to make as long as one of you lives in the home. How about having a check sent to your home every month and still not having a house payment to make as long as one of you lives in the home. And you can use the tax free extra money any way you want.

Bio: Grant Oakes (CRMS), 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, and/or financial advisor because in your home you are always in control. You can call his cell phone at 719-252-7291 from 9-5 Mon-Fri

Oral Health Tips For Seniors

ORAL HEALTH TIP FOR SENIORS XXII

In this Oral Health Tip for Seniors we will continue our series of most frequently asked questions about senior dental care.

Q: Is there anything that can be done to make my loose teeth more secure?

A: First, visit a periodontist (a dentist who specializes in diagnosing, treating, and preventing diseases of the gums and the supporting bones of teeth). He or she will examine your condition, review your oral hygiene practices, and discuss your medical history. Certain medical conditions, such as diabetes, can contribute to the problem of loose teeth.

Q: How does long-term smoking impact oral health?

A: For one, smoking increases your risk of cancer. Other oral health consequences include delayed healing following tooth extraction and periodontal treatment, increased bone loss within the jaw, bad breath and tooth discoloration.

Q: Can braces still be an option for the senior adult?

A: There is no age limit for correcting crooked teeth. The mechanical process used to move teeth is the same at any age. The benefits of orthodontic treatment such as braces are available to both children and adults who wish to improve their appearance and bite.

Q: If an older person has few or no dental problems or even no teeth, does he or she need to see the dentist?

A: Even if you don't have teeth or only have a few dental problems, it is wise to visit your dentist at least once a year for a comprehensive oral exam. At this visit your dentist can look for signs of oral cancer as well as for any other oral health or medical problems in the mouth, head and neck areas.

Source: WebbMD

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

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Before
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Back-Up Care Valuable Benefit For Families

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

I just learned that my company's Human Resource department is researching options for back-up care for employees taking care of their families. How do these programs work? As a working mother caring for children and older adults, I am struggling to get through the days. I could use some help.

You join thousands of others in this nation caring for seniors as well as young children. Many employers like yours are investigating back-up care programs for their employees as a way to reduce employee stress and improve absenteeism and productivity. These programs provide lists of providers that employees

can access and contact quickly when they need back-up care.

Work Options Group, a Colorado-based company that specializes in the provision of corporate-sponsored back-up care, shares some feedback from employees who use back-up care. Survey results indicate that the employee benefit does in fact reduce stress and unscheduled absenteeism as well as improve productivity and loyalty among employees.

Below are key findings from the 2008 Back-up Care Survey conducted by Work Options Group. More than 1,200 employees who used back-up care through Work Options Group between March 1 and May 31, 2008 completed the survey.

The question asked was, "If

back-up care was not offered, what would you have done?"

71 percent would have missed work to provide care for their loved one

14 percent would have conducted an independent search for short-term care

13 percent would have asked friends or family to provide care for their loved one

2 percent said they worked from home, changed their work schedule or brought their child to work.

Work Options Group serves as a third-party liaison to link employees of companies with a network of service contractors who can help them provide back-up care for loved ones of any age – from infants and school-aged children, to adults and seniors.

One of those contractors who

works on behalf of seniors is Home Instead Senior Care, an international franchise company with 800 offices worldwide. The company's CAREGivers go into the homes and care communities of older adults to keep them independent. Through these types of relationships, you could locate the help you need in a moment's notice.

For more information about Home Instead Senior Care, contact Robin Mosey at (719)545-0293 or visit www.homeinstead.com. For more information about the survey, log on to http://www.workoptionsgroup.com/press_release_survey.htm.

Weird News

from page 4.

during an undercover prostitution sting (that is, he actually had sex), defended himself in an August hearing: "It was a job, sir. I didn't have pleasure doing it." It was, he said, "something I did for the city." (2) In his murder trial in October in Leeds, England, chef Anthony Morley testified that the killing was in self-defense, but he did admit to carving,

cooking and eating part of the body afterward. "At some point (the victim's) body had just become something I would deal with at work, a piece of meat. ... That's my daily task, preparing meat."

News That Sounds Like a Joke

(1) In October, the local government council in Worcester, England, ordered Bill Malcolm to take down the 3-foot-high, barbed-wire fence he had

installed to deter the thieves who had broken into his storage shed three times in the previous four months. According to the Daily Mail, the council said it feared the government would be sued by a wounded trespasser. (2) In August, the local government in Dymchurch, England, said a traditional celebration of the inspirational character Dr. Syn would have to be altered because the town had been unable to obtain liability insurance. According to legend, the swashbuckling Dr. Syn braved enemy troops to bring food to starving villagers by horseback, but without liability insurance, the man portraying Dr. Syn would now have to merely walk through the village.

Kids, Let a Professional Handle This

Two high school boys in Markesan, Wis., were hospitalized in September with broken pelvises after a "prank" went bad and a classmate inadvertently drove over them as they lay in the road in front of her car. On the other hand, a professional, Tom Owen (known as the "Human Speed Bump"), was hospitalized in October with similar injuries after he attempted to break the Guinness Book record by being run over by eight vehicles (with the last one, a box truck, leaving him in bad shape). Owen got certification, though, because the truck did pass completely over him.

Failure to Keep a Low Profile

(1) University of New Hampshire officials banned Bert Allen III, 44, a convicted sex offender, from campus in September for posting fliers without permission, seeking a "trophy wife." To further draw attention to himself, Allen sued for a restraining order (unsuccessfully) to allow the continued solicitation. (2) Police in Covington, Ky., arrested Gregory Griggs, 19, in October at the USA Motel, a suspected drug market.

Though several people were booked that night, Griggs was the one wearing the T-shirt that read, "It's Not Illegal Unless You Get Caught."

Recurring Themes

Many people believe Israelis have more important things to worry about these days, but the city government of Petah Tikva (a Tel Aviv suburb) became the latest municipality to implement a registry of dog DNA, to encourage owners to pick up after their pets in the city's streets and parks. Abandoned droppings will be analyzed and those dogs' owners punished.

Lawsuits From the Nether Regions

(1) In August, a woman filed a lawsuit in Orange, Texas, against the manufacturer of the Sea-Doo personal water vehicle, claiming negligent design, after she fell off the back end and directly into the powerful jet stream from the vehicle's water pump. According to the lawsuit, "The high-pressure stream ... penetrated her orifices, causing massive, mutilating injuries." (2) However, in September, a federal jury in Baltimore rejected the claim by a 64-year-old West Virginia man that a Frederick, Md., surgeon had stapled his rectum shut during an operation. The jury accepted the doctor's explanation that it was the man's longtime, heavy smoking that caused his rectum to become swollen and shut for 17 days.

A News of the Weird Classic (November 2004)

Gary Arthur Medrow, then 44, first made News of the Weird in our inaugural year, 1988, but his criminal record (mostly for impersonating police officers) goes back at least 10 years before that. Medrow's periodic compulsion is to call someone on the telephone (usually a woman), pretend to be a law enforcement investigator, ask her to lift another person in her home, carry that person into another room, and then describe the results to Medrow. News of the Weird reported Medrow's relapses in 1991, 1997 and most recently, in 2004, when he was charged in New Berlin, Wis.

Visit Chuck Shepherd daily at <http://NewsoftheWeird.blogspot.com> or www.NewsoftheWeird.com.

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

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

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

Your feet (about two percent of your body mass) support the other 98% of your body's weight. And if your feet are out of whack, you'll feel it in your back, knees, neck, and of course, your feet themselves. **GOOD FEET ARCH SUPPORTS** get your feet and your body into proper alignment and posture. It's that simple!

When you visit **The GOOD FEET STORE**, a trained representative will take a **COMPLEMENTARY** footprint to demonstrate just how our supports work. There is no obligation to buy but, chances are, we have what you need. In about half an hour you'll be walking out the door with your new arch supports on your feet and a smile on your face.

Don't be fooled. There is only one arch support store, **The GOOD FEET STORE**. Imitation is the sincerest form of flattery but, it has no place in your shoes.

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Bringing Delicious Ingenuity To Leftovers

(NAPSI)-When it comes to preparing festive meals, it almost seems customary for the host to prepare much more food than can be eaten at one meal so friends and family can savor the flavors for several days to come. Cold turkey and its fixings can be as delicious as when they are first served if you bring a spark of ingenuity to your leftover recipe ideas.



Why settle for an ordinary turkey sandwich when you can have a deluxe offering that combines tastes from all corners of the table? The Ultimate Leftover Turkey Sandwich starts with slices of turkey breast that are complemented with a scoop of bread stuffing and tangy cranberry sauce. This leftover classic is dressed up with hearty multigrain bread that's been spread with Kraft Mayo with Olive Oil, which has all the taste of regular mayo but only half the fat and calories.

Roasted sweet potatoes combine in beautiful color and texture with celery, walnuts and red onions in a Roasted Sweet Potato Salad. This seasonal twist on a classic potato salad is also brightened up with the great taste of Kraft Mayo with Olive Oil that

delightfully blends all of the recipe's flavors, while delivering only half the fat and calories of traditional mayonnaise.

For more recipes and tips on healthy living, visit www.kraftfoods.com.

The Ultimate Leftover Turkey Sandwich

Prep: 10 min.
Total: 10 min.
2 slices multigrain bread
1 Tbsp. KRAFT Mayo with Olive Oil Reduced Fat Mayonnaise
3 oz. oven-roasted turkey breast, sliced
½ cup prepared STOVE TOP Stuffing Mix for Turkey
2 Tbsp. cranberry sauce
Spread bread with Mayo; fill with remaining ingredients.
Makes 1 serving.

Serving Suggestion:
Serve with a mixed green salad tossed with your favorite KRAFT Dressing.

Creative Leftovers:
Substitute 1 leftover dinner roll, cut in half, for the 2 bread slices.
Roasted Sweet Potato Salad
Prep: 40 min. plus cooling
1 lb. sweet potatoes (about 3), peeled, cubed
½ cup KRAFT Zesty Italian Dressing, divided
3 Tbsp. KRAFT Mayo with Olive Oil

Reduced Fat Mayonnaise
2 stalks celery, chopped
½ cup PLANTERS Walnut Pieces, toasted
¼ cup chopped red onions

Heat oven to 400° F. Toss potatoes with 3 Tbsp. Italian dressing; spread into shallow foil-lined baking pan.

Bake 25 to 30 min. or until potatoes are tender, stirring after 15 min. Cool completely.

Mix Mayo and remaining Italian dressing in large bowl. Add potatoes, celery, nuts and onions; toss lightly.

Makes 6 servings, about ½ cup each.

Substitute:
Substitute green onions for the red onions.

Make Ahead:
Salad can be made ahead of time. Refrigerate until ready to serve.

breakfast. In many homes, after the gifts are opened it's time to gather around for a meal that features favorite treats.

One traditional holiday favorite is Wolferman's

English Muffins. The original recipe dates back to 1910, but these muffins now come in 13 tasty flavors that range from cranberry citrus to pumpkin spice to wild Maine blueberry.



This year the company offers an impressive array of breakfast breads and muffins at exceptionally attractive prices. One popular gift is the Wolferman's Mix and Match. Four packages of muffins in any of the 13 delectable flavors can be purchased for under \$20.

The affordable treats don't end with the signature muffin; they also include English Muffin Bread, Crumpets, Scones and Tea Breads. Gift towers and elegant baskets round out the holiday offerings starting at under \$30.

These tasty gifts are available at wolfermans.com and (800) 999-0169.

Start the day with good cheer. Gather round for a meal of tasty traditional treats.

Holiday Traditions The Family Breakfast

(NAPSI) - Traditional mouthwatering treats are a tried-and-true way to make the season even merrier. That's why one of the most delicious seasonal traditions is the holiday

FREMONT/CUSTER County Menus

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

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

- DEC. 2:** BEEF STEW, Wheat Crackers, Whole Kernel Corn, Herbed Green Beans, Diced Pears.
- DEC. 4:** TURKEY TETRAZINI, Italian Green Beans, Cottage Cheese Peach Salad, Strawberry Applesauce.
- DEC. 5:** SWISS BROCCOLI PASTA, Mixed Vegetables, Sliced Peaches, Plums, Sweet Potato Roll/marg.
- DEC. 9:** ROAST CHICKEN/MUSHROOM SAUCE, Brown Rice, Cauliflower Broccoli Mix, Apple Pear Salad.
- DEC. 11:** BEEF STROGANOFF, Cut Broccoli, Tossed Salad/French Dressing, Apricot Pineapple Compote.
- DEC. 12:** BEEF/SWEET PEPPERS, Steamed Brown Rice, Cut Broccoli, Raisin Applesauce
- DEC. 16:** PORCUPINE MEATBALLS, Whipped Potatoes/Gravy, California Vegetable Medley, Almond Peaches.
- DEC. 18:** WHITE CHILI/CHICKEN, Whole Wheat Crackers, Carrot & Celery Sticks, Cooked Cabbage with Red Pepper, Pear Halves.
- DEC. 19:** CHILI RELLENO CASSE-ROLE, Parslied Carrots, Tossed Vegetable Salad/Lemon.
- DEC. 23:** BAKED HAM/RAISIN SAUCE, Candied Sweet Potatoes, Green Bean Amandine, Cranberry Mold.
- DEC. 25:** Christmas Holiday.
- DEC. 26:** SLOPPY JOE/BUN, Scalloped Potatoes, Broccoli and Carrots, Apple.
- DEC. 30:** CHICKEN FRIED STEAK, Whipped Potatoes/gravy, California Vegetable Medley, Pineapple Tidbits.

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

- DEC. 2:** BEEF STEW, Wheat Crackers, Whole Kernel Corn, Herbed Green Beans, Diced Pears.
- DEC. 4:** ROAST CHICKEN WITH BROTH, Scalloped Potatoes, Harvard Beets, Cinnamon Apples.
- DEC. 5:** TUNANODDLE CASSEROLE, Chopped Spinach, Hard Boiled Egg, Perfection Salad, Apple.
- DEC. 9:** CHICKEN NOODLE SOUP, Wheat Crackers, Chopped Spinach/Malt Vinegar, Sliced Yellow Squash, Orange.
- DEC. 11:** PORK CHOW MEIN, Brown Rice, Cooked Cabbage with Red Pepper, Banana, Fortune Cookie.
- DEC. 12:** ITALIAN SAUSAGE/

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- MARINARA SAUCE/SPAGHETTI, Squash, Tossed Salad, Pizzelle ~ Pears.
- DEC. 16:** LENTIL BLACK BEAN SOUP, Egg salad Sandwich on Wheat Bread, Sliced Tomato on Lettuce, Banana.
- DEC. 18:** BAKED POTATO, Broccoli Cheese Sauce, Tossed Salad/Lite French Dressing, Strawberry Applesauce, Fruit Cocktail.
- DEC. 19:** SMOTHERED CHICKEN, Cornbread Stuffing, Cauliflower Broccoli Mix, Applesauce Waldorf Salad.
- DEC. 23:** CREAM OF POTATO SOUP, Tuna Salad Wrap with shredded, Lettuce/Tomato, Hard Boiled Egg, Grapefruit Half.
- DEC. 25:** Merry Christmas.
- DEC. 26:** SPINACH LASAGNA, Tossed Veggie Salad, Green Beans, Tangerine.
- DEC. 30:** SPLIT PEA SOUP, Hamburger/Bun, Catsup, Mustard & Onion, Creamy Coleslaw, Banana.

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

- DEC. 1:** BEEF STROGANOFF, Orange Spiced Carrots, Ruby Beet Salad, Mixed Fruit.
- DEC. 3:** BRATWURST/BUN/Sauerkraut, Mustard & Onion, Pickled

- Beets, Sliced Peaches.
- DEC. 5:** TACO SALAD/SALSA Tomato & Lettuce Garnish, Strawberry Applesauce, Tropical Fruit, Cornbread with Margarine.
- DEC. 8:** TURKEY POT PIE, Cut Broccoli, Tossed Salad/French drsg., Apricot Pineapple Compote, Biscuit.
- DEC. 10:** SWEET/SOUR PORK, Steamed Brown Rice, California Vegetable Medley, Diced Pears.
- DEC. 13:** MEATLOAF/Brown Gravy, Cheesy Potatoes, Green Beans, Pineapple Tidbits.
- DEC. 15:** ITALIAN SAUSAGE/MARINARA SAUCE/SPAGHETTI, Squash, Tossed Salad, Pizzelle ~ Pears
- DEC. 17:** TURKEY TETRAZINI, Italian Green Beans, Cottage Cheese, Peach Salad, Strawberry Applesauce.
- DEC. 19:** CHILI CON CARNE, Wheat Crackers, Sliced Yellow Squash, Apple Cornbread with Margarine.
- DEC. 22:** PUEBLO BEEF STEW, Tossed Salad/Lite Italian Drsg., Squash, Banana.
- DEC. 24:** SMOTHERED CHICKEN, Cornbread Stuffing, Cauliflower Broccoli Mix, Applesauce Waldorf Salad.

- DEC. 26:** Closed - No Meal.
- DEC. 29:** SLOPPY JOE/BUN, Scalloped Potatoes, Peas/Carrots, Apple
- DEC. 31:** HAM AND BEANS, Cut Broccoli, Parslied Carrots, Orange Juice, Cornbread/Marg.

PENROSE CENTER 1405 Broadway-Penrose (Tues/Thur)

- DEC. 2:** ENCHILADA PIE, Sliced Tomato on Lettuce, Sliced Yellow Squash, Mixed Fruit.
- DEC. 4:** CHICKEN & NOODLES, Green Beans, Baked Acorn Squash, Apricot Pineapple Compote.
- DEC. 9:** CHICKEN FRIED STEAK/COUNTRY GRAVY, Roasted Garlic Mashed Potatoes, Cauliflower Broccoli Mix, Apple, Drop Biscuit/Marg.
- DEC. 11:** BRATWURST/BUN/Sauerkraut, Mustard & Onion, Scalloped Potatoes, Peas/Carrots, Peach Halves.
- DEC. 16:** SPAGHETTI/MEATSAUCE, Tossed Salad/Italian Drsg., Green Beans, Orange.
- DEC. 18:** HOT TURKEY SANDWICH, Whipped Potatoes, Asparagus Amandine, Pineapple Mandarin Orange Compote.
- DEC. 23:** SCALLOPED POTATO & HAM, Chopped Spinach, Hard Boiled Egg, Perfection Salad, Apple.
- DEC. 25:** Christmas Holiday.
- DEC. 30:** MEATLOAF, Brown Gravy, Cheesy Potatoes, Green Beans, Pineapple Tidbits.

CUSTER SENIOR CTR. call 719-783-9508 for reservations before 9:30am - Mon&Thur - Noon Meal

DUE TO A COMPUTER GLITCH THE CUSTER COUNTY SENIOR CENTER MENU WILL NOT BE PRINTED THIS MONTH. PLEASE CALL 719-783-9508 FOR MEAL INFORMATION.

SENIOR BEACON IS SORRY FOR THE ERROR AND ANY INCONVENIENCE THIS MAY HAVE CAUSED YOU.

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

A Family Tradition: Ballet Theatre Presents Nutcracker, *The Ballet*

(PUEBLO) Expect an imaginative, wonderful adventure as the Sangre de Cristo Ballet Theatre, under the direction of Karen P. Schaffenburg, in Pueblo performs Nutcracker, the Ballet. The annual classic will have a five-performance run 7:30 p.m., Thurs., Dec. 4; 7:30 p.m., Fri., Dec. 5; 2 p.m. and 7:30 p.m.; Sat., Dec. 6; and 2 p.m. Sun., Dec. 7 in the Arts Center Theater. Tickets are \$8 for children and \$10 for adults.

Based on the original 1816 E. T. A. Hoffmann story, The Nutcracker and the Mouse King, S.B.T.'s version reflects the ballet as it was first performed in 1892. It is set to the famous score by P. I. Tchaikovsky. The ballet begins with a Christmas party at the Stahlbaum household, where Herr Drosselmeyer is a favorite visitor. The audience is soon swept

up in Clara's dream and taken to an enchanted world. "All who love ballet know the rest of the story," says Artistic Director Karen P. Schaffenburg. There's the epic battle between the Nutcracker and the Mouse King; the magical transformation of Clara into a grown-up ballerina and the Nutcracker into a handsome prince; and a journey through a snowy wonderland to the Land of Sweets, where a series of whimsical dances awaits them.

In this year's production, Clara will be danced by Grace Lobato, Herr Drosselmeyer will be danced by Robert J. Doyle and Snow Queen will be danced by Megan Duling. Emily Aldag and Juliana Millbern share the role of Dew Drop Fairy and the Rat Queen. Sugar Plum Fairy will be danced by Sydney Gettel and Sugar Plum Fairy Cavalier and Nut-

cracker Prince will be danced by Tye A. Love from the University of Oklahoma.

Professional dancer Jonathan Guise from Colorado Springs will make a guest appearance in S.B.T.'s Nutcracker dancing the roles of Snow King, French Horn and Trepak. Guise began dancing in Washington D.C., and later moved to Colorado Springs and began classical study with Mavis Pakenham. Guise attended Pacific Northwest Ballet, Houston Ballet and the prestigious Harid Conservatory on full scholarship. He performed with Hubbard Street Dance, The Boston Ballet, and The Eugene Ballet in Boise. He is currently a freelance dancer. The highly talented, local S.B.T. residents and students in the School of Dance classes will complete the full ensemble.

Making guest appearances in the role of Mother Ginger will be community members Beth Gladney (Thurs., Dec. 4 at 7:30 p.m.), Vera Orregon (Fri., Dec. 5 at 7:30 p.m.), Joyce Lawrence (Sat., Dec. 6 at 2:00 p.m.), Therese Simony (Sat., Dec.

6 at 7:30 p.m.) and Carrie Archuleta (Sun., Dec. 7 at 2 p.m.).

Start your holiday season at the ballet! The 2008 production is sponsored by the Chamberlain Foundation. For tickets, call 719-295-7222 or stop by the box office at the Sangre de Cristo Arts Center, 210 N. Santa Fe Ave.



This year's five performance run of the Nutcracker, the Ballet, features the talented dancers from the Sangre de Cristo Ballet Theatre as shown clockwise from back to front: Emily Aldag, Juliana Millbern, Megan Duling, Grace Lobato and Sydney Gettel.

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Destiny Acting Company Presents The Pueblo Premiere Of "The Visitor"

"THE VISITOR" COMES TO PUEBLO! DESTINY ACTING COMPANY PRESENTS the PUEBLO PREMIERE of "THE VISITOR" A holiday musical about an Angel in disguise.

Destiny Acting Company is Pueblo's newest theatrical company, and will debut their first season with an original Christmas musical, "The Visitor." Performances are December 11 (Thurs. 7:30PM), 12 (Fri 7:30 PM), 13 (Sat 2PM Matinee and 7:30PM), 14 (Sun 6PM) and 18 (Thurs. 7:30PM), 19 (Fri 7:30 PM), 20 (Sat 2PM Matinee and 7:30PM), and 21 (Sun 6PM).

The story is set at Christmas time with a broken family visited by an angel in disguise. The original music reminiscent of Rodgers and Hammerstein, the warmth of the story and the double surprise ending has delighted audiences for season after season of sellout crowds.

Starring as Luke the angel is Ben Loper, local singer/songwriter, with film director Stephanie Peterson as the teenager smitten with the angel in disguise. Jacob ben Deen, the alcoholic father, will be played by Rich Peterson with Terry

Bremer as his wife Hanna and 10 year old Michael Oblander as their son. Rich Peterson, a former resident of Denver and a newcomer to Pueblo, wrote the story. Choreography is by CSU student and founder of her own dance company and school, Megan Bailey.

With a cast of over 40, a huge set and special effects, the play is a visual treat. The first scene is Heaven, where Luke is given instructions for his journey to earth like "It's a Wonderful Life." We then follow his adventures to a little family with a young hearing impaired son, who strikes up a friendship with the angel. Full of emotion, comedy and romance, memorable songs and creative dancing, every family member in Pueblo will enjoy this upbeat story.

Free tickets are required for early admission 1 hour before each performance. Empty seats will be released 15 minutes prior to curtain. Free tickets are available at 719-564-3310. All performances will be held at Pueblo Christian Center, 1605 S. Pueblo Blvd, Pueblo, Co. 81005, Tickets available at Pueblo Christian Center and The Greatest Gift Bookstore. (www.pccoffice@pccag.org)



"Dummies" Book Helps Understand Medicare Prescription Drug Coverage

(NAPSI)-There's good news for anyone confused by Medicare's new drug coverage. A new book from the trusty yellow and black series of books can help you cut through the complexities of Medicare Part D and avoid dangers and scams.

"Medicare Prescription Drug Coverage For Dummies" (Wiley, \$19.99) explains Part D--insurance for outpatient prescription drugs--in plain English and helps you determine if you really need coverage.

The book helps you find out whether Part D affects any drug coverage you already have and how to weigh the consequences of going without coverage.

It shows you how to minimize expenses, use the "right" pharmacies and troubleshoot any problems with your coverage.

Remember, the costs and benefits of plans change each year. In order to find the best deal, Medicare beneficiaries already in the Part D program must compare plans all over again during open enrollment. This guide makes the process easy, with step-by-step guidance and clear instructions for joining and switching plans.

The Part D program can be confusing for almost anyone--the book is also useful for those new to Medicare and adult children who may be helping them. Available wherever books are sold and online at www.dummies.com.

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Reeling

"Holiday Movie Treats"

by Film Critic Betty Jo Tucker, Pueblo

HOLIDAY MOVIE TREATS

Merely thinking about certain movies can boost my holiday spirit. No, I don't mean "It's a Wonderful Life." I know I'm being sacrilegious, but that's not one of my favorites. I'm talking about movies like the original "Miracle on 34th Street" with Natalie Wood and Edmund Gwenn. Or "Meet Me in St. Louis" with Judy Garland. Or "A Christmas Story" with Darren McGavin. Or "The Muppet Christmas Carol" with Kermit, Miss Piggy and Michael Caine. Those are the old traditional ones. But get I the same feeling when recalling some off-beat flicks like "Scrooged," "Trapped in Paradise" and "Stuart Saves His Family" as well as a few more recent movies like "The Grinch," "Elf," and "The Polar Express."

What do these films have in common? Most of them deliver stories filled with humor and messages of hope — all wrapped up in an entertaining cinematic package. "Miracle on 34th Street," "Elf," and "The Polar Express" tell us we shouldn't stop believing in the spirit of Christmas, no matter how old we are. "Meet Me in St. Louis" and "A Christmas Story" celebrate the importance of love, family and friends during the holidays, while "Stuart Saves His Family" emphasizes why someone from a dysfunctional family is also "good enough and smart enough" to deserve a Merry Christmas. "Trapped in Paradise" highlights the way kindness can change even the most highly motivated robbers (Nicolas Cage, Dana Carvey and Jon Lovitz); "The Grinch" illustrates the power of a

child's innate goodness to bring about redemption; "Scrooged" depicts a modern-day Scrooge's (Bill Murray) change of heart; and "The Muppet Christmas Carol" gives that classic Dickens tale an amusing Muppet spin — with expert help from Michael Caine as Scrooge.

Wonderful scenes from many of these films pop into my mind during the holiday season: Ralphie (Peter Billingsley) daydreaming about how impressed the teacher will be with his essay describing what he wants for Christmas ("A Christmas Story"); Stuart Smalley (Al Franken) telling his good friend he'll be her father when she needs one, and she can be his mother when he needs one ("Stuart Saves His Family"); Judy Garland warbling "Have Yourself a Merry Little Christmas" ("Meet Me in St. Louis"); Will Ferrell and Zoey Deschanel singing "Baby, It's Cold Outside" ("Elf"); Jim Carrey, as "The Grinch," trying to turn his dog Max into Rudolph the Rednosed Reindeer; and most touching of all — Robin the Frog, as Tiny Tim in "The Muppet Christmas Carol," shouting "God bless us, everyone!"



Fortunately, most of these films are now available on DVD and can be enjoyed over and over again.

What new movie treats await us this December? On the big screen, three films stand out as the most promising. Although not focusing on a particular holiday, each movie deals with humanistic issues. A remake of "The Day the Earth Stood Still" arrives on December 12 and stars Keanu Reeves as a misunderstood alien who brings a message of peace to warlike factions on earth. December 19th offers us Will Smith in "Seven Pounds," an emotional drama about a guilt-ridden man who sets out to help seven strangers. And on December 25th, the comedy "Marly & Me" should entertain youngsters and adults alike with its tale concerning how a family learns important life lessons from an unruly canine. My pick for DVD of the month is "Mamma Mia!" which will be released on December 16. Filled with great ABBA songs, exuberant dance numbers, gorgeous scenery and another unforgettable performance by Meryl Streep, the movie version of this Broadway musical is a joyous celebration of love and friendship. It's one of the best films of the year.

In addition to echoing Tiny Tim's traditional blessing, here's wishing movie fans everywhere a Very Happy Holiday Season.

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

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