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Coming Up
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 May: - SoCo Senior Life/Health Festival
 Older Americans Month - Mother's Day!!!

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Senior Beacon

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

April, 2007 Vol. 25: No. 10 Established Aug., 1982 298 Consecutive Months!

Ever See A Unicorn? How About An Albino Moose?

Once in awhile there is an opportunity to take in a piece of nature



that you may never see.

The photographer of the following photos (unknown) was one lucky person.

In these days of unrest and turmoil it is great to see that Mother Nature can still produce some wondrous beauty.

The odds of seeing an albino moose are astronomical and to see this in the upper peninsula of Michigan is even greater than astronomical. To see two of them together is nearly impossible.

We wanted to share these photos with as many people as possible because you will probably never have a chance to see this rare sight again.

This is a really special treat, so enjoy the shot of a life time.

These animals were photographed just north of the Wisconsin border on a highway near Marenisco, MI .



Ever see an albino moose? You have now.

Thanks and a tip of the cap to Wendie Stauffer of Golden Flower who sent this information and pictures to us at news@seniorbeacon.info

Do You Have A Green Thumb?

The Pueblo Zoo not only has animals, they also have beautiful landscaping. If you are 18 years of age or older and would like to volunteer at the Pueblo Zoo to assist in maintaining the landscaping throughout the spring, summer and fall months, please call Marti at 561-1452, Ext. 103.

Contact: Sunny Davis @ 561-1452 x106

Oral Health

by Ned High

Doctors used to think that dry mouth was a normal part of aging. They now know that's not true. People of all ages get it. However, because of reasons listed below, seniors may be more prone to dry mouth than others.

People get dry mouth when the glands in the mouth that make saliva are not working properly. Because of this, there might not be enough saliva to keep your mouth wet.

Saliva does more than keep the mouth wet. It helps digest food. It protects teeth from decay. It prevents infection by controlling bacteria and fungi in the mouth. And, it makes it possible for you to chew and swallow.

The causes of dry mouth are many. Many medicines (more than 400) lead to dry mouth, particularly those that treat high blood pressure and depression. Some diseases, such as diabetes and Parkinson's disease can cause dry mouth. The salivary glands can be damaged if they are exposed to radiation during cancer treatment. Drugs used to treat cancer can make saliva thicker, causing the mouth to feel dry. Injury to the head or neck can damage the nerves that tell salivary glands to make saliva.

Dry mouth treatment will depend on what is causing the problem. If you have dry mouth symptoms, you should see your dentist or physician.

If your dry mouth is caused by medicine, a change of prescription or an adjustment of dosage may be recommended. If your saliva glands are not working properly, your dentist or physician may give you a medicine that helps the glands work better. Or, artificial saliva may be recommended to keep your mouth wet.

There are a few things you can do on your own. Sip water or sugarless drinks often. Avoid caffeine, it dries your mouth. Sip water or sugarless drink during meals. Chew sugarless gum or suck on sugarless hard candy to stimulate saliva flow. Don't use tobacco or alcohol, both dry out your mouth.

If you have dry mouth, you need to be careful to keep your teeth healthy.

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.

Colorado State Fair Grounds Events Center presents

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 1-1:30 Generation Journey
 2:00 Ice Cream & Cake Social **FREE**
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 2:30-2:45 Grandparent of the Year
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Just One Guy's Opinion

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



Ever Heard The Word Pluripotent?

What if I were to tell you that science is coming up with ways to find even better cells than embryonic stem cells to perhaps some day come up with cures for what ails us? Do you think the controversial use of embryonic stem cells that snuffs out the lives of newly forming human beings would cease? I would.

Well, ladies and gents, I have a new term for you: pluripotent. According to stem cell research advocates, the reason why embryonic stem cells are better than adult stem cells is because the former are pluripotent: They can become any number of other types of cells. That's why the majority in Congress is making a push to establish new laws and abolish GWB's decree of no government funding

ERRATA: Apologies once again to Rocky Mountain Eye Center (RMEC) and especially to Sid Smith. For some reason we are having a mental block when it comes to giving the proper credit for the fine articles RMEC sends *Senior Beacon*. The author of the Age Related Macular Degeneration article was Dr. Donald Schlomer. Please accept our apologies, sirs.



Dr. Donald A. Schlomer

for new stem cell research. He doesn't want to kill babies which is a moral thing to do. Shame on the majority in Congress pandering to its base with the lives of the most innocent hanging in the balance. But, everyone, God Is Great! To wit:

A new study has found that stem cells taken from amniotic fluid (fluid in the womb of a gestating baby) are pluripotent and perhaps more stable than any other stem cells. I hope you will pass this information along to long-suffering ideologues and just plain folk who'd like their diseases or the diseases of loved ones wiped out. It looks like we no longer have the need to use (destroy) embryonic stem cells after all.

New Congressional Majority

By a resounding 218-212 the new Nancy Pelosi-led House of Representatives voted to fund our troops who are in harm's way only if they come home by next September (2008). Oh yeah, they also voted for an extra couple bucks (\$24 billion is it?) for pork projects including help for our neighbors on the eastern plains who were hit hard by the "global-warming" induced and nasty winter storms throughout this past winter. Shame on those 218 members! They know that GWB won't sign this legislation. They probably even know that by putting this legislation forth our soldiers will be forced to fight a war with one arm tied behind their back. If you count the fact that these same types of people (the 218), also do everything under the sun to hold back this VOLUNTEER military through battlefield guidebooks and lawyers, they will all be fighting with one-half an arm. It's foolishness.

Some day these horrid decisions will be made and no one will be there to veto same. You know, I understand ideology in theory but the consequences of what the 218 are doing bodes very illy. Tread lightly!

Let's Talk Turkey

The attack on 9/11 was real. "As serious as a heart attack" as they say. No matter how you slice it. No matter how hysterical and partisan you get, it is a fact. It is also a fact that we haven't been attacked since. That's not to say it hasn't been tried on numerous occasions. There is plenty of documentation to support that fact and no amount of hand-wring and "sky-is-falling" delusion changes that fact. Thank you, Mr. President for that and keeping the economy humming and not making us change our lifestyles too drastically while fighting the nasties.

So let's say the new Congressional majority, the media, et al get their way and we bug out of Iraq yesterday. What happens then?

The media will finally come out of their "green zone" nests and film the chaos that will ensue. Snipers will be sniping, bombers will be bombing and final-
SEE "OPINION" PAGE 5.

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 \$15.00 for one 12-month period. Send your order to the mailing list below.

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ON THE RIGHT: "RALLYING THE PROTESTORS"

by William F. Buckley



The most touching declamation of the past period was by Iraq's prime minister. Nouri al-Maliki turned to his fellow Middle Eastern leaders gathered in Baghdad and said: "Confrontation of terrorism, dear brothers, requires ceasing any form of financial and media support and religious cover, as well as logistical support and provision of arms and men that would turn out to be explosive tools killing our children, women and elders and bombing our mosques and churches."

It is the crowning paradox in the war of the insurgents that there is so little criticism of their activity by the people they kill, or try to kill.

It's hard to come up with comparisons, but we can turn to lynchings in the South in the post-Civil War years. The Tuskegee Institute records that in the 70 years after 1882, 3,400 blacks were lynched. The figure is horrifying. But even so, it reduces to approximately 50 slaughters per year. Fifty killings in Iraq would be the work not of one year but of one week, or one weekend. How is it that slaughter on such a scale isn't more

pointedly resented by the victims and their families and their tribes?

Everyone who met in Baghdad, representing 13 nations -- besides Middle Eastern countries, the United States, Britain, France, Russia and China sent delegations -- joined in deploring the bloodshed, but reactions to the insurgents' ravages are on the order of reactions to occasional electrical failures in America. One deplores these, and waits a bit, and the electricity comes back on, and we dismiss the episodes as simply attritions of modern life.

So calloused are the people of Iraq that they were able to laugh off an incident during the two-day meeting. Two mortar shells landed nearby while the conversations deploring random violence were going on. As The New York Times reported, one participant "told reporters after the conference that the shells landed while he was speaking, shortly before lunch. 'We assured them this was normal,' Mr. Zebari (Iraq's foreign minister) said with a smile. 'I thought, "This is bad targeting." I was surprised there weren't more.'"

This is a musical-comedy

approach to people being killed by zealots who are receiving their afflatus from Allah (reportedly) and their arms (mostly) from Iran. It goes on month after month after month: men and women dying for peace and trying to make peace, but confounded by the bloody determination of the insurgents. If, finally, the whole of the United States could be inflamed by a rate of 50 lynchings per year, one would hope that an area of 27 million people would be inflamed by 50,000 deaths per year. But how are they to express themselves?

The United States has, at least, complained of the participation of Iran in the terror. We know that it is relatively easy to manufacture improvised weapons to festoon along highways and byways. But the explosives being used are increasingly sophisticated and can't be attributed to volunteer young terrorists out for an afternoon's play.

The very first and most important step that needs taking is a denunciation of the tactic by Islamic leaders. Many, in the past six years, have issued routine pronouncements against terrorist bombings. But we have yet to

hear the kind of denunciations one finally got from the Christian community over the genocide of Adolf Hitler.

There was at least the excuse, back then, that we could not yet document the long, hideous reach of the Gestapo. But all the data needed are here already, about the success of the insurgents and the corresponding inertia of the faithful of Iraq, an inertia that issues from a combination of fatalism and fear. The Iraqi who protests and documents an act of the insurgents runs the risk of being the insurgency's next victim.

Here is an important objective of the organs of moral concern. They can't be successful without the cooperation of the Sunni and Shiite leaders, who bear an enormous responsibility to protest what sometimes seems almost a matter of indifference to them.

The Writer's Art

Tossing A Snowball Or Two

by James J. Kilpatrick

Memory fails. A long time ago a popular comic strip thrived upon one gag, endlessly repeated: Two mischievous little boys throw snowballs at a pompous old fellow in a high silk hat. Was this impudence in Jiggs & Maggie? The Katzenjammer Kids?

No matter. In that splendidly iconoclastic spirit, we turn to USA Today, the most widely circulated newspaper in the world. It boasts some excellent reporters, e.g., Joan Biskupic at the Supreme Court, but it often is abominably edited. Let us toss a snowball or two.

A regular feature at USA Today is the Daily Snapshot. One day the poll addressed this question: "What does your boss think about *you* spending time on line for personal use?" That familiar construction is a gerund, a verbal form ending in "ing" that is dragooned into duty as a noun. It demanded a pos-

sessive pronoun, "your spending time." Once they are housebroken, gerunds make lovable pets. We should treat them with care.

On a spring day two years ago, USA Today asked another rhetorical question: Can Bush salvage his second term? The copy editor explained: "The congressional elections that bisect a president's last term *has* been a grim marker, a place where many a presidency *have* gone to die." A familiar rule of English grammar decrees that subject and predicate should agree in number, but in editing this caption, the editors appear to have broken the solid old rule into itsy-bitsy pieces.

A year ago the newspaper's film critic reviewed the blockbusting "X-Men: The Last Stand." He looked prophetically to the future: The film, he said, "concludes with two scenes that leaves the door open for another installment." Come now! "Scenes that

leaves"? A copy editor blinked.

Another of USA Today's editors was out to lunch when a story about diabetes came to his desk. The date eludes me. The story began: "About one in every 523 young people have been diagnosed with diabetes ..." What's the subject of that lead sentence? "One" or "people"? The verb has to be, "has been diagnosed."

Last September the newspaper's movie critic had kind words for Danielle Panabaker in the role of a teenage daughter. "This child is wise beyond her years, and only the grace and charm of Panabaker's performance saves her." What's the subject of the verb "saves"? It appears to be the plural "grace and charm." If so, it surely deserved a plural verb.

Why throw snowballs only at USA Today? In The New York Times last July, columnist Bob Herbert dis-coursed on the problems of Israel. He

wrote: "As a true friend of Israel, the task of the United States is to work as strenuously as possible to find real solutions to Israel's security." Admirable! But who is this true friend of Israel? It clearly is not "the task of the United States."

The Times truly is a great newspaper -- its daily report ranks in overall excellence with the chronicles of Homer -- but as Quintus Horatius Flaccus aptly said, *Quandoque bonus dormitat Homerus*. Sometimes even good old Homer nods. In drafting a four-column head six weeks ago, some copy editor drowsed: "Six Days of Snow Buries Area Near Lake Ontario." Subject and predicate must agree in number! Horace wrote that maxim too.

Newspapers such as the Times and USA Today publish millions of words every day. The wonderful thing is that they make so few errors in spelling and syntax -- but it's always fun to twist the tails of the biggest lions in the journalistic jungle.

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



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news of the weird

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LEAD STORY

Democracy in Finland: The Intopii computer firm of Helsinki announced in February that it has installed software to assist voters, who, studies suggest, tend to select candidates who look like themselves. When a voter uploads his or her photo, the Web site will use facial-recognition software to find those among the 800 candidates in March parliamentary elections who most resemble that voter, to ease the difficult burden of citizenship in a democracy. And in March, incumbent parliamentary candidate Jyrki Kasvi launched the new version of his campaign Web site, written entirely in the Star-Trek language Klingon.

Can't Possibly Be True

-- People Confused by "Mother": The head teacher of Johnstown Primary School in Carmarthen, Wales, ordered in February that there be no Mother's Day cards in school this year because it might be upsetting to students without a mother. Also in February, a government-funded advisory report to Britain's National Health Service recommended that medical staffs not use the terms

"mum" and "dad" (and use "guardians" or "carers"), especially since the terms might be confusing or alienating to children of gay couples.

-- In February, the grand mufti of Egypt, Aly Gomaa, told a TV talk show audience in Cairo that he endorsed a recent fatwa by noted scholar Soad Saleh that it is religiously acceptable for women to undergo surgical hymen restoration. Perhaps even more controversial, according to Cairo's Daily Star Egypt newspaper, was Gomaa's corollary, that any Muslim man who insisted on his prospective wife's virginity should be prepared to prove his own.

-- The local government's tourist information center in Swindon, England, told author Mark Sutton that his World War I-themed book, "Tell Them of Us," could not be sold in its bookstore unless Sutton demonstrated that he had liability insurance, not for potentially libelous passages but in case readers, for example, suffered paper cuts turning the pages. Said Swindon Borough Council spokesman Richard Freeman, "We have to cover every eventuality."

-- At least a few parents with pronounced genetic abnormalities (e.g., deaf people, dwarfs) have in recent years sought specialized in-vitro fertilization that would improve their chances for a child with the same abnormalities, according to a December Associated Press report (citing a September survey by a Johns Hopkins University research facility). One adult female dwarf told the AP reporter defiantly, "You cannot tell me that I cannot have a child who's going to look like me." Slate.com, extrapolating from the survey, posited that at least eight fertility clinics have provided the service, though many other clinics say they would decline.

Inexplicable

In February, the government of southwestern China's Fumin county decided to improve the feng shui (the harmony of the physical environment) for villagers next to mined-out Laoshou mountain, not by planting trees but by spray-painting the mountainside green. An employee at the county "forestry" department declined to comment to an Associated Press reporter.

Unclear on the Concept

-- Steven McCuller, 20, was arrested twice in a two-week period for burglary in Pascagoula, Miss., but it was the earlier January arrest that was the more controversial. George Stevenson, 33, a security guard on duty at the Eastwood Townhomes complex, saw McCuller on the grounds late at night and chased him until the pursuit took both men to the nearby Arlington Elementary School, where Stevenson apprehended McCuller and waited for police to arrive. McCuller was charged in that matter, but Stevenson, also, was arrested and charged both with trespassing at a school and carrying a weapon (his service gun) on school grounds (even though, obviously, no students were present).

News That Sounds Like a Joke

For a story, a KGTV reporter in San Diego called several telephone numbers advertised in local media offering to supply trendy, "boutique" puppies (e.g., Maltese, Bichon Frise) at cut-rate prices, and among the numbers was a seller in Nigeria, who said he was practically giving away the Bichons for just the cost of shipping (\$1,000 to \$2,000). The reporter, who was recording the call, asked to hear the dog actually barking before he sent any money, and the seller complied. When the reporter played back the barking for acoustics engineers, they all agreed: The Bichon's woof-woof perfectly matched the characteristics of the Nigerian seller's voice.

People With Issues

Everyone Has a Dark Side: (1) Ms. Georgie Audean Buoy, 82, pleaded guilty in February in The Dalles, Ore., to having sex with an 11-year-old boy in her foster care. "(T)his is not the Audean we have known for the last couple of decades," said her pastor at the Covenant Christian Community Church. (2) Denver's City Attorney (and a former state court judge) Larry Manzanares was placed on leave in February after a search found one of the state's stolen laptop computers in his home. Manzanares told KMGH-TV that he had bought it but had no receipt. Said he, "It was rather foolish of me to even think about buying a computer from a fellow in a parking lot." (Manzanares has resigned, and a special prosecutor is now investigating.)

Least Competent People

A 15-year-old boy in Hamilton, Ontario, was finally rescued after dangling from a rope, nearly naked, upside down, in the minus-5-degree (F) cold, after a February attempt to spray graffiti on a new bridge went bad. He got his inspiration while tobogganing alone, at about 8 p.m., and left his gloves and cell phone in the sled as he rappelled over the side of the bridge, but when the rope slipped and entangled him, he found himself upside down and then lost some clothes as he tried to wriggle free. At about 10 p.m., when a party was breaking up at a nearby

home, someone finally heard his screams for help.

Recurring Themes

News of the Weird has mentioned instances in which serious assaults have necessitated medical tests for the victim and have fortuitously revealed latent problems that were even more serious than whatever the assault produced. (Some of the latent problems might well have proved fatal had they not been discovered.) In February, a recreational hockey player in Meadow Lake, Saskatchewan, viciously cross-checked referee Dale Neudorf, sending him to the hospital, where doctors just happened to discover a brain tumor, which was still being assessed at press time. And in October, a New York City mugger nearly choked Jennifer Chow to death, sending her to the hospital, where she was diagnosed with a latent thyroid cancer. (In March, she reported being cancer-free.)

Thinning the Herd

(1) A 50-year-old man fell through the ice at Donner Lake near Truckee, Calif., in February and drowned. Police said he was ice-skating about 100 yards off shore while wearing 2-foot-tall stilts (thus, the stilts were wearing the skates), and couldn't recover after falling through.

Cons Getting Perks

The West Tennessee Detention Facility (Mason, Tenn.) made a video pitch for California inmates, hoping some would volunteer to be outsourced under that state's program to relieve overcrowding. The hard-timers should come east, the video urged, because of West Tennessee's "larger and cleaner jail cells, 79 TV channels, including ESPN, views of peaceful cow pastures, and ... the 'Dorm of the Week,' (with its inmates) staying up all night, watching a movie and eating cheeseburgers or pizza," according to a March description in Nashville's Tennessean. "You're not a number here," said one inmate. "You come here, it's personalized." (California's outsourcing program is facing a lawsuit from the prison guards' union, anxious about job loss.)

The Continuing Crisis

-- Retired German farmer Karl Szmolinsky told reporters in January that he had agreed to visit North Korea in April to give tips on how he managed to breed huge rabbits (around 20 to 25 pounds), which he believes the Koreans view as one answer to their hunger crisis. He has already sent a sampler of 12 monster rabbits, which should produce 60 offspring a year, with one providing "a filling meal for eight people," he told Der Spiegel.

-- Walter C. Stevens, 81, thought he had buried his allegedly disreputable past, but an underground water problem at his former residence in Sierra Vista, Ariz., brought it back. When an area in the yard flooded, a plastic bag emerged, containing videotapes that the FBI now says Stevens had made in the 1970s and 1980s of himself having sex with underage girls in Japan, South Korea and Thailand.

News That Sounds Like a Joke

-- Alabama state officials announced in February that they had identified more than \$438,000 in abuses

SEE 'MORE WEIRD' PAGE 5.



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OPINION: Are We Really Facing Armageddon?

from page 2.

ly the last plane will zoom off to Nirvana signaling the end of this "unnecessary and immoral war." Also, our media will go to other "idyllic" places and film the crazies dancing in the street at their victory. They will record the burning of the flag and GWB in effigy. They will have interviews with various nasties on the "Arab street." They will be doing their jobs scaring us only this time it's for real. It's no game. Armageddon is approaching full steam! Of course, before any of this happens, and since our leaving won't be done in a vacuum, economies will have to adjust to the coming sea change in the world.

Wall Street will get jittery and because of this the rest of the world's markets will begin faltering. Oil Futures will most likely skyrocket because of the uncertainty of the newest world order. If we survive this reordering, we then will have to confront the fact that Iran will overrun Iraq pushing oil prices even higher which will make the costs of everything skyrocket. A general chaos will overwhelm the markets and sell-offs will be plentiful. All those great retirement plans that are tied to the market will begin to plummet. Gasoline, in the short run, will probably triple or quadruple and inflation will shoot upward with Interest rates not too far behind.

The best part is no one will care about algore and his "global warming" hysteria and carbon off-set scams because we will all be busy trying to figure out how to keep warm and put food on the table. No one will care about the idiocy of our Hollywood elite. Job losses will be plentiful and it will all be GWB's fault like everything else is. Ha! You know better because it was the new Congressional majority who pushed forth this legislation as I've just explained.

And all this is before and during our withdrawal. After we are out, 100s of thousands of innocents will be slaughtered in the Middle East. It will explode as Sunnis battle Shiites for the right to control all that dessert, all that oil and the right to force every man-jack person to worship they way the victor's dictate. Don't forget about the free reign all those nasties will have to make plans and target the West's interests around the world. Can you say Depression you foolish new Congressional majority. Do you not think there won't be any consequences for your foolish power grab? Is this really what you voted for America? This new majority in Congress that is so tied to power they don't care what's right for America?

I know everyone's against you Mr. President and the easy way would be to let them have their way but I implore you to "Hold firm, Mr. President, Hold Firm." There seems to be more danger at home than there is anywhere else in the world at this breaking point of world history. You, Mr. President, are all that's left to hold this world together. You, Mr. President, can save us from ourselves. You, Mr. President, can change the course of the world from total world chaos and a quick trip to Oblivion. There is no one in either party who understand this. May the Almighty be with you for your decisions are never more crucial than now.

And to my faithful readers. Sit down and digest these words. This is not some alarmist, pie-in-the-sky rhetoric meant to scare you into doing things my way or thinking in my terms. Draw your own conclusions. We have been warned many times about the consequences of our actions. We are at a "tipping point" and if we

run from this. If we lose this battle. The power that the newly formed majority of Congress has won't mean a hill of sand. The day of reckoning will be upon the world if we don't stand up to this menace. We must face this head on, not with our backside. I understand we are all in our so-called "golden years," and dire consequences for us will be met with, "well, we lived a good life." But, the consequences for the coming generations will be a pity, especially since these dire consequences are not necessary. Instead of cursing the President and shredding him apart, we should prayer for him to stand firm. I am convinced we are at a cross-roads. I may be myopic in this conclusion but I can see no other scenario unfolding. I'm sorry for my bluntness. But this is no longer a game of "gotcha." It is deadly serious.

Question: Why is it that no information about strides made in Iraq, etc. like a recent carnival in Baghdad or how the oil industry is doing there never reach the mainstream media? It's a dangerous game they play.
Godspeed!

MORE WEIRD NEWS

from page 4.

of the financial aid program at Bishop State Community College in Mobile, including \$87,000 in athletic scholarships awarded to 42 relatives of employees (and others) who played no sports. Included was one employee's 67-year-old disabled grandmother, who received scholarships in three sports (but was unable to use them, in that she passed away shortly after the paperwork came through).

-- According to a Beijing Youth Daily report distributed by Reuters news service in February, an unidentified Chinese businessman posted an online job offer for a "substitute" mistress. That is, in order to save his marriage, he had agreed to allow his wife to beat up his mistress and thus needed a stand-in to absorb the whipping, to spare the real mistress. He offered the equivalent of about \$400 per 10 minutes of pain.

Least Competent Criminals

Crooks Who Need More Time in the Gym: (1) A 60-year-old woman turned on a 19-year-old man who had tried to hijack her car in Frisco, Texas, in February, and shot him with his own gun. (2) A petite clerk in her 20s followed on foot the man who snatched her store's cash drawer in Hamilton, Ontario, in February, confronted him and snatched it back. (The man made another try for the cash drawer, but in a tug-of-war, the clerk again prevailed.) (3) Four American senior citizens on a cruise, on a stopover in Limon, Costa Rica, fought off a band of young muggers in February, and in fact one senior (age 70) killed one of the thugs (age 20) with his bare hands, according to an Associated Press report.

No Longer Weird

Adding to the list of stories that were formerly weird but which now occur with such frequency that they must be retired from circulation: (79) The punk who tries to outrun police, only to be caught because his baggy jeans slip down and trip him, as happened to Chad Mercer, 20, in Wilmington, Del., in February, as he fled from a traffic violation and a gun-possession charge. (80) Criminal entrepreneurs who cleverly brag about their enterprises on Web sites such as MySpace.com, like Bennie Rangel, 26, of Georgetown, Texas, who posted details of his cocaine business, along with a photo of himself fondling money (which led to a March sentencing of 70 years in prison).

Undignified Deaths

(1) In Pittsburgh in February, Antwon Williams, 45, who police said was in the act of consummating a drug sale, reached into a customer's car to prevent him from driving away without paying but got stuck in the window, and as the customer sped down the street, Williams' body was severed cleanly in two by a utility pole. (2) The South Carolina Public Safety Department reported in January that 122 pedestrians were killed on the state's roads in 2006, but "almost one-third," according to an Associated Press analysis, weren't actually "pedestrians," but people "lying illegally in (the) road."

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

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- Most Little Caesar's Pizza locations • Capt. D's • Golden Corral
- Pueblo Mall (W. entrance) • Canon City - Walden Books • Big D Superfoods-Florence • Pueblo Memorial Airport • Country Kitchen
- Southwest Grill • Parkview Medical Center • St. Mary-Corwin Medical Center • St. Thomas More Medical Center • Penrose Senior Center • Golden Age Center - Canon City • Florence Senior Center
- Southern Colorado Clinic • St. Mary-Corwin Medical Building
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Food A-Z: Strawberries/Eggs For Breakfast!

by Annette Gooch

When the season's first flush of strawberries hits the market, it's impossible to have them too often, so why relegate them to dessert or snacks? As the crown jewels atop a French omelet folded around sweetened cream cheese, these gorgeous ruby gems help create a breakfast or brunch dish fit for royals.

The most efficient way to prepare omelets, whether plain or filled, for three or more people is to prepare individual omelets rather than a single large one, which can be challenging to cut into portions and serve neatly. With the serving plates warmed, the strawberries hulled and sliced, the filling prepared, and the eggs and seasonings ready in a large bowl, it's a simple matter to cook, fill and plate several omelets in minutes. If you have two omelet pans and can keep your eye on two burners at once (or if you have a helper), breakfast can be ready even sooner.

SUCCESS TIPS:

-- When shopping for strawberries, look for well-shaped fruit that is fully red from stem to shoulder. If

the berries are sold in baskets or cartons, rather than loose, inspect the bottom and sides of each container for moldy, damaged or over- or under-ripe fruit.

-- If possible, use the strawberries the same day they are purchased. Shortly before using them, wash them quickly but gently, and spread them out to dry on a tray, baking pan or wire rack sheet lined with paper towels or a dish towel. Hull the berries after washing them, not before. If the berries will not be used for an hour or two, arrange them in a single layer on a paper-towel-lined tray and invert a baking pan or tray over them, taking care to avoid crushing the berries.

-- If strawberries must be held for a day or more, remove them from the basket or carton, arrange them, unwashed and unhulled, on a tray in a single layer, cover them with plastic film and refrigerate them.

Filled with soft cream cheese and topped with fresh strawberries, this omelet may put you in mind of a blintz (a type of filled crepe), but it's far less trouble to prepare. Remember that omelets cook very quickly -- in under a minute -

so before you fire up the omelet pan, be sure the serving plates are prewarmed and standing by to receive the finished omelets.

STRAWBERRY-CREAM CHEESE OMELETS

- 1 pint basket (about 2 cups) strawberries, washed and dried
- 1 to 2 tablespoons sugar
- 1 or 2 drops of vanilla extract
- 1 small package (3 ounces) cream cheese, softened
- 1 tablespoon milk
- Pinch ground nutmeg
- 9 eggs
- 3 tablespoons water
- 1/2 teaspoon salt
- 4 tablespoons butter
- 2 tablespoons light brown sugar
- 4 tablespoons toasted sliced almonds

1. Hull strawberries, reserving a few of the best-looking berries for garnishing. Slice hulled berries in halves. Place in a bowl, sprinkle with sugar to taste, depending on the natural sweetness of the berries, and carefully add one or two drops vanilla. Gently toss berries; set aside.



Fresh strawberries, eggs and a cream cheese filling are the makings for an imaginative omelet. photo: Lifestyle Media Group

2. To prepare filling, in a small bowl beat cream cheese with milk and nutmeg until fluffy; set aside.

3. In large bowl or over-sized measuring cup, beat eggs with water and salt until well-blended (about 30 seconds); set aside.

4. To prepare first omelet, in a hot 6- to 8-inch omelet pan over medium-high heat, heat a tablespoon of the butter until it begins to foam. Pour in one-fourth

SEE 'STRAWBERRIES' PAGE 9.

FREMONT/CUSTER County Menus

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 Call 719-783-9508 for reservations before 9:30am Mon, Tues & Thurs-Noon Meal

APRIL 2: CREAM OF BROCCOLI SOUP, Roast Turkey with Gravy, Cinnamon Applesauce, Carrot Raisin Salad, Dinner Roll.

APRIL 3: AMERICAN LASAGNA, Herbed Green Beans, Cabbage, Banana, Italian Bread.

APRIL 5: OVEN FRIED CHICKEN, Spinach Mandarin Orange Salad, Potato Salad, Peach, Cornbread.

APRIL 9: BEEF STEW, Wheat Crackers, Whole Kernel Corn, Herbed Green Beans, Diced Pears.

APRIL 10: FRENCH DIP SANDWICH/ Au Jus, Oven Browned Potatoes, Mixed Vegetables, Strawberry Applesauce.

APRIL 12: ITALIAN SAUSAGE/Marinara Sauce & Spaghetti, Baked Acorn Squash, Tossed Salad, Cookies, Fruit Cocktail

APRIL 16: CHILI CON CARNE, Wheat Crackers, Sliced Yellow Squash, Apple, Cornbread.

APRIL 17: TURKEY SALAD With Lettuce & Sliced Tomato, Steamed Brown Rice, California Vegetable Medley, Raisin Applesauce.

APRIL 19: BRATWURST ON A BUN, Sauerkraut, Mustard, & Onion, Pickled Beets, Sliced Peaches.

APRIL 23: VEGETABLE SOUP, Wheat Crackers, Tuna Salad on Lettuce & Tomato, Baked Acorn Squash, Almond Peaches and Fresh Pear.

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

APRIL 26: TAHITIAN CHICKEN, Steamed Brown Rice, Green Beans Amandine, Fruit Salad.

APRIL 30: BEEF BARLEY SOUP, Wheat Crackers, Sesame Broccoli, Apricot Pineapple Compote, Apple.

FLORENCE CENTER
 100 Railroad St. - Florence Tue/Th/Fri

APRIL 3: PORCUPINE MEATBALLS, Whipped Potatoes with Gravy, California Vegetable Medley, Banana, Wheat Bread.

APRIL 5: TURKEY TETRAZINI, Italian Green Beans, Cottage Cheese Peach Salad, Strawberry Applesauce.

APRIL 6: LEMON BAKED FISH, Tarter Sauce, Scalloped Potatoes, Spinach with Malt Vinegar, Banana.

APRIL 10: BEEF AND SWEET PEPPERS, Steamed Brown Rice, Cut Broccoli, Raisin Applesauce.

APRIL 12: TAHITIAN CHICKEN, Steamed Brown Rice, Green Beans Amandine, Fruit Salad.

APRIL 13: SLOPPY JOE ON A BUN, Scalloped Potatoes, peas and carrots, Apple.

APRIL 17: HONEY BBQ CHICKEN, Oven Browned Potatoes, Chopped Spinach, Diced Pears.

Don't Wait 'til it is too late to Plan Your Estate

Estate Planning is just about what happens to your property when you die. Even if you don't have a lot of assets, or you are sure that your assets will go where you want them to, you should *have a plan for your disability*— who will make health care decisions and who will make sure your bills are paid. Just *telling someone what you want is NOT ENOUGH*. You must be sure that your wishes are expressed in writing (often times in a Power of Attorney) so that your 'someone' will have the power to do what they need to do to care for you.

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APRIL 19: TUNA SALAD ON LETTUCE, Sliced Tomato, Pasta Salad, Orange Juice (4 oz), Peach.

APRIL 20: KIELBASA, Parsley Buttered New Potatoes, Mixed Vegetables, Baked Acorn Squash, Pineapple Mandarin Orange Compote.

APRIL 24: WHITE CHILI WITH CHICKEN, Whole Wheat Crackers, Carrot and Celery Sticks, Cooked Cabbage with Red Pepper, Pear Halves.

APRIL 26: ROAST BEEF, Whipped Potatoes with Gravy, Seasoned Greens, Orange, Dinner Roll.

APRIL 27: BAKED HAM With Raisin Sauce, Candied Sweet Potatoes, Green Beans Amandine, Cranberry Mold.

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

APRIL 2: SLOPPY JOE ON A BUN, Scalloped Potatoes, Broccoli and Carrots, Apple.

APRIL 4: TATER TOT CASSEROLE, Tossed Salad with Lite Italian Dressing, Baked Acorn Squash, Banana.

APRIL 6: MEATLOAF, Brown Gravy, Cheesy Potatoes, Green Beans, Pineapple Tidbits.

APRIL 9: PASTA PRIMAVERA, Spinach Salad with Egg, Apple Pear Salad w/ Almonds, Plum, Garlic Bread.

APRIL 11: CREAM OF POTATO SOUP

With Tuna Salad Wrap, Shredded Lettuce & Tomato, Hard Boiled Egg, Grapefruit Half.

APRIL 13: BAKED HAM With Raisin Sauce, Candied Sweet Potatoes, Green Beans Amandine, Cranberry Mold.

APRIL 16: CHICKEN SALAD SANDWICH, Sliced Tomato & Lettuce, Confetti Slaw, Orange Juice and Peach Coconut Cream Pie.

APRIL 18: BRATWURST ON A BUN Sauerkraut, Mustard, & Onion, Pickled Beets, Sliced Peaches.

APRIL 20: ROAST PORK, Whipped Potatoes w/Gravy, Parslied Carrots, Strawberry Gelatin Salad, Dinner Roll.

APRIL 23: SPINACH CHEESE SQUARES, Tossed Salad with Pear, Whipped Hubbard Squash, Tropical Fruit.

APRIL 25: HOT TURKEY SANDWICH, Whipped Potatoes, Asparagus Amandine, Pineapple Mandarin Orange Compote.

APRIL 27: LEMON BAKED FISH, Tarter Sauce & Lemon, Rice Pilaf, Green Beans with Mushrooms, Fruit Salad.

APRIL 30: ROAST TURKEY With Gravy, Whipped Potatoes, California Vegetable Medley, Pineapple Tidbits.

PENROSE CENTER
 1405 Broadway-Penrose (Tues/Thur)

APRIL 3: TURKEY SALAD ON LETTUCE, Sliced Tomato, Steamed Brown Rice, California Vegetable Medley,

Raisin Applesauce.

APRIL 5: ROAST PORK, Whipped Potatoes w/Gravy, Parslied Carrots, Strawberry Gelatin Salad, Dinner Roll.

APRIL 10: BEEF STROGANOFF, Orange Spiced Carrots, Ruby Beet Salad, Mixed Fruit.

APRIL 12: LEMON BAKED FISH, Tartar Sauce & Lemon, Rice Pilaf, Green Beans with Mushrooms, Fruit Salad.

APRIL 17: SWISS STEAK WITH MUSHROOM SAUCE, Whipped Potatoes Greens, Cantaloupe, Dinner Roll.

APRIL 19: TOMATO SOUP, Turkey on Wheat with Mustard and Salad Dressing, Seasoned Green Beans, Tangerine, Almond Peaches.

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

APRIL 26: TATER TOT CASSEROLE, Tossed Salad with Lite Italian Dressing, Baked Acorn Squash, Banana.

SALIDA CENTER
 (Tues/Thur/Fri) - 539-3341

APRIL 3: HAM AND BEANS, Cut Broccoli, Parslied Carrots, Orange Juice, Cornbread.

APRIL 5: BEEF & SWEET PEPPERS, Steamed Brown Rice, Orange Spiced Carrots, Grapefruit Half.

APRIL 6: HUNGARIAN GOULASH, California Vegetable Medley, Spinach w/ Malt Vinegar, Banana.

APRIL 10: CHICKEN CACCIATORE, Whipped Potatoes, Chopped Spinach, Banana.

APRIL 12: BEEF STROGANOFF, Orange Spiced Carrots, Ruby Beet Salad, Mixed Fruit.

APRIL 13: BBQ PORK RIBS, Corn on the Cob, Seasoned Greens, Potato Salad, Watermelon.

APRIL 17: CHICKEN RICE SOUP, Wheat Crackers, BBQ Beef on a Bun, Creamy Cole Slaw, Almond Peaches.

APRIL 19: HAMBURGER, Catsup, Mustard, & Onion, Sliced Tomato on Lettuce, Baked Beans, Potato Salad, Watermelon.

APRIL 20: BAKED PORK CHOP With Country Gravy, Whipped Potatoes, Hot Bean Casserole, Fruit Salad, Cinnamon Applesauce.

APRIL 24: ROAST TURKEY WITH GRAVY, Whipped Potatoes, California, Vegetable Medley, Pineapple Tidbits.

APRIL 26: MEATLOAF, Brown Gravy, Cheesy Potatoes, Green Beans, Pineapple Tidbits.

APRIL 27: HONEY BBQ CHICKEN, Oven Browned Potatoes, Chopped Spinach, Diced Pears.

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

For A Healthier You

Stop Stressing About Dressing: Adaptive Clothing

by Lisa M. Petsche

If your loved one is finding it difficult to independently get dressed, or if

you as caregiver – or healthcare facility staff, if applicable - are having difficulty assisting him or her with dressing, it's

time to look into specialty clothing options.

Numerous merchants offer adap-

tive clothing for people with health issues that include arthritis, foot problems, mobility problems (due to stroke, for example), incontinence, kyphosis (severe rounding of the upper spine), obesity, and dementia.

The hallmark of speciality clothing is two-fold: fabrics that are easy-care (wash and wear), resist shrinkage, have elasticity, and are durable (standing up to institutional laundering); and designs that take into account practicality, comfort, modesty, and fashion. Discreet Velcro or snap closures are common, substituting for buttons and in some cases zippers.

Specialty clothing exists for every type of men's and women's apparel, from underwear, hosiery, and nightwear to casual wear, dress clothes, and outerwear, as well as footwear.

People with arthritis can find blouses, shirts, and dresses with front Velcro closures (often concealed by decorative buttons) or zippers with a ringed toggle for easy grasping. For those with limited range of motion in their arms who receive assistance with dressing, there are many types of rear-closing garments that easily slip on, including back-snap undershirts and slippers. Sweat pants have open cuffs, making them easier to pull on and off.

Seniors with curvature of the upper spine (hunched back) can find clothing with extra gathering at the back.

For those with mobility problems, items are available that go on easily from a sitting and in some cases lying position. There are tops, dresses, dusters, and nightgowns with half or full back openings that have a generous overlap; dome or Velcro closures are situated at key spots. Other common features are raglan sleeves for ease of movement and patch pockets for convenience. Athletic and dress pants may have deep openings at each hip, with a fold-down front panel; another option is cutaway pants with overlapping back panels. Culottes and wraparound skirts are popular choices for women.

Other apparel designed for
SEE 'ADAPTIVE' PAGE 10.

EVENING IMMUNIZATION CLINICS FOR WORKING PARENTS HOSTED BY THE HEALTH DEPARTMENT

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“Light For The Journey”

By Jan McLaughlin - Director of Prayer Warriors For Prisoners



“POLLUTION TO PURITY”

The windshield wipers should have been replaced sometime ago and now I struggled to keep the car in my own lane. Rain fell steadily and the wet highway reflected car lights like a mirror, blinding me. My daughter Tracie and son Ken rode with me on a narrow highway from Virginia Beach where Kenny had been stationed in the Navy, to Orlando, Florida. Tracie and I flew from Colorado to drive to Orlando with Kenny to spend Thanksgiving with my oldest son Kelly, also in the Navy, his wife and new baby daughter. They were expecting only Kenny. Tracie and I wanted to surprise them.

Driving interstate highways leaves a lot to be desired as the view of real life is limited and so much scenery is missed. Driving country roads through small towns offers countryside beauty and a taste of how people in the area live.

Earlier in the afternoon we toured a nautical museum in Charleston, South Carolina and saw all sorts of antique ships including an old aircraft carrier, its massive structure awe inspiring. Once again driving south into a rain storm the traffic was horrendous on this Thanksgiving eve.

Darkness enveloped but we wanted to reach Savannah where we planned to stop for the night. Visibility was impossible and stopping to wash the windshield didn't help. The glare from headlights was intense. Finally, think-

ing we were still far north of Savannah, I said, “OK, guys! We are going to stop at the FIRST motel we see. I don't care what it looks like!” Shortly, we rounded a corner and spotted motel lights. Frantic to get off the highway, I pulled in and stopped in front of the office, hastily approached the door and knocked. No answer. I knocked again. A man in his early forties wearing grungy bib overalls and no shirt opened the door a crack. I told him we wanted a room for the night. He opened the door further, revealing a disheveled room and several grungy children romping on the bed. This should have been a red flag. However, I was desperate to stay off the highway so I paid for the room, took the key and went back to the car.

“Don't you think we should have looked at the room?” Kenny asked. “NO!” I replied firmly. “We had to get off that highway!” I moved the car closer to the door we were assigned. I turned the key in the lock, turned on the light and peered in. The bed was somewhat rumpled. It wasn't the cleanest room I had seen but it would be a place out of the rain and we could get some sleep. I turned back the sheets and was shocked and disgusted to see a lot of black hairs all over the bottom sheet. This incited an uproar from the kids. “I'm NOT sleeping in THAT bed!” I wasn't sleeping in that bed either and thought, “Good grief, what have I gotten us into!” We investigated the other bed which was just as disgusting. I had no idea how far it was to Savannah or we would have piled back in the car and left. “OK,” I told them. “We can handle this! There are blankets in the car! We will sleep on our own blankets on top of the beds.” Ken was already on the way to retrieve his sleeping bag. Tracie and I arranged blankets on our bed and thankfully had our own pillows.

It was nearly 11:00 PM when Tracie and I settled into, or rather onto the bed. Kenny, who loves long showers, gathered his things and retreated to the bathroom. He started the shower and the water was running only a short time when the stench of sewer gas filled the room. It worsened and I covered my nose with the blanket praying he would hurry with his shower. I was certain the water running down the drain was somehow forcing

sewer gasses into the room. A horrible thought entered my mind. “Oh, Lord! What a horrible way to die in this terrible motel room, asphyxiated with sewer gas!” I yelled at Kenny. “Will you get out of that shower and open a window! We are going to die in here!” He didn't hear me. I didn't understand how he handled the stench. The shower stopped, Kenny opened the bathroom window to air the place of the awful smell.

We didn't die and the next morning loaded the car and headed south toward Savannah. With a disgruntled scowl, Kenny said, “Don't EVER rent a motel room again unless we look at it first!” Tracie added her own endorsement of this new policy. Frankly, I added mine too and that was that!

Less than two miles after we left that awful motel we saw a Savannah City limit sign and dozens of motels one after the other. This provoked another outburst of protests from my offspring. I was sure there would be no end to the grumbling! Not far into town, we stopped at a restaurant for breakfast. The waitress brought water and I started to drink and almost gagged. The water in the drinking glass smelled exactly like the shower water at the motel. We ordered orange juice.

Recently, Rick and I were treated to three wonderful days and nights at a lush hotel in Denver. The spotless room teamed with every sort of luxury and smelled delightful. Feeling like royalty, I stretched across the down comforter and drank in the surroundings, wishing we could stay a week. I thought of the contrast of this luxurious, immaculate room to that dingy motel room in Georgia with its dirty bedding, grungy floors and, putrid smelling water. Could that be like our hearts when Jesus first enters? When He faces all the disgusting stuff from our past cluttering our hearts like putrid garbage from years of sin, does He want to flee? With pride, selfishness, greed, unforgiveness, gossip, lies and the like all mingled, how can He stand it? I remembered how difficult it was to stay in that motel in Georgia and wondered if Jesus sometimes finds it difficult to stay and clean up the mess of our past lives. And then, I remembered Gethsemane. The answer came in the Garden where Jesus sweat great drops of blood and cried, “Father, if you are willing, take this cup from me; yet not my will, but yours be done.” Luke 22:42 NIV Through the obedience of the Messiah, the Sacrificial Lamb hanging on the Cross of Calvary, we were made clean. “The Lord is not

slack concerning His promise, as some count slackness, but is long-suffering toward us, not willing that any should perish but that all should come to repentance.” 2 Peter 3:9 NKJV In the very moment we accept the gift Jesus died to give us, forgiveness of sin and eternal life through His shed blood, we are made clean. “If anyone is in Christ, he is a new creation, the old has gone, the new has come.” II Cor. 5:17 NIV
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Jan McLaughlin is director of Prayer Warriors for Prisoners and may be reached by e-mail, prayerforprisoners@juno.com or phone 719-275-6971

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Pueblo/Pueblo West Community Blood Drive

Pueblo and Pueblo West Community Blood Drives April 2007

PUEBLO

La Gree's Market Community Blood Drive - Saturday, April 7 from 11 a.m. to 3 p.m. Located at 27050 E HWY 50, Pueblo

For more information or to schedule an appointment please contact Bonfils' Appointment Center at 1-800-365-0006, ext. 2 or by email at appointment_center@bonfils.org

Parkview Medical Community Blood Drive - Monday, April 9 from 7:30 to 10:20 a.m. and 11:30 to 2 p.m. Located in front of the hospital at Grand Street, Pueblo.

For more information or to schedule an appointment please contact Tiffany Herrera at (719) 584-4526

Pueblo Community College Community Blood Drive - Tuesday, April 10 from 11 a.m. to 3 p.m. Located at 900 W. Orman Ave. inside the College Center on the second floor, Pueblo.

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

Appointment Center at 1-800-365-0006, ext. 2 or by email at appointment_center@bonfils.org

"Union and Grand" Community Blood Drive - Friday, April 13 from 9 to 11:30 a.m.

Donations inside Bonfils' mobile bus located in front of the SRDA Building at 230 N. Union Avenue, Pueblo

For more information or to schedule an appointment please contact Bonfils' Appointment Center at 1-800-365-0006, ext. 2 or by email at appointment_center@bonfils.org

"11th and Court" Community Blood Drive - Friday, April 13 from 2 to 4:30 p.m.

Donations inside Bonfils' mobile bus parked at District 60 Admin. Office, 315 W. 11th Street, Pueblo

For more information or to schedule an appointment please contact Bonfils' Appointment Center at 1-800-365-0006, ext. 2 or by email at appointment_center@bonfils.org

St. Mary-Corwin Medical Center Community Blood Drive - Monday, April 16 from 7:30 to 10 a.m.

Donations inside Bonfils' mobile bus located at the west main entrance, 1008 Minnequa Avenue, Pueblo

For more information or to schedule an appointment please contact Bonfils' Appointment Center at 1-800-365-0006, ext. 2 or by email at appointment_center@bonfils.org

Centennial High School Community Blood Drive - Monday, April 23 from 10:30 a.m. to 3 p.m. Located at Centennial High School, 2525 Mountview Dr. inside the lower media room, Pueblo.

For more information or to schedule an appointment please contact Linda Sosa at (719) 549-7335 or Bonfils' Appointment Center at 1-800-365-0006, ext. 2 or by email at appointment_center@bonfils.org

Business to Business Expo Community Blood Drive sponsored by the Greater Pueblo Chamber of Commerce - Thursday, April 26 from 11 to 4 p.m.

Donations inside Bonfils' mobile bus located at the southwest side of the Convention Center, 320 S. Main, Pueblo For more information or to schedule an appointment please contact Bonfils' Appointment Center at 1-800-365-0006, ext. 2 or by email at appointment_center@bonfils.org

PUEBLO WEST

Pueblo West High School Community Blood Drive Wednesday, April 4 from 11 a.m. to 3 p.m.

Donations inside Auxiliary Gym at 661 Capistrano Avenue, Pueblo West.

For more information or to schedule an appointment please contact Michelle Erickson at (719) 547-8050.

Pueblo West Community Blood Drive - Friday, April 27 from 10 a.m. to 12:30 p.m.

Donations inside Bonfils' mobile bus located in the parking lot at Safeway,

1017 N. Market Plaza, Pueblo West.

For more information or to schedule an appointment please contact Bonfils' Appointment Center at 1-800-365-0006, ext. 2 or by email at appointment_center@bonfils.org

Ecumenical Church of Pueblo West Community Blood Drive - Sunday, April 29 from 9:30 to 12:30 p.m.

Donations inside Bonfils' mobile bus located in the parking lot 434 South Conquistador, Pueblo West.

For more information or to schedule an appointment please contact Bonfils' Appointment Center at 1-800-365-0006, ext. 2 or by email at appointment_center@bonfils.org

DETAILS:

By taking a little time, you can make a big difference in your community. Your blood donation will help save and enhance the lives of up to three patients. A blood donation can help kids with cancer feel better or save the live of a car accident victim. You are encouraged to eat a healthy, low-fat meal and drink plenty of water prior to your donation.

Bonfils Blood Center provides blood and blood products to more than 200 hospitals and healthcare facilities throughout Colorado. Bonfils needs 4,350 people to donate blood every week to meet the needs of the community and be prepared for any unforeseen events.

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

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Strawberries

from page 6.

of the egg mixture.

5. Start by sliding pan back and forth to keep omelet from sticking as it cooks. As the bottom begins to set, slip a thin spatula under eggs, tilting pan and lifting cooked portion to enable uncooked portion to flow underneath. Repeat until most of the omelet is set but the center and top are still moist.

6. Spoon cream cheese filling across the center of omelet, positioning the filling in line with the pan handle. Sprinkle 1/2 tablespoon (1 1/2 teaspoons) of the brown sugar over filling. Use a

spatula to loosen one side of the omelet and flip it about a third of the way toward the center. Then tip pan over warmed serving plate, guiding omelet as it slides onto plate. Quickly flip omelet so that the previously folded side turns over toward center, producing a filled omelet folded into thirds. Repeat steps 4 through 6 for remaining omelets.

7. Spoon a fourth of the sliced and sweetened strawberries over each omelet. Sprinkle each omelet with some of the almonds and garnish with reserved unhulled strawberries. Serve at once.

Makes 4 individual omelets.



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Covering The Courts: 'Case of the Dirty Pictures'

by James J. Kilpatrick

Without a murmur of comment or dissent, the Supreme Court last week effectively affirmed a sentence of life imprisonment imposed upon an Arizona man for possession of 20 dirty pictures. The court's indifference to the Constitution is arguably a more serious offense than the crime of Morton Berger.

This is not to defend Berger's conduct. His conduct was indefensible. Five years ago he was a 52-year-old husband, father of four, award-winning high school teacher. Outwardly he was a model citizen. Privately he was a connoisseur of pornography. His downloaded collection numbered in the thousands of images. Among these were some grossly obscene images of children. Justice W. Scott Bales laid out the facts in Arizona's Supreme Court.

"The trial evidence established that Berger possessed numerous videos and photo images of children, some younger than 10 years old, being subjected to sexual acts with adults and other children, including images of sexual intercourse and bestiality. ... He had created both computer and hard copy filing systems to maintain his collection."

Arizona's law on child pornography is unique. The mere possession of each image of child porn is a separate offense, punishable by a minimum sentence of 10 years in prison. Berger was indicted on 35 counts, but the state dropped 15 of them and a jury convicted on the remaining 20.

His draconian sentence must be served without the possibility of probation, pardon or early release. He will die in his cell.

Some aspects of the case deserve special emphasis. Berger was a collector, not a creator. He had no criminal record of any kind. As a teacher he must have been tempted to lure some of his pupils into clandestine posing, but his trial produced no evidence of criminal subornation. His jollies were vicarious jollies. He will live out his life in prison for being, in private, merely a dirty old man. Is the punishment "cruel"?

Yes, the valid point is made that if it were not for such dirty old men, the serious evils of child porn could be abated. Point conceded. But criminal law historically has recognized that some evils are more evil than other evils and should be punished accordingly. In a federal court, at the time of his trial, Berger would have drawn a maximum sentence of five years. In Arizona, his sentence was death.

Justice Rebecca White Berch filed an eloquent dissent in the Berger case. She began by noting that Arizona's sentence for child porn "is by far the longest in the nation and is more severe than sentences imposed in Arizona for arguably more serious and violent crimes." Indeed, Arizona's minimum punishment for possession of one image "is greater than the maximum sentence for possession of child pornography in 36 states and equal to the maximum sentence in nine other states." Is the punishment "unusual"?

"Moreover, the sentence at issue is longer than that imposed in Arizona for many crimes involving serious violence and physical injury to the victim. Second-degree murder, for example, like possession of child pornography, also carries a minimum sentence of 10 years, but a term for murder may be served consecutively with the sentence imposed for other crimes. Similarly, the minimum sentence for possession of an image of child pornography is longer than the presumptive sentence for rape or aggravated assault."

Justice Berch concluded by

saying: "I do not condone Berger's crimes. Child pornography is a serious offense. I concur in the majority's analysis of the crime itself and of the legislature's right to impose severe penalties for it. I further agree that Berger's crimes ... were precisely the type of criminal acts the legislature intended to punish.

"Nevertheless, sentences must not only reflect the seriousness of the offense and deter the defendant and others from committing future crimes, they should also promote respect for law. We are not asked to determine in this case whether a sentence of 10 years would ever be appropriate for possession of a pornographic image. It might be. We

are asked instead to determine whether in this case, 200 years is just punishment for a defendant who possessed child pornography, but directly harmed no one

"The sentence provides no opportunity for rehabilitation and provides no second chance. Instead, it imposes on the taxpayers the burden of supporting the defendant for the rest of his life. Such a sentence seems incompatible with 'evolving standards of decency that mark the progress of a maturing society.'"

Justice Kilpatrick, meaning me, concurs in Justice Berch's dissent.

(Letters to Mr. Kilpatrick should be sent in care of this newspaper, or by e-mail to [kilpatjj\(at\)aol.com](mailto:kilpatjj(at)aol.com).)

HARP+MOH = Partnership

by Erin Regrutto-Director of Marketing & special events - HARP Authority

March 20, 2007 - (PUEBLO, COLORADO) The HARP Foundation and the Medal of Honor Foundation announced a partnership to showcase honorably discharged veteran's. Veterans' Bridge, which will be located in the Gateway Park portion of the Historic Arkansas Riverwalk of Pueblo, is quickly gaining momentum and with almost 1,000 names already pledged to the bridge. With all of the interest in Veterans' Bridge, the HARP Foundation and the Medal of Honor Foundation decided some immediate action needed to be taken. The existing Medal of Honor Database, located at the Pueblo Convention Center (which currently contains information about Pueblo's Medal of Honor winners) will be expanded to include all veterans who have donated to the HARP Foundation to be included on Veterans' Bridge.

For information on getting your veteran on Veterans' Bridge, please contact Margo Hatton-Wolf at the HARP Foundation, at (719) 295-7238, by email at margo@puebloharp.com, or go to our website at www.puebloharp.com.

Adaptive Clothing Helps All

from page 7.

wheelchair users includes socks with skid-resistant treads that make transferring safer, hooded terry bath capes, lap robes, shoulder cosies, and water-repellent capes for summer and winter.

Some of the above clothing styles may be available in plus sizes as high as 5XL.

For those with foot problems, there are pre-shrunk socks with superior stretch that accommodate swollen feet and legs without constricting circulation; thigh-high and knee-high stockings with non-binding, elasticized tops; and quilted, Velcro-closing wraps that prevent ankles from rubbing together while ensuring circulation in those who are non-ambulatory.

Typical shoe features are stretchy uppers that mold to the foot to provide support, Velcro closures, cushioned insoles, and skid-resistant soles. Some styles are washable. There are also lightweight runners and Velcro-closing, water-resistant boots. Slipper designs may include skid-resistant soles, cross-over Velcro closures that ensure a custom fit, and back zippers that relieve heel pressure. Bootie styles offer extra support and warmth.

For people with Alzheimer's disease who are prone to disrobing, there are jumpsuits and one-piece pajamas that close at the back with zippers or snaps. These are especially valuable in institutional settings, to preserve modesty.

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Various types of washable incontinence briefs are available for anyone who has problems with bladder control.

For those who have difficulty with self-feeding, protective bibs and lap pads with vinyl backing are available, to protect clothing from spills. Other accessories offered by vendors include pre-knotted ties (with an adjustable zipper), scarves, belts, suspenders, and printed name labels (for those in healthcare facilities).

Adaptive aids may also help physically challenged seniors maintain independence with dressing activities. Examples include stocking aids, button hooks, dressing sticks, extra long shoe-horns, and elastic shoelaces.

Sources

A limited variety of adaptive clothing is offered by some major department store chains, either in-store or through their shop-at-home catalog. The most comprehensive selection is available from mail-order speciality clothing companies. For people with Internet access, these can be found by doing an online search using the keywords "special needs clothing" or "adaptive clothing."

Vendors may offer one or more of the following services: free name labeling, alterations, free shipping on orders over a certain dollar value, and rewards programs. Many also carry adaptive equipment that makes dressing easier. Some travel around to senior centers and residences to display their products and offer suggestions for dressing challenges. Examples of specialty clothing companies are: Comfort Clothing (1-888-640-0814 or www.comfortclothing.com), Silvert's (1-800-387-7088 or www.silverts.com), and Wardrobe Wagon (1-800-992-2737 or www.wardrobewagon.com).

Medical supply stores may carry a limited variety of specialty apparel and accessories, such as hospital gowns and adult bibs, in addition to adaptive dressing equipment. Look for them in the yellow pages under "Hospital Equipment and Supplies."

Lisa M. Petsche is a medical social worker and a freelance writer specializing in boomer and senior issues.

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Travel Glitches To Avoid! Credit Union Scam Alert!!

by Katie Carroll-BBB

With one of the busiest traveling seasons just around the corner, the Better Business Bureau of Southern Colorado encourages you to preplan your trip to work out any glitches before they become disasters. For instance, applying for a passport has become more important than ever.

If you do not have a passport and are planning a spring trip, a high school graduation get-away or a family vacation that involves flying to another country, start the passport application process early. If you already have a passport, verify that it is valid and updated. This is not a task to neglect until the last minute.

New travel regulations require U.S. citizens traveling by plane outside the continental U.S. (including Canada, Mexico, Central and South America, the Caribbean and Bermuda), to present either a passport, Merchant Mariner Document or NEXUS air card.

Careful preparation on other fronts will also help ensure a hassle-free vacation. Here are a few extra tips to follow when booking your next trip:

- Be wary of vacation deals that promise "the moon" for a very low price; if it sounds too good to be true, then it probably is.

- If you're considering a travel package, get all the details in writing, including total cost, any restrictions, additional fees of any kind, cancellation penalties, and exact names and locations of involved airlines, hotels or cruise lines. Call them directly to confirm they are part of the package before you make the purchase.

- Never send money by overnight delivery or provide payment to a courier sent to your home.

- Avoid salespeople who try to pressure you into revealing your credit card number.

- Be suspicious of postcard or fax promotions that require you to pay a fee or to purchase membership in order to claim a "free" vacation or travel prize.

- If you are considering doing business with a travel company, travel agent or other vacation-related service provider check with the Better Business Bureau (www.bbb.org) to determine if they can be trusted.

WATCH OUT FOR CREDIT UNION SCAM

It has come to the attention of the Better Business Bureau of Southern Colorado that the name of one of our BBB members in Cheyenne, WY is being

North Pointe Gardens & Trinity Life Gardens are proud to be a sponsor of this Senior Safety column. Matt Coffman and staff cordially invite you to make an appointment to visit one of our Assisted Living facilities. Call us or visit. All the pertinent information is listed in our advertisement below and left.

spoofed and is being used to try to dupe consumers into providing confidential financial information.

First Education Federal Credit Union is a member of the BBB, but some scam artists are sending out an e-mail under that same name promising to give the consumer \$100 if they fill out a brief questionnaire.

At first, the survey looks like a typical consumer satisfaction survey.

Further down the page, consumers are asked to provide the name of their credit card, the credit card number, expiration date and even the consumer credit card pin.

We do have a local resident who is a target of one of these e-mails and is willing to speak on camera. If interested, contact Katie Carrol at 719-636-5076 ext. 118 or katiec@bbbsc.org.

FREE ARTHRITIS EDUCATION WORKSHOPS WILL COME TO THE PUEBLO CONVENTION CENTER ON APRIL 14TH

(PUEBLO, CO --- Monday, March 26) – The Southern Colorado Branch of the Arthritis Foundation will host an Arthritis Education Day on Saturday, April 14th, 8 a.m. to 12 p.m., at the Pueblo Convention Center. This event will be free to the public. Registration begins at 8 a.m. and includes a continental breakfast.

Pueblo rheumatologist, Dr. Patrick Timms of Southern Colorado Clinic, will be the featured keynote speaker, addressing "Potions and Lotions, Myths Around Arthritis Treatments and Cures". Breakout sessions will be lead by Mary K. Sanford, Registered Dietician, "Does Food Make a Difference" and Eric Young, Physical Therapist, "Exercise Made Easy", both from Parkview Medical Center. The day will close with a panel discussion comprised of Dr. Timms, Pueblo podiatrist Dr. Gordon Rheaume, Colorado Springs hand surgeon Dr. David Bierbrauer, along with Mary Kay Sanford and Eric Young.

For more information, contact Paula Humber at 719-520-5711 or phumber@arthritis.org. You can also contact Pueblo Convention Center Marketing Manager Jessi Pospahala at 719-542-1100.

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Traveling: There's Nothing Like A Holiday!

Sault Ste. Marie Has A Lock On Tourism

by Elliott Hester

SAULT STE. MARIE, Mich. -- The locals call it the Soo, which is how you pronounce the "Sault" in Sault Ste. Marie.

Soo is also the name of the world-famous ship locks here that enable vessels to pass to and from Lake Superior and Lake Huron. It's a 21-foot drop on the St. Mary's River between the two Great Lakes, and before the locks were built, travelers and cargo had to be portaged around the rapids.

Today, huge freighters -- some more than 1,000 feet long -- carrying grain, iron ore, coal and limestone traverse the locks, which are open 10 months of the year. (The river, which defines the U.S.-Canada border, ices over in winter.) It's a vital passage, so important that during World War II, it was guarded by 7,000

troops.

Thousands of visitors come to Sault Ste. Marie just to see ships pass through the locks, which are best viewed from the elevated walk in the adjacent Soo Locks Park. For a high-up view, visitors can ascend the 10-story-high Tower of History.

For a really close-up view of the locks and their operation, though, visitors should book the two-hour boat tour (\$19) that takes them through both a big lock on the American side of the river and a small one on the Canadian side.

On the way, they'll pass under the International Bridge, the only land connection between the United States and Canada for hundreds of miles, and cruise past the enormous Edison power plant, which stretches for a quarter of mile along the riverbank.

The locks are the top attraction in Sault Ste. Marie, but not the only one.

The city is also the home of the S.S. Valley Camp, a former freighter turned into a museum ship. Besides touring the ship's bridge, hold, engine room and crew quarters, visitors browse more than 100 exhibits, including two lifeboats that washed ashore when the 729-foot freighter Edmund Fitzgerald went to the bottom of Lake Superior in a famous maritime disaster.

That event is chronicled at the Shipwreck Museum at Whitefish Point, the site of the oldest active lighthouse on Lake Superior. It was that beacon that the ill-fated Edmund Fitzgerald was homing on when a freak wave capsized it. Visitors can see the bell from that ship as well as



A tour boat navigates the small locks on the Canadian side of the St. Mary's River. photo: Jay Clarke

a film about its recovery. Other disasters on this treacherous shore -- known as the Shipwreck Coast -- also are recorded here.

Lighthouse Point, which is about an hour and a half's drive from Sault Ste. Marie, is one of several side trips that visitors to the Soo can enjoy. Another is the Agama Tour Train, an all-day rail excursion into Canada's Agama Canyon, 115 miles north of the Soo.

The train runs through rugged country and over high trestles to descend into the scenic canyon, where passengers can go hiking and view waterfalls and ancient pictographs. The canyon is reachable only by rail or trail. The train runs daily in summertime.

Fabled Tahquamenon Falls, which inspired Longfellow's "Song of Hiawatha," also is just an hour and a half from the Soo by car. The Upper Falls, more than 200 feet wide, is one of the largest waterfalls east of the Mississippi. Known for its amber color, the waterfall is in a 40,000-acre state park that has 25 miles of hiking trails, four campgrounds and abundant wildlife.

In winter, activities here turn to snowmobiling and snowshoeing, with miles of trails in and around town. An annual 500-mile snowmobile race is a major event in February.

In summertime, St. Mary's Riverfest brings the only day of the year when people can walk on the locks. It takes place the last Friday in June, and the next day is the only time when people can walk across the International Bridge.

Of course, people can drive across that bridge to Canada any time, and that's a special perquisite for residents.

"We can go over to Canada for a day and bring back \$200 (in goods)," says Linda Hoath, executive director of the Sault Ste. Marie Convention and Visitors Bureau. "There's a Little Italy over there (in bigger Sault Ste. Marie, Canada) and I go for Italian foods."

Back on the American side, Sault Ste. Marie has another diversion that lures both residents and visitors. It's the Kewadin Casino, a huge Las Vegas-style gaming center. And unlike some attractions here, it's open year-round.

INFORMATION

Sault Ste. Marie Convention and Visitors Bureau, (800) MI-SAULT or www.saultstemarie.com.

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Companion Plants Among The Roses

by Marty Ross

There should be more to a rose garden than roses. Planting foxgloves, salvias and other flowers among the roses takes nothing away from the world's favorite flower, says Christian Harper, a horticulturist and rosarian at Olbrich Botanical Gardens in Madison, Wis. Other flowers only show the roses off to better effect.

Olbrich's rose garden, which is just beginning its third season, has more than 200 different roses, but also very full plantings of annual and perennial flowers, ornamental grasses, trees, shrubs, conifers and flowering vines. It looks terrific in every season, not just when the roses are blooming.

The garden comes to life in early spring, when elegant tulips come up, and it keeps on going until hard frosts stop the show in the fall. Evergreens and twiggy trees and shrubs, which look especially pretty in the snow, keep the garden lively through the winter.

"Why isolate roses from other plants that make beautiful companions and neighbors to them?" Harper says.

Olbrich's rose garden covers two acres -- an ambitious project. It is designed to demonstrate that roses do not have to be pampered like pets and that they are best planted as part of a broader design.

To be sure, roses are the backbone of the exuberant beds at Olbrich. Favorite hybrid tea roses are well-represented, but hardy, long-blooming, disease-resistant shrub roses predominate.

"Roses just are not as fussy as people make them out to be," Harper says.

Cherry-red Knock Out, one of the most popular modern shrub roses, is impervious to black spot, he says. This fungal disease causes rose foliage to turn yellow, develop black spots and fall off. It looks terrible, and rose gardeners find it especially disheartening.

In Olbrich's rose garden, Knock Out is planted in expansive drifts with the equally disease-resistant Pink Knock Out and Blushing Knock Out.

The plantings include hardy roses in the Canadian Explorer series, like the intense red Champlain, which blooms practically nonstop, and quite a few David Austin English roses, which have old-fashioned fragrance to go along with their modern vigor.

The graceful pink Carefree Delight rises almost 6 feet tall in a flower bed. It was one of the first introductions in the new generation of low-maintenance shrub roses, and is still one of the best, Harper says. The incredibly hardy rugosa roses Frau Dagmar Hartopp and Belle Poitevine are grown for their silky-petaled

mound of compost around their crowns. Others have to survive Madison's below-zero winters on their own with a light mulch of autumn leaves.

"You have to be ruthless," Harper says. "If they're not up to snuff in terms of disease resistance or winter hardiness -- zip, they're gone, and we switch to something else."

Olbrich's rose garden is considerably larger than the average city lot, but the plants and ideas will fit in gardens of any size, Harper says. Cherry trees bloom in spring, along with serviceberries and crab apples. Lilacs, daphnes and Korean spice viburnums were chosen for their fragrant flowers.

The flower beds are edged with white-flowering creeping baby's breath (*Gypsophila repens*), silvery lamb's ears (*Stachys byzantina*) and low mounds of Cheddar pinks (*Dianthus*), which all bloom in spring, just before the first roses open. Catmint (*Nepeta*), which has blue-gray fernlike leaves and soft blue flowers from spring through fall, complements this cool palette.

Clematis vines wind their way up into the rose bushes, and alliums and lilies shoot up among the roses and perennials. Ornamental vegetables, like ruffled Siberian kale, fill in around them.

"If you have a 10- by 15-foot area, you have room for a garden like this," Harper says. "You can plant roses and boxwoods and small dwarf conifers, and in the spaces in between, you can plant ground covers, perennials and annuals. When you choose shrub roses, you can also do it without a lot of excess care and spraying."

The splash of a central fountain welcomes visitors into the rose garden's courtyard. Paved pathways reflect the heat that the ground covers love in summer.

There is even a fancy observation tower, but you could omit this element from your design. At home, you'll probably have a spectacular view of your own rose garden from the kitchen window.

SIDEBAR

Rose gardens without pampering



There's plenty of room for colorful perennial flowers and other blooms in the rose garden. Hardy shrub roses are the backbone of the exuberant new rose garden at Olbrich Botanical Gardens in Madison, Wis., but the roses are just the beginning. photo: Jeff Epping

All the plants in the Olbrich Botanical Gardens rose garden (www.olbrich.org) get the same care. They are planted in well-drained soil, which is enriched with lots of compost. The gardeners spread slow-release fertilizer throughout the garden in spring and give a little extra water-soluble fertilizer to the hybrid roses during the summer.

Olbrich is a display garden for All-America Rose Selections (www.rose.org), which every year recognizes beautiful and vigorous new disease-resistant roses that are well-adapted to conditions throughout the country.

This year, the pink Rainbow Knock Out, with a sunny yellow center, is one of four award winners. Carefree Delight (introduced in 1996) and Knock Out (2000) are two winners that remain extremely popular.

Part of the philosophy of the new garden is to avoid unnecessary use of chemical pesticides and fungicides, and to use the least-toxic means to solve problems when they occur. The garden staff uses insecticidal soaps to control aphids, whiteflies, thrips and mites, but only as necessary.

Last year, an infestation of rose midges, which destroy roses in the bud, caused the loss of some summer blooms, even on shrub roses, but the gardeners kept after it stubbornly. They are using predatory nematodes (available through organic-gardening specialists) to keep it under control.

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Fashion: Looooking Gooood!

by Patricia McLaughlin - Mature Market Media Services

WHAT TO WEAR TO PRUNE

Has the apparel industry failed to meet the needs of gardeners? Or is it just that we don't much care what we wear?

I went to the Philadelphia Flower Show because I had nothing to wear. For gardening, I mean.

OK, I would've gone anyway:

10 acres of lush landscapes and prize plants, plus 150 different vendors selling gardening stuff. Air plants, herbs, orchids, lily bulbs, garden furniture, greenhouses, bird houses, botanical prints, fountains, garden sculptures, antique Irish flowerpots, hammocks, ginkgo-leaf earrings, gardening books, parchment lampshades with ferns laminated onto them, 8 zillion varieties of tomato seeds.

For a gardener, it's the ultimate shopping op. Somewhere in there, I figured, there had to be something to wear.

Preferably something made of Kryptonite. Or else Kevlar, like bulletproof vests.

I'd been in the market since the day I tangled with Sarah Van Fleet last October. Sarah is a hybrid rugosa rose. Cool pink petals, amazing fragrance, tough as nails: I doubt she's been watered once, except by the rain, in the 15 or 20 years since I planted her. The hoses don't reach that far.

All she needs is an occasional pruning to remove dead wood. Which is how I got entangled. You start out on the edges, but then you see a very dead branch a little farther in that needs to come out, and then one even farther in, and the next thing you know you're surrounded, embraced, immobilized. My T-shirt was so thoroughly snagged on Sarah's thorns that I couldn't move backward, forward or sideways. By the time I got free, I looked like I'd been trying to groom a pack of feral cats.

(Note for home gardeners: Thanks to their fierce and plentiful thorns, rugosas are perfect to plant right under all the first-floor windows if you live in an iffy neighborhood.)

I needed something that would stand up to thorns better than the T-shirt had, and I assumed such a thing must exist. There are special clothes for people who shoot each other with paintballs. There are clothes for snowboarders. There are different kinds of designer camouflage for people who hunt and fish. How could there not be clothes for gardening, which is reportedly America's most popular regional pursuit?

Well, there aren't. I checked every one of those 150 vendors. Plenty of sun hats, including some cheerful



A saleswoman who identified herself only as Lydia models a sunhat from Ghana at the A&A Bazaar display at the Philadelphia Flower Show. photo: Patricia McLaughlin

straws handwoven in Ghana. Fascinating varieties of garden gloves. Some very handsome \$400 breathable waterproof leather boots from Dubarry of Ireland, along with the usual gardening clogs. But no protective shirts, jackets or coveralls.

The Wildflower Seed Co.'s display offered a partial solution. Its Arm Savers are sleeves made from ballistic nylon and meant to cover the arms from wrist to just past the elbow (\$18 from www.wildflower-seed.com). I told the helpful young woman manning the display that I wished they were longer, or had a whole shirt attached to them. To get the dead canes out of an 8-foot-wide rosebush, you have to get in past your elbows.

"Try this," she said, presenting a 2-foot-long Cut and Hold Pruner. She used it to cut a half-inch-thick branch, and showed me how it held onto the severed piece until she released its grip. Between the two feet of pruner and the Arm Savers up to the elbows, she thought I'd be able to reach all the way into the heart of the shrub -- reach in, cut, grab, pull out that

SEE 'PRUNE' PAGE 18.

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Please plan a tour soon to Life Care Center of Pueblo, 2118 Chatalet Lane. You are also invited to just drop by, view LCCP at your convenience, or phone 719-564-2000. Someone will be very happy to assist you.



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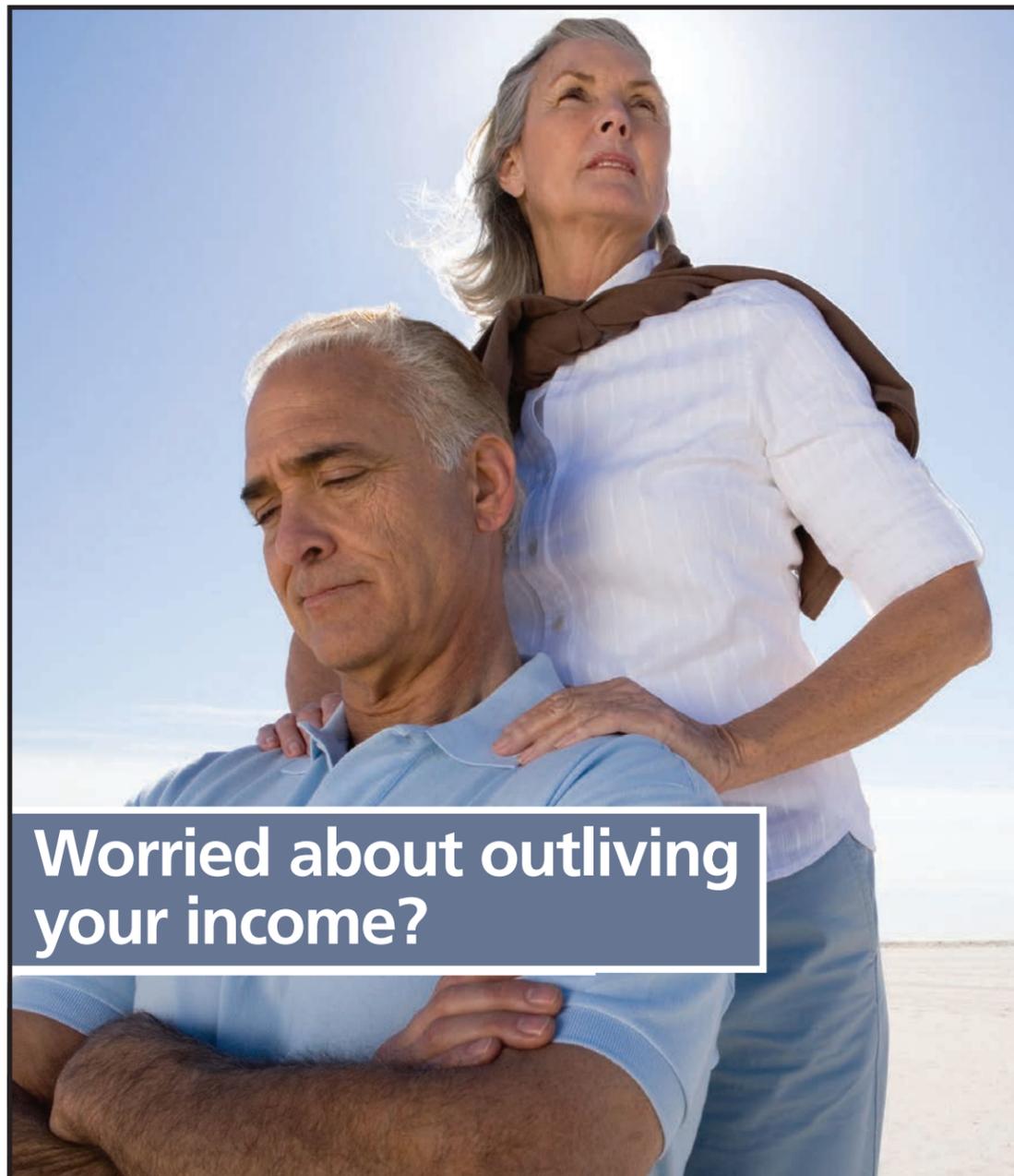
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Social Security & You

by Melinda Minor - Manager, Social Security Administration Office - Pueblo



SOCIAL SECURITY WEBSITE NOW EVEN EASIER TO USE

Social Security has introduced a new home page design — at www.socialsecurity.gov — and it is even easier to use than its highly-acclaimed predecessor.

Because more and more people are doing business on the Internet, Social Security is committed to making it easy for you to conduct your Social Security business online. The redesigned home page will help you find what you are looking for faster and more efficiently.

Some of the more noticeable changes to Social Security's home page include:

- easier access to Frequently Asked Questions, one of our most popular features;
- more drop-down menus instead of long lists of links;
- a search box located directly on the home page
- a more visible login button for people who already receive benefits and have a password; and
- a quick reference list of links to our most popular online services.

Our most frequently used online services include applying for benefits online, replacing a lost, stolen or damaged Medicare card, requesting a proof of Social Security income letter, changing your address or phone number, and finding the nearest Social Security office.

Another popular feature is our list of Frequently Asked Questions. This service alone gets 27 million visitors each year. The questions and answers

are easy to find and can be searched by specific subject matter.

In 2006, more than 50 million people visited the Social Security website — www.socialsecurity.gov. In 2007, we expect that number to grow, and visitors to the site will find it easier to navigate and more responsive to their searches for specific subjects.

TAX TIP: MAKE SURE YOU HAVE A SOCIAL SECURITY NUMBER FOR YOUR NEWBORN CHILD

Are you among the approximately one in 10 parents who last year did not apply for a Social Security number for their newborns before leaving the hospital? If so, you should know that you will need a Social Security number to claim your newest family member as a dependent on your federal tax return. And don't wait until April 15 to apply for that number. You need to apply now.

Here is what you need to do to get a new Social Security number.

Complete an Application for a Social Security Card (Form SS-5). This form is available online at www.socialsecurity.gov/online/ss-5.html. If you do not have online access, you can request a form by calling Social Security's toll-free number, 1-800-772-1213, or visiting a local Social Security office.

You also will need to provide documents that prove both your and your child's identity, and documents that show your child's U.S. citizenship and age. All of these documents must be either originals or copies of originals that are certified by the issuing agency. We do

not accept copies or notarized copies of documents.

Keep in mind there are strict requirements on what documents Social Security can accept to prove citizenship and identity. For example, only certain documents can be accepted as proof of U.S. citizenship. These include a U.S. birth certificate, a U.S. passport, a Certificate of Naturalization or a Certificate of Citizenship. In addition, Social Security will need to verify your child's birth record before you can be issued a card.

You must take or mail the completed Form SS-5 to the nearest Social Security office, together with the originals or certified copies of your supporting documents.

We will return your original documents right away, and we will then mail a Social Security card as soon as your documents are verified, which can take several weeks.

Once you have a Social Security number for your newborn, you should safeguard that number, as well as the numbers of other family members. Keep that card in a safe place with your other important papers. Do not carry your Social Security card in your wallet.

NEED HELP WITH PRESCRIPTION DRUG COSTS? YOU'RE IN LUCK!

Did you plan to enroll in the Medicare prescription drug plan and apply for the extra help, but found out you missed the deadline? Would you still like to take advantage of the savings, but don't want to pay the penalty for filing late?

This St. Patrick's Day, you're in luck! There will be no late enrollment penalties in 2007 for people who qualify for extra help and enroll in a Medicare prescription drug plan. If you think you

may be eligible for the extra help, you should apply as soon as possible. The extra help could be worth an average of \$3,700 per year.

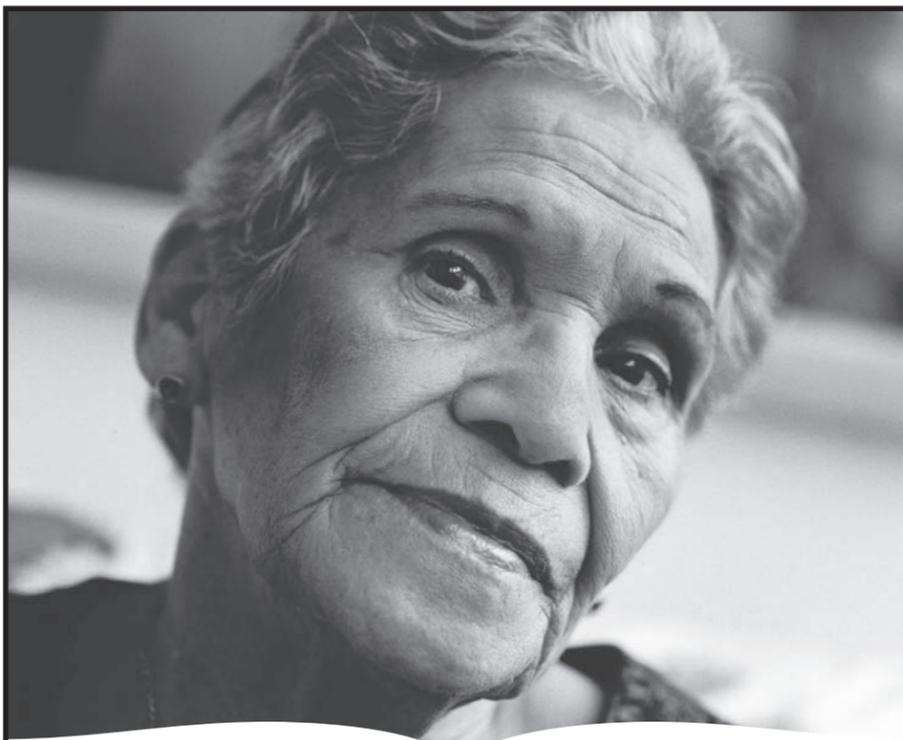
Generally, if your annual income is below \$15,315 for an individual (\$20,535 for a married couple living together), and your resources are limited to \$11,710 for an individual (\$23,410 for a married couple living together), you may qualify for extra help with your monthly premiums, deductibles and co-payments.

Even if your annual income is higher, you still may be able to get some help with your monthly premiums, annual deductibles and prescription co-payments. For example, your income may be higher and you could still qualify for extra help if you or your spouse support other family members who live with you, if either of you have earnings from work, or if you live in Alaska or Hawaii.

So if you are not sure whether you qualify for the extra help, it is best to complete an application. It's fast and easy.

If you plan to apply for the extra help, the easiest and most convenient way is to do it online. Just visit www.socialsecurity.gov/prescriptionhelp/ and select the "Apply for help" link. You also can apply over the phone by calling us at 1-800-772-1213 (TTY 1-800-325-0778). If you prefer to complete the paper application, you can call the same number to request that we mail one to you, or stop by your local Social Security office to pick one up.

To learn more about the various Medicare prescription drug plans and special enrollment periods, call 1-800-MEDICARE (1-800-633-4227; TTY 1-877-486-2048) or visit www.medicare.gov. Medicare also can tell you about agencies in your area that can help you navigate the application process.



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Good Vibrations: Let's Talk About Sound Healing

by Wendie Stauffer - Golden Flower Health Clinic

Writing a series of articles about Sound Healing sounded easy enough.

Yet, when I sat down to begin I realized there was little I could say that had not already been said by the Masters, of which I consider Jonathan Goldman. So,

this month, I share with you some of his words of wisdom.

"Let us conceive of the human body as a wonderful orchestra which is playing this marvelous symphony. When we are in a state of health, the entire orchestra is playing together. However, when disease sets in it is as though a player - the second violin for example - has lost its sheet music and begins to play in the wrong key and the wrong rhythm. First it begins to affect the rest of the string section. Ultimately this person causes the entire orchestra to sound poorly.

Traditional allopathic medicine currently has several approaches to the problem we have just described. One solution is to drug the violinist, sometimes to death, in hopes of getting this person to stop playing. Another more frequently utilized solution is to cut off the offending organ as occurs in surgery. But what if it were possible to give this suffering musician back their sheet music and let the whole orchestra return to normal? Analogously, what if it were possible somehow to project the proper resonant frequency back into the

organ that was vibrating out of tune and harmony?

When an organ or another part of the body is in a state of health, it will be creating a natural resonant frequency that is harmonious with the rest of the body. However, when disease sets in, a different sound pattern is established in that part of the body which is not vibrating in harmony. Therefore, it is possible, through use of externally created sound that is projected into the diseased area, to reintroduce the correct harmonic pattern into that part of the body which is afflicted and effect a curative reaction. Through the principle of resonance, sound can be used to change disharmonious frequencies of the body back to their normal, healthful vibrations." Jonathan Goldman, Healing Sounds: The Power of Harmonics.

Having first studied with Jonathan over 10 years ago, utilizing sound in the healing process is one of the many Pathways To Your Health we offer at the Golden Flower Health Clinic. For more information about Sound Healing, please contact Wendie at 542-9210.

City Wide Volunteer Events in April

April 15-21, 2007 is National Volunteer Week. All across the Nation communities will be celebrating the great work of their volunteers. Here in Pueblo, we also recognize our volunteers. We are proud of the work our volunteers whether in times of crisis or anytime, Pueblo citizens are there to help. Volunteers of all ages help in many ways from mentoring, delivering meals, building homes, cleaning neighborhoods, delivering flowers at the hospitals, giving tours, giving out information and clothing, and the list goes on.

VoCo will have a kick off the event honoring all city volunteers on April 15th 2:00 - 4:00 on the 4th Floor - Rawlings Library. This gala is named the Volunteer Recognition ICE CREAM SOCIAL. There will be a proclamation read, door prizes, agency information displays, entertainment, and of course ice cream.

The Big Event for VoCo is the Volunteer Recognition Banquet April 19th 6:00 - 9:30 pm at the PCC Ballroom. Volunteers of the Year will be honored from various agencies. Our theme for the banquet: "Pueblo Volunteers Bring Good Fortune." The Oriental Dinner and Decorations will add to the event. Call Gloria Valdez, 545-8900 for more information.

Seating is limited. Contact the Arthritis Foundation at 719-520-5711 to reserve your seat. This event is made possible in part by the sponsorships of Abbott Immunology and sanofi-aventis.



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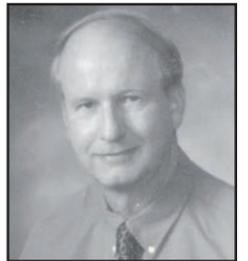
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ON YOUR TOES

by Charles E. Schneider, M.D.
CONCERNS FOR FOOT ACCIDENTS



It happened so suddenly and yet you know immediately something's wrong; now it's time to make decisions.

Who do you call? What do you do? Your foot is hurting but rather than make a hasty decision you consider waiting until morning. Maybe by then everything will be alright.

What should you do? Because none of us are the same person the degree of pain you are feeling might be different than someone else's pain who has the same injury.

Consult your podiatrist immediately. Your doctor will prescribe a pain medication after assessing the accident.

Treatment for a foot or ankle accident is essential to avoid further complications/ Other signs to watch include:

a) Shock: Indicators of shock can include pale, cool, moist skin, muscular weakness, thirst and subnormal temperature. It is important to treat shock immediately.

b). Edema in the injured area. Edema is swelling which may be due to bleeding into the tissues.

c). Infection can occur if the skin is broken. If there is a possibility that the accident has resulted in a fracture, x-rays must be taken to determine if there

is a fracture. X-rays will indicate if there is a broken bone and also the type of fracture it might be. The type of fracture will determine the treatment.

If the bone is no longer aligned before any casting materials are used.

A simple fracture will not require any surgical intervention but will require a cast. Casts are not applied if there is swelling. The longer one waits after an accident the more likely the chance that swelling will occur and prolong the treatment.

After assessment and treatment, the patient will need to follow the directions of the doctor. There is a necessity to keep appointments for your doctor to note progress and make sure additional changes in treatment are not required. Bones heal at different rates depending on the individual, his health and the severity of the injury.

Perhaps the key factor to remember after even the simplest accident is to have the injury immediately checked to prevent further problems and complications.

If you have any questions feel free to call or contact Dr. Charles E. Schneider 1619 N. Greenwood, Pueblo, CO 81003

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

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

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Grandparenting: "Family Feud & Natural Gifts"

Dear Grandparenting: Bo's parents stopped speaking to me the day we eloped after I became pregnant with little Bobby. So I returned the favor. I've stopped speaking to them.

Bo's father owns one of the biggest construction firms in the state. His mother keeps busy climbing the social ladder and parading her other grandchildren around the country club. Bo says she lost face when she had to call off the big wedding she planned. She thinks I trapped Bo into getting married. I'm from "the other side of the tracks," as they say.

My in-laws have established educational trust funds for all their grandchildren except little Bobby, who they pretty much ignore in general. I call it revenge. I think it's a cheap shot to take their feelings out on a helpless little grandchild who will be deprived of the same educational opportunities his other first cousins enjoy.

Bo's afraid to confront his parents. He wants to wait a while longer to talk to them about it. I say the longer we wait, the more my in-laws' feelings will harden. Who's right? Melanie Harris, Boston

Dear Melanie: Nobody's right when everybody's wrong. The wives were wrong to stop talking; the husbands wrong to allow the problem to persist. To re-open family lines of communication, Bo must first address his mother's ambivalence toward the marriage, which is at the root of this family feud. And in good time, your talks with your in-laws will turn to topics like a good education.

Grand Remark
Nana B. from the scenic Lakes region in Laconia, N.H. sends this gem:

"What a bargain my grandchildren are! I give them my loose change, and they give me a million dollars worth of pleasure!"

NATURAL GIFTS

Dear Grandparenting: My daughter and two of her grown children live with me temporarily. The problem is with my grandson (age 21). He has had short-lived jobs and is currently unemployed, and has been for three months. He shows no sign of looking for work. He is a good boy and doesn't create problems.

My question is what to do? My daughter doesn't like to confront anyone, and I don't either, but someone has to take the bull by the horns. I'm afraid he and my daughter will be resentful if I intervene. Help! F.F., Hudson, NY

Dear F.F.: First, you work. Then, you retire. Not the other way around. Don't be timid about rocking the boat. If your grandson is permitted to continue his life of leisure, we foresee far greater resentment down the road, when he will come to resent himself for a wasted and unproductive life, your daughter will come to

resent her able-bodied but idle son, and you will kick yourself for not acting sooner.

We all have certain gifts or aptitudes – natural talents or special abilities we are born with. People are most likely to find success in a job that uses their aptitudes. The trick is finding a good occupational fit for your grandson's natural abilities. Aptitude testing is a career tool can help point your grandson in the right direction; the Johnson O'Connor Research Foundation is a national leader. At 21, your grandson still has time to find a career that makes him want to leap out of bed each and every day.

Grand Remark

Pat Jackson from Gettysburg, PA, is

blessed with eight grandchildren. When Edward, the youngest, was 5, she took him to his first communion.

"I told him you'll get a little glass of grape juice and a piece of bread. He said, 'I'll drink the juice, but I really don't want anything to eat!'"

Dee and Tom, married more than 50 years, have eight grandchildren. Together with Key, they welcome questions, suggestions and Grand Remarks of the Week. Send to 830 W. 40th St., Ste. 304, Baltimore, MD 21211. Call 410-828-6529.

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Where Are They Now?

by Marshall Jay Kaplan

JIMMY NELSON

N-E-S-T-L-E-S Nestles makes the very best. CHAAWW-KLITT! The 1950's ventriloquist and TV spokesperson (who made that loveable jingle a household phrase) still continues to entertain (and educate) audiences with a little help from Danny O'Day and Farfel the Dog.

Jimmy Nelson was born on December 15, 1928 in Chicago, IL. At the age of 10, Jimmy's aunt gave him a ventriloquist dummy, which he named 'Dummy Dan'. He then began practicing the art of ventriloquism, as he was inspired by listening to the legendary Edgar Bergen on his radio show. After seven years of performing at neighborhood theatres, Jimmy had Dummy Dan modified by Frank Marshall – the same carpenter who also carved Bergen's Charlie McCarthy. As well, like Bergen, Jimmy gave his dummy a more Irish name – Danny O'Day.

As Jimmy's bookings increased, so did his popularity. By 1949, he had his own local TV show in Chicago. In 1951, Nelson performed at Radio City Music Hall in New York City. At the same time, producers of Milton Berle's Texaco Star Theatre were looking for a ventriloquist – the only catch was that in addition to the dummy routine, Jimmy was to perform the sponsor's commercial. Although his agent was against it, Jimmy signed on. Every night, forty million people tuned into Berle's show, and overnight, Jimmy, Danny O'Day and eventually Farfel the Dog were household names.

After two years on Berle's show, Jimmy began his ten-year association with Nestles – performing on-air commercials. It was Farfel's nasally drawn-out pronunciation of Chocolate (CHAAWW-KLITT) that people remember to this day. As well, during this time, Nelson was a very frequent guest on the Ed Sullivan Show, where he introduced other dummies in his act – Humphrey Higsbye and Fa-ta-ta-tee-ta the Cat.

By the mid-1960s, Nelson moved to his current residence in Cape Coral, Florida. He earned success in the late 1960s and early 1970s, producing instructional records on how to be a ventriloquist.

The performer in Jimmy has never stopped. Although he no longer travels across the globe, Nelson finds he is keeping busy within the state of Florida. His biggest audience is school children, where he, Danny and Farfel lecture about the dangers of smoking. Maybe Danny O'Day is no dummy after all!!



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Finances: Wealth Creation

How Long Will Your Legacy Last?

by Robert Valentine

Most family fortunes don't survive to a third generation. Here's why.

Unlike some quaint adages, the saying "Shirtsleeves to shirtsleeves in three generations" seems to have a basis in fact. In the book *Beating the Midas Curse*, authors Rodney Zeeb

and Perry L Cochell report that 60% of affluent families lose their wealth in the second generation, and 90% will have lost it by the third.

That doesn't mean your children and grandchildren will be spoiled and irresponsible just because they have wealth. But they will have a different

frame of reference than you had in building that wealth. Whether you practiced a profession, built a business or parlayed your paycheck into a sizable estate, you worked hard to earn, save and grow your money. You probably did so to raise not only your personal standard of living but that of your family. Growing up, your children enjoyed experiences and advantages you may not have – a private college education, perhaps, or the opportunity to travel and experience other cultures.

Your best intentions as a parent probably included instilling respect for hard work, financial responsibility and philanthropy. And you most likely passed on that desire to raise the standard of living for your family.

Therefore, your child, who enjoyed a private college education and a month traveling Europe before taking the entry level job in the family business, now feels the same duty to his or her children. The private college education now becomes private elementary and high school education. The month in Europe becomes a year. The entry level job becomes a lower-level management job.

Setting aside any instances of over-indulging, that escalating standard of living can begin to erode the wealth you created and passed on to your heirs. Consider also the growing number of family members that wealth is supporting. For example, as you grew your wealth, you may have supported you, your spouse and two children. In the second generation, that wealth may support you, your spouse, your children, their spouses and their children (your grandchildren). If your two children each have two children, that second generation brood now encompasses 10 people. Take that same rate of family growth to the third generation, and you add four spouses (one for each grandchild) and eight children (two per grandchild).

The family fortune now supports 22 people.

Keeping an optimistic view, let's assume everyone's private education paid off and all adults in the fam-

ily are gainfully employed. The level of compensation among those adults can vary dramatically. For example, if one child becomes a doctor and one becomes a social worker, how much support does the family fortune give each child? Does the social worker get more to bring her even with the doctor, or do they each get the same amount, putting the doctor at a considerably higher standard of living than her sister?

Supporting our hypothetical 22 people won't be neat and tidy. Odds are that half the couples in the family will get divorced, creating issues for dividing wealth among an assortment of siblings, step-siblings and half-siblings. Talents, abilities and even health will vary. Family members will disagree on priorities for spending, investing and contributing to charity.

How can you end up among that 10% of affluent families who retain their wealth into a fourth generation, keeping in mind that you have a good chance of being alive that long? First, a detailed, well thought out and perpetually updated financial plan will provide a starting point. Other important documents include your will, a living will and an ethical will. Document your life story so the full details of your loves, losses and life's lessons will survive.

Next, do your best to educate and involve your children in your decisions as appropriate. They need to see more than the end result of your life choices, your business choices and your philanthropic choices. Explain the rationale behind a career change, severing a partnership or making a donation. Provide basic education and guidance on earning, saving and spending money and the responsibilities those actions entail. Encourage those same lessons for your grandchildren.

Introduce your children, and future generations, to your key advisors. Ongoing relationships can be critical to future wealth accumulation and preservation, particularly during times of transition such as a death, divorce or major business change. Family members need to know who to trust when it's their turn to make decisions.

Prune Wear

from page 14.

dead cane -- even without a Kevlar suit. If not, they had a cut-and-hold telescopic pruner that reached up to 6 1/2 feet.

Brilliant.

Still, isn't it odd that there isn't a garment that could solve the problem?

In searching the Web, I found handwoven Scottish tweeds described as "thornproof" -- but that apparently doesn't mean they'll protect you from thorns, only that the tweed itself won't be ruined by them. There's a line of Barbour waxed cotton jackets -- the sort of thing Helen Mirren wore in the country in "The Queen" -- that are called thornproof but, at \$350 plus, they were out of my range. I found a safari jacket made of nylon said to be thornproof at Lost Worlds Inc. Hunting and Safari Clothing, but it cost \$450. I found vests, smocks and

aprons for gardeners at Sloggers Garden Outfitters, but none of them promised to defend against thorns.

Is it possible that I've discovered that rare thing, an underserved market niche? Can it be that there are zillions of American gardeners out there crying out to be clothed -- and nobody's listening?

More likely -- this occurred to me at the show, when my search for something to wear kept being derailed by distractingly beautiful lilies, delectable daffodils, seductive peonies, etc. -- most gardeners don't much care what they wear to garden in. We'd rather spend our money on plants.

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

StepUp/Villa Pueblo Host Nationwide Health Program

Pueblo StepUp & Villa Pueblo Towers to host new nationwide evidence based Health Promotion program:

Do you suffer from a chronic ongoing health conditions such as diabetes, COPD, Heart Disease, Arthritis, Asthma, Bronchitis or Emphysema? If so this 6-session workshop may be for you. Participants are also encouraged to bring along a support person, such as a family member or friend to each session. These workshops are designed not only for the person with the chronic condition but also a family member or friend who is part of your support team.

People with chronic conditions have similar concerns. Come learn how to manage you health and stop letting it manage you. Healthier Living: Managing Ongoing Health Conditions is \$25.00 for the 6 week session which includes a resource book and cd. (Scholarships and payment plans are available.) classes will be held each Friday from 1:30-4:00 p.m. beginning April 27th at Villa Pueblo Towers. Please call Pueblo StepUp to register at 557-3883.

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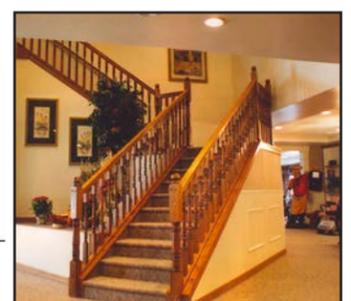
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Special Treatment Reveals The Best In Veal

by Annette Gooch

SUCCESS TIP:

-- To truss (tie) a stuffed rolled roast for cooking, bring a piece of kitchen string around the meat lengthwise, going around both sides of the cylinder, and tie securely. Bring a second piece of string around the meat lengthwise, this time going around the top and bottom of the cylinder, and tie securely. Complete the trussing by tying lengths of string crosswise around cylinder at 1 1/2-inch intervals.

The attractive spiral of spinach, pine nut and rice stuffing in each slice of this tender veal roast is the result of carefully trussing the meat to hold it together during cooking. Ask the butcher to butterfly the veal, flatten, and pound it to a thickness of about 3/4 inch so that it can be stuffed and rolled. Present the roast with steamed potatoes and carrots (recipes below) or your favorite vegetables.

MARINATED ROAST VEAL WITH SPINACH AND PINE NUT STUFFING

1 boned top round roast of veal (about 4 1/4 pounds), butterflied and pounded 3/4 inch thick

2 teaspoons dried rosemary

1/2 cup olive oil

1/4 cup dry white wine

Spinach and Pine Nut Stuffing (recipe below)

Quick Brown Sauce (recipe below)

Salt and pepper

1/4 cup olive oil

1/3 cup beef or chicken broth, or water

1. Put roast in a deep dish and sprinkle with rosemary. Pour olive oil and wine over meat. Cover and marinate in refrigerator, turning occasionally, for 2 hours or overnight.

2. Meanwhile, prepare Spinach and Pine Nut Stuffing and Quick Brown Sauce. Preheat oven to 375 degrees. Drain marinade from veal, reserving marinade. Pat veal dry and spread it flat on work surface. Sprinkle lightly with salt and pepper. Spread stuffing over veal, leaving a 1-inch border on all sides.

3. Beginning at a long edge, tightly roll meat into a cylinder and secure

with kitchen string (see Success Tip).

4. Place veal in a roasting pan slightly larger than the meat. Rub with olive oil; sprinkle with salt and pepper. Roast for 15 minutes. Baste with about 2 tablespoons of reserved marinade. Reduce oven temperature to 325 degrees, add remaining marinade to pan, and continue roasting, basting every 15 minutes with pan juices, until a thermometer inserted in thickest part of meat registers from 145 degrees for medium rare to 160 degrees for medium (about 1 hour and 45 minutes).

5. Transfer veal to a carving board, cover loosely with foil, and let stand in a warm place about 15 minutes.

6. Defat pan juices and return to pan; add beef or chicken broth. Bring to a boil, stirring and scraping to dissolve any browned bits.

7. Bring Quick Brown Sauce to a boil. Whisk in strained pan juices. Taste and adjust seasonings, if needed. Pour into warmed sauceboat.

8. Using a sharp knife, carve veal into slices about 1/2 inch thick. Serve sauce separately.

Serves 8 to 10.

SPINACH AND PINE NUT STUFFING

1/2 cup pine nuts

4 cups water

Salt

1/2 cup long-grain rice

1 1/2 pounds fresh spinach, leaves only, rinsed thoroughly

3 tablespoons olive oil

1 onion, finely chopped

A pinch each of salt and pepper

4 large cloves garlic, minced

1 egg

Pinch freshly grated nutmeg

1. Preheat oven to 400 degrees. Put pine nuts in a baking dish and toast in oven, stirring occasionally, until lightly browned (about 4 minutes). Transfer to a large bowl.

2. In a medium saucepan, bring the water to a boil and add a pinch of salt. Add rice, stir once, and boil, uncovered, until tender (about 14 minutes); check by tasting. Drain, rinse with cold water, and

leave to drain in strainer for 5 minutes.

3. In a large saucepan, boil enough lightly salted water to cover spinach generously. Add spinach and cook, uncovered, over high heat, pushing leaves down into water often, until very tender (about 3 minutes). Rinse with cold water in colander and squeeze by hand until spinach leaves feel dry. Chop finely with a knife.

4. In a frying pan, heat oil over medium heat. Add onion, salt and pepper. Cook, stirring often, until onion is softened and begins to brown (about 7 minutes). Reduce heat to low, add garlic, and cook for a few seconds. Transfer to a bowl and let cool.

5. Into a bowl, place rice, spinach, onion mixture, egg, nutmeg and pine nuts. Mix well. Taste; add more salt, pepper and nutmeg, if needed.

QUICK BROWN SAUCE

1 tablespoon olive oil

1 onion, diced

1 carrot, diced

2 cups beef or chicken broth

4 drained canned plum tomatoes, diced

4 tablespoons cold water

1 tablespoon tomato paste

1 tablespoon cornstarch

Salt and pepper

1. Heat oil in a medium-sized, heavy saucepan over medium-high heat. Add onion and carrot; saute, stirring often, until well-browned but not scorched.

2. Add broth and tomatoes. Bring to a boil, stirring constantly. Reduce heat to very low, cover, and simmer for 30 minutes.

3. In a small bowl, whisk water into tomato paste. Add cornstarch and whisk to form smooth paste. Gradually pour into simmering broth mixture, whisking constantly. Bring to a boil, whisking. Season very lightly with salt and pepper. Strain sauce through a sieve, pressing on vegetables to extract flavor and body.

4. Taste, adding more salt and pepper if needed. If not using sauce right away, dab a small piece of butter over surface of sauce to prevent skin from forming. Cover and refrigerate for up to



Steamed new potatoes and young carrots flank a beautifully carved veal roast with a spinach and pine nut stuffing. photo: Lifestyle Media Group

3 days.

Makes about 1 1/2 cups.

STEAMED NEW POTATOES

3 pounds small new potatoes

Salt

1 to 2 tablespoons butter (optional)

2 tablespoons finely chopped parsley (optional)

Scrub potatoes; leave unpeeled or remove a strip of peel around each potato, if desired. Set potatoes in steamer rack over 1 to 2 inches boiling water in a large lidded saucepan; sprinkle with salt.

Cover tightly and steam over high heat until very tender when pierced with a sharp knife (approximately 15 to 20 minutes). Drain potatoes, toss with butter and parsley (if desired), and transfer to platter or bowl; serve at once.

Serves 8.

STEAMED CARROTS

2 to 2 1/2 pounds small carrots

1 to 2 tablespoons butter (optional)

Wash, trim, and scrape or peel carrots. Place in a steamer rack over 1 to 2 inches boiling water in a large lidded saucepan. Cover tightly and steam over high heat until barely tender when pierced with a sharp knife (approximately 6 to 10 minutes). Drain carrots, toss with butter (if desired), transfer to serving platter or bowl; serve at once.

Serves 8.

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

APRIL 2: Roast Beef/Gravy, mashed potatoes, carrots, three bean salad, wheat bread/marg., cinnamon applesauce.

APRIL 3: Beef Chop Suey/Rice, mixed veggies, wheat bread/marg., diced peaches.

APRIL 4: Green Pepper Steak, mashed potatoes, zucchini, pickled beets, wheat bread/marg., orange.

APRIL 5: Turkey Tertrazzini, green beans, biscuit/marg., banana cake.

APRIL 6: Tuna Noodle Casserole, peas, pineapple slaw, wheat bread/marg., fruit cocktail.

APRIL 9: Spaghetti/Meatsauce, green beans, lime carrot gelatin, wheat bread/marg., chocolate pudding.

APRIL 10: Roast Pork Loin, orange glazed sweet potatoes, peas, wheat bread/marg., graham crackers, orange juice.

APRIL 11: Mexican Bean Stew, cornbread, veggie salad, diced peaches.

APRIL 12: Roast Beef/Gravy, mashed potatoes, cabbage, wheat bread/marg., blush pear dessert.

APRIL 13: Salmon Patty/Lemon, peas & carrots, veggie alfredo pasta, wheat bread/marg., spiced fruit mold.

APRIL 16: Beef Stew/Tomatoes, saltine crackers, peas, wheat bread/marg., lime fruit gelatin.



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APRIL 17: BBQ Beef Sandwich, baked beans, mixed green salad/ranch, diced peaches.

APRIL 18: Pinto Beans/Ham, cornbread, carrot raisin salad, apple.

APRIL 19: Chicken cacciatore, linguini, broccoli, wheat bread/marg., PA upside down cake.

APRIL 20: Country Style Steak, mashed potatoes, green beans, wheat

bread/marg., banana.

APRIL 23: BBQ Meatballs, parsleyed potato, california blend, wheat bread/marg., fruit cocktail.

APRIL 24: Roast Turkey/Gravy, mashed potatoes, green beans, pickled beets, wheat bread/marg., PA tidbits.

APRIL 25: Beef Tips/Gravy, mashed potatoes, stewed tomatoes, wheat bread/marg., fruited gelatin.

APRIL 26: Chicken A La King, biscuit, broccoli, mixed green salad/Italian drsg., peach cobbler.

APRIL 27: Sweet/Sour Pork/Rice, corn, wheat bread/marg., gingerbread/lemon.

APRIL 30: Mac & Cheese, zucchini, stewed tomatoes, lime pear gelatin, wheat bread/marg., orange.

MAY 1: Burrito/Green Chili, spanish rice, let/tom garnish, apricots.

MAY 2: Breaded Fish/Tartar Sauce, au gratin potatoes, carrots, spiced fruit mold, wheat bread/marg., cherry crisp.

MAY 3: Roast Beef/Au Jus, baked potato, california blend, orange, wheat bread/marg., diced peaches.

MAY 4: Lasagna, peas, orange carrot gelatin, wheat bread/marg., diced peaches.

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Senior Community Update



MOVIES AT THE MUSEUM

The Steelworks Museum will present two movies that were produced by the Colorado Fuel and Iron company in the 1950's, on Saturdays during the months of March, April and May. The films have been digitized from the original 16mm films for preservation.

Show dates, times and movie are:

March 17 and 31 - 11 a.m., 1 p.m. & 3 p.m. - Farmer Brown, Steel Worker
April 28 - 11 a.m., 1 p.m. & 3 p.m. - Indian Paint - Realock Fence
May 12 and 26 - 11 a.m., 1 p.m. & 3 p.m. - Farmer Brown, Steel Worker

Farmer Brown, Steel Worker - a CF&I-produced film demonstrating the relationship between the steel and agricultural industries. The film chronicles the experiences of "Farmer Tom Brown" as he learns about all of the jobs at the Pueblo steel mill. Produced in the late 1950s. Approximately 30 minutes.

Indian Paint - Realock Fence - a CF&I-produced film following the raw materials from the Sunrise Iron Mine down to the Pueblo steel mill and then to the wire mill to produce fencing. Produced in the mid-1950s. Approximately 30 minutes.

The movies are included in the normal admission cost of \$3 for 13 and older & \$2 4-12 years of age.

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546-6189. Genealogical Society 545-6326. Theater...Music 545-2803. Movies 543-6657.

OVER THE HILL GANG

Don't Think of Us as Being Over the Hill.. Think of Us as Picking Up Speed! Camping, 545-3787; Cycling, 545-3787; Fishing, 545-2803 or 647-6479; Hiking 545-3787 or 547-8181; Riverwalking, 545-3787; Trail Cleaning 545-3787; Call Caroline Luellen 545-3787.

SRDA HAPPENINGS

Integrative Relaxation - 50 years and older a gentle quieting with Alice Wingert, M.A.

Advanced Amrit Yoga Teacher Plastics #1 and #2 Recycling Returns in 2007.

The plastic drop-off collection events will be held Saturdays every other month in 2007: May 19, July 21, and Sept. 15, November 17. Other than these one day events, there is no program to recycle plastics in Pueblo County.

More recycling participants are needed! Pueblo Recycles also needs volunteers to help at the bi-monthly events. Call Jo at 562-0206 or Jane at 544-3599, or the Recycling Hotline at 583-4924.

Sarah R. Bruestle, M.P.A.
Contact SRDA
545-8900

Tuesdays 11:05 ~ 11:35 am - \$1.50 per class

SHOOTING RANGE EVENT

Saturday April 28, 2007 - 8:00 a.m.-5:00 p.m., 402 Loma Drive - Pueblo West Sportsman's Association Shooting Range - Turn North on Purcell, left on either upper or lower Platteville and follow signs to Pueblo West Sportsman's Range on Cashmere.

Haven't shot before?? Well, now is the time to learn from experi-

enced instructors in a safe, non-competitive atmosphere. Women are invited to participate, regardless of skill level or experience. We will cover rifles, pistols, shotguns, and archery.

PUEBLO STEPUP FREE COMMUNITY WELL-BEING CLINICS

We want to keep you healthy! Come check us out and let us check you out.

Free blood pressure, blood sugar, oxygen screening and more.

McHarg Park Community Center - Avondale - Monday, April 9th 9:00-11:30 am

Vail Hotel - Tuesday, April 10th 9:00-10:30 am

Hyde Park Community Center - Tuesday, April 10th 1:00-2:30 pm

Joseph Edwards Senior Center (SRDA) - Wednesday, April 11th 9:45-Noon

Mineral Palace Towers - Thursday, April 12th, 9-11:30 am

Memorial Recreation Center - Pueblo West - Thursday, April 12th, 8:45-10:45 am

Park Hill Christian Church - Monday, April 16th 10:00-Noon

Minnequa Park Apts. - Tuesday, April 17th 9:00-11:30 am

Mesa Towers Apt. - Wednesday, April 18th 9:00 - 11:30 am

Ogden Apartments - Thursday, April 19th 9:00-10:30 am

Fulton Heights Community Center - Thursday, April 19th 1:00-2:30 pm

*All locations are open to the general public for these clinics.

Please call Pueblo StepUp @ 557-5886 if you have any questions.

Get Moving with Pueblo StepUp Community Exercise Programs:

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

SRDA HAPPENINGS

Call SRDA at 545-8900 for details on any of their daily events and classes. From computers to oil painting and senior strength training to exercise class SRDA has something for you.

SALVATION ARMY EASTER ACTIVITIES

The Salvation Army Pueblo Corps will have a full day of activities to celebrate Easter on Sunday, April 8, 2007 at their Community Center on 13th Street just East of Elizabeth, Pueblo.

The day will begin with a Non-Denominational Sunrise Service at 7:30 a.m., followed by Coffee and Rolls.

An Easter Dinner will be served from 11:30 a.m. to 2:00 p.m., followed by an Easter Egg Hunt at 2:00 p.m.

All the activities are open to the public, and everyone, especially those alone on this day, are encouraged to attend.

Captain Samuel Rodriguez, Commanding Officer of the Pueblo Corps, says "Easter is a very important and special day. Volunteers will be working so we can observe it in a special way. Everyone is welcome to attend, and the public is invited. We want everyone to have a friendly and welcoming place to go on this Holiday."

The Salvation Army has been serving people of the Pueblo area for 120 years, since 1887.

Anyone wishing to contribute or volunteer, or for more information, please call 543-3656.

MASTER FOOD SAFETY ADVISOR PROGRAM OFFERED

Colorado Springs, March 8, 2007 - It is never too late to learn or update food safety and preservation skills. The Colorado State University (CSU) Extension Office in El Paso County is offering a Master Food Safety Advisor (MFSA) program this year for people from the entire region. The classes will be held on the following Thursdays: May 3, 10, 17, 24 and June 7, 14 and 21. The MFSA classes will take place at the CSU Extension Office, 305 South Union Boulevard. There will be over 30 hours of intensive training on the proper methods of canning, freezing, drying, making jams and jellies, pickling and basic food safety.

To reserve a spot for the program, please call 719-636-8920 or look on the website at www.coopext.colostate.edu/elpaso for the appropriate forms and more information. The cost for the program is \$75 and registration is required. In order to ensure that all supplies are available for training, all applications must be in by April 20.

2-1-1 FOR SOUTHEAST COLORADO

A total of 630 Calls were handled during the month. That was an average of more than 33 calls per day for the Center, which is open Monday through Friday, 8 am - 5 pm. That average was more than double the calls per day in February 2006. The previous high was 31 calls per day in January 2007.

Callers most frequently sought Information and Referrals for income tax assistance, Medicare help, financial assistance, food requests, health services, victim services and senior services.

The number of calls from low income individuals was more than double the number in February 2006; the number of calls from minority individuals was 76% higher than February 2006; and the number of calls from senior citizens was 86% higher than February 2006.

2-1-1 is an easy to remember phone number that anyone can call to reach a person trained to help them assess their needs and put them in touch with the community services available to meet those needs. They help them through the complex maze of community service agencies and government programs.

This free service is now available in Bent, Crowley, Fremont, Kiowa, Otero and Pueblo Counties, with plans to expand to an additional five counties in Southeast Colorado during 2007.

Guidance for this service is provided by the 2-1-1 for Southeast Colorado Advisory Council, and is a program of SRDA.

For information please call 2-1-1 Director Pat Gash at 211 or 719-583-6611 or 800-762-6169.

Senior Life Festival Needs Nominees

May 2007 is Older Americans Month and citizens will have the opportunity to nominate and honor a very special senior citizen during the annual Senior Life Festival to be held May 11, 2007 at the Colorado State Fair Grounds Events Center.

During the Senior Life Festival, The Pueblo Area Agency on Aging and the Pueblo Advisory Council on Aging will announce the 2007 Senior Citizen of the Year.

This honor is bestowed on an outstanding Pueblo County senior citizen who has made significant contributions to our community through volunteer services. There are many seniors in Pueblo County who deserve this honor and we would like to encourage you to nominate a senior citizen for this award. Nomination forms are available through the Pueblo Area Agency on Aging, 719-583-6120. Nominations will be accepted until April 9, 2007.

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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.

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COMPANION/CAREGIVER available Monday-Friday. 44 years experience. References. Call Sally, 544-1350. #0107

Siding: Sometimes It's What's Outside That Counts

by Bill LaHay

If the success of the new television series "Ugly Betty" is any indication, there are plenty of Americans who champion the principle of inner beauty. Most of the prettified folk on that show feature a thin cosmetic veneer that masks incompetence, greed or an otherwise corrupt core, while Betty and her "ordinary" counterparts reflect timeless virtues we all can embrace, if not emulate. Thus she becomes our heroine, and an Emmy winner.

Is it reality television? Judging by who keeps showing up on fashion magazine covers, probably not. But it harbors a truism that applies to homes as well as people: Good looks aren't enough.

This is especially true for siding materials that have to pair aesthetic appeal with such mundane qualities as durability, low maintenance and reasonable cost.

Like a new roof, siding is a big-ticket item that most homeowners don't need to purchase more than once or twice

in their lifetime. But siding -- and the trim and detail work that accompany it -- create a home's beauty and personality in a way no roofing material is ever called upon to do.

If the beating from time and nature has forced replacement, or you simply want to upgrade the siding to improve your home, you need to know what you're buying.

Like most decisions regarding shelter, fundamentals apply. With the exception of nomadic cultures and our ancestors in extreme climates, most humans have always adopted three basic natural materials -- wood, earth and rocks -- for use in their structures.

The development of surface materials that differ from the structure itself is a relatively modern phenomenon, but we haven't strayed that far from our roots. Sawn lumber, brick and stone -- or the appearance of them -- still constitute the dominant visual themes we use to wrap our homes.

In some cases, the look is literal, created by the actual materials themselves. Increasingly, though, a manufactured or hybrid material is being recruited as a substitute.

Over the last few decades, metal (steel or aluminum) and eventually vinyl cornered a big share of the siding mar-

ket, largely because of their low-maintenance requirements and lower installation costs.

These horizontal-lap systems feature matching trim pieces and on existing homes are often applied directly over old wood siding. Both had mixed reputations early on, but newer-generation products feature more durable materials and contoured rigid foam backing to add insulating value.

Vinyl reigns as the low-cost solution, with installed costs for economy-grade goods at a few thousand dollars for an average three-bedroom home. Expect to spend two to four times that for premium natural or engineered materials.

Detractors still argue that neither metal nor vinyl offer the deep textures or detailing of traditional materials, and there are other drawbacks. Metal siding can dent or lose its factory finish, and vinyl colors are limited and can't be painted. Also, their hollow lap configuration makes both susceptible to peeling off from extremely high winds, but in that case siding damage is likely to be the least of your worries.

Despite the drawbacks of some manufactured siding materials, there are plenty of reasons these new players have entered the marketplace. Cost, maintenance requirements and environmental factors rank highest among their favorable aspects.

The best siding lumber, for example, comes from old-growth redwood and western red cedar trees, which are increasingly scarce and sometimes off-limits to harvesting because of their environmentally sensitive habitat.

These trees yield heartwood that is stable and rot-resistant, and many get milled into horizontal lap siding or shingle siding, but premium grades are pricey. For best results, these materials need to be sealed or "back-primed" before installation. Some manufacturers offer their goods pre-primed or pre-stained -- a real timesaver.

When it comes to siding, today's smaller and younger trees aren't sawn as much as shredded, creating a fiber stew that is mixed with binder resins. When formed in a hot press, this composite is shaped into engineered wood "boards" that mimic milled lumber, even down to a realistic textured surface. The outer layer is sealed with a factory-applied primer, and the uniform quality is considered a

SEE 'SIDING' PAGE 22.

Won't You Help Us?

Why not send donation checks to the Crohn's & Colitis Foundation of America (CCFA) to help defeat ALL Inflammatory Bowel Diseases (IBD)! While the higher percentage of people that have trouble with IBD are adults, many youngsters are afflicted with this horrible disease. To that end Robin Lynn Grasso is trying to raise money to send to CCFA so their research department can use those dollars to find a cure or at least some relief for IBD sufferers. The research team at CCFA has isolated the gene that inflicts the damage to the intestines and are getting closer to a breakthrough.

We, at Beacon Publishing, are offering premiums for the various levels of donations. Won't you help us in our quest to defeat this dreaded disease?

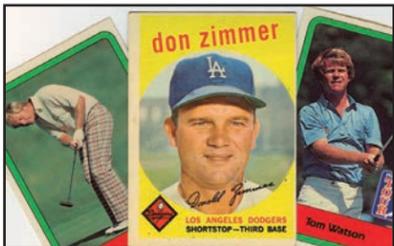
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.....Robin Lynn Grasso

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Will Respite Relieve The Stress On Caregivers?

by Robin Mosey

Question: I've read about the dangers of caregiver stress and I'm concerned about my 76-year-old mother. She's been caring for my 79-year-old father for several months while he's recovering from surgery, and I sense it's been wearing on her.

Since I live in another city and can't easily get away, what can I do to help?

Nearly one-quarter of all American adults currently provides companionship or assistance with daily living to an elderly parent or relative, according to a survey released earlier this year for Home Instead Senior Care by Harris Interactive®. In Canada, an estimated

15 percent of employed women and 10 percent of employed men are caregivers.

About one in three (31 percent) of family caregivers who provides such assistance reports needing more help. And, when they don't get that support, many family caregivers suffer health problems themselves. About 31 percent of those caring for someone age 65 and older describes their own physical health as fair to poor, according to the Department of Health and Human Services. As you can see, your mother is not alone and her situation is definitely something for you to be concerned about.

What your mom really needs is a respite. With you living in another city,

your mother would benefit from a network of personal friends and professionals who could offer support. If your mom has neighbors or close friends, or if your parents have friends who are couples living nearby and in good health, call them. Ask them if they would be willing to stay with your dad occasionally so that your mother can get out. Encourage her to join friends for lunch, dinner, a movie or the theater.

If your mother is active in a church or synagogue, check to find out what programs and organizations they might have available that could help her. Many senior organizations at church would be willing to lend an extra hand. Her Area Agency on Aging also is a great

source for help and information.

Finally, your mother could also consider a private caregiver. Home Instead Senior Care, for instance, hires CAREGivers to go into the homes of people like your mom and dad to provide companionship and other non-medical assistance such as meal preparation, light housekeeping, medication reminders, errands, shopping and a much-needed respite.

For more information about Home Instead Senior Care, contact Robin Mosey at (719)545-0293 or visit www.homeinstead.com.

There Is Still Home Heating Assistance Still Available

by Maggie Spain -The Bawmann Group 303.320.7790

DENVER – March 21, 2007 – The calendar may say spring, but cold nights remain in Colorado. For residents who are struggling to pay their heating bills, the Colorado Department of Human Services, Low-income Energy Assistance Program (LEAP) reminds Coloradans that help is still available.

LEAP provides cash assistance to help families and individuals pay winter home heating costs. Because LEAP applications are approved or denied each month following payroll calculations, potential applicants may receive payment assistance for overdue heating bills. The

average LEAP benefit for 2006-2007 is approximately \$280 per family. Program applications are available from November 1 to April 30 of each year.

LEAP pays the highest benefits to those with the highest heating bills and lowest incomes by family size. Applicant income cannot exceed 185 percent of the federal poverty index, which equals a maximum income of \$2,559 per month before taxes for a household of three people. LEAP applicants must reside in Colorado and be U.S. citizens or legal aliens. Applicants must also be responsible for paying heating costs, either to a utility company or to a landlord as part of rent.

"LEAP has been dedicated to

helping residents live comfortably in their own homes since its inception," said Scott Barnette, LEAP executive director. "As of March 15, more than 79,000 households have been approved to receive LEAP assistance this year, providing them with much needed warmth."

Potential LEAP applicants can apply several ways:

1. Call 1-866-HEAT-HELP (1-866-432-8435) to have an application mailed to your home.

2. LEAP applications are available at every county department of social/human services across the state. Most state utility companies also keep a supply of LEAP applications and instruction

sheets.

3. LEAP applications can also be downloaded from the program's Web site at <http://www.cdhs.state.co.us/leap/apply.htm>. Applicants may then fax, mail or deliver a completed application to their appropriate county office.

4. Many community agencies throughout the state also stock LEAP applications.

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

Siding The Way You Want It

from page 21.

big advantage over solid lumber.

Unfortunately, even high-quality sawn or engineered wood siding is susceptible to moisture-related seasonal movement or water penetration, causing the boards to shrink and/or swell in width, depending on conditions.

Poor surface sealing, especially

on board ends, accelerates this moisture cycling and often causes premature paint failure or literal disintegration of the composite. Solid-color and semitransparent latex stains stay flexible enough to move with the material, and thus fare better than most paints. Carefully installed and sealed, engineered wood composites are affordable and durable.

Relatively recently, another engineered hybrid has earned high points for its performance. Fiber-cement siding, made from wood fiber mixed with Portland cement and other additives, is a solid-bodied material that comes in the form of lap planks, plywood-size panels and shingles (individual or panelized). It is cost-competitive (especially the lap siding), highly resistant to fire, water and insect damage, and dimensionally stable.

Offered pre-primed and sometimes pre-finished, fiber cement holds paints and stains well because the material doesn't move much in response to moisture or temperature. The cement additive does make it heavier and more brittle than wood or wood composites, but this affects only handling and installation methods, not its performance.

In addition to posing as a traditional wood surface, fiber-cement siding also comes in variations that mimic stucco, brick and other masonry surfaces. A close cousin, manufactured stone veneer, can be installed on foundations, piers and columns, chimneys and other sections that might traditionally be built or covered with solid stone.

As with traditional wood siding, fiber-cement and engineered-wood materials typically require a clear sheathing substrate, so for renovation work the old



As pretty as wood but better behaved, fiber-cement siding has become a favorite of architects, homeowners and builders. High resistance to fire, rot and insect damage, paired with excellent manners for paint retention and low maintenance, explain the appeal. photo: courtesy of James Hardie Building Products

siding must be removed. This is a good idea anyway, allowing you the opportunity to insulate exterior walls, reinforce or replace sheathing, and install a new water/wind barrier before the siding goes on. These steps add to the project budget but yield substantial savings in energy costs.

Whatever siding material you choose, treat this investment seriously. Commodity contractors installing cheap materials might charge thousands of dollars less than competitors with top-notch goods, but the quality difference will be painfully obvious and detract from your home's value, effectively canceling any supposed cost savings. Few other materials are so critical both in protecting your home and adding curb appeal.

Done well, re-siding reflects beauty that is much more than skin-deep, and it might just say the same about you.

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Hammocking: More Than A Nap In A Camp

by Patrick Joseph

There are many cultures in the world where people spend their nights sleeping in hammocks. Ours is not one of them. The North American attitude toward the hammock might be summed up as follows: great place for a nap.

Anything more, forget about it.

Brian Weinberg, co-owner of Trek Light, a company that makes lightweight camping hammocks, says that while the product is catching on, the cultural preconception is an obstacle to wider acceptance.

"The typical first reaction is, 'I'll never get comfortable in it,' or, 'I'm going to flip.' They're thinking of rope hammocks in the back yard with wood spreaders and maybe a hammock stand," says the Colorado-based entrepreneur.

"The experience in our hammocks is completely different. You couldn't flip in one if you wanted to," he says. "And when people try one out, they see that it's actually way more comfortable than sleeping on the ground."

Indeed, hammocks have their advantages. Trek Light hammocks, for instance, can support 400 pounds, yet they weigh only a pound in the stuff sack. And with a price tag of less than \$50, they're relatively inexpensive. Even after adding a tarp and mosquito net to the package, as many hammock manufacturers do, hammock-camping systems tend to be lighter and less expensive than comparable single-person tents.

Hammocks have an illustrious history in the annals of exploration, going all the way back to Columbus. Sailors were the first Westerners to adopt them. Swinging on hooks, shipboard hammocks can ameliorate the effects of heavy seas.

Hammocks have even been to space. The astronauts of Apollo 12 employed hammocks in the cramped con-



Scenery is savored from a hammock on a camping trip in Aspen, Colo. photo:Trek Light Hammocks

fines of their lunar module.

The first lesson for would-be hammock-campers is this: The right way to lie in your hammock is not lengthwise, with your head and feet elevated at each end, your body curved like a banana, but rather crosswise or at an angle, so that your body is more or less level.

For that to work, however, only a large hammock will do. Veteran wilderness guide and hammock-camper Doug Stufflebeam concurs that size is the key. "You want a big hammock. The bigger the better," he says.

For years, Stufflebeam has used hammocks in lieu of tents on paddling trips in southeast Alaska, finding them ideal for camping along the rugged, heavily forested coastline.

"You don't have to worry about the tide coming up and washing your tent away, and you can set up almost anywhere. Just secure your kayak on the beach and duck into the forest to sleep in the trees," he says.

When Stufflebeam first employed his hammock-camping technique back in the 1980s, the idea was still somewhat novel, and he had to improvise his gear, buying the most spacious woven hammock he could find, then rigging a waterproof tarp overhead, along with a mosquito net that hung around the hammock like gauzy curtain. Once he was in the hammock, he would simply wad up the excess netting and tie it off with a rubber band.

These days, you don't have to improvise. There are at least a half-dozen companies making "expedition-style" hammocks designed specifically for camping. Most of these come with integrated mosquito netting and a custom-fitted rain fly.

I took one such model -- a Hennessy Hammock -- with me on a recent trip to Brazil. The Hennessy has an ingenious entry system: You simply open a Velcro enclosure on the underside of the hammock and sit down. As you lift your feet, your weight draws the opening shut and there you are, suspended in a cocoon of nylon and mesh, the rain fly stretched like a bat wing overhead.

In the final analysis, it's precisely this feeling of being suspended in air that explains hammock-camping's unique appeal. It's a chance to beat gravity and sleep in, as it were, a flying tent.

FOR MORE INFORMATION

Trek Light Hammocks is located in Boulder, Colo. They can be found on the Web at www.treklighonline.com. E-mail info@treklighonline.com.

Hennessy Hammocks is located in British Columbia, Canada. You can find them online at www.hennessyhammock.com. E-mail info@hennessyhammock.com or phone (888) 539-2930.

For a more complete list of camping-hammock manufacturers, visit Hammock Camping 101 at Sgt. Rock's Hiking HQ, <http://hikinghq.net/hammock/hammock.html>

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Reeling "Of Gems & Greed"

by Film Critic Betty Jo Tucker, Pueblo

OF GEMS AND GREED

Now available as a home entertainment offering, "Blood Diamond" concerns the stripping of diamonds in Africa's Sierra Leone during the 1990s. It follows the adventures of a mercenary smuggler who becomes involved with a tribal fisherman looking for his kidnapped son and with a journalist dedicated to exposing the corruption behind the exploitation of Africa's natural resources.

These three people come in contact with each other after Solomon (Djimon Hounsou), a man separated from his family and assigned to work in the diamond mines, finds a huge pink diamond and then buries it, intending to come back later to retrieve the gem.

When Danny (Leonardo DiCaprio), who calls himself "a soldier of fortune," learns about Solomon's diamond, he sees it as a way for him to finally get out of Africa. However, Solomon will lead Danny to the diamond only if he helps him find his son. Maddy (Jennifer Connelly), the idealistic journalist, insists on going along with these two men in order to take photographs to include in her expose. Along their journey, Danny, Solomon and Maddy must come to grips with important moral issues, and serious disagreements are inevitable among these very different individuals.

All this is happening amid a bloody civil war in Sierra Leone, a fact receiving major attention from filmmaker Edward Zwick (who also directed

"Glory," one of the best US civil war films). Sequences of wild shooting sprees abound, the most disturbing of which involve very young children not only being killed but also doing the shooting. That's why a warning needs to be issued here about the movie's appropriate "R" rating because of its extremely graphic violence.

Although DiCaprio's South African accent is off-putting at first, he delivers a strong performance as a cynical former military man. Somehow, there's enough soul in DiCaprio's performance (which earned him an Oscar nomination) to make us believe his character is a finer man than he thinks he is. Hounsou (Juba in "Gladiator") displays his usual magnificent screen presence, and we desperately want the man he plays to be reunited with his family, especially with his son. Unfortunately, even though she makes the best of it, Oscar-winner Connelly (for "A Beautiful Mind") is wasted in a throw-away role here.

"Blood Diamond" excels in showing the connection between the "conflict diamond" trade and the misery it causes. However, I thought the movie's long running time could have been shortened by cutting some of its horrifying and repetitive violence. Still, this is a thought-provoking film and definitely a worthwhile one for fans of the action-adventure genre.

Personally, because of "Blood Diamond," I'll cringe from now on whenever I hear someone singing "Diamonds Are a Girl's Best Friend" -- and I've instructed my family never to give me items of jewelry made from conflict diamonds. (Released by Warner Home Video and rated "R" for strong violence and language.)

GLIDING TO VICTORY

Until watching "Silent Wings -- The American Glider Pilots of WWII," I thought gliders were designed strictly for leisure and fun. I certainly never knew how these airplanes, flown by 6000 young Americans, helped the Allies win the Second World War. Fortunately, this remarkable documentary set me straight about an amazing historic event.

Written and produced by Robert Child, "Silent Wings" reveals the critical role gliders played in WWII offensives -- and it does so with the use of fascinating archival footage/photographs and interviews with former pilots as well as with Walter Cronkite and Andy Rooney, who experienced flying into Holland in gliders while reporting on the war dur-

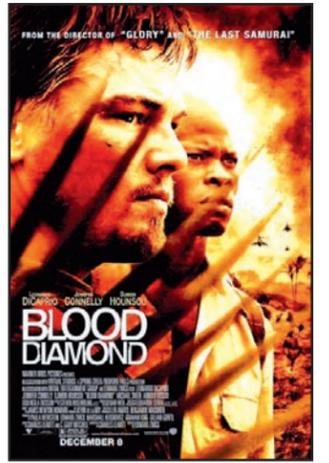
ing 1944. Actor Hal Holbrook, a WW II veteran, ties everything together with his dignified narration. Childrens a y s , "Working with Hal Holbrook

was a great pleasure not just because of his talent as an actor and narrator but also because, having served in the war himself, he was able to share his own memories of this time in American history and add a credibility to 'Silent Wings' that truly brings the story to life."

Because I suffer from an intense fear of flying, it's hard for me to imagine why anyone would ever become a glider pilot. Going on an important mission in a large unarmed cargo glider with no motor and no parachute to count on, then putting it down behind enemy lines would scare me half to death. But these brave guys did just that -- over and over again. They also fought as infantrymen after landing. Through their courageous efforts, thousands of lives were saved. Because the gliders emitted no engine sound, they could fly undetected after being released from their C-47 tow planes. But getting this crucial program underway was not an easy task, and "Silent Wings" shows the drama involved in obtaining approval for wartime use of the gliders to deliver supplies and equipment deep inside enemy territory.

Included as "Silent Wings" DVD bonus features are: enlightening comments from journalists Andy Rooney and Walter Cronkite; a virtual tour through the splendid Silent Wings Museum in Lubbock, Texas; and an interview with writer/producer Robert Child about the making of this extremely worthwhile documentary. (Released by Inecom Entertainment; not rated by MPAA.)

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



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If you need medical care after office hours or on the weekend, our Board Certified Physicians can meet your needs in a convenient and timely manner.

COMPREHENSIVE CARE - Board Certified Family Physicians - Comprehensive Diagnostic Equipment - Specialty Consultation Available	COMMON ILLNESSES - Influenza & Vomiting - Fever & Diarrhea - Colds, Earaches, Sore Throats, etc.	INSURANCE & PAYMENT - We accept Most Major Insurance & Health Plans (Please bring your current insurance card & appropriate co-pays!) - We Bill Insurance Directly - No Delay or Hassle - Cash, Check, Visa, MC & Discover
URGENT MEDICAL CONDITIONS - Broken Bones or Sprains - Lacerations - Injuries (slip & fall, sports, household, etc.)	ADDITIONAL SERVICES - Department of Transportation Exams (Physicals) - Sports, Work or School Physicals	

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