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Senior Beacon

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

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Reaching People With Alzheimer's Through Music

by Barbara Jacobs, M.S.

Dr. Oliver Sacks, Professor of Clinical Neurology and Psychiatry at Columbia University, in his current best-selling book, *Musicophilia*, writes about the amazing therapeutic effects of music on people with Alzheimer's disease and other dementias. He states, "Music is no luxury to them but a necessity, and can have power beyond anything to restore them to themselves and to others at least for a while." In this eye-opening book he devotes a chapter to this subject entitled, "Music and Identity: Dementia and Music Therapy." For this population Dr. Sacks describes how familiar music is the key to eliciting emotions and unlocking words that have been silent.

Researchers have discovered that the teen years around the age of 14 are when musical preferences and memories are formed. Daniel Levitin in his book *This is Your Brain on Music* states, "We tend to remember things that have an emotional component because our [brain] and neurotransmitters act in concert to tag as important the memories of these emotionally charged years of self-discovery." Therefore, people with Alzheimer's disease can often sing the songs they heard during their teen years, even when they can no longer remember the names of their children. This behavior is also well documented in people with advanced dementia.

Throughout my twelve-year ca-

reer as a therapeutic musician in nursing homes, I have witnessed the beneficial power of music for those with Alzheimer's disease. People in my classes who are virtually speechless and confused begin to sing, hum and sometimes dance once they are stimulated by music. The benefits of music and singing, such as mood improvement and calmer behavior, often persist for hours after the music has stopped. Joining your loved one in a musical activity can bring you both a sense of joy and well being.

During a recent music class in an Alzheimer's community.....I had a thrilling interaction with Lou, a resident with moderate Alzheimer's including aphasia (loss of speech). I was playing a Judy Garland album, intending to reminisce with the residents before I played their favorite "oldies" on the piano for our sing-along. I randomly went into the audience and chose Lou to dance with me while Judy Garland was singing "Somewhere, Over the Rainbow." He joined me willingly, and before long held me in an appropriate dance position, stared into my eyes and clearly said the last few words of the song, "Why, Oh Why, Can't I?" I was thrilled, but somewhat baffled when I saw staff running to get their cameras, because I knew nothing about him. The staff later told me that this was the first time they had seen Lou speak and show any semblance of his former self. Apparently, he had been a great dancer and mu-

sic lover in his pre-Alzheimer's disease life.

My formula for success, which can be replicated by caregivers at home, is a two-part music session. In the first part I play CDs of favorite recording artists such as Judy Garland and Nat King Cole. The second part consists of an old fashioned sing-along in which I accompany the residents on the piano. Everyone is given large-print lyrics of each song so they can fully participate – and they do!

If you would like to add music to your loved one's day, here are some activities to consider:

1. Visit your local music store to find CDs from the 1930s through the 1950s. Songs should be familiar to your loved one, such as songs from their teen years. Favorite popular artists, Broadway shows such as "South Pacific" and "Oklahoma," and works of composers like George Gershwin are but a few possibilities.
2. There are a number of ready-made sing-along DVD and video resources available at Amazon.com and found in many of the free senior product catalogs such as S&S Worldwide (1-800-243-9232) and Sea Bay Games (1-800-568-0188).
3. Your public library is another wonderful resource where you can borrow musical CDs or DVDs of an opera or Broadway show.
4. If you play an instrument and



The author at the piano with her seniors.

want to have a sing-along, play it at a slower pace and in a lower key. You can obtain lyrics from the Internet and print them out in an enlarged typeface.

5. Create a soothing atmosphere by tuning your radio to a classical music station. My students particularly enjoy works by composers such as Mozart and Chopin.

6. Add singing and humming to your daily activities and encourage your loved one to join in and sing. Your participation in musical activities is bound to lift your spirits too.

I have always known that music can open hearts. Through my teaching experience, reinforced by recent research, I have seen how it can also open minds. Barbara Jacobs, M.S. is a therapeutic musician who has produced a series of musical sing-along DVDs for Alzheimer's patients and seniors. Web site: www.FrontRowSeatVideos.com E-mail: Barbara@CustomVideoSF.com © Barbara Jacobs 2008

It's Not Too Late: Start The New Year With Right Medicare Plan

by Michael Frost

The first three months of 2008 still offer seniors a great chance to ensure they're covered by the Medicare Advantage plan that's best for them.

From January 1 through March 31, Medicare allows its beneficiaries, in most cases, to change the medical coverage they receive. (It's important to note that there are exceptions, and that the Open Enrollment Period does not allow beneficiaries to add or drop Medicare prescription drug coverage.)

Now is the time for Medicare-eligibles to consider this option, because on April 1, with rare exceptions, they'll be locked into the medical coverage they

have chosen for the rest of the year. Currently, beneficiaries still have a golden opportunity to find the right type of coverage for their needs – even if they selected another type in 2007.

For example:

- People who currently participate in traditional Medicare coverage (Original Medicare) as well as a Prescription Drug Plan (PDP) may enroll in a Medicare Advantage plan with drug coverage (MAPD)
- Those already in an MAPD plan may change to another MAPD plan, or enroll in Original Medicare and a PDP
- Enrollees in a Medicare Advantage (MA) plan that does not offer drug

coverage may enroll in another plan without drug coverage, or change to Original Medicare.

Today, roughly 9 million seniors participate in the Medicare Advantage program, which provides members health coverage – including benefits generally not found in Original Medicare – through private health plans. So how do people eligible for Medicare go about selecting the best plan type?

1. Perform a "health care audit"

Regardless of a Medicare member's existing Medicare coverage, he or she should determine what their actual health care costs have been in order to anticipate future expenses. Consider charges for phy-

sicians, hospitals and prescription drugs, as well as the cost of existing coverage. If the Medicare member does not have good records, information may be available from the member's current health insurer or Medicare Advantage plan, or from his or her doctor or pharmacy. Future out-of-pocket costs may also be calculated with tools posted on www.familyhealthbudget.com.

2. Think!

Consider some basic questions about the type of coverage needed or preferred. These are a few questions to ask:

- How much is the Medicare member willing to pay in out-of-pocket costs, including premiums, deductibles and copayments?
- Does he or she need coverage for a specific treatment or disease?
- Do his or her doctors and other providers accept the plan? If not, can he or she choose a new doctor from a large network of physicians? Where is the network located?
- Is the Medicare enrollee interested in wellness benefits (fitness, health coaching, smoking cessation, etc.) as part of the plan?
- Is he or she interested in tools to help manage the cost of prescription medications – such as mail-order service, or recommendations for using generic drugs?

3. Do the homework

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SEE "MEDICARE" PAGE 11.

Just One Guy's Opinion

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



Mark Friday May 9th

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

Ask The PI....

Starting with this issue *Senior Beacon* is proud to announce the beginning of *Ask The PI*, a column by Pueblo's own Dave Pettinari. Dave has been in law enforcement for as long as I can remember (and that's long-term memory, not short term - and if you are reading this, you know what I'm saying) and is a top-notch law enforcement guy. Dave wanted me to tell you to call, e-mail or write him with questions of a law enforcement nature. His first column is on page 12.

Read This At Your Own Peril

I would like to inform my readers who believe that working with evil is doable. Barack Obama, who is battling Hillary Clinton for the right to represent the Democrat Party in November and be president of the United States, has said he would sit down with those who want us dead and have a chat with them. He wouldn't be like GWB. All leaders, potentates or usurpers would be given audience. I commend him for his generosity. One Bill Clinton did same with the likes of Arafat and Kim Jong Il of North Korea, giving the former legitimacy and giving the latter nuclear knowhow on a promise. It's foolishness to believe that one can sit down with evil and expect anything that isn't evil. But don't take my word for it. I have collected a few interesting tidbits of knowledge gleaned from a number of reputable sources including the Associated Press, National Review, London Times, Washington Times and many others.

If you are squeamish about what evil really is I warn you to stop reading this piece now. If not, these have been researched and are true accounts.

Yasser Arafat, you remember him. He was the leader of the Palestinian Liberation Organization (PLO) and reneged on promises made so many times it was laughable that he was thought of as a person deserving of a President's or this nation's time! You know, the man whose wife was bussed by Mrs. Bill Clinton during a meeting when the Senator from New York was First Lady. Mr. Arafat's physician for eighteen years of his life, a Dr. Ashraf al-Kurdi, told the Jordanian news agency that Arafat had AIDS. He repeated that information on that wonderfully untainted Arab television station al-Jazeera and was immediately cut off the air. AIDS is AIDS; a disease. And watching Arafat in his last days it was easy to tell that he was dying from it. The dirty secret is that this leader of men, this stalwart of the Left always had an entourage of young boys around him. Now isn't that special. But wait, I'm just warming up.

While we're on the subject of Palestine, one George Habash who recently died is being feted as a genuine hero by none other than the new leader of the PLO,

Mahmoud Abbas. Habash, who the Left likes to erroneously call a Palestinian Christian so as to give him some status as an "old-fashioned idolator" along Lenin's lines. He masterminded many highjackings murdering 47 travelers in the bombing of a Swissair flight and another 27 murdered at an Israeli airport. He rejected Israel's right to exist and denounced any two-state solutions. He traded in blood.

On February 1, 2008 dozens were killed when twin bombers blew themselves up in a Baghdad marketplace. It made all the papers because violence in Iraq fits their world view and their hope that America loses. I'll bet you knew the bombers were both women but I'll bet you didn't know that they were Down syndrome females and were used by al-Qaeda. They tricked these poor disabled women and the bombs were detonated by remote control killing all who were near.

Some time ago I was told by a father of a soldier serving in Iraq about how gruesome al-Qaeda is in Iraq and how they go about "recruiting" mujahadeen for their "holy" war against the Infidels. They invite a small neighborhood of families to a picnic of sorts to explain to them the greatness of al-Qaeda. The people living in the neighborhood have no choice but to show up as you can well imagine. They usually have a BBQ. Al-Qaeda's specialty main course at the picnic is the burning bodies of these same neighbor's children. I have seen it some 18 months later in print.

In Liberia they have a General Milton Blahyi. The esteemed General Blahyi would lead his rebel forces buck naked into battle. Pretty funky, right? He used this tactic because it scared his opponents and fired up his own minions. He had another special way of firing up the troops. He would kill small children and hand out small portions of their hearts as a pre-battle psych job. Oh, by the way, you'd be pleased to know that the general has since mended his wicked ways and has become an evangelist preacher going by the name of Joshua. God will square that away!

You are well aware of the live beheadings that took place early on in our invasion of Afghanistan and Iraq. That's old news, but reflect upon the evil that it takes to cut a person's head off with a saw. At least the guillotine was quick and efficient. Osama bin Laden said, his followers deal in death and we deal in life!

This country is in serious peril. The Congress wants to take the right of waterboarding away from out interrogators. They say it is inhumane. Given the above, I have no such thoughts. Our government's chief reason for being is to protect its citizens. Our president signed off on using waterboarding twice and both times it foiled a terror plot on our shores. Wonder why you didn't know that? It doesn't fit the media's world view, that's why.

I wrote this piece with many misgivings. I'd much rather lambaste Liberals on issues or write something funny about one thing or another, but this Barack Obama guy MUST understand what he is saying and how he's being received by the nasties of the world. Yes, GWB is hated by the nasties, but he is respected for his persistence in this terror war of cultures. I'm sure they are salivating at the prospects of a President Obama. It would be like taking the heart from a baby in their perversions. I urge all who have read this to sit down in a quiet moment and rehash your life and the life of our country. Use your wisdom and intuition in calm reflection as opposed to a knee-jerk, "I'm a partisan and I'm voting for the Democrat, dang it" mode.

What's Next From The Zanies?

Okay, algore and his carbon footprint have now become standard language in America and throughout the world. But this just in via Paul Harvey. "Venice is getting very concerned about its city. The water level in its canals are near or at the lowest levels ever recorded, 14 feet! Gondolas are getting stuck in the mud!"

Now our government is dictating to us again. The Congress is trying to force American car makers to make cars that adhere to a very strict miles per gallon standard called a CAFE Standard. It's the high cost of gas and the climate change (notice how they've toned down the use of the term global warming lately because they know they can't sustain the hysteria as more and more scientists and reasoned humans push against the notion) that is fueling this latest boondoggle. There is all sorts of energy out there waiting for us to tap. We have the greatest minds in the world in energy-related sciences, yet their hands are tied by the screaming meemies that is the environmental movement.

As I stated last month we have nuclear energy at our disposal. We have all sorts of natural gas and oil all over our country and its shores. The zanies have taken away the use of the incandescent bulb. They are taking away our choice in automobiles and soon, with the use of bio-fuels, our food prices are going to skyrocket. Like Charlton Heston said in the classic *Planet of the Apes*, "It's a madhouse, a maaaaaadhouse." As we listen to these "chicken littles" and we let them continue to tie our hands, we become more and more dependent on the rest of the world for our energy needs and even *they* have to know that can't be good, or maybe not! Godspeed!

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Ann Coulter: "How To Keep Reagan Out Of Office"



Inasmuch as the current presidential election has come down to a choice among hemlock, self-immolation or the traditional gun in the mouth, now is the time for patriotic Americans to review what went wrong and to start planning for 2012.

How did we end up with the mainstream media picking the Republican candidate for president?

It isn't the early primaries, it isn't that we allow Democrats to vote in many of our primaries, and it isn't that the voters are stupid. All of that was true or partially true in 1980 -- and we still got Ronald Reagan.

We didn't get Ronald Reagan this year not just because there's never going to be another Reagan. We will never again get another Reagan because Reagan wouldn't run for office under the current campaign-finance regime.

Three months ago, I was sitting with a half-dozen smart, successful conservatives whose names you know, all griping about this year's cast of presidential candidates. I asked them, one by one: Why don't you run for office?

Of course, none of them would. They are happy, well-adjusted individuals.

Reagan, too, had a happy life and, having had no trouble getting girls in high school, had no burning desire for power. So when the great California businessman Holmes Tuttle and two other principled conservatives approached Reagan about running for office, Reagan said no.

But Tuttle kept after Reagan, asking him not to reject the idea out of hand. He formed "Friends of Reagan" to raise money in case Reagan changed his mind.

He asked Reagan to give his famous "Rendezvous With History" speech at a \$1,000-a-plate Republican fundraiser in Los Angeles and then bought airtime for the speech to be broadcast on TV days before the 1964 presidential election.

The epochal broadcast didn't change the election results, but it changed

history. That single broadcast brought in nearly \$1 million to the Republican Party -- not to mention millions of votes for Goldwater.

After the astonishing response to Reagan's speech and Tuttle's continued entreaties, Reagan finally relented and ran for governor. In 1966, with the help, financial and otherwise, of a handful of self-made conservative businessmen, Reagan walloped incumbent Edmund G. (Pat) Brown, winning 57 percent of the vote in a state with two Democrats for every Republican.

The rest is history -- among the brightest spots in all of world history.

None of that could happen today. (The following analysis uses federal campaign-finance laws rather than California campaign-finance laws because the laws are basically the same, and I am not going to hire a campaign-finance lawyer in order to write this column.)

If Tuttle found Ronald Reagan today, he couldn't form "Friends of Reagan" to raise money for a possible run -- at least not without hiring a battery of campaign-finance lawyers and guaranteeing himself a lawsuit by government bureaucrats. He'd also have to abandon his friendship with Reagan to avoid the perception of "coordination."

Tuttle couldn't hold a \$1,000-a-plate fundraiser for Reagan -- at least in today's dollars. That would be a \$6,496.94-a-plate dinner (using the consumer price index) or a \$19,883.51-a-plate dinner (using the relative share of GDP). The limit on individual contributions to a candidate is \$2,300.

Reagan's "Rendezvous With History" speech would never have been broadcast on TV -- unless Tuttle owned the TV station. Independent groups are prohibited from broadcasting electioneering ads 60 days before an election.

A handful of conservative businessmen would not be allowed to make large contributions to Reagan's campaign -- they would be restricted to donating only \$2,300 per person.

Under today's laws, Tuttle would

have had to go to Reagan and say: "We would like you to run for governor. You are limited to raising money \$300 at a time (roughly the current limits in 1965 dollars), so you will have to do nothing but hold fundraisers every day of your life for the next five years in order to run in the 1970 gubernatorial election, since clearly there isn't enough time to raise money for the 1966 election."

Also, Tuttle would have to tell Reagan: "We are not allowed to coordinate with you, so you're on your own. But wait -- it gets worse! After five years of attending rubber chicken dinners every single day in order to raise money in tiny increments, you will probably lose the election anyway because campaign-finance laws make it virtually impossible to unseat an incumbent."

"Oh, and one more thing: Did you ever kiss a girl in high school? Not even once? If not, then this plan might appeal to you!"

Obviously, Reagan would have returned to his original answer: No thanks.

Reagan loved giving speeches and taking questions from voters. The one part of campaigning Reagan loathed was raising money. Thanks to our campaign-finance laws, fundraising is the single most important job of a political candidate today.

This is why you will cast your eyes about the nation in vain for another Reagan sitting in any governor's mansion or U.S. Senate seat. Pro-lifers like to ask, "How many Einsteins have we lost to abortion?" I ask: How many Reagans have we lost to campaign-finance reform?

The campaign-finance laws basically restrict choice political jobs, like senator and governor -- and thus president -- to:

- (1) Men who were fatties in high school and consequently are willing to submit to the hell of running for office to compensate for their unhappy adolescences -- like Bill Clinton, Rudy Giuliani, Mike Huckabee and Newt Gingrich.

(Somewhere in this great land of ours, even as we speak, the next Bill Clinton is waddling back to the cafeteria service line asking for seconds.)

(2) Billionaires and near-billionaires -- like Jon Corzine, Steve Forbes, Michael Bloomberg and Mitt Romney -- who can fund their own campaigns (these aren't necessarily sociopaths, but it certainly limits the pool of candidates).

(3) Celebrities and name-brand candidates -- like Arnold Schwarzenegger, George Bush, Giuliani and Hillary Clinton (which explains the nation's apparent adoration for Bushes and Clintons -- they've got name recognition, a valuable commodity amidst totalitarian restrictions on free speech).

(4) Mainstream media-anointed candidates, like John McCain and B. Hussein Obama.

What a bizarre coincidence that a few years after the most draconian campaign-finance laws were imposed via McCain-Feingold, our two front-runners happen to be the media's picks! It's uncanny -- almost as if by design! (Can I stop now, or do you people get sarcasm?)

By prohibiting speech by anyone else, the campaign-finance laws have vastly magnified the power of the media -- which, by the way, are wholly exempt from speech restrictions under campaign-finance laws. The New York Times doesn't have to buy ad time to promote a politician; it just has to call McCain a "maverick" 1 billion times a year.

It is because of campaign-finance laws like McCain-Feingold that big men don't run for office anymore. Little men do. And John McCain is the head homunculus.

You want Reagan back? Restore the right to free speech, and you will have created the conditions that allowed Reagan to run.

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Writer's Art..... "The Decline Of 'Damn'"

by James Kilpatrick

In a New Yorker cartoon two months ago, Noah is on the foredeck of his ark, talking to a passenger, when two dinosaurs poke their heads up from below. Noah says, "I say we throw the damn things overboard."

Question from reader Jim Batts in Oak Point, Texas: "Doesn't anyone use the past tense of 'damn' anymore? I damtooting think it is just sloppy swearing."

The temptation to explore the contemporary metes and bounds of pro-

fanity is almost irresistible, but my native hue of resolution is sicklied o'er with a pale cast of thought: I am in great doubt about what is permissible in a family newspaper these days and what is not. Walls erode, times change.

Definitions first. Strictly speak-

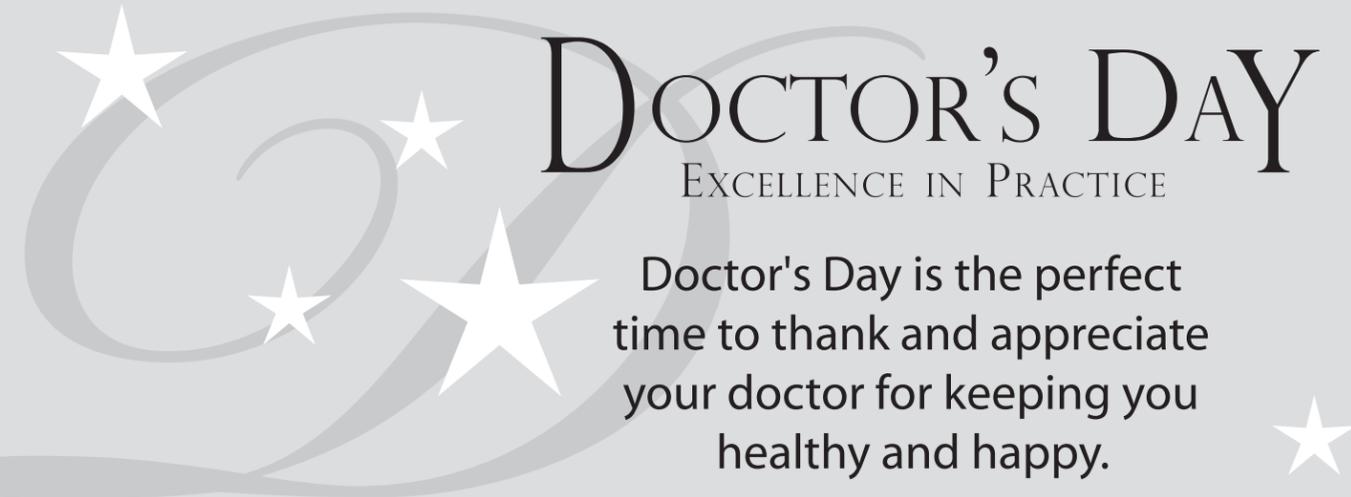
ing, "profanity" is one thing, "vulgarity" is something else, and "obscenity" is in a separate class by itself. Today's root verb, "to damn," originally carried some heavy ecclesiastical baggage: Those who profaned were damned -- bye-bye, straight to hell, do not pass go. You will find a dozen cites to "damned" in the King James Bible. Like many other good things from the 13th century, such as honest mead, the verb has gone to the bow-wows.

Even so, "damn" and its derivatives have enjoyed a lively life. "Out, damned spot!" cried Lady Macbeth. "Out, I say!" And no one will ever forget the last minutes of the play: "Lay on, Macduff, and damn'd be him who first cries, 'Hold, enough!'" Whereupon, as you will recall, Macbeth's bloody head is brought in on a platter. Bill Shakespeare knew a good verb when he saw one.

A browse through Bartlett's turns up almost 50 cites to "damn" and "damned." History lovers will forever cherish the Duke of Gloucester's friendly salute to Edward Gibbon for "The Decline and Fall of the Roman Empire." The nobleman tried to be nice: "Another damned, thick, square book! Always scribble, scribble, scribble, eh, Mr. Gibbon?"

Another duke, this time the iron-fisted Duke of Wellington, gained a moment of fame for his vigorous vocabulary. He is said to have said, after the reported death of Napoleon, "I don't care a two-penny damn what becomes of his ashes." On another occasion, when the courtesan

SEE "DAMN" PAGE 5.



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LEAD STORY

The divorce of Anton Popazov and his wife, Nataliya, is about to go through, but the couple are still contractually committed to the Moscow State Circus, where their act includes Nataliya's shooting an apple off of Anton's head with a crossbow. The Times of London asked Anton during a show in Sheffield, England, in February whether he was afraid. "I still trust her because Nataliya is very professional," he said. "(T)he show must go on."

Can't Possibly Be True

-- Two Park Vista High School girls who admitted that they swiped money off the table of a Girl Scout selling cookies at a supermarket in Boynton Beach, Fla., in January told WPBF-TV later that they had no remorse. Said one (on camera): "We went through all that effort to get (the money). We got all these charges (against us), and we had to give the money back. I'm kind of pissed." Added the other, "I'm not sorry. I'm just pissed that I got caught." The victim's mother said that the girls returned to the supermarket the next day and taunted the little girl.

-- In February, a court in Dubai, United Arab Emirates, sentenced Briton Keith Brown, 43, to the standard four-year minimum term in prison for violating the country's extreme "zero tolerance" drug laws, even though the only drug found was a "speck" (0.003 grams) of cannabis caught in the tread of his shoe and discovered only because the Dubai airport uses sophisticated drug-detection equipment. Previously, a Canadian man was imprisoned for "possession" of three poppy seeds (from a bread roll he had eaten at Heathrow Airport in London) that had fallen into his clothing as he prepared for a flight to Dubai.

-- Roy Chamberlin, 29, has been charged with 1,100 criminal counts in connection with what Pennsylvania police said was a series of nearly 200

rapes against a married woman in Potter Township (and had his first court hearing in January). According to the police report, the woman said she was too terrified ever to report the crimes to police or to her husband. Once, said the husband, he came home unexpectedly about 9 a.m. and found the bedroom door locked and a struggle occurring inside (hearing "Get off me!" and "You're hurting me!"). After the husband pounded on the door, Chamberlin walked out, leaving the wife "crying hysterically and trembling." However, the husband said that his wife declined to explain the situation and that he didn't question her (not wanting to upset her further, since she had recently had surgery).

Inexplicable

-- In January, Derry, N.H., Town Administrator Gary Stenhouse told Thomas Souhlaris that he'd have to move his sausage stand because he was trespassing on city property. Souhlaris had set up the stand at the town's garbage transfer station, and Stenhouse said there might be municipal liability issues, especially if other food vendors followed Souhlaris and set up stands at the dump.

-- In January, Shafkat Munir, 26, was sentenced to 12 months in jail for an attempted hoax in Lancashire County, England, in 2007 after receiving three speeding tickets. Rather than pay the fines, totaling the equivalent of about \$350 (and retain his license, since his record was otherwise clean), Munir created his own death certificate to get the charges dismissed. Said an official, "I have never known anyone to go to such lengths (over speeding tickets)." The judge also revoked Munir's license.

Unclear on the Concept

On Nov. 30, for a social justice project at Cheektowaga Central High School (Buffalo, N.Y.), students spent an 18-degree night in cardboard boxes on the school's lawn, in supposed solidarity with the area's homeless population.

According to a Buffalo News report, the suffering students brought DVD players to watch movies inside their boxes, ate donated Dunkin' Donuts and pizzas, and ducked into the school's heated gym whenever they got too cold or bored.

The Classic Middle Name (all new)

Arrested and awaiting trial for murder: Bobby Wayne Ledbetter, Northport, Ala. (February); Michael Wayne Adams, Fairfax County, Va. (February); David Wayne Cole, West Nottingham, Pa. (October). Confessed to murder: Calvin Wayne Inman, Houston (February). Sentenced for murder: Jerrell Wayne Stanley, Orange, Texas (October). Executed for murder: Michael Wayne Richard, Huntsville, Texas (September). Already serving time for other crimes but expected to be charged with as many as nine murders based on recent DNA evidence: Timothy Wayne Krajcir, Cape Girardeau, Mo. (January).

Names in the News

Arrested in October for vehicular assault in Tacoma, Wash. (after which he told a police officer that he had "definitely had a few"): Mr. Glen Alan Casebeer. The victim of a vehicular assault in McMinn County, Tenn., in January (in which his wife allegedly tried to run him over): Mr. King Money Tarzan Jenkins. Arrested for DUI near Burleson, Texas, in January (after crashing into a house): Mr. Bryan Scott Moron.

When These People Vote, Theirs Count as Much as Yours

During the media hoopla on Feb. 5, about that day's 24-state "Super Tuesday" "national primary" for president, enthusiastic voters called election offices for the addresses of their polling places so they could run down and vote: 400 called in Virginia (but its primary would be the following week); 1,000 called in Dallas (its primary would be a month later); "hundreds" called in Florida (its primary was the week before). At least six people were lined up to vote by 6:30 a.m. at one precinct in Milwaukee (Wisconsin's primary would be two weeks later).

Recurring Themes

It's not quite the 2006 News of the Weird story of the kindergarten-bound Broward County, Fla., boy diagnosed with gender identity disorder at age 5, but there will apparently still be steep problems for parents, teachers and students in Highlands Ranch, Colo.,

when a second-grade boy soon enters third grade as a girl. One student's parent said there'll surely be an issue of, "Why are you in a dress this year when you were in pants last year?" Among the school's problems: building unisex restrooms and preventing bullying.

Thinning the Herd

A 39-year-old man fell to his death while trying to slide down a banister in the Hollywood & Highland Center mall in Los Angeles in January. And three more people died recently as a result of disrespecting railroad tracks: a 42-year-old man, hit by a train on tracks near Burlington, Ill., while listening to his iPod (September); a 31-year-old man, hit by a train in Berkeley, Calif., while talking on his cell phone (November); and another man, hit by a train in San Leandro, Calif., also while on his cell phone (December).

Cultural Diversity

-- Brand-new Japanese parents receiving a gift are then customarily obligated to give a lesser one in return, and the Yoshimiya rice shop in Fukuoka recently created the ideal such return: small bags of rice of the exact weight of the newborn, printed with its face and name, so that original gift-givers (relatives, friends) can experience cuddling "the baby." Then, of course, according to Yoshimiya's owner, they can break open the bag and eat the rice, though he admitted some people have a problem with that.

-- "We sleep with the snakes (meaning cobras), we eat with the snakes, we live with the snakes (but) we are not scared," said a 14-year-old girl in a village near Calcutta, India, to a Wall Street Journal reporter in November. Said a village leader, "Whenever I lie down in my bed, a cobra will just slide on top of me, without hurting me." In fact, more than 3,000 cobras live in one hamlet, mostly in peace, with few bite victims (though a cobra bite is often fatal because villagers initially trust the gods and spirit doctors to treat them). Cobras are so revered in the village that cobra bites are usually described as attacks by vipers or by "nonresident" cobras, based on a belief that local cobras are incapable of evil.

Least Justifiable Homicides

David Thomson, 49, was
SEE "WEIRD" PAGE 28.



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For A Healthier You



Hip Protection Pads Can Save Problems

by Patrick Craig-Ombudsman
Background Information

The wearing of a pair of Hip Protector Pads is an injury prevention strategy; they will not prevent falls or protect other areas of the body. Hip Protector Pads may also be referred to as 'Hip Protectors', 'Protector Shields' or 'External Hip Protector Pads'. I will refer to them as Hip Protector Pads (HPP's).

HPP's work by absorbing and dispersing the energy created by a fall away from the hip joint. The soft tissues and muscles of the surrounding thigh absorb the energy instead. The use of HPP's in nursing home residents is reported to reduce the relative risk of hip fracture by 53% by reducing direct trauma to the hip area. This was first reported in 1993 and supported by a recent publication in 2000 which reported a 60% reduction in the relative risk of hip fractures by the use of HPP's among nursing home residents and other frail elderly people. No specific research is available at this time of the efficacy of HPP's in an acute hospital environment, although they are quoted as being used as a part of multifaceted inter-

vention.

Wearing Procedure

One type is made of soft crated foam with a removable cotton cover. They can be held in place using velcro attached to a cotton belt or disposable stretch net pants. The HPP's must be kept over the hip area to be of any benefit should the senior fall. Stretch pants maintain the HPP's in place over the senior's neck or femur. Continece pads can be comfortably worn with these types of HPP's. The continece pad is fitted first, next to the senior's skin, then the stretch net pants, containing the HPP's. The second type consists of a firmer curved shell, sewn or slipped into a pocket in a lycra undergarment similar to underpants or 'bikepants'. The pocket holds the shield in the correct place over the hip, so the hipbone is protected, should the senior fall. Sizes are available from small to extra large and a design is available specifically for males. These are fitted depending on the size of the senior (see manufacturers' guidelines).

Continece pads can be worn in separate pants, underneath the garments

holding the hip protector shields.

Limitations and Lessons Learned

The main barrier identified in implementing HPP's was compliance. This made it problematic to establish defined guidelines for best practice but has provided a wealth of anecdotal evidence into the issues to be addressed in ensuring acceptance of HPP's. A specific limitation for widespread application related to climate, and the lack of air conditioning. Clearly more research is required in warm climates as the existing studies that claim positive reductions in fracture rates have been conducted in cool climates. The second limitation with the existing evidence base is ensuring that the pads fitted are the same type as that used in the research, and correctly applied.

Feedback elicited by from health professionals, cites the following perceptions as to why HPP's were difficult to implement as standard practice:

- Development of skin rashes, and increased perspiration.
- Rub on fractured neck of femur wounds.
- Uncomfortable to sleep in and



concern re: pressure areas.

- Difficult to launder, particularly with incontinent patients and expensive to replace.
- Infection control issues.
- Patients refusing to wear or pulling hip protector pads out.
- Pads too big/bulky, particularly with incontinence pads, catheters and dressings.
- Pads move.
- Lack of information with products supplied regarding the appropriate fit.

DAMN

from page 3.

Harriette Wilson threatened to publish his letters to her, Wellington said exactly what needed to be said: "Publish and be damned!"

A few more cites will exhaust my repertoire. Here was Admiral Farragut at the Battle of Mobile Bay: "Damn the torpedoes! Full speed ahead!" And here was William Henry Vanderbilt in 1882: "The public be damned!" Finally, most memorably, Rhett Butler to Scarlett O'Hara: "Frankly, my dear, I don't give a damn."

The entries for "damn" and its first and second cousins run on for 4 inches in Webster's Collegiate. For good or ill, they are not the damned Yankees, but the damn Yankees. And they will rise again. I leave the topic with a schoolmasterly note: The hackneyed reference is not to a tinker's irritated "damn," but to a tinker's "dam," i.e., the scrap piece of tin used to contain solder in a spot weld.

Changing the subject completely: A note comes from Cheryl Crawford of Powell, Ohio, asking for one more word on the matter of "less" and "fewer." She encloses a full-page ad for Crocs slippers. The caption reads, "More swans, less ducklings." Once more into the breach, dear friends! Properly, it should have read, "More swans, FEWER ducklings"! The rule is, "fewer" for numbers, "less" for quantities or degrees. Thus, fewer drinks, less hangover. It's a maxim for all seasons.

(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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Fashion: Looooking Gooood!

by Patricia McLaughlin - Mature Market Media Services

HOW UNCLE SID'S TOO-SHORT SLEEVES TURNED OUT TO BE LONG ENOUGH AFTER ALL

Fashion changes in mysterious ways, and men's fashion even more so.

My friend Warren's Uncle Sid, who died this year, was 100, though he didn't seem that old. He had supervised when we helped him and Aunt Ruth move to a new apartment, two floors down in their building. There was a lot of art: Sid had been an ad man, and a painter. Some of the paintings we moved were his, and more were by painters who'd been his friends. He knew exactly where he wanted each picture to hang in the new place, which probably shouldn't've surprised me, but it did.

I got to be in charge of moving his shirts and ties, which reminded me of what Daisy said to Gatsby: "Such beautiful shirts!" Beautiful ties, too. Sid's grandniece, Becky, and I figured out how and where to install the tie racks and did it, and I hung up the ties, separating wools and silks and cottons, stripes and paisleys and florals into a satisfyingly logical progression.

A couple of semi-pro-mover friends of Becky's did the heavy lifting and, at the end, took home some of the clothes Sid was leaving behind in the old apartment. How many coats do you need

when you're 100? These were beautiful things, too -- Harris and Donegal tweed jackets, silky herringbones, cashmeres -- that we'd assumed the movers, who were close to a foot taller than Sid, wouldn't want. But it turned out they didn't mind that the jacket sleeves stopped a few inches above their wrists. One of them said it was cool.

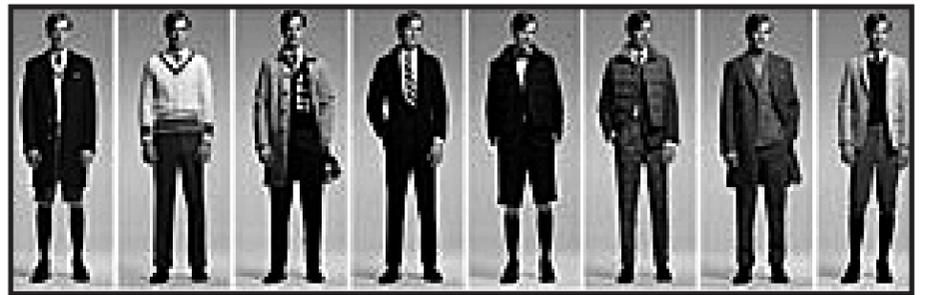
Which just goes to show how wrong you can be about something you think you know something about. I refer to Thom Browne (www.thombrowne.com), who designs expensive, fashion-forward menswear, and is best known for suits that look as if they either shrank in the wash or as if the man in them unexpectedly grew six inches after he got dressed. The first time I saw photos of Browne's clothes, I thought, "No regular American man who doesn't work for a fashion magazine is ever going to want to wear a pinstriped suit with sleeves that expose his naked wrist bones, and skinny high-water pants cut like the capri pants Audrey Hepburn wore in 'Funny Face.'" When Brooks Brothers hired Browne to design high-end men's and women's collections (<http://www.brooksbrothers.com/blackfleece/default>), I assumed they'd lost their minds. But at least the men's collection has reportedly sold well-enough. (It may help that you can have the jacket sleeves and trouser cuffs made as long or short as you like.)

And now, only a year or two later, it turns out that Becky's mover friends think jackets with too-short sleeves are not only OK to wear, but actually cool-looking.

Mind you, Becky is a painter, and a lot of her friends tend to be artists, too. People with trained eyes. People who like new ideas and old things and often shop in thrift shops. People who don't work for banks or brokerages, and can afford to dress however they like.

Still, they don't work for fashion magazines. And they like too-short sleeves anyway.

How do these things happen? I guess one reason it surprises me is that I



Designer Thom Browne's Black Fleece Collection for Brooks Brothers slightly modifies the shrunken proportions Browne is known for. Images from the Brooks Brothers Web site, www.brooksbrothers.com.

assume most men don't think much about fashion, don't care about it. They're always making fun of it.

Of course they care, like everybody else, but they're chary of letting it show. It's the flip side of the double standard: Men are judged by what they do, women by what they are (and how they look). So it's OK for a woman to touch up her lipstick in a restaurant, but you'd be surprised to see a man pull out a pocket mirror and scrutinize his eyebrows and cowlicks while he waited for the check to come. And you're not at all surprised when men talk about how much they hate shopping and how, when it comes to clothes, all they care about is comfort, blah blah blah.

Then you bring home a completely unremarkable pair of khaki pants of excellent quality and you get, "Are you crazy? I'd never wear those! They're practically white!" And thus you discover that this particular man will wear khakis that are a dark shade of tan, or even a medium shade of tan, but the tiniest bit lighter and he'd as soon go out in a clown suit.

Because you know men don't care about fashion, you assume that this is pure idiosyncrasy. Then you happen to be watching "The Daily Show," and Jon Stewart, to fill up time during the writers' strike, is showing an old clip of his younger self interviewing an also younger Conan O'Brien, and you're amazed at how weird, how practically prehistoric, the two of them look in their loose-fit near-white acid-wash jeans. Not to mention Stewart's black leather jacket, which he's wearing indoors for no discernible reason other than ... fashion?

(And only a couple days later you get two different e-mails trumpeting

the imminent return of bleached-out jeans, but that's another story. ...)

Another thing that makes you think most men don't care about fashion is the kind of men's fashion you see on the runway, which is often so, well, unusual that even men who do work for fashion magazines wouldn't wear it. Scott Schuman, whose photo blog, www.TheSartorialist.com, presents photos of well-dressed people he encounters in real life, made just this point in a recent interview with The New York Times' David Colman: "To me," he said, "there's always a disconnect between the runway and real life. You watch the show, you hear people talk about how brilliant Miuccia Prada is, but you know it's never going to end up on them."

Well, if the men who sit in the front rows at the fashion shows won't wear it, who on earth will? Certainly not the fellow who's freaked out by a lighter shade of khaki.

And yet, despite the weirdness of what shows up on runways, and despite so many men's pretenses not to follow or care about or even notice changes in fashion, the stuff actual men wear does, by some mysterious process, change.

Otherwise, Uncle Sid's de-accessioned jackets wouldn't have been such a hit with the movers. And, after he died, his beautiful shirts and ties wouldn't've been received with such enthusiasm by more of Becky's friends. So that now, her mom tells me, when Becky goes to a party, half the young men there are wearing Sid's beautiful old clothes.

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Social Security & You

by Melinda Minor, District Manager - Pueblo



SPECIAL
SOCIAL SECURITY TODAY
 By Guest Columnist Michael J. Astrue
 Commissioner of Social Security

SOCIAL SECURITY COMMISSIONER: DISABILITY IS OUR MOST PRESSING CHALLENGE

I know from personal experience how difficult Social Security's disability process can be. When my father was 52, he suffered a severe cerebral hemorrhage caused by a rare form of brain cancer. As I took care of the application for him, it opened my eyes to the complicated rules associated with our disability programs. Each year, approximately 2.5 million people apply for Social Security disability benefits. On average, one-third of them are approved upon initial application, which takes an average of three months for a decision. But for those who are denied and appeal the decision to the hearing level, it can take a long time to receive a decision – much too long, in my opinion. Right now, there are more than 750,000 cases waiting for a hearing and the average time to get a hearing decision is 499 days. Pending hearings have doubled since 2001. In addition, the number

of applications for disability benefits has been extraordinarily high throughout the last seven years and we can expect it to be even higher in the coming years. Social Security's disability programs have grown significantly over the last seven years and will continue to do so at an increasing rate as aging baby boomers reach their most disability-prone years. At the same time, Congress has added new and non-traditional workloads to Social Security's responsibilities. As a result, the agency is struggling to balance those new responsibilities with its core workloads under tight resource constraints. That's why I've made improving the disability determination process my top priority. It is our most pressing challenge. Last year I appeared before the Senate Finance Committee to present an aggressive plan to reduce the backlog and improve the disability process. These new initiatives will eliminate the hearings backlog and prevent it from recurring. Let me give you just a few examples.

The first is the Quick Disability Determination (QDD), a process based on a computer model that allows us to screen cases with a high potential for approval. The QDD process has proved highly success-

ful in the Boston region, and the average processing time now is just 8 days. On September 5, 2007, the agency issued a final rule extending QDD nationwide. By the end of this month, every state will be processing QDD cases and about 5% of all allowances will be handled through QDD.

The second, Compassionate Allowances, is a way of quickly identifying medical conditions that invariably qualify under our listings. In these cases, which are often rare diseases unfamiliar to reviewers, allowances will be made as soon as the diagnosis is confirmed. In December 2007, we held the first public hearing on this initiative and will hold three more hearings this year. You can learn more about compassionate allowances at www.socialsecurity.gov/compassionateallowances.

In addition, Social Security has opened a National Hearing Center (NHC). The NHC allows the agency to capitalize on new technologies such as electronic disability folders and video teleconferencing and gives needed flexibility to address the country's worst backlogs. We also are hiring 175 new Administrative Law Judges (ALJs), the largest group of new

ALJs ever hired by Social Security in a single year. We expect to start bringing these ALJs on board in the spring.

These are but a few of the many initiatives the agency has underway. When it comes to eliminating disability backlogs, there is no single magic bullet. But with additional staff, enhanced business processes and improved ways of fast-tracking targeted cases, I believe we can improve the disability process and waiting times. To learn more about Social Security's plan to reduce the hearings backlog and improve service go to www.socialsecurity.gov/hearingsbacklog.pdf.

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Question:

My wife and I live in Vermont, but plan to spend the winter in Florida. My wife will turn 62 while we are down south. Can she apply for benefits in Florida, or do we have to wait until we get back home to apply for retirement at our local Social Security office?

Answer:

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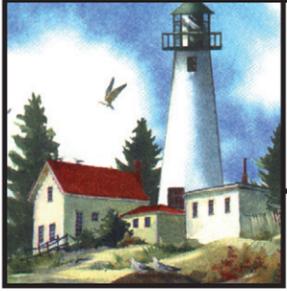
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"Light For The Journey"

By Jan McLaughlin - Director of Prayer Warriors For Prisoners



"THE REAL COLOR OF LOVE!"

"Green is the new color of love" touts a popular candy ad, displaying a huge green smiley candy that melts in you mouth, not in your hand. When I first read the ad in the newspaper insert, I gasped. Rick and I were on our way to church. "Look at this," I said "Isn't it just like the enemy to try to make the color of love GREEN!" Perhaps it is not an intentional thing by the candy company but the devil would love to make us forget that the real color of love is RED...BLOOD RED. It is the color of Christ's blood He shed on the cross for your salvation and mine. There is no greater love than this. Jesus gave His life for a world of sinners. Jesus calls those who gladly receive this free gift, 'friend'. Listen to HIS words: "And here is how to measure it-the greatest love is shown when a person lays down his life for his friends; and you are my friends if you obey me. I no longer call you slaves, for a

master doesn't confide in his slaves; now you are my friends, proved by the fact that I have told you everything the Father told me." John 15:13-15 TLB

The most thought provoking part of the celebration of the Lord's resurrection for me is Maundy (Black) Thursday. It is a sobering time and often brings me to my knees in tears as I consider that it was MY sin that nailed Jesus to the cross. It is a time of reflection on what my Lord suffered for my wickedness and there is nothing I can do to pay for my salvation. He clearly declares it is a FREE gift. I draw close to Him and long to take some of the pain He suffered. I am reminded of the Apostle Paul's words in the book of Romans.

And since we are his children, we will share his treasures-for all God gives to his Son Jesus is now ours too. But if we are to share his glory, we must also share his suffering. Yet what we suffer now is nothing compared to the glory he will give us later. For all creation is waiting patiently and hopefully for that future day when God will resurrect his children. For on that day thorns and thistles, sin, death, and decay — the things that overcame the world against its will at God's command — will all disappear, and the world around us will share in the glorious freedom from sin which God's children enjoy.

For we know that even the things of nature, like animals and plants, suffer in sickness and death as they await this great event.

And even we Christians, although we

have the Holy Spirit within us as a foretaste of future glory, also groan to be released from pain and suffering. We, too, wait anxiously for that day when God will give us our full rights as his children, including the new bodies he has promised us-bodies that will never be sick again and will never die.

We are saved by trusting. And trusting means looking forward to getting something we don't yet have-for a man who already has something doesn't need to hope and trust that he will get it. But if we must keep trusting God for something that hasn't happened yet, it teaches us to wait patiently and confidently. Rom 8:17-25 TLB

Resurrection Sunday is a time to reflect on those holy days and ponder what the disciples must have experienced and their responses as they walked and talked with Jesus. Imagine their dismay and confusion when they saw their beloved leader nailed to the cross or their amaze-

ment when they discovered He was truly risen from the dead. Imagine!

As we near the season of the resurrection of our Lord Jesus, there is a lot of information telling us that Easter is a pagan holiday and Christians shouldn't celebrate it. We hear the same at Christmas. In my opinion, it really doesn't matter if Easter is a pagan holiday, or if there are bunnies and colored eggs. I would be a shallow Christian to let those things interfere with my joy in celebrating Jesus' resurrection from the dead and new life He freely gives. And besides, I like chocolate marshmallow bunnies!

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

Where Are They Now?

by Marshall Jay Kaplan

Bea Arthur

And then there's Maude! Maude is still around, as actress Bea Arthur is entertaining audiences on stages across North America with her one woman show about her life experiences with a touch of her acid wit and of course her husky voice.

Bea Arthur was born on May 13, 1922 in New York, New York. As an 'actress who sings a bit', she first began performing on stage in New York, which led to New York filmed movies and television shows, such as being a regular on Sid Caesar's 'Caesar's Hour' (1954). After which, Bea gained attention on Broadway in 'The Three Penny Opera'. This was the beginning of a pattern that seemed to be the basis of Bea's career. With her tall stature, distinct voice and wit, no matter what role she took on, she became a stand out, and in turn, each role led to bigger and better parts.

Cases in point: 'Three Penny Opera' led to the role of Yentle The Matchmaker in 'Fiddler on the Roof' on Broadway. Bea stole the show which then led to starring as Vera Charles in 'Mame' (alongside Angela Lansbury) on Broadway again, this time winning the Tony Award. This led to an appearance on 'All In The Family' as Edith Bunker's liberal cousin,

Maude Findlay. This one time appearance had such a huge rating, Bea was then given her own show, 'Maude'. The rest is history.



The show lasted for seven seasons and earned Bea an Emmy Award. During this time she recreated the role of Vera Charles for the film version of 'Mame' (opposite Lucille Ball) and directed by Gene Saks (Bea's husband from 1950 until 1978).

In 1985, Bea won the role of a lifetime, opposite other seasoned actresses. This was on 'The Golden Girls' and was the first TV sitcom to focus on the lives of older women. Along with her 'Maude' co-star, Rue McClanahan, there was Betty White and Estelle Getty (who played Bea's mother). ALL four women won Emmy Awards for their performances and the show lasted seven seasons. As with 'Maude', the series ended when Bea decided to leave. Bea always had an instinct to end a show when it was at its peak.

Since the series ended, Bea has taken it easy, as she says, 'I am old enough now and secure enough financially that I really only want to do what I want to do'.

Recently, Bea has returned to the stage in her acclaimed on-woman show, where she reminisces about her life. For those of you who may not know, Bea has been best friends with Angela Lansbury, since appearing together on stage in 'Mame'. Bea currently lives in Pacific Palisades, California.

With her Tony and Emmy awards and a fifty year career, how does she feel about her success? 'All this time, all I ever wanted was to be blonde, beautiful and 5 feet, 2 inches tall!' Obviously America loved Bea just the way she was — and we wouldn't have it any other way.

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Grandparenting: "Dream On"....."Defiant"

Dear Grandparenting: My grandson Greg always talks big, like how he'll be a millionaire before he turns 30. Greg will soon graduate from high school. His parents are trying to line up some student loans for college. Meanwhile Greg worries he might not get accepted at a four-year college. He never did get consistently good grades.

Nobody asked me, but I think Greg is fooling himself. He needs to come back down to earth and learn one of the trades. Electricians and plumbers make good money. But Greg only thinks in terms of being a highly paid executive. I worry he's in for a hard landing when he gets out into the real world, but what can I do? Mary Louise, Lancaster, PA

Dear Mary Louise: We turned up some interesting research about the growing disconnect between the expectations and

achievements of today's teenagers. Results from several large national surveys support a recent Florida State University study, showing that the percentage of high school seniors who expect to obtain a four-year college degree keeps rising steadily to about 80 percent. But the percentage of 25 to 34 year-old high school grads with a bachelor's degree has remained at a flat 30 percent.

In other words, the woods are full of ambitious teens with unrealistic plans, teens like Greg who are unable or unwilling to knuckle down academically. That doesn't mean they shouldn't dream big dreams, and aim high. But mediocre students who pursue the academic fast track may be setting themselves up for a fall. We suggest you advise Greg to talk to his school guidance counselor about career alternatives that reflect his interests and aptitudes. Maybe, just maybe, it's not in

the cards for Greg to be the second coming of Donald Trump.

Grand Remark of the Week

Allen Johnson of Kingsport, TN asked his granddaughter Minnie what her father complained about.

"He says my Mom's always asking for money," said Minnie.

"What's your mother's biggest complaint?" he asked.

"She says he never gives her any!"

DEFIANT

Dear Grandparenting: My daughter Sally's life is fast going from bad to worse because of my grandson Tyler. When Tyler was younger and had temper tantrums, I didn't give it much thought, because many children go through that difficult period around age two. But Tyler never outgrew the "terrible twos."

Tyler is now seven. Sally sel-

dom takes him anywhere, because he could erupt at any time. When he plays with friends, fights usually break out. The word that maybe best describes Tyler is "defiant." Sometimes he gets really aggressive when he's angry, and he says and does mean things.

I'm worried about how to control Tyler and scared about Sally's marriage and her mental health. She's become isolated and full of guilt and shame about Tyler. Sally says people assume she's a terrible mother because of Tyler's behavior.

Her husband Jim spends less and less time at home. Jim's a big believer in physically disciplining children who act up. But that doesn't work with Tyler. It just provokes him. But talking to Tyler definitely doesn't work, and threats and punishment don't work either. I hate feel

SEE "DEFIANT" PAGE 10.

Southern Colorado Community Blood Drives For February, 2008

CANON CITY COMMUNITY

Fremont Correctional Facility Community Blood Drive. Monday, Mar. 17 from 11 a.m. to 3:30 p.m. Donations inside Bonfils' mobile bus located at Hwy 50 and Evans Blvd., Canon City.

For more information or to schedule an appointment please call Joyce Langloss at (719) 269-5005 or visit www.bonfils.org

Canon City Community Blood Drive Tuesday, Mar. 18 from 11:30 a.m. to 4:30 p.m. Located at the Evangelical Free Church, 3000 E. Main St., Canon City.

For more information or to schedule an appointment please call Terry Marion at (719) 372-7577 or visit www.bonfils.org

Portec Inc. Community Blood Drive Monday, Mar. 17 from 11 a.m. to 3:30 p.m. Donations inside Bonfils' mobile bus located at 1 Forge Rd., Canon City.

For more information or to schedule an appointment please call Sherry Decker at (719) 275-7471 or visit

www.bonfils.org

FLORENCE COMMUNITY

Florence Community Blood Drive. Friday, Mar. 21 from 8 a.m. to noon. Donations inside Bonfils' mobile bus located at Florence High School, 2006 Hwy. 67, Florence

For more information or to schedule an appointment please call Claudia Santee at (719) 784-2764 or visit www.bonfils.org

LAS ANIMAS COMMUNITY

Las Animas Elementary School Community Blood Drive. Tuesday, Mar. 6 from 2 to 6 p.m. Located at 530 Poplar Ave., Las Animas

For more information or to schedule an appointment please contact Frances Wight at (719) 456-2608

ORDWAY COMMUNITY

Ordway Community Blood Drive Tuesday, Mar. 5 from 3 p.m. to 6 p.m. Located at the Ordway Building Supply, 112 W. 2nd, Ordway

For more information or to

schedule an appointment please contact Sheryl at (719) 267-3555 or www.bonfils.org

ROCKY FORD COMMUNITY

Rocky Ford High School Community Blood Drive Wednesday, Mar. 5 from 1 to 6 p.m. Located at 100 W. Washington Ave., Rocky Ford

For more information or to schedule an appointment please contact Deb Schmidt at (719) 254-6010.

SALIDA COMMUNITY

Salida Community Blood Drive Wednesday, Mar. 19 from 11 a.m. to 4:30 p.m. Located at Salida High School, 905 D St., Salida

For more information or to schedule an appointment please contact Bonfils' Appointment Center at 1-800-356-0006, ext. 2 or visit www.bonfils.org

DETAILS:

This spring, it could be you who saves a life. In less than an hour you have the potential to save as many as three

lives by donating whole blood. By giving blood, you'll help Bonfils Blood Center maintain a state of blood supply readiness, while meeting the needs of Colorado's patients.

Blood donors are able to donate up to six times per year. So, whether you're a first-time or a 10-gallon donor, mark your calendar to give blood and save a life.

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

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

Attention People with Medicare:



The clock is ticking!

Don't wait! You only have until March 31st to decide whether to change your Medicare health plan.

After March 31st, you'll be required to keep your current plan until January 2009. Some exceptions/restrictions may apply.

If you are not satisfied with your current Medicare coverage and are considering a change, you may want to consider the convenience of a Humana Medicare Advantage health plan.

Humana offers an all-in-one Medicare health plan that includes Part D prescription drug coverage and more, for a low monthly plan premium. If you have Medicare Part D coverage, come to an informational seminar to find why you should expect more from Humana.

For an appointment (yes, we still make house calls), to find a seminar near you or for more information, call:

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Home Trends: Back To The Tried And True Basics

by Claire Whitcomb

BACK TO TRIED-AND-TRUE BASICS

If you're ready for a quick change, a spring breeze or simply a new way of thinking about your home, don't reach for a trendy new decorating book. Go back to basics.

Now in its ninth edition, the "Better Homes and Gardens New Decorating Book" (Meredith Books, \$25) offers a great refresher course.

All the best decorating chestnuts are here: Choose neutrals for big-ticket items like sofas and then have fun with pillows, throws and accessories. The most foolproof color scheme is white plus any color -- green, blue, red, you name it.

And when it comes to furniture, especially dining chairs, a mix is more interesting than a match, providing you choose a theme that links them in terms of color or style -- metal frames, ladder backs or Windsor spokes, for example.

Being an old-timer in the business, the "Better Homes and Gardens New Decorating Book" doesn't approach style as a static goal. It understands that people change, kids grow and family needs shift. Wisely, it advises you to check in and make sure your house matches your tastes and needs, because the better you know yourself -- and those you live with -- the more rewarding your house will be.

Consider color. Maybe you've fallen for the brown and baby blue scheme that's popular now. Or maybe you've painted your living room a certain shade of pistachio green that's been synonymous with modern. Are these colors still making you feel happy, at peace, at

home?

One way to find out is to check your closet and see what hues are currently attracting your eye. Another test is to pile your favorite objects on a table and see what textures and tones spill out.

If you decide a color update is in order, start small. Add a splash of orange or fuchsia with a new pillow or throw. Line a white lampshade with a print or cheerful color and enjoy the way it peeks out.

If you love brights, repaint your entry. It's an area where people passing through will be energized by a bold color choice.

And don't forget that wood is a color. If you're tired of living with brown, be bold and apply a fabulous coat of paint to your builder-grade kitchen cabinets or that flea market chest of drawers.

Changing your art, of course, is one of the easiest ways to update your rooms. Think like a museum curator and rotate out what you currently have, replacing it with fun alternatives like enlarged pictures printed on canvas. You could choose nature images or search through your personal archives for family photos that deserve a larger format.

Look in your drawers for more art. Display jewelry on hooks or frame graphic scarves as color-popping modern art. In a child's room, frame baby or doll clothes in a series of four or six.

In terms of coffee tables, remember that with two small ones you'll have more flexibility. Glass-topped tables graciously disappear, drawing attention to the colors of the wall, the rug, the furniture. And ottomans are a great alternative to the coffee table, allowing a spot for

guests to perch at a party.

Give your kitchen a new look by changing the hardware or replacing conventional cabinet doors with paned windows. Add feet to your lower cabinets and they'll look more like furniture.

If your kitchen is cluttered or you're short on storage space, establish a pantry in a hall closet or downstairs. Much of what is in a kitchen, from cake pans to extra jars of peanut butter, doesn't need to be at arm's reach all the time.

As for your windows, you can turn them into a display space by adding crown molding from a home center under the sill. You'll create a more polished look and a wider space to showcase herbs, saltshakers and collectibles.

Encyclopedic in its scope, the "Better Homes and Gardens New Decorating Book" covers everything from how to decorate with white (mix



Digital images of flowers, blown up and printed on canvas, create bright wall art in a sunny living room. Beneath them is an ottoman that's been turned into a cozy seating spot with a garden-like mix of colors. photo: Better Homes and Gardens

warm and cool tones) to the best eco choices (dye-free, glue-free carpeting with wool padding). It's a book that's fun to pick up and read any time you want to spruce up your style. Digital images of flowers, blown up and printed on canvas, create bright wall art in a sunny living room. Beneath them is an ottoman that's been turned into a cozy seating spot with a garden-like mix of colors.

2008 Senior Citizen Of The Year Award

May 2008 is Older Americans Month and citizens have the opportunity to nominate and honor a very special senior citizen during the annual Senior Life Festival being held May 09, 2008 at the Colorado State Fair Grounds Events Center.

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

Nominations may be submitted to Pueblo Area Agency on Aging, 2631 E. 4th Street, Pueblo, CO 81001. Be sure to include name address and phone number of nominee as well as your name and phone number. A brief description of why you feel this senior is deserving of this award, or nomination forms are available through the Pueblo Area Agency on Aging, 719-583-6120. Nominations will be accepted until March 21, 2008.

DEFIANT

from page 9.

ing so helpless. Is there any way out? "Helpless," Chestertown, MD

Dear Helpless: This cries out for professional counseling and intervention. Diagnosing the underlying cause of antisocial behavior is best left to child psychologists and developmental pediatricians.

Some experts, like Philip and Nancy Hall, say the first order of business is to deal with stressors impairing the parents. Sally may think she's fighting this all alone, but according to the American Psychiatric Association, defiant "conduct

disorders" occur in six to 10 percent of the population.

Grand Remark

"If things get better with age, than I'm approaching magnificent." Overheard by Fran Olsen of Boston while visiting relatives in Laconia, N.H.

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 P.O. Box 27454, Towson, MD, 21285. Call 410-828-6529.

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Oral Health: Here's Oral Tip Number Thirteen

by Ned High

Almost daily we hear that we should brush our teeth twice a day minimally, we should floss at least once a day, and we shouldn't eat sweets. Seldom do we hear about foods that we can eat that are good for our dental health.

A recent item in AARP's magazine that quotes Melvin Pierson, D.D.S., a spokesperson for the Academy of General Dentistry, who says: "Eating specific foods can strengthen and naturally whiten teeth and kill toxic bacteria in your mouth."

To rebuild enamel, the Academy recommends yogurt, cheese, and milk as sources of calcium which help shore up tooth enamel and strengthens the bone around you teeth.

Grapefruit aids in gum wound healing and has shown to decrease gum bleeding, according to a German study. It also prevents the collagen network in your gums from breaking down and loos-

ening around your teeth. Since grapefruit acid can temporarily reduce the strength of tooth enamel, dentists recommend waiting 30 minutes to brush you teeth after eating the fruit.

To fight the oral bacteria that is instrumental in tooth decay, kiwis, oranges, limes, cranberries and strawberries are recommended in that they are rich with bacteria killer vitamin C.

For fresher breath, eat mint and parsley that kill the oral bacteria that cause bad breath. Plus, they contain monoterpenes, substances that move rapidly through the bloodstream to your lungs to counter the odor in you mouth.

The article goes on to say that "cauliflower, spinach, lettuce and broccoli are all sources of minerals that create a protective film on teeth and help prevent red wine, cola or coffee stains from penetrating the enamel. Strawberries have bleaching elements to brighten you smile, while hard, crunchy foods such as carrots, nuts, and seeds help slough off

plaque."

You may have noticed that not once were sweets mentioned as being good for your teeth.

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.

Prairie View Village Assisted Living Center is Deficiency Free



"Zero Deficiencies" was the result of the annual quality survey of the Prairie View Village assisted living center in Las Animas. The Colorado Department of Public Health and Education

team of surveyors found no incidents of poor care or significant problems. The

annual survey evaluates the quality of care and quality of life for those who reside in assisted living centers like the one in Las Animas.



This was no surprise to the staff who work in the facility and the neighbors who live here. Cindy Kovalcik, Coordinator of Prairie View Village states, "To receive a deficiency free survey says a lot about the staff who

work at Prairie View as well as

the neighbors who live here. We have a lot of dedicated individuals who make Prairie View a wonderful place to work and live."

Prairie View Village offers a wide range of services to help individuals stay as healthy and independent as possible including an indoor fitness area, open kitchen and many planned and spontaneous activities. The facility, attached to the nursing home and part of the Bent County HealthCare Center, currently has space available and is located at 810 3rd Street in Las Animas. For more information, call Cindy at 456-1993, visit us on the web at www.bentcountyhealthcare.com or come by for a tour.



MEDICARE

from page 1.

Before selecting any plan, make sure to completely understand what it offers. Review the benefits, services and costs involved. Medicare members should talk with their doctor and with family members. And don't forget to check out information available online. Here are just a few of the resources that may be helpful:

· The Centers for Medicare & Medicaid Services offers tools to find and compare Medicare Advantage plans in your area. Visit www.medicare.gov or call 1-800-MEDICARE (1-800-633-4227).

· Medicare & You 2008, a handbook published by CMS, also is a good resource. Go to [\[lications/Pubs/pdf/10050.pdf\]\(http://www.medicare.gov/Publications/Pubs/pdf/10050.pdf\).](http://www.medicare.gov/Pub-</p></div>
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· America's Health Insurance Plans, a national association of health insurance companies, offers www.healthdecisions.org/guide, a helpful online publication.

· www.benefitscheckup.com offers the Benefits Check-Up tool from the National Council on Aging, and co-sponsored by Humana Inc.

· The Henry J. Kaiser Family Foundation provides a wealth of useful news, background and details regarding Medicare at www.kff.org.

The Medicare Advantage program is designed to ensure that beneficiaries have plenty of choices. The new year offers an opportunity to make the most of them.

Here's to *YOUR* next

50

{ walks in the park }



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Here's A Quiz To Take You Down Memory Lane

1. *In the 1950s, where were automobile headlight dimmer switches located?*
a. On the floor shift knob. b. On the floor board, to the left of the clutch.
c. Next to the horn.
2. *The bottle top of a Royal Crown Cola bottle had holes in it. For what was it used?*
a. Capture lightning bugs. b. To sprinkle clothes before ironing.
c. Large salt shaker.
3. *Why was having milk delivered a problem in northern winters?*
a. Cows got cold and wouldn't produce milk. b. Ice on highways forced delivery by dog sled. c. Milkmen left deliveries outside of front doors and milk would freeze, expanding and pushing up the cardboard bottle top
4. *What was the popular chewing gum named for a game of chance?*
a. Blackjack b. Gin c. Craps
5. *What method did women use to look as if they were wearing stockings when none were available due to rationing during WW II.*
a. Suntan b. Leg painting c. Wearing slacks
6. *What postwar car turned automotive design on its ear when you couldn't tell whether it was coming or going?*
a. Studebaker b. Nash Metro c. Tucker
7. *Which was a popular candy when you were a kid?*
a. Strips of dried peanut butter. b. Chocolate licorice bars.
c. Wax coke-shaped bottles with colored sugar water inside.
8. *How was Butch wax used?*
a. To stiffen a flat-top haircut so it stood up. b. To make floors shiny and prevent scuffing. c. On the wheels of roller skates to prevent rust.
9. *Before inline skates, how did you keep your roller skates attached to your shoes?*
a. With clamps, tightened by a skate key. b. Woven straps that crossed the foot.
c. Long pieces of twine.
10. *As a kid, what was considered the best way to reach a decision?*
a. Consider all the facts. b. Ask Mom. c. Eeny-meeny-miney-mo..
11. *What was the most dreaded disease in the 1940s and 1950s?*
a. Smallpox b. AIDS c. Polio
12. *I'll be down to get you in a _____, Honey'*
a. SUV b. Taxi c. Streetcar
13. *What was the name of Caroline Kennedy's pony?*
a. Old Blue b. Paint c. Macaroni
14. *What was a Duck-and-Cover Drill?*
a. Part of the game of hide and seek. b. What you did when your Mom called you in to do chores. c. Hiding under your desk, and covering your head with your arms in an A-bomb drill.
15. *What was the name of the Indian Princess on the Howdy Doody show?*
a. Princess Summerfallwinterspring b. Princess Sacajawea
c. Princess Moonshadow
16. *What did all the really savvy students do when mimeographed tests were handed out in school?*
a. Immediately sniffed the purple ink, as this was believed to get you high.
b. Made paper airplanes to see who could sail theirs out the window.
c. Wrote another pupil's name on the top, to avoid their failure.
17. *Why did your Mom shop in stores that gave Green Stamps with purchases?*
a. To keep you out of mischief by licking the backs, which tasted like bubble gum.
b. They could be put in special books and redeemed for various household items
c. They were given to the kids to be used as stick-on tattoos.
18. *Praise the Lord and pass the _____?*
a. Meatballs b. Dames c. Ammunition
19. *What was the name of the singing group that made the song 'Cabdriver' a hit?*
a. The Ink Spots b. The Supremes c. The Esquires
20. *Who left his heart in San Francisco?*
a. Tony Bennett b. Xavier Cugat c. George Gershwin

ANSWERS

1. (b) *On the floor, to the left of the clutch. Hand controls, popular in Europe, took till the late '60's to catch on.*

2. (b) *To sprinkle clothes before ironing. Who had a steam iron?*
3. (c) *Cold weather caused the milk to freeze and expand, popping the bottle top.*
4. (a) *Blackjack Gum.* 5. (b) *Special makeup was applied, followed by drawing a seam down the back of the leg with eyebrow pencil.* 6. (a) *1946 Studebaker.* 7. (c) *Wax coke bottles containing super-sweet colored water.* 8. (a) *Wax for your flat top (butch) haircut.* 9. (a) *With clamps, tightened by a skate key, which you wore on a shoestring around your neck.* 10. (c) *Eeny-meeny-miney-mo.* 11. (c) *Polio. In beginning of August, swimming pools were closed, movies and other public gathering places were closed to try to prevent spread of the disease.* 12. (b) *Taxi. Better be ready by half-past eight!* 13. (c) *Macaroni.* 14. (c) *Hiding under your desk, and covering your head with your arms in an A-bomb drill.* 15. (a) *Princess Summerfallwinterspring. She was another puppet.* 16. (a) *Immediately sniffed the purple ink to get a high.* 17. (b) *Put in a special stamp book, they could be traded for household items at the Green Stamp store.* 18. (c) *Ammunition, and we'll all be free.* 19. (a) *The widely famous 50's group: The Inkspots.* 20. (a) *Tony Bennett, and he sounds just as good today.*

SCORING

17- 20 correct: *You are older than dirt, and obviously gifted with mental abilities. Now if you could only find your glasses. Definitely someone who should share your wisdom*
12-16 correct: *Not quite dirt, but you're getting there.* 0-11 correct: *You are not old enough to share the wisdom of your experiences.*

Ask the PI.....

by Dave Pettinari



Private investigators have a certain mystique that few people have been able to penetrate. While many folks think PIs and their career field are interesting, they do not know much about private investigators or about what we do.

This newspaper has kindly agreed to carry a regular column where I can write about investigative topics to remove their mystery, and to answer readers' questions, without giving away close-hold investigative techniques. Ask away (send me an e-mail), and I will research and report your topic for you and your fellow readers.

PIs, for the most part, are researchers with special skills; people who can find just about any kind of information (just like journalists!). The PI's client needs to know something, and the PI finds the information.

I will do my best to boil things down to present this column in a brief, question-and-answer format. Let me know how that works for you.

Here are just a few topics I am planning to write on. Please pepper me with your suggestions, and we will try to include them:

Background checks – babysitters, pre-marital, court adversaries, prospective tenants; child custody and visitation investigations; child exploitation and obscenity (child pornography); child support enforcement and collection; court records and other records searches; criminal defense investigations; criminal history searches; divorce investigation; employee theft investigation; identity theft investigation.

Other private investigative work that could make for good column fodder include location of witnesses/debtors/missing persons (skip tracing); finding missing persons and runaways; personal protection; pre-employment screening; sexual harassment claims investigations; stalking and harassment investigations; surveillance; surveillance (beacon or GPS tracking); counter-surveillance, undercover and covert investigations; unsolved crime investigations; wrongful imprisonment investigations, intellectual property theft, and all manner of white collar crime.

By training and for many years, I have been a computer crime investigator and forensic examiner of computers, cell phones and PDAs. So expect a column or two about those specialties, including e-mail tracking and SMS (text message) tracing

I look forward to serving this paper's readers in this new column. Please help guide me in your interests so we can keep it ever topical and lively! Thank you.

This article was compiled and written by Dave Pettinari, private investigator. He can be reached as follows:

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Sangre De Cristo Arts Center Is Pueblo's Treasure

Shelter: Beauty, Sustainability, Function

Through May 17: Mr. and Mrs. Mahlon T. White Gallery



Unlike other Arts Center exhibits that showcase the work of a single artist or group of artists, Shelter: Beauty, Sustainability, Function has instead been created by a group of professors, curators, students and volunteers, under the consultation of professional artists and architects. Together, this collaborative group worked to create and install an eco-centered and interactive exhibit. What does sustainability have to do with art? "Art is life and life is art", Colorado State University Pueblo art professor, Maya Avina said.

An ecovillage residential model will star as the centerpiece of the unusual Shelter exhibit. To build this model, the Shelter team spent many hours with their sleeves rolled up and hands deep in clay, straw and other natural materials. The model surrounded by related topic pods outlining various life systems condenses sustainable living in an accessible 1 inch-

to-1 foot scale. The exhibit explores topics such as energy, food, water, waste, building materials and design. Shelter includes everything from plans for the ecovillage to a hydroponic growing system to an electric car. "Mostly, we examine the issue of our age — sustainability. We know that we can do many small things — such as conserving water, recycling or buying local — but now it is time to examine the systems we rely upon and the industrially produced products we use," says Avina.

Christo and Jeanne-Claude

Through April 19: King Gallery

Christo and Jeanne-Claude's exhibit features signed posters about their works of art. Posters of The Gates, Central Park New York City, 1979-2005 and Over the River, Project for the Arkansas River, State of Colorado will be part of this exhibit which has been generously donated by Christo and Jeanne-Claude to the Sangre de Cristo Arts Center.

For Over The River, fabric panels suspended horizontally of and high



above the water level will follow the configuration and width of the changing course of the river, during a period of two consecutive weeks to be selected between mid-July and mid-August of any given year in the future, in 2012 at the earliest. The 5.9 mile (9.4 kilometer) long stream of successive fabric panels will be interrupted by bridges, rocks, trees, and bushes and for esthetic reasons, creating abundant flows of light. When seen from underneath, standing on the rocks, at the edge of the river, at water level or by rafting, the luminous and translucent fabric will highlight the contours of the clouds, the mountains and the vegetation.

All of Christo and Jeanne-Claude's art works are entirely financed by them through the sale of Christo's preparatory drawings, collages, scale models, lithographs and early works from the 1950's-1960's. The artists never accept sponsorship of any kind.

On March 6, 2008, Christo and Jeanne-Claude will give a slide presentation and answer questions in the Arts Center Theatre.

Richard Hansen: Some Rocks, Some Water

Through May 3: Hoag Gallery

Local artist, Richard Hansen, use innovation to interweave beauty and poetry in his environmentally sustainable public art. Some Rocks, Some Water takes the self imposed directive of raising awareness about natural and cultural systems back inside the hallowed walls of the Hoag Gallery. Inside the gallery, Hansen will marry his beautiful stone sculptural elements with what he describes as large-scale flow drawings of the Arkansas River drainage. Measuring approximately 7 feet tall and 3 feet wide, these Japanese inspired works on paper combine sweeping brush strokes with photo documentation and GPS (Geographic Positioning System) coordinates in ink. They are designed to reflect the sweep of water along the Arkansas River valley. These unique works are coupled with a series of rock sculptures and basins created specifically for this exhibit. A variety of basin, pillar and slab features will combine stone and steel to create the illusion of water with rock to complete this distinctive exhibit.

Hansen's creative process begins with understanding the "place." He identifies "place" as collections of concentrated energy. He then correlates this energy with sculptural elements and

tries to connect people to the environment by letting the place speak for its self through his artistic enhancements. "Explored in drawings, sculptural elements, and site design; I am seeking to make the movements and elusive character of water legible in the designed landscape while improving the ecological health of the site," says Hansen.

The stones used for Hansen's sculptural projects are gathered from abandoned quarries, derelict gravel pits, or reject piles of large fabrication operations (never from native rock formations).

Kate Leonard: Shallow Water

Through May 10: Regional Gallery

Kate Leonard presents abstract digital manipulated photos of landscapes and water in her Shallow Water. "My response to the landscape attempts to find connections between geometric and organic, often in ways that while informed by



direct observation result in abstract imagery," says Leonard about her work. She likes to combine different perspectives, creating images that suggest both aerial views and cross sections. She also mixes close-up detail with distant observations. The resulting imagery can become kaleidoscopic, or fractured, but such conditions exist in nature. Originating from small works on handmade papers to large collages of printed silk and paper on canvas, Leonard's images seem like strange meeting grounds for dreamlike imagery.

Leonard makes extensive use of layering in her work: "We are constantly aware of the past as we observe the landscape, while simultaneously being in the present." She utilizes layers to emphasize the way in which weathering can reveal layers of information from the past that would otherwise be hidden. The process of building up and removing these layers mimics the natural conditions imposed by the passage of time.

Admission to the Arts Center is \$4 for adults and \$3 for children. Members of the Arts Center receive free admission. For more information, please call 719-295-7200 or stop by the Arts Center located at 210 N. Santa Fe Ave., just off of I-25, exit 98b.



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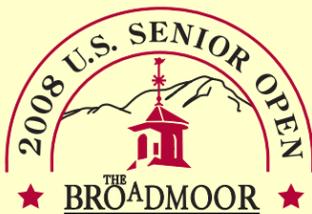
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Better Business Bureau: Several Alerts For You!

by Katie Carroll-BBB Communications Business Travelers Beware: Free Wi-Fi Scam Strikes at Airports

We all want to stay connected these days. This is especially true for businesses whose employees travel. To accommodate this need, many airports and other public spaces offer free wireless, or Wi-Fi connections, so the public may log onto the Internet using their laptop computers.

As convenient as this may seem, the Better Business Bureau is warning consumers that hackers are taking advantage of this service and setting up fake Wi-Fi connections. These fake connections are designed to steal personal information and files without the users' knowledge.

How it works

Although hackers set up fake Wi-Fi connections in many different places, they usually target consumers at airports. When searching for connections, consumers may see a network connection available simply named "Free Wi-Fi." Believing it's free, the consumer will log on. Unfortunately, the network may actually be an "ad-hoc" network, or a peer-to-peer connection, which means that, though the user will be able to access the Internet, they're doing it through the hacker's computer. The result: the hacker is stealing information such as passwords, credit card, bank account and social security numbers the entire time the consumer is logged on. In addition to stealing keystroke information as the user enters data, hackers can steal whole documents from the computer if the PC is

set to share files,

Airports across the nation continue to report Wi-Fi security issues. Officials in Atlanta, New York and Los Angeles airports have all reported the existence of ad-hoc networks advertised as free Wi-Fi connections. An investigation conducted at Chicago's O'Hare airport found that 20 ad-hoc networks were operating with the possible intent of hacking into unsuspecting user's computers and networks.

The BBB offers the following advice on how to keep your information safe when going wireless:

- Never connect to an unfamiliar ad-hoc network even if the name sounds genuine. A hacker can change the name of his network to anything he wants, including the name of the legitimate Internet connection offered by the airport. Just because it has the same name as the Wi-Fi advertised in the airport, don't believe it. For more information on how to distinguish between an ad-hoc network and a normal Wi-Fi network with Windows Vista or XP visit <http://support.microsoft.com>.

- Make sure your computer is not set up to automatically connect to non-preferred networks. If it is, your computer could automatically connect to the hacker's network without your knowledge.

- Turn off file sharing when you're on the road to prevent hackers from stealing entire documents, files and unencrypted e-mail from your computer. Create a Virtual Private Network (VPN) for your business. A VPN establishes a private network across the public network by creating a tunnel between the two end

The fine folks at Accolade Living Centers Are Proud To Sponsor the *Senior Safety* Page for all the loyal readers of *Senior Beacon*. Enjoy this month's page. Matt Coffman and his staff would like to invite you to tour Trinity Life Gardens, North Pointe Garden or Oakshire Garden Assisted Living. See ad below for details.

points so that nobody in between can intercept the data. Many companies allow remote users to connect to corporate networks as long as they use VPN. This keeps the users' communications just as secure as if they were sitting at a desk in the building.

FBI Identifies Recurring Fraudulent E-mail Scams Involving the Better Business Bureau

The FBI has recently developed information indicating cyber criminals are attempting to once again send fraudulent e-mails to unsuspecting recipients stating that someone has filed a complaint against them or their company with the Department of Justice or another organization such as the Internal Revenue Service, Social Security Administration, or the Better Business Bureau.

Information obtained during the FBI investigation has been provided to the Department of Homeland Security (DHS). DHS has taken steps to alert their public and private sector partners with the release of a Critical Infrastructure Information Notice (CIIN).

The e-mails are intended to appear as legitimate messages from the above departments, and they address the recipients by name, and other personal information may be contained within the e-mail. Consistent with previous efforts, the scam will likely be an effort to secure Personally Identifiable Information. The nature of these types of scams is to create a sense of urgency for the recipient to provide a response through clicking on a hyperlink, opening an attachment, or initiating a telephone call.

It is believed this e-mail refers to a complaint that is in the form of an attachment, which actually contains virus software designed to steal passwords from the recipient. The virus is wrapped in a screensaver file wherein most anti-virus programs are unable to detect its malicious intent. Once downloaded, the virus is designed to monitor username and password logins, and record the ac-

tivity, as well as other password-type information, entered on the compromised machine.

Be wary of any e-mail received from an unknown sender. Do not open any unsolicited e-mail and do not click on any links provided. To receive the latest information about cyber scams please go to the FBI website and sign up for e-mail alerts by clicking on one of the red envelopes. If you have received a scam e-mail please notify the Internet Crime Complaint Center by filing a complaint at www.ic3.gov. For more information on e-scams, please visit the FBI's New E-Scams and Warnings webpage.

Business Profits Ignite With Branding

No matter the size, almost every business recognizes the need to create awareness of its products or services. But as consumers are increasingly bombarded with advertisements, messages and images, coupled with an un-certain economic forecast, it is more important than ever for businesses to differentiate themselves.

On the other side of the equation, consumers want to be able to sort through the clutter in order to find a company that is trustworthy and meets their purchasing needs.

While public relations and advertising have long been used to build awareness and ultimately increase sales, branding your product or service has now become essential. Branding can take these tried and true methods to a new level.

If you are a southern Colorado business owner, or even a consumer who just wants to learn more about branding and how it influences your decision to buy a product or service, you may want to attend an upcoming special event in Pueblo hosted by your Better Business Bureau of Southern Colorado.

Branding experts Suzanne Tullien and Carol Chapman, owners of the Brand Ascension Group, will teach an innovative, highly interactive workshop on Wednesday, March 5 in the Fortino Ballroom at Pueblo Community College. The workshop is based on their book, *The 6 Myths of Small Business Branding*. The event is open to the public and will run from 8:00 AM to 12:00 noon, with a 7:30 AM check-in time. Below are just a few of the secrets Suzanne and Carol will share with you at this interactive workshop:

- Learn the true difference between Branding and Marketing and how they affect your bottom line.
- Find out how customers really make buying decisions.
- Discover why the first seven seconds of contact with a customer are so crucial?
- Learn how to boost your brand's overall customer experience without going broke?

For more details, information on cost and to make reservations, contact Zella Richardson at 719-542-1605 or zellar@bbbsc.org. You can also go to www.BrandAscension.com.

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Traveling: There's Nothing Like A Holiday!

Celebrities Drawn To Charming Coastal Village

by Jay Clarke

CARMEL-BY-THE-SEA, Calif. -- No neon. No fast-food restaurants. No parking meters.

Own a home here? You won't have sidewalks or street lights. No street address or home mail delivery, either.

All this may sound as if this charming coastal village 125 miles south of San Francisco has a draconian mindset, but it's actually quite the opposite. It's just that its residents like the simple, albeit cosmopolitan, life.

Carmel-by-the-Sea contains only one square mile and 4,038 residents, but it attracts visitors from all over the world. They come to enjoy its spectacular setting, its chic shops, cozy charm and convenient access to world-famous points of interest.

Pebble Beach, the 17-Mile Drive and the Big Sur Highway are next door. Cannery Row, the Monterey Aquarium and Fisherman's Wharf are just over the hill in Monterey.

So what if Carmel residents have to pick up their mail at the post office? It's kind of a town gathering spot, and they enjoy it. And if you like neon and fast-food restaurants, there's plenty of that in neighboring Monterey.

On the other hand, Carmel is dog-friendly, really dog-friendly.

Dogs run free on crescent-shaped Carmel Beach, splashing joyously at the surf line and playing unfettered tag with each other. In town, canines are welcome at a number of hotels, restaurants and stores, and two dog boutiques stand ready to groom pets. At Carmel Plaza, pets can slake their thirst at the Fountain of Woof, a dog water bowl outside the Tiffany's store.

Actress Doris Day, an animal lover and resident, welcomes pets at her Cypress Inn here, offering them a dog

biscuit on check-in. And in 2007 Carmel created the world's first city-sponsored dog calendar.

Doggie things aren't Carmel's only obsession. As a haven for artists, actors, writers and intellectuals, Carmel has long had a Bohemian flavor. It's also home to three major cultural festivals, the Bach Festival, Art Festival and Shakespeare Festival.

In Carmel's compact downtown, shopping is an adventure; one never knows what delightful surprises await. One-of-a-kind shops line Ocean Avenue and are tucked away in dozens of narrow alleys and tiny courtyards. Everywhere you'll find art galleries and antique shops as well as trendy boutiques, restaurants, bakeries and cafes.

One of them, the Hog's Breath Inn restaurant, may be of special interest: It's owned by Clint Eastwood. The film star, a long-time resident and former mayor of the city, also owns the Mission Ranch here as well as a large tract along the Carmel River where artichoke fields once were cultivated.

Eastwood and Day, of course, aren't the only famous persons who have called Carmel home. Residents past and present have included actresses Jennifer Aniston, Joan Fontaine and Kim Novak, football coach and announcer John Madden, media mogul Rupert Murdoch, novelists Upton Sinclair, Leon Uris and Robert Louis Stevenson, explorer Roy Chapman Andrews and photographer Ansel Adams -- quite a cross-section.

With neighbors like that, you'd expect home prices to be on the high side, and they are. In a recent listing of 113 homes for sale in Carmel-by-the-Sea, 92 of them were offered at more than \$1 million. If that's too steep, home prices are less in many areas just outside the city limits -- and there, mail is delivered

to homes.

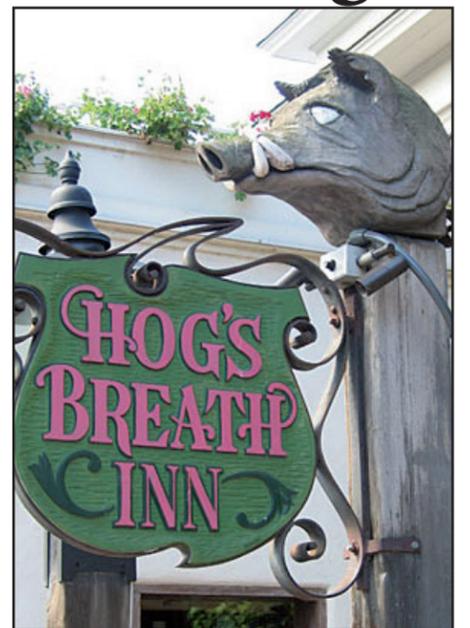
Also just outside the city's border stands the historic Carmel Mission, one of a series in California built by Father Junipero Serra, who is buried beneath its altar.

For visitors to the area, two drives are a must.

One is along Carmel's cypress-lined Scenic Drive on the bluff just above Carmel Beach, where one can enjoy not only the view of kids and dogs frolicking on the white sand beach but also the panorama of Carmel Bay with Pebble Beach on one side and Point Lobos on the opposite shore.

The other is the renowned 17-Mile Drive around the Del Monte Peninsula, an outthrust of land that shelters Pebble Beach's expensive homes, famous golf courses and spectacular shoreline. Frequent turnoffs allow motorists to view such well-known sites as Bird Rock, Seal Rock and the Lone Cypress.

After taking such sightseeing rides, one further drive might top off the day. That's down Carmel Valley Road a few minutes inland of the village, where at least a half-dozen tasting rooms allow visitors to sip on Monterey County's wines, generally regarded as some of



The Hog's Breath Inn restaurant in Carmel-by-the-Sea is owned by actor and former mayor Clint Eastwood. photo: Jay Clarke

California's best.

Cheers!

Information: Carmel Chamber of Commerce and Visitors Center, (800) 550-4333 or www.carmelcalifornia.org.

Gap Year Comes To America

by Jeremy Schmidt

Jenny and Aaron Solomon were on the American path to success. He was a lawyer in his third year at a prestigious Chicago firm. She was a recent graduate from a top business school looking at a slate of job offers. Both were poised for the fast track.

So what did they do?

They went traveling. Japan. Russia. Europe. Mexico. They drove slowly around the United States visiting friends,

camping and backpacking.

It's a well-established tradition in Europe -- and gaining favor in America -- for high school graduates to spend a year on the



Aaron and Jenny Solomon visited Hong Kong, among other destinations, during their gap year. photo: Jenny Solomon

road before entering college. Europeans call it a gap year, a chance to step off the treadmill, catch your breath, see the world and maybe even find yourself along the way. Some take jobs, volunteer or simply travel.

The concept goes beyond high school students. It applies to life transitions of all kinds, whether personal, academic or professional, and it cannot be accomplished in a short time.

Extended travel has a way of reorganizing priorities, reminding us of what's important and opening our eyes to new ways of thinking. A two-week vacation provides a welcome break. A year abroad can affect a lifetime.

"We wanted to start our lives somewhere else entirely," Jenny says.

Some people warned them that they would be falling off the career path.

"Others told me I was their hero for doing it," she says.

In the United States, deviations from academic and career tracks once raised eyebrows among employers and admissions officers who saw them as signs of unreliability, lack of commitment, poor discipline, maybe even a bad upbringing.

The same behavior now invokes images of an adventurous, energetic spirit who knows something of the world and comes home stronger and more competent for the experience.

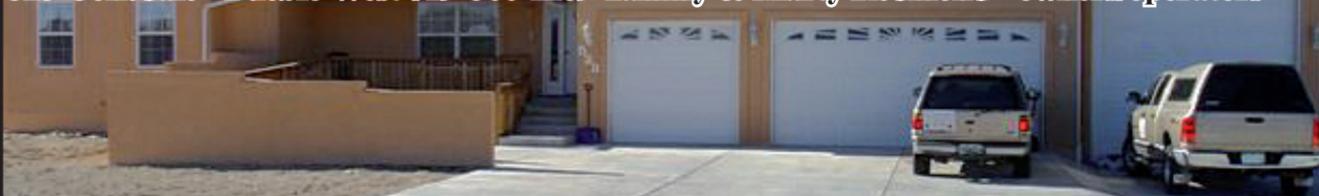
Gap years can be taken during high school but careful planning is mandatory. Study-abroad programs are well-accepted and certainly worthwhile, but

SEE "GAP" PAGE 17.

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Well-Dressed Garden: Perennials Pop In Pots

by Marty Ross

Plant a few perennials with your colorful annuals and you'll find it really puts some pop in your flowerpots.

Hostas, daylilies, ornamental grasses, ferns and many other perennials are fresh and unexpected choices for pots, planters and window boxes. They're not going to bloom all summer long, as annuals usually do, but many perennials are actually better known for their great-looking foliage than for their flowers. These hardworking plants give you lots of terrific texture and color throughout the season.

The silver, ferny leaves of Russian sage and catmint, for example, are striking whether the plants are in bloom

or not. In combination with annuals like verbenas or petunias, or with perennials like coreopsis or Shasta daisies, they're stunning.

If you're just getting to know perennials, planting them in containers lets you experiment on a small scale and a shoestring. Perennials are a step up from geraniums and marigolds, and they'll make you look like an expert even if you're not yet used to getting dirt under your fingernails.

Container gardening is more popular every year.

"It's a cheap way to start gardening if you don't have a lot of money to spend -- and it's not intimidating," says Stephanie Cohen, a garden designer,

author and perennial plant expert who lives and gardens in Collegeville, Pa., not far from Philadelphia. "You can plant anything you want," she says. "I like some of the hostas in pots better than in the ground."

Cohen likes to plant perennials in pots with annuals, tropical plants and even shrubs. Her only rule is to make sure everything in the pot likes the same conditions. Shade-loving euphorbias and sun-loving daylilies will not thrive together, but if you plant salvias or sedums with the daylilies, and ferns or fancy-leaf acanthis with the euphorbias, you'll create combinations that will flourish and look fantastic together.

You don't need a formula for a flowerpot, Cohen says. Fresh ideas -- like mixing in a few perennial plants -- keep your pots from looking too predictable.

"The old combination with a big spiky dracaena in the middle, and the red geraniums around it with a trailing plant on the edges -- that's so passe," she says.

Cohen likes pots of all sizes. Small pots for special plants that need a little extra attention are staged in clusters close to her house. Larger pots look good at a distance.

"Grasses and native perennials don't need much watering," Cohen says, especially when they're in big pots. They are a great choice for a pot placed directly in a flower bed. When you place the pot in a bed, try raising it a little, using flat stones or a pedestal, to make the pot stand out even more.

Interesting foliage often looks even more dramatic in a pot than in the ground. Dan Heims, owner of Terra Nova Nurseries in Oregon, plants fancy-leaf begonia Fireworks in a pot with Japanese painted fern Pewter Lace and coral bells (Heuchera) Cinnabar Silver to terrific effect. His wholesale nursery specializes in new perennial plants from around the world.

Bolder is better, Heims says. Another of his all-foliage pots combines the silver-splashed leaves of lungwort Dark Vader with Hakone grass All Gold, chartreuse-leaved coral bells Lime Rickey, a gold-variegated hosta and dramatic black mondo grass. The combination lights up a shady spot.

Heims, who is not known for understatement, planted another pot with red-leaf Tropicanna cannas and Peach Flambe heucheras. He calls this one



Perennial plants make a splash in flowerpots, planters and window boxes. Many perennials are especially known for their foliage, and a combination of several plants that makes the most of foliage texture and color will look fantastic all season long. photo: Terra Nova Nurseries

Towering Inferno. Ruffled coral bells, one of his favorite plants, stand out in pots even more than they do in the garden. They spread like petticoat frills around the edge of a pot and make a snappy contrast with either the spiked leaves of New Zealand flax or the lacy foliage of ferns.

One of Cohen's favorite annuals to plant with perennials is the sparkling Euphorbia called Diamond Frost, a drought-tolerant annual for sun or shade known for its pretty galaxy of tiny white flowers. She also likes to add 'Wave' petunias, which are available in many colors, to pots with perennials.

"I do a lot of color echoing," Cohen says. Last year she planted a red daylily with a tropical banana with red variegation in its leaves, so the flowers of the one played off the foliage of the other. It looked fantastic.

"There are so many things people can choose from," she says. "Unless you do something really bizarre, it's going to look good."

SIDEBAR

Notes on pots:

-- Perennial-plant expert Stephanie Cohen waits until all danger of frost is past to plant her flowerpots. In her Pennsylvania garden, she plants in early May. She recommends starting with perennials in quart-sized pots.

-- Good potting soil drains well but retains moisture and is lightweight, so pots can be moved around. It is perfect for all plants in pots, but when you're

SEE "POTS" PAGE 17.

Quail Ridge at Liberty Point

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GOLF NEWS AND NOTES: Golf Mecca For Aces & Duffers Alike

(NAPSI)-With nearly 70 public and private courses in Pennsylvania's golf-crazy Valley Forge area, there's no shortage of links from which visitors and locals can "hit it flush."

For example, Raven's Claw in Pottstown is poised to become one of the premier golf destinations in southeastern Pennsylvania. Named one of the top 10 new courses in the region by Northeast Golf magazine, it was specifically designed for players of different levels.

Carved out of farmland, the course offers an appealing canvas of rolling terrain, wooded areas, streams and environmentally protected areas for challenging carries off the tee.

Turtle Creek, located in Limerick, is described by Golf Digest and Zagat as being impeccably maintained with some of the best turf of any course in the Northeast. Built on land that was originally owned by William Penn, the course's focal point is a Virginia-style Colonial

stone farmhouse built in 1734. It stands near the 18th hole, which takes the player over water rimmed with a stone wall that came from the majestic barn that once stood near the house.

Despite its name, Westover Country Club is a public course with just the right mix of hills, hazards and natural obstacles. Its clubhouse, Michael's--named for baseball star Mike Piazza, whose family owns the course--was recently voted the best "19th hole" in Montgomery County by Inside Golf.

The Valley Forge area also offers many other places to tee up, including:

Jeffersonville Golf Club, an 18-hole, par-70 public course opened in 1931; Bella Vista, a superbly designed and meticulously maintained course in Gilbertsville that's been designated one of the top places to play by Golf Digest for the last four years; and the ACE Club in Lafayette Hill, a private course that's a favorite among the pros.

Even if you don't shoot par, the Valley Forge area has a wealth of places to duff around, including Par Breakers, the largest indoor golf facility in the Philadelphia area. The golf academy offers instruction, golf camps and group clinics. And Play-a-Round Golf, in Malvern, lets you learn, practice and play year-round, without worry about weather, time or experience, in a spectacular family-friendly golf environment.

Whatever your skills, the Valley Forge area is a hole in one for any golfer. To learn more, visit www.valleyforge.org.

The Valley Forge area offers a variety of courses and facilities for golfers of all skill levels.

GOLF TRIPS TO REMEMBER

(NAPSI)-Whether you pull for Tiger, Phil or Vijay, golfers say the best clubs aren't always the ones in the bag.

Instead, they're what's known as shared-ownership clubs and they provide a variety of benefits. For instance, one of the most popular clubs is known as the "world's first golfers residence club" and boasts a portfolio of luxury homes situated among 36 of the world's legendary golf destinations.

Called The Markers Club, its

members have exclusive access to luxury residences and golf at destinations ranging from Troon North in Scottsdale, Ariz., to The Ocean Course at Kiawah Island in S. C. Membership even includes an annual Club Championship at PGA-worthy venues, private lessons with Jack Nicklaus Golf Academies, tour bags full of the latest demo equipment and in-house massages.

The club's members stay and play on links around the world, rather than being tied to a single vacation home in one location. To learn more, visit www.themarkersclub.com or call (800) 745-0065.

Shared-ownership clubs could help golfers get more out of their game.

PROTECTING ATHLETES' EYES

(NAPSI)-Regardless of the sport you play, protecting your eyes can help you stay on top of your game.

That's why the Vision Council of America reminds all athletes-weekend warriors or otherwise-to schedule regular eye exams with an eye doctor and wear proper sports eyewear, such as goggles or masks, to protect eyes from injuries.

An added bonus to the eyewear: It can help improve performance by eliminating glare and increasing contrast, which is especially important in sports such as skiing, where eyewear can eliminate glare from snow, or for golfers, who rely on tinted eyewear for contrast sensitivity.

Remember the following tips from the Vision Council of America:

- Wear protective goggles or eyewear with polycarbonate lenses when playing contact sports or sports with fast-moving objects.
- Protect eyes from the sun's ultraviolet rays with sunglasses when playing outdoor sports.
- Consider eyewear with performance-enhancing features such as anti-fog lenses, non-slip nosepieces and rubber temples.
- Schedule an eye exam with an eye doctor to ensure healthy vision.

For more information, visit www.checkyearly.com.

It's important for athletes to keep their eyes in good shape.

GAP

from page 15.

They are not gap years; they are just more school in a different location. Taking a gap year, or semester, means stepping outside of the box.

A word of caution: This can be hard to do in public high schools because of rigid course requirements and standards that cannot be bent even by willing administrators. Nonetheless, opportunities do exist, including some for dual university and high school credit.

Just don't try it without close consultation with a guidance counselor.

Things get much easier after graduation. Harvard College, in its application package, offers a strong suggestion that admitted students "defer enrollment for one year to travel, pursue a special project or activity, work or spend time in another meaningful way -- provided they do not enroll in a degree-granting program at another college."

Princeton says the same to prospective students, encouraging them to request deferred admission on their applications.

That's also true at Stanford. Solomon Enos, a Stanford admissions officer, says that anomalous resumes involving travel are a significant plus.

"If we saw that an applicant had spent several months living with a traditional rural family in, say, Guatemala, we would think that was terrific. We're looking for students with different experience."

Should it be travel with a purpose? Organized, academically approved? Not necessarily.

"Even vagabonding is good," Enos says. It's all in what you bring to it, and what that lets a student bring to Stanford.

A second note of caution: Public universities are often less flexible in these matters than private ones. It's best to check your options with any school before leaping into a year away.

When it comes to graduate school, you might have no choice but to take time off. The University of California at Davis School of Veterinary Medicine, for example, requires 180 hours of veterinary experience at the time of application, but its average admitted student has 3,000 hours -- more than a year of eight-hour days.

It's virtually impossible to get that kind of experience without a gap year. Students could get it at a local pet clinic, or find something far away. Volunteers in veterinary-related work are needed practically everywhere.

Elephant tracking in Botswana, perhaps? Horse husbandry in Mongolia? It sure doesn't sound like school, but it could get you into one. Finding the position just takes some creative digging.

Jenny Solomon says their gap year was not without worries.

"I think Aaron feared that he was in the middle of his career, and it might be hard to start up again. I had just graduated, which gave me a sort of natural space for taking some time," she says.

But risk-taking paid off. The Solomons finished their gap and relocated to Boulder, Colo. In less than two weeks, Aaron found a job that he likes better than the previous one.

As for Jenny, she has begun her job search and finds that "a lot of people respect the time off. They want you to be broad generally but focused on some special interest or passion, something unique you can bring to the job."

For both of them, bouncing off the path was a good way to find firm footing once they stepped back onto it.

Information: For gap year information, visit www.transitionsabroad.com. For information on volunteering or interning abroad, visit www.crossculturalsolutions.org. For fee-based planning help, visit www.takingoff.net or www.interimprograms.com.

POTS

from page 16.

planting perennials in pots, you might want to do what Cohen does. She adds a little compost to the bottom of her pots (potting soil and compost are both available at garden shops). The compost

gives plants some nutrition and prepares them for garden soil.

-- In warm climates, perennials can winter outdoors in pots. Where winters are severe, move the pots to an unheated basement or garage and water them well about once a month. Move them outdoors again in spring.

-- If you like, you can transplant perennial plants into flower beds at the end of the gardening season.

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News And Notes And Such For Our Readers

Making Decisions For Parents' Long-Term Care

(NAPSI) - The good news is that nearly 70 percent of boomer women are talking with their parents about how they will live independently as they get older; the bad news is only 40 percent of families are actually planning for it.



A recent AARP study focused on women and their role as caregivers, especially as it relates to their relationship with aging parents. That's because women play an instrumental role in family caregiving decisions, and boomer women contribute significantly to the care of family and friends.

The typical caregiver is a woman, 46 years old, juggling family, work and caregiving. An AARP study shows that an overwhelming 68 percent of boomer women think their parents are financially prepared for any assistance they may need. Past research by AARP shows that people often underestimate the costs of long-term care and often think they are covered by Medicare when generally that is not the case.

"The vacuum of knowledge around this topic is dangerous," says Jennie Chin Hansen, AARP Board Member. "It's dangerous for aging parents who may be forced into a situation they don't want, and it's dangerous for their adult children who may not have the resources to care for their parents. The key is to plan early."

Planning Ahead

Perhaps the most important thing for adult children and their parents to realize is that it's up to them to plan for the future they want. It starts by brainstorming and doing research about what resources exist to help people age with dignity.

What comes next should be a family conversation, with all parties discussing their needs, abilities and

willingness to compromise. In addition, important documents--wills, insurance information, safety-deposit box and bank account numbers--should be gathered in a safe place, where family members can access them as part of the decision-making process.

Unfortunately, decisions about long-term care are usually made during a health crisis and with no plan in place. Make sure that you have a plan and that your family is aware of your preferences. "Someone will decide where you spend the rest of your life," concludes Hansen. "Make sure it's you."

For more information about caregiving and planning for longterm care, visit www.aarp.org/caregiving.

Many boomer women are in the position of making care decisions for aging parents.

Five People You Should Know

(NAPSI)-Taking care of a loved one can be rewarding, but overwhelming. These five must-know professionals can make your caregiving life easier.

1. Geriatric Care Manager. This professional can navigate and negotiate your maze of caregiving options. To find one, visit www.caremanager.org or call (520) 881-8008.

2. Hospital Patient Advocate. This free liaison in every hospital improves communication between families and staff and looks into concerns you have about your loved one's care.

3. Senior Move Manager. This pro manages with sensitivity every aspect of a loved one's move. To find one, visit www.nasmm.com.

4. Geriatrician. This physician specializes in care for mature adults, often coordinating medical and psychological care. To locate one, go to www.wellness.com.

5. Elder Law Attorney. This specialist focuses on legal decisions impact-

ing older adults. To find one, go to www.lawinfo.com or call (800) 397-3743. Another source: National Elder Law Foundation at www.nelf.org; phone (520) 881-1076.

Also, don't forget willing friends and community volunteers who may be found through houses of worship, schools and local service groups. For helpful tips on family caregiving, go to www.caring-today.com.

Caring For Older Americans

(NAPSI)-If you are looking for services to assist an older loved one or need caregiving information for yourself, the Eldercare Locator can help.

The Eldercare Locator is the first step to finding resources for older adults in any U.S. community. This free service connects you to information about local resources that provide a range of assistance for older persons and those who care for them. It also has brochures that provide helpful information about transportation and housing options, home energy tips, and ways to stay in touch during crisis situations.

As a caregiver, you can also find information on support groups and other services that offer caregivers a temporary break from daily caregiving responsibilities. Call the Eldercare Locator at (800) 677-1116, Monday through Friday, 9 a.m. to 8 p.m. The Eldercare Locator is a public service of the U.S. Administration on Aging and is administered by the National Association of Area Agencies on Aging.

Caregivers get some help in finding support for themselves and their loved ones.

Living Longer And Loving It

(NAPSI)-It's never too late to make a lifestyle change that can have a positive effect on your health--and it's often easier than you might imagine.

Feeling better and living longer may be as easy as adding a few strawberries to your diet (to boost memory and brain power) or drinking a cup of tea (to improve the health of your

teeth and bones).

Such interesting facts are found in a quarterly webzine called Living Longer and Loving It, published by the Alliance for Aging Research.

The webzine provides information and tips on how to enhance your health, plus the latest medical research and innovations that have the potential to change the face of aging. Each issue also highlights a "living legend," an impressive person who exemplifies what it means to live longer and love it.

To sign up for a free subscription, visit www.agingresearch.org.

People are living longer and enjoying active lifestyles in their later years. Find out how you can live longer and love it.

Diabetes And Your Heart

(NAPSI)-Explaining the risk factors for hypertension and diabetes, the links between them and the Medicare benefits that can keep seniors healthy is the purpose of Connect the Dots: Diabetes and Your Heart-How Medicare Helps, an initiative by the National Council on Aging.

Risk factors include being overweight, physically inactive, high glucose, high cholesterol, consistently high blood pressure, age, gender, smoking, race, family history and waist circumference.

Both diabetes and hypertension can be treated and managed through regular exercise, a healthy diet, taking medication as prescribed, not smoking, and monitoring your glucose levels.

Medicare covers diabetes screenings, supplies and self-management training, eye exams, glaucoma tests, foot exams, medical nutrition therapy services and smoking cessation. Medicare prescription drug plans typically cover insulin, oral therapies for diabetes, and hypertension medications.

For more information, log on to www.ncoa.org. For information on Medicare, call 1-800-MEDICARE or log on to www.medicare.gov. The initiative is supported by a grant from Novartis Pharmaceuticals.



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From Charlene Dengler's Desk: Raw Food For Thought

by Charlene Dengler

Well, it's six weeks into the New Year and by now many resolutions are just a distant memory for a lot of us. But you know what? It's okay, because the principles for optimum health are not just for the blast at the start of the New Year, but for the long haul. I listed in last month's edition eight principles to adopt with the hope of improving overall health and setting an example for those around us. Let me reiterate that the initiation of any proactive, positive health practice will eventually reap benefits. The consistency and compliance with which the principle is applied will determine how quickly and how great the benefits will

prove to be.

I want to focus this month on the first of the eight principles explaining it in more detail and adding some interesting food for thought. As briefly touched on last time, the first principle was to eat a variety of food, while focusing on fruits and vegetables, leafy greens and legumes, whole grains, nuts, and seeds. What does that smorgasbord sound like to you? How about the original Genesis diet? That's right, the good old "garden of eatin'", where everything was, guess what? RAW! By God's perfect design, raw food was complete in itself. In fact, the enzymes in food that is heated over 118 degrees become inactive and the food is much less assimilated or life sustaining.

Digestion begins in the mouth, where carbohydrates are initially broken down by enzymes in the saliva. It is very important to chew your food extremely

well. In our hectic, rushed society this is often overlooked. Well-known naturopath to the natural health community, Wendell Whitman, often states, "Those who fail to masticate, nature will surely castigate." To make matters worse, as we age, enzymes diminish requiring more work from our systems just to digest our meals. How many of you have heard or even said yourself, "I used to be able to eat that, but now it gives me heartburn, or acid reflux or indigestion"? Lack of enzymes is at the core of such maladies. At the other end of the digestive tract, irritable bowel, bloating, and constipation plague old and young alike. Often times this can be attributed to a lack of probiotics or good bacteria whose enzyme actions are necessary for healthy elimination. The digestive tract is about 30 feet long altogether and digesting one meal requires thousands of enzymatic reactions. Doesn't eating in such a way as to not put unnecessary strain on this one system make sense?

If the preceding anatomy and physiology lesson didn't motivate you let me try a different persuasion. Even though cooking food destroys enzymes, rendering food more difficult to digest, the body is a masterful machine. Our systems are capable of manufacturing the enzymes that are missing and enabling our bodies to eventually benefit from the "food". However, digesting cooked food requires an unnecessary step that taxes our systems and makes our bodies less efficient. In fact, according to Carol Alt, former super model and author of *Eating in the Raw*, the added process accelerates aging and encourages weight gain! So come on baby boomers, consider what eating raw can do for you.

Even if you're still not convinced to jump on the raw bandwagon, at least consider the original list of nutri-

tious recommendations. Fruits and vegetables should be the predominant source of carbohydrates. There is such a wide variety that I recommend eating across the rainbow, choosing all different colors, and the more the better. Leafy greens are almost as varied and the combinations in salads are endless. Just select the dressing with care; extra virgin olive oil and vinegar of your choice or lemon juice is particularly healthful. Legumes and whole grains can be germinated or sprouted to retain as many nutrients and enzymes without cooking but, even if cooked, they are an excellent source of protein and fiber without the saturated fat and cholesterol.

Again, nuts and seeds are best eaten raw, although individuals with digestive issues may want to soak or germinate these powerhouses of nutrition and fiber. Another word about nuts and seeds is they should be consumed in moderation, particularly if weight loss is desired. I realize that there are many other food groups that haven't been mentioned. I kept the choices broad, but focused on the best selections, which often are slighted in the typical American diet, much to our detriment.

Determining to emphasize the best foods will gradually cause you to de-emphasize the less desirable, while still being balanced for optimum health. So as you digest what I just dished up to you, consider what steps you can take to be an advocate for keeping your digestive tract a cleaner highway.

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

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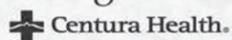
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Seniors: File 2007 Tax Return To Get Fed \$\$\$\$



by Eileen Doherty

Denver, CO. Starting in May 2008, the US Treasury will begin sending economic stimulus payments to more than 130 million individuals, including low income seniors. The stimulus payments will be available through December 31, 2008.

For most Americans, the stimulus payment will be calculated using the 2007 income tax return. However, many low income seniors who previously have not been required to file income taxes, will need to file this year to claim the stimulus payment.

Individuals who do not have a tax liability may qualify for a minimum payment of \$300 (\$600 for a couple filing jointly) if their tax return reflects \$3000 or more in qualifying income. Payments can be as high as \$600 for a single person and \$1200 for a couple.

Qualifying income consists of wages and net self-employment income, Social Security, Railroad Retirement benefits, and veterans' disability compensation, pension or survivors' benefits received from the Department of Veterans

Affairs in 2007. Supplemental Security Income does not qualify as income for the stimulus payment.

Taxpayers must have a valid Social Security number.

To claim the benefit, individuals must claim their Social Security, Railroad Retirement benefits and/or Veterans' benefits on Line 14a of Form 1040A or Line 20a of Form 1040. Individuals who have already filed their return, but failed to report the Social Security, Railroad Benefits or Veterans' benefits should file an amended return by using Form 1040X. This may result in a higher stimulus payment. Taxpayers should write "Stimulus Payment" at the top of the form.

Individuals who are claimed as a dependent on someone else's return are ineligible. Nonresident aliens are also not eligible for a payment.

The stimulus payment is not taxable and will not affect other benefits such as LEAP and food stamps.

Stimulus payments will be direct deposited for taxpayers who select that option when filing the 2007 tax returns. To have the payment direct deposited,

complete the bank routing number and bank account number on the tax return. Others will receive a paper check. Persons who have requested a Refund Anticipation Loan will receive a paper check.

The IRS warns of several scams that are already occurring. In one scam, the individual receives a call from someone identifying themselves as an IRS employee, indicates the senior is eligible for the rebate and to claim the money, the caller must have the individual's bank account information. If the individual refuses to provide the information, the caller indicates the individual is not eligible for a rebate.

The IRS is also aware of refund-related bogus e-mail informing the recipient of eligibility for a specific amount. The e-mail instructs the recipient to click on a link to access a refund claim form which requests personal information, including bank account information.

Another e-mail scheme is directed toward tax-exempt organizations. The e-mail contains the signature of the Director of the IRS's Exempt Organizations Business Division with instructions

to provide personal information.

The IRS and the US Treasury do not contact individuals by phone or e-mail to advise them about the stimulus payment. Report any of these suspicious activities to local law enforcement or the IRS with as much information as possible about the caller or the e-mail.

Individuals can receive free assistance in completing the forms. To locate the nearest AARP Tax-Aide site, call 1-888-227-7669 or visit AARP's Internet site https://locator.aarp.org/vmis/sites/tax_aide_locator.jsp or the closest VITA site at 1-800-906-9887. Individuals can also call 303-333-3482 for assistance.

Eileen Doherty, MS-Executive Director
Colorado Gerontological Society
Senior Answers and Services
 3006 East Colfax Avenue
 Denver CO 80206
 303-333-3482
 303-333-9112 (fax)
 doherty001@att.net
www.senioranswers.org

Don't Let Anxiety Keep You Away From Sick Friends

by Lisa M. Petsche

Spending time with someone who has an acquired disability - such as a speech disorder or mobility impairment from a stroke - can be awkward at first. You may not know what to say or do.

The following guide can help to ensure a positive visit, no matter what kind of disability the person may have.

Speech impairment

- Choose subjects of special interest, to motivate the person in case they are self-conscious about engaging in conversation.
- Encourage them to slow down if necessary, in order to pronounce each

syllable.

- Be patient and remain calm, allowing extra time for the person to get their words out. Don't interrupt or try to finish sentences unless they become visibly frustrated.

- Be attuned to non-verbal language that can give clues to the factual or emotional content of the message.

- Summarize the message to check if you heard it right.

- Ask them to repeat or rephrase the message if you could not make it out. Don't pretend you understood.

- Ask questions that require a Yes or No answer so they can simply nod or

shake their head.

- Don't correct every error.

- If the person is able to write, have a notepad and pen handy as a backup.

Keep in mind that your understanding of their speech will improve with repeated contact.

Hearing impairment

- Pick a location with good acoustics - rooms with carpeting and curtains are best.

- Choose a quiet area to minimize background noise.

- Limit the number of participants. One-to-one conversations are ide-

al.

- Ensure you have the person's full attention before initiating conversation. Sit close by, facing them.

- Sit with your face to the light and be careful not to cover it with your hands.

- Ask if one ear is better than the other, and speak to that side.

- Lean in when it's your turn to speak.

- Use a low-pitched, loud voice but avoid shouting. Speak slowly and clearly, but don't exaggerate.

- Be succinct about expressing yourself, and use short sentences. -Read the person's non-verbal expressions, since some hearing-impaired people are hesitant to ask others to repeat themselves. If it looks as if they didn't pick up what you said, rephrase it.

Low vision

- Let them know when you are entering or leaving the room.

- Offer a hat or visor (to reduce glare) when accompanying them outdoors on a sunny day.

- When you're on an outing together, describe the view as you are driving, as well as any unfamiliar environments you enter. Ask what the person can and cannot see; don't make assumptions. If they are nervous about navigating in public, suggest they hold on to your elbow and walk half a step behind you (never grab their arm).

- When planning to eat out a restaurant, choose a place with good lighting. Otherwise, offer to read aloud the menu; include ingredients of entrees and prices.

- While visiting their home, leave doors fully open or closed, and put items back where they belong. Don't rearrange furniture or other possessions.

- Hosting tips: Before the per-

SEE "VISITING" PAGE 24.



Etta James

Friday, March 28

7:00 PM

Art Garfunkel

Saturday, March 29

7:30 PM



Glenn Miller

Orchestra

April 11, 7:00 PM



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Cooking A-Z: Falt Beer For Cooking!!!!?

by Annette Gooch

Beer that's gone flat -- lost its effervescence -- isn't worth drinking, but as a cooking ingredient, it has real value. The mild acids in beer make it useful for marinating and for poaching, braising and stewing. Beer can be used in the same way as wine to flavor soups, sauces, stews, chili and other foods as they cook. Using beer in the batter for onion rings or fritters helps break down the gluten in the flour, resulting in a light, crisp, fried coating with good color.

If you need flat beer for a recipe, open a fresh bottle or can and let it stand at room temperature for at least 30 minutes. Pour any unused flat beer into a lidded glass container and store it in the refrigerator for future use.

SUCCESS TIP:

-- When boiling liquid to reduce its volume and concentrate its flavor, use a wide, heavy-bottomed pan to speed the reduction process. The wider the pan's cooking surface, the more quickly the boiling liquid will evaporate. A heavy-bottomed pan also provides better control of heat than a light, thin-bottomed one.

This dish makes a fine main

course or, when served with bread for dunking, a satisfying hands-on appetizer. If you're serving beer to drink along with the shrimp, choose the same brand you used in the recipe to keep the flavors compatible. Any alcohol remaining in the beer after the poaching process will be driven off when the beer is boiled to reduce it.

SHRIMP IN BEER AND CREAM

2 pounds raw shrimp, peeled and deveined
2 to 3 cups flat beer
1 bay leaf
2 tablespoons butter
2 tablespoons flour
1 cup whipping cream or half-and-half
Salt and freshly ground black pepper, to taste
1/4 teaspoon cayenne pepper, or to taste
2 tablespoons minced parsley
Country-style bread, sliced or torn into chunks

1. To poach shrimp, place cleaned shrimp in a wide, heavy-bottomed saucepan; pour in beer to barely cover shrimp. Add bay leaf, cover, and bring to a simmer. Begin timing the cooking period from the time the beer starts to simmer.

Simmer, uncovered, just until shrimp turn pink, about 4 to 7 minutes. (Overcooking shrimp toughens them.) Use a slotted spoon to remove shrimp from poaching liquid; reserve shrimp, discarding the bay leaf.

2. Turn up heat to high under the poaching liquid and cook rapidly, uncovered, until only 1 cup remains, approximately 3 to 4 minutes. Remove reduced poaching liquid from heat. In a second saucepan over medium heat, melt butter, add flour and whisk to make a smooth paste. Gradually add the reduced poaching liquid, whisking to prevent lumps; continue cooking and whisking until mixture thickens and is smooth, approximately 2 to 3 minutes.

3. Gradually whisk in cream. Season sauce to taste with salt, black pepper and cayenne. Remove pan from heat; stir in parsley. Add cooked shrimp to sauce; return to heat and reheat gently before serving with bread.

Serves 6 to 8 as an appetizer.

Beer batter gives fried onion rings rich golden color and a faintly malty taste. It can be used to fry boneless chicken or fish, zucchini and other quick-



For casual dining, serve these beer-poached shrimp with hearty bread for dunking into the peppery cream sauce.

photo: Lifestyle Media Group

cooking vegetables, or (if you reduce the amount of salt to a pinch) apple rings. If you don't have an electric skillet or deep fryer, you will need a candy or frying thermometer to monitor the temperature of the oil.

BEER-BATTERED ONION RINGS

1 pound sweet onions, sliced 1/4-inch thick
1 cup milk
1 cup flour
1 egg, separated

SEE "BEER" PAGE 24.

FREMONT/CUSTER County Menus

Penrose(372-0892) - Canon City(275-5524)

Florence(784-6493) - Silvercliffe (783-9508)

FLORENCE

100 Railroad St. - Florence Tu-Thur-Fri

MARCH 4: CHILI CON CARNE, Sliced Yellow Squash, Pineapple Mandarin Orange Compote, Cornbread/marg.

MARCH 6: BEEF/BROCCOLI STIR FRY, Steamed Brown Rice, Steamed Carrots, Pineapple Tidbits.

MARCH 7: CHICKEN FAJITA, Tomato, Lettuce Garnish, Cilantro Rice, Cooked Cabbage W/Red Pepper, Grapes.

MARCH 11: AMERICAN LASAGNA, Herbed Green Beans, Cabbage, Shredded Green Salad Banana, Italian Bread/marg.

MARCH 13: CORNED BEEF/BROTH, Parsley Buttered New Potatoes, Seasoned Cabbage & Carrots, Rolled Shamrock Sugar Cookie, Rye Bread/marg.

MARCH 14: TUNA MACARONI SALAD, Cool Cucumber Salad, Sugar Free Orange Juice Gelatin Salad/Banana, Peach, Cheddar Drop Biscuit.

MARCH 18: MEATLOAF/Brown Gravy, Cheesy Potatoes, Green Beans, Pineapple Tidbits.

MARCH 20: ENCHILADA PIE, Sliced Tomato on Lettuce, Sliced Yellow Squash, Mixed Fruit.

MARCH 21: HAMBURGER/CAT-SUP, MUSTARD & ONION, Sliced Tomato on Lettuce, Baked Beans, Potato Salad, Watermelon.

MARCH 25: SALISBURY STEAK, Whipped Potatoes/Gravy, Italian Green Beans, Cantaloupe.

MARCH 27: BAKED PORK CHOP, Whipped Potatoes/Gravy, Hot Bean Casserole, Fruit Salad, Cinnamon Applesauce.

MARCH 28: SMOTHERED CHICKEN, Cornbread Stuffing, Cauliflower Broccoli, Applesauce Waldorf Salad.

SALIDA MENU

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

MARCH 4: SWEET/SOUR CHICKEN, Steamed Brown Rice, Chinese Veggies, Strawberry Applesauce.

MARCH 6: CHILI CON CARNE, Whole Wheat Crackers, Broccoli, Raisin Nut Cup & Apple.

MARCH 7: BAKED POTATO, Broccoli Cheese Sauce, Tossed Salad Fresh Plum, Fruit Cocktail.

MARCH 11: SCALLOPED POTATO & HAM, Chopped Spinach, Hard Boiled Egg, Perfection Salad, Apple.

MARCH 13: TACO SALAD/SALSA Tom/Let Garnish, Strawberry Applesauce, Cantaloupe, Cornbread/marg.

MARCH 14: SALISBURY STEAK, Whipped Potatoes/Gravy, California Veggie Medley, Seasoned Greens, Nectarine.

MARCH 18: BAKED PORK CHOP/COUNTRY STYLE GRAVY, Whipped Potatoes, Hot Bean Casserole, Fruit Salad & Applesauce.



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MARCH 20: CHICKEN NOODLE SOUP, Wheat Crackers, Chopped Spinach/Malt Vinegar, Sliced Yellow Squash, Orange.

MARCH 21: LEMON BAKED FISH, Tartar Sauce/Lemon, Rice Pilaf, Green Beans/Mushrooms, Fruit Salad.

MARCH 25: MEATLOAF/Brown Gravy, Cheesy Potatoes, Green Beans, Pineapple Tidbits.

MARCH 27: CREAM OF POTATO SOUP, Tuna Salad Wrap/shredded Let/Tom, Hard Boiled Egg, Grapefruit Half.

MARCH 28: CHILI RELLENO CASSEROLE, Parslied Carrots, Tossed Vegetable Salad with Lemon

CUSTER SENIOR CTR.

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

MARCH 3: CHICKEN RICE SOUP, Open Face BBQ Beef/Bun, Creamy Cole-slaw, Almond Peaches.

MARCH 4: SWEDISH MEATBALL, Whip Potatoes & Cream Gravy, Chopped Spinach, Mixed Fruit.

MARCH 6: ORIENTAL PEPPER CHIC-KEN, Steamed Brown Rice, Cut Broccoli, Pineapple Tidbits.

MARCH 10: CREAM OF POTATO SOUP, Tuna Salad Wrap/shredded, Let/Tom, Hard Boiled Egg & Grapefruit Half

MARCH 11: SPAGHETTI/MEATSAUCE, Salad/Lite Italian Drsg., Green Beans, Orange.

MARCH 13: HOT TURKEY SANDWICH, Whipped Potatoes, Asparagus Amandine, Pineapple Mandarin Orange Compote.

MARCH 17: VEGETABLE SOUP, Cold Roast Beef Sandwich/Wheat Bread/Mustard & Mayo Sliced Tomato on Lettuce Waldorf Salad & Banana.

MARCH 18: SALISBURY STEAK, Whipped Potatoes/Gravy, California Vegetable Medley, Greens, Nectarine.

MARCH 20: ROAST PORK/GRAVY, Oven Browned Potatoes, Parslied Carrots, Strawberry Gelatin Salad, Dinner Roll/marg.

MARCH 24: SPLIT PEA SOUP, Hamburger/bun/Catsup, Mustard & Onion, Creamy Coleslaw, Banana.

MARCH 25: SPINACH CHEESE SQUARES, Tossed Sala/Pear, Whipped Hubbard Squash, Tropical Fruit.

MARCH 27: BRATWURST/BUN, Sauerkraut, Mustard & Onion, Scalloped Potatoes, Peas and Carrots, Peach Halves.

MARCH 31: CHICKEN SALAD SANDWICH, Sliced Tomato on Lettuce, Cream of Mushroom Soup, Orange Juice, Peaches.

GOLDEN AGE CENTER

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

MARCH 3: SMOTHERED CHICKEN, Cornbread Stuffing, Cauliflower Broccoli Mix, Applesauce Waldorf Salad.

MARCH 5: BEEF/SWEET PEPPERS, Steamed Brown Rice, Cut Broccoli, Raisin Applesauce.

MARCH 7: BRATWURST/BUN/ Sauerkraut, Mustard & Onion, Pickled Beets, Sliced Peaches.

MARCH 10: PORK CHOW MEIN, Steamed Brown Rice, Cooked Cabbage/Red Pepper, Banana, Fortune Cookie.

MARCH 12: TURKEY POT PIE, Tossed Salad, Orange Juice, Apple.

MARCH 14: CHILI CON CARNE, Whole Wheat Crackers, Cut Broccoli, Raisin Nut Cup, Apple.

MARCH 17: CORNED BEEF/BROTH, Parsley Buttered New Potatoes, Cabbage & Carrots, Rolled Shamrock Sugar Cookie, Rye Bread/marg.

MARCH 19: TACO SALAD/SALSA Tom/Let Garnish, Strawberry Applesauce, Cantaloupe, Cornbread/marg.

MARCH 21: LEMON BAKED FISH, Tartar Sauce & Lemon, Rice Pilaf, Green

Beans/Mushrooms, Fruit Salad.

MARCH 24: SPINACH CHEESE SQUARES, Tossed Salad/Pear, Whipped Hubbard Squash, Citrus Cup.

MARCH 26: SPICY BEEF RICE CASSEROLE, Cut Broccoli, Sliced Yellow Squash, Pineapple Tidbits.

MARCH 28: CHICKEN & NOODLES, Green Beans, Baked Acorn Squash, Apricot Pineapple Compote.

MARCH 31: ROAST TURKEY/GRAVY, Cornbread stuffing, Cauliflower Broccoli Mix/Cheese Sauce, Cranberry Mold & Pumpkin Bar.

PENROSE CENTER

1405 Broadway-Penrose (Tues/Thur)

MARCH 4: HAM/BEANS, Broccoli, Parslied Carrots, Orange Juice, Cornbread/marg.

MARCH 6: TURKEY POT PIE, Tossed Salad, Orange Juice, Apple.

MARCH 11: BEEF STROGANOFF, Orange Spiced Carrots, Ruby Beet Salad, Mixed Fruit.

MARCH 13: COMBINATION BURRITO, Smothered with Chicken Green Chile, Tomato, Lettuce/Salsa, Black Beans/Cilantro, Diced Pears.

MARCH 18: SWEET/SOUR CHICKEN, Steamed Brown Rice, Chinese Vegetables, Strawberry Applesauce.

MARCH 20: CORNED BEEF/BROTH, Parsley Buttered New Potatoes, Cabbage & Carrots, Rolled Shamrock Sugar Cookie, Rye Bread/marg.

MARCH 25: SPAGHETTI/MEATSAUCE, Tossed Salad/Lite Italian Drsg., Green Beans, Orange.

MARCH 27: BRATWURST/BUN/ Sauerkraut, Mustard & Onion, Pickled Beets, Sliced Peaches.

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

Senior Community Update



DESERT HAWK LADIES 9 HOLE GOLF CLUB

The Desert Hawk Ladies 9 Hole Golf Club will hold its opening season meeting on Tuesday March 4 at 9:00 am and on Tuesday April 1 at 8:30 am at the Desert Hawk Clubhouse, Pueblo West.

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

STATE DISCOUNTED DRUGS

DENVER – January 29, 2008 – The Colorado Department of Health Care Policy and Financing announces the Colorado Cares Rx program that provides Colorado residents a convenient way to buy generic prescription medicines at a discounted price. Prescriptions are easy to fill and are conveniently delivered to the individual's home.

Individuals and families qualify based on income and family size. A single adult can earn up to \$31,200 while a family of four can earn up to \$63,600. Individuals can have other health insurance coverage.

"The Colorado Cares Rx program offers a convenient, low-cost way for individuals to get prescription medicines" says Joan Henneberry, executive director. "We know when it is easy and affordable for people to get their medicines, they will take them and this may prevent a trip to the emergency room."

Cost of a 90-day prescription is \$20, \$30, or \$40 dependent upon the medication. The Colorado Cares Rx program is a mail-order program.

The Department has partnered with Rx Outreach to offer this program. Colorado Cares Rx is not funded by state dollars.

For more information and to get an application, please visit www.coloradocaresrx.com.

The Department of Health Care Policy and Financing: The Department administers the Medicaid and Child Health Plan Plus programs as well as a variety of other programs for Colorado's low-income, elderly and disabled populations. The mission of the Department is to improve access to cost-effective, quality health care services for Coloradans. For more information about the Department, visit www.chcpf.state.co.us.

LASTING MEMORIES

Lasting Memories - Workshop is free - Feb. 19, 2008 - 2:00- 4:00 P.M. This workshop will teach you to share your precious memories and let them live in the hearts and minds of those you love. Lori Burner Author of Lasting Memories,

will help motivate and inspire you to write from the heart the joys and struggles of life. It's easy and fun! Take this trip down memory lane and share your legacy with you family and friends. Seating limited call 647-0991. Healing Arts Group Cancer Center. Saint Mary Corwin Hospital. Lori Burner

TIME FOR TAXES

Get a jump on your taxes this year.

Where: Joseph Edward Senior Center (SRDA), 230 N. Union Avenue, Pueblo, CO

Begin: February 1, 2008

Closed: February 18, 2008

End: April 14, 2008

Time: 9:30 AM to 2:00 PM (First come-first served)

The program serves persons 55+, low income working families, single parents and young wage earners, (high school and college students). All returns are done on computer and E-filed, Direct Deposit of refunds is encouraged for safety and a speedier refund. All counselors have passed an IRS/AARP tax course for certification.

OWLS MEETING

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

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

GENEALOGY NEWS

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

AARP CHAPTER #1841

It's an exciting time for our AARP Chapter 1841. Membership is over 170 people and growing. There are many events in the planning stage such as the parade float, summer senior picnic, bus trip to the Cripple Creek theater, Christmas party and more. To accomplish this we need your help, expertise and participation. If you wish to help on any one of these projects please call Edward Loffredo at 719-784-6051 or E-Mail ealoffredo@aol.com

Monthly Events:
Fremont County AARP Chapter 1841 Board Meeting on Monday, March 3, 2008 at 10:30AM at the Presidents

home.
Non-Profits of Fremont County on Tuesday, March 4, 2008 1 PM at the Abbey

AARP & Golden Age Center (GAC) Activity Committee Meeting on Wednesday, March 12, 2008 10:30 AM at the GAC. Topics will include, but not limited to the Blossom Parade, Cripple Creek, Theater Bus Trip, Summer picnic and Annual Potluck dinner & dance-Fashion Show Sponsored By Gregory's Fashion & Gifts and AARP Chapter 1841 on Friday, March 14th 11:00 AM at the GAC right before lunch, if you wish to eat call ahead 719-275-7146

The AARP Chapter 1841 General Monthly Meeting on Monday March 17, 2008 1:30 PM at the GAC. The speaker will be and Shawn Brisanse NP from The Havens Family Clinic in Canon City, our expert on medical care. This will be very educational.

Coffee will be served. If you wish to bring cookies I would not turn them away.

Tickets are now on sale for the Cripple Creek bus trip on April 9, 2008, 8 AM for a \$20.00 donation, 21 years of age or older are welcome to go. Grab a ticket and hold on, prize drawings, gift bags, bus fun books and much more!!!

Tickets are on sale at the GAC any question call 719-275-5177
Volunteers Are Badly Needed FOR THE Following:

News letter Editor, Phone Committee. Any Questions Please Call ED Loffredo 719-784-6051.

EL PUEBLO MUSEUM NEWS

El Pueblo Museum "Interpretively Speaking – Training Session for New and Veteran Interpreters"

El Pueblo History Museum is offering the training session, "Interpretatively Speaking", for new and veteran interpreters on Saturday, March 8; from 9:00 a.m. to 1:00 p.m. Participants will learn about giving tours or becoming living history presenters for school groups and during Mercado. The free session will be held at the museum located at 301 North Union. Breakfast is provided, bring a sack lunch. Call 583-0453 for more information or to register.

"Onionskin Egg Dyeing Workshop"

Alison Blackburn will give a hands-on workshop on Onionskin Egg Dyeing, Saturday, March 15, from 10:00 a.m. to 12:00 p.m. at El Pueblo History Museum. Using a process that has been handed down through the generations, adults and teens will experience this fun and safe way to dye eggs. Eggs and dyeing supplies will be provided. Cost is \$15. Call the museum at 583-0453 before March 13 to register.

CSU-PUEBLO NEWS

Colorado State University Extension in Pueblo is offering the following classes in March:

Introduction to Organic Gardening, Saturday, March 15, from 9 a.m. – 4 p.m. Fee is \$25

Vegetable Gardening with a Twist: Traditional and Innovative Techniques – Monday, March 24, 6-9 p.m. Fee is \$15. Both classes are held at 212 W. 12th Street, Suite 220 in Pueblo. To register or obtain more information contact Colorado State University Extension – Pueblo County at 583-6566

STARPOINT PARTNERS WITH THE BELVEDERE

Dine for Starpoint at the Belvedere on March 4, 5, 6 from 5-8 pm. Starpoint has formed an exclusive dining partnership with the Belvedere where 5% of the total bill will be donated to Starpoint. Simply call the Belvedere, 275-5558 make your reservation and mention Starpoint. The promotion is good only on the above dates.

Starpoint...Partnering with individuals, families and the community. "Enriching lives...Realizing dreams."

EDUCATION AND LUNCH SERIES

Seminar #1 "As You Journey Through Life ..." Rosario's Restaurant, 2930 N Elizabeth St Tuesday, March 18 - 11:00 AM

Please join us for a luncheon seminar to learn about ways to live a full and active lifestyle.

Topics: (Diet and Weight-loss), "The Fallacy Of The Miracle Diet"

(Identity Theft Solutions), "Five Common Types of Identity Theft"

(Nutritional Meal Preparation) "Ingredients for the good life"

(Social Interactions), "Volunteer to stay young"

(Medical Benefits), "Six Misconceptions about Medicare"

Speakers:

Maureen Key MD, New Body Solutions
Gloria Valdez, SRDA

Doug Bailey, Identity Theft Shield
Kimberly Schaub, Thrive Lifestyles, Inc

John Giarratano, Humana Insurance
Limited Seating!

Call today for reservations. RSVP, 800-871-6270, Ext: 0

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Contact: SRDA, 230 N. Union Ave. Pueblo, Co 81003. 719-545-8900

Check out Jill's web page at www.jstarkeyart.com

PUEBLO STEPUP FREE COMMUNITY WELL-BEING CLINICS

Mineral Palace Towers, 1414 N. Santa Fe -Thursday, March 13th (9:00 – 11:30)

Memorial Recreation Center – Pueblo West, 230 E. George Dr. - Thursday, March 13th (8:15 – 10:30)

Park Hill Christian Church Hall, 1404 E. 7th Street - Monday, March 17th (10:00 – 12:00).

Minnequa Park Apartments, 1400 E. Orman - Tuesday, March 18th (9:00 – 11:30).

Mesa Towers, 260 Lamar - Wednesday, March 19th (9:00 – 11:30).

Ogden Apartments, 2140 Ogden - Thursday, March 20th (9:00 – 10:30)

Fulton Heights, 1331 Santa Rosa - Thursday, March 20th (1:00 – 2:30)

McHarg Park Avondale, Monday, April 7th (9:00 - 11:30)

Vail Hotel, 217 S. Grand - Tuesday, April 8th (9:00 – 10:30)

Hyde Park Community Center, 2136 W. 16th St. - Tuesday, April 8th (1:00 – 2:30)

Joseph Edwards Senior Center (SRDA), 230 S. Union - Wednesday, April 9th

SEE "COMMUNITY" PAGE 24.



Argus Home Care, Inc.

<p>807 W. 4th St.</p> <p>Pueblo, CO</p> <p>81003</p> <p>(719) 543-2634</p>	<p>121 S. 5th St.</p> <p>Cañon City, CO</p> <p>81212</p> <p>(719) 275-1101</p>
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- **Rehabilitation Services**
- **Personal Care Providers**
- **Homemaker Companions**

Here's Some Breaking News From Napsnet.com

Get a Test, Stop a Killer?

(NAPSI)-Can routine, low-cost lab tests-like the kind that doctors use to check your blood sugar or your cholesterol level-stop a killer?

The answer is yes. In fact, they can stop many killers.

Although most of us think of lab tests as just, well, tests, laboratory medicine has become a key part of bringing some of the most dangerous diseases under control, including cancer, diabetes, kidney disease, and cardiovascular diseases. It hasn't cured them, of course. But it has given physicians new power to prevent them and control their effects. For example:

- Diabetes can cause blindness, kidney failure, stroke, and death. But a \$13 lab test can tell if a patient has high blood sugar levels that signal diabetes. With this information, doctors can prescribe dietary changes, exercise, medications, or insulin

to keep blood sugar within the normal range. When it stays in that range, patients can gain, on average, five more years of life, eight more years of eyesight, and six more years of freedom from kidney disease.



- When patients discover chronic kidney disease, it is often too late-they already face kidney failure or death. But two inexpensive lab tests that evaluate kidney functioning can alert physicians to the problem, allowing them to select treatments that can halt the disease for many patients, and prevent it altogether in others. Early diagnosis, in fact, can delay kidney failure for two years or more even if the patient's kidneys have already declined by 25 percent.

- The death rate from cervical cancer over the past 50 years has dropped by about 75 percent-in large part because

of the Pap test. These tests play such a powerful role because they provide a kind of early-warning system for cervical cancer. They detect pre-cancerous cells, thereby allowing physicians to stop cancer even before it starts. If cancer is already present, the tests are able to detect it in its early stages, when treatment is most successful.

For more information about how laboratory medicine is helping control serious diseases, go to www.labresultsforlife.org.

America, The Tired

(NAPSI)-Millions of Americans experience insomnia or have difficulty sleeping. No matter whether it's due to stress, the hormonal effects of menopause or a poor pre-bedtime routine, the end result is a long night followed by a difficult morning.

Fortunately, there's now a natural, drug-free way to get a good night's sleep. It's a convenient oral spray that contains such proven sleep-inducing ingredients as valerian and melatonin to help the tired and weary get the rest they need.



NutraMist Sleep Now does its work with a few quick and convenient sprays. Take it at bedtime for satisfying sleep and leave it on the nightstand in case it's needed in the wee hours of the morning. The spray has no sugar and no alcohol. Its exclusive "SmartSpray" rapid-release technology emits microsize droplets of the ultraconcentrated formula that is immediately absorbed in the body.

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

COMMUNITY UPDATE

from page 23.

(9:45 - 12:00)

Get Moving with Pueblo StepUp Community Exercise Programs:

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

COMPUTERS AT SRDA

SRDA is offering a Level IV Computer Class; with more advanced topics on Internet, email, file management, and review of equipment.

Come to class and suggest a topic, each topic will be covered with discussion and 'hands on' applications.

Class is held March 19, 24, 26 and 31st - 9:00 to 11:00am cost is \$25.00 for the two weeks. Contact us at 719-545-8900.

ALZHEIMER'S NEWS

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

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

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

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

2nd Wednesday of every month - 12:30 - 1:30pm - SRDA 230 N. Union

4th Wednesday of every month - 9-10:30am - Alz. Assoc. office 4104 Outlook Bldg. B

4th Monday of every month - 6-7pm - Alz. Assoc. office 4104 Outlook Bldg. B (night group)

Please call 544-5720 for more information.

DISCOVER PUEBLO TOASTMASTERS!

58th Anniversary party. You're invited! March 4, 5:15pm, Wingate Inn, 4711 N. Elizabeth. Ledema 544-7918.

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

Visiting

from page 21

son arrives at your home, ensure walkways are clear indoors and out. Turn on lights in relevant rooms, hallways and stairwells, as well as outdoors if it's past sunset. Minimize glare from reflective surfaces - for example, draw curtains or blinds on sunny days and place decorative cloths on glass tables. Employ color contrast to make objects easy to distinguish - for instance, use a dark tablecloth if you have light-colored dishes.

Altered mobility

- Act natural with someone in a wheelchair. Don't treat them as if they are mentally impaired or as if their use of a wheelchair is something to be pitied. The chair is an aid that increases their mobility and, in many cases, independence.

- Keep in mind that the mobility of wheelchair users varies. Some can walk short distances while others don't

have the necessary strength or balance.

Others can walk a few steps, or at least stand long enough to do a pivot transfer, while others cannot bear weight. Some can self-propel, at least for short distances, while others cannot. It's important to become familiar with a particular wheelchair user's capabilities. Inquire if you're unsure.

- If you plan to talk with the person at length, pull up a chair to get on the same level.

- Treat the wheelchair as an extension of the person - don't lean on it, and always ask permission before pushing them in it. Don't sit in the chair, either, without their consent.

- Be careful not to move the wheelchair out of the owner's reach; or, if you must, make sure you put it back. The same goes for other mobility aids, such as walkers and canes.

BEER

from page 22

1 cup dark beer
1 teaspoon salt
Peanut oil, for deep-frying
Coarse salt

1. Soak sliced onions in milk for 3 hours. Drain; discard milk or save it for use in soup or corn muffins.

2. Meanwhile, in a large bowl, whisk together flour, egg yolk, beer and salt to make a batter. Beat egg white until stiff but not dry; fold into batter. Cover batter and let stand at room temperature for 30 minutes before use. Note: Batter may be mixed up to 24 hours ahead,

covered and refrigerated. Allow batter to warm to room temperature before dipping onion rings.

3. Heat a large, deep pot or electric deep-fryer or skillet filled with at least 3 inches of oil to 375 degrees. Dip onion rings in batter; allow excess batter to drip off. Fry a few onion rings at a time, avoiding crowding, until they are golden and cooked through, turning them once with tongs. Use a slotted skimmer or tongs to transfer cooked onion rings to paper towels to drain. Sprinkle lightly with salt and serve immediately.

Serves 6.

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

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

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

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

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

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Finances: Create And Keep Wealth

Let Your House Pay For Itself And A Maid Too!

by Grant Oakes, Central Mortgage Masters

If you or your parents are age qualified (over 62 years old), and have at least 50% equity in your home. And if you would like to never have to make a payment on your home again. Wouldn't that be great! It could happen to you.

What would it mean to you NOT to have that house payment every month? Wouldn't that be like getting a big raise in your social security? Just think of all the things that you could do with that extra money. Visit your children and grandchildren, take a vacation, buy a vacation home in Florida, or hire a part time maid and maybe a handyman too. Just let your imagination run wild. You have been paying on your home a long time. Not just the house payments, you have also been paying for the upkeep, remodeling, repairs, insurance-deductibles, etc. Isn't it time that your home started paying you back. Or maybe your home is completely paid for, Lucky You. But even though it is paid for you can't break off a piece of the roof and take it down to pay for a vacation or some of the other things that would make life more enjoyable and that you really deserve, can you? No! But there is a way.

It is called a reverse mortgage. Whoa, don't let that word "mortgage" scare you. I'm not talking about a mortgage like you are thinking of. This is different. Believe it or not the people that you have been sending to Washington D. C. have actually been doing some good for you. They have passed some bills that has made it possible for you to use the equity that you have build up in your home to do the things that you want so you can enjoy your retirement and guess what? This is a mortgage that you don't have to pay back! I know, I know, It sounds too good to be true. But it is true.

Actually, there are a lot of

reverse mortgages and a lot of reverse mortgage companies out there. They are not all alike and they don't all have your best interest at heart. I am here to tell you that the ones that are offering the HECM (that stands for Home Equity Conversion Mortgage) loans are the only ones that the government, the FHA and the AARP has decreed are fair and good for the age qualified. They have gone so far as to require that you are counseled by an independent counselor before an application can be taken. The counselor could care less if you get a reverse mortgage or not. They are completely independent and completely FREE. They have been certified by AARP or HUD. Their job is to make sure that you understand all the ins and outs of what you are doing and to make sure that you understand what is best for you. They will counsel you over the phone or you can go to their office for a face to face counseling, your choice. It is even your choice which counselor you wish to talk to. I have a list so that you can choose a counselor, you call that counselor and make your own appointment. Now, how fair is that?

Oh, by the way the money that you receive from a reverse mortgage is completely tax free. And it doesn't matter what your credit is or your income is, because the lender don't expect you to pay it back.

Here are the rules:

- (1) you must be at least 62 years old.
- (2) You must continue to pay the taxes and insurance on the home. (Big deal, you do that anyway)
- (3) The home must be your primary residence (that means that it is where you get your tax notice and mail.)
- (4) You must have enough equity in your home to pay off any present mortgages you may have on the home.
- (5) You must maintain the upkeep

on the home. That's it! Pretty simple rules, huh?

So let's say that you think that a HECM reverse mortgage might be a benefit to you. What is the next step? Well, I hope that you call me or someone like me that is concerned that this is right for you. As an example I would sit down with you and you children or your trusted advisor in your living room and we would talk. That's it, we would just talk. We will get to know each other. After you know about me and I know about you and your circumstances, I will be honest with you and let you know if in my opinion a reverse mortgage would be the right thing for you to do.

If on the other hand I feel that it would not be best for you I will tell you so. If I think it is right for you, the decision is still up to you. Please remember, you have invited me into your home. If you don't like what I am saying, you can invite me to leave. If you want to proceed, fine, I will give you a list of certified counselors and you can call one of them if you wish. If on the other hand if you decide not to continue, I will simply thank you for your time and leave you alone.

Most surveys tell us that well over 90% of all people over the age of 60 when given the choice would like to stay in their home rather than go in to a extended care facility. No surprise there. Just think of your own home and the lovely treasures that you have in you home. Those treasures all mean a great deal to you I am sure. All the pictures and knick-knacks that you have accumulated of the years are near and dear to you.

Each and every one has a special place in your heart with a special memory to go along with it. So if you had the extra money to do a few things to your home to make it more livable you could probably stay in the home for a long time to come. I am talking about minor changes like maybe a ramp beside the steps to make it easier for you or your loved one to get in and out of the house. Or just remodel the bathroom with a wider door or add an island counter in the kitchen to make it more convenient. And while we are talking about the kitchen, how about getting the new refrigerator, stove, and dishwasher you have been dreaming about.

I know you have a little money put away and you could do those things now if you really needed them, right? But you are also thinking that money

is for when we really need it. I understand, with a HECM reverse mortgage you could have your cake (or nest egg) and eat it too. There would probably be enough money from the reverse mortgage to let you do all those things that you have wanted to do for so long but were afraid that you would need that money someday. Why not enjoy the rest of your long life starting now.

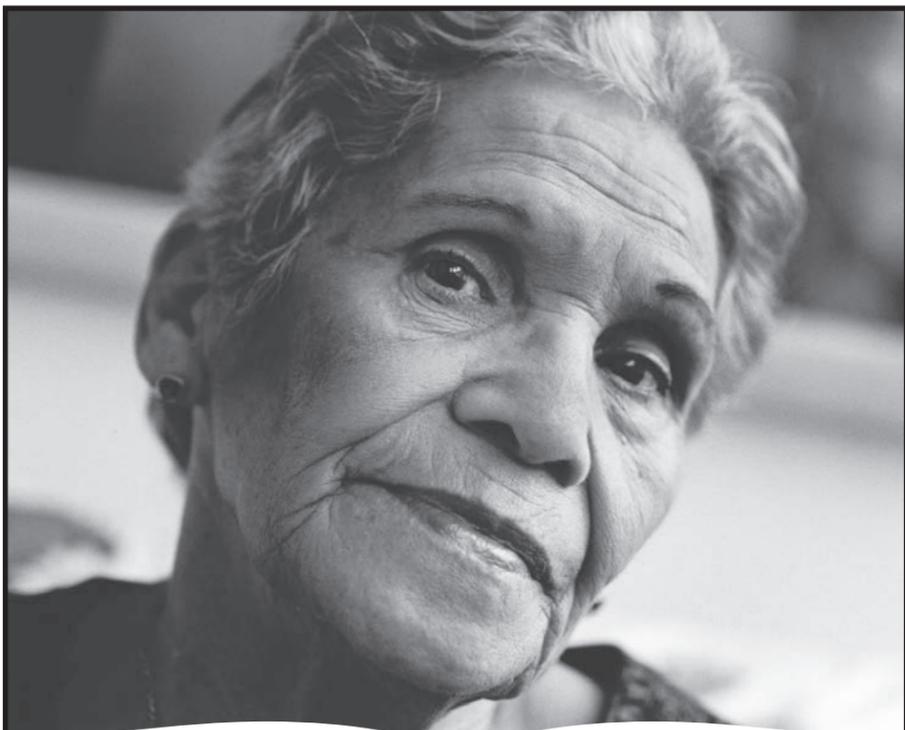
One other thing that you may want to consider is this. If you don't have Long Term Care, how are you planning for that time in your lives? Most people say that they guess they will just have the State of Colorado take care of them. Well how about this? Suppose that you use a portion of the proceeds for the reverse mortgage to purchase Long term Care.

Then you wouldn't have to worry about it. Or here is another Idea. If you have no mortgage on your home now, you can probably get enough money out of your home to set up a revocable trust for your grandkids so they would have the money to go to college when the time comes.

You see, if you ask your children what they want for your home when you are gone they will tell you that they have a life and a home of their own wherever they are. They would much rather see you have the things that will give you the most happiness and pleasure while you are alive to enjoy them rather than leave the home with the regular mortgage that you have now to them. A wise financial planner once said "A reverse mortgage allows the savvy Senior to spend down the equity in their home while enjoying the better things in life that they have dreamed of all their lives".

By the way, you always own your home, the lender doesn't. You or your heirs can sell the home at any time and pay off the reverse mortgage and any extra proceeds belong to you or your heirs.

Grant Oakes is a Certified Reverse Mortgage Specialist with 4 years of mortgage loan experience. He is a local businessman that has owned Pueblo businesses most of his adult life. He is a senior himself and understands seniors and their problems. Grant's specialty is "in home service". He will come to your home to meet with you and your children, because in your home you are always in control. You can call his cell phone at 719-252-3610 from 9-5 Mon-Fri or call toll free 1-866-671-3207, Ext 8883 anytime for a free 24 hour recorded message with additional reverse mortgage information.



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Cooking From A to Z: On Freezing Cheese

by Annette Gooch

Leftover bits of natural cheese are too good and too valuable to be tossed out or left to molder at the back of the refrigerator. If cheese is worth keeping, there's a good chance it's worth freezing.

Many varieties can be frozen with good results, but in general, the lower the moisture content -- the drier and firmer the cheese -- the more successfully it freezes. In fact, the best-keeping cheeses are the firm grating varieties such as well-aged Asiago, Grana Padano, Pecorino Romano and Parmesan, all of which can be frozen for up to four months with good results.

If you're fortunate enough to have an extra-special grating cheese such as authentic Parmigiano-Reggiano (the "king of cheeses"), save the pieces of rind, wrapping and freezing it for future use. The next time you have minestrone or some other full-bodied Mediterranean soup simmering on the stove, drop the rind into the pot. In time, it will soften and release its superb flavor.

Semi-firm cheeses (such as cheddar, jack or Gruyere) are higher in moisture than firm varieties, but can be

frozen for up to two months. Soft varieties (such as cream cheese, Brie or blue- or green-veined cheeses such as Gorgonzola) will keep well in the freezer for about a month. The cheeses should be frozen once they've reached the desired degree of ripeness.

Frozen semi-firm or firm cheeses are ideal for dishes that require grated or crumbled cheese. For convenience, the cheese can be thinly sliced or grated before it is frozen, although the flavor will be better if the cheese is frozen in blocks or chunks, thawed in the refrigerator, and sliced or grated immediately before it is needed.

Some varieties crumble when thawed, although their flavor is not affected. Cheese thawed slowly in the refrigerator is less likely to crumble than cheese thawed at room temperature.

If freezing small amounts of cheese seems like too much trouble, keep in mind that even a few ounces of cheese can boost the flavor as well as the protein, calcium and B-vitamin levels of a menu.

To make good use of leftover cheese, sprinkle thawed grated or crumbled cheese over salad, soup, chili, baked

beans, eggs, cooked vegetables, pasta, rice or grain dishes. Stir a tablespoon or two of cheese into an oil-and-vinegar dressing to flavor and thicken it, or add grated or crumbled cheese to a sauce or to the dry ingredients for muffins, biscuits, cornbread, gnocchi or dumplings.

SUCCESS TIP:

-- Wrap chunks of cheese to be frozen in plastic film or aluminum foil and place in heavy-duty freezer bags or freezer-proof lidded containers for added protection against drying out.

-- When labeling packages of cheese for the freezer, mark the bag or container with the specific variety of cheese as well as the date it was frozen.

-- Although different varieties of cheeses can sometimes be used interchangeably in recipes, flavor isn't the only consideration in substituting one cheese for another. Two varieties may vary significantly in their melting or browning qualities if their protein, fat and moisture contents are quite different.

Hominy grits, a coarse meal made from dried white corn, is a specialty of the American South. This comforting dish tastes like a cheese souffle but lacks the inflated crown. Make it with Swiss cheese to serve at breakfast, or use cheddar if serving the grits as a hearty side dish for a dinner of barbecued or roast meat.

BAKED GRITS WITH CHEESE AND GARLIC

- 1/2 cup milk
- 3 eggs
- 1/2 pound grated sharp cheddar cheese or Swiss cheese
- 2 tablespoons freshly grated Parmesan cheese
- 8 tablespoons unsalted butter, cut in small pieces
- 2 medium cloves garlic, minced
- 1/4 teaspoon black pepper
- 1 tablespoon snipped chives or minced green onion tops
- 4 cups water
- 1 teaspoon salt
- 1 cup quick-cooking grits
- 1 teaspoon butter



Among the varieties of cheese that freeze well are Parmesan, cheddar and Gorgonzola. photo:Lifestyle Media Group

1. Preheat oven to 325 degrees. In a medium bowl, beat together milk and eggs. Add cheeses, butter, garlic, pepper and chives. Set aside.

2. Bring the water and salt to a boil. Add grits, stir and return to a boil. Lower heat to medium and continue cooking, stirring often, until grits are thickened (about 5 minutes). Drain off any unabsorbed water. Off heat, immediately pour cheese mixture into the grits and stir until the cheese and butter melt. (Grits may be prepared in advance to this point, covered and refrigerated for up to 24 hours before the dish will be served.)

3. Butter a 2-quart casserole or souffle dish with the 1 teaspoon butter. Spoon the grits mixture into the prepared casserole and bake until a knife inserted in the center comes out clean (about 1 hour). If grits will not be served at once, turn off oven and leave the casserole dish in the warm oven for up to 10 minutes before serving.

Serves 8.

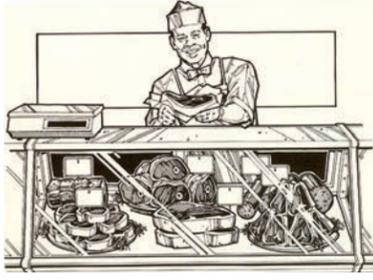
(For additional culinary information and recipes from Cole's Cooking A to Z, e-mail AtoZ@culinarysocietyofamerica.com.)

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

MARCH 3: Tomato Swiss Steak/Rice, basil green beans, mixed green salad/ranch drsg., wheat bread/marg., chilled plums.

MARCH 4: Baked Glazed Ham, cranberry sauce, orange glazed sweet potatoes, cabbage, wheat bread/marg., fruit blend juice.

MARCH 5: Roast Beef/Gravy, mashed potatoes, carrots, veggie mold, wheat bread/marg., cinnamon applesauce, oatmeal cookies.

MARCH 6: Beef Chop Suey/Rice, mixed veggies, wheat bread/marg., chilled dice pears.

MARCH 7: Mediterranean Bean Stew, cornbread/marg., waldorf salad, fresh orange.

MARCH 10: Turkey Tetrizzini, basil green beans, carrot raisin salad, biscuit/marg., tapioca pudding.

MARCH 11: Roast Pork Loin, orange glazed sweet potato, zucchini, wheat bread/marg. orange juice.

MARCH 12: Beef Stroganoff/Noodles, peas, pineapple slaw, wheat bread/marg., chilled fruit salad.

MARCH 13: BBQ Meatballs, parsley potatoes, california blend, wheat bread/marg., cherry fruit gelatin, oatmeal cookie.

MARCH 14: Fish Baked/Dill Sauce, au gratin potatoes, wheat bread/marg., ambrosia.

MARCH 17: Corned Beef/Cabbage, baked potato, greeb beans, lime fruit

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ers, broccoli, wheat bread/marg., rice pudding/cinnamon.

MARCH 21: Vegetable Lasagna, peas, mixed green salad/italian drsg., vanilla ice cream, banana.

MARCH 24: Pinto Beans/Ham, cornbread/marg., carrots, apple.

MARCH 25: Chicken Cacciatore, linguini, broccoli, wheat bread/marg., tapioca pudding.

MARCH 26: Country Style Steak, mashed potatoes, zucchini squash, wheat bread/marg., pear/blueberry dessert.

MARCH 27: Penne/Meat Sauce, basil green beans, mixed green salad/Italian drsg., wheat bread/marg., spice cake.

MARCH 28: Chicken A La King, biscuit/marg., mixed green salad/Italian drsg., peas, pineapple tidbits.

MARCH 31: Beef Tips/Gravy, mashed potatoes, stewed tomatoes, wheat bread/marg., lime pear gelatin.

APRIL 1: Roast Turkey/Gravy, mashed potatoes, green beans, cranberry sauce, wheat bread/marg., peach cobbler.

APRIL 2: Sweet/Sour Pork/Rice, peas, wheat bread/marg., chilled plums.

APRIL 3: Roast Beef/Gravy, mashed potatoes, harward beets, wheat bread/marg., blush pear dessert.

APRIL 4: Burrito/Green Chili, spanish rice, lettuce/tomato garnish, chilled apricots.

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gelatin, wheat bread/marg., apple-
MARCH 18: Macaroni & Cheese, zucchini, stewed tomatoes, cabbage apple slaw, wheat bread/marg., fruit cocktail.

MARCH 19: BBQ Chicken, au gratin potatoes, california blend, carrot raisin salad, wheat bread/marg., chilled peaches, graham crackers.
MARCH 20: Beef Stew, saltine crack-

Fashion: Color Up For Spring On Your Uncle \$am!

AND HEAD OFF THAT MEAN OLD IMPENDING RECESSION AT THE PASS

But what if you just plain don't feel like shopping? Or what if you don't dare?

What a big difference three little letters make. Even after all these years, the heart leaps at the thought of recess. Recession is a whole different story.

It's a discouraging word, and a slippery one: By definition, you can't be sure you're in one until six months after it started. So maybe we aren't.

Which isn't much comfort. Real estate prices are still falling; houses are languishing on the market for months. People are defaulting on their mortgages and mortgage companies are foreclosing on their homes. Other people are skipping a credit card payment or sending it in late, and their credit card companies are jacking up their interest rates. The stock market is down and the dollar is anemic. Gas is \$3 a gallon and milk is \$4.

None of it makes you feel much like shopping, especially for stuff you can

do without. The retail industry "appears to be skidding toward its first big wreck in 17 years," according to a recent Wall Street Journal story. What else would you expect? In times like these, selling people things they don't need is a risky business to be in.

Consumers aren't consuming the way they had been. People who'd been trading up -- to \$5 mocha frappuccinos, \$200 jeans, 500-thread-count sheets, \$1,000 handbags -- have started trading down. A recent Associated Press story reported that Walgreens shoppers have been passing up brand-name cough syrups and pain relievers and buying cheaper store brands, and Wal-Mart shoppers have been using their holiday gift cards to buy necessities.

Or else they're not trading at all. "I don't really need anything," an always well-dressed friend admitted when the conversation turned to shopping. A woman who, last year, invested in Prada sandals, Chanel ballet flats, and Michael Kors platform shoes, among other things,

told The Wall Street Journal that this year she's "recycling, seeing what I have in my closet."

All this makes me wonder what we'll do with the \$600 checks our beneficent Uncle Sam will be sending out in May, in hopes of staving off the recession (if it isn't here yet) or fixing it if it is.

Uncle is hoping the money will burn holes in our pockets: The sooner it's spent, the better, at least in terms of providing economic stimulus.

A year ago, back in the Age of Affordable Luxuries, I might've blown mine on an antique paisley shawl on eBay, or a CD player to replace the broken cassette deck in my car along with some new speakers, or a shiny new laptop, or some sleek if ridiculously expensive Chanel frames for my reading glasses, or French Sole ballet flats in six colors.

Now I'd be afraid to.

As Michael Barbaro explained in The New York Times a month ago, the whole trading-up phenomenon rested on "a feeling of wealth derived from soaring home values and the steady growth of real income, that is, income adjusted for inflation."

When you hear that somebody in the next block sold a house not all that different from yours for an astonishing \$800,000 -- well, compared to that, a \$600 shawl or a \$400 pair of designer eyeglasses seems like a trifle. Of course you can afford it!

And then the real estate bubble popped. And the sense of steadily growing real income turned out to have been an illusion. In an op-ed column in The New York Times, former Labor Secretary Robert Reich asserted that "America's median hourly wage is barely higher than it was 35 years ago, adjusted for inflation. The income of a man in his 30s is now 12 percent below that of a man his age three decades ago.

"Most of what's been earned in America since then," Reich continued, "has gone to the richest 5 percent." Which may explain why there's a market for a bigger version of the classic Chanel chain-handled handbag at \$26,275.



Why not use that rebate from your sweet, munificent old Uncle Sam to add a pop of color to your spring wardrobe? Clockwise from top left, five potentially recession-busting possibilities: Stephen Dweck carved turquoise ring in sterling silver setting, \$560; Issa London purple silk dress, \$405; Stuart Weitzman pink satin sandal, \$300; Nest double-strand glass bead bracelet, \$295; Juicy terry smock, \$128; all at www.neimanmarcus.com. Images from www.neimanmarcus.com.

(Check it out on page 162 of the March issue of Harper's Bazaar.)

If it's any comfort, Uncle Sam isn't sending checks to those folks -- which makes sense, since the richer you are, the less likely you are to spend additional income. After all, you probably already have your \$26,275 Chanel bag.

The question for the rest of us is: Are we too worried to spend Uncle's \$600? In his op-ed, Reich argued that we're "likely to pocket the extra money instead of spending it."

It's not that I wouldn't like to add some color to my spring wardrobe, and it's not that there aren't plenty of pretty things out there. But, now that my house isn't worth \$800,000 and my income is shrinking instead of growing, it probably makes more sense to dump that \$600 into my IRA -- unless I end up needing the money to pay my taxes.

Which is why, instead of gambling on people like me, Congress should be sending checks to people on Food Stamps, and people whose unemployment insurance is running out -- people who'd have little choice but to spend the money immediately.

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Reeling "Under An Enchanting Spell"

by Film Critic Betty Jo Tucker, Pueblo

If you missed "Enchanted" on the big screen during its 2007 release, take heart. This wonderful combination of fantasy, romance, music and fun will be available on DVD beginning March 18. "Enchanted" uses both live action and animation to tell the story of a fairytale princess banished by an evil queen into the real world of New York City. Tongue-in-cheek at every turn, the movie parodies old favorites like "Snow White," "Cinderella" and "Sleeping Beauty" – then ends up with its own clever version of "happily ever after."

In an opening animation sequence reminiscent of so many Disney films, Giselle (Amy Adams) is playing and singing with her forest friends when all of a sudden, a giant ogre bursts into party and tries to eat the lovely maiden. Naturally, a handsome prince (James Marsden) saves her. After Prince Edward and Giselle sing about "true love's kiss" to each other, Edward whisks our heroine away to marry him at the castle. But Queen Narissa (Susan Sarandon), his evil

stepmother, has other plans. Using her magic powers, she banishes Giselle to a place "where there's no such thing as happily ever after." That's modern-day Manhattan, of course.

Giselle soon finds herself transported to a strange new environment. She's not in Andalusia anymore, so the movie changes from animation to live action and becomes primarily a fish-out-of-water tale. Playing a real-life woman now, Adams ("Junebug") shows off her tremendous talent for comedy. Her looks of amazement and confusion about what's happening around her are absolutely priceless! When a cynical lawyer (Patrick Dempsey) and his darling little daughter (Rachel Covey) take Giselle in for the night, Adams projects an appealing innocence that makes her character even more endearing. But it also causes us to wonder if Giselle's storybook ideas about love and romance can survive in today's world. Will Giselle change – or will the people around her start to look at things in a different way? Is her friendship with the McDreamyish lawyer becoming something more serious?

Soon Prince Edward, his devious servant (Timothy Spall), and a loyal chipmunk (voiced by director Kevin Lima) also arrive in New York, all concerned about their missing almost-princess. It's a treat to watch the no-longer animated James Marsden here. He puts such energy into this comic performance, especially when his character searches the streets of Manhattan for his one true love. I'm happy Marsden is finally coming into his own with fine work like this plus his terrific turn as the enthusiastic TV show host in "Hairspray."

Everything in "Enchanted"

oozes entertainment with a capital "E." However, I think the film's special highlights are its music and Susan Sarandon's devilish, over-the-top portrayal of Queen Narissa. Alan Menken's delightful original music adds true enchantment to the story. Coupled with witty lyrics by Stephen Schwartz, the songs -- especially "So Close" and "That's How You Know" -- set just the right tone for the movie and deserve the Oscar nominations they received.

Sarandon simply couldn't be better both the animated villain and the real-life evil-doer. Her voice is menacingly perfect in the cartoon segments, and the totality of her characterization almost overwhelms the screen in her few live-action scenes. Fortunately, fabulous make-up and costuming help bring Narissa to life in all her wicked glory.

Just how enchanting is "Enchanted"? Well, as you can tell, dear reader, I'm still under its spell. (Released by Walt Disney Video and rated "PG" for some scary images and mild innuendo.)

AND ON THE BIG SCREEN

Here are the three March theatrical releases that intrigue me the most: "10,000 B.C." – One of my favorite young actors, Steven Strait, stars as the first prehistoric hero in this epic adventure directed by Roland Emmerich, the man who

"WEIRD"

from page 4.

convicted in Edinburgh, Scotland, of smothering his mom to death after she had taunted him for his inept suicide attempt several weeks before (October). In Sydney, Australia, a man was charged with beating a neighbor to death because the neighbor was watering his lawn in violation of the city's water restrictions (October). The boss of a factory in North Korea was executed by firing squad

brought us the ultra-exciting "Independence Day."

(March 7) "Horton Hears a Who!"

– Although not a live-action film like "The Grinch," this animated version of the Dr. Seuss classic should also

be a big hit. Why? Because the trailer looks totally awesome, and the movie features Jim Carrey's highly amusing voice talent. (March 14)

"Drillbit Taylor" – Owen Wilson lends his comic timing to the role of a low-budget bodyguard hired by two youngsters to protect them from a bully on the school playground. I love the film's tagline -- "You get what you pay for!" (March 21)

Please remember release dates are subject to change.

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



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