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Senior Beacon

IF YOU ARE 50 OR OLDER YOU SHOULD READ IT!

March, 2007 Vol. 25: No. 8 Established Aug., 1982 296 Consecutive Months!

Now You Know It's Never Too Late

by Jan McLaughlin special to Senior Beacon

Skyline Ridge Nursing Home was bustling with excitement and activity when I walked in.

Balloons, candles and flowers decked the great room and residents were sitting in groups chatting or quietly watching in anticipation of the big event. Employees scurried to ready the

“SAVVY SENIOR” TALK SHOW COMES TO LOCAL RADIO

PUEBLO, CO, FEBRUARY 24, 2007: Seniors are living longer now than ever before and getting older certainly does not mean hanging up the towel, but instead becoming “savvy” about ways to stay up to date and independent on topics such as finance, safety, relationships and yes, even sex.

David Ritterling, local franchise owner of Visiting Angels, a non-medical in-home care provider will co-host a unique and lively 30 minute radio program, beginning on Saturday February 3rd, 2007, on local Clear Channel's KCSJ (590AM) with co-host, Clear Channel's own Lee Roberts, every Saturday morning from 8am to 8:30am. Ritterling is corporate Vice President of Visiting Angels, a franchise with over 300 locations nationwide. Additionally, he is CEO of Visiting Home Care Services International, Inc. based out of Havertown, PA.

Ritterling says “The Savvy Senior Show” will act as a community service platform to discuss topics and answer questions directly related to the large senior market in Pueblo and surrounding communities. Ritterling says “our community has over 28% seniors 65 and older and we need to know how to be savvy consumers, investors, parents and grandparents, focused on happy and healthy aging.”

Additionally, on-air interviews with local professionals will be conducted throughout the program to give valuable advice to the large senior community.

To get more information on the “Savvy Senior” program, request photos, a list of upcoming topics or to advertise on this program, please call Caroline Ritterling at Visiting Angels, (719)543-4220. Carey Moreschini at More-Skinny Marketing, (719)543-3027 or email the show at thesavvysenior@earthlink.net.

cake, start the music and light the candles. I felt honored to be a guest at such a special and rare occasion. Two Skyline residents, Fred Avarille and June Wandel, were married Sunday, February 4. Skyline Ridge hosted their wedding reception the following Thursday. We were there to celebrate the special event. Soon, the couple arrived in wheel chairs and the festivities began. One resident read a

lovely poem which gave Biblical guidelines as to how to treat your partner and to have a good marriage.

It was a lovely reception for the happy couple who first met at the nursing home and soon became close friends. June said she wasn't entirely surprised when Fred popped the question but they both liked the idea. Soon wedding arrangements were made and they married at Faith Bible Fellowship, the church the couple attends. Their church took care of most wedding details and June's nurse, Lynette, made her a lovely bridal bouquet.



The newlweds, Fred & June Avarille.

Skyline administrator, Larry Lavelle, gave a short speech and made a presentation to the couple. When Larry finished, Fred leaned over and gave June a big kiss prompting a delighted giggle and laughter rippled through the room. Certainly, it's never too late to start over. Congratulations and best wishes Fred and June, from everyone at Senior Beacon!

The Life Festival Is Coming May 11, 2007

No Matter What Color You Say It In, It Still Looks Good! See Page 14 For More Info!

March: Age Related Macular Degeneration Month

by Richard Schlomer, MD - Rocky Mountain Eye Center

Age Related Macular Degeneration (ARMD) is an eye condition that damages the central vision. It usually affects those over 50 years of age. As many as 2% of those over 50 have this condition; but in the 75 and over age group, as many as 25% will have it. The central vision is the vision that is used for reading, recognizing faces, and driving. If this part of the vision is damaged, reading and driving can become difficult or impossible. This disease rarely damages the peripheral or side vision. The peripheral vision is used to avoid bumping into objects and to notice when someone or something is nearby, but it is not good enough to use for reading or driving.

ARMD damages the macula, which is the center part of the retina. The retina is the inside layer of the eye. It is the light sensitive layer of the eye and acts like the film of a camera. The macula is the center of the retina where the vision is best.

Most people with ARMD will not know they have the disease until they have an eye exam, since early in the disease there are few, if any, symptoms. In the early stages, there might be some dimming of the vision or some mild blurring. In more advanced cases, dark spots can develop in the central vision. Let-

ters might be missing when reading or straight lines can look distorted, wavy, or crooked. ARMD seems to run in families, so heredity and genetics might play a role. Smoking and poor nutrition probably worsen the damage.

There are two forms of ARMD; wet and dry. In dry ARMD there is no bleeding, fluid leaking, or scar tissue forming. Dry ARMD usually damages the vision slowly. About 90% of patients with ARMD will have the dry form. Most people with dry ARMD will have good vision for many years; but some will have difficulty reading or driving, and smaller number will lose significant amounts of vision.

The wet type is present when growing blood vessels, bleeding, fluid leaking, and scar tissue is forming. This is the more severe type and usually causes significant vision loss. Almost always the vision will become blurry with waviness and distortion. This can occur quickly over only a few days or weeks. About 10% of people with ARMD will have this form, and without treatment most will lose much of their central vision.

A dilated eye exam is the best way to check for ARMD. The earliest signs are yellow spots in the macula called drusen. These are areas of damage. Some people will develop drusen as a normal part of aging; therefore having

drusen does not always mean you have ARMD. The presence of multiple drusen or large drusen usually indicates ARMD.

For dry ARMD, vitamins seem to help slow the worsening in some patients. Only those with moderate to severe disease were helped according to a medical study called the Age Related Eye Disease Study (AREDS). It has not been determined whether vitamins help those with only mild disease, nor is it known whether they help to prevent the disease. Always contact your doctor before starting vitamins as they can affect other medications. Smoking definitely worsens ARMD. A high-fat diet may also make the condition worse.

There are treatments for wet ARMD. These can help to slow the vision loss and sometimes improve the vision. Laser treatments to destroy the growing abnormal blood vessels help in some cases. A newer laser called photodynamic therapy (PDT) requires injecting a medication into a vein in the arm and then using a laser to stop the growing of blood vessels. Treatment is repeated approximately every 3 months. After treatment, you must avoid the sunlight for a few days to avoid skin burns. Treatments continue until the blood vessels stop growing. Sometimes a steroid injection into or around the eye is also given at the time of the

treatment.

Macugen, Lucentis and Avastin are new medications that treat wet ARMD. All of these medications are injected



directly into the eye. Treatments must be repeated about every 4-6 weeks. The injection is done as an office procedure, and most patients have only mild discomfort. There is a small risk of infection, bleeding, retinal detachment, or vision loss with these injections. However, these new medications seem to offer the best results seen to date. Your doctor will decide what is the best procedure for your individual problem.

Regular eye exams and notifying your eye doctor immediately of changes in your vision such as rapidly decreasing, wavy, or distorted vision can help reduce the chances of vision loss from ARMD.

Dr. Schlomer can be reached at Rocky Mountain Eye Center in Pueblo by calling 719-545-1530 or 1-800-934-3937.

Just One Guy's Opinion

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



Meals On Wheels Needs Drivers

If you are able won't you call 545-8900 and tell them you'd like to help out with the Meals on Wheels Program by volunteering to deliver meals to Pueblo's frailest citizens. Believe it, you'll be glad you did, especially when you see the smiles on the recipient's face when he/she comes to the door. Do it!!!

Global Warming According To Gore

I spoke to a few "long-timers" of this area who told me that the winter we are having this year was not unlike the winters in the 1960s & early 1970s. In the 1960s and early 1970s the global warming fear-mongers were global cooling fear-mongers. The hysteria then was that the earth was cooling and "we're all gonna die!" Well now we have the media going ga-ga over the supposed "global warming" hysteria. Let's see now, algore - oh great guru of the carbon footprint - given the way you have arrived at your "global warming" conclusions, then it would follow that we must be in a global cooling period, here in Pueblo anyway.

But, dear reader, don't let me talk you into anything. Hear it from the great algore himself. Here's an exact quote from algore reprinted from an interview he gave to Grist magazine:

"Nobody is interested in solutions if they don't think there's a problem," said algore. "Given that starting point, I believe it is appropriate to have an overrepresentation of factual presentations on how dangerous it is, as a predicate for opening up an audience to listen to what the solutions are, and how hopeful it is that we are going to solve this crisis." (Taken from a book by Christopher C. Horner entitled, "The Politically Incorrect Guide To Global Warming and Environmentalism.")

So, do I have this right? The inventor of the internet, algore, is going to lie, er, overrepresent the facts, so he can scare people to death with predictions of 100,000,000 refugees because of global warming from coastal areas and that 300,000,000 people will die in the next 20 years from global warming because he believes that what he says is correct according to his superior intellect on the subject and his predictions? And I'm to take this seriously?

Last month the "global warming" report that came from the United Nations was trumpeted as a harbinger of catastrophe because it stated that the sea will rise one foot. When? They aren't sure but their last report stated that the sea was going to



More evidence of algore's global warming found in Switzerland.



More Swiss Global Warming.

rise one and a half feet! They can't even get it right from one prediction to the next and neither one has come even close to the truth about seas rising. Of course, all this is a far cry from algore's "overrepresentation" (see lies) of his "crisis" stating that the sea would rise 20 feet! And he's gonna win an Academy Award for these lies?

And what if we take algore's advice and sign the Kyoto Protocols? Professor Bjorn Lomborg, a noted internationally respected environmentalist said that if the United States (foolishly) signs on to the Protocols that it would be economically disastrous to the United States and, in turn, the world. He also said the reduction in carbon emissions if we did sign on to this boondoggle would be negligible.

My front page last month had a piece about senior con games - I should add this to the list. Until concrete evidence through the scientific method comes to light this "global warming" hysteria is just so much hot air (pun intended).

Our Wonderful New Congress

Don't you just love the new Congress. It's about time these new guys got their power back. Instead of working on issues that are really critical to our way of life, they are busily trying to pass a non-binding resolution that says they are against any troop buildup in Iraq. Now, isn't that special. We have a looming Social Security problem which drags along with Medicare and Medicaid funding problems and nary a syllable is uttered concerning those problems. We have an immigration flood of people that needs to be tended and not one utterance is sounded.

Instead of trumpeting the possibilities that GWB outlined when all this started concerning democracy and capitalism for the Middle East so they could throw off the shackles of the tyranny they continue to live under in most Arab countries, this Congress is satisfied to repudiate GWB and their own votes of times gone by. They are pathetic.

Even the television program 60 Minutes got around begrudgingly to show Americans what can be accomplished in the Middle East. The Kurds, who are semi autonomous in northern Iraq, have moved forward with the vision of GWB. They are thriving, love the United States and their economy is booming. Given this great success, wouldn't sober people begin to realize that GWB's vision is possible? How come the rest of Iraq and Afghanistan can't look to the Kurds and see that the possibilities are far reaching and certainly attainable. I don't care for Democrat Senator Joe Biden much, but his idea about separating Iraq into three autonomous areas might be the right idea after all. If the Shia and the Sunni would follow the lead of the Kurds, Iraq would become self-sufficient and the bad guys would have to move on to perform their mayhem. All of a sudden GWB's new offensive makes sense. Blitzkrieg (more on this in the next graph) the bad guys and then set up this autonomous tri-plex that can be called Iraq. If the Kurds can do it, so can the rest of Iraq. Oh yeah, and keep the borders closed with Syria and Iran. Let them fall under the weight of their own disgruntled citizenry as did the former Soviet Union.

Hard To Win A "Lawyered Up" War

I've been reading more and more snippets about one of the reasons we are not making more headway in Iraq. Lawyers! Yes, I know, that word sends chills down the spines of most of us.. Here's a ditty I culled from the Nation Weekly Edition of the *Washington Times*:

When the history of the war on terrorism is written one day, historians no doubt will credit risk-averse lawyers with making the war longer!" Legal restrictions are hampering soldiers from defending themselves in the streets of Baghdad and are limiting the effectiveness of secret operations by special operations forces and intelligence personnel, defense officials say. One Special Forces commando stated that the lawyers are risking lives in Iraq because of confusing written rules on when troops can fire weapons in 'Escalation of Force' (EOF) cases, that is, combat against insurgent and al Qaeda terrorists.

"Escalation of force is ridiculous over there," the commando said. "If an EOF occurs and a weapon is fired, it is to be reported so 'a 15-6 investigation' can be initiated."

An Army Regulation 15-06 investigation requires a commanding officer to gather evidence, interview witnesses and write a report every time a weapon is fired, a time-consuming and useless bureaucratic exercise in a war zone where numerous fire fights take place almost every day.

There you have it kind readers and this isn't the only snippet I've read recently. So all of the American public that steams at GWB for his mishandling of the Iraq War sit up and take notice. I'm just wondering if the nasties that blow up innocents in Allah's name need to get permission from their lawyers first?

Godspeed!

Senior Beacon

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ON THE RIGHT: "HIGH DECISION TIME"

by William F. Buckley



President Bush is uneasily situated as commander in chief of a nation at war. The first challenge of course is to win the war. But obstacles multiply, not so much in Iraq as in America.

In Iraq, the situation appears to be frozen. The insurgency seems to have been weakened by the resolute security measures of the past month, but the weakening is not to be confused with large steps toward defeat. We have faced, for several years, a wretched factor, identified as such by Donald Rumsfeld: The supply of insurgents is apparently self-generating. You kill one, and a replacement appears. For that reason Mr. Bush is without hard good news in his pocket, of the kind that would win political campaigns, let alone land wars.

And Bush is without the resources normally thought of as available to someone directing a war on behalf of the most powerful country in the world. Specifically, he has asked for 21,000 extra troops. His difficulties are at several levels. The first is, Why 21,000? Why not 200,000? The kind of thing LBJ provided in Vietnam.

Mr. Bush has simply not been able to demonstrate that this augmentation in U.S. forces on the ground will provide

a critical difference in the fortunes of war. And this makes it possible for Republican legislators to vote no, or contingently no, without running the risk of being held directly responsible for military defeat.

The situation is like that of the French in the Indochina war, where year after year there were more troops and more moneys spent, but, in the absence of dispositive gains, the situation just stalled -- with the important difference that governments in France, in those days, changed every season or two, and with them, responsibility for the war.

Today, the Bush administration is the undeniably responsible party. Mr. Bush initiated the war, wages the war and defends the war. Sen. John McCain began by criticizing tactical shortcomings in the conduct of the war (he wanted more troops years ago), but now satisfies himself with simply defending the war and speaking direfully of the results of abandoning it.

That makes for satisfactory Republican politics, but it is not really good enough to contend against Democratic opportunism. Hillary Clinton is saying that she thought it correct that we should have gone to war, given the intelligence on which we were relying. But, she says (persuasively), now that we

have established that the intelligence was defective -- Saddam didn't have weapons of mass destruction on Iraqi territory -- we can pass historical revisionist judgment and admit that it was a bad idea to go to war.

So far so good, but behold the elasticity that lies beyond. So -- says the candidate for president -- what we need to do is responsibly contain that war. Mrs. Clinton is demanding evidence of military redeployment of U.S. troops within 90 days -- and if that does not take place, then diminish congressional financing.

That is a fairly dreamy political position for a candidate to be in. (1) You show that you are a tough foreign-policy analyst willing to send troops if the situation warrants, as Mrs. Clinton thought it did in 2002; (2) you stand against abrupt abandonment of the war, establishing your strategic reliability; and (3) you don't challenge the commander in chief's authority; you simply assert control of the purse. The 90-day deadline is easily changed, if politically auspicious, to 100 days or, for that matter, 300 days.

Sen. McCain's steadfastness is encouraging. But he desperately needs what Bush either can't give him, or won't give him. Mr. Bush doesn't want to make

the mistake he made at the beginning, of arguing that victory is just around the corner. But in the absence of concrete good news on the conduct of the war, what can Bush give the voting public? America is a can-do society, and an impatient society. Space exploration has been allowed to take an unspecified length of time. Not so a war against regional terrorists.

McCain has to apply his military experience to specify an acceptable measurement by which progress can be assessed. At one end is withdrawal -- capitulation. At the other end, escalation at a drastic level, which means effective pressure on Iran to end its support of the insurgency.

McCain and Bush have to sort this thing out pretty soon, before the Iowa caucuses destroy them both.

The Writer's Art

Just What Is The Good Verb

by James J. Kilpatrick

A letter came not long ago from a high school freshman in Seattle. She asked to remain nameless and so Sue shall remain. She had just discovered Roget's Thesaurus. Glory be! She felt like Edmund Dantes when he found the golden hoard of Monte Cristo.

"I never dreamed there were so many ways to say the most ordinary things," she wrote. And she went on to cite the infinite variations on "to run." As a verb of pedal locomotion, she found such options as to dash, dart, bolt, pace, sprint, stride, hustle, hurry, lope and scamper.

From this experience, our yeoman author will sail on to an exciting voyage of exploration. Thousands of similar English words have not only different definitions but also different connotations, or penumbras, or auras. A verb that is editorially welcome in Playboy will be instantly unwelcome in Reader's Digest. Beyond social

acceptability, we're talking "taste," in the sense of "critical judgment, aesthetic discernment or artistic appreciation."

Such decisions lie at the heart of the writing art. Consider Seattle Sue's alternatives -- but first pause to appreciate the nice distinction between "alternatives" and "alternates." They're not the same thing. We digress. To dash clearly is close in meaning to dart, bolt and sprint, but a dash is longer than a dart or a bolt, but 20 yards shorter than a sprint.

The careful writer will reserve "scamper" for squirrels and 2-year-olds. It means "to run nimbly and usually playfully about." A character who "strides" or "paces" is proceeding more deliberately than a character who "lopes." The writer whose pen poises over "hurry" or "hustle" will not keep it poised for long. To "hurry" has a penumbra: It suggests a movement more rapid than "hasten" but less rapid than "rush." To "hurry" often implies

a rashness, an impetuous or precipitate motion. Some years ago, the makers of a 20-year-old Scotch whisky defended their process: "Some things can't be hurried."

Obviously, "to hustle" is not in the same league. Its penumbra reaches to areas not touched by "to hurry" or "to hasten." Three centuries of usage have hung it with a sense of unseemly or even illegal expedition. A con artist is a "hustler." His sense of energy will be put to unsavory use. One of the definitions of "to hustle" is "to obtain money by fraud or deception." It can even mean "to engage in prostitution."

If you leave a writer alone with a dictionary on a lazy afternoon, you are likely to learn more about pedal locomotion than you really want to know.

Moving along: Angela Lotos in Las Vegas has forwarded a report by the Associated Press that appeared in the Review-Journal six months ago. The story had to do with a tragic accident involving

two high school football players who engaged in a prank that got out of hand. The principal of Kenton High School expressed his regret:

"The worst part is this has drug out so long, and the longer it drug out, the more it created friction in the community."

Only two of my six everyday dictionaries, Merriam-Webster and Random House, acknowledge the existence of "drug" as a past and past-perfect variation of "dragged," and they stigmatize it as "nonstandard" or "dialectic." The verbal form has been around for at least a century. The Dictionary of American Regional English cites examples from Georgia (1933), "She feared her boys and grandboys would be drug off to war," and Ohio (1916), "He drug her up from the floor."

Offhand, I'd say that "he drug her" sounds slower, heavier and clumsier than "he dragged her," but it's a close call. Today's message is: Close calls are many; true synonyms are very few.

(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.)

Falls are the leading cause of injuries for people 65 and older in the United States. Sixty percent of these falls occur at home.

Parkview Medical Center wants you to live an injury-free life and provides this checklist for you to evaluate how safe your home is.

- Telephones, lamps and electrical devices - cords are out of the way.
- Frequently used items are within my reach.
- Lighting fixtures have the appropriate sized light bulb in them.
- Stairways are kept free from clutter and have a handrail.
- Throw rugs are secured with a mat that prevents slipping.
- Common pathways are free of obstruction.
- I can easily turn lights on when I enter a room.
- I have nightlights in my bedroom, hallways, and bathroom.
- My smoke detector is properly located and working.
- Emergency numbers are readily available.

Don't Fall into Spring!

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news of the weird

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LEAD STORY

Steaks from Waygu cattle in western Australia were already revered by gourmets worldwide (noted for their marbling), but recently an exporter went a step further: The choice grains fed the cattle are now being soaked in a 2004 cabernet merlot, according to a January dispatch from Sydney in London's Sunday Telegraph. "Our biggest problem is going to be meeting demand," said the managing director of Margaret River Premium Meat Exports, even though the best cuts of steak might run the equivalent of about US\$90. Plans are to feed each cow a liter's worth of wine daily during its last 60 days.

Great Art!

-- Chilean artist Marco Evaristti, serving dinner to friends at a gallery in Santiago in January, presented a dish of meatballs that he said had been cooked using liposuctioned fat from his own body. "The question of whether or not to eat human flesh is more important than the result," he said. "You are not a cannibal if you eat art." (Evaristti is the artist who once put live fish in a blender at a gallery and invited guests to push the

button.)

Government in Action

-- Nathaniel Abraham was convicted of murder in 1998 and incarcerated, but only until he turned 21, which was in January, at which time he was moved into a rent-free apartment in Bay City, Mich., and enrolled tuition-free in Delta College, in a program sponsored by Michigan Rehabilitation Services. Though some criticized such lavish treatment of a murderer, Abraham seemed ready to start his new life, arriving in Oakland Circuit Court for his formal release wearing "a black fur coat, ivory fedora hat, and a ivory and hot-pink pinstriped suit with matching pink tie and shoes," according to a Detroit News reporter.

-- Government Decisions: (1) At the recommendation of the Unipart consulting firm, bureaucrats at the British Revenue and Customs office in Longbenton had strips of black tape applied to their desktops to mark off where certain items should be placed for better organization, according to a January report in London's Daily Telegraph. (2) A 73-year-old man died of a heart attack in North London in January, perhaps assisted by a delay in responding by the London Ambulance Service. According to The Sun, the nearest crew could not be called because European Union labor rules prevent disturbing the crew for any reason during the first 20 minutes of their half-hour break.

Police Blotter

Tacky crime: County jail inmate Brian Bruggeman, 38, was arrested in North Platte, Neb., in December and charged with felony assault after allegedly passing gas repeatedly in front of his cellmate (leading to a fight). The "victim," inmate Jesse Dorris, said he had

made numerous attempts to stay away from Bruggeman but that Bruggeman purposely sought him out in a dinner line and let him have it once more.

Weirdo-American Community

For two years now, Estrella Benevides, 46, has been painting messages on her house in San Mateo, Calif., and her prolificness has escalated to the point where all outside surfaces (including the roof) are covered with cryptic references to the Bible, conspiracy theories and episodes from her own life, and a local community board gave her a February deadline to remove the writing or pay a fine of \$50 a day. Benevides has said she can't remove the messages because they come from God and expose a worldwide mind-control cabal that uses witchcraft and technology, and that this is the only way she knows to warn people. According to court documents cited by InsideBayArea.com, her life has spiraled downward since she lost custody of a young son.

Least Competent Criminals

-- Police in Lilburn, Ga., were called to the cemetery adjacent to Luxomni Baptist Church at 2:40 a.m. one morning in January to investigate reports of a man screaming for about two hours. They found Ezekiel Dejesus-Rodriguez, 24, pinned under a gravestone (with a bloody, broken leg) and said he had apparently been knocking over headstones for fun until one fell on him.

-- Bright Ideas: (1) Kurt Husfeldt, 46, and two others were arrested in Lindenhurst, N.Y., in January in possession of 14 stolen electronic devices that they apparently assumed were cell phones. However, they were global positioning devices from a nearby municipal facility, and police had followed their signals to Husfeldt's home. (2) Patrick Burr, 36, and his wife Heather, 33, were arrested in Provo, Utah, in December and charged with conspiracy to rob the Utah Community Credit Union, after an ex-partner turned them in. The informant said the Burrs had planned to make their getaway by floating on inner tubes down the Provo River, but that plan collapsed after their car (containing the inner tubes) was impounded.

Uniting for Peace & Brotherhood

(1) In December in Jerusalem, Israel's Green Leaf Party organized the first joint Israeli-Arab conference promoting the legalization of marijuana, which a party spokesman said would create a "common (cultural) identity" that could lead to peace. (2) In January, India's largest political party, the Bharatava Janata Party, sponsored compulsory yoga classes in public schools, but opposition was strong, with the All India Muslim Personal Law Board working side by side with various Christian organizations such as the Catholic Church of Madhya Pradesh.

Yikes!

-- Doctors Gone Bad: (1) The British General Dental Council found David Quelch guilty in January of professional misconduct for pulling two teeth of a patient, against her will, without anesthesia, because she had complained about previous treatments. He supposedly said, "That'll teach you ..." (2) However, the patient at Romania's Panduri Urology Hospital was not at fault (according to United Press International, from a

January story in Bucharest's Sunday Telegram) when surgeon Naum Ciomu lost his temper at his own sloppiness and chopped off a 36-year-old man's penis. Ciomu later admitted that he had overreacted. Nonetheless, the Romanian doctors' union complained that Ciomu's fine (the equivalent of about \$190,000) was unwarranted.

-- "The world's most dangerous road," according to a November BBC News dispatch, is a 50-mile stretch of winding, mountain-hugging cliff three miles above sea level, running from La Paz, Bolivia, to the country's Yungas region. At least 200 people a year reportedly die on the road, which is about 10 feet wide with no railing and frequent confrontations when wide-load vehicles meet from opposite directions. Furthermore, bad Andes Mountain storms wash away parts of what road does exist. Bolivians frequently pray to the goddess Pachamama for safe passage.

-- (1) Transgendered patient Gina Tilley filed a lawsuit late last year against New York City plastic surgeon David Ostad (who has been cited by state medical authorities 11 times and sued 14 times), complaining that her 2004 saline breast implants had shifted to her armpits. (2) The fire alarm at the Sea Life Centre in Weymouth, England, sounded one night in December, attributed to a diet of brussels sprouts fed to a turtle. Marine biologist Sarah Leaney of the Centre explained that the turtle's resulting flatulence probably created bubbles that raised the water level enough to trigger the alarm.

News That Sounds Like a Joke

-- Settling the Gender Wars: (1) German cancer researchers, writing in a January journal article, reported that any exercise helped ward off breast cancer in pre-menopausal women but that housework-type exercise worked for all women and was superior to job-based or leisure-based exercise. (2) A female chimpanzee, Judy, escaped at the Little Rock (Ark.) Zoo in January and, as she moved about, was observed entering a bathroom, grabbing a brush, and cleaning a toilet. She also wrung out a sponge and cleaned off a refrigerator, according to an Associated Press report.

People Different From Us

(1) The New Jersey Department of Health and Senior Services issued a warning in January to residents of the city of Ringwood that they should limit their intake of squirrel to no more than twice a week (children once a month). (A toxic waste dump is nearby.) (2) Dan Gulley Jr., 70, and David Brooks Jr., 62, fought in January in Atmore, Ala., and according to police, Gulley pulled out a gun and shot Brooks. The two were arguing over how tall the late singer James Brown was.

More Least Competent Criminals

(1) According to police in Hartselle, Ala., Daniel Brown, 22, wore a ski mask to hide his identity from his grandfather when he staged a home invasion-robbery in January, but when he burst in, he yelled, "I need your money, and I mean it, Pa-Paw." (Nonetheless, when arrested, Brown denied that he was the man behind the mask.) (2) Glenn Vickers, 53, allegedly intoxicated, wildly tailgated a driver in January on Interstate 64 that happened to be Kanawha County

SEE 'MORE WEIRD' PAGE 5.

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Medicaid Makes Eligibility Difficult Starting March 1

by Eileen Doherty, MS Denver, CO. Americans have a love-hate relationship with Medicaid. Medicaid is the program that helps low income individuals pay for health care, nursing home care, home care and more. Enacted in 1965, Medicaid was America's way to take care of the poor, providing them with health care coverage.

Over the years, the costs of health care have risen faster than the income of many individuals. The government has repeatedly changed the rules for Medicaid eligibility. For many years, individuals were able to gift many of their assets to children, charity and other worthy causes and receive Medicaid benefits.

However, more recently the federal and state governments have closed many of the loopholes that allow individuals to become impoverished and still be eligible for Medicaid. Recently, Medicaid made some more changes.

To qualify for Medicaid if an individual needs nursing home care, PACE services, and/or qualifies for home and community based care, the individual must have less than \$1869 per month in income and less than \$2000 in resources. If the individual is married, the spouse living in the home can have \$101,640 in resources, excluding the house (with an equity value of less than \$500,000), one vehicle used for medical purposes, a term life insurance policy, and an irrevocable burial policy.

Other changes that were recently approved by Medicaid in Colorado make it more difficult to transfer assets.

Interest payments from loans made after March 1, 2007 will be counted as monthly income. The outstanding balance due on the promissory note made after March 1, 2007 will be counted as a resource. The amount of the loan will also be considered a transfer without fair consideration on the date of application if the loan a) is not actuarially sound based on the individual's life expectancy, b) does not provide for equal payments dur-

ing the term of the loan without deferral or balloon payments; and c) is cancelled at the time of death of the lender.

If a transfer without fair consideration (such as gifting money, changing the deed to property, and other such transfers) occurs, the date of eligibility is the first day of the month after eligibility is determined. As of February 8, 2006 when the Deficit Reduction Act as signed, transfers are subject to a 60-month look-back period with the penalty period for transfers starting the date of the application for Medicaid. The penalty period for transfers made prior to February 8, 2006 begins on the date of the transfer.

To avoid a transfer without fair consideration after March 1, 2007, another significant change is the need for written, signed and notarized personal care agreements before the paid care is rendered to family members. Agreements must: a) be signed by the individual or a legal representative, b) describe the frequency, type of services and amount of time services are to be delivered, and c) identify the monthly payments that are comparable to market rates with signed time sheets (these services can not duplicate services provided by other agencies or individuals). The care provider must be paid at least monthly.

Another significant change is that an individual who is a power of attorney or guardian who is not able to provide paid care to the Medicaid recipient, thus necessitating the need for two separate individuals to be involved in providing assistance for the individual. Similarly, an individual who is a beneficiary of the Medicaid recipient's estate can not provide paid care.

The Colorado legislature recently killed a bill introduced by Rep Kevin Lundberg, R-Berthoud, which would have provided some relief for individuals facing spend down in Medicaid who have long term care insurance and wishing to provide some estate to their heirs. The bill would have allowed individual's

to keep up to one-half of the value of their resources based on the proceeds paid by the long term care insurance.

Under the proposed bill that was killed, if an individual had a long term care insurance policy worth \$200,000 and \$175,000 in resources, and the individual used all of the monies available in the insurance policy and faced a spend down of resources, the bill would have provided for some protection of assets to the individual. The individual would have been allowed to spend \$73,000 for care and keep \$102,000 (half of the \$200,000 insurance policy plus \$2000 that Medicaid currently allows) in assets to be eligible for Medicaid, rather than only \$2000 according to current Medicaid rules. Some

states currently allow this public-private partnership.

As Colorado looks for ways to reduce the cost of health care, many individuals find themselves needing to navigate the complexities of Medicaid. For assistance contact the local county department of human/social services, an elder law attorney, or call 303-333-3482.

Eileen Doherty, M.S. is the Executive Director of Senior Answers and Services and the Colorado Gerontological Society. She has more than 30 years of experience in gerontology in administration, research, training and education, and clinical practice. She can be reached at 303-333-3482 or at doherty001@att.net.

MORE WEIRD NEWS

from page 4.

W.Va., sheriff Mike Rutherford in an unmarked car. After jockeying behind Rutherford for a while, Vickers peeled off at an exit and flipped Rutherford the finger, but immediately crashed into a guardrail.

Recurring Themes

"I was 6 when I first became aware of my desire to lose my legs," wrote "Susan Smith" in London's The Guardian in January. "The image I have of myself has always been one without legs." News of the Weird has reported several times on people with "body identity integrity disorder" (apotemnophilia), which leads them to remove one or more limbs (or men their scrota). The worst part, said "Smith," was having to kill her leg, by freezing it in dry ice for at least four hours (she tried twice before it succumbed to an infection), because surgeons cannot ethically amputate a healthy limb. (A 1998 News of the Weird story involved a de-licensed San Diego surgeon who illegally removed limbs of needy men.)

The Continuing Crisis

-- Unsavvy: In 2003, Bryn Mawr College student Janet Lee had apparently not watched enough movies or television to understand that drug smugglers often use condoms (swallowed by human "mules") to get cocaine and heroin into the country. Lee attempted to board an airliner with several flour-filled condoms that she said her classmates and she employed to squeeze as stress relievers and said she was astonished to be arrested at the Philadelphia airport and jailed for

three weeks until the lab could verify that the substance was flour. In January 2007, the city of Philadelphia agreed to pay her \$180,000 to settle her lawsuit for her wrongful detention.

-- Britain's National Phobics Society said in November it would launch a campaign to help the estimated 4 million people in the U.K. who are fearful of using public restrooms. According to the NPS, in serious cases, sufferers intentionally avoid liquids and even deprive themselves of good jobs because the workplace restroom situation is unsatisfactory. "(I)t's certainly no laughing matter," said a spokesman.

-- Texas judge Keith Dean, recently defeated for re-election, decided as he was cleaning out his desk in December that he would order the release of a man that he controversially sentenced to life in prison in 1990. Tyrone Brown was 17 when he committed a \$2 robbery, and Dean put him on probation but changed it to life in prison when Brown shortly afterward tested positive for marijuana. (The Dallas Morning News in a series of 2006 articles had reported that Dean had failed to additionally punish a murderer who had tested positive for cocaine several times after his release on probation.)

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

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- Pueblo Mall (S & W entrances) • Burger King Canon City
- Canon City - Walden Books • Big D Superfoods-Florence
- Pueblo Memorial Airport • Country Kitchen • Southwest Grill
- Parkview Medical Center • St. Mary-Corwin Medical Center
- St. Thomas More Medical Center • Penrose Senior Center
- Golden Age Center - Canon City • Florence Senior Center
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Food A-Z: Beef Short Ribs, Long On Flavor

by Annette Gooch

Beef short ribs are thrifty, flavorful cuts from the end of the rib area (on the upper half of the steer) or the short plate (on the lower half).

Not to be confused with more expensive beef back ribs, the short ribs are excellent when properly browned and tenderized by cooking them in moist heat: braising them in a tightly lidded pot, baking them (uncovered) in liquid, or slow-simmering them in broth for a soup or stew.

Supermarket meat departments can generally supply either of two types of beef short ribs: English-style, which are longer because they're cut parallel to the single bone running through each piece, or flanken-style, which are shorter (and meatier) and contain several cross-cut bones.

SUCCESS TIP:

-- When purchasing beef short ribs, keep in mind the high proportion of bone to meat. A pound of ribs yields one or two servings.

Following thorough browning in the oven, these meaty little ribs bake in a tangy barbecue sauce for another hour or more. At the end of the baking time, they should be tender and delicious.

BAKED BARBECUED SHORT RIBS

3 to 4 pounds flanken-style beef short ribs (cut across the bones)
Barbecue Sauce (recipe below)
1 package (12 ounces) broad egg noodles
1 tablespoon poppy seed
1/2 cup regular-strength beef or chicken broth
Chopped parsley, for garnish

1. Preheat oven to 350 degrees. Using paper towels, pat short ribs dry and arrange them on a rack in an uncovered roasting pan. Bake until browned (30 to 45 minutes). Meanwhile, prepare Barbecue Sauce. Remove ribs from oven; set aside. Remove rack from roasting pan; carefully pour off and discard fat.

2. Place ribs directly on bottom of roasting pan (without replacing rack). Pour Barbecue Sauce over ribs. Continue baking, uncovered, spooning sauce over

meat occasionally, until ribs are very tender (1 to 1 1/2 hours more).

3. Approximately 20 minutes before ribs are ready to be served, cook noodles in boiling salted water, according to package directions; drain and rinse. Meanwhile, in a 2-quart saucepan over medium heat, heat poppy seed until fragrant; stir in the 1/2 cup broth. Bring to a boil and cook until reduced slightly (about 5 minutes). Add well-drained noodles.

4. To serve, arrange ribs on a heated serving platter; keep warm. Pour off all fat from roasting pan. Add about 1/2 cup water to sauce in pan; heat and stir until sauce is hot and bubbly. Spoon sauce over meat. Surround with noodles. Sprinkle with chopped parsley and serve at once.

Serves 6.

BARBECUE SAUCE

1 medium onion, chopped
1 tablespoon olive oil or butter
1 clove garlic, minced or pressed
1/2 teaspoon salt



Slow-cooked in the oven like pot roast, these succulent beef short ribs require very little attention as they bake to tenderness.

photo: Lifestyle Media Group

1/4 teaspoon chili powder
1 tablespoon brown sugar
2 tablespoons cider vinegar
2 teaspoons Worcestershire sauce
1/2 cup ketchup
1 cup water

In a 1 1/2-quart saucepan, cook onion in olive oil or butter until soft. Stir in
SEE 'SHORT RIB' PAGE 8.

FREMONT/CUSTER County Menus

Penrose(372-0892) - Canon City(275-5524)
Florence(784-6493) - Silvercliffe (783-9508)

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

- MARCH 1:** BEEF & SWEET PEPPERS, Brown Rice, Orange Spiced Carrots, Grapefruit Half.
- MARCH 5:** TOMATO SOUP, Turkey on Wheat, Green beans, Tangerine, Almond Peaches.
- MARCH 6:** SCALLOPED POTATOES WITH HAM, Chopped Spinach, Hard Boiled Egg, Perfection Salad, Apple.
- MARCH 8:** CHICKEN CORDON BLEU, Rice Pilaf, Asparagus, Apricots.
- MARCH 12:** POTATO SOUP WITH TUNA SALAD WRAP, Shredded Let/Tom, Hard Boiled Egg, Grapefruit Half.
- MARCH 13:** BEEF STROGANOFF, Orange Spiced Carrots, Ruby Beet Salad, Mixed Fruit.
- MARCH 15:** FISH CREOLE, Cheesy Potatoes, Squash & Onions, Sliced Peaches, Dinner Roll.
- MARCH 19:** EGG SALAD SAND-WICH, Lentil Black Bean Soup, Sliced Tomato on Lettuce, Banana.
- MARCH 20:** HOT TURKEY SAND-WICH, Whipped Potatoes, Aspar.Amandine, PA Mandarin Orange Compote
- MARCH 22:** CHICKEN FRIED STEAK w/Country Gravy, Roasted Garlic Mashed Potatoes, Cauli/Broccoli Mix, Apple.
- MARCH 26:** SPLIT PEA SOUP HAMBURGER ON A BUN, Catsup, Mustard, & Onion, Creamy Coleslaw, Banana.
- MARCH 27:** TERIYAKI CHICKEN, Steamed Brown Rice, Spinach Mandarin Orange Salad, Tropical Fruit Salad.
- MARCH 29:** SPAGHETTI WITH MEAT SAUCE, Green Beans, Tossed Salad, Orange.

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

- MARCH 1:** SPAGHETTI WITH MEAT SAUCE, Green Beans, Tossed Salad, Orange.
- MARCH 2:** BEEF STROGANOFF, Orange Spiced Carrots, Ruby Beet Salad Mixed Fruit.
- MARCH 6:** CHILI CON CARNE, Whole Wheat Crackers, Sliced Yellow Squash, Pineapple Mandarin Orange Compote, Cornbread with Margarine.
- MARCH 8:** SWISS STEAK WITH MUSHROOM SAUCE, Whipped Potatoes, Seasoned Greens, Cantaloupe, Dinner Roll.
- MARCH 9:** TURKEY POT PIE, Cut Broccoli, Tossed Salad w/French Dressing, Apricot Pineapple Compote, Biscuit.
- MARCH 13:** CHICKEN NOODLE SOUP, Wheat Crackers, Chopped Spinach w/Malt Vinegar, Sliced Yellow Squash, Orange.
- MARCH 15:** CHILI RELLENO CASSEROLE, Parslied Carrots, Tossed Vegetable Salad with Lemon.
- MARCH 16:** CORNED BEEF, Parsley Buttered Potatoes, Seasoned Cabbage & Carrots, Shamrock Sugar Cookie
- MARCH 20:** CREAM OF POTATO

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- SOUP/ Tuna Salad Wrap, Shredded Let/Tom, Hard Boiled Egg, Grapefruit Half
- MARCH 22:** BAKED PORK CHOPS/ Country Gravy, Whipped Potatoes, Hot Bean Casserole, Fruit Salad, Cinnamon Applesauce.
- MARCH 23:** CHICKEN & NOODLES, Green Beans, Baked Acorn Squash, Apricot Pineapple Compote
- MARCH 27:** BEEF STEW, Wheat Crackers, Whole Kernel Corn, Herbed Green Beans, Diced Pears.
- MARCH 29:** MEATLOAF/Brown Gravy, Cheesy Potatoes, Seasoned Green Beans, Pineapple Tidbits
- MARCH 30:** TUNA NOODLE CASSEROLE, Chopped Spinach, Hard Boiled Egg, Perfection Salad, Apple.

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

- MARCH 2:** HONEY BBQ CHICKEN, Oven Browned Potatoes, Chopped Spinach, Diced Pears.
- MARCH 5:** HAM/BEANS, Cut Broccoli, Parslied Carrots, Orange Juice, Cornbread.
- MARCH 7:** SPINACH LASAGNA, Tossed Vegetable Salad, Green Beans, Tangerine.
- MARCH 9:** TURKEY POT PIE, Tossed Salad, Orange Juice, Apple.
- MARCH 12:** WHITE CHILI W/CHICKEN, Wheat Crackers, Carrot & Celery Sticks, Cooked Cabbage w/Diced Red Pepper, Apple.
- MARCH 14:** CHICKEN CORDON BLEU, Rice Pilaf, Asparagus, Apricots.

- MARCH 16:** COMBINATION BURRITO, Smothered w/Chicken Green Chili Let/Tom & Salsa, Black Beans w/Cilantro Diced Pears.
- MARCH 19:** BEEF STEW, Wheat Crackers, Whole Kernel Corn, Herbed Green Beans, Diced Pears.
- MARCH 21:** SWEET & SOUR PORK Steamed Brown Rice, California Vegetable Medley, Diced Pears.
- MARCH 23:** TURKEY TETRAZINI, Italian Green Beans, Cottage Cheese Peach Salad, Strawberry Applesauce.
- MARCH 26:** CHILI CON CARNE, Wheat Crackers, Sliced Yellow Squash, Apple, Cornbread.
- MARCH 28:** SPAGHETTI/MEAT SAUCE, Green Beans, Tossed Salad, Orange.
- MARCH 30:** BAKED HAM, Raisin Sauce, Candied Sweet Potatoes, Green Bean Amandine, Cranberry Mold.

PENROSE CENTER
1405 Broadway-Penrose (Tues/Thur)

- MARCH 1:** CHICKEN CORDON BLEU, Rice Pilaf, Asparagus, Apricots.
- MARCH 6:** CHILI CON CARNE, Wheat Crackers, Sliced Yellow Squash, Apple and Cornbread.
- MARCH 8:** BAKED HAM w/Raisin Sauce, Candied Sweet Potatoes, Green Bean Amandine, Cranberry Mold.
- MARCH 13:** CREAM OF POTATO

- SOUP, Tuna Salad Wrap w/ Shredded Let/Tom, Hard Boiled Egg, Grapefruit Half.
- MARCH 15:** TURKEY POT PIE, Tossed Salad, Orange Juice, Apple, Wheat Bread.
- MARCH 20:** BEEF STEW, Wheat Crackers, Whole Kernel Corn, Herbed Green Beans, Diced Pears
- MARCH 22:** SPINACH LASAGNA, Tossed Vegetable Salad, Green Beans, Tangerine, Wheat Bread.
- MARCH 27:** WHITE CHILI W/CHICKEN, Wheat Crackers, Carrot & Celery Sticks, Cooked Cabbage w/Diced Red Pepper, Apple.
- MARCH 30:** BRATWURST ON A BUN, Sauerkraut, Mustard & Onion, Pickled Beets, Sliced Peaches.

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

- MARCH 1:** HONEY BBQ CHICKEN, Oven Browned Potatoes, Chopped Spinach, Diced Pears.
- MARCH 2:** SLOPPY JOES, Scalloped Potatoes, Broccoli and Carrots, Apple.
- MARCH 6:** BEEF BARLEY SOUP, Wheat Crackers, Sesame Broccoli, Apricot Pineapple Compote, Apple.
- MARCH 8:** TURKEY SALAD/Let and Sliced Tom, Steamed Brown Rice, California Vegetable Medley, Raisin Applesauce.
- MARCH 9:** LEMON BAKED FISH, Tartar Sauce & Lemon, Rice Pilaf, Green Beans with Mushrooms, Fruit Salad.
- MARCH 13:** CHICKEN NOODLE SOUP, Wheat Crackers, Chopped Spinach/Malt Vinegar, Sliced Yellow Squash, Orange.
- MARCH 15:** MACARONI & CHEESE, Shredded Green Salad, Whipped Hubbard Squash, Strawberry Applesauce.
- MARCH 16:** CORNED BEEF, Parsley Buttered Potatoes, Seasoned Cabbage & Carrots, Shamrock Sugar Cookie.
- MARCH 20:** EGG SALAD SANDWICH, Lentil Black Bean Soup, Sliced Tomato on Lettuce, Banana.
- MARCH 22:** BAKED POTATO, Broccoli Cheese Sauce, Tossed Salad, Fresh Plum, Fruit Cocktail.
- MARCH 23:** TERIYAKI CHICKEN, Steamed Brown Rice, Spinach Mandarin Orange Salad, Tropical Fruit Salad.
- MARCH 27:** CHILI CON CARNE, Whole Wheat Crackers, Sliced Yellow Squash, Pineapple Mandarin Orange Compote, Cornbread with Margarine.
- MARCH 29:** HOT TURKEY SANDWICH, Whipped Potatoes, Asparagus Amandine, Pineapple Mandarin Orange Compote.
- MARCH 30:** ITALIAN SAUSAGE WITH SPAGHETTI/Marinara Sauce, Baked Acorn Squash, Tossed Salad, Piz-zelle, Fresh Pear.

ALL MEALS SERVED WITH MILK (Coffee or Tea optional). All breads served with margarine.

For A Healthier You

Alzheimer's Home Safety Tips For Caregivers And Family

by Lisa M. Petsche

Over time, Alzheimer's disease results in mental, emotional, behavioural

and physical changes. These may include memory loss, altered perception, impaired judgment, disorientation to time

and place, constant movement, wandering away from home and becoming lost, rummaging (in drawers and closets, for

example), behaving in ways that don't appear to make sense, altered sleep patterns, paranoia, verbal and physical aggression, decreased muscle strength and a tendency to stumble and fall.

A variety of safety issues consequently arise in caring for someone with this disease. Although many Alzheimer behaviors don't respond to medication, caregivers can adapt the home environment to discourage them or minimize the associated risks. The following tips provide a good start.

Preventing falls

- Ensure your loved one has a pair of non-skid slippers or shoes that fit snugly and offer good support.

- Ensure throw rugs and scatter mats have a non-skid backing. Better yet, remove them, since they're one of the most common causes of falls.

- Keep walkways clear of electrical and telephone cords.

- Eliminate clutter, including excess furnishings.

- Use night-lights in rooms and hallways.

- Ask the doctor or pharmacist to review your loved one's medications--both prescription and over-the-counter--since drowsiness or dizziness can sometimes be side effects.

- In the kitchen: Keep frequently used dishes and pantry items within easy reach.

- In the bedroom: Ensure there's a lamp within reach of the bed, and a clear path from bed to bathroom.

- In the bathroom: Have grab bars installed by the toilet and in the bathtub or shower area. Get a rubber mat for the tub/shower, a bath seat or shower chair, a hand-held shower head and a non-skid floor mat.

- In stairwells: Ensure steps are in good repair, have a non-skid surface and are free of clutter. Handrails are a must, as is good lighting.

Other safety strategies

- Kitchen: Remove the knobs from the stove and store them in a safe place. Keep a kitchen fire extinguisher on hand, just in case. Put away small appliances--such as kettles and blenders--when not in use. Unplug appliances that are too big to store, such as the microwave oven. Lock up scissors, knives, corkscrews and any other dangerous implements. Buy break-resistant dishes.

- Bathroom: Store hair dryers and electric razors in another room, to minimize the risk of electric shock. Secure the medicine cabinet or store medications elsewhere in a locked box. Remove cleaning supplies or lock them up, too. Remove or disable the door lock to prevent your loved one from locking himself in.

- Install smoke alarms near bedrooms. Regularly check them and replace the batteries.

- Use childproofing safety devices, such as interior drawer locks and door knob covers.

- Put away valuables such as china and figurines, and other breakable items. The same goes for anything inedible that resembles food, and heavy items that could do damage if dropped or thrown.

- Cover unused electrical outlets with childproof plugs.

- Always supervise the use of electrical items.

- Never leave your loved one alone in a room where a fireplace or candles are burning.

- Lock up cigarettes, matches

SEE 'ALZHEIMER'S' PAGE 9.

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Pueblo/Pueblo West Community Blood Drives For March

by Julie Scott

Pueblo Realtors Association, Inc. Community Blood Drive Thursday, Mar. 1 from 9:30 a.m. to noon.

Donations inside Bonfils' mobile bus located at the Sangre de Cristo Arts & Conference Center, 210 N. Santa Fe Ave., Pueblo

For more information or to schedule an appointment please contact Tess Pickerel at (719) 545-3666 or Bonfils' Appointment Center at (800) 365-0006 opt. 2.

5th & Court Community Blood Drive – sponsored by Pueblo Bank & Trust Wednesday, Mar. 14 from 8:30 to 11 a.m.

Donations inside Bonfils' mobile bus located at 301 5th Street, Pueblo.

For more information or to schedule an appointment please contact Bonfils' Appointment Center at (800) 365-0006 opt. 2 or Dave Moore at (719) 545-1834.

4th & Main Community Blood Drive Wednesday, Mar. 14 from 1:30 to 4 p.m. Donations inside Bonfils' mobile bus located at the corner of 4th and Main

streets, Pueblo.

For more information or to schedule an appointment please contact Bonfils' Appointment Center at (800) 365-0006 opt. 2.

First Presbyterian Church of Pueblo Community Blood Drive Sunday, Mar. 18 from 9 a.m. to 1 p.m.

Donations inside Bonfils' mobile bus located at 220 W. 10th Street, Pueblo For more information or to schedule an appointment please contact the church office at (719) 542-7322 or Bonfils' Appointment Center at (800) 365-0006 opt. 2.

U.S. Forest Service Community Blood Drive Tuesday, Mar. 20 from 11 a.m. to 3 p.m.

Donations inside Bonfils mobile bus located at 2840 Kachina Dr., Pueblo.

For more information or to schedule an appointment please contact Dave Rodriguez at (719) 553-1402 or Bonfils' Appointment Center at (800) 365-0006 opt. 2.

Minnequa Works Credit Union Community Blood Drive Friday, Mar. 30 from 8:30 a.m. to noon

Short Rib Soup

from page 6.

garlic, salt, chili powder, brown sugar, cider vinegar, Worcestershire sauce, ketchup and water. Heat to boiling over medium heat, stirring occasionally.

Served with salad and bread, this slow-simmered German soup makes an inexpensive, satisfying meal. Although the soup can be served the same day it is cooked, allowing time for it chill overnight makes defatting the soup easier.

SHORT RIBS SOUP

- 2 tablespoons olive oil or 1 tablespoon each olive oil and butter
- 3 pounds English-style beef short ribs (cut parallel to the bone)
- 1 celery root (about 1 1/2 pounds), peeled and cut in julienne strips
- 2 carrots, thinly sliced
- 1 red bell pepper, seeded and cut in 2-inch-long strips
- 2 medium onions, thinly sliced and separated into rings
- 1 large clove garlic, minced or pressed
- 8 cups water
- 1 tablespoon salt
- 1/4 teaspoon white pepper
- 1 bay leaf

- 1/2 teaspoon dried thyme
- Salt and pepper to taste
- 1 large tomato, peeled and finely chopped or 1/2 cup canned diced tomato
- 1/2 cup chopped parsley
- Plain, unflavored yogurt or lemon wedges (optional)

1. In a 5- to 6-quart Dutch oven, heat oil until hot; add short ribs and brown well on all sides. Add celery root, carrots, red pepper, onions, garlic, water, salt, pepper, bay leaf and thyme. Bring to a boil, cover, and simmer until meat is very tender and broth is richly flavored (3 to 4 hours).

2. Remove short ribs with a slotted spoon. When meat is cool enough to handle, pull it from the bones, discarding any bits of fat, cut meat into bite-sized chunks, and return it to soup. Discard bones and fat. Chill soup, covered, until fat has fully congealed (several hours or overnight).

3. Defat soup; reheat to serving temperature. Taste and adjust seasoning, if necessary. Stir in tomato and parsley. Pass yogurt or lemon wedges at the table, if desired.

Serves 4 to 6.

Donations inside Bonfils' mobile bus located at the corner of Baystate and Abriendo, Pueblo

For more information or to schedule an appointment please contact Bonfils' Appointment Center at (800) 365-0006 opt. 2.

Kmart Community Blood Drive Saturday, Mar. 31 from 11 a.m. to 3 p.m.

Donations inside Bonfils' mobile bus located at 3415 N. Elizabeth Street, Pueblo For more information or to schedule an appointment please contact Heather Heitert at (719) 545-0707 or Bonfils' Appointment Center at (800) 365-0006 opt. 2.

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

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

Julie A. Scott

Public Relations Specialist

Bonfils Blood Center

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Essential Oils Used On Animals From Kittens To Horses

by Wendie Stauffer - Reflexologist - Golden Flower Health Clinic

Essential oils have been used very successfully on many different kinds of animals, from kittens to 2,000-pound draft horses. Animals often respond to essential oils much the same way as humans do. Large stock animals, such as horses & cattle are not as sensitive to the phenol and sesquiterpene constituents, so essential oils can be applied to them as neat, or full strength.

Smaller animals, such as small dogs & cats may actually be more sensitive to these chemicals than humans. For this reason, always dilute essential oils in a high quality vegetable carrier oil (2-3 drops essential oil in 1 teaspoon of vegetable oil) before applying to small dogs or cats. Avoid using high phenol essential oils, such as oregano and thyme, in any form, on cats, except under the direct supervision of a veterinarian.

General guidelines include: for small animals (cats and small dogs) apply 3-5 drops diluted oil mixture per application; for larger animals (large dogs) apply 3-5 drops neat, undiluted, per application; for large animals (cattle and horses) apply 15-20 drops neat per application.

When treating large animals for viral or bacterial infection, arthritis, or bone injury, use the same oil and protocol recommended for humans. For open wounds or hard-to-reach areas, oils can be put in a spray bottle and sprayed directly on location.

After an oil application, cover an open wound with Rose Ointment to seal the wound and protect it from further infection. The ointment will also prevent the essential oils from evaporating into the air.

There is no right or wrong way to apply essential oils. Use common sense and good judgment. Observe carefully how the animal responds to the treatment. Take special care not to get essential oils in the animal's eyes.

To apply essential oils to non-ungulate (not having hooves) animals, such as dogs & cats, oils (neat or diluted) can be applied to paws for faster absorption. For hoofed animals, sprinkle a few drops on the spine or flanks and massage them in. Also apply on the gums, tongue or underneath the top lip or on the frog and hoof rings of horses. This is an excellent location for oils to be applied to cows, horses, etc., all animals with hooves. Oils can also be applied to auricular points of the ears.

For more information regarding Essential Oils and animals, contact Wendie, Reflexologist, Golden Flower Health Clinic, 719-542-9210, offering "Pathways To Your Health".

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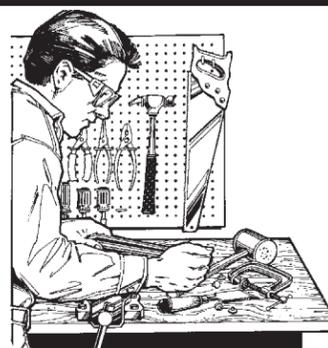
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Parkview Earns Best Acute Care Hospital Award

PUEBLO, Colo.(February 1, 2007)-- Total Benchmark Solution, LLC. (TBS) is proud to announce that Parkview Medical Center is a recipient of the Total Benchmark Solution Best Acute Care Hospitals Award, based upon quality measure data provided by U.S. healthcare organizations to the Centers for Medicare and Medicaid Services (CMS) for the Annual 2005 time period. Parkview is the only Colorado hospital to be recognized with this award.

"Using Total Benchmark Solution's proprietary Quality Benchmark Solution tools, TBS has analyzed all the relevant CMS Quality Measures and found that Parkview has clearly demonstrated its capabilities as a top quality performing hospital in the areas of Heart Attack, Heart Failure and Pneumonia Care" said Bradley Petersen, TBS Chairman and Founder. Parkview's rankings show that they are taking the right steps towards improving the quality of care in Pueblo and throughout Colorado" added Petersen.

The CMS Quality Initiative aims include the desire to refine and standardize hospital data, data transmission, and

performance measures in order to construct a single robust, prioritized and standard quality measure set for hospitals. The ultimate goal is that all private and public purchasers, oversight and accrediting entities, payers and providers of hospital care use the same measures in their public reporting activities.

TBS loaded the data obtained from CMS into its proprietary Quality Benchmark Solution application to provide the rankings of hospitals within various peer groups. TBS determined the Best Acute Care Hospitals by benchmarking and ranking all hospitals nationwide on 18 core measures for the data provided for the January 2005 to December 2005 timeframe.

"Personally, I was delighted but not surprised to hear that Parkview is among the nation's best acute care hospitals. I believe that our staff's commitment to quality care is unparalleled in this region" said C.W. Smith of Parkview Medical Center. "We're pleased that there are now several resources that allow the public to review different quality measures, and we encourage consumers to take advantage

of the information that is available," further stated Smith.

About Parkview Medical Center:

Founded in 1923, Parkview Medical Center in Pueblo, Colorado, offers general acute healthcare and behavioral medicine specialty services. The private, non-profit hospital is licensed for 305 beds and provides a full range of healthcare services including the regions most experienced, certified Level II Trauma Center and the regions first certified Stroke Center. Parkview Medical Center is the leader in cardiac services, women's services, emergency services, neurological services and behavioral medicine programs. As a vital healthcare source, Parkview's service area includes Pueblo County and 14 surrounding counties, which together represent 350,000 total lives.

Parkview Medical Center is the largest non-government, nonprofit, private sector employer in Pueblo County with 1,914 employees and provides a skilled medical staff of 308 physicians. The impact of our workforce triggers a strong impact on the community as Parkview's annual payroll contributes more than \$72 million to the economy.

For more details, please visit www.parkviewmc.org.

About Total Benchmark Solution, LLC:

TBS, the leading provider of benchmarking, decision support and consulting services for healthcare

providers, utilizes its Quality Benchmark Solution application to provide interactive comparisons of hospitals within multiple peer groups to assist healthcare providers in targeting areas for improvement. TBS is based in Steamboat Springs, Colorado and South Bend, Indiana and was founded by recognized healthcare benchmarking and quality experts Bradley Petersen and John O'Brien. TBS' vision is to be the industry standard for measuring and benchmarking the cost, staffing, quality and satisfaction of healthcare service. The firm's benchmarking and consulting services increase clients' operations effectiveness through benchmarking focused performance improvement initiatives to manage costs, improved customer service, and enhance the quality of patient care. For more information and a complete list of Best Acute Care Hospitals, visit TBS at <http://www.totalbenchmarksolution.com/qualityaward>, contact President & CEO, John O'Brien at 574-251-0904 or email quality@totalbenchmarksolution.com.

Where to get Hospital Quality Rankings?

In order to find the rankings of the hospitals in your area go to www.totalbenchmarksolution.com/besthealthcare, type in your zip code and the number of miles you are willing to travel. You will then get a listing of those hospitals that provide the highest quality care as determined by Total Benchmark Solution, LLC.

ALZHEIMER'S

from page 7.

and lighters, as well as alcohol. Always supervise smoking and any drinking. Get your loved one a smoking apron if necessary (available from home health care stores). Consult with the doctor regarding use of alcohol, as it may interact with medications or exacerbate behaviors.

-Administer medications, ensuring your loved one takes--and swallows--all pills provided.

-Install extra locks--of varying kinds and at varying heights--on exterior doors, to make it hard to get out; or, get door alarms installed. If you have a backyard swimming pool, buy a pool alarm.

-Keep a spare key hidden outside, in case your loved one locks you out of the house.

-Get a portable phone so you can supervise your loved one while taking and making calls.

-Turn down the temperature on your hot water heater, to avoid scalding accidents.

-Test the temperature of hot foods and beverages before serving; allow them to cool if necessary.

-Apply decorative window clings to patio and storm doors and picture windows, so your loved one doesn't

walk into them.

-Lock up dangerous substances and equipment, including flammable and poisonous products, firearms or other weapons, tools and machinery. Get rid of poisonous plants. Keep car keys hidden away.

-Ensure close supervision outdoors at all times.

-Register your loved one with Safe Return, a national, government-funded program of the Alzheimer Association that aids in the identification and safe, quick return of individuals with Alzheimer's disease and other dementias that wander off and become lost. For more information or to register, contact the local chapter or go online to <http://www.alz.org/Services/SafeReturn.asp>.

-Keep handy a list of emergency phone numbers, including the nationwide Poison Control Help Line (1-800-222-1222).

-Consider a home assessment by an occupational therapist, to assist you in identifying potential hazards and successfully addressing them.

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

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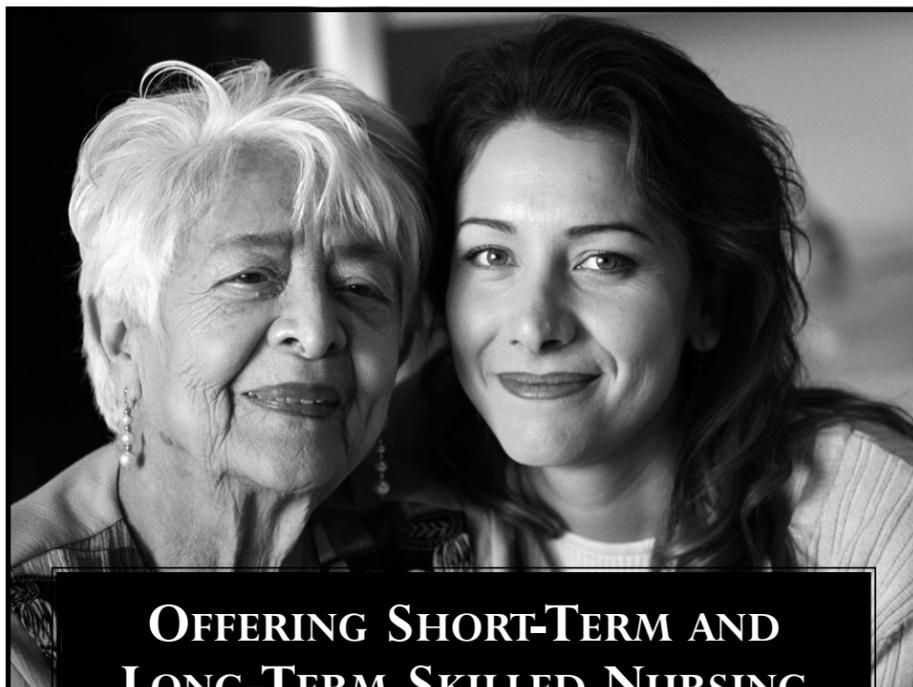
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Covering The Courts: 'Back To Sweet Reason'

by James J. Kilpatrick

The Supreme Court has been sitting for two months on a question without a clear answer: How many is too many? Or put another way, how many is not enough?

In the case at hand, the question goes to a political right as old as the Republic. It is the First Amendment right of the people to petition their government for redress of their grievances. Last year in Illinois, roughly 347,000 persons with a grievance against homosexual unions signed a petition. Implicitly the sponsors asked voters to express their support of an amendment to the Illinois state constitution that would say:

"To secure and preserve the benefits of marriage for our society and for future generations of children, a marriage between a man and a woman is the only legal union that shall be valid or recognized in this state."

This was to be merely an advisory kind of referendum, urging state legislators to submit a state constitutional amendment to the voters. Under Illinois law, even such a toothless petition requires a number of signatures equal to 8 percent of the votes cast in the prior governor's election. This would have meant 283,000 "verified" signatures. As it turned out, sponsors of the referendum could not meet the minimum. They sought relief in U.S. District Court. When that failed, they appealed vainly to the Seventh U.S. Circuit. Now they are asking the Supreme Court to rescue their initiative.

The Supremes may well deny

a hearing on the grounds that a state's amendatory process is none of the high court's business. On the other hand, the plaintiffs in this case have a good deal to be plaintive about. The state's cumbersome procedures for a nonbinding referendum require meticulous validation of every signature. Is this "reasonable"? In other areas, the high court has not hesitated to draw lines. In matters of eminent domain, e.g., what is "just" compensation? In fixing punitive damages, how should juries be guided? In criminal cases, what is "reasonable" doubt? How minimis is "de minimis"? How grand is "grand" larceny? The Supreme Court is sitting on a case from Florida involving a publicly owned park for nudists: How much of a woman's breast, if any, must be covered? The fixing of boundaries lies at the essence of law.

In the Illinois case at hand, U.S. District Judge Elaine E. Bucklo found nothing constitutionally amiss in the state's tough requirements. Proponents of the marriage amendment have no "fundamental" right to seek an advisory opinion from state voters. To provide an appellate process by which each rejected signature could be judicially determined would impose an "enormous" administrative burden.

A three-judge panel of the Seventh Circuit, speaking through Judge Richard Posner, roundly affirmed the lower court. Judge Posner, the most gifted writer on the federal appellate bench today, was in great form:

"A state no more has a federal constitutional obligation to permit advisory questions on its ballot than it has to permit them to be painted on the walls of the state capitol ...

"The ballot is not a traditional public forum for the expression of ideas and opinions, like streets or parks, to which reasonable access must be given to people who want to engage in political and other protected expression. ... Illinois is the only state that permits ballots to include advisory questions submitted by citizens (as distinct from officials) and no one supposes (unless perhaps it is these plaintiffs) that the other 49 states are violating the Constitution. ... If a state can

ban advisory questions from the ballot altogether, it can impose requirements designed to avoid ballot clutter."

The test of ballot access in this case, said Judge Posner, is whether the state's requirements impose an "unreasonable" burden on opponents of homosexual union. "We are given no grounds for thinking that 8 percent of the votes cast in a previous election is an unreasonably high percentage given the state's undoubted interest in sparing the voter a ballot as long as Rip Van Winkle's beard."

As Posner said, nothing prevents pro-marriage voters from voluntarily circulating petitions to the legislature.

This is political speech of the first order. "Ballot access is another matter. It must be tightly regulated for the protection of the democratic process. This is true even when a regulation concerns the listing of candidates. A state is not required to list everyone who wants to stand for office, for then ballots would be the size of telephone books."

Is the Illinois law on ballot access "reasonable"? Judge Kilpatrick, meaning me, joins Judge Posner's opinion. But just barely.

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

The Town Between Two Cities

by Jat Clarke

NEW HOPE, Pa. -- Set between two great East Coast cities, New Hope makes a perfect counterpoint for visitors to either Philadelphia (25 miles away) or New York City (75 miles).

In contrast to those two busy metropolises, New Hope is a quiet country town -- but don't be deceived: It's nothing like the bumpkin stereotype. This is a sophisticated place.

Bucks County, in which New Hope is located, has been the home of many writers and theater personalities, among them James Michener, Pearl Buck and Oscar Hammerstein II. Its Bucks County Playhouse has put on stage such theater luminaries as Helen Hayes, Grace Kelly, Leslie Nielsen and Larry Hagman.

As a popular getaway spot for urbanites, New Hope has sophisticated restaurants, tony B&Bs, upscale shops and a couple of wineries. It is a haven for artists as well as a trove for history buffs, who can trace New Hope's roots to William Penn in the 1600s.

"We offer the amenities of urban living in a picturesque river town," says Bucks County Convention and Visitor Bureau executive director Keith Toler of the town's appeal.

Besides R&R, there's plenty to keep visitors busy here.

They can take a ride through the bucolic countryside on the New Hope and

Ivyland Railroad, explore the Delaware River Canal via mule-drawn boat, and tour downtown by carriage or trolley.

Better yet, a stroll down Main Street goes a long way toward understanding New Hope's appeal.

It's a low-rise street, with many of its boutiques, art galleries, antique shops and restaurants occupying converted houses. At night, lights in trees and building eaves create a cheerful street mood, as do shops with such descriptive names as Bow-Wow and Meow Meow.

Restaurants run the gamut, among them such upscale options as 90 Main (world fusion dining), Marsha Brown (in a former stone church), Logan Inn (American continental) and La Bonne Auberge (in a historic farmhouse). A couple blocks over, the Triumph Brewing Company has become New Hope's most popular nightspot, with live music on weekends.

Downtown's shops spill over onto Bridge Street, which continues across the Delaware River into Lambertville, N.J., on the other shore. Bigger than New Hope, Lambertville nevertheless exudes much the same downtown ambience. With more than two dozen collectible shops, it has become known as the antiques capital of New Jersey.

A prime attraction in New Hope is the Bucks County Playhouse, which

SEE "TOWN" PAGE 22.

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BBB Name Used Falsely To Spread Computer Virus

by Katie Carroll-BBB

The Better Business Bureau System is warning all businesses across the United States and Canada about a spoofing scam using the BBB name and a false BBB e-mail address. The ploy has been designed to entice recipients of the e-mail to access potentially damaging hyperlinks. Two local Colorado Springs companies have already fallen victim to the scam.

The e-mail has a false return address: operations@bbb.org and a link citing a BBB complaint case number. For example the e-mail will say "Documents for Case #263621205" These links direct businesses to download documents related to the complaint. However, and most significantly, the download is an executable file that is believed to be some form of computer virus.

Here is a sample of what the e-mails look like:

From: operations@bbb.org
 [mailto:operations@bbb.org]
 Sent: Tuesday, February 13, 2007 7:13 AM
 To: XXXXXXXX@XXXXXX
 Subject: BBB Case #263626259 - Complaint for XXXXXXX

Dear Mr./Mrs. XXXXXXX

You have received a complaint in regards to your business services. The complaint was filled by XXXXXXXXXXXX on 02/05/2007

Use the link below to view the complaint details:

DOCUMENTS FOR CASE #263626259
 Complaint Case Number: 263626259
 Complaint Made by Consumer XXXXXXXXX
 Complaint Registered Against: XXXXX
 Date: 02/05/2007

Instructions on how to resolve this complaint as well as a copy of the original complaint can be obtained using the link below:

DOCUMENTS FOR CASE #263626259

Disputes involving consumer products and/or services may be arbitrated. Unless they directly relate to the contract that is the basis of this dispute, the following claims will be considered for arbitration only if all parties agree in writing that the arbitrator may consider them:

- Claims based on product liability;
- Claims for personal injuries;
- Claims that have been resolved by a previous court action, arbitration, or written agreement between the parties.

The decision as to whether your dispute or any part of it can be arbitrated rests solely with the BBB.

The BBB offers its members a binding arbitration service for disputes involving marketplace transactions. Arbitration is a convenient, civilized way to settle disputes quickly and fairly, without the costs associated with other legal options.

All recipients are being warned that any e-mails from the operations@bbb.org address are not coming from any

Thornton Wheelchairs Plus is proud to be a sponsor of this Senior Safety column. Monica and Rick Roth of Wheelchairs Plus invite you to come and visit their newly renovated showroom at 1951 Lake Ave. Call them at 564-5333 for all your retirement living needs.

BBB and should be considered counterfeit. The BBB strongly encourages recipients of this type of message to delete the e-mail immediately and not click on the "Documents for Case" link.

The e-mail return address: operations@bbb.org does not exist and is being "spoofed." Spoofing occurs when an e-mail address is altered to appear as if the message originated from a legitimate source. This is a common practice for both spam e-mail and phishing operations.

The BBB of SC strongly suggests that if a business has opened the link or opened a file with the extension "exe.", which stands for "executable", that they update their virus software package and run a scan of their machine. Users may also wish to run their spyware program update as well.

The Pueblo office of the Better Business Bureau of Southern Colorado is hosting an educational event featuring nationally-acclaimed speaker Howard E. Hyden on Friday, March 2, 2007. Hyden, the president and founder of the Center for Customer Focus, will

be speaking about how businesses can see themselves through the eyes of their customers.

The event will be held in the Fortino Ballroom at Pueblo Community College - 900 West Orman Avenue. Check in is at 7:30 a.m., with the presentation taking place from 8:00 a.m. to 11:00 a.m. Hyden will be available for interviews immediately following the presentation and at various times during the week of February 26th.

Recognized as the leading authority in helping companies become customer focused, Hyden will provide attendees with specific tools they can use immediately to increase sales, increase customer retention and improve their company's bottom line.

Tickets range from \$10 - \$15 dollars. Contact Zella Richardson by February 26 to RSVP at 719-542-1605 or zellar@bbbsc.org.

Contact Katie Carrol at 719-636-5076 ext. 118 or katiec@bbbsc.org to arrange an interview with Mr. Hyden.

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Traveling: There's Nothing Like A Holiday!

On Holiday: Slacker Sidekick Steps Up In Venice

by Elliott Hester

While waiting to board my flight at Paris Orly Airport, I received a distress text message on my cellular phone. The message had been sent by my girlfriend in Prague. An hour beforehand, she boarded a flight en route to our rendezvous in Venice.

"Snowstorm ... three-hour delay ... will miss connection in Rome ... won't reach Venice until tomorrow."

Eyes wide, mouth agape, I reread the text message and panicked. Not because I would be alone on the first night of our week-long stay in Venice. Not because Miki would be spending the night at an airport hotel in Rome. I panicked because without her I was lost. Literally.

Miki lived for a time in Venice. She knows the city well and speaks fluent Italian. Consequently, she had insisted on handling our travel arrangements. Having such a competent companion to do all the

planning, I embraced the idea of being her slacker sidekick.

I knew nothing about the apartment she had arranged for us. Knew even less about Giudecca, the mainly residential island where the apartment was located. I didn't even know how to navigate my way from Marco Polo Airport to the city.

Because our flights were scheduled to arrive simultaneously, Miki and I had planned to meet outside the customs area. Arm-in-arm, and with her guidance, we would approach the fabled city by sea.

This had sounded like a romantic idea. Upon landing at Marco Polo Airport, I felt otherwise.

Sent from her snowbound aircraft 350 miles away, Miki's text-message directions were vague. "Take boat from airport to Piazzale Roma ... take another boat from there to Palanca station on Giudecca ... get off boat ... turn right, walk along edge of lagoon ... turn left at church, walk to second bridge. Look for Georgia."

Georgia Tedeschi, one of the first women to study pharmacology at Italy's Padova University, arrived here from Greece in 1951. In 2000, Miki tutored Greek law students at the same university. The young Czech tutor and the older Greek alumnus met and became friends.

Seven years later, at Marco Polo Airport, a desperate American traveler was trying to purchase a ticket for the boat to Piazzale Roma. Due to the late hour (10:30 p.m.), public boats were no longer running. The only affordable option was the bus.

I arrived in mid-winter, mind you. Visions of moonlit gondola rides disappeared the second I stepped from the airport and into a frigid breeze. I

stood at the bus stop, shivering in my sweater and thinking of Georgia Tedeschi.

Would she still be awake if and when I showed up? The woman was 76 years old, after all. If we failed to connect, I'd have to find a hotel on the island. (At the time, I was unaware that the only accommodation was at the five-star Hotel Cipriani, which was closed for winter.)

After the 30-minute bus ride to Piazzale Roma, I dragged my bag to a floating platform and boarded a vaporetto (waterbus) to Giudecca. Each time the vaporetto splashed to a halt, I'd stare through the foggy windows, looking at station names that glowed like lanterns in the darkness. Santa Marta. San Basilio. Zattere.

At Palanca station, I disembarked as instructed and used my cell phone to call Georgia. A wispy voice picked up at the other end of the line. "Pronto?"

"Hello," I said. "I am the friend of ..."

"Ahhh," she replied, cutting me off in mid-sentence. "You arrive, finally." In an accent that was equal parts Greek and Italian, Georgia repeated the same vague directions that Miki had sent earlier.

It was almost midnight. Not another soul to be seen. I walked along the damp fondamenta (a street that runs along the bank of a canal), looking for the old church. Streetlamps cast a faint glow against a phalanx of ancient buildings. Waves swept across the Giudecca Canal and slapped against the mossy embankment.

After a minute or two, I came



Georgia Tedeschi at home on Giudecca Island in Venice. San Marco Island and the famous domes of Basilica San Marco are on the other side of the Giudecca Canal. photo: Elliott Hester

upon the crumbling brick facade of St. Eufemia Church. I turned left and saw two tiny stone bridges traversing a black canal. I heard the creak of a rusty door hinge. Saw a hunched shape trundling onto the second bridge.

I called out in the darkness. "Georgia?"

The bubbly 76-year-old waited for me on the bridge. When I reached out to shake her hand, she kissed me instead on both cheeks. In one hand she raised the coveted apartment keys. In the other, a bottle of champagne.

IF YOU GO

Instead of taking a chance like the author did, try reading a Venice guidebook in advance of your trip. For more information, visit the Venice Tourist Board Web site at www.turismovenetia.it/eng.

(Elliott Hester is the author of "Plane Insanity" and "Adventures of a Continental Drifter." He lives in Paris. Contact Hester at [megoglobal\(at\)hotmail.com](mailto:megoglobal(at)hotmail.com) or visit www.elliotthester.com.)



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Floral Colors Require Precise Descriptions

by Marty Ross

Just try to describe exactly the bold richness of a red tulip or the soft blush of a pink rose. Suddenly reds and pinks seem infinitely varied, beautiful and very difficult to express in words.

To try to communicate the character of colors more vividly, paint companies give their products names like bungalow blue or white chocolate. Paint chips with friendly names for colors create a palette -- but also a vocabulary -- with which you can discuss your desires with your contractor or the experts at the paint shop.

You can even tell your sister across the country what color you've chosen for your living room, and she can zip down to her local paint store to see exactly what you picked out.

For gardeners, it is not so simple. In Britain, the Royal Horticulture Society's Colour Chart, a standard system for the experts, costs 135 pounds (about \$260), which makes a considerable dent in the garden budget. Even if you decide to splurge, will your sister?

"It's a niche item," says Graham Rice, who gardens in Pennsylvania and England and is the editor of the new "Encyclopedia of Perennials" (DK Books, \$40). Rice's copy of the RHS

Colour Chart is on a bookshelf at his home near London, propping up a few garden books.

If someone refers Rice to one of the 884 colors on the RHS chart, he'll look up the color. Then, he says, "I translate it into ordinary language." The chart uses no names, just numbers. "When you're writing (or talking) about garden colors," Rice says, "you just do the best you can."

For gardeners and designers, it takes confidence and an imaginative vocabulary to describe and work with colors. Studying color teaches you just how many possibilities there are in nature, says Ron DeLong, an artist who works for Crayola as manager of educational projects.

"Nature has a way of having complementary colors bloom at the same time," he says. "They work together beautifully."

In his home garden, DeLong plays pink and blue flowers together in the flower bed during the spring, and weaves a ribbon of pale blue forget-me-nots throughout them. Splashes of bright purple put some excitement in the cool palette. In the summer he favors hot colors -- yellow, orange and red -- softened with touches of blue, white and green.

"As a gardener, I use height and texture to sculpt the garden," DeLong says, "and let the colors do their work."

DeLong's background in art gives him a deep appreciation for the

subtleties of nature's palette. A co-worker once came to him to ask if a new color was "true red," he says. "But there is no simple answer. There is sunset red or brilliant red -- we have so many kinds of reds."

Among Crayola's 120 current crayon colors are red, red-orange and red-violet, plus radical red, razzle-dazzle rose and red strawberry.

Crayons inspired former nurseryman Mike Rouse to create a Crayola color standard, a simple idea for gardeners who longed for an accessible, inexpensive and uniform color reference. Instead of paint chips, his system calls for Crayola's box of 96 crayons. Using the crayons, you can put a name to the colors of your daffodils and geraniums, and anyone who also has a box of crayons will know precisely which color you mean.

"The childhood memories that come flooding back when you first crack open the box, smell the fresh wax, and see all those shiny, bright colors" are worth the modest investment, Rouse says. His Crayola color standard remains an obscure but charming concept, but it is worth exploring further in the garden and, especially, in a sketchbook.

Names help children -- and adults -- develop and express their natural appreciation of color.

"They help children stretch their creative thinking of what color is all about," DeLong says. You might think a tree trunk is brown, he says, but take out your crayons and look a little closer. You'll see the tree's bark has touches of purple, moss, gray and other colors.

"People also think wisteria is blue," DeLong says. "But it's just one example of the colors observed in wisteria. There is violet, lavender and deep purple." And then there are the infinite numbers of blends and combinations, both in a garden and in a picture.

In the end, all that matters is whether you like the colors in your garden, Graham Rice believes. Describing and working with them as you design flower beds is part of the fun.

As he checks his RHS Colour



Tulips, daffodils, hyacinths and other spring-flowering bulbs bring a garden to life with their splashy colors, but take a closer look at them, and the bright hues you take for granted in your everyday language suddenly look subtle, sophisticated and complex. photo: Netherlands FlowerBulb Information Center

Chart, flipping through the greens, a garden seems to come into focus. The colors include blue-green, yellow-green, deep aquamarine, deep green-velvet and willow green.

"There are florescent colors and even one or two mustardy shades," Rice says, quickly turning the numbers on his chart into descriptions of hues any gardener can understand. "It really does make you realize how many shades there are that could be called green -- and some are definitely blue," he says.

Crayola might call its hues navy blue, royal purple, wild blue yonder or purple mountain's majesty, but you can call them what you want. Describing the flashy and sophisticated color combinations in your garden in terms that mean something to you helps sharpen your eye for nature's tremendous flair with colors.

To Learn More

-- For more information about the Royal Horticultural Society and the RHS Colour Chart, visit www.rhs.org.uk.

-- The Web site of Crayola, www.crayola.com, includes all kinds of information about the history of crayons and a list of "America's 50 Favorite Colors," which starts off with five different blues.



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Fashion: Looooking Gooood!

by Patricia McLaughlin - Mature Market Media Services

NEED HAS NOTHING TO DO WITH IT

Not when you can get the coat you'll want next fall at this winter's radical markdown.

One of the last century's biggest tectonic shifts in the way we shop for clothes -- and one of the least noticed, because it's as obvious and inescapable as the air we breathe -- was the move from shopping for clothes we desperately needed to shopping for clothes we desperately want (even though we don't really need them). It's a safe bet that 100 years ago most Americans bought new winter coats because their old ones were

showing wear at the cuffs and pockets and buttonholes, or had holes that couldn't be patched, or had plain fallen apart: They really needed new ones.

People whose old coats have been worn out, lost, stolen, outgrown or consumed by moths must still account for some small percentage of coat sales, but they're exceptions. The apparel industry operates on a want-based model now. They need you to buy a coat -- or sweater, dress, skirt, shoes or pair of pants -- and they know you already have one (or five or 10 or 20). Their best hope of persuading you to buy a new one anyway is to come up with a garment so compelling -- whether because it's beautiful, comfortable,

practical, likely to be admired and envied by all who see it, or just makes you look really thin -- that you'll drop a few hundred bucks for it even though you have a perfectly serviceable near-equivalent at home.



These are the same coats nobody bought in November and December because it was unseasonably warm; now that it's cold, they're half price -- or less. photo: Patricia McLaughlin

Far from seeing this new paradigm as a desperate fallback, fashion people love it.

It elevates the rag trade from a business that sells boring old commodities -- what's less fun than the necessities of life? -- to one that's all about delectable intangibles: ideas, perceptions, appearances, emotions, connotations, excitement, etc. Keeping people warm is so basic. Where's the scope for genius and artistry? Selling clothes on the basis of their perceived sizzle -- how hot they are, or how ultra-cool -- requires so much more creativity, and rewards it, too.

The loopy behavior of this year's winter weather in the Northeast put that model to an unforgiving test. It turns out that, when the temperature is still skittering around in the 70s in January, it just doesn't occur to a lot of people to buy a new winter coat, no matter how creatively designed, executed, marketed and merchandised it may be. You might think the fierce winter storms out West would've made up for the balmy winter elsewhere, but Roseanne Cumella says no. For instance, people in Colorado might've wanted new coats, but there was so much snow they couldn't get to stores. But don't feel too sorry for retailers. According to Cumella, senior VP for merchandising at retail analysts Henry Doner Associates, the plan-ahead customer, who shops for coats the minute they hit the sales racks, liked what she saw last fall. Good outerwear business in August, September and October balanced out some of the effects of the crazy weather in November, December and January.

Now, of course, it's February and it's freezing, so you could use a coat, but do you want to invest in one now? It could be spring in a couple of weeks. Daylight-saving time starts March 11, for heaven's sake.

On the other hand, when I checked out the coat department at the local Macy's last week, there were rows upon rows of racks bulging with coats marked down 50 percent to 60 percent. Cumella says coats are selling again: These are the same styles the plan-ahead customer loved in October, at less than half the price -- plus now it's cold.

If you're in the market, you want (obviously) to buy next fall's coat at this winter's marked-down price. Cumella, just back from a meeting on fall 2007 outerwear trends, had this advice: Buy a coat with deep armholes -- loose raglan sleeves or dolman sleeves or bishop sleeves or kimono sleeves -- to accommodate layers of sweaters and vests and "layering pieces" because we're "in a layering cycle for fall 2007." Buy it in black or gray -- good, useful, versatile outerwear colors anytime, but especially good now because "we're in an aggressive gray-black cycle." Look for detail, like bigger buttons, big collars, wide cuffs, hoods; they're all in the pipeline for 2007.

If you're looking for a jacket, consider a pea coat, this year's No. 1 silhouette. Or look at a knee-length coat, this year's No. 1 length: You can wear it over anything but a long skirt, and it still won't get in your way when you get behind a steering wheel. Or, if you're more into how it looks than how it works, try something really long. Maxi coats have been scarce lately, but Cumella says they're poised for a comeback next winter.



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Social Security & You

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



Questions and Answers RETIREMENT

Question:

If someone is collecting Social Security disability benefits, what happens when the person reaches retirement age?

Answer:

If a person is getting disability benefits when he or she reaches full retirement age, benefits will be automatically changed to retirement benefits, generally in the same amount.

Question:

I'm thinking of buying a condo and the mortgage company will want proof of what I receive from Social Security. What can I use as proof of my Social Security retirement benefits?

Answer:

Each year Social Security sends you an SSA-1099 Form showing the amount of benefits you received in the past year. You can use this as proof. If you have direct deposit, we also sent you a notice when your monthly benefit increased because of a cost-of-living increase. If you don't have these notices or you need a statement of your current benefit, you can have one mailed to you by visiting the Social Security website at www.socialsecurity.gov. Or you can call Social Security's toll-free number at 1-800-772-1213 (TTY 1-800-325-0778) and ask that an SSA-1099 be mailed to you.

Question:

I will be age 62 in a couple of months, but my husband is five years younger than I am. Do I have to wait until he retires to receive Social Security retirement benefits?

Answer:

If you have worked long enough

under Social Security, you may be eligible for benefits based on your own work record. Your husband's age and entitlement status would not be a factor. However, a married woman age 62 or older can receive benefits on her husband's Social Security record only if her husband is entitled to retirement or disability benefits. Therefore, since your husband is under the minimum retirement age of 62, you cannot receive benefits on his record at this time unless he is entitled to disability benefits. For more information, you can visit the Social Security website at www.socialsecurity.gov. Or you can call Social Security's toll-free number at 1-800-772-1213 (TTY 1-800-325-0778) and ask for the publication, Retirement Benefits.

DISABILITY

Question:

I have been receiving Social Security disability benefits for the past two years. A family friend tells me that I have to be re-evaluated every few years in order to make sure that I am still disabled. Is this true?

Answer:

Yes. Social Security periodically reviews the continuing eligibility of people who receive Social Security benefits or Supplemental Security Income (SSI) because of a disability. Generally, Social Security reviews the claims of people whose disabilities are not considered to be permanent at least every 3 years. The claims of people with disabilities considered to be permanent are reviewed at least once every 5 to 7 years. For more information, you can visit the Social Security website at www.socialsecurity.gov. Or you can call Social Security's toll-free number at 1-800-772-1213 (TTY 1-800-325-0778) and ask for the publication, What You Need To Know: Reviewing

Your Disability.

SURVIVORS

Question:

I am helping my mother put her finances in order after the recent death of my step-father, who was age 64. My mother is 54 years old and I need to know what Social Security benefits she could expect to receive as a widow?

Answer:

At the present time, your mother may be entitled to a \$255 lump-sum death benefit, which is a special one-time death payment paid to the surviving spouse or minor child of a deceased worker insured for benefits. As early as age 60 (or sooner if should she become disabled) she could file for widow's benefits. The amount of the benefit payment would be based on her husband's earnings, and the amount a survivor receives is a percentage of the deceased person's basic Social Security benefit:

- Widow(er) at full retirement age or older --100 percent
- Widow(er) at age 60-64 -- approximately 71 - 94 percent
- Widow(er) at any age caring for a child younger than 16 or a disabled child of any age -- 75 percent.

For more information about survivors benefits, visit Social Security at www.socialsecurity.gov or call Social Security at 1-800-772-1213 (TTY 1-800-325-0778) and ask for the publication, Survivors Benefits.

Question:

I was married to my ex-husband for 14 years and I have been told that he now has serious health problems from which he is not expected to recover. What Social Security benefits would our two children, now ages 11 and 8, be eligible for if he dies?

Answer:

Assuming that your ex-husband worked and paid Social Security taxes, survivors benefits would be paid to his unmarried children who are younger than 18 -- or up to age 19 if they are attending elementary or secondary school full

time. For more information about survivors benefits, visit Social Security at www.socialsecurity.gov or call Social Security at 1-800-772-1213 (TTY 1-800-325-0778) and ask for the publication, Survivors Benefits.

SUPPLEMENTAL SECURITY INCOME (SSI)

Question:

I will be 65 in September and get about \$265 a month from Social Security. Am I eligible for anything else, such as Supplemental Security Income (SSI) payments?

Answer:

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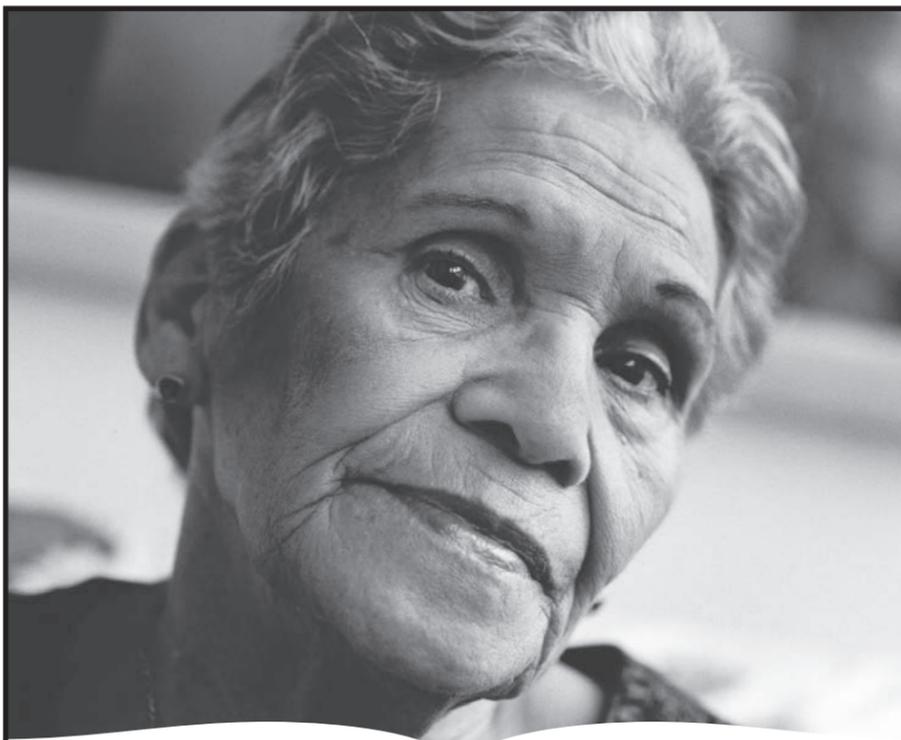
MEDICARE

Question:

I was born in 1944 and my full retirement age is 66. Do I have to wait until 66 to get Medicare?

Answer:

No. Medicare benefits begin when a person reaches age 65. If you wait to collect your retirement benefits until age 66, you should still contact Social Security about enrolling in Medicare at age 65. If you delay, you may pay a premium penalty later on. Even if you are still working at age 65 and not receiving Social Security benefits, your employer health plan may require you to file for Medicare at age 65. For more information visit Social Security's website at www.socialsecurity.gov/mediinfo.htm or call Social Security at 1-800-772-1213 (TTY 1-800-325-0778) and ask for the publication, Medicare.



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Gardening With Your Little 'Grand-Sprout'

by Katherine Luck

Working in the garden with my granddad is one of my fondest childhood memories. Every summer we would spend hours weeding, watering, and tending the plots of corn, tomatoes, and best of all, pumpkins, that we had selected months before from the local nursery as mere seeds. I remember being amazed to watch the growth of the garden as it was transformed from a barren spread of dirt into a lush mass of green leaves and colorful vegetables.

Today, many of us don't have

gardens; our homes being apartments or condos, or smaller houses with limited yard space. With a little ingenuity, however, anyone can create a garden with their grandchildren, and wonderful memories of growing plants together.

Getting Started

If you don't have a yard of your own, the first thing you and your grandchildren will need to create your garden is a container. It can be tiny—remember those Dixie cups we grew beans in back in elementary school?—or large enough to grow the makings of an entire salad. Window boxes, wooden barrels, or even large flower pots will work.

If you're lucky enough to have an outdoor space for your garden, you and your grandchildren can mark off the garden's boundaries, and plan together what you want to plant together and where. Don't be afraid to suggest vegetables or fruits that aren't your grandchildren's

favorites—one of the best ways to get a child to try a new veggie is to help them cook one that they grew themselves.

How Does Your Garden Grow?

Depending on the age and patience-level of your grandchildren, you may choose to plant newly-sprouted young plants from your local nursery or neighbor. If you decide to go with seeds, be sure to follow the planting instructions on the seed packet carefully to avoid disappointment. Some fruits and vegetables thrive in all corners of our country; others require a very specific climate in order to flourish. If your garden is indoors, be sure to position your container in an area of the house that will get enough sunshine each day, and be careful not to dry out the soil with heaters or air conditioners.

Some plants to consider for your garden include:

Tomatoes, eggplants, potatoes, and green beans are healthy and tasty vegetables to grow with your

grandchildren. Corn is easy to grow, but you'll need plenty of room. Squash (especially zucchini) and pumpkins can be grown outdoors without much effort, and sunflowers are easy, fast-growing, and particularly fun for kids. No matter what you choose, make sure your plants can get four hours of direct sun every day.

The Great Harvest

The greatest thrill for your little gardener will be the day he or she gets to harvest the food they've grown in their garden. The feeling of pride and accomplishment will last them a lifetime. I hope you enjoy gardening with your little one!

Katherine Luck is a freelance writer whose work has appeared in Northwest Primetime, Northwest Baby & Child, and Seattle Opera Magazine.

Her first novel, In Retrospect, was the recipient of the 2006 Celebration Foundation Grant for Writing, and is available in book stores.

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ON YOUR TOES

by Charles E. Schneider, M.D.

CONCERNS FOR FOOT ACCIDENTS

It happened so suddenly and yet you know immediately something happened; now it is time to make decisions. Who do you call? What do you do? Your foot is hurting but rather than make a hasty decision you consider waiting until morning maybe everything will be alright.

What should you do? Because everyone is different the degree of pain you feel may be different from someone else's pain. Consult your Podiatrist immediately. Your doctor will prescribe a pain medication after assessing the accident.

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

- Shock.** Indicators of shock can include pale, cool, moist skin, muscular weakness, thirst and subnormal temperature. It is important to treat shock immediately.
- Edema** in the injured area. Edema is swelling which may be due to bleeding into the tissues.
- Infection** can occur if the skin is broken. If there is a possibility that the accident has resulted in a fracture, x-rays must be taken to deter-



mine if there is a fracture. X-rays will indicate if there is a broken bone and the type of fracture. The type of fracture will determine the treatment. If the bone is no longer aligned then the bones will have to be aligned before any casting materials are used. A simple fracture will not require any surgical intervention but will require a cast. Casts are not applied if there is swelling. The longer one waits after an accident, the more likely the chance that swelling will occur and prolong the treatment.

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

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

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

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Grandparenting: "Hidden Away"

Dear Grandparenting: Want to know what I think about retirement communities? Phooey! People say it's fun there, like being at summer camp. Well, I went to camp once. I hated it. Morning, noon and night for two whole weeks, I had to share my space with people who had a knack for aggravating me.

I'll let your readers in on a little secret. My grandkids don't like retirement homes either. They've visited relatives there, and say they can't run around and play, or make any noise. I enjoy hearing and seeing my grandkids have fun. It reminds me of my youth, and enriches my life. I don't ever want to hide away in senior housing. I'd feel older overnight! Ann Russo, Fishkill, NY

Dear Ann: Several months ago, we received a huge outpouring of response from readers eager for reprints of an analysis we cited, "Why I Moved to a Retirement Community." But you speak for those who decry age segregation; critics allege it fosters ageism and isolation. Obviously, the retirement community concept is not everybody's idea of paradise.

GRAND REMARK

Never let it be said that "little ones" are not observant:

"Our four-year old Alyssa and her Granny, or 'Gammy,' enjoy 'fun days' together at yard sales. Once while waiting for Alyssa, Granny put on a very old red clay necklace she found. Alyssa arrived on the scene and hurried over for a 'hello hug,' but said nothing.

"Is something wrong, honey?" asked Gammy.

Alyssa took Granny's hand, patted it, and said ever so softly: "Granny, I think it might be better if you don't buy anymore of your jewelry at yard sales - ever!" Submitted by Carol Stacey, Everett, Washington

CHOOSE CIVILITY; IT PAYS

Dear Grandparenting: I know I speak for a great many grandparents in saying how disturbed I am by the rudeness and general absence of manners of today's youngsters, including several of my own grandchildren. It is indeed my lucky day to even hear the words "Please" and "Thank you" escape from their little mouths.

I learned in school that a civil exchange of ideas was the heart of a democracy. But as far I can see, today's young people seem to enjoy exchanging mean-spirited insults! How can we turn this around? "Thank you, pretty please," Kingsport, TN

Dear Pretty Please - When the young barbarians are at our gate, and good behavior runs amok, we revisit an authority on this very subject - P.M. Forni, professor at Johns Hopkins University and author of "Choosing Civility: The Twenty-five Rules of Considerate Conduct."

"Today's grandchildren often live very separate lives from their grandparents," Forni told us. "They are not accustomed to revere their elders as carriers of love and wisdom, and are much impoverished because of it.

Grandparents are a great asset, and I hope they acquire a larger role educating today's youngsters about maintaining polite and civil relations with others.

"A grandparent is a terrible thing to waste!"

Forni, whose commentaries can be heard on National Public Radio, also offers this strategy to persuade grandchildren why it's in their best interests to be on their best behavior.

Polls show that becoming wealthy is the number one goal of America's youth.

And the biggest predictor of attaining success and leadership is high-level relationship skills or social intelligence, as shown by various studies. Yes, it pays top dollar to be polite!

Dee and Tom, married more than 50 years, have eight grandchildren. Together with Key, they wel-

come questions, suggestions and Grand Remarks of the Week. Send to 830 W. 40th St., Ste. 304, Baltimore, MD 21211. Call 410-828-6529.

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Where Are They Now?

by Marshall Jay Kaplan

TINA LOUISE

Best known as sexy Ginger Grant on Gilligan's Island, this stunning redhead may be in her 70's, but you would never know it, when seeing her attending movie and theatre premieres in her hometown of New York City.

Tina Louise was born Tina Blacker on February 11, 1934 in New York, New York. She attended Miami University where she studied acting. Upon graduation, Tina returned to New York, where she studied acting at the famed Actor's Studio. Although Tina's goal was to be a serious actress, her striking sexy looks worked against her, as she became a starlet and cover girl for 1950's TV programs and magazines. She was also a nightclub singer.

In 1957, Tina (along with Julie Newmar) received her big break in the Broadway musical Li'l Abner. That same year, she released here album, Time for Tina. The following year she made her Hollywood film debut in God's Little Acre. Although she was appearing with major leading men, her roles had not real 'oomph' to them, and in turn, she never really reached the heights of a full fledged movie star.

By 1964, Tina regrettably signed on as the movie star, Ginger Grant, in the Sherwood Schwartz sitcom, Gilligan's Island (with Bob Denver and Alan Hale). Although Louise was concerned that she would be typecast, she really had no other acting offers or choices. Her career was at a standstill and at the very least, the role offered continuous work and pay.

Gilligan's Island became a classic TV sitcom. In turn, Tina became a pop TV icon - known as the movie star. Tina really grew to resent the role that made her famous. 'People walk up to me and say - 'Are you Ginger?', and I say, 'No, I am Tina.' I do that to keep my sanity'.

Louise refused to appear in any Gilligan's Island reunion specials, except for one, but was turned down as she asked for too much money.

After the series ended, Tina tried to move on and re-establish her career as a serious actress. She achieved this to some degree in films such as The Stepford Wives (1975) and a slew of made-for-TV movies and dramatic TV appearances for the remainder of the 1970's and 1980's. She even had a recurring role on Dallas.

Ironically, after years of trying to be a serious actress, Tina let down her guard and made guest appearances on the 1990's sitcoms, Married with Children and Roseanne. As well, she appeared on a TV Land award show in the early 2000's along with her fellow TV Castaways. Although Tina is not close with her surviving cast members, she no longer resent them or the show.

In the mid-1990's, Tina moved back to New York City where she currently resides. She is a lifetime member of the Actors Studio and volunteer as a reading teacher in the New York City school system. Asked about what was her best movie/role, Tina has this to say 'The best movie you'll ever be in is your own life, because that is what really matters in the end.' Great advice from a real life and fictional movie star!



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Finances: Wealth Creation

Switching Gears: Let's Talk About Reverse Mortgages

by Robert Valentine

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Reverse mortgages offer a unique way to move forward into your retirement

with extra income.

Dorothy, the main character of the movie, The Wizard of Oz, once exclaimed, "There's no place like home!" Even in a world much different than the one that existed when The Wizard of Oz was filmed, that old adage still holds true. If you've lived in a home even for a short amount of time, it's probably filled with memories that will always be with you. Your walls are filled with pride and covered in photographs which document life's many accomplishments. All of these memories, the good and the bad, come together to form your home. The place you've lived, and maybe even raised a family in, has given you a lot over the years, and with reverse mortgages, it can give you even more.

As many Americans plan for retirement and turn to alternative sources of post work income, one that may come to mind is a reverse mortgage. The concept of a reverse mortgage is rather simple: someone pays you, based on the value of your home. There are many options available as to how you wish to receive this money. You may choose to

take monthly payments, take a lump sum, or receive a line of credit.

When you purchased your home you probably had to make mortgage payments. As you did, you gradually decreased the amount of debt owed and gradually increased the amount of equity in your home. Reverse mortgages are the opposite. As time goes by, you gradually receive more and more money from the lending company. Thus, your debt increases and your equity decreases.

The purpose of a reverse mortgage is to have an added source of income, especially if you plan on selling your home near the end of your life or after you die. It allows you to receive the equity from your home and enjoy it in retirement.

The amount you receive in the reverse mortgage is based on the value of your home, current interest rates, and your current age. Once you've received the amount your home has been determined to be worth, less any fees charged by the lender, you then owe that amount to the lender. You can pay that back any way you wish, but in many cases, the

idea is to sell your home and repay the debt. Often, this is done by an estate after a person passes away and still has debt. As long as you're permanently living in your home, you don't have to pay the lender back.

Reverse mortgages do have a lot of details and can get complicated, which is why it's best to ask a financial professional for advice before looking into them much further. While they may have a lot of technical details, they don't have many requirements. In general, you must be 62 years of age or older, and own your own home. Those are the two basic requirements of a reverse mortgage. Beyond that, there are a few other basic things to keep in mind.

Reverse mortgages do have upfront costs, just like a regular mortgage. They also have monthly service fees. However, all of the money you receive from the lender is tax-free. To get a better estimate of how much a reverse mortgage would pay you, it's wise to meet with a financial professional.

SEE 'REVERSE' PAGE 21.

Here's How A Targeted Retirement Fund Can Help

by Robert Valentine

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Most of us have a lot on our minds.

Kids, college, bills, cars, medical expenses, job related stress, retirement, and on the rare occasion we have time: hobbies. But what if there was a simpler way to manage at least one of the daily stresses mentioned above?

Imagine a retirement fund that you could design to identify what year you wanted to stop working and invested your money to reflect your stage in life. The fund would be carefully crafted to be a bit more aggressive early on and gradually become more conservative towards your retirement date, all the while remaining diversified enough to keep volatility relatively low. The mutual fund industry has introduced just such a fund, and it's turning a lot of heads.

It's called a target retirement fund and it's growing in popularity as

more and more investors look to simplify their life and their investments. According to an article online from Kiplinger's Personal Finance, money in target retirement funds doubled in only two years from late 2002 to late 2004.

The concept is fairly simple. You pick a year you want to retire and your job is basically done. The target retirement fund does the rest. Staggered by five year increments, fund companies now offer these specialty funds to help simplify investors' retirement plans and help them diversify their portfolios while keeping them balanced.

More and more companies are offering target retirement funds as an option in 401(k) plans and they're now available to pick up in your IRA. Some of the most well known fund companies in the U.S. are offering the target funds.

Each target fund varies from company to company, so it's best to sit down with a financial professional to discuss what the pros and cons of each fund are, and to decide on the best overall

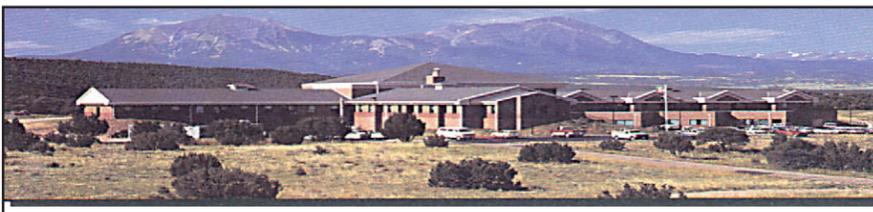
strategy when investing in target retirement funds. Each fund itself also has a different strategy on how to manage your investment. Some are more aggressive, others are more conservative. Some funds want more personal information and others want less. Fees are also different for each fund, as are initial minimum investment amounts.

Most experts however, are quick to point out that target-retirement funds are only for a specific type of investor. If you're only planning to put a small percentage of your investments into target funds, then you lose one of the biggest perks of having it to begin with: diversification. You may find yourself with other investments which aren't nearly as diversified and balanced, and in the end, you may end up defeating the purpose of the target funds, which is to reduce volatility while still performing consistently.

Many young people are drawn to the funds because of the ease and sim-

SEE 'RETIREMENT' PAGE 22.

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Cole's Cooking A-Z: Warm/Wonderful Veggie Salads

by Annette Gooch

Salads defy strict definitions, both by the sheer variety of their ingredients and their preparation. Composed of traditional lettuces, other greens, herbs, vegetables, fruits, meat, poultry, shellfish or cheese, the ingredients may be raw or cooked, and served chilled, at room temperature or warm. A dressing, even if it's only a drizzle of olive oil or a sprinkling of lemon juice or vinegar, may be the only consistent element in salads.

Even when seasonal factors or severe weather restricts the availability of delicate lettuces and frost-tender vegetables or fruits, there are still plenty of alternatives, including the three salads below: warm wilted spinach and crisp bacon with mustard vinaigrette; escarole, walnuts and Gorgonzola with a dramatic balsamic vinegar dressing; and marinated leeks in a fragrant lemon vinaigrette.

SUCCESS TIPS:

-- Fresh spinach is available year-round at most markets, with peak supplies available from March through June.

-- For salads, select spinach with small, slender leaves. Look for bunches of bright green leaves that are free of slimy or wilted areas.

-- Escarole, a type of chicory, is a sturdy, crisp salad green with jagged green edges and white centers. The texture is firm and crisp; the taste slightly bitter.

Although this classic wilted salad should be prepared at the last minute before serving it, the bacon can be cooked and the dressing prepared well

ahead of time.

WILTED SPINACH AND BACON SALAD

- 1 1/2 tablespoons tarragon wine vinegar
- 1 tablespoon Dijon mustard
- 1 small shallot, finely chopped
- 1/2 teaspoon sugar
- 1/4 teaspoon salt
- 1/4 cup olive oil
- 2 bunches (about 12 ounces each) spinach, washed, drained and blotted dry
- 1 tablespoon olive oil
- Freshly ground pepper
- 4 slices crisply cooked bacon, crumbled
- 2 hard-cooked eggs, grated, for garnish
- Lemon wedges, for garnish

1. To prepare dressing, in a small bowl blend together vinegar, mustard, shallot, sugar and salt. Using a whisk or fork, gradually beat in 1/4 cup oil. Set aside.

2. Discard stems from spinach.

3. In a large chafing dish, heat the tablespoon olive oil over moderately high heat. Add several grindings of pepper and the crumbled bacon. Stir to heat through.

4. Add spinach leaves and toss lightly just until leaves begin to wilt (about 1 minute). Remove from heat. Add reserved dressing and mix gently. Garnish with egg and lemon wedges; serve at once.

Serves 4 to 6.

his Italian-style salad of escarole, a salad green that can stand up to the piquancy of the balsamic vinegar and oil dressing. For greater textural interest, accompany the salad with warm croutons or crisply fried slices of polenta (available ready-to-use in plastic-wrapped tubes at most supermarkets).

ESCAROLE SALAD WITH PANCETTA, WALNUTS AND GORGONZOLA

- 6 ounces sliced pancetta (unsmoked Italian bacon), cut into 1/2-inch pieces
- 1/3 cup balsamic vinegar
- 1/4 cup light olive oil

Salt and freshly ground pepper, to taste

- 1 bunch escarole, torn into bite-sized pieces
- 2 tomatoes, cut into wedges, or 8 cherry tomatoes (optional)
- 1/4 cup walnuts, toasted
- 1/4 pound Gorgonzola cheese, crumbled

1. Preheat ungreased skillet over medium-high heat until hot. Cook pancetta until lightly browned (about 2 minutes). Remove from skillet and set aside. Pour off fat and discard.

2. Reduce heat to medium. Add vinegar to skillet and bring to a boil. Immediately remove skillet from heat; stir in olive oil, salt and pepper. Add escarole, tomatoes (if used), reserved pancetta and walnuts; toss well. Arrange salad on large platter, sprinkle with cheese, and serve at once.

Serves 4.

An aromatic lemon dressing doubles as a marinade for this salad of leeks cooked to buttery tenderness. Leaving part of the root end in place until shortly before serving keeps the leeks from falling apart during cooking and marinating.

LEEK SALAD WITH LEMON VINAIGRETTE

- 6 large or 9 medium leeks, white and pale green parts only
- 2 tablespoons lemon juice
- Zest of 1 lemon, grated
- 2 teaspoons mustard
- 2/3 cup olive oil
- Salt and freshly ground pepper
- 1/4 cup minced chives, for garnish

1. Halve leeks, cutting down to but not all the way through the root.



For this satisfying salad, fresh spinach leaves are first wilted in hot olive oil, then tossed with bacon in a mustard dressing, and served barely warm. photo: Lifestyle Media Group

Wash leeks well, allowing water to run down between the leaves where dirt may be trapped.

2. In a large saucepan over high heat, bring 2 quarts salted water to a boil. Add leeks and return to a boil. Cook until leeks are barely tender (about 8 minutes for medium leeks, 10 minutes for large one). Test for doneness by piercing the white part near the root with a paring knife. When the knife slips in and out easily, leeks are done. Transfer leeks to a colander to drain. Cool slightly, then pat dry.

3. To prepare vinaigrette, in a small bowl, whisk together lemon juice, lemon zest, mustard and olive oil. Season to taste with salt and pepper. Pour vinaigrette over leeks and let marinate, covered, for 1 hour at room temperature or in the refrigerator for up to 24 hours. If chilled, bring to room temperature before serving. To serve, remove leeks from marinade, reserving marinade. Trim away and discard root ends from leeks and cut leeks in half. Arrange leeks on serving platter or individual salad plates; spoon vinaigrette over. Garnish with chives.

Serves 6.

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MARCH 1: Roast Beef/Gravy, mashed potatoes, cabbage, wheat bread/marg., blush pear dessert.

MARCH 2: Salmon Patty/Lemon, peas & carrots, veggie alfredo pasta, wheat bread/marg., spice fruit mold.

MARCH 4: Beef Stew, saltine crackers, peas, wheat bread/marg., lime fruit gelatin.

MARCH 6: BBQ Beef/Bun, baked beans, mixed green salad/ranch, wheat bread/marg., diced peaches.

MARCH 7: Pinto Beans/Ham, cornbread, seasoned carrots/marg., apple.

MARCH 8: Chicken cacciatore, linguini, broccoli, wheat bread/marg., pineapple upside down cake.

MARCH 9: Breaded Fish/Tartar Sauce, confetti rice, mixed veggies, pea salad, wheat bread/marg., banana.

MARCH 12: BBQ Meatballs, parslid potatoes, california blend, wheat bread/marg., fruit cocktail.

MARCH 13: Roast Turkey/Gravy, mashed potatoes, green beans, pickled beets, wheat bread/marg., PA tidbits.

MARCH 14: Beef Tips/Gravy, mashed potatoes, stewed tomatoes, creamy coleslaw, wheat bread/marg., chocolate pudding.

MARCH 15: Chicken ala King/Biscuit, mixed green salad/Italian

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crisp.
MARCH 20: Burrito/Green Chili, spanish rice, let/tom garnish, apricots.
MARCH 21: Breaded Fish/Tartar Sauce, au gratin potatoes, carrots, spiced fruit mold, wheat bread/marg.,

cherry crisp.
MARCH 22: Roast Beef/Aus Jus, baked potato, salifornia blend, orange, wheat bread/marg., tapioca pudding.
MARCH 23: Veggie Lasagna, orange acrorot gelatin, peas, wheat bread/marg., diced peaches.
MARCH 26: BBQ Chicken, mashed potatoes, zucchini, carrot raisin salad, wheat bread/marg., apricots.
MARCH 27: Meatloaf/Tomato Sauce, noodles, mixed veggies, wheat bread/marg., cranberry mold.
MARCH 28: Hot Turkey Sandwich, mashed potatoes, peas carrot raisin salad, wheat bread/marg., gingerbread/lemon.
MARCH 29: Tomato Swiss Steak, confetti rice, broccoli, mixed green salad/ranch, wheat bread/marg., chilled plums.
MARCH 30: Salmon Patty/Lemon, au gratin potatoes, carrots, wheat bread/marg., peach crisp.
APRIL 2: Roast Beef/Gravy, mashed potatoes, carrots, three bean salad, wheat bread/marg., cinnamon applesauce.
APRIL 3: Beef Chop Suey/Rice, mixed veggies, wheat bread/marg., diced peaches.

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Senior Community Update



OLDER, WISER, LIVELIER, SENIORS

Join the OWLS. We're a HOOT! Bridge: Party Bridge 547 1822. Duplicate Bridge 562-0937. Christian Singles (PW): 547-9787. Creative Writing 547-0250 or 583-2885. Creature Comforts 671-2030 or 543-4750. Day Trips 547-8181. Dominoes 543-6926. Dream Appreciation 583-2885. Fine Dining 546-6189. Genealogical Society 545-6326. Theater...Music 545-2803. Movies 543-6657.

OVER THE HILL GANG

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

AARP TAX HELP

Joseph Edward Senior Center (SRDA), 210 N. Union Avenue, beginning Feb. 1 to April 13, 9:30 AM to 2:30 PM. (Closed Feb. 19). Sign up on second floor.

AARP Information Center, Sunset Plaza Shopping Center, 1117 S. Prairie Avenue.

March 17 and 24 (Saturday), 10 AM - 3 PM. First Come-First Served. Limited number each day.

SRDA EVENTS AND ACTIVITIES FOR MARCH

Senior Strength Training (SST) - MWF 10:00 to 11:00 am

Acrylic Painting with Jim Beman-Wednesdays 8:30 am and 10:30 am

Watercolor Painting with Jim Beman-Wednesdays 1:00 pm to 3:00 pm

Beginning Line Dancing-MW 9am to 10 am

Computers (Beginners or Advanced) with

Frank Cope-MW 9am to 11 am
Advanced Line Dance- Mondays 1:30pm

Drawing with Jim Beman-Thursdays 9am and 11am

Oil Painting with Louise Webb-Fridays 9am

Bridge-Wednesdays and Fridays at Noon
Mah Jong Wednesdays at Noon

Bingo-Tuesdays at 3:00 pm
Vision Support Group Thursday, March 1st 10 am to Noon

Coupon Cutters-Tuesdays 9am
By Dolls and Things-Thursdays, March 8th at 1pm

Quilting Club-Monday, March 12th at 9am

AARP Meeting-Monday, March 12th at 1pm

Knit and Chat Club-Tuesday, March 13th and Tuesday, March 27th at 1pm

Parkinson's Support Group-Tuesday, March 13th at 1:30 pm

Stroke Survivors-Tuesday, March 13th at 2pm

S.E.T. Clinic-Wednesday, March 14th from 9am to Noon

Movie Thursday-Thursdays, March 15th at 3pm

St. Patrick's Day Social-Friday, March 16th at 2pm

Free Hearing Aid Clinic-Wednesday, March 21st from 10am until Noon

Coming Soon!
Chair Aerobics

Tai Chi

Yoga for Seniors

PRAYER WARRIORS FOR PRISONERS

We seek to change lives of incarcerated individuals through the power of prayer. No real change happens in a persons life from the outside. There must be regeneration...a new life inside. When this

happens, recidivism (prisoners returning to prison because of another crime) is reduced, our tax burden is reduced and our communities are safer. Around 7,000 to 9,000 prisoners will be released in Colorado this year. Help us make a difference.

Call us at 719-275-6971 or PrayerforPrisoners@juno.com or at www.PrayerforPrisoners.org.

FIREFIGHTERS NEWS

International Association Of Fire Fighters IAFF Local #3 and Pueblo Firefighters Historical Society presents:

WHAT: 3RD Annual Awards Banquet
WHEN: Friday, March 9th

WHERE: Pueblo Union Depot - 132 West B Street

TIME: 5:30 pm Cocktails - 7:00 pm Dinner

Who will be Pueblo Fire Fighters Man/Women of the Year for 2006?

COST: \$15.00 per person

CONTACT PERSON: Gary M Micheli (719) 821-1273

MEDITATION CLASSES

Shepherd of the Hills Lutheran Church, Canon City, will be hosting an eight week course: Introduction to Meditation beginning Sunday, February 25th from 4:00 - 5:00 PM. The first session will be introductory so participants will have an opportunity to see if the classes may be helpful to them. They will be facilitated by Doris Middlemiss and Pastor Robert Kippley.

Meditation is referred to by several names: contemplative prayer, centering prayer, quiet prayer or reflection. It is nothing new to Christianity; however, many have lost touch with this ancient tradition. Its benefits include finding deeper inner peace where insight, intuition, and solutions to problems can present themselves. Learning techniques of meditation provide resources to sense God's presence and make the challenges of life more manageable.

Shepherd of the Hills church is located east of the High School at 801 North Sheridan, Canon City. For more information please call 719-275-6797 or check their web site at www.sothlutheran.com.

COPING WITH WILDLIFE IN THE HOME LANDSCAPE CLASS

Do you have problems with wildlife in your home landscape? For information on how to keep the unwanted out, while attracting the wildlife you do want, attend Coping with Wildlife in the Home Landscape. Instructors Linda

McMulkin & Nancy Kelly will tailor the class to cover participant's needs. Class will be held Saturday, March 3, 2007 in the CSU Cooperative Extension Office at 212 W. 12th St., Room 220, from 9:00 am-3:00 pm. Cost will be \$20.00. Lunch will be provided.

Call 583-6566 to reserve a space soon.

PUEBLO STEPUP FREE COMMUNITY WELL-BEING CLINICS

We want to keep you healthy! Come check us out and let us check you out. Free blood pressure, blood sugar, oxygen screening and more.

Mineral Palace Towers
Thursday, March 8th, 9-11:30 am

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

McHarg Park Community Center - Avondale
Monday, March 12th 9:00-11:30 am

Vail Hotel
Tuesday, March 13th 9:00-10:30 am

Hyde Park Community Center
Tuesday, March 13th 1:00-2:30 pm

Joseph Edwards Senior Center (SRDA)
Wednesday, March 14th 9:45-Noon

Ogden Apartments
Thursday, March 15th 9:00-10:30 am

Fulton Heights Community Center
Thursday, March 15th 1:00-2:30 pm

Park Hill Christian Church
Monday, March 19th 10:00-Noon

Minnequa Park Apts.
Tuesday, March 20th 9:00-11:30 am

Mesa Towers Apt.
Wednesday, March 21st 9:00 - 11:30 am

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

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

GET MOVING WITH PUEBLO STEPUP COMMUNITY EXERCISE PROGRAMS

Please call Jo Stinchcomb @ 557-3883 for question about any of Pueblo StepUps Health & Fitness Programs. New sessions beginning March 5th & 6th.

ARTHRITIS FOUNDATION EXERCISE PROGRAM

Hyde Park Community Center
Mondays & Wednesdays 9:30-10:30 am

Tai Chi from the Arthritis Foundation
Tai Chi I

George Memorial Recreation Center
Mondays & Wednesdays 1:00-2:00 pm

Tai Chi II

George Memorial Recreation Center
Mondays & Wednesdays 1:00-2:00 pm

Tai Chi I

AARP Center
Tuesdays & Thursdays 9:00-10:00 am

PUEBLO STEPUP TO HOLD ARTHRITIS FOUNDATION EXERCISE PROGRAM TRAINING:

Are you interested in helping others and yourself? Is your church, club, support group, work place, or organization looking for an exercise program that will get them moving toward better health? Can you or someone you know lead a group? If you answered yes to these questions, or know someone that would, this is an opportunity that can't be missed.

The Arthritis Foundation Exercise Program is a safe, effective, evidence based program. At this training you will be given all the tools to start your classes with the support of Pueblo StepUp and the Rocky Mountain Chapter Arthritis Foundation behind you.

On March 8th Pueblo StepUp will be conducting this training at the Dorcy Cancer Center. The registration cost is \$75.00 for this 2-day training on March 17th from 9-4pm and March 18th from 9-2pm. (Scholarships and payment

SEE 'UPDATE' PAGE 22.

Senior Life Festival Needs Nominees

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

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

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

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Try To Keep Life Interesting For Homebound Seniors

by Robin Mosey

Question: My 79-year-old mother broke her hip and is no longer able to get out and visit her friends. She's becoming more depressed. What can I do to help?

The key to helping your mother is to try to find ways to keep her life interesting. Why not start by getting your mom a computer? Even though they didn't grow up with computers, statistics reveal that more and more seniors in the U.S. and Canada are using the computer to occupy their time on the Internet and communicate with family by e-mail.

In fact, eight million Americans age 65 and older are using the Internet. The percentage of seniors who regularly

go online has jumped by nearly 50 percent in the past four years, according to a recent survey by the Pew Internet and American Life Project. Likewise, a 1999 Statistics Canada study revealed that the growth in Internet use and home connections has been fastest in households headed by Canadian seniors 65 and over.

Connecting online will undoubtedly help your mom feel less isolated. She could exchange news with family by e-mail, and play games like bridge and bingo by logging onto the Internet. If you're not able to help her get set up, contact a friend or family member to assist.

If the computer is not an option, enlist a grandchild or other young relative or friend to spend a few hours each

week writing letters for your mother or reading to her from a favorite book of poetry or the Bible.

There's no substitute for human interaction and companionship. Why not organize a coffee, lunch or tea for your mom and some of her friends? Or have a family theme week, where you decorate for a special occasion and serve a different dish each day that ties into the theme.

And don't give up on trying to get your mom out and about. If she's willing, and the doctor agrees, go for it. If she can't walk, take your mom for short jaunts around the block in a wheelchair, out to lunch or to visit the farmer's market on a pleasant summer day.

If you're a busy working mom

yourself and don't have time to do some of these things for your own mother, why not arrange for a professional caregiver? Home Instead Senior Care hires men and women, who are screened, trained, bonded and insured, who could help keep your mom company during the long days of her recuperation. A Home Instead CAREGiver, for instance, not only can be a friend to your mom, but will also help around the house, providing such services as light housekeeping, meal preparation, errands and shopping. That way, when you are with your mom, you'll be spending quality time.

For more information about Home Instead Senior Care, contact Robin Mosey at (719)545-0293, or visit www.homeinstead.com/530.

Town Between Two Cities: New Hope, Pennsylvania

from page 10.

is housed in a one-time grist mill on the Delaware River. While it no longer stages test-runs of Broadway-bound plays, as it did when it premiered such hits as "Harvey" and "Nobody Loves Me" (later retitled "Barefoot in the Park"), it offers a full schedule of plays from late March to December.

This year its offerings include such musicals as "Godspell," "Seussical," "Bye Bye Birdie," "West Side Story,"

"Crazy for You," "42nd Street," "Thoroughly Modern Millie" and "Fiddler on the Roof." The Playhouse also puts on children's shows from late June to December. Among 2007 offerings: "Annie Jr.," "Beauty and the Beast," "The Wizard of Oz," "Snow White and the Seven Dwarfs" and "Narnia."

Spring is a special time here for nature lovers. At that time of year, Bowman's Hill Wildflower Preserve south of town explodes with blooms. Not just the usual redbud, dogwood and azaleas, but also Virginia bluebells, twinleaf, phlox, poppies and trilliums, among others. The 134-acre preserve has 2 1/2 miles of trails. Another big blooming season comes in late summer.

Summer brings families to New Hope, many of them here to take kids to see Big Bird, Elmo and Cookie Monster at the popular Sesame Place theme park in Langhorne, about 15 miles south of town. Baby boomers, another large contingent of visitors, tend to come in spring, fall and winter, Toler says.

With its Quaker heritage of tolerance, New Hope also has become one of the East Coast's top destinations for gays and lesbians. There are gay-friendly lodgings, bars and restaurants here, and in spring the annual gay pride festival,

New Hope Celebrates, brings 3,000 to 5,000 visitors to the city. This year it takes place May 18-20.

But travelers don't limit themselves to New Hope.

About seven miles south of town is the spot where Gen. George Washington crossed the Delaware River in 1776 during the Revolutionary War.

A stele on the riverbank marks the place where Washington made the crossing.

Also in Washington Crossing Historic Park are a number of preserved 18th-century buildings. The crossing is re-enacted every year on Christmas Day.

Close by, the Crossing Winery offers tastings, tours and dozens of special events along with some good wines, particularly Chardonnay, cabernet-merlot and Riesling. Back in New Hope, the



Restaurants, boutiques, art galleries and other shops line Main Street in New Hope. photo: Jay Clarke

New Hope Winery offers tastings in its converted 200-year-old barn.

A few miles west, in Lahaska, Peddler's Village shelters 70 specialty shops in an attractive 18th-century-style complex.

INFORMATION

Bucks County Convention and Visitor Bureau, (800) 836-2825 or www.experiencebuckscounty.com.

Update

from page 20.

plans are available.) Participants are required to attend both sessions. Please call Jo Stinchcomb at Pueblo StepUp for more details - 557-3883.

'OTHER ABLE' EXERCISE CLASS

The "Other Able" Exercise Class will be twenty years old in April of this year. We will celebrate with activities during the weekend of 4/20-4/22/07.

Among those events will be a Mini-Health & Information Fair and Wheelchair Clinic, both open to the public on Saturday, April 21st from 9:00am to 1:00 pm at the First Baptist Church, 9th & Grand, Pueblo.

For more info contact Chuck Couchman at 583-8498.

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RETIREMENT

from page 18.

licity they offer, which allows them to focus on other things. The overall convenience of the fund is considered one of its biggest pros.

In the end, it always depends on personal preference when it comes to investing for your retirement. The retirement target fund offers a myriad of benefits that may make planning for

retirement that much easier and allow you to spend more time on things like your family and hobbies.

Make sure you consult with a financial professional for more information on target retirement funds. A professional will help you find solutions to plan for your retirement. They'll also help set your sights on enjoying life after work and keep you right on target.

OUR STAND

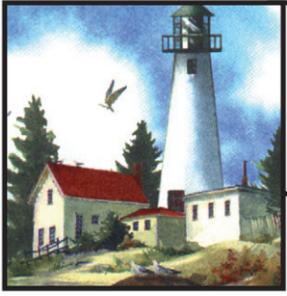
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“Light For The Journey”

By Jan McLaughlin - Director of Prayer Warriors For Prisoners



“A SKY FULL OF RAINBOWS”

His name was Rick. On rare occasions when I saw him, he asked about previous specific prayer needs I had shared. Needs he persistently took to God in prayer. He never failed to hold my hand and pray a similar prayer as Jabez prayed in I Chronicles 4:10; that God would expand the territory of Prayer Warriors For Prisoners (PWWP). Although mere acquaintances, I came to know Rick as a prayer warrior and a man seeking after the Lord.

In my wildest dreams I never would have imagined God using this man who prayed faithfully for increase of my mission territory in such a significant role in answering that prayer. It was a complete surprise when God brought him into my life in 2004 on a more regular basis and he began to help with the ministry. “How can I help,” was his recurring question. He helped with many aspects of ministry work from soliciting gifts for chaplains to setting up PWWP displays for mission conferences and even participating in speaking with me at churches. The help was most welcome and definitely needed. We presented the ministry together in several churches and group meetings. It seemed God was forming a ministry partnership. We shared a passion to reach prisoners for Christ and worked well together.

Working together on ministry projects, we soon became close friends. Then, an incident at a fourth of July party caused me to question if God had something more in mind for Rick and I. Several friends had gathered to play croquet, share a picnic and watch fire works. Rick and I were alone when I asked if I could help him with something. He put his hand softly on my cheek, looked into my eyes and said, “Jan, you are too good to me.” His gentle touch shot through my cheek into my heart like an electric current, evoking deeply buried emotions. That momentary encounter had high impact effects.

Over the next weeks, we became closer. When he asked me to marry him, I burst into tears out of fear. After 32

years in a bad marriage, I was terrified of making another mistake and being outside of God’s will. Besides, I had been single for ten years and thoroughly enjoyed my independence. I HAD to hear from God before I could answer and needed time. When Rick brought up the subject of marriage, I refused to discuss it.

In late July, I drove to Arizona to see a new grandbaby. On the way home, God spoke to my heart about marrying Rick, assuring me it was ok. He told me we would be “doubly anointed” to do His work. Fearful still, I asked the Lord for a sure sign, a fleece. “If we see a double rainbow when we’re together, I will KNOW you are giving me permission to marry him.” I made the mistake of sharing the request with Rick and he began searching skies for what to him had become a promise.

In August, my daughter, Tracie, and her two girls came to visit. We drove to Colorado Springs and met Rick at the Garden of the Gods, which Meri, the 5 year old, renamed “God’s Garden!” I like that much better. The next day, we went to Sand Dunes National Monument and played all day in the sun, sand and water. Sitting in front on the way home with Tracie driving, my heart nearly stopped when a double rainbow appeared in front of us. I held my breath. Rick was riding in the back with the girls. I thought, “Maybe he won’t see it.” No sooner had the thought come when Tracie, unaware, blurted, “LOOK, RICK! A DOUBLE RAINBOW!” That was all he needed. He knew of my request for the “rainbow fleece” and was jubilant. Still, I put him off.

A few weeks later, after cleaning a rental house we drove to a restaurant for dinner. On the way, the most beautiful

double rainbow appeared across the sky in front of us. Still reluctant, still unsure, still afraid, I refused to discuss marriage. Rick said, “Jan, I am going to pray God will give you a SKY full of rainbows!”

Later in the month, friends invited us to Rifle to present PWWP at their church. It was a beautiful Saturday morning as we drove over Independence Pass. At one point on the hairpin curves, I spotted a small puffy cloud splashed with rainbow colors like a floating puff of chiffon. It was uniquely beautiful. I never saw anything quite like it. We stopped to capture it on film.

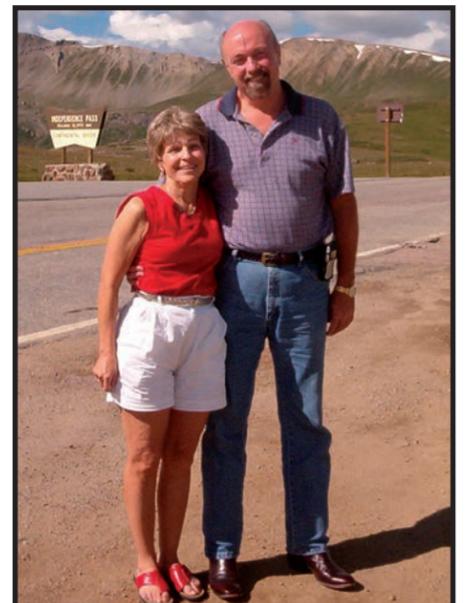
After the weekend, I put the photo card into the computer to look at our pictures. I couldn’t believe my eyes. That puffy little chiffon cloud had exploded into a sky full of rainbows. Rainbows were splattered all over the sky in beautiful colorful rays. I have no idea how it happened but God gave me the “sky full of rainbows” Rick prayed for, along with the confidence to say “YES” about marriage. The next picture reminded me of God’s wonderful sense of humor. Rick and I were posing in front of the sign which read, “Independence Pass.” However, for me, the words clearly read...“Independence PAST!”

The date was set, October 9, 2004. Plans were made and everything fell into place like clockwork. A few weeks before the wedding, Rick and I sat in front of the fireplace enjoying some quiet time together. Although we were having a conversation, my mind wasn’t in it. It was wandering. We would live in my tiny house after the wedding. How could we possibly fit his belongings into the bedroom? I thought of my closets and dressers, wondering what to get rid of or move to make room for his clothes. Out of the blue, I said, “So, Rick, how many drawers are you going to need.”

He hesitated only a moment before answering. “Well... ONE for every day of the week!” At first I was baffled, then burst into laughter. His wonderful sense of humor keeps me laughing. It was a lovely Indian summer day, October 9, 2004. Most of our children and grandchildren took part in the wedding. The church was full. God chose the perfect pastor to perform the ceremony. Children and grandchildren sang special songs and others played significant roles in the ceremony. There were specific wedding vows which included our children and grandchildren. What a joyous

time. Friends helped with flowers, mints, cake and more. I surprised Rick in the middle of the wedding by singing a song which has special meaning for us, Five Little Pennies. Many told us what a beautiful and unique wedding it was. In our hearts, we are confident that God orchestrated it from the Rainbow to the Ring, and everything before, between and beyond.

Rick and I compliment each other in the ministry. Where one is lacking, the other is strong. He is gifted and talented in many areas and a wonderful helper. Our first mission was to Africa in 2005 where we served the Lord in prisons, the hospital, orphanages and village churches. Ongoing mission work to prisoners across the country keeps us very busy. Rick is excellent at data entry and computer work. We are a team and God brought both of us through deep valleys and personal struggles and heartache to strengthen us for His work in the prison mission field. We look forward to what our Father has for us in the future and thank Him for each day He gives to serve Him. Joined in Christ as one, we seek to walk in the Lord’s promise of a “double anointing.” Prayer Warriors For



Prisoners territory continues to expand. God pours out blessings as we move forward in His calling and plan. “LORD, you are my God; I will exalt you and praise your name, for in perfect faithfulness you have done marvelous things, things planned long ago.” Isa 25:1 NIV (Rick’s post script: With God all things are possible. When we seek the Master’s Face He reveals His beauty in ways we can not imagine, leaving us in awe. This I know; when you ask God for anything, be prepared for more than what you ask. In His own time and way, He will show you great and marvelous things. The rare sight of a rainbow is one thing.... a double rainbow is another... but a sky full is beyond what you can imagine! What great measures God takes to give His children confidence to move forward, steadfast in His will ever reminding us that He planned this for us long ago. “For we are God’s workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.” Eph 2:10 NIV)

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Jan McLaughlin is director of Prayer Warriors for Prisoners and may be reached by e-mail, prayerforprisoners@juno.com or phone 719-275-6971





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Reeling "Comedy & Tragedy"

by Film Critic Betty Jo Tucker, Pueblo

COMEDY OR TRAGEDY?

Filled with witty dialogue and intriguing characters, "Stranger than Fiction" presents a creative story that not only entertains us but makes us think about our own mortality and what's important in life.

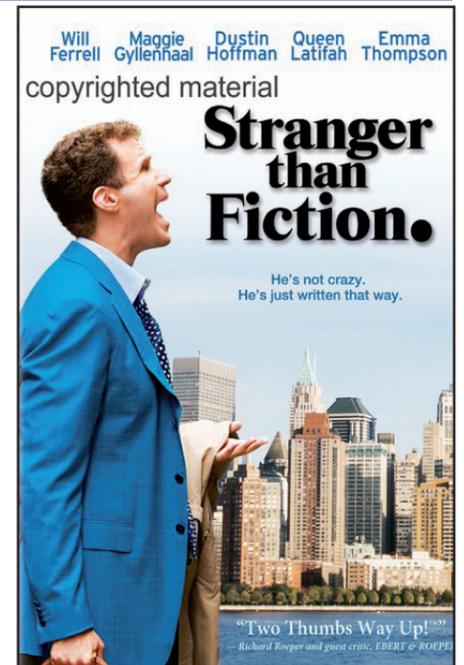
Mark Twain once pointed out, "It's no wonder truth is stranger than fiction. Fiction has to make sense." Fortunately, this fictional film, now available on DVD, makes sense out of a whimsical situation that could have been played strictly for laughs but ends up being an inspirational treat instead.

It's about an author, portrayed by Emma Thompson ("Love Actually"), who's facing a bad case of writer's block. She wants to kill off one of her characters but can't figure out how to do it. In fact, she's become an emotional wreck while pondering over the way to end her new book.

Will Ferrell ("Elf") plays Harold Crick, the character in question, but the catch is -- he's a real person who starts hearing the author narrate details about his life. When Harold discovers that the writer is planning his imminent death, he tries to prevent this from happening. After telling one of his co-workers about the voice he hears in his head, Harold is forced into talking unsuccessfully with a way-out-of-his-depth human resources counselor. When that doesn't work he seeks advice from a competent but befuddled psychiatrist (Linda Hunt) and then from a distinguished Professor of Literature (Dustin Hoffman), who asks him a series of amusing questions designed to find out if Harold's life is a comedy or a tragedy. In the meantime, Harold -- an IRS agent -- falls hard for a spunky baker (Maggie Gyllenhaal), a woman he's auditing for unpaid taxes.

Ferrell may not be one of your favorite actors, but this is not the outrageous comic from SNL you're used to seeing in movies like "Talladega Nights." He's simply wonderful in this different type of role. Ferrell portrays the lonely, uptight IRS man here with such poignancy and sincerity that it's easy to hope something will happen to change Harold Crick's fate.

The rest of the cast members also deliver terrific performances. Thompson isn't afraid to let all her nerve ends show as the obsessed writer coming to grips with the dilemma of a deadline and a moral responsibility. In the small role of Thompson's assistant, Queen Latifah ("Beauty Shop") complements the author's chain-smoking angst with a sense of strength only she can project so well on screen. Hoffman ("Meet the Fockers") lends just the right amount of arrogance and authority to his portrayal of the literary professor, and Gyllenhaal ("World Trade Center") is absolutely



perfect as the free-spirited woman who helps Harold Crick find some joy in his life.

Directed by Marc Forster with the same magical touch he brought to "Finding Neverland," "Stranger than Fiction" won me over completely. However, I believe the best thing about this exceptional film is the writing. Zach Helm, a relative newcomer, has created an impressive script (which should have been honored with an Oscar). Is the story a comedy or a tragedy? It really doesn't matter. What does matter, though, is that "Stranger than Fiction" turns out to be a very special movie indeed.

Among the many fine DVD bonus items are deleted and extended scenes as well as a montage of funny on-set moments plus two featurettes with director Marc Forster discussing the important contributions of the film's talented cast and crew. (Released by Sony Pictures Entertainment and rated "PG-13" for disturbing images, sexuality, brief language and nudity.)

AND COMING TO THE BIG SCREEN ...

Will Ferrell will also be appearing at the multiplexes later this month. His new film is "Blades of Glory," a comedy co-starring John Heder from "Napoleon Dynamite." Anyone who loves watching figure skating should keep an eye out for this movie, scheduled for release at the end of March. It's about two rival Olympic ice skaters who were stripped of their gold medals and permanently banned from men's single competition. Surprisingly, they find a loophole that allows them to skate as a pairs team. Just thinking about these two funnymen clad in elaborate costumes and cavorting on the ice makes me chuckle -- almost as much as visions of Rosie O'Donnell dancing the lead role in "Swan Lake." Here's hoping "Blades of Glory" lives up to my high expectations.

Happy March viewing, movie fans!

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

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<p>COMPREHENSIVE CARE</p> <ul style="list-style-type: none"> - Board Certified Family Physicians - Comprehensive Diagnostic Equipment - Specialty Consultation Available 	<p>COMMON ILLNESSES</p> <ul style="list-style-type: none"> - Influenza & Vomiting - Fever & Diarrhea - Colds, Earaches, Sore Throats, etc. 	<p>INSURANCE & PAYMENT</p> <ul style="list-style-type: none"> - We accept Most Major Insurance & Health Plans (Please bring your current insurance card & appropriate co-pays!) - We Bill Insurance Directly - No Delay or Hassle - Cash, Check, Visa, MC & Discover
<p>URGENT MEDICAL CONDITIONS</p> <ul style="list-style-type: none"> - Broken Bones or Sprains - Lacerations - Injuries (slip & fall, sports, household, etc.) 	<p>ADDITIONAL SERVICES</p> <ul style="list-style-type: none"> - Department of Transportation Exams (Physicals) - Sports, Work or School Physicals 	

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