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Senior Beacon

IF YOU ARE 50 OR OLDER YOU SHOULD READ IT!!
 APR., 2009 Vol. 27: No. 9 Established Aug., 1982 321 Consecutive Months!

Social Security Recipients Get \$250 In May

by Eileen Doherty
 Eileen Doherty, M.S. is the Executive Director of Senior Answers and Services and the Colorado Gerontological Society. She has more than 35 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.

STIMULUS PAYMENT OF \$250 FOR SOCIAL SECURITY RECIPIENTS IN MAY

Denver, CO. The American Recovery and Reinvestment Act, better known as the stimulus payment is providing a one-time benefit of \$250 for recipients of Social Security, Supplemental Security Income (SSI), Veterans benefits and Railroad Retirement benefits. Individuals will receive a separate one-time payment in late May or early June either through direct deposit at their bank or by paper checks.

Individuals who were receiving Social Security or SSI in the month of November 2008, December 2008 or January 2009 will be eligible to receive a stimulus payment. Individuals who qualified for Social Security or SSI in February 2009 will not be eligible for the benefit.

If both spouses receive Social Security, both parties will receive \$250 for a total of \$500. However, individuals who are receiving both SSI and Social Security will receive only one payment. Similarly individuals receiving Social Security and/or Veterans benefits or Railroad Retirement benefits will receive only

one payment.

Individuals who receive this payment will not have to count the economic recovery payment as gross income for federal income tax purposes. Nor will it affect eligibility for SSI. Similarly individuals will not have to count the stimulus payment as income when determining eligibility for Extra Help with the Medicare Prescription Drug plan.

For individuals who have a representative payee, the stimulus payment will be sent to the representative payee in the same manner as the monthly benefit. For those who receive Social Security on the Direct Express Card the payment will be deposited on the Card.

The stimulus payment will not count as a resource for those receiving SSI in the month in which the payment is received, nor will not count as a resource for nine months from date it is received. Therefore, starting in March 2010, it will be counted as a resource for SSI beneficiaries.

Disabled children who are receiving SSI will receive the one-time payment, however, children under the age of 18 (19 if they are still in high school) who receive Social Security benefits are not eligible. Disabled adult children will also receive a payment.

This one-time payment will not be used to collect Social Security or SSI overpayments; however, it can be used to collect delinquent child support and debts

owed to state and federal agencies.

For more information, call So-

cial Security at 1-800-772-1213 or 303-333-3482.

"Ted" Trani At LifeFest'09

by Bonnie Lamkin

Everyone loves to dance! And the "King Of Dancing" in Pueblo is T.S. "Ted" Trani. You know Ted, he's the energetic, vital 84 year-old, who very happily runs his ballroom dance club, "Trani's" on S. Santa Fe Avenue in Pueblo, for the benefit of Pueblo and its dancing community.

Ted and his dancing group will be at the Senior Life Festival on May 9th. He has been involved in business in Pueblo since 1956. His first business, Acme Paint & Hardware evolved into Trani Building Supplies and expanded over the years into a lumber yard in 1968. Ted served in the Navy during WWII from 1942-1946.

When pressed, ted attributes years of hard physical work and many hours of dancing each week to his continuing good health. He has had a lif-long love affair with dancing since he was 12 years-old.

He began teaching dancing at age 45 and still teaches on Wednesday's and Thursday's at 7:00 pm and the best part of it is that the lesson ARE FREE OF CHARGE!!! Ted likes to share his enthusiasm and enjoyment of dancing with others. Every Tuesday from 7:00 - 9:00 pm there is a live band and you can come and dance the night away.

Senior citizens are a major portion of his labors. "I've always felt they (Seniors) need a nice place to go and there are never any problems. I've never had to break up a fight or call the police," he remarked with a smile.

Trani's has been the locale of countless friendships, romances and marriages. It's a beautiful, safe, friendly place for all ages and a great place for widows and widowers to meet and socialize.

"We are very happy that ted has taken the time out of his busy schedule to join us at the Life Festival this year," said Kathilee Champlin, director of the yearly event at the Events Center. "He will give any and all a free lesson. What fun!"

So come on down to the Senior Life Festival on Friday, May 8. Call 647-1300 for more information or Kathilee Champlin directly at 719-634-2343. Mark your calendars and BE THERE!



Colorado Law Enforcement Memorial

On May 1st, the Colorado Law Enforcement Memorial will be unveiled with the name of Nicholas K. Heine added to the list of fallen officers. The ceremony takes place at 10 am at Camp George West in Golden. They recommend getting there by 0930. The ceremony will be followed by a luncheon (possibly a BBQ) about 1230. It is a bittersweet honor for us and I wanted all of you to know it is going on. The Chief and our Honor Guard will be taking part.

According to Don Enloe, CSP: "The easiest way to get here, avoiding downtown traffic, is I-25 north to Colorado 470, exit 194. Head west 26.2 miles until 470 drops onto eastbound I-70. Then east about a mile to 6th Avenue. Merge onto eastbound 6th Avenue and take the first exit, Indiana Street. Go left (north) and stay on Indiana. It will take you past Colfax (US-40) and curve to the left after the I-70 overpass. The Academy is going to be there on your right. The address is: 15055 South Golden Road Golden, 80401"

On May 15th, the name of Pueblo PD Officer Nicholas K. Heine will be added to the National Fallen Officers Memorial in Washington, DC. For more info: NLEOMF.com or cops@national-cops.org.

As part of the Memorial events, the Police Unity Tour Fundraiser will also take place.

You can also find information on the Police Unity Tour www.pueblosfinest.bravehost.com This is the excellent website Jeff puts together in honor of all of us.

The two officers who are riding in Nicholas' honor are Agent Sonya Gist, Lakewood and Detective Jenny Paddock, Boulder PD. Although Det. Paddock has not mentioned the fund raiser, I am sure it is the same for her. A former Pueblo Municipal Court employee, Sonja Gist of the Lakewood PD, will be riding in the Police Unity Tour Fundraiser in Nick's memory. She needs to raise \$1500 to participate in the Bike Ride.

All orders and/or donations must be received by Officer Eric Gonzales, PPD, 130 Central Main, Pueblo, CO 81003 no later than March 26th.



12th Annual Southern Colorado's **Senior Life Festival**
 Colorado State Fair Grounds Events Center-Pueblo
May 8, 2009
 Grand Hall 8-2:30 p.m. * Bingo 2:30-4:30 p.m. (must register)
 "Old-Fashioned Country Bazaar" **FREE Admission** Look for info in Senior Beacon Pueblo Chieftain

Program

9:30	Color Guard
10:00	Healthy Cooking by Villa Pueblo
10:30	Senior Safety at Home
11-11:15	BOCC & Pueblo City Council Older American Proclamation Act
11:15	Senior of the Year
11:30-12:30	Dinner Show & Dancing— First 150 Seniors FREE—closes @ 12:30 sharp!
1:00	Community Service Awards, Donations presented
1:30-2:30	Ice Cream & Cake Social
1:30-2:30	Miss Pueblo Teens performing
Show Closes 2:30 p.m.	
2:30 - 4:30	Bingo in stage area

Bingo Players:
 MUST register at registration booth Between 9- 11:00 a.m.
 Bingo Card MUST HAVE at least 40 initials from exhibitors by 2:30 p.m.

Health testing at participating exhibitors booth only

Community Service Award:
 Jeff Chostner, County Commissioner & Steve Nawrocki, Director SRDA

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Information:
 719-634-2343
 Kathilee Champlin

Pueblo County Commissioners
 Bruce McCandless
 Colorado State Veterans Home

Just One Guy's Opinion

by James R. Grasso, Chief Cook & Bottle Washer



LifeFest'09

Mark Friday May 8th on your calendar and come over to the Annual Pueblo Seniors Health and Life Festival. The festivities start at 8 am and continued through to late afternoon when B-I-N-G-O is the choice of the Senior Community. In between there is an ice cream social, dancing lessons, Senior of the Year Award, two Community Service awards, color guard, healthy cooking, dinner show and dancing (free for the first 150 seniors.... beginning at 11:30 and closing at 12:30 sharp!), Miss Teen Pueblo performances, health screenings and oodles of fun and information provided by some 50 booth vendors. Kathilee Champlin, the director of the show has done her usual great job.

The show is at the Events Center at the State Fairgrounds in Pueblo. So come on down Penrose, Pueblo West, Florence and Cañon City. You too Ordway, La Junta, Punkin Center and Manzanola. Don't forget us Walsenburg and Trinidad. Be there!

Explanation Of Opinion

Last month I was accosted, yet again, because I am "over-the-top for Republicans." (I'm conservative and we don't have a political home right now). I was also told that I should have a balanced newspaper giving both sides. And if I didn't some strange malady will befall me. Malady notwithstanding, I will attempt once more

to explain to the opposition just exactly what I think an editorial opinion is, or any opinion for that matter.

I'd like to first take this opportunity to inform one and all that I am in no way going to try to have my opinions clouded by what I feel is the convoluted and hysterical meanderings of the Left. Therefore, even if I wanted to be balanced I couldn't because I don't understand the Left. I don't understand people who would take the word of "algor" that the earth is flat, er, I mean, "burning up" because of carbon pollution made by man. Give me settled science and then I'll be enlightened.

I listened and watched the hysterical Left throughout my lifetime. Dang, I was one of them until I decided to think calmly and clearly about the issues of the day. It was in 1982 when I had an epiphany. We were mired in the "worst economic times since the great depression" and it was caused by an administration and congress that I favored. Jimmy Carter was my man and democrats were running the show (had been for a very long time), emphasis on "was" but I looked around and saw a country on the edge of destruction. Pueblo in the early 80s was on this precipice. The steel mill oversold itself mostly because of employee overhead. I mean, come on, when Japan can make steel there and ship it here for less money and a better quality to boot, then common sense says something's wrong.

Getting back on point, unemployment was double digit, interest rates were 20% and more (home loans were 12%) and we were spending money like demons to prop up government programs that were bloated. Inflation was very high.

Then Ronald Reagan said let's cut tax rates, got tough on government spending and the American people responded and we started roaring. That is fact, not opinion. I know the Left puts their "spin" (does that mean half-truth?) on what turned the country around but the facts are the facts. I was there. I watched it. I lived it. History is a good teacher unless the Left put its "spin" on it. I've read some recent history books and I wonder in what country the people who wrote these latest textbooks that teach our children and grandchildren American history were living. Simply put, Reagan and later the Congress in 1994 gave us the formula that turned the country around.

Everyone knows the Left runs the schools. Teacher unions give plenty to get Democrats elected every year and this year BHO showed his appreciation by lavishing oodles of money from his "stimulus" bill on education. If you don't believe this is fact, then why did he not fund voucher schools in Washington, DC? He let down some 2,000 poor, black children who are now forced to go back to the failing public schools by 2010. It's as plain as the nose on your face. And please don't tell me that the public schools in Washington, DC need more money. They are spending some \$15,000 or more a year per student. That is outrageous given the results.

Anyway, the point of this is, if you choose to read my opinion(s) then please listen to how I have reached my conclusions. What arguments have I stated that gets me to my conclusions? If you don't like my opinion pieces please stop reading. No one is forcing you to read my words. Please don't tell me I HAVE to write this or that.

This isn't what our country has stood for and was founded upon. This is tyranny! Imagine, common folk are showing up at the homes of bonus-receiving AIG workers and shouting death threats. The attorney general of New York wants these bonus-receiving people's names published as if they were murderers or sex perverts. The funny thing is probably 80% of these bonus-receiving blokes voted for BHO and his democrat cronies. What a hoot!

Ladies and gentlemen, I will continue to publish my opinions. I will continue to try and persuade you with evidence as to why my opinions are worthy. I'm not stopping you from speaking your peace. Go to our blog at www.seniorbeacon.info and vent and rant to your heart's content. Write us letters if you'd like. E-mail us at news@seniorbeacon.info. Just stop acting like brownshirts, the Stasi, the SS or any other number of factions of people who want(ed) to take people's freedoms away. Better yet, make me an offer for my enterprise. I might take it. And believe me, if you wrote editorials that I thought frightful, I wouldn't try to TELL YOU how to run your newspaper or threaten you in any way. I'd probably stop reading your piece. I'd then go to other pages and read the information that is pertinent to me. That's something in which I am proud. *Senior Beacon* has great information.

Remember, no one is forcing you to read these editorials so do me the same kindness. Don't try to force me to do what YOU want under the guise of fairness as if you are fairness's only arbiter. Too many who came before us died for our freedoms. You shouldn't try to do away with them so easily.

"The budget should be balanced, the Treasury should be refilled, public debt should be reduced, the arrogance of officialdom should be tempered and controlled, and assistance to foreign lands should be curtailed lest Rome become bankrupt. People must again learn to work, instead of living on public assistance."Cicero - 55 BC

It's hard to argue with that! Are you listening to history BHO and followers? Godspeed.

**For more information, please call:
Sandra Proud - 569-0936
(TTY 1-800-387-1074)**



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Entertainment: Celebrating Easter Traditions

(NAPSI)-While people have been celebrating Easter for centuries, many are unaware of the facts about some popular traditions associated with the holiday.

For example, the Easter Bunny is believed to have been introduced to America around the year 1700 by German settlers in Pennsylvania. Easter baskets are thought to have soon followed and today as many as 90 percent of children in the U.S. receive some form of gift-filled Easter basket, according to the National Confectioners Association.

Easter movies have also become a popular tradition, with many people choosing to watch either a religious or family film to help them celebrate. Here's a look at some Easter movies:

A Holiday Favorite

Widely referred to as one of the best Biblical epics of all time, "The

Robe," starring Richard Burton, tells the story of a Roman centurion charged with overseeing the crucifixion of Jesus Christ. A cynical and hardened man, he wins the robe Jesus wore to the crucifixion while gambling with other Roman soldiers. But after coming to believe the robe is cursed, he sets out to destroy it, only to find faith instead. The Oscar®-nominated movie has been fully restored from its original format and is available on Blu-ray Disc and Special Edition DVD from Twentieth Century Fox Home Entertainment.

A Modern Classic

The company has also released "The Passion of the Christ" on Blu-ray Disc. The film focuses on the last 12 hours of Jesus of Nazareth's life. Betrayed by Judas Iscariot, Jesus is arrested and taken within the city walls of Jerusalem, where leaders of the Pharisees confront him

with accusations of blasphemy and his trial results in a condemnation to death.

Family Favorites

If you're looking for family-friendly movies to watch around Easter time, The Dove Foundation seal of approval could help. All approved films have been screened by the foundation's film review board for clean content and language.



The seal can help parents pick DVDs that are wholesome and enjoyable for the entire family.

Approved double-feature DVDs include films such as "Aquamarine" and "Material Girls," "The Sandlot" and "Rookie of the Year" as well as "The Black Stallion" and "The Black Stallion Returns."

For more information, visit www.foxstore.com.

Blog With Us!

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

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

Parkview Receives \$228,393 Grant

PUEBLO, Colo. (March 19, 2009)--- Parkview Medical Center recently received a three year, \$228,393 grant from the Colorado Trust's 2008 funding opportunity - Expanding Children's Access to Health Care. With the grant award, Parkview has created KidCare, a program to enroll uninsured children in Child Health Plan Plus (CHP+) and Medicaid.

Of the estimated 153,000 Colorado children without health coverage, some two-thirds have a family income that qualifies them for public coverage. Data from the Colorado Health Institute shows that 78,000 children are income-eligible for Medicaid coverage, but are not enrolled.

According to the Colorado Department of Public Health and Environment, there are 5,629 uninsured children in Pueblo County. The goal of the KidCare program at Parkview is, in the first year, to enroll seven percent or approximately 400 children into either CHP+ or Medicaid. That percentage is expected to increase the two subsequent years of the grant. In addition to enrolling children, KidCare will make every effort to establish a healthcare home for those newly enrolled children, where they can receive regular check-ups, care and immunizations.

KidCare will provide a centralized and convenient location, within Parkview Medical Center for southern Colorado Children to enroll in CHP+ or Medicaid. The grant from the Colorado Trust will also create one and a half new positions at Parkview, called Eligibility Specialists. The Eligibility Specialists will assist clients in filling out applications, obtain necessary documentation and navigate the system as well as accommodate walk-ins, clients with appointments and medical center patients.

The Colorado Trust's 2008 funding opportunity, awarded \$3.25 million to 18 grantees. These grantees represent county-coordinated collaborations; after-school programs; clinics serving low-income families, homeless families and abused children; a school district; and an affordable housing provider. All are working to identify and enroll eligible, but uninsured, children and youth in Medicaid and CHP+. Several grantees will also participate in a Trust-funded evaluation conducted by the University of Colorado Health Sciences Center to assess program effectiveness and identify models for replication.

DID YOU KNOW?

(NAPSA)-Mealtime.org provides hundreds of delicious and nutritious recipes that are sure to please the entire family.

Banana Split Pudding has the classic taste of fresh bananas, rich chocolate fudge topping and vanilla. For the recipe and others, along with baking tips and ideas, visit www.argos-tarch.com and www.karosyrup.com.

A split-ductless heat pump system can be an excellent supplement to oil, gas and electric heat. The Mr. Slim(r) system from Mitsubishi Electric HVAC is three times more efficient than oil heat and much less expensive. You can learn more online at www.mrslim.com.



Alzheimer's Assn. Has Respite Care Grants

Pueblo- The Alzheimer's Association has several \$500 respite care grants for families who are caring for loved ones with dementia at home. "Respite" is a break for caregivers. The caregiver must live with the person, who cannot be receiving Medicaid, and the physician must sign a form verifying that the person has some form of dementia. Please call Barb Caudle in Pueblo at 719 544-5720 for more information or to request a packet.

About the Alzheimer's Association

The Alzheimer's Association Colorado Chapter is the premier source of information and support for the more than 65,000 Coloradans with Alzheimer's disease, their families and caregivers. Through its statewide network of offices, the Alzheimer's Association offers education, care consultation, support groups and a 24-hour Helpline at no cost to families. In addition, contributions help fund advancements in research to prevent, treat and eventually conquer this disease. The Alzheimer's Association advocates for those living with Alzheimer's and their families on related legislative issues, and with health and long-term care providers. For information call the Alzheimer's Association at

1-800-272-3900, or visit www.alz.org/co.

El Pueblo History Museum Presents!

by Kathleen Eriksen & Deborah Espinosa

Early Spring Events

On April, 1, Wednesday, at 7:00 p.m., Don Headlee will present "And the Patient Recovered: Medicine on the Santa Fe Trail and Bent's Fort." As Dr. Edward Hempstead, the first resident doctor in Colorado and physician at Bent's Old Fort, re-enactor Headlee will show his medicinal arsenal and take participants on a modern Pow-

erPoint journey into the cures that were available on the frontier. Headlee, of the U.S. Army Corps of Engineers, has been a historical interpreter for twenty-nine years. Admission for either lecture is \$5. Call the



HISTORY Colorado

EL PUEBLO HISTORY MUSEUM

museum, 719/583-0453, to make a reservation.

Target's Folk-art Workshops

For families of all ages, it's their Golden Opportunity to discover the region's rich cultural history through hands-on folk-art. For only the cost of a regular Saturday museum admission, families can explore these fun and educational workshops and visit the museum. Supplies are included.

April 4, features "Soldiers of the Frontier" where families can learn about the Presidio Soldiers of New Spain with Dr. David Sandoval, discover more about Lt. Zebulon Pike's exploration, make a leather pouch and hear the era's music with musician Tom Munch.

"Traders at El Pueblo" will be the featured workshop for April 25. Families can make trade goods, participate in a trade fair or card games with the traders, make a frontier meal and watch the blacksmith at work.

Workshops are from 10:00 a.m. to 12:00 p.m. and 12:00 p.m. to 2:00 p.m. Saturday admission is (children 12 and under are free, adults are \$4, senior citizens and students are \$3). Funding for the Folkart Workshops is provided by Target. Call the museum, 719/583-0453, for reservations. The museum is located at 301 North Union, Pueblo.

Leaving Your Legacy:

Celebrating Women and the Crazy Lives that we Lead!

Date:
Friday, April 24, 2009

Time:
11:30 a.m. luncheon / 12:00 p.m. speaker
1:15 p.m.-2:45 p.m. mini-sessions

Place: Occhiato University Center Ballroom

Cost:
\$20 for Spirit of Women members / \$25 for non-members
Price includes lunch, gift, break-out session materials, and guaranteed laughter.

RSVP:
Call 584-7324

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news of the weird

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The Continuing Crisis

-- We Welcome Our New Monkey Overlords: Researchers recently revealed that they had observed monkeys (1) planning future combat and (2) perhaps teaching their young to floss. A researcher from Sweden's Lund University, writing in the journal *Current Biology*, described a daily ritual of a 30-year-old chimpanzee that loathes his human visitors at a zoo north of Stockholm and thus begins every morning by roaming his enclosure to collect stones and place them strategically in handy piles for subsequently hurling at irksome visitors. And a researcher at Kyoto University's Primate Research Center told *Agence France-Presse* in March that he had observed mother long-tailed macaques in Thailand flossing their teeth (with strands of human hair) more frequently if their young are present and hypothesized that they were teaching dental hygiene.

-- Questionable Pricing: (1) Yale University student Jesse Maiman, 21, filed a lawsuit against US Airways in March because someone stole the Xbox console from his luggage, for which he wants \$1 million. (2) In January, after the New York City subway system barred the oversized "assistance dog" of Estelle Stamm, 65, she filed a lawsuit for \$10 million. (3) In Lonell Worthy's lawsuit against Bank of America, filed in November in California, Worthy values his now-ruined iPod playlist at \$1 trillion.

-- After Elizabeth Russell, 45, and her 13-year-old daughter were arrested in February in Hartford, Conn., and charged with shoplifting from a Kohl's department store, her husband, Daryll, 47, and son, Jonathan, 19, arrived at the police station to bail them out. However, a quick check revealed that both Daryll and Jonathan had warrants against them for violating probation, and were arrested. Said a police lieutenant, "I don't ever recall having four related people in

lockup at the same time."

Oops!

-- In December, Idaho State University sent certified-mail letters to its adjunct faculty to disclose (as required by law) that some of them would soon be laid off. However, only the first-class mail fee was billed to the university, leaving each professor to pay on receipt the certified-mail surcharge in order to find out what the university would send them that was so important. (The Idaho State Journal reported that it was the Postal Service's error.)

-- Jailers Not Paying Attention: (1) Christian Colon, 21, had a plea deal worked out to testify against alleged murderer Joel Rivera in exchange for a lighter sentence, but suddenly decided in February that he would not take the stand. The change of heart came right after Colon was accidentally housed in the same Milwaukee County Jail holding cell with Rivera. (With no plea deal, Colon got 46 years.) (2) At least Colon is still alive. A 23-year-old inmate at the Oklahoma State Penitentiary was found beaten to death in March after being mistakenly assigned to the same cell as his ex-partner-in-crime, against whom he had testified in a 2002 murder trial.

Bright Ideas

-- When a supporter of the animal-rights organization PETA contributed, for a fund-raising auction, a towel that had recently been used by actor George Clooney, PETA president Ingrid Newkirk had what she thought was a better idea: extracting Clooney's perspiration from it and using the sweat to flavor a tofu dish. "I can see people having parties to try CloFu," she said. (Clooney rejected the idea, according to a March Washington Post report.)

-- In February, Britain's Southwark Crown Court ordered so-called "countess" Eida Beguinua to give back the equivalent of \$1.2 million to investors

who had believed her story that she could recover treasures in the Philippines but needed money for expenses. Despite the setback, she told the judge that she was sticking with her story and begged him for more time to look for the "22 caves," protected by "10,000" guards, containing tons of jewelry and gold worth "300 followed by 41 zeros" (presumably in British pounds).

News That Sounds Like a Joke

(1) The venerable 17th-century astronomer Galileo Galilei was honored at a gallery in Florence, Italy, in February to mark the 400th anniversary of his transformative work, which was widely discredited at the time (as contradicting the Bible) and which subjected him to vicious slanders. The exhibit includes Galileo's only preserved body part: one of his middle fingers. (2) London's Royal Opera House announced in February that its next biennial original production will be a libretto based on the life of the late Anna Nicole Smith.

Semi-Clever Perverts

(1) The Court of Appeal in Brisbane, Australia, rejected in March the challenge of the man convicted last year for having sex with his underage stepdaughter but who had tried to protect himself by having her sign a "contract" of consent. (When arrested, the incredulous stepfather indignantly asked the police, "Did you not see the (expletive) contract?") (2) Schoolteacher Andrew Melville, 48, was sentenced in January in Scotland's Edinburgh Sheriff Court for possession of child pornography after the tribunal heard that Melville had initially sought to cover up word of his March 2008 arrest by buying up all copies of the newspapers in his hometown of Gullane.

Recurring Themes

Least Competent Criminals: (1) Alleged bank robber Feliks Goldshtein was arrested after a brief chase by police, who were summoned to National City Bank in Stow, Ohio, in January. Employees may have been tipped off because Goldshtein, wearing a ski mask, had waited patiently in a teller's line and only displayed a gun when he finally reached the counter. (2) Romeo Montillano, 40, who was being sought in the December robbery of a Kmart in Chula Vista, Calif., pleasantly surprised the cops when they learned that a "Romeo Montillano" had registered for the upcoming police officers' exam on Feb. 25. Indeed, he showed up, and he was arrested.

A News of the Weird Classic (October 1999)

From a May 1999 police report

in *The Messenger* (Madisonville, Ky.), concerning two trucks being driven curiously on a rural road:

A man would drive a truck 100 yards, stop, walk back to a second truck, drive it 100 yards beyond the first truck, stop, walk back to the first truck, drive it 100 yards beyond the second truck, and so on, into the evening. He did it, he told police, because his brother was passed out drunk in one of the trucks, and he was trying to drive both trucks home, at more or less the same time. (Not surprisingly, a blood-alcohol test showed the driver, also, to be impaired.)

Americans And Taxes

Americans' Special Relationship with "Taxes": It is not just that the secretary of the Treasury owed back taxes for years, or that two other presidential cabinet-level nominees owed back taxes. In January, federal prosecutors revealed that District of Columbia Council member Marion Barry, who was already on probation after a 2005 conviction for failing to file tax returns for the years 1999 through 2004, and subsequently almost tauntingly failed to file a return for 2006, has now doubled-down the taunt by failing to file for 2007. And in March, a Georgia state senator proposed punishment for the 22 members of the legislature who either owed back taxes or had failed to file returns for at least one year since 2002. The 22 were not identified, in compliance with privacy laws, but the Senate's Democratic leader, Robert Brown, outed himself as one of the 22 in the course of calling his scolding colleague a "bloodsucker."

Prodigies

(1) **The 2-Legged Dog:** Pet rescuer Judy Walker of Oviedo, Fla., and Oklahoman Jude Stringfellow are battling over custody of Walker's two-legged puppy, which Walker believes has special needs but which Stringfellow is seeking to adopt, in part to portray Stringfellow's own famous, hind-legs-walking dog "Faith" as a puppy in a movie she is working on. Stringfellow said Walker had reneged on a firm Feb. 2 adoption date and implied that she had hired celebrity attorney Mark Geragos to get the puppy. (2) **The 11-Year-Old Bullfighter:** Michelito Peniche killed six young bulls in a single fight before 3,500 spectators in Merida, Mexico, in January, despite the mayor's ban on the event as a child-labor violation (but which was allowed to proceed after Michelito's father appealed to a state prosecutor). Michelito began his career in the ring at age 4.

Can't Possibly Be True

SEE "WEIRD" PAGE 21.



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For A Healthier You



Is Your Skin Dry Or Is It Something Else?

by **Angie Hager**-Arthritis Foundation-Rocky Mountain Chapter 303-756-8622 ahager@arthritis.org

Living in the Rockies can produce dry and itchy skin. Lotion will often do the trick. However, for some people dry skin can mean something else...Sjogren's syndrome. Sjogren's syndrome is an autoimmune disease in which the body's immune system attacks the moisture-producing glands, causing inflammation and dryness of the eyes, mouth and other tissues. In some cases, it may affect the joints. Most people experience joint pain and fatigue. Although Sjogren's syndrome can occur by itself, about 50 percent of the time it occurs along with another autoimmune disease, such as rheumatoid arthritis, lupus, or scleroderma. Sjogren's affects an estimated 1 million people and tends to occur mostly in women age 40 and older.

Getting treating is the key. Fully functional moisture glands protect the body from threats. A lack of saliva, for example, can make you prone to cavities and tooth loss. Dry nasal passage and throat can make swallowing difficult. Internal organs and systems can be affected too.

Drugs to ease dry mouth and eyes may be used in conjunction with other medications, depending on your

situation. If your case is accompanied by inflammation of the joints, your doctor will prescribe medicines that may include non-steroidal anti-inflammatory drugs, corticosteroids and disease-modifying anti-rheumatic drugs.

Besides medication there are ways to relieve your symptoms:

- Keep a water bottle with you and sip throughout the day.
- Suck on sugar free candy.
- Avoid sitting next to air conditioners heaters.
- Use a humidifier at night.
- Make a conscious effort to blink throughout the day.
- Take a break during the day to close your eyes and relax. Cover your eyes with a warm washcloth.
- Eat more fish.

Ask your doctor about special goggles you can wear to hold the moisture.

About Arthritis

Arthritis is the nation's most common cause of disability with a nationwide economic impact of more than \$128 billion annually. The condition strikes all ages and knows no racial or ethnic boundaries. 46 million people have been doctor diagnosed and 300,000 children are affected. There are over 100 forms of arthritis, including Sjogren's syndrome.

The Arthritis Foundation is the only nationwide, nonprofit health organization helping people take greater control of arthritis by leading efforts to prevent, control and cure arthritis and related diseases – the nation's most common cause of disability. Information found in this release is attributed to Arthritis Today, a consumer health magazine published bi-monthly by the Arthritis Foundation. The Arthritis Foundation offers numerous exercise programs throughout Colorado as well as support groups. For more information, contact the Rocky Mountain Chapter, serving Colorado, Montana and



Wyoming at 800-475-6447 or online at www.rockymountainarthritis.org

Arthritis Hinder Physical Activity For Adults With Heart Disease

by **Angela Hager**

March 2009 – Arthritis affects more than half of adults with heart disease and appears to be a substantial barrier to utilizing physical activity to help manage their condition, according to a new Morbidity and Mortality Weekly Report (MMWR) study released by the Centers for Disease Control and Prevention (CDC). According to the Arthritis Foundation, the study underscores the importance of physical activity in effective management for adults with both arthritis and heart disease.

The study is one of the first of its kind to look at the relationship between arthritis and heart disease, and the probable effect of arthritis on physical activity among those with heart disease. The study found that arthritis affected 57 percent of adults with heart disease. Further, people with both diseases were more likely to be physically inactive (29 percent), in contrast to those with heart disease alone (21 percent). Adults with heart disease who are sedentary due to arthritis pain are not benefiting from physical activity that has been shown to help manage both diseases. In Colorado, 55% of adults with heart disease also have arthritis.

"People with arthritis often fear physical activity will worsen their pain – and that's a major myth," said Patience White, MD, MA, chief public health officer for the Arthritis Foundation. "However, just 30 minutes of daily physical activity has been shown to reduce arthritis pain and disability and help manage heart disease by lowering blood pressure and cholesterol."

Arthritis is not only a common comorbidity for adults with heart disease. A recent study released by the CDC in May 2008 found that more than half of adults with diagnosed diabetes also had arthritis, and those affected by both had higher levels of physical inactivity that hindered the successful management of both diseases.

"Engaging in regular physical activity can help reduce arthritis pain and improve joint function, which in turn can help people get more active and better manage co-existing conditions like heart disease and diabetes," said Chad Helmick, MD, a CDC medical epidemiologist and coauthor on the study.

Taking Action

As the nation's most common cause of disability, arthritis affects one in every five Americans. Arthritis currently costs the U.S. economy more than \$128 billion annually and limits activity for 19 million Americans. With the aging of the baby boomer population, the prevalence of arthritis is expected to rise significantly from 46 million Americans now to 67 million Americans by 2030.

The Arthritis Foundation is working to help address this ever-growing problem through the proposal of legislation introduced this week. The Arthritis Prevention, Control and Cure Act proposes to strengthen arthritis public health initiatives, which would ensure that more people are diagnosed early to avoid pain and permanent disability.

"People are unaware of the seriousness of arthritis and its impact on other diseases," said White. "We want them to know that the Arthritis Foundation offers several safe and effective joint-friendly programs that may help them be more physically active and thereby help manage conditions, such as heart disease and diabetes."

The Arthritis Foundation offers the following programs in communities across the country:

The Arthritis Foundation Aquatic Program – A program that incorporates gentle movements in a heated pool to help relieve arthritis pain and stiffness, while increasing joint flexibility and range of motion.

The Arthritis Foundation Exercise Program – A low-impact, joint-safe land exercise program that helps decrease arthritis pain and relieve stiffness.

The Arthritis Foundation Tai Chi Program – A program that includes agile steps and exercises that may improve mobility, breathing and relaxation using Sun Style Tai Chi.

SEE "ARTHRITIS" PAGE 15.



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Fashion: Looooking Gooood!

Ten Places To Shop If You're 60, 70, 80, Or 90!!

by Patricia McLaughlin

There are retailers who specialize in clothes for older women -- and some who don't whose clothes can work just as well.

Every woman over 60 should know how to shop online, because almost anybody can find a hospitable shopping environment in cyberspace. There are online stores that cater to Gothic Lolitas, Japanese teenagers who like to dress up in Victorian mourning costumes for fun -- and you know there have to be way more 70- 80- and 90-year-old women who just want a new pair of pants that fit.

Shop the department store at your local mall, on the other hand, and it's all too likely that the first department you wander into will be crammed with miniskirts, bikini bathing suits, balconette bras, thong underwear, sky-high platform shoes and designer handbags glitzed up with logos and grommets and loaded down with chains, padlocks and other exiguous hardware. Not to mention

brazen graphic T's few octogenarians would wear. ("AWESOME!," "Princess," "I LOVE JUNK FOOD," "Boys Lie" - and some you can't quote in a family newspaper.)

Why don't they just put up signs: IRRELEVANT OLD WOMEN KEEP OUT! (Because they figure that, with the pounding rap or rock and the dim lighting pierced by flashing strobes, the signs would be redundant?)

Online shopping isn't rocket science, and most public libraries will show you how and let you use their computers. If it seems more trouble than it's worth, stick with paper catalogs, which most online retailers will be happy to mail you free of charge if you call their 800 number. (But you'll be missing out on the Web sites' far more extensive clearance sections.)

A reader of the first column in this series e-mailed some advice for clothing manufacturers and retailers. She wants "longer short sleeves," instead

of cap sleeves that emphasize fat upper arms, "skirts long enough to cover chubby knees," and "small prints, instead of so many big splashy ones that cry out, 'Look at me! I'm fat!'"

The good news: Retailers who actively market to older women already know their customers want these things. (You can tell who they are by the way their catalogs show up en masse in the mail centers of leisure villages and independent and assisted living communities.) They offer some real advantages: You know they want your business, and nothing they sell is going to make you look like a teenybopper manqué.

Their short sleeves aren't too short, their clothes come in lots of flattering pastels and useful neutral colors, and some of them even sell shoes in widths. My own advice would be to steer clear of anything decorated with embroidered flowers, which can look fussy, or any T or polo or sweater with a banded bottom, which can end up calling attention to the

belly it's meant to camouflage.

-- Appleseed's (www.appleseeds.com, 1-800-546-4554): offers classic suburban style: big shirts, pants, capris, loose jackets, easy knits, non-poufy elastic waistbands, generally cleaner and less froufrou than some competitors.

-- The Tog Shop (www.togshop.com, 1-800-262-8888): pretty prints, pastel tracksuits, skirted swimsuits and muumuus for the beach, Leon Levin knits, Models Coats by Swirl.

-- Old Pueblo Traders (www.oldpueblo.com, 1-800-362-8400): wide range of sportswear and tailored separates, shoes in four widths from Hush Puppies, Softspots, Naturalizer, Easy Spirit, Propet and Ros Hommerson.

-- Drapers and Damons (www.drapers.com, 1-800-843-1174): casual coordinates, ladylike denims and crisp seersuckers, special occasion clothes in laces and chiffons. Postage-stamp size photos make their Web site harder to use than some.

-- Blair (www.blair.com, 1-800-821-5744): casual wear, underwear and outerwear at prices even my mom would consider reasonable; shoes in medium and wide widths only.

But what if you don't have fat arms and look better in short sleeves that are really short? Besides, whether you're 80 or not, you probably don't want to wear exactly the same clothes as your neighbor across the street or across the hall. You want more choices.

One of the uses of fashion is to show that you're part of your time: You're a person living now, a participant in 2009, not somebody stuck in some past decade. So there's also an advantage to being able to shop in places that aren't age-segregated. It's just a question of figuring out which of those places sell clothes that can work for you.

Retailers who target mostly women in their 30s, 40s, 50s and 60s can be useful resources because many of their styles tend to be designed and cut to flatter the body rather than expose it. They also offer more variety than you'll find in the catalogs that pile up in senior centers, and they seem to cultivate more distinct identities:

-- Talbot's (www.talbots.com, 1-800-825-2687) is sleek, tailored, classic, post-preppy.

-- Coldwater Creek (www.coldwatercreek.com, 1-800-510-2808) is romantic and feminine.

-- J.Jill (www.jjill.com, 1-800-498-9960) is polished, uncluttered, quasi-Bohemian with crunchy-granola overtones.

-- Chico's (www.chicos.com, 1-888-855-4986) channels urban sophistication with splashes of folkloric color.

Two things readers have complained about: elastic-waist pants that are "difficult to get on and off with hands affected by stroke or arthritis" and too many tops with "keyhole plackets one cannot button without help."

People with flexibility and manual dexterity issues that make getting dressed difficult can find clothes that are easier to get into -- trousers with stretchier elastic waists and optional grab loops, pullovers with wide necks, sweaters with big buttons, garments that close with Velcro or zippers in place of buttons, etc. -- at www.buckandbuck.com, 1-800-458-0600.

Next month we'll have ten more places for you to shop.

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Social Security & You

by Melinda Minor, District Manager - Pueblo



"RETIRE ONLINE. IT'S SO EASY!"

Social Security Column

Social Security has a new online retirement application and a new celebrity spokesperson to help spread the word.

You can apply for retirement benefits from the comfort of your home or office at www.socialsecurity.gov. There's no need to drive to your local Social Security office or wait for an appointment with a Social Security representative. You can complete the new online retirement application in as little as 15 minutes. It's so easy!

In most cases, after you click the "Sign Now" button and submit the application electronically, that's it. There are no forms to sign, and usually no additional documents are required. Social Security will contact you directly if more information is needed.

Award-winning actress Patty Duke has volunteered her services to let people know they can retire online. Ms. Duke has brought back the much beloved identical cousins Patty and Cathy Lane from the hit 1960's sitcom "The Patty Duke Show" for a series of Public Service Announcements that tell Americans it's now easier than ever to apply online.

If you are uncertain about when to retire, you can check out the online fact sheet, "When To Start Receiving Retirement Benefits." And if you are not ready to retire, you can plan for retirement using Social Security's online Retirement Estimator. It is a great financial planning tool that will give you an immediate and personalized estimate of how much your retirement benefits would be if you stopped working at age 62, age 66, age 70 or any point in between.

To learn more about retiring online as well as to watch the new Public Service Announcements, go to www.socialsecurity.gov/pattyduke.

NEW PODCAST DISCUSSES WHEN TO START RECEIVING RETIREMENT BENEFITS

Have you been wondering when the best time is to retire? If you have, then we have an audio podcast just for you.

Social Security's new podcast, "Deciding When to Start Receiving Retirement Benefits," is available for you to listen to now at www.socialsecurity.gov/podcasts.

In this discussion, Social Security will tell you some of the things you need to consider before making one of the most important decisions in your life. Social Security's Deputy Commissioner for Communications, Jim Courtney and Jason Fichtner, the Acting Deputy Commissioner of the agency, explore the factors to be considered when you think about when to retire.

"There is no one 'best age' for everyone," explains Fichtner in the podcast. "Ultimately, it's a personal choice that people have to make based on their individual circumstances."

The podcast encourages listeners to use Social Security's online Retirement Estimator, which you can find online at www.socialsecurity.gov/estimator. The Retirement Estimator can help you "try on" different retirement scenarios, playing with such variables as when you'd like to retire and how much you expect to earn in future working years.

So stop wondering when the best time is for you to retire. Your first step to figuring out the answer to that question is to visit www.socialsecurity.gov/podcasts and to listen to "Deciding When to Start Receiving Retirement Benefits."

Then, you'll want to subscribe to the ongoing series, or bookmark the web

address and check back for additional podcasts.

To learn more about Social Security, visit the website at www.socialsecurity.gov.

JOIN THE ONLINE WORLD — A MESSAGE FOR SMALL BUSINESS OWNERS

There is an old business rule that says "No job is finished until the paperwork is done." If you are one of the millions of small business owners in this country, you undoubtedly know the truth of this statement. But did you know that Social Security can lighten your paperwork filing burden with free, fast and secure online business services?

For example, you can stop doing all your wage reports on paper and start doing them online. That includes Forms W-2 for your employees and Forms W-2 and W-3 for Uncle Sam. All you need are two things you probably already have: a computer and an Internet connection.

From our employer homepage, www.socialsecurity.gov/employer, simply visit the "Business Services Online" link, and then select the "Register" option. You register for a User ID Number only once, not every year. You can register at any time, with the best time being now, before the tax-filing season.

When you're ready to prepare your W-2s, go back to www.socialsecurity.gov/employer and log in with the User ID Number you received at registration and the password you chose. After you log in, select the option for creating wage reports online. The first form you will be asked to fill out tells Social Security who the employer is. Just follow the simple instructions on the screen.

Another big advantage to electronic wage reporting is the ease of making corrections. If you find a mistake before you have actually submitted your report, you simply log in and make the changes, then print new W-2s for the employees involved. And even if you need to make corrections after you have submitted your wage reports to Social Security you can file the correction forms (W-2c and W-3c) online, too.

So save yourself some time and effort. And save a few trees in the process. Turn your entire wage reporting paperwork into just a few key strokes.

If you are still skeptical, just ask some fellow small business owners who have already made the switch to the online wage-reporting world. They will undoubtedly tell you that they would never go back to paper again.

Visit Social Security's Business Services Online at www.socialsecurity.gov/employer

QUESTIONS AND ANSWERS

GENERAL

Question:

A friend told me that Social Security has a great new radio show on the Internet. Do you?

Answer:

Your friend is talking about our new podcast, "Deciding When to Start Receiving Retirement Benefits," which is available now at www.socialsecurity.gov/podcasts. The conversational program talks about factors to consider when you're thinking about when to retire. You can listen to the podcast now at www.socialsecurity.gov/podcasts.

Question:

I am receiving Social Security benefits and I recently went back to work. Do I have to pay Social Security (FICA) taxes on my income?

Answer:

Yes. By law, your employer must withhold FICA taxes from your paycheck. Although you are retired, you do receive credit for those new earnings. Each year Social Security automatically credits the new earnings and refigures your monthly benefit. If your new earnings are higher than in any earlier year used to calculate your current benefit, your monthly benefit could increase. For more information, visit www.socialsecurity.gov or call us at 1-800-772-1213 (TTY 1-800-325-0778).

RETIREMENT

Question:

How are my retirement benefits calculated?

Answer:

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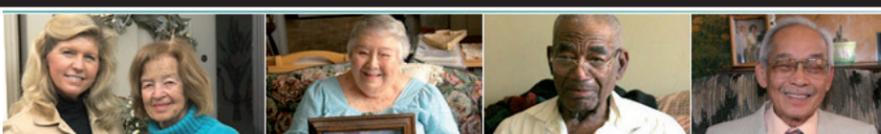
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The Meals on Wheels program is in need of volunteer drivers. Mileage is reimbursed and interested persons must fill out an application and provide a copy of their drivers' license and car insurance. After they have passed a background check and go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



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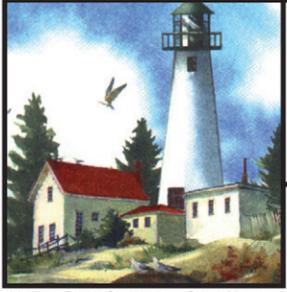
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Some Items May Change As Day Progresses



“Light For The Journey”

By Jan McLaughlin - Director of Prayer Warriors For Prisoners



“JESUS WASN’T THE END”

APRIL, 2009

Dear Reader,

My dear friend, Sonny Neal (Everybody Needs Em’ Jan. 09), graciously offered to write the LFTJ column this month. She is an accomplished writer and my proof reader. I am extremely grateful for her help. You will be encouraged and perhaps convicted by Sonny’s missive and I pray God will speak to your heart as you read. Life here is short. Eternity is forever.

Until I’m back in May,

Jan McLaughlin

Jesus Wasn’t The End

by guest writer: Sonny Neal

Jesus Christ’s foremost charac-

teristic was (and still is) service. So, what exactly is service? Preaching? Teaching? Jesus served when He healed and performed miracles. How many people today have made headline news for healing (without the mechanics of modern medicine), or caused a miracle? Not too many, if any at all.

Serving was not God’s only reason for sending His Son to carry the burden of our sins. This loving act, and His defying death on the cross, is God’s gift of salvation. Good works and service just don’t cut it when it comes to entering the kingdom of God. *“For by grace you have been saved through faith, and that not of yourselves; it is the gift of God, not of works, lest anyone should boast” (Eph 2:8, 9 NKJV).*

Since this is the case, did service end with Jesus on the cross? *“Just as the*

Son of Man did not come to be served, but to serve, and to give His life a ransom for many” (Matt. 28:28, also found in Mark 10:45 NKJV).

Jesus’ motivation was always service. His motive was helping others and not calling attention to Himself. His greatest service was pouring out His blood and His life for others to be saved. *“Through His grace He became poor so we may become rich” (2 Cor. 8:9).*

Serving did not end with Jesus. He is our example of how to serve: not for praise and glory, not for exaltation. Jesus saved us so we can serve others and, in this serving others, God receives honor and praise.

The primary motivation for serving is revealing God’s love, receiving His blessings so we can bless others and glorify Him. Jesus continues His serving

through us and we become examples of God’s love, His mercy, and reflection of His nature. The Holy Spirit enables us to put God’s love into action and we are His hands, feet, and mouthpiece here on earth.

The “good” we do should be in response to God’s gift of salvation and eternal life and cannot earn or win salvation.

Jesus is the beginning. . .

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

LEAP: Help For Heating Bills Is Still Available

DENVER March 2009 In the current, dismal economy, the unemployment rate is the worst it has been in 25 years while mortgage delinquencies are at an all time high. It is no wonder that in this dire time more and more families are having trouble paying to heat their homes. Colorado’s Low-Income Energy Assistance Program, which has already helped numerous hard working families pay their heating bills this winter, wants Coloradans to know that aid is still available.

LEAP provides cash assistance to help families and individuals pay winter home heating costs. The program

pays the highest benefits to those with the highest heating bills and lowest incomes by family size. Applicant income cannot exceed 185 percent of the federal poverty index, which equals a maximum income of \$3,269.00 per month before taxes for a household of four people. The anticipated average LEAP benefit for 2008-2009 is approximately \$430.00 per family.

“As of March 13, LEAP has helped more than 83,000 Coloradans pay their utility bill, a figure up about 12 percent from the same time last year,” said

Colorado LEAP director Todd Jorgensen. “Even though LEAP has helped many people this year, there are still funds available and time left in the LEAP season for others to apply for the program.”

Thankfully, LEAP has received increased funding, enabling the program to respond to the rising demand, helping more people than ever before. A bill passed by Congress last September raised Colorado’s LEAP funding from \$40 million to \$80 million for the 2008/2009-winter season. This funding increase has

enabled LEAP to raise its minimum benefit by 75 percent or approximately \$350 per household, up from \$200 last year. The maximum benefit has increased from \$700 to about \$900, a raise of approximately 25 percent.

Coloradans have until April 30, 2009 to apply for the program, and those applicants should be patient. Applications can take up to 50 days to be processed and to date, the state has already received more than 113,000 applications. If you wish to find the status of your application, call toll-free 1-866-HEAT-HELP (1-866-432-8435). Delays in processing are usually the result of incomplete or missing information on the submitted application.

“We at LEAP know that with the way some Colorado families are struggling, they may not have time to wait for their application to be processed before having their heat shut off,” said Jorgensen. “If you’re in need of immediate assistance, help is available.”

Coloradans may qualify for emergency LEAP application processing if one of the following criteria is met:

- have had their utilities disconnected or are about to be disconnected;
- or use propane or firewood and are about to run out;
- or have already run out of propane or firewood.

LEAP’s emergency application will process within 10 days. Those with a serious urgency, such as a shut-off notice from their utility provider, can contact their county office for immediate help.

To find out if you qualify for LEAP, call toll-free 1-866-HEAT-HELP (1-866-432-8435). Applications for LEAP are accepted anytime between Nov. 1 and April 30 of each year. For more information about LEAP, please call 1-866-HEAT-HELP (1-866-432-8435) or visit www.cdhs.state.co.us/leap/index.htm <<http://www.cdhs.state.co.us/leap/index.htm>> to view the most current program application requirements.

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NeighborWorks® Of Pueblo Accepting Applications For Its 26th Annual Operation Paintbrush

Pueblo Colorado, March 19, 2009 – NeighborWorks® of Pueblo is now accepting Operation Paintbrush applications from elderly, low-income and disabled homeowners who want the exterior of their homes painted during the one-day event on September 12, 2009.

More than 350 volunteers representing Pueblo’s businesses, non-profits, and religious organizations will gather together on the day of the event to help paint the homes of selected low-income, elderly and disabled homeowners. This year, a special emphasis will be placed on improving homes in the Bessemer neighborhood. NeighborWorks® of Pueblo is also seeking new sponsors for the event this year to help defray the costs.

If you have an income lower than Pueblo’s median income, are elderly, or are a disabled homeowner and your home is in need of painting, call Jessica Cipriani at 544-8078, ext. 103 to request an application. In addition to receiving the benefit of volunteer painters, you may qualify to receive the paint for your home at no charge to you. In order to participate, applications must be received at the NeighborWorks® of Pueblo office located at 1241 E. Routt Avenue by Friday, May 15, 2009.

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Dare To Ask! Be Ready To Be Startled, You've Been Warned!

QUESTION

Why do most bad drivers seem to be Asian? -- D.M., 26, white male, Vancouver, Canada

REPLIES

-- It is a myth. What's more, if you check with someone who works in the auto insurance industry, you will find that Asians have the lowest rate of auto accidents. -- Pinny, 19, Asian female, Stockton, Calif.

-- I cannot drive here in North America. It will take me at least another year to get comfortable with everything on the "wrong" side of the road. Asia drives entirely on the left. Try driving on the left after spending a lifetime doing the exact opposite. -- Niti, Pittsburgh

-- While Asian is an all-encompassing term, I have noticed that in general there is a truth in the question. There seems to be an inability to understand what is going on around them. -- S., black male, California

-- I am Asian and am a horrible driver. I don't know if it is that I can't see all the traffic signs and cars because of my squinty eyes, or because there are usually seven people trying to fit in my Toyota, and it's hard to compensate for the weight. Just joking about all that ... except that I am Asian and don't have a single point on my license. -- Daniel, 22, Asian male, Indianapolis

EXPERT SAYS

One need only look at the data to draw conclusions:

California had one of the biggest decreases in traffic fatalities in 2007, according to the National Highway Traffic Safety Administration. California has a lot of Asian drivers. Therefore, Asians probably did not drive a lot there in 2007.

Conversely, Alaska had one of the biggest increases in traffic fatalities. It doesn't have a high Asian population. Therefore, again, Asians probably didn't drive a lot there in 2007.

Sure, you think we're interpreting statistics to fit misperceptions. Or that

we should quote these NHTSA findings:

-- In 2002, only about 2 percent of all Asian deaths were attributable to traffic crashes, about in line with blacks and whites and lower than American Indians and Hispanics.

-- Between 1999 and 2004, Asians had the highest rate of valid licenses.

-- Among drivers killed between 1999 and 2004, other minority groups were as likely as Asians to have had a previous conviction for a crash or speeding and were more likely to have been convicted of a DUI.

To make sense of all this, we found a respected research team: The Good Asian Drivers.

They're a transgender slam poet and lesbian folk-rocker duo who drove themselves on a 30-state tour last year and caused zero wrecks.

"We're out to break down that and other stereotypes," said Melissa Li, the folkie part of the pair, which also includes Kit Yan. "We've heard all the racist comments -- 'Gooks can't ride, your eyes are too small, you can't see to drive ...' But in fact it was someone else who hit 'us' in L.A.

"I get angry at other drivers, too, but I try not to associate it with race."

TO SHAVE OR NOT TO SHAVE -- YOUR TOES

QUESTION

Is it worth shaving my toes for the next 40 years of my life, or do people even notice? -- Faye, 17, St. Louis

REPLIES

-- People don't notice. Don't bother. -- Ellen, 47, Mesa, Ariz.

-- I also have hairy toes. I shave them; it only takes like three seconds to do it. I don't do it all the time, usually once every other week or so in the summer and less often in the winter. -- Trisha H., 27, Flint, Mich.

EXPERT SAYS

After more than 50,000 submissions to this 11-year project, we can

safely say we have now received the most inane, intellect-free, idiotic contribution yet. All in just five little words.

"People don't notice. Don't bother."

Someone is telling us that during these times we're in, people aren't all looking closely at the hairiness of each other's lowest extremities. Right.

"I would say in a heart-to-heart to this girl that life is too short to worry about it," said beauty-consultant-to-the-stars Noreen Young. "Look what's happening in the world, and we're worrying

about hair on our toes."

"You know, if it's to the point she feels she can braid it, she might want to do something about it. ... She may want to look her finger-licking best, or in this case toe-licking best," said Young, an internationally known makeup artist whose clients include the Larry King and Nancy Grace shows.

So, for the toes, just shave them. No laser treatments, electrolysis, chemical depilatories, waxing or sugaring needed, Young said. A Ladies Bic will do.

Where Are They Now?

by Marshall Jay Kaplan

CARRY-ON STARS

Fifty years ago, the world was introduced to "Carry-On Sergeant" – a British comedy film that took farce, slapstick, sexual double entendres and mixed them all up into an energetic comedy. In turn, 29 films were made over the next twenty years under the 'Carry-On' umbrella, with revival of 'Carry-On' continuing over the next thirty years. Even now, in 2008, it has been announced that a new film, "Carry-On London" will be produced, with original 'Carry-On' director, Peter Rogers involved. So, lets 'carry on' with the story and catch up with the few surviving co-stars.

Director Peter Rogers and screenwriter Norman Hudis developed a film called "Carry-On Sergeant" (1958) about a group of Army recruits – filled with sexual innuendo and comic farce, the film's story line was simple – bumbling recruits who continuously fail, only to eventually succeed in the most unusual and comedic way. The film was a huge success and rather than re-invent the wheel for any follow-up 'Carry-On' film, Rogers and Hudis simply changed the location and profession of each film: from Sergeant to Nurse to Teacher to Constable to Camper to Spy to Doctor to Cabby and so on and son on...

As the times changed and the sexual revolution exploded, so did the 'Carry-On' films – becoming more and more bawdy.

In addition to having a familiar template for each film, the group of actors who appeared were also constant. The 'Carry-On' actors were a group amongst themselves and today, only a few remain as noted below:

LESLIE PHILLIPS (born April 20, 1924) starred in three of the early 'Carry-On' films, He left to pursue more dramatic roles, eventually becoming and



legendary British actor. He continues to act in dramatic roles and last year was awarded the Order of the British Empires.

Director PETER ROGERS (born February 20, 1914), who has directed thirty-one of the classic films, resides in London and as mentioned earlier, is involved in the newest, 50th anniversary film.

Sexy and sultry VALERIE LEON (born November 12, 1945) appeared in six of the films. She resides in London and is now considered to be a 1960's cult figure!

PETER GILMORE (born August 25, 1931) appear in 11 films, He is also remembered for his role in "Dr. Who". He resides in the UK.

JACK DOUGLAS (born April 26, 1927) appeared in 8 films. His first role was only a cameo role, yet his roles grew larger and larger until he became famous for his catchphrase, "Phwaay!". He also resides in London.

Last but not least us sexy BARBARA WINDSOR (born August 6, 1937). Known as the 'Carry-On' good time girl, Barbara was the epitome of British sexy sauciness. After 'Carry-On', she had another success, starring in "The Eastenders" in which she has garnered numerous awards.

We look forward to 'carrying on' for the next fifty years!



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Senior Internet Use Is On The Rise

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

Question: As a 75-year-old widow I've noticed that more of my friends are sending e-mails. Is this a trend or just my imagination? Working on the internet is interesting, but some of my friends don't like to get out much anymore. What can I do to have a more active social life?

You are indeed part of the latest internet trend. While just over one-fourth (26 percent) of 70-75 year olds were online in 2005, 45 percent of that age group is currently online, representing the fastest growing group of internet users.

A new report from the Pew Internet & American Life Project says your age group has increased internet use more than any other since 2005. The web continues to be populated largely by younger generations, as more than half of

the adult internet population is between 18 and 44 years old. But larger percentages of older generations are online now than in the past and they are doing more activities online, according to the analysis based on surveys taken from 2006-2008.

Instant messaging, social networking and blogging have gained ground as communications tools, according to Pew, but e-mail remains the most popular online activity, particularly among older internet users.

Fully 74 percent of internet users age 64 and older send and receive e-mail. At the same time, e-mail has lost some ground among teens; whereas 89 percent of teens said they used e-mail in 2004, just 73 percent currently say they do.

E-mail is great for staying in touch with friends and family, but shouldn't replace human contact. Why not e-mail a friend about getting together for lunch or

coffee? If no one is game, consider hiring a caregiver companion.

Home Instead Senior Care, for instance, hires CAREGivers to go into the homes of older adults oftentimes for that human contact that is so vital to all ages. CAREGivers – many of them seniors themselves – can participate in favorite hobbies or accompany their clients to concerts or shows. Striking a balance

between online socializing and the real thing is always the best way to go.

For more information about Home Instead Senior Care, contact Robin Mosey, CSA, and Gerontologist at (719)545-0293 or visit www.homeinstead.com. For more about the survey, log on to <http://pewresearch.org/pubs/1093/generations-online>.

On Your Toes!!

by Benjamin Marble, DPM, Pueblo Ankle & Foot Care

Pueblo Boomers Not Backing Down From Foot and Ankle Arthritis - Surgical Advances Keeping Them Active, Pain-Free



BIG TOES

Baby Boomers are most likely to develop osteoarthritis in their big toe joint. During walking, the big toe absorbs forces equal to nearly twice a person's body weight. It plays an important role in stooping and standing. Some boomers start to develop big toe stiffness, a condition called hallux limitus, in their forties.

Better surgical procedures now offer improved pain relief and joint movement to Boomers with early stage arthritis at the big toe. Patients with advanced and severe arthritis may need to have the joint fused or replaced. But stronger screws and hardware are helping fusions last longer while slashing recovery times. A new generation of big toe joint replacements shows promise.

ANKLES

Ankles are another prime spot for arthritis. Ankles are more likely to develop post-traumatic arthritis than osteoarthritis. For many Baby Boomers, the trauma was an ankle fracture or a bad sprain that may have happened in their teens or twenties. Innovative new surgical techniques allow foot and ankle surgeons to transplant small plugs of cartilage from one part of the ankle to another in some patients, slowing joint deterioration.

Ankle replacements, however, are not as durable as hip and knee replacements. The ankle is a more challenging joint to replace. It's smaller and moves in multiple directions. But better and promising ankle implants are hitting the market.

Go to FootPhysicians.com for more information on foot and ankle conditions such as osteoarthritis, rheumatoid arthritis and hallux rigidus.

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

Bar Association Question

Question:

A recent wind storm caused my neighbor's tree to fall on my house. My insurance company said that my neighbor and/or his insurance company is responsible for the damages and the removal of the tree. Is this true? And if my neighbor refuses to comply, what is the next step?

Answer:

The answer to these questions depends on the specific wording of the two insurance policies. In general, your property insurance typically covers "physical damage" to your home from a wide variety of losses, including losses caused by wind toppled trees, even if the tree started its fall from your neighbor's property. That said, there are good reasons to try to get your neighbor's policy to cover the loss. You'll avoid any deductible your property policy might have, and by avoiding a claim under your own policy, you might help keep your premiums down in the future.

Once you have safeguarded your home from further damage, at least try to talk with your neighbor. Find out if he or she has liability insurance (included in most homeowner's insurance policies),

and if so, have him report the claim. His liability insurance covers him for losses due to "accident" for which he is legally liable. Because he owned the tree, which fell onto your house, you have a good argument that he is legally liable. However, if the neighbor can claim a defense (e.g., he took reasonable care of the tree, it was a freak storm, etc.), the liability insurer might reject the claim.

At that point, your option would be to sue your neighbor, or check back with your own insurer. Just because the loss might also be covered by the neighbor's liability policy is not typically a valid reason for your own insurer to reject the claim. In many such cases, your own insurer will pay for the repairs (less your deductible), then pursue your neighbor's insurer for reimbursement.

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

They danced to the Beatles, the Rolling Stones and disco. They worked out with Jane Fonda and made jogging their national pastime.

Now approaching retirement, many members of the "Me Generation" aren't ready to slow down, even if their bodies are. Baby Boomers are more likely than previous generations to seek care when arthritis develops in their toes, feet and ankles.

There are more than 100 different types of arthritis, including gout and rheumatoid arthritis. The most common forms to affect the feet are post-traumatic and osteoarthritis, especially in the big toe, ankle and midfoot joints.

Many Boomers who seek treatment for arthritis assume they'll be able to resume activities such as running or playing sports. Seeking treatment early can improve the odds of preventing irreversible joint damage. For many patients with early-stage foot or ankle arthritis, changes in shoes or advanced custom orthotics can make a huge difference. While there is no fountain of youth for arthritis, there are more medical options available to Baby Boomers than ever before.

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Traveling: There's Nothing Like A Holiday!

History/Music/Small-Town Living In South Carolina

by Jay Clark

CHERAW, S.C. -- If you're looking for a place to toot your horn, this is it. Cheraw is the hometown of the late great jazz trumpeter Dizzy Gillespie, and the town celebrates that heritage in several ways. Memorials to Gillespie dot the area, and every year Cheraw stages a jazz festival in his honor.

Cheraw (pronounced Chair-aw) is a link in South Carolina's Cotton Trail, which not only tracks the history and influence of the fiber in this region but also leads visitors to artisans working in pottery, weaving, quilting and sculpting.

This region, in northern South Carolina, is part of the Olde English District and was a major participant in the Revolutionary War. More battles in that war were fought in South Carolina than in any other colony, most in this district. And during the Civil War, Union Gen.

William T. Sherman stayed at Cheraw during his Carolinas campaign. As a result, many antebellum buildings were spared from his torch and survive today.

Darlington Raceway, just 30 miles south of here, is home to South Carolina's biggest NASCAR race, the Southern 500, which draws 80,000 spectators. And the golf course at Cheraw State Park, rated by Golf Digest as a "super value," draws visitors from afar. Greens fees are just \$30 weekdays and \$35 on weekends, including cart rental.

Here in Cheraw, Gillespie's home no longer exists, but the site has been converted into a small park decorated with unusual stainless steel sculptures.

One is a fence cut into the shape of a musical staff, with musical notes to Gillespie's signature work, "Salt Peanuts."

A couple of other shiny sculptures take the outline of Gillespie's trademark bent trumpet. All were cut out of stainless steel panels by local school kids.

Downtown, a bronze statue of Gillespie, his puffed-out cheeks blowing his horn, stands in the Cheraw Town Green, close to Centennial Park, where most concerts of the town's annual jazz festival are held. This year's fete will be Oct. 16-18.

Cheraw's golden days came in the 1820-1850 period, when it was a major cotton market town and had the largest bank in the state outside of Charleston.

Dozens of antebellum buildings dot Cheraw's historic district, including Old St. David's Church, used as a hospital both by American and British troops in the Revolutionary War and by Union and Confederate forces in the Civil War. Soldiers from nearly every American war are buried in the church's cemetery.

Also notable: the house in which the Marquis de Lafayette stayed during his 1825 tour of the United States, and the home Gen. Sherman made his headquarters in 1865.

Though the heyday of cotton as king is gone, this part of South Carolina still leans substantially on the fiber. In the fall, cotton fields burst out with white puffs ready for harvest, particularly around Bennettsville. And in Bishopville stands the South Carolina Cotton Museum, where visitors can see an old cotton gin, real bales of cotton, weaving looms and a 6-foot-long model of the destructive boll weevil insect (more than a hun-



A bronze statue of jazz musician Dizzy Gillespie, his puffed-out cheeks blowing his trademark bent horn, stands in the Cheraw Town Green.
photo: Cheraw Visitors Bureau.

dred times its real size).

Not far away is Pearl Fryar's home and his remarkable topiary garden. Fryar, the subject of the 2008 movie "A Man Named Pearl," has created dozens of striking topiary sculptures around his home. Unlike other topiary artists, he shapes such unusual plants as live oaks, compact holly and juniper. Self-trained, he does not use chemicals, water or fertilizer, yet his topiaries are beautifully green. His work is also seen in other cities, notably Charleston and Kansas City.

One further treat: Life's a peach in the nearby town of McBee, where McLeod Farms runs a big business selling the luscious peaches for which the state is known.

Information: Cheraw Visitors Bureau, (843) 537-8425 or www.cheraw.com.

Darlington County Tourism, (888) 427-8720 or www.darlington-county.org. Olde English District Tourism Commission, (800) 968-5909 or www.sc-travel.net.

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Best Traveled Garden Paths

by Marty Ross

Garden paths lead you on a journey: Step on a path, and you're on your way. If you are re-thinking the elements of your garden or designing a new one, paths are a great place to start.

A beautiful garden isn't just a landscape to be observed from a distance. To experience it properly, you have to stroll under the trees, brush past the fragrant herbs and smell the roses. From the house or from the street, paths beckon you into a garden and establish much of the tone of the experience, says Gordon Hayward, a garden designer and author in Vermont. Paths can be reassuring or mysterious, but they should always be thoughtfully laid out.

"The whole idea is that when you make a garden, you are making places for people," he says, "and the paths are what link them."

All paths are not equal, Hayward says. In the hierarchy of paths, the front walk is the most important, and it should be wide and welcoming, with room for two people to walk side by side.

"It should broaden right by the

door, so there is room for a chair, a bench, a pot or a piece of sculpture," he says. "It's all part of that welcome."

If your front walk is a little narrow, you don't have to rip it out to achieve a better effect. You can make a standard concrete walk wider just by adding a couple of courses of bricks on either side, or by laying cut stone to make an attractive edge, Hayward says.

Other paths -- leading through a side yard, to the vegetable garden, through a little woodsy copse or from the kitchen door to the compost heap -- usually do not have to be as wide. The materials certainly need not match the front walk, although Hayward says in his garden he repeats the use of materials to create coherence. His garden has paths of fieldstones, brick, grass and pea gravel.

Hayward recommends using indigenous materials for paths. In Vermont, of course, stone is widely available and highly appropriate. Cut stones have a tailored look suitable for a formal entrance. The irregular shapes of large fieldstones, laid more randomly, are fitting for secondary paths.

In Hayward's herb garden, a rather informal space, the paths are of pea gravel. Each area flows gracefully into the next, but the character of the paths changes decisively, and to good effect.

"The change announces your arrival into a new space," Hayward says. "You sense intuitively that you have made a transition."

Paths help define a garden; they establish its rhythm. Hayward's gravel paths slow visitors down a little to enjoy the peaceful herb garden.

Tony Avent, owner of Plant Delights, a mail-order nursery in North Carolina, relates how he changed the mood of his garden by landscaping along his front walk. The path had been nothing more than a runway to his house.

After he created berms and beds on both sides, he claims that the walk from his car to his front door started taking him half an hour as he inspected each new plant along the way, studied the effect of the combinations and enjoyed the flowers.

Bill Ruppert, a wholesale nurseryman in the St. Louis area, took out an existing laser-straight front walk and replaced it with a wide walkway of sweeping curves, densely planted on both sides.

Flowerpots at the edges of flower beds, right by the path, invite visitors to pause for a closer look at his flowers, and pots up on the front steps and porch echo the colors and textures of the garden. A side path of stepping stones, set with plenty of space between them, is planted with tough groundcovers chosen for their ability to tolerate foot traffic.

Mown paths are catching on, too, Hayward says. They are easy and romantic and save time and energy.

"For people who have a huge amount of lawn, I am encouraging them to mow paths, and just let the rest grow up," he says. "It gives a wilder feeling, and birds and butterflies love it."

When you mow a path through the grass, it also makes the taller grass look like you intended it to be that way, and not just neglected.

Paths of all kinds are irresistible invitations to explore, Hayward says. Children, in particular, are drawn to them. They skip along brick paths, hop-scotch their way over stepping-stones, and take a certain gleeful delight in the crunch of gravel underfoot.

Without realizing it, adults do the same things, he says. You may not actually skip, but when you follow a path into a garden, you're leaving your busy life behind.

"A path should be an experi-



To get to the heart of a garden, follow a path. Straight paths are reassuring, and curving paths give a garden a bit of mystery. Whether they lead to the front door or to a quiet seat under a tree, they should be thoughtfully laid out. photo: Marty Ross

ence," Hayward says. "It's about walking through a garden, not past it."

Right This Way

Garden designer Gordon Hayward relies on paths to help define the spaces in a garden and to link them together. Hayward, www.haywardgardens.com, has written two books about garden paths. His most recent book "Art and the Gardener" (Gibbs Smith, \$40), takes a fresh and intriguing look at paintings as the inspiration for garden design. Here are some of his observations about paths.

-- Your house is the center of your garden, and the paths' relationships to the house should make sense. Start your garden design at the front door.

-- Let the width of the front steps or porch suggest the proper width for your front walk.

-- Choose materials carefully. A brick path looks handsome in front of a brick house. A path of soft pine needles hits the right notes in a quiet woodland.

-- Each area might have a different kind of path, but choose two or perhaps three primary materials for your paths, and stick to them.

"The garden will look busy if you put too many materials on the ground," Hayward says.

-- The pathways through your garden should constitute an interesting itinerary.

-- Straight paths are reassuring; their destinations are obvious. Curving paths are intriguing and a little mysterious.

-- Remember that the paths are basically part of the background of a garden. Too many paths, or paths that are domineeringly wide or too massively constructed, throw off the balance of your design.

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A World Away From Mickey In Winter Park, Florida

by Jay Clarke

WINTER PARK, Fla. -- This Orlando suburb lies just a half-hour from Walt Disney World and the other surrounding theme parks, but it's a world away in ambience.

No folks dressed as cartoon characters roam the streets here. No roller coasters, no nightly fireworks displays, no endless row of motels, fast-food franchises and gift shops.

But Winter Park is not just a respite from fantasy land. It's the home of the world's largest repository of Tiffany glass, the site of a highly rated college, a classy shopping avenue, and it lies amid a lovely series of lakes.

Of all Winter Park's attractions, it is the Charles Hosmer Morse Museum of American Art that is the kingpin. The museum displays a remarkable collection of works produced by Louis Comfort Tiffany -- not just his famous lamps, but leaded-glass windows, vases, bowls, goblets, candlesticks and inkstands.

Tiffany's works were not limited to glass, however, and the museum also displays his rarer enamels and art jewelry, the gem of which is the "peacock necklace" made of opals, amethysts, sapphires and enameled designs. Some examples of his equally rare metalwork and ceramics, which he introduced at the 1904 Louisiana Purchase Exposition in St. Louis, also are on view.

But the crowning exhibit is the Tiffany Chapel. This work, which created a sensation when it was exhibited at the 1893 World's Columbian Exposition in Chicago, occupies an entire room in the museum.

Six plaster arches and three concentric circles, all covered with glittering glass mosaics, reach to the 24-foot-high ceiling. Two splendid glass-mosaic peacocks decorate the reredos area behind the altar, and on one side is a globular baptismal font, also covered with glass mosaics. Several windows admit light into the space; one of them has more than 10,000

pieces of glass.

Admission to the museum is a mere \$3, and from November through April it is free on Friday nights. The Morse is embarking on an expansion program that will increase its size by almost 50 percent.

Several other museums are worth visiting in Winter Park. One is the Albin Polasek Museum and Sculpture Gardens, showcasing the late sculptor's home, studio and galleries. Works by other artists also are on view.

Another is the Cornell Fine Arts Museum overlooking Lake Virginia at Rollins College, a highly rated liberal arts school founded in 1885. Rollins' 70-acre campus is distinguished by its Spanish-Mediterranean architecture, and its students lend a young aspect to the town.

For visitors, an important part of their time here is spent on Park Avenue, one of Florida's best-known shopping destinations. More than 140 shops, galleries and restaurants line the avenue and its side streets, and nearly every one of them is unique, with trendy names like Shooz, Cigarz, Bullfish and Synergy.

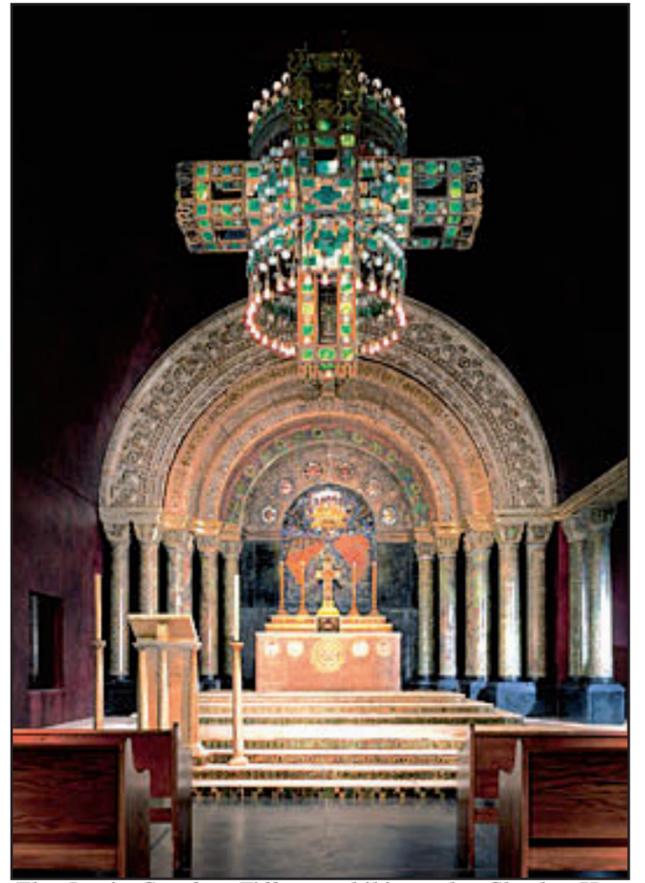
Folks who tire while casing oak-lined Park Avenue can step across the street to Central Park, a pleasant expanse of greenery adjacent to the train station and railroad tracks. Several trains pass through town daily, including Amtrak, which makes a stop here.

While it is easy to tour this town of 28,000, a pleasant way to view the area is by boat. Winter Park's Scenic Boat Tour takes passengers over three lakes connected by narrow, picturesque

man-made canals. On the way, they pass homes once owned by Walgreen's drug store founder Charles Walgreen and Sinclair oil magnate Harry F. Sinclair, among others.

And if you really want to visit something quirky, take a run to the northwest corner of Fairbanks Avenue and Denning Drive. That's the site of the famous Winter Park Sinkhole, which opened in 1981 to swallow up a house, a garage with five Porsches, and a municipal swimming pool. It's now filled with water, but no swimming, please.

Information: Winter Park Chamber of Commerce, (877) 972-4262 or www.winterpark.org. Morse Museum, (407) 645-5311 or www.morsemuseum.org.



The Louis Comfort Tiffany exhibit at the Charles Hosmer Morse Museum of American Art includes the Tiffany Chapel. It created a sensation when it was exhibited at the 1893 World's Columbian Exposition in Chicago. photo: Morse Museum

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Beware Of Fraudulent Federal Tax Rebate Offers

by Katie Carroll - BBB

The United States Small Business Administration (SBA) has alerted the Better Business Bureau about a scam that could potentially affect small businesses. Letters, on what appears to be SBA letterhead, are being sent to companies requesting that they provide the SBA

with the name of their bank account and account number in order to qualify for federal tax rebates.

The fraudulent letters, sent to small businesses all across the country, advise recipients that they may be eligible for a tax rebate under the Economic Stimulus Act. The letters claim the SBA is assessing the businesses' eligibility for such a rebate.

These letters have not been sent by or authorized by the SBA. Both the SBA and your BBB strongly urge that no one respond.

This scheme is similar to e-mail scams often referred to as "phishing" that seek to gather personal data and financial account information, thus enabling another party to access an individual's bank account, or steal one's identity.

The SBA is working with the SBA Office of Inspector General (OIG) to investigate the scam. The Office of Inspector General asks that anyone who receives such a letter report it to the OIG Fraud Line at 1 (800) 767-0385, or e-mail at OIGHotline@sba.gov.

The fine folks at Southern Colorado National Bank Are Proud To Sponsor the Senior Safety Page for all the loyal readers of Senior Beacon. Enjoy this month's page. Southern Colorado National Bank has two locations from which to serve you: 3595 Spaulding Ave. off Pueblo Blvd and in Pueblo West at 7 E. Spaulding. See ad below for details.

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U.S. Service Members Expected to Extend Length of Service Due to Economy

Two-thirds of American military personnel have more debt than they are comfortable with, or have gone deeper into debt within the past year, according to a new study commissioned by Kiplinger and the Council of Better Business Bureaus' BBB Military Line®.

The national survey, which was conducted by the Opinion Research Corporation (ORC), states that 78 percent of the military personnel questioned plan to stay in the service longer than originally intended because of the turbulent economy. The study also found that 39 percent have no retirement savings other than their military pension and 35 percent of respondents do not have savings or investments of any kind.

To help service members and their families take advantage of the special resources available to them, Kiplinger's Personal Finance magazine and the BBB Military Line have created a free booklet called the Kiplinger-BBB Personal Finance Guide for Military Families.

lies.

The 16-page booklet, written by Kiplinger's Personal Finance contributing editor (and military spouse) Kimberly Lankford, offers financial advice and guidance to military personnel and their families. It will be distributed by the military to more than 700,000 service members. Copies will also be available at BBB offices.

The booklet provides comprehensive guidance on a dozen diverse personal finance topics, including:

- Deployment Preparation/Financial Readiness
- Buying A Home
- Taxes
- Insurance
- Avoiding Scams that Target Military Families
- Retirement Planning

The information can be found on a variety of Web sites including Kiplinger's at www.kiplinger.com/links/military. For more information, go to www.bbb.org/military.

The BBB and Pinnacle Assurance Event

What: Jerry Fritz Dean of the Economic and Workforce Development Division of Pikes Peak Community College, will lead a seminar to help you improve your company's customer service and communication systems. Fritz is an author, speaker and expert on customer service.

When: Wed., April 1, 2009 - 9:00 to Noon.

Where: Strategic Financial Partners - 1755 Telstar Drive, Suite 501, Colorado Springs.

Why: To help you understand and capitalize on the importance of company-wide customer service and how it can help sustain your efforts even during difficult times.

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Figuratively Speaking: It's All About The Percentages!

Percentage of Americans who admit they have dated someone with a higher position in their company, according to a survey by CareerBuilder.com: 34

Of those who have dated a higher-up in the last year, percentage of female workers who have dated their boss: 47

Percentage of males who have dated the boss: 38

Source: CareerBuilder.com.

Percentage of those Americans who say the "American dream" does not exist who also believe the powers that be don't care about people like them, according to a survey by Zogby: 44

Percentage who say Americans shouldn't think of themselves as special and entitled to an ideal life: 29

Source: Zogby International.

Percentage of U.S. couples who are finding that the worldwide financial crisis is affecting their relationships at home, causing them to argue more often, primarily about finances and household chores, according to PayPal's third annual "Can't Buy Me Love" international survey conducted by Ipsos Public Affairs: 43

In addition to arguing, percentage

of couples surveyed who say they have ended a relationship due at least in part to financial issues: 11

Percentage of couples in the U.S. who are hiding purchases from their partners (18 percent in 2008) this year: 23

Source: Ipsos Public Affairs.

Percentage of all Easter chocolate sales for which women are responsible, as reported in the Daily Telegraph: 66

Percentage of these purchases that they eat before they share the rest: 60

Source: Christian Research Association.

Percentage drop in North American car and truck production in the first seven weeks of 2009 versus the same period in 2008, according to Viraf Baliwalla, a consumer advocate for car buyers and founder of Automall Network: 40 (From 2,157,688 units down to 886,614.)

Advertised cost of a Chevy Malibu with approximately \$4,000 in manufacturer rebates: \$22,000

Cost to the consumer for a brand-new midsize vehicle if the government were to match the rebates rather than handing out bailouts: \$14,000

Source: Automall Network.

Percentage of American adults who have not lived outside of the state in which they were born, according to Pew Research: 57

Percentage who have never left their original hometown: 37

Source: Pewsocialtrends.org.

Percentage of Americans who feel very sympathetic or somewhat sympathetic toward the single woman in California with six children who recently gave birth to octuplets after undergoing in-vitro fertilization, according to a Gallup Poll: 26

Percentage who feel somewhat unsympathetic, or very unsympathetic: 70

Source: Gallup.

Number of intercity bus (motor coach) locations in the U.S., according to data released by the American Bus Association: 3,046

Number of airports: 604

Number of intercity rail stations:

525

On the list of the safest and greenest modes of transportation, rank of bus travel: 1

Source: American Bus Association.

Percentage of primary care physicians who reported that health care

delivery will "get worse" in the next four years, after viewing video segments from President Obama's speech to Congress, according to a study conducted by HCD Research: 61

Percentage of respondents who indicated that skepticism was the emotion they felt most while watching President Obama outline his new health care reform plan: 49

Percentage who felt inspired: 21

Source: HCD Research Inc.

Percentage of respondents who say human error is the leading cause of information systems failure and fear that security attacks that exploit human error and breaches caused by distracted or disgruntled employees may be the root cause of information security failures in coming months, according to Deloitte Touche Tohmatsu's sixth annual survey of global financial institutions' information security efforts: 86

Percentage of respondents who expressed concern about insiders' misconduct: 36

Source: Deloitte Touche Tohmatsu.

Idle Thought

"It is impossible to enjoy idling thoroughly unless one has plenty of work to do." -- Jerome K. Jerome, humorist and playwright

(Readers can contact John MacIntyre at [johnmacintyre\(at\)bwr.eastlink.ca](mailto:johnmacintyre(at)bwr.eastlink.ca).)

Arthritis

from page 5

Let's Move Together – A nationwide movement led by the Arthritis Foundation that encourages daily physical activity for better health. Visit www.letsmove2gether.org for creative exercise tips, uplifting stories, information about local Arthritis Walk events, and a physical activity tracker to help keep you moving all year.

Visit <http://www.arthritis.org/heart-disease-connection.php> for more tips on managing arthritis and heart disease, or contact your local Arthritis Foundation office at www.RockyMountainArthritis.org for programs offered in your area.

About The Arthritis Foundation

Arthritis is the nation's most common cause of disability with a nationwide economic impact of more than \$128 billion annually. The condition strikes all ages and knows no racial or ethnic boundaries. 46 million people have been doctor diagnosed and 300,000 children are affected.

The Arthritis Foundation is the only nationwide, nonprofit health organization helping people take greater control of arthritis by leading efforts to prevent, control and cure arthritis and related diseases – the nation's most common cause of disability. For more information, contact the Rocky Mountain Chapter, serving Colorado, Montana and Wyoming at 800-475-6447 or online at www.rockymountainarthritis.org

Angie Hager - Director of Marketing and Communications,
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APRIL 2: Ham Salad Sandwich, Navy Bean Soup, Let/Tom Garnish Strawberries/PA, Fruit Juice.

APRIL 3: Macaroni/Cheese, Green Beans, Carrot Raisin Salad, Wheat Bread/Marg., Applesauce Cake.

APRIL 6: Burrito/Green Chili, Spanish Rice, California Vegetables, Wheat Bread/Marg., Apple Fruit Juice.

APRIL 7: Hot Turkey Sandwich, Green Beans, Orange Carrot Gelatin, Wheat Bread/Marg., Cherry Cobbler.

APRIL 8: Porcupine Meatballs, Parslied Potatoes, Harvard Beets, Wheat Bread/Marg., Ambrosia.

APRIL 9: BBQ Beef/Bun, Baked Beans, Cole Slaw, Lime Fruit Gelatin.

APRIL 10: Breaded Fish/Lemon, Au Gratin Potatoes, Broccoli, Wheat Bread/Marg., Chocolate Pudding, Orange.

APRIL 13: Sweet/Sour Pork Over Rice, Sugar Snap Peas, Wheat Bread/Marg., Peaches.

APRIL 14: Meatloaf/Tomato Sauce, Parslied Noodles, Broccoli, Wheat Bread/Marg., Fruit Cocktail.

APRIL 15: Roast Beef/Gravy,

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When Rose's mother died at the end of her junior year in high school, her entire life changed. She stopped caring about school, grew distant from her father and her best friend, and began losing faith in God. The tragedy that struck her life was unbearable, and she soon felt herself sinking deeper and deeper into depression and agony. When Rose felt she had completely lost her way in life, she finally turned to God for help. He answered her prayer with a boy named Adam and a place called Angel Falls.

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APRIL 21: Beef Stroganoff/Noodles, Corn, Orange Carrot Gelatin, Wheat Bread/Marg., Apple.

APRIL 22: Chicken a la King, Biscuit, Green Beans, Cherry Crisp.

APRIL 23: Chili Con Carne, Mixed Vegetables, Mixed Green Salad/Ranch Drsg., Wheat Bread/Marg., Peaches.

APRIL 24: BBQ Chicken, Baked Beans, Cucumber/Onion Salad, Wheat Bread/Marg., Pineapple Tid Bits.

APRIL 27: Roast Pork Loin, Glazed Sweet Potatoes, Mixed Vegetables, Wheat Bread/Marg., Apple Sauce.

APRIL 28: Tuna Noodle Casserole, Green Beans, Waldorf Salad, Wheat Bread/Marg., Spice Cake.

APRIL 29: Roast Turkey/Gravy, Apple Stuffing, Carrots, Wheat Bread/Marg., Cranberry Orange Mold.

APRIL 30: Beef Tomato Mac, Broccoli, Corn, Wheat Bread/Marg., Raspberry Sherbet.

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Finances: Create And Keep Wealth

State Of The Stimulus

by **Ronald S. Phillips**

Let me make one thing clear. Any economic stimulus will help the nation recover from this recession (and

help avoid bigger problems). Sending out money into the economy and spending on anything will make money flow and circulate. I've heard reports that the current

plan could add anywhere from 2.5 to 4% to our economic growth. Any of those numbers would be a great thing. But are we going about it in the right way? Could

we improve it? Or enhance it? Definitely.

Let's take a look at the recent examples of our smart, Asian friends across the pond. According to a recent Business Week article, there are four major countries turning out their own brand of stimulus. Taiwan, China, Thailand and Japan are currently, or are very close to, sending out billions of dollars of government money.

They are all using the same method: vouchers that can be used like cash and have an expiration date. For example, Taiwan is sending out a \$108 voucher to every one of its 23 million citizens. The voucher must be spent by yearend. Several major cities in China are sending out thirty dollars. Thailand is sending out 10 million checks worth \$58. Lastly, Japan will be sending anywhere from \$130-200 to every citizen.

Of course, all of these countries and cities have a much smaller population than the US. So this type of stimulus, even for roughly 100 million citizens in Japan, will only cost \$20 billion at the high end. Although if you put the recent \$800 billion stimulus into perspective that would be quite a voucher. The government could send a check to every US home for \$1000 every three months for the next year and spend half of the recent stimulus amount. This would have a far-reaching result in many areas of the economy, lighten some of the burden of the recession on the middle class and increase our GDP. It would also be democratic, too, reaching every household in America.

Where would all of this money end up? Admittedly it would be concentrated into the retail sector. It would also be spread throughout utility companies, discounters and other industries. But it would rotate money throughout our country. If we make the vouchers expire in six to twelve months then we also ensure a consistent increase in the economy.

Another plus of a program like this is the flexibility of the vouchers. If the economy rebounds in three quarters we could stop the last voucher from ever leaving the mail. If we need more stimulus then we could extend the vouchers for another quarter or another year if need be.

What would you rather do...send billions to the banks or spend a little of the governments' (our) money?

Ronald S. Phillips is a Pueblo native and an Independent Financial Advisor. Order a free copy of his book Investing To Win by calling 545-6442.

More Figuratively Speaking

Number of billionaires on the planet in 2008, according to Forbes' 2009 list of the world's billionaires: 1,125

Number of billionaires on the list this year: 793

Total net worth of these billionaires last year: \$4.4 trillion

Total net worth this year: \$2.4 trillion

Source: Forbes.

Number of American presidents who have turned down their salaries, according to the National Coalition for the Homeless: 2 (George Washington donated his earnings back to the state; John F. Kennedy donated the money to private organizations)

Source: National Coalition for the Homeless.

Percentage of adults born in Alaska who still live there, placing it last among the 50 states on this measure of population, according to the Pew Research Center's Social Demographic Trends:

28.2

Texas, by contrast, knows how to hold 'em -- percentage of adults born in that state who still live there, making the Lone Star state the nation's stickiest: 75.8

Percentage of adult residents who live in the state of Nevada who were born in a different state: 86.4

Source: Pewsocialtrends.org.

Average percentage more that vehicle repairs cost at new car dealerships than at independent repair shops, according to a study released by the Automotive Aftermarket Industry Association: 34.3

Resulting excess costs annually to consumers: \$11.7 billion

Source: AAIA.

Percentage of small business owners who agree with the statement, "Even in these turbulent economic times, the rewards and opportunities of running my own business outweigh the risks and challenges," according to the American Express OPEN Economic Pulse: 80

Source: American Express OPEN Economic Pulse.

Percentage drop in the number of U.S. households with a net worth of \$1 million or more, not including primary residence, according to a report released by Spectrem Group: 27

Percentage drop in the number of ultra-high net worth households, those with a net worth of \$5 million or more: 28

Percentage drop in affluent households, a broader group defined as those with \$500,000 or more in net worth: 28

Source: Spectrem Group.

Idle Thought

"There is only one difference between a madman and me. The madman thinks he is sane. I know I am mad." -- Salvador Dali, painter

(Readers can contact John MacIntyre at [johnmacintyre\(at\)bwr.eastlink.ca](mailto:johnmacintyre(at)bwr.eastlink.ca).)

Pueblo - Pueblo West Community Blood Drives

PUEBLO:

"11th and Court" Community Blood Drive - Friday, Apr. 10 from 2 to 4:30 p.m. Donations inside Bonfils' mobile bus located at 315 W. 11th St., Pueblo

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

"Union and Grand" Community Blood Drive - Friday, Apr. 10 from 9 to 11:30 a.m. Donations inside Bonfils' mobile bus parked at 230 N. Union Ave., in front of the Senior Resource Development Agency Building, Pueblo

For more information or to schedule an appointment please contact Bonfils' Appointment Center at 1-800-365-0006, opt. 2 or visit www.bonfils.org

Parkview Medical Community Blood Drive - Monday, Apr. 13 from 7:30 to 11 a.m. and 11:30 a.m. to 2 p.m. Donations inside Bonfils' mobile bus located at 400 W. 16th St., Pueblo

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

St. Mary-Corwin Medical Center Community Blood Drive - Monday, Apr. 20 from 7:30 a.m. to 2 p.m. Donations inside Bonfils' mobile bus located at 1008 Minnequa Ave., Pueblo

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

Pueblo Community College Community Blood Drive - Tuesday, Apr. 28 from

11 a.m. to 3 p.m. Donations inside Bonfils' mobile bus located at 900 W. Orman Ave., Pueblo

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

DETAILS:

This spring, it could be you who saves a life. In less than an hour you have the potential to save as many as three lives by donating whole blood. By giving blood, you'll help Bonfils Blood Center maintain a state of blood supply readiness, while meeting the needs of Colorado's patients.

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

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

For more information about Bonfils Blood Center, please visit www.bonfils.org or call (303) 363-2300 or (800) 365-0006. Jessica Lang - Community Outreach Coordinator - Bonfils Blood Center 717 Yosemite Street, Denver, CO 80230 www.Bonfils.org Phone: 303-363-2377 Fax: 303-363-2309



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Senior Beacon

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

Publication of advertising contained herein does not necessarily constitute endorsement. Signed columns are the opinions of the writers and not necessarily that of the publisher. Senior Beacon is locally owned and operated. Founded in August, 1982.

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Senior Community Update



AARP TAX PREPARATION

AARP free tax preparation begins February 2, 2009

Schedule: Monday - Thursday 9:30 AM to 2:30 PM; Friday 9:30 AM to 12 noon; Closed Feb. 16, 2009

First come - first served, limited number each day.

Joseph Edward Senior Center (SRDA) 230 N. Union Avenue

2009 INTERNATIONAL HOME INSTEAD CONVENTION

April 22nd - 25th, 2009 - Omaha, Nebraska

Mark your calendars! Get out your suitcases! It's time to register for the 2009 International Convention on April 22nd - 25th.

Last year, we introduced our Strategic Intent: By 2025, Home Instead Senior Care will be among the most admired global companies by actively changing the face of aging. We laid the groundwork for how we would get there.

This year, we're putting it all together by bringing you the tactics, tools and action items necessary to help you grow your businesses and reach our goal. And as always, Convention is an excellent opportunity for you to tap into the network on topics relative to your businesses.

Expect some new things for the 2009 International Convention, as well as the favorites you've come to enjoy! Click on the buttons on the left side of the page to view the agenda. You can register online by clicking here. Registering for Convention does not book your hotel accommodations. Please book hotel accommodations using the "Hotel Information" link located on the left side of the page.

LOU GEHRIG'S DISEASE SUPPORT GROUP

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

OWLS MEETING

The Older, Wiser, Livelier Seniors meet the second Tuesday of each month for bowling at Bowlero-Midtown

Shopping Center at 2 p.m.. For information: 545-2803

O.W.L.S. Variety in Dining (Breakfast, Brunch, Dinner) meet 3rd Wed. each month. Contact M.& L.Rich at 647 0415 for more info.

RIDE TO CHURCH?

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

REGIONAL ADVISORY COMMITTEE

The Upper Arkansas Area Agency on Aging is seeking individuals to join our Regional Advisory Committee (RAC). The Area Agency on Aging provides a wide variety of programs and services to seniors in Lake, Chaffee, Custer and Fremont counties. The Older American and Older Coloradans Acts, local dollars and contributions provide funding for the agency. RAC members assist the agency in setting funding priorities and identifying needs in local communities throughout the region. Those interested in applying for membership should contact the Area Agency on Aging at 719- 539- 3341 or toll free at 877- 610- 3341.

GENEALOGICAL SOCIETY

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

WHAT A GREAT TIME TO VOLUNTEER

Volunteers are needed:

---Drivers to deliver Meals on Wheels to homebound seniors

---Volunteers to help in the many areas of St. Mary Corwin Medical Center especially in the Resale Shop.

---The Cancer Resource Center needs volunteers to work with cancer patients giving out information and helping individuals pick out wigs and hats.

---The assist the Day Care Teacher at a north side charter school.

---To help with a Senior Vision Support Group, sending out monthly notices, calling and making room and travel arrangements.

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

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

SRDA APRIL CALENDAR

SRDA at 545-8900 has activities for seniors every weekday of the month. From quilting to bridge and from computer classes to movies with popcorn and exercise classes, SRDA tries to offer something for everyone in terms of activities throughout the month.

LIVING WITH OSTEOARTHRITIS?

Osteoarthritis does not only strike the knees, hips and hands. In an estimated one million Americans, it also affects the small, vulnerable joints of the neck, and can cause sudden attacks of severe pain that may radiate into the head and arms. But what can patients themselves do about this form of arthritis? How can they ease the pain, deal with the limitations it causes, and support their doctor's treatment? With the help of some of the world's leading spine specialists, the American Arthritis Society has compiled twelve practical tips for self-care that are effective and easy to follow. Please visit the Society's website at: www.americanarthritis.org.

AARP SCHEDULE OF ACTIVITIES FOR MARCH 2009

Pueblo Information Center AARP PHONE: (719) 543-8876, 1117 Prairie Avenue. HOURS: Mon-Sat 10-3pm Pueblo, Colorado 81005

Safe Driving Classes, Benefits Check-up, exercising, Tai-Chi, eating right, Census Bureau testing, Model T care group, Convergys recruiting, classic cars, Food Share America, Better Breathers, preparing taxes, quilters group, medicare and financial planning assistance and more available this month.

AMBASSADORS NEEDED

SRDA, 211, American Red Cross, Neighborhood Watch and the City County Health Department/Medical Reserve Corp are combining forces and developing a core group of dedicated volunteers called EP Ambassadors. Individuals who are interested in helping

the community in a variety of activities concerning emergency preparedness are needed now. Volunteers will be involved in a variety of activities from demonstrating how to make a disaster kit, to mailings, giving presentations and many more activities. This will also be a fun group with other interesting perks. Call Gloria Valdez, 545-8900 for info.

HEALTHIER LIVING SEMINAR

Take control of your ongoing health conditions & feel better! The Healthier Living Colorado™ Program is a six week session workshop designed to help with the challenges facing anyone living with an ongoing health condition.

Class, Books and CD's are free to participants.

* Do you have 2 ½ hours to give each week for 6 weeks?

* Do you suffer from an ongoing health condition such as heart disease, arthritis, diabetes, asthma, bronchitis, emphysema, or cancer?

* Do you enjoy social interaction?

* Do you enjoy helping others?

* Are you comfortable with a class setting?

* Can you relate to others suffering from some type of ongoing health condition?

* Do you enjoy learning new things?

If you answered yes to any of the above questions, then this class is for YOU! Call for class dates and time.

For more information please contact Shawnee Lorimor @ SRDA 719-404-0924.

CSU EXTENSION PROGRAM

THE CSU Extension/Pueblo County office is offering a Vegetable Gardening class on Tuesday, March 24th from 6-9 p.m. Tips and techniques for successful gardening in the varied climate of Pueblo County along with traditional and innovative methods, soil, plant selection, irrigation and harvesting will be covered. Pre-registration is required and the cost is \$15. Call 583-6566.

TOASTMASTERS INFO

Who: Contact, Lisa M. Hodanish, 719-647-2013

What: Pueblo Toastmasters #179 Public Speaking Class

Where: 310 East Abriendo Ave. Next to the Dept. of Revenue/Driver's License Office (in the Conference Room on the 2nd floor of the Security Service Federal Credit Union's building)

When: Mon., April 13 & 27 at 6:15PM (2nd & 3rd Mon., of every month).



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FOR SALE: Craftmatic double bed - like new - \$1500. Miscellaneous health care items - handgrips for tub & toilet, toilet, walker, heated pad for double bed, etc. 719-546-9944. #0409.

SENIOR SHOPPING SERVICES/ APPOINTMENTS: Mon.-Fri. Please call me at 565-0445. #0409

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ANCIENT OLD CODGER needs recliner with motor to sit up or lie flat for sleeping. Leather preferred. 542-3032. #0209

IMPERIAL MEMORIAL GARDENS 4 grave sites in Hillcrest section. Lot 47, spaces 1,2,3,4. \$600.00 each. Call 719-649-2478. #0209

EXPERIENCED: Compassionate

SENIOR CLASSIFIED AD REQUEST

This classified ad section of the Senior Beacon carries advertising of all sorts. The cost is \$7.00 for the first 25 words or less and \$.25 for each word over 25. TO PLACE AN AD here's all you need to do: Write your ad in the space provided below.

Please print clearly. Deadline is the 20th of the month.

Phone: _____ Your Name: _____

Mail ad & Check (send no cash) to:

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lady available to assist you in your home. Errands, Dr.'s. appointments, shopping, all activities of daily living. Please call us at 565-0445. #0109

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ONE-BEDROOM-SPACIOUS- South-side complex. Rent, \$400 deposit, \$250 includes water, trash, parking, laundry room, close to bus

stop and shopping. Rustic Villa, (719)564-8899. #0209

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

24/7 LOVING SENIOR CARE IN CHRISTIAN HOME. 30 years experience. SPACE FOR ONLY ONE CLIENT LEFT. HURRY! Call today, 719-542-3496. #0209

New Drug-Free Solution Offers Hope For Allergy Sufferers

(NAPSI)-The solution to this year's allergy problems may lie in a preventative drug-free gel. This hope is good news, because experts predict that pollen counts will reach all-time highs this year due to changing weather patterns.

Two new topical allergy gels can

be used in conjunction with other over-the-counter or prescription medications and can be reapplied as often as needed. The gels filter negatively charged, airborne allergens such as pollen, ragweed, pet dander and dust mites, stopping them from entering nasal passages where they

can cause allergic symptoms such as a runny nose and sneezing.

Unlike existing products that treat allergy symptoms once they have started, over-the-counter, drug-free Chloraseptic Allergen Block and Little Allergies Allergen Block, when used as direct-

ed, help prevent the start of mild nasal allergy symptoms.

For more information, visit prestigebrandsinc.com



Your Recipe Creation Could Be Worth A Cool Million \$\$\$

(NAPSI)-The 44th Pillsbury Bake-Off® Contest is now open for entries. One hundred finalists will compete for the \$1 million grand prize. The entry deadline is April 20, 2009. For contest details, visit www.bakeoff.com. This recipe example from the 43rd contest fits the Entertaining Appetizers category. The simple step of spraying the pan with no-stick cooking spray helps create a crispy, nicely browned crust.

Mango, Prosciutto And Goat Cheese Appetizer Pizza

- 1 tablespoon CRISCO® pure olive oil
- 1 medium onion, chopped (½ cup)
- 1 firm ripe mango, seed removed, peeled and cut into ¼-inch pieces (1 cup)
- ½ cup SMUCKER'S® sweet orange marmalade
- 1 tablespoon Dijon mustard
- 2 tablespoons balsamic vinegar
- 1 to 2 teaspoons soy sauce
- 1 can (13.8 oz) Pillsbury refrigerated classic pizza crust
- 4 oz thinly sliced prosciutto
- 1 cup shredded mozzarella cheese (4 oz)

1 cup crumbled goat (chèvre) cheese (4 oz)

Heat oven to 400°F. Heat 10-inch skillet over medium heat. Add oil and onion; cook about 5 minutes, stirring occasionally, until onion is softened and starting to brown. Reserve ½ cup mango. Stir remaining mango into onion. Cook 3 minutes, stirring frequently.

Stir in marmalade, mustard, vinegar and soy sauce. Cook 2 to 3 minutes, stirring frequently, until mixture thickens and most of liquid is absorbed. Remove from heat; cool while preparing crust.

Spray large cookie sheet with CRISCO® Original No-Stick Cooking Spray. Unroll

pizza crust dough on cookie sheet; press dough into 15x10-inch rectangle. Bake 8 to 10 minutes or until edges just begin to brown.

Spread mango-onion mixture over crust. Top with prosciutto; sprinkle with mozzarella cheese and goat cheese.

Bake 8 to 10 minutes longer or until crust is golden brown and cheese is melted. Sprinkle with reserved ½ cup mango.

Makes 24 appetizers.

• Bake-Off is a registered trademark of General Mills

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Ron Silver's Bravery Is Not An Act

by Ann Coulter

I wish I could ask Ron Silver what he thinks of the AIG bonuses. He'd have some original take -- maybe propose re-opening the bonuses paid to Franklin Raines and Jamie Gorelick for their yeoman's work running Fannie Mae into the ground and then collecting bonuses of \$90 million and \$24.7 million, respectively. Or maybe he'd just make a joke.

But I can't ask him anymore because Ron died of a rare esophageal cancer last Sunday.

So now there is one less person in the world who never chooses his positions to feed a pompous ego or to stroke his self-image as a thinking person. There was no point to posturing for Ron: His social standing in Hollywood was revoked the moment he supported Bush and the Iraq War.

Perhaps Ron always spoke his mind, but I didn't know him when he was "brave"; I only knew Ron when he was actually brave.

I've noticed that words like "brave" and "courageous" are mostly used nowadays to mean "left-wing." We're constantly asked to admire the monumental courage of Susan Sarandon, Tim Robbins, Sean Penn, Janeane Garofalo and the Dixie Chicks -- sometimes even by other

people.

But for my younger readers, what courage traditionally meant was risking the disapprobation of people you know. It was about losing friends, losing work and losing status where you live -- not alienating people you will never meet. Insulting people in Kansas when you live in Los Angeles is not speaking truth to power; it's speaking anything to serve power.

One thing you cannot say about Ron's magnificent speech at the 2004 Republican National Convention is that he did it to go with the flow in Hollywood, to take the path of least resistance, to win easy applause. Ron did lose work, lose friends and lose his entire social apparatus.

Ron didn't say what he said to get any kind of reaction, but because he believed it. He was an intellectual trapped in an actor's body.

Amid the antiques at his beautifully appointed Park Avenue pre-war, there were piles and piles of magazines and newspaper articles on topics ranging from Sunni Muslims to Darwinism. Nearly every room was lined with books, most of them dog-eared.

When I needed to stay with Ron for a few weeks once, he'd get up hours before I did, read all the major newspapers

and leave the interesting articles circled at the foot of my bed.

This might be the nicest thing a man could ever do for me. Hey, skip the bagel and fresh coffee -- bring me that op-ed page and a pair of scissors! It was like a fabulous Park Avenue hotel with a clipping service.

During his long-shot chemo treatments at "the spa," as he called Memorial Sloan-Kettering, Ron turned his chemo rooms into Command Central. Most people doze off during chemo; Ron would be sitting upright, watching the news, checking his laptop and making cell phone calls, seemingly oblivious to the poison being injected into his arm.

He'd often come to church with me on Sundays -- while insisting he favored the "Original Testament," as if the New Testament were an act of judicial activism. He just liked to hear an intellectual lecture on the Bible -- and always perked up when the minister began discussing the "Original Testament."

On Sundays when we had communion, Ron would pop the host in his mouth as soon as the tray passed him, approvingly observing that matzo was served at church.

No ideas frightened him, which is part of the reason why we were always

laughing, even when we were arguing.

Ron sometimes told me of the cruelty directed at him by his former friends, but never with bitterness or for publication -- although I'm tempted to get it off my chest even if he didn't want to get it off his chest. You know who you are.

As with his impending death, Ron mostly joked about his banishment from the plutocracy. When I off-handedly mentioned in December 2004 that I had to get a Christmas tree, he told me he'd like to help, but having recently spoken at the Republican National Convention, the last thing he needed was to be seen walking through the streets of New York carrying a Christmas tree.

After an aborted operation on his cancer in July 2007, as soon as I saw Ron in his hospital bed, I told him I had Christians across the country praying for him. He said, "That's good, because the Jews are praying for me to die."

Here he was joking only hours after being told his cancer was inoperable and he had mere months to live. Nearly two years later, he was gone. Luckily for him, he now faces a Maker who rewards bravery, but despises "bravery."



Charlene Dengler: "Training The Palate, Not Cleaning The Plate"

by Charlene Dengler

When I was growing up if I did not finish all of my dinner I was reminded of those starving children in third world countries who would appreciate my leftovers. And I would think, "if only I could get those tasty tidbits to them." At the time knowing that sending my castoffs was not going to happen, it prompted me to say a prayer for them and to be thankful for the forsaken succotash; yes, even those nasty lima beans. Back then food in America was plentiful and readily available, but nothing like the convenient, fast food, instant gratification society of today.

However, even in this tough economy, an overabundance of every kind of food or drink is evident. Just consider corpulent America.

I don't mean to be harsh, but America is ranked one of the highest with regard to obesity. Additionally, that statistic is extending to the succeeding generations as evidenced by the surging numbers of overweight and obese teenagers and preteens. BMI stands for "body mass index" and is a calculation based on a person's height and weight and nothing more. It's a snapshot view of one's general health. A BMI of over 25 is an indication of being overweight and clearly at risk for diabetes. And a BMI of 30 or greater is a definite indication of being obese.

Taking into consideration other parameters such as body frame, percentage of body fat, total body composition, and bone density provides a more accurate picture of an individual's overall fitness and health condition. One thing for sure is, if one is overweight, even by just 10%, they are at greater risk of diabetes, heart disease, stroke and cancer. So, why is obesity in the USA such a major problem? After all, we are a highly advanced, technologically sound country. The answer is quite complicated but not so daunting that

something can't be done about it.

Here in America, the land of plenty, we have plenty all right; plenty of mercenary food companies who don't care about the health of people. They are more concerned with having plenty of money in exchange for inferior, adulterated food that doesn't nourish the body, but just fills it with poor quality substances that wreak havoc with digestion and create multitudes of opportunity for the disease process to take hold. Consider the following commonly added substances that although recognized as acceptable, certainly do not contribute to optimum health.

Thankfully, partially hydrogenated oils are finally disappearing from labels after more than thirty-five years of being added to breads, crackers, cookies and other baked items.

However, saturated fats are still lurking even in the most innocent products, such as protein bars touted as good nutritional supplementation. Beware of health fanatics promoting these items as sound nutrition. At best, they are an occasional substitute for real food. Chemicals, many of which you need a biochemistry degree to pronounce, are found in abundance, particularly in so-called "low fat", "reduced sugar", "diet" foods. A good case

in point was when "fat free" foods were introduced to the market. Many people, thinking that fat free meant calorie free, consumed far more than a serving size. This behavior led to an explosion in the incidence of obesity. What wasn't evident to consumers was that instead of fat, craving-causing carbohydrates were added to the popular snacks and many could not stop munching.

My biggest complaint is against high fructose corn syrup, which chemically being a "left-handed" sugar, is not metabolized like sugar and is not only causing more obesity but also metabolic disorders and hormone imbalances. Check the labels! Anything sweet, and even breads, crackers and some not so sweet snacks have this nemesis, high fructose corn syrup, as one of its top ingredients. High fructose corn syrup is cheap, with a long shelf life, thereby lending itself to high production with less effort. There are some well-intentioned companies that will not use the substance but again, I say, read the labels.

Why, you may ask are these additives in our food supplies in such quantities as to cause Americans to be so abundant in size. The answer again is money! Food manufacturers want the food to taste good at the least expense to their company. Then, in addition to fat people consuming their products, the company will have made fat profits. After all, these companies don't subsidize your health care costs and in this decadent society that currently exists, it seems that money and things have become more important than people.

I've said it before; caveat emptor, or let the buyer beware! Making changes in one's food consumption begins with becoming more educated about what one is eating. Knowledge is power and making intelligent changes takes effort, but over time reaping the benefits is so worthwhile. Teaching children and grandchildren not to just clear their plates but to develop a taste for natural, healthy food can have a long-term impact. In fact, it just might reverse the current nutritional trends and move, not only Americans, but our country as a whole, down on the scale when it comes to obesity.

Charlene Dengler is a former registered nurse who has also been a model, nutrition consultant, fitness instructor and educational consultant. She is currently a nutrition consultant and personal trainer whose main focus is a natural approach to health and wellness. She can be reached at (719) 250-0683

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Enhancing Lives & Smiles With Total Dental Solutions

There's No Place Like Home: All Hands On Deck!

by Mary G. Pepitone

Springtime is prime time to hit the deck. Creating a seamless transition from indoor to outdoor living, a deck is an elevated platform most commonly attached to the back of a house.

"Today's decks are far different from the 12-by-16-foot rectangles our fathers and grandfathers put up in the 1970s and '80s," says Michael Beaudry, executive vice president of the North American Deck and Railing Association (NADRA) in Quakertown, Pa. "Now, decks are built with multilevels to serve multipurposes, giving people easy access to outdoor kitchens, fireplaces, hot tubs or pools."

Modern-day deck designs complement a house's architecture and are built around a homeowner's expectations for usage, privacy and views of the surrounding landscape. NADRA projects nearly 4 million residential decks will be constructed this year in the United States, whether homeowners are replacing decks

that are decades old or building new ones to create a personal backyard getaway.

More than 75 percent of decks built today are made of wood, but consumer interest in color choices and lower maintenance is driving the synthetic lumber market. Beaudry says there are more than 100 wood-alternative decking materials, including vinyl or plastic planks and manufactured wood composite lumber.

Dave Lombardo is on deck using innovative wood-wannabes in his Baltimore-based business, American Deck.

"When I started designing and constructing decks 20 years ago, we only made them of wood. These synthetic products didn't even exist," Lombardo says. "Now, a homeowner has many decking material choices, depending on preferences and lifestyle."

No matter which decking a homeowner may want underfoot, a deck's framework of supporting posts, beams

and joists is most often made of pressure-treated wood. Synthetic lumber is not strong enough to be load-bearing. New innovations in pressure-treated lumber, such as micronized copper azole (MCA) and alkaline copper quaternary (ACQ), have replaced the once commonly used CCA, or chromated copper arsenate-treated wood.

"There's no hiding the natural beauty of a solid wood deck,"

Lombardo says. "But one made with cedar, redwood or pressure-treated lumber requires regular maintenance with sealing or staining."

Different types and grades of wood vary in performance and price. While material costs and availability of hardwoods vary from one region of the country to another, installing a pressure-treated wood deck is the least expensive option with an estimated cost of \$19 and up per square foot. Redwood and cedar have natural decay-resistant properties, with an estimated installed price range of \$20 to \$40 or more per square foot.

A tropical hardwood such as Brazilian ipe (ee-pay) does not require regular staining and sealing because of the wood's density, but homeowners should expect the mahogany-colored wood to weather to a steel gray. Trained installers can charge \$25 to \$50 and up per square foot for this top-tier lumber.

Some homeowners may feel like their home's wood deck is stacked against them because of annual maintenance costs and upkeep. Synthetic, lower-maintenance wood-composite decking materials are high-tech timbers made of plastic and wood fiber.

But not all wood composites are created equal, Lombardo says. Some composites have a water-resistant, wood-grain-embossed surface that hinders the potential for mold and bacteria growth. Many composites are lower maintenance than wood and only require routine deck cleanings.

For a grand effect, some wood composites can be bent to create a curved deck design. A wood composite deck can be installed for \$24 to \$30 or more per square foot.

Solid plastic or vinyl planks might be the choice for the homeowner who wants to create a backyard oasis bedecked with a near maintenance-free product. These synthetic decking mate-



Located in Baltimore, this wooden deck was built after the house's original deck was removed. The multilevel deck rises to a height of 12 feet off the ground. photo: American Deck

rials are made from polyvinyl chloride (PVC), polyethylene, polystyrene and recycled plastics.

Plastic or vinyl decking can be embossed with a wood grain that comes in a variety of colors, including black, white, green, red and gray. Installing a deck made of plastic or vinyl materials may run upwards of \$25 to \$35 per square foot.

Lombardo says that while the cost for some of these synthetic lumbers is higher initially, homeowners don't have the maintenance costs that are associated with staining and waterproofing wooden decks. Some synthetic lumbers even offer 25-year structural and 10-year color-fade warranties.

A deck's finishing touches, such as cascading stairs, planter boxes, benches and custom handrails, move a deck's design from utilitarian to uber-cool. Synthetic lumber companies also make railing systems, fascia boards and trim pieces to match their manufactured decking.

"Every deck should be designed differently, based on the house style, topography of the land, budget and maintenance constraints," Lombardo says. "The synthetics and woods all perform differently, so homeowners need to ask questions to choose a decking material that's best for their house, yard and lifestyle."

RESOURCES

-- American Deck Inc., based in Baltimore, has eight locations on the East Coast, www.amdeck.com or (800) 592-DECK (3325).

-- To find local deck builders that belong to the North American Deck and Railing Association, go to www.NADRA.org and click on the "Find Deck Builders" link, or call (888) NADRA-4-U (623-7248)

Oral Health Tips For Seniors

Diet and Oral Health: A Vicious Circle For Some Seniors

by Ned High

No matter what your age, it's important to eat a healthy diet – one that includes lots of fruits and vegetables and whole grains, and minimal amounts of fats and sweets. Such a diet provides necessary vitamins and minerals that keep your entire body – including your mouth – healthy and strong.

Eating right is especially important for older people because poor nutrition can contribute to a decline in health. People in poor health, or those who have mouth or teeth problems, are less likely to eat well, so a vicious circle can result that can have serious health consequences.

Physical factors leading to health problems include: changes in chewing ability; dry mouth; changes in taste and smell; slowing of metabolism and activity level; reduction in nutrient absorption; changes in eyesight and hearing; physical disability; untreated tooth decay; loose teeth; missing teeth that haven't been replaced with bridges, dentures or implants; and ill-fitting bridges or dentures.

Here are some suggestions to help you eat an adequate diet even if you are having health problems. If you have problems chewing, you can chop, grind or puree meats; use canned, sugar-free fruits and vegetables; cook fresh vegetables to make them softer; eat softer breads and pastas; and use instant breakfast drinks.

If you have dry mouth, you can drink plenty of fluids; suck on sugarless lemon drops or other sugarless candies; and talk to your dentist or doctor about saliva supplements.

If you have a diminished or altered sense of taste, you can add spices to your food; try flavored dairy products (such as yogurt); and eat whole-grain breads and raw vegetables.

If you have arthritis or a physical disability, you can eat plenty of stews, soups and applesauce; eat tender meats or have your meats pureed; and have your fruits and vegetables cut into small pieces.

Visit your dentist if you have mouth pain, missing teeth, ill-fitting dentures or bridges, or other oral problems.

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

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Weird News

from page 4.

-- Gildazio Costa, 54, was arrested in Framingham, Mass., in February and charged with kidnapping and beating his girlfriend following a five-hour-long argument they were having about what the operating hours are for the local library.

-- First, Do No Harm: Tennessee anesthesiologist Visuvalingam Vilvarajah was arrested in February in Kentucky and charged with providing controlled-substance prescriptions (OxyContin, methadone) to as many as 350 non-patients. However, the more basic question is why Tennessee licensed Dr. Vilvarajah in the first place, since he had been approved by the state Department of Health even though officials knew that he was on parole at the time after serving a sentence for murdering his wife and mother-in-law. A department spokeswoman told The Tennessean newspaper that no law prevented Dr. Vilvarajah's licensing.

Inexplicable

-- A 25-year-old man was arrested in Fort Walton Beach, Fla., in February after an apparent suicide attempt. According to police, the man tried to gas himself inside his car in a closed garage, but apparently did not have a garage himself, and was arrested for trespass when he drove into a stranger's garage for the attempt, causing about \$1,000 damage.

Unclear on the Concept

-- In Airdrie, Alberta, in January, police officers responded to a report from the Ralph McCall Elementary School that a man was standing in the yard yelling with a portable loudspeaker toward a group of frolicking kids, calling, "Girls in the field, come over to my truck, come pet my dog." When alarmed adults nearby approached him, the man quickly got in his truck and took off.

-- In response to a bomb threat called in to Hays High School in Buda, Texas, in February, Principal Shirley Reich directed the evacuation of all students, who were kept out for two hours until the all-clear. The building had not been completely cleared, though. Reich had ordered that eight special-needs students, who presented mobility problems for the staff, be kept inside during the evacuation, and afterward Reich defended her decision, crediting herself for compassion because it was cold outside, and she wanted the special-needs students to be

comfortable.

-- In February, a federal jury in Tucson, Ariz., awarded damages of \$77,000 to six illegal immigrants who had trespassed on rancher Roger Barnett's land in 2004 (only one of hundreds of forays onto his land over the years by border-jumpers from Mexico) because Barnett had detained them while he was carrying a gun, which the jury said constituted "infliction of emotional distress" (though Barnett said he was merely protecting his property). Originally, 16 Mexican nationals had sued for \$32 million, accusing Barnett of violating whatever civil rights illegal-immigrant trespassers might have.

Least Competent People

-- How Could These Victims Have Acquired So Much Money in the First Place? (a) A 27-year-old "psychic" was sentenced to two months in jail in San Jose, Calif., in December after somehow convincing a woman, who had come to her for a \$10 reading, to pay her, in ever-increasing increments, \$108,000 for a "spiritual cleansing." (b) Charles Silveira filed a lawsuit in March in Morristown, N.J., to recover the \$250,000 he had incrementally paid to a "psychic," who said she needed to make a golden statue for him to ward off negativity. The woman also convinced Silveira to buy her a \$700,000 home, but that house is in Silveira's name, and he has asked a court's permission to evict her.

-- Crime Doesn't Pay (except maybe \$25 an hour): According to police in Longview, Wash., a 57-year-old woman entered a Winco Foods store at 5 a.m. on March 2 and did not leave the store until 5 p.m., and upon exit, paid for about \$80 worth of groceries but also possessed about 100 other small, concealed items such as greeting cards, sunglasses and batteries (the total value of which was about \$300). She had spent at least part of the day surreptitiously removing the items' packaging so they would not appear to be the store's stock.

Recurring Themes

Once again, a man was found to have climbed into the waste tank of an outdoor toilet, but according to a March report in the Twin Falls (Idaho) Times-News, the emergency crew seemed to accept his story that it was all a mistake and not a manifestation of perversion. Rescuers from the town of Filer, Idaho, said the

man told them he was just looking for his keys that he had accidentally dropped and had been in the tank for 15 minutes before help arrived. The man declined to identify himself, and no official report was required, but after the man was hosed off by a fire truck, he "discovered" that his keys had been in his pocket all along, and he drove away.

A News of the Weird Classic (July 1991)

In March 1991, Florence Schreiber Powers, 44, a Ewing, N.J., administrative law judge on trial for shoplifting two watches, called her psychiatrist to testify that Powers was under stress at the time of the incidents. The doctor said Powers did not know what she was doing "from one minute to the next," for the following reasons: recent auto accident, traffic ticket, new-car purchase, overwork, husband's kidney stones, husband's asthma (and noisy breathing machine in their bedroom), menopausal hot flashes, "ungodly" vaginal itch, bad rash, fear of breast and anal cancer, fear of dental surgery, son's asthma, mother's and aunt's illnesses, need to organize parents' 50th wedding anniversary, need to cook Thanksgiving dinner for 20 relatives, purchase of 200 gifts for Christmas and Hanukkah, attempt to sell her house without a broker, lawsuit against wallpaper cleaners, need to return newly purchased furniture, and toilet constantly running. (Nonetheless, she was convicted.)

Cultural Diversity

-- A member of the Singapore Parliament, Loo Choon Yong, attracted worldwide attention in February when he proposed that his already legendarily hard-working countrymen add Saturdays as a workday, to improve productivity to cover for a declining birthrate. "We should accept that, as a people, our procreation talent is not our forte," he said, and move from a five-day workweek to 6

Latest Religious Messages

-- The Vatican said in January that Pope Benedict XVI would soon issue guidelines to help Catholics understand which "sightings" of the Virgin Mary and Jesus are legitimate and which are phony (such as "apparitions" that seem to have been created for quick sale on eBay). When a claim occurs, the local bishop will be expected to convene a panel of theologians, mental-health people and priests who will investigate (and, if the sighting is demonic, summon an exorcist). (A 2003 Vatican paper noted that only 11 of the 295 reported apparitions during the 20th century were "genuine.")

Questionable Judgment

-- The Giza Zoo (the largest in Cairo, Egypt) is a broken-down version of its former greatness due to poor management, failed international inspections, animal sickness and attrition, and a deteriorating neighborhood, and among the problems now, according to a February Global Post dispatch, is that employ-

ees supplement their tiny wages with \$2 bribes from visitors who want to fraternize with the animals. "(P)osing with elephants" and "feeding seals" are big attractions, but so are visitors' roaming the cages, "holding lion cubs" and "hugging bears."

The Classic Middle Name (all-new!)

Arrested Recently and Awaiting Trial for Murder: Kevin Wayne Dunlap, Hopkinsville, Ky., October; Richard Wayne Smith, Marietta, Ga., January; Joshua Wayne Cabbage, St. Helens, Ore., February; Timothy Wayne Murray, Slidell, La., convicted on a 2005 cocaine possession charge in March 2009 while awaiting trial for a 2006 murder. Indicted for Murder: Arnold Wayne McCarty, Lewis County, W.Va., March; Arthur Wayne Blood, Pendleton, Ore., March. Convicted of Murder: Michael Wayne Charles, Beaumont, Texas, October; John Wayne Graves Jr., Lancaster, Pa., November; Michael Wayne Sherrill, Charlotte, N.C., February; Douglas Wayne Hall II, Richmond, Ky., February. Sentenced for Murder: Charles Wayne Warden, Brownsville, Texas, January. Murder Conviction Upheld on Appeal: Thomas Wayne Weaver, Gastonia, N.C., February. Executed for Murder: Kenneth Wayne Morris, Huntsville, Texas, March. Died in Prison Awaiting Retrial for Murder: Michael Wayne Jennings, Martinez, Calif., convicted of murder in 1984 but granted a retrial in 2002.

Least Competent Criminals

Not Ready for Prime Time: (1) Matthew Peverada was arrested in Portland, Maine, in December and charged with attempting to rob Dipietro's Market. His first attempt, at about 4 p.m., was rebuffed, but he announced that he'd be back at 11 p.m., and that they'd better have some money for him. He returned, and police were waiting. (2) In Phoenix in January, Shawn Holden, 20, ran from his car rather than be detained at a traffic stop for running a red light, and officers pursued him on foot. As police were wandering around looking for Holden, a truck driver walked by, got into his truck, and drove off, running over the prostrate body of Holden, who had been hiding underneath. He was treated at a hospital and arrested.

Recurring Themes

The Economics of Class-Action Lawsuits: On Jan. 20, L'Oreal, Estee Lauder and seven other cosmetics companies offered one free item per customer ("for as long as supplies last") as penance for having allegedly conspired with department stores to fix prices in the 1990s and early 2000s (but did not admit to any wrongdoing). The total amount the companies agreed to spend on the settlement was \$175 million, even though the benefit to any aggrieved customers was merely the price of one cosmetic item. However, lawyers who brought the case took home \$24 million.

GOT PAIN????!!!

BACKS, KNEES, FEET?

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

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GOLDEN AGE CENTER

Cooking From A To Z: New Orleans Dessert Trio

by Brete Harrison

New Orleans is famous for fabulous dining and unique culinary experiences. Whether you're in the middle of the action in the French Quarter or relaxing in the Garden District, decadent desserts are the topper for many a fine meal in the Crescent City. These three New Orleans specialties will beg to be re-created in your own kitchen: Bread Pudding With Pecans and Brandy Sauce, "Dirty Sugar" Pralines, and the flaming treat with flair, Bananas Foster.

COOKING A TO Z KITCHEN SUCCESS TIP:

-- Flaming desserts are easier to prepare over a gas burner. If you are cooking on an electric burner, heat rum or other liqueur in a small saucepan until it just begins to boil. Then pour over dessert and use a match to ignite it. Note: As with any flaming technique, always use extreme care and never allow children to attempt them.

BREAD PUDDING WITH PECANS AND BRANDY SAUCE

3 cups milk
4 large eggs
1 cup sugar
1 teaspoon vanilla extract
2 teaspoons cinnamon
1 teaspoon nutmeg

1/4 teaspoon allspice
1 1/2 cups chopped pecans
1/2 teaspoon salt
1/4 cup butter, melted
1 loaf day-old French bread
2/3 cup raisins
Brandy Sauce (recipe below)

1. In a heavy saucepan, scald milk. Remove from heat, allowing to cool to room temperature. In a separate bowl, mix eggs, sugar, vanilla, cinnamon, nutmeg, allspice, pecans, salt and butter. When milk has cooled, whisk into egg mixture, taking care not to overmix.

2. Preheat oven to 350 degrees. Cut bread into 2-inch cubes. Place bread and raisins in the bottom of a 3- to 4-quart earthenware or glass casserole dish. Cover with egg-milk mixture. Bake uncovered until a toothpick placed in the center comes out clean and top begins to brown (about 1 hour). Refrigerate and reheat in a 325-degree oven, if desired. Serve warm or at room temperature with Brandy Sauce.

Serves 6 to 8.

BRANDY SAUCE

3 large eggs
1/3 cup sugar
1/2 teaspoon vanilla extract
1/4 cup butter, melted
1/4 cup brandy
1/2 cup milk

1/8 teaspoon cloves

In a heavy saucepan, whisk eggs until thoroughly mixed. Whisk in sugar, vanilla and melted butter. Cook over low heat, while stirring often, until mixture begins to thicken (about 6 to 8 minutes). Remove from heat; stir in brandy, milk and cloves. Beat with electric mixer for several minutes until sauce has heavy cream appearance. Serve warm.

Makes 1 cup.

In this dessert, both white and brown sugar is used, thus the name "dirty sugar."

'DIRTY SUGAR' PRALINES

1 cup buttermilk
1 cup whole milk
1 cup white sugar
1 cup brown sugar
1 teaspoon baking soda
1/2 cup unsalted butter
1 1/2 cups coarsely chopped pecans

1. In a heavy, 4- to 6-quart saucepan, combine buttermilk and milk, sugars, baking soda and butter. Cook over medium heat, stirring frequently with a wooden spoon and monitoring temperature with a candy thermometer. Mixture will foam and darken as it thickens. Heat to 236 degrees to 238 degrees ("soft ball" stage).

2. Remove mixture from heat and stir in pecans with a wire whisk.

Beat mixture, then let cool to about 220 degrees. While still soft, spoon onto waxed paper, 1 to 2 tablespoons per mound. As the pralines cool, they will become firm. Remove from the waxed paper for serving.

Makes 2 to 3 dozen.

BANANAS FOSTER

2 tablespoons unsalted butter
2 tablespoons light or dark brown sugar
Pinch cinnamon
Pinch nutmeg, preferably freshly grated
2 small, firm bananas, cut in half lengthwise
1/4 cup Drambuie liqueur
1/4 cup dark rum
2 scoops vanilla ice cream

1. Melt butter over medium heat in a 10-inch omelet or saute pan. Add sugar, cinnamon and nutmeg; mix well. Add bananas and saute until they begin to soften (about a minute on each side).

2. Pour in liqueur and rum and turn up heat. To ignite liquor, remove pan from heat source, tilt pan slightly, ignite and carefully shake pan to prolong flames. When flaming, caution is always the watchword. After flames burn out, place 2 banana halves on each serving plate. Place a scoop of ice cream between the banana halves and spoon the sauce over all.

Serves 2.

FREMONT/CUSTER County Menus

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

FLORENCE

100 Railroad St. - Florence Tu-Thur-Fri

APRIL 2: MEATLOAF/Brown Gravy, Cheesy Potatoes, Seasoned Green Beans, Pineapple Tidbits.

APRIL 3: TUNA MACARONI SALAD, Cool Cucumber Salad, Orange Juice Gelatin, Salad with Banana, Peaches, Cheddar Drop Biscuit.

APRIL 7: SALISBURY STEAK, Whipped Potatoes/Gravy, Italian Green Beans, Tropical Fruit.

APRIL 9: TERIYAKI BEEF, Whipped Potatoes, California Vegetable Medley, Banana.

APRIL 10: TACO SALAD WITH SALSA Tomato & Lettuce Garnish, Strawberry Applesauce, Tropical Fruit, Cornbread with Margarine.

APRIL 14: ROAST PORK, Whipped Potatoes with Gravy, Parslied Carrots, Strawberry Gelatin Salad, Dinner Roll with Margarine.

APRIL 16: TURKEY TETRAZINI, Italian Green Beans, Cottage Cheese Peach Salad, Strawberry Applesauce.

APRIL 17: CHICKEN FAJITA, Tomato, Lettuce Garnish, Cilantro Rice, Cooked Cabbage with Red Pepper, Grapes.

APRIL 21: ROAST BEEF, Mashed Potatoes with Gravy, Green Bean Amandine Apricot Peach Compote, French Bread with Margarine.

APRIL 23: CHICKEN CACCIATORE, Oven Browned potatoes, Italian Vegetables, Sliced Peaches, Cookie.

APRIL 24: KIELBASA, Parsley Buttered Potatoes, Mixed Vegetables, Squash, Pineapple Mandarin Orange Compote.

APRIL 28: BEEF AND SWEET PEPPERS, Steamed Brown Rice, Cut Broccoli, Raisin Applesauce.

APRIL 30: WHITE CHILI WITH CHICKEN, Whole Wheat Crackers, Carrot & Celery Sticks, Cooked Cabbage with Red Pepper, Pear Halves
Milk served with all meals. Most meals served with bread & margarine.

SALIDA MENU

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

APRIL 2: SCALLOPED POTATO & HAM, Chopped Spinach, Hard Boiled Egg, Perfection Salad, Apple.

APRIL 6: SPAGHETTI AND MEATSAUCE, Tossed Salad with Italian Dressing, Seasoned Green Beans, Orange.

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APRIL 7: CHICKEN RICE SOUP, Wheat Crackers, Open Face BBQ Beef On a Bun, Creamy Coleslaw, Almond Peaches.

APRIL 9: BAKED PORK CHOP WITH COUNTRY STYLE GRAVY, Whipped Potatoes, Hot Bean Casserole, Fruit Salad, Cinnamon Applesauce.

APRIL 10: CALIFORNIA VEGGIE BAKE, Spinach Salad with Egg & Italian Dressing, Pears, Citrus Cup, Oatmeal Raisin Cookie.

APRIL 14: LENTIL BLACK BEAN SOUP, Egg salad Sandwich on Wheat Bread, Sliced Tomato on Lettuce, Banana.

APRIL 16: TATOR TOT CASSEROLE, Tossed Salad, Squash, Pears.

APRIL 17: CHICKEN A LA KING, Whipped Potatoes, Tossed Salad with Lite Dressing, Orange, Apricot Halves.

APRIL 21: WHITE CHILI WITH CHICKEN, Wheat Crackers, Carrot & Celery Sticks, Cooked Cabbage with Red Pepper, Apple.

APRIL 23: TUNA NOODLE CASSEROLE, Mixed Vegetables, Sliced Zucchini Squash, Sliced Peaches.

APRIL 24: SWEDISH MEATBALL, Whipped Potatoes with Cream Gravy,

Chopped Spinach, Mixed Fruit.

APRIL 28: TACO SALAD WITH SALSA, Tomato & Lettuce Garnish, Strawberry Applesauce, Tropical Fruit, Cornbread with Margarine.

APRIL 30: TAHITIAN CHICKEN, Steamed Brown Rice, Green Bean Amandine, Fruit Salad.

GOLDEN AGE CENTER

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

APRIL 2: SALISBURY STEAK, Whipped Potatoes with Gravy, Italian Green Beans, Tropical Fruit.

APRIL 4: TURKEY POT PIE, Tossed Salad, Orange Juice, Apple.

APRIL 6: TACO SALAD WITH SALSA, Tomato & Lettuce Garnish, Strawberry Applesauce, Tropical Fruit, Cornbread with Margarine.

APRIL 9: BEEF STROGANOFF, Orange Spiced Carrots, Ruby Beef Salad, Tropical Fruit.

APRIL 11: MEATLOAF/Brown Gravy, Cheesy Potatoes, Seasoned Green Beans, Pineapple Tidbits.

APRIL 13: 52 CHICKEN CORDON BLEU, Rice Pilaf, Seasoned Asparagus, Apricots.

APRIL 16: PRESIDENTS DAY- No Meal.

APRIL 18: 18 SCALLOPED POTATOES WITH HAM, Chopped Spinach, Mixed Vegetables, Apple.

APRIL 20: BRATWURST ON A BUN With Sauerkraut, Mustard & Onion, Pickled Beets, Sliced Peaches.

APRIL 23: TURKEY TETRAZINI, Italian Green Beans, Cottage Cheese Peach Salad, Strawberry Applesauce.

APRIL 25: LENTIL BLACK BEAN SOUP, Egg salad Sandwich on Wheat Bread, Sliced Tomato on Lettuce, Banana

APRIL 27: TERIYAKI BEEF, Steamed Brown Rice, Chinese Vegetables, Spinach Mandarin Orange Salad with Sesame, Vinaigrette Dressing.

Milk served with all meals. Most meals served with bread and margarine.

PENROSE CENTER

1405 Broadway-Penrose (Tues/Thur)

APRIL 2: CHILI RELLENO CASSEROLE, Parslied Carrots, Tossed Vegetable Salad with Lemon.

APRIL 7: CREAM OF POTATO SOUP, Tuna Salad Wrap with shredded, Lettuce and Tomato, Hard Boiled Egg, Grapefruit Half.

APRIL 9: BAKED HAM WITH RAISIN SAUCE, Candied Sweet Potatoes, Green Bean Amandine, Cranberry Mold

APRIL 14: SMOTHERED CHICKEN, Cornbread Stuffing, Seasoned Cauliflower Broccoli Mix, Applesauce Waldorf Salad.

APRIL 16: FRENCH DIP SANDWICH WITH AU JUS, Oven Browned Potatoes, Mixed Vegetables, Strawberry Applesauce.

APRIL 21: BAKED PORK CHOP WITH COUNTRY STYLE GRAVY, Whipped Potatoes, Hot Bean Casserole, Fruit Salad, Cinnamon Applesauce.

APRIL 23: SLOPPY JOE ON A BUN, Scalloped Potatoes, Broccoli and Carrots, Apple.

APRIL 28: TURKEY TETRAZINI, Italian Green Beans, Cottage Cheese Peach Salad, Strawberry Applesauce.

APRIL 30: TATOR TOT CASSEROLE, Tossed Salad, Squash, Pears.

ALL MEALS SERVED WITH MILK

(Coffee or Tea optional). Most meals served with bread and margarine.

Cool, Stylish, Flattering Clothes That Work For Old Women

by Patricia McLaughlin

They're out there, believe it or not. To find them, be willing to take chances, try things on, and send back anything that looks less than great.

Passionate fans of "Project Runway" have been applying to fashion design schools in droves, drawn by the excitement, the glamour, the utter fabulousness of life as a professional fashionista. Which raises the question: How many of these aspirant designers aspire to design a line of stylish, comfortable, moderately priced clothes for women in their 80s and 90s?

I'm going to go out on a limb here and guess: Not a single one.

Sorry, surviving female members of the Greatest Generation! You're just not cool enough to fire the imagination of fashion-obsessed teenagers.

Or grown-ups, for that matter. Extensive recent anthropometric studies have documented the effects of age on women's bodies: The head is carried forward, shoulders roll forward to widen the

back and narrow the chest, spine shortens and condenses, rib cage expands, bust falls, waist thickens, abdomen rounds out, buttocks flatten. You end up with a completely different body. Thanks to anthropometrics (it's a fancy word for systematic body measuring), garment manufacturers finally have the data to make clothes designed to fit and flatter that body. But, if any of them are actually doing it, they're keeping it very quiet.

So what is an old woman -- yes, an "old woman": Age by itself is not so awful or indecent as to require euphemism -- to wear? (Besides, I mean, the clothes she already owns -- an especially popular choice in this age of shrinking IRAs, failing pensions and stock portfolios worth half what they were a year ago.)

Custom is one option. Lands' End (www.landsend.com, 1-800-963-4816) makes custom-fit jeans and khakis for women, and JCPenney (www.JCPenney.com, 1-800-222-6161) makes custom-fit chinos. The problem here is that pants

made to fit the older woman's flat backside and rounded abdomen can seem to emphasize both: They may fit perfectly but still not look right to her. Stretch fabrics can deliver a near-custom fit to a range of body types. Pants made from fabric with 8 percent to 10 percent Spandex don't care whether your backside is flatter than your belly; they stretch wherever

they need to. Pants made for dance or yoga tend to have elastic waists without a lot of unflattering gathers, and they can look reasonably formal in dark colors and matte finishes. Look for proportioned lengths (hand-done hems tend to look lumpy in stretch fabrics) and for Supplex or Tactel nylon or microfiber polyester, which hold their colors better than cotton.

Many older women were (to put it mildly) put off by the ultra-low-rise pants that until recently were almost inescapable, but a slightly-below-the-waist waistband can be surprisingly flattering, even more so if it's the flat "invisible stretch" kind. (A cinched-tight-at-the-natural-waist waistband that explodes into pleats or gathers only makes your stomach stick out even more.)

Along the same line, a tactic I'm always trying to talk my own mother into is wearing T-shirts out instead of tucking them in. It's axiomatic: Tucked-in tops spotlight the tummy. She never wants to hear it, having grown up in the 1930s and 1940s, the age of Scarlett O'Hara, when small waists were crucial -- and untucked shirts were considered sloppy. (And really, why should she? Whether you're 18 or 88, the point is to look the way you want to look, no matter what I or anybody else says.)

That said, clothes designed to skim the body rather than hug every contour tend to work better for older women -- or, for that matter, for anybody whose body varies one way or another from the current ideal. What fashion people call an "easy" fit almost

always looks better than an outright bad fit. Example: Chico's (www.chicos.com, 1-888-855-4986) has built a respectable business on clothes that, because they aren't meant to fit closely, work for a range of body types and sizes.



A longer T-shirt (this one is the women's short-sleeve active wear crewneck tunic T-shirt from Lands' End) skims past the flat backside and rounded abdomen that older women tend to acquire with age; pants with plenty of stretch (in this case, yoga pants also from Lands' End) fit without binding or sagging. Photos: Lands' End

Back in the day, when the late Geoffrey Beene presented his collection in his showroom, seating was usually handled by a bevy of distinguished-looking older women, some of them plus-sized, who wore beautifully made A-shaped black dresses that fitted perfectly in the shoulders and flared out gently to elide bust, waist and hips. They invariably looked wonderful.

Francisco Center For The Performing Arts: "Nunsense"

Event: Live Theater

Who: Spanish Peaks Players @ the Francisco Center for the Performing Arts

What: "Nunsense" - the hilarious Broadway musical comedy By Dan Goggin - directed by Betty Brown and Peggy Arnold-Hoobler.



Nunsense is story of the 5 surviving Little Sisters of Hoboken, the others having succumbed to accidental poisoning by Sister Julia (Child of God). The nuns only had money to bury 48 of the dearly departed sisters, the rest are in the freezer. They must raise money for proper burials before the health inspector shows up!

When: April 17,18,24th and 25th at 7:00pm as well as Sunday April 19th at 2:00pm. Also April 26th if the public prevails!

Where: Francisco Center for the Performing Arts is located at 127 West Francisco St in La Veta, CO 81055

Why: Because it's spring!

Event phone # 719-742-5421 (Betty Brown - co-director) 719-742-3035 (Shane Clouse - FCPA president)

Website: www.lavetatheater.org email: staff@lavetatheater.org

Tickets: \$15. Available in advance at La Veta True Value, the Huerfano Journal in Walsenburg or at the door 30 minutes prior to performances

SeniorGuide'09 at www.seniorbeacon.info or pick it up at Tinseltown, St. Mary Corwin, Parkview, Thomas More and other locations.

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Reeling

"Just For Laughs"

by Film Critic Betty Jo Tucker, Pueblo

JUST FOR LAUGHS

As I write this review of "Yes Man," Jim Carrey stares at me from an eight-by-ten photo perched on a shelf to my left -- and signed "Spank you very much!" Carrey sent this to me a few years ago in response to my letter offering him suggestions about his career. I'm glad he's following some of my recommendations by using his extraordinary talents in amusing movies like "Yes Man."

Happily, Carrey romps through this movie (available April 7 on DVD) with his usual kinetic energy and enthusiasm. He plays Carl Allen, a formerly closed-off man who discovers that saying "Yes" to every opportunity brings him multiple benefits. This "carpe diem" situation serves as showcase for Carrey's hilarious physical comedy skills. When his character breaks out of his shell, he plays the guitar, sings, speaks Korean, races a motorcycle, overdoses on "Red Bull," attends off-the-wall concerts, plans

a wedding shower, and dresses like Harry Potter for a costume party.

Accepting the affirmative also results in our hero meeting Allison (Zooey Deschanel), a lovely young woman with strange interests, such as taking pictures of others while she's running. Of course, romance blossoms between these two -- and it's great fun watching them get to know each other. Carrey and Deschanel ("Elf") display a delightful screen chemistry here, and I'd like to see them in more films together.

Despite Mae West's belief that "too much of a good thing can be wonderful," sometimes it can lead to serious problems. In "Yes Man," that's exactly what happens. Will Carl learn how to be more reasonable about the opportunities he accepts? If so, how will that impact his relationship with Allison? Those two questions may make the movie sound like a downer, but don't worry. It's designed strictly for laughs -- and there are plenty

of them.

While not a perfect film (the usually great Fionnula Flanagan appears in a couple of crude and insulting scenes), "Yes Man" is highly entertaining. Besides Carrey and Deschanel, actors who add to the movie's appeal include: Terrence Stamp, who's almost scary as a self-help guru; Bradley Cooper, suitably worried as Carl's best friend; and the always funny John Michael Higgins as the man who introduces Carl to the "Yes Man" philosophy.

Director Peyton Reed moves "Yes Man" along with a lively pace, and the screenplay by Nicholas Stoller, Jarrad Paul and Andrew Mogel boasts witty dialogue, especially the banter between the characters played by Carrey and Deschanel. I consider "Yes Man" a welcome movie gift for comedy fans. (Released by Warner Bros. and rated "PG-13" for crude sexual humor, language and brief nudity.)

"Bedtime Stories," another film comedy available on DVD this month, may evoke laughs from its young target audience, but it left me wondering why more attention wasn't paid to the script of this latest Adam Sandler effort. Because the movie centers on a great idea concerning stories with elements that come to life the next day, it's a shame the whole film didn't turn out to be more enjoyable for all age groups. Telling stories to little children can be such fun! No matter how silly the tale, youngsters love hearing adults put their own spin on a fantasy or adventure saga. Although capitalizing on this fact of life, "Bedtime Stories" becomes a series of repetitive situations enhanced by fun special effects, then sabotaged by unfunny dialogue like "Goofy is the new handsome."

Sandler plays Skeeter, a hotel handyman who's competing with the villainous, high-powered Kendall (Guy Pearce) for a top spot in a big hotel. At the same time, he's agreed to baby sit his sister's

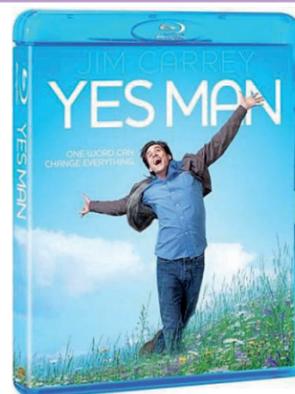
(Courtney Cox) two kids while she goes out of town for an important job interview. When Skeeter tells his little niece and nephew stories at bedtime,

every one of his fantastic tales -- whether set in the Old West or in Rome's Golden Age or in a sci-fi future -- relates to his desire to triumph over Kendall. In the meantime, Skeeter falls for Jill (Keri Russell), who takes care of the kids during the day. Unfortunately, the chemistry between Sandler and Russell comes across about as exciting as Jane Austen on tranquilizers.

Sandler tries his best to make Skeeter fun to watch. He does his silly faces, talks to a big-eyed guinea pig and so forth, but none of his actions resulted in much laughter from the audience at the screening I attended -- except for the six and seven-year-olds in attendance.

Still, I'm glad I saw "Bedtime Stories." Why? Because Guy Pearce ("Time Machine") goes so far over the top in a musical number, I thought my eyes and ears were deceiving me. But I couldn't help loving that scene! Obviously, Pearce is an actor who's willing to do anything for his craft. (Released by Walt Disney Pictures and rated "PG" for mild language, crude humor, and thematic elements.)

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



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