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Happy 30th Beacon
May The Clouds Never Burst &
The Son Always Find You!

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Senior Beacon

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

AUGUST, 2011 Vol. 30: No. 1

Established Aug., 1982

348 Consecutive Months!

NEAR THE MEDICARE DOUGHNUT HOLE?

Get Six Months Of Meds For The Cost Of Two

Alexandria, VA (July 11, 2011) Seniors enrolled in Medicare Part D plans should perform a mid-year drug plan check-up this month, says The Senior Citizens League (TSCL), one of the nation's largest nonpartisan seniors groups. The Centers for Medicare & Medicaid Services (CMS) recently announced that Medicare beneficiaries are beginning to benefit from discounts of 50% on covered brand name drugs and 7% on covered generics in the Part D doughnut hole, an important new benefit of recent healthcare reform legislation.

"While that new coverage is a major savings, nobody can breathe any sighs of relief yet," says Mary Johnson, a Medicare policy analyst for TSCL. "Those who hit the doughnut hole must still spend \$6,448 in total drug costs in 2011 before they get out of the hole and reach catastrophic coverage. And with average Social Security benefits around \$1,100, that's half a year of a monthly benefit payment," Johnson notes.

According to a national survey conducted by TSCL, nearly 80 percent of seniors who hit the doughnut hole do so in the second half of the year. "It's better to try to avoid hitting the doughnut hole to begin with," Johnson advises. Here are her tips for getting up to six months of meds for the cost of two.

1. Estimate when you risk hitting the doughnut hole: If you take more than \$236 worth of prescription drugs a month, you're at risk of hitting the doughnut hole at some point during the year. Part D plan enrollees have an initial coverage limit of \$2,840 in total drug costs (what you and your plan pay) in 2011. Check your monthly drug plan statements for this information or call your drug plan.

2. Schedule an annual check-up and review ALL prescriptions with your doctor: Medicare now covers a yearly wellness exam. Carry a bag with every prescription and supplement you take to your appointment and find out if you still need to continue taking each one. There's a chance you may be able to discontinue something.

3. Find out if there are less costly options: If you are taking an expensive drug or one that's not covered by your drug plan, find out if there are generics or older, less expensive drugs that you could try. When trying out a new prescription, ask your doctor for free samples to allow time to determine



whether it will treat your condition as effectively, and to monitor for potential negative side effects.

4. Find out if your drug plan offers mail order: If your drug plan offers mail order, you can often significantly cut your costs by using it. Generally, mail order requires a 90-day prescription, but frequently the cost is the same as what you would pay for a 60-day supply from a retail pharmacy.

5. Split your pills if you can: You can further cut your costs in half by splitting your pills in half. Ask your doctor if pill-splitting would work with your prescriptions (not all pills can be split). Your doctor may need to write a prescription with a higher dosage than you normally take if you plan to split the pill. You can readily find inexpensive pill splitters at your pharmacy. If you do split your pills, make sure your family and emergency caregivers also know! Carefully label all prescriptions that require splitting.

6. Compare generic costs: You sometimes pay more for common generics using your drug plan than you

would by visiting a pharmacy with a \$4 generic program. Compare first. If the \$4 generic saves you money over your normal co-pay, put your drug plan card away and shop at the discount pharmacy. Save your coverage for more expensive prescriptions.

Get more money-saving tips. Send for a free copy of The Senior Citizens League's "2011 Best Ways to Save" newsletter. Send \$1 for postage and handling to: The Senior Citizens League, ATTN: BWTS, 1001 N. Fairfax St., #101, Alexandria, VA 22314. Association. Please visit www.SeniorsLeague.org or call 1-800-333-8725 for more information.

With over 1 million supporters, The Senior Citizens League is one of the nation's largest nonpartisan seniors groups. Located just outside Washington, D.C., its mission is to promote and assist members and supporters, to educate and alert senior citizens about their rights and freedoms as U.S. Citizens, and to protect and defend the benefits senior citizens have earned and paid for. The Senior Citizens League is a proud affiliate of The Retired Enlisted Association. Please visit www.SeniorsLeague.org or call 1-800-333-8725 for more information. Distributed by The Senior Exchange, Inc. Serving The Mature American With Timely, Low-Cost, Self-Help Information

El Pueblo: Grandkids Will Love This History/Art Mix

by Kathleen Eriksen

Before school starts, children 8 to 13 years of age can become history detectives and explore the museum.

Beacon's Own Movie Addict Goes Digital!?

MOVIE ADDICT CONFESSES TO GOING DIGITAL

Pueblo, Colorado. (August 1, 2011). Film Stars! Dancing! Popcorn! At last, a life story with everything but the movie stuff edited out. To celebrate the tenth anniversary of the publication of

CONFESIONS OF A MOVIE ADDICT by film critic Betty Jo Tucker, Wheatmark is releasing this amusing memoir as an ebook available through Amazon's Kindle store. In her life-at-the-movies memoir, film critic Tucker chronicles a love affair with movies that's lasted over half a century. Although personal movie-related anecdotes abound in her CONFESIONS, Tucker also takes readers behind the scenes of the entertainment industry, sharing her favorite celebrity interviews and revealing sometimes hilarious encounters with movie stars and directors.



With each exploration, participants will complete a corresponding folk-art piece each day with retired school teachers Judi Brown and Phyllis Keas. Projects

include painted drums, coup feathers, plaster sculptures, mud masks and more. Cost is \$25 for the week which includes supplies or \$6 each day. Call

SUSAN SARANDON: A TRUE MAVERICK, which received Honorable Mention at the New York Book Festival. In addition, she is co-author of IT HAD TO BE US, an award-winning, bestselling romantic memoir she and her husband wrote under the pseudonyms of Harry & Elizabeth Lawrence. She writes film commentary for the Colorado Senior Beacon and teaches an online course on writing about movies for the Long Story Short School of Writing. A founding member of the San Diego Film Critics Society (SDFCS), Tucker also belongs to the Online Film Critics Society (OFCS).

Ever the movie addict, Tucker declares, "I plan to donate my author's royalties for CONFESIONS OF A MOVIE ADDICT to The Film Foundation, a non-profit organization dedicated to film preservation and education."

For more information, go to the author's website at www.BettyJoTucker.com

Ed. Note: To have our own Movie Critic is astounding! Thanks B.J.

the museum at 583-0453 to register or for low-income assistance.

"Song of Pueblo" Concert

Join us for the "Song of Pueblo" concert on August 26, Friday and discover the stories of the region's history with song, narration, vignettes and vintage photographs. This original Oratorio, written and composed by noted playwright Daniel Valdez takes you on a memorable journey of through past beginning with the American Indians and continuing on to the Flood of 1921. The concert is performed live by El Pueblo Ensemble. Concert is at the museum located at 301 North Union. Doors open at 6:00 p.m. and concert is at 7:00 p.m. Call the museum at 719/583-0453 for ticket information.

"Pastels Plus! Exhibit

The new fine art exhibit in El Pueblo History Museum's High Vista Gallery is "Pastels Plus!"

A range of subjects from portraits to landscapes grace the display showcasing the vivid colors of chalk and oil pastels. The exhibit can be seen through August 27, Saturday, during regular museum hours of Tuesday through Saturday, 10:00 a.m. to 4:00 p.m. Admission is free to the gallery.

El Pueblo Trading Post is Open on Saturdays from 10am to 3:30pm! Call us at 583-0453 for info.

Just Another Day At The Races

by James R. Grasso, Chief Cook & Bottle Washer



Starting Our 30th Year! Thanks

Oh-boy, oh-boy, oh-boy, oh-boy, with this edition we have started our 30th year! It's so hard to believe that 30 years have come and gone and *Senior Beacon* is still going strong! Yeah I'm also a poet! For our anniversary we have added 12 new distribution spots including all the Kwik Stops from Pueblo West through Penrose, Florence and Cañon City along with Black Eyed Pea in Pueblo, the Pueblo West Library, the Greenwood Building in Pueblo and the Kaiser Permanente Building in Pueblo right off the top of my head. We've also expanded the newspaper by four pages and this month as a treat to everyone, myself included, it has been decided to tie our all-time record of 32 pages, which is an 8-page expansion from our usual 24! Our website (www.seniorbeacon.info) is expanding and opening up links to one and all, (just \$5 a month gets a link & logo) and the best part is that *Senior Beacon* is free on the internet. How great is that for you all and our advertisers? Oops, almost forgot, my wife, Jeannie and daughter, Robin, have taken on more responsibilities as age keeps creeping up on me and of course Jan and Rick Forman are always available for advertising/distribution information and ideas. Kudos to Cammie and Randy Gottula for their

expanded role in distributing the paper. It takes great time and effort to go to 138 places.

We also have signed up two new column writers, brought back an old favorite, Patricia McLaughlin (fashion columns) and scored a coup with a wonderful newspaper called *Old News* who are allowing us to reprint some of their award-winning articles which I'm sure you will all love and be amazed by.

So ladies and gents, find your favorite chair, sit back and be entertained by our now 30-year-old newspaper *Senior Beacon*. If you have any suggestions for more improvements or want to write your opinion reach us a srbeacon@gmail.com

Observations From The Cave

When I read about the things children do and how it stems from bad parenting, I can only find solace in God's words about a "millstone around your neck" being the consequence of hurting these innocents. In my book, that includes abortion as well. "I'm just saying!" **SEE "OP-ED" PAGE 28.**

SENIOR WEEK AND SENIOR SAFARI 2011 AT THE PUEBLO ZOO

Last year's Senior Safari 2010 celebrated Bessie Rockwell from AVRMC Nursing Care Center in La Junta as the oldest visitor of the day at 106. Bessie and approximately 460 other seniors who visited that day proved that you are never too old to enjoy a visit to the Zoo. They came armed with wheelchairs, walkers, and oxygen bottles, and some just came with their young-at-heart attitudes in search of a fun day. Senior individuals and couples, as well as thirty-six care facilities and senior centers from as far away as Trinidad, La Junta, Cripple Creek, Colorado Springs, Walsenburg and Canon City rolled into the Zoo's parking lot in cars and vans and mini-buses to embark upon new adventures or to relive fond memories of visiting the Zoo in their younger days or with their kids.

2011's Senior Week will run from September 3 through September 11, when the Pueblo Zoo will honor senior citizens (65+) by offering free admission the whole week. Zoo hours are 9:00 am to 5:00 pm daily. Senior Safari will be held on Wednesday, September 7 with festivities from 10:00 am to 2:00 pm. The fun-filled day will include free refreshments, music by Tom Munch with sing-alongs and dancing, bingo and up-close animal presentations by some of the Zoo's Docents. Bring your own lunches or purchase pizza from Little Caesar's. Target Distribution Center employee volunteers will once again be on hand to help assist with pushing wheelchairs and B-I-N-G-O.

Schedule of Activities for Wednesday, September 7, 2011:

- 10:00 am – 11:00 am Refreshments
- 10:30 am – 1:00 pm Animal Close Encounters
- 10:30 am – 1:00 pm Music by Tom Munch
- 11:30 am – 12:30 pm Pizza (for sale)
- 1:00 am - 2:00 pm B-I-N-G-O

Senior Safari

September 7 10:00 am - 2:00 pm

at the PUEBLO ZOO



Music, Refreshments, Games
Animal Close Encounters



FREE ADMISSION
for seniors 65+
during Senior Week
Sept. 3 - 11

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Op-Ed

Ron Pollack
Cynthia Tucker
Chuck Green
James Grasso
Ann Coulter
Richard Reeves

As Newspapers Dwindle, Who Pays The Grunt?

Ed. Note: This column was originally published on March 18, 2010 by Chuck Green

Every morning, and a few times during the day, and usually as one of the last things before turning in for the night, I check the Internet for the latest news.

I know. Get a life, Chuck.

But it's my nature. Ever since I was about six or seven years old, I've been fascinated by news – even if it's old news, reported on yellow, moth-chewed paper published more than 100 years ago.

But as much as I depend on the Internet today, rather than the old rolled-up version that is tossed on the driveway (or in the bushes or on the snow) every morning, there is one undeniable fact about the news:

Most of it, not in quantity but in quality, still is produced by newspaper companies.

Most often, when I check the news on the Internet, it is reported by newspaper reporters, whose work finds its way onto the World Wide Net. Even the most-used, news-oriented website in the nation, The Drudge Report, is

nothing more than a series of links to newspaper stories around the world.

The daily newspaper in Milwaukee this week reported that more than 300 mortgage officers in Wisconsin had criminal records, ranging from fraud and drug trafficking to murder. These are people who, through mortgage applications, attain access to families most intimate financial information, including bank-account numbers and data that can be used for identity theft.

Of course I learned about this phenomenon through the Internet, but the information was developed by a team of investigative journalists who work for a local newspaper.

It is rare that such stories are uncovered by the efforts of a purely Internet site, because it takes an enormous amount of time and resources to develop such information. Bloggers don't do that, radio stations don't do that and very few television stations do that. But newspapers do it every day, in small communities and large cities.

Newspapers are the life blood of news on the Internet, although most people who depend on the Internet for

their daily news diet, and who usually don't have very nice things to say about newspapers, don't acknowledge that.

In a sense, it's always been that way. Ever since radio and TV were invented, most of the news reported by those media came from newspaper reporters, whose work was pirated by the professional readers behind the microphones. It's still that way today.

Ever since the invention of moveable type, and through today's latest deadline, most news has been reported on paper, or at least by journalists working for the paper sheets.

What radio station or TV newsroom or Internet blog site in your town routinely sends reporters to school-board meetings or city-council meetings or to review the police blotter or to check property-tax records?

Without fear of contradiction, I can say: None.

Even in their anemic, slimmed-down, dying-out condition of today, it is the newspapers who do the grunt work of news reporting. All the other types of media are merely predators.

But as the centuries-old economic model of newspapers with-

ers, what is going to emerge to replace the vital role of the newspaper reporter who laboriously tracks down the criminal records of thousands of mortgage officers in Wisconsin?

It's an unsettled, and unsettling, question that has enormous ramifications for the future of civilization, shaping the forms of our governments, the fabric of our communities, the basic foundations of our personal and collective relationships.

Of course, a solution probably will evolve.

A group of Denver journalists, suddenly finding themselves unemployed in the ash heap of the defunct Rocky Mountain News, are among those who are searching for that solution.

They announced this week a new venture to create an on-line version of the News, although their preliminary plans are sketchy and dubious at best, and their vision of a replacement of the old newspaper promises nothing much more than a dim shadow of their lost

SEE "GREEN" PAGE 28.

N.Y. Times: Fraught Nexus Of Lies, Stupidity & Bigotry

by Ann Coulter

Ed. Note: The N.Y. Times is used as the reference for all that is from the Left. They are the granddaddy of all things Leftist. Be that bad or good, the Left and most media take their que from the Old Gray Lady. It is just the way it is.

Perhaps instead of taking potshots at me in its Book Review section, The New York Times could consider reviewing one of my books. With only one review -- not in the Book Review -- after eight New York Times best-sellers, the editors can rest assured that I know they don't like me.

Reviewing a book about the 1989 rape of the Central Park jogger last week, the reviewer sniped that "coarser pundits like Ann Coulter continue to exploit the case whenever possible."

My chapter on the Central Park rape in my recently released, smash New York Times best-seller, "Demonic: How the Liberal Mob Is Endangering America," evidently "exploits" the case by citing facts. Based on those facts, I argue that the real trials reached more believable verdicts than the show trial held by the Left 13 years later.

On April 19, 1989, a 28-year-old investment banker went for a run through Central Park, whereupon she was attacked by a violent mob, savagely beaten, raped and left for dead. By the time the police found her at 1:30 a.m. that night, she was beaten so badly, she had lost three-fourths of her blood and the police couldn't tell if she was male or female. The homicide unit of the Manhattan D.A.'s office initially took the case because not one of her doctors believed she would be alive in the morning.

Confessions were obtained in

accordance with the law, with the defendants' parents present at all police interrogations. All but one of the confessions was videotaped. After a six-week hearing solely on the admissibility of the confessions, a judge ruled them lawful.

At the trials, evidence was ruled on by the judge and tested in court. Witnesses were presented for both sides and subjected to cross-examination.

One witness, for example, an acquaintance of one of the defendants, testified that when she talked to him in jail after the arrests, he told her that he hadn't raped the jogger, he "only held her legs down while (another defendant) f--ked her." (That's enough for a rape conviction.)

In the opposite of a "rush to judgment," two multi-ethnic juries deliberated for 10 days and 11 days, respectively, before unanimously finding the defendants guilty of most crimes charged -- though innocent of others. The convictions were later upheld on appeal.

The only way liberals could get those convictions overturned was to change venues from a courtroom to a newsroom. So that's what they did.

The convictions were vacated based not on a new trial or on new evidence, but solely on the "confession" of Matias Reyes.

Coincidentally, this serial rapist and murderer had nothing to lose by confessing to the rape -- and much to gain by claiming that he had acted alone, including a highly desirable prison transfer.

As with the tribunals during

SEE "COULTER" PAGE 7.

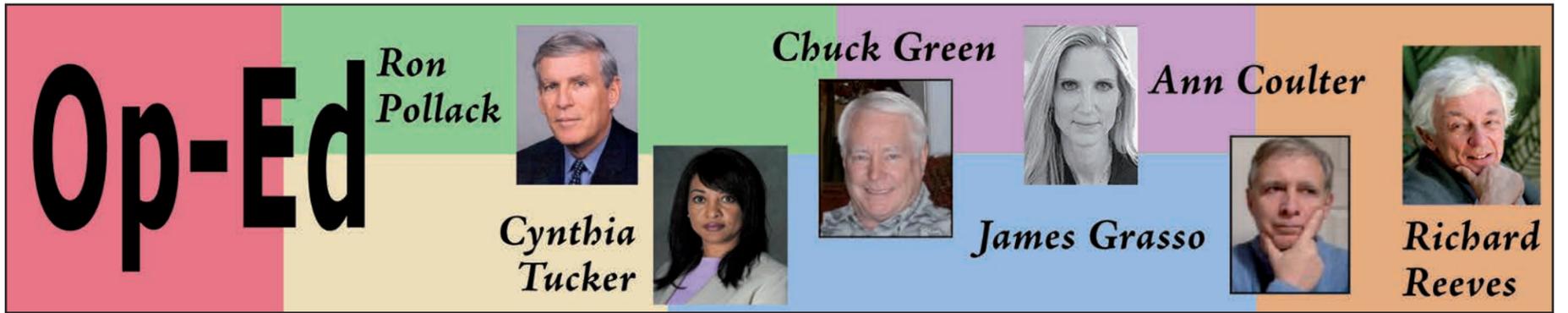
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Admission: \$3 for Spirit of Women members; \$5 for non-members (for membership info: www.parkviewmc.org)

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Calls For Photo Voter ID Smack Of Partisanship

by Cynthia Tucker

WASHINGTON -- In America's tiny towns, isolated hamlets and rural enclaves, lots of poor folks manage to get by without an automobile or the driver's license that goes along with it. They pay their utility bills in cash at local outposts. They ride to church, to the doctor's office and to the grocery store with neighbors or nephews.

They never travel by airplane. Indeed, many never leave the county in which they were born and will almost certainly be buried. Having grown up in a small place in Alabama, I've known many of those folks and transported more than a few.

Yet, despite the limits of their lives, lots of those Americans are regular voters, taking pride in their active participation in a rite of citizenship. That's especially true for the elderly black Southerners who lived through the stark repression of Jim Crow and the triumphant civil rights movement that, finally, laid him low. They show up at the polls on Election Day to cast their votes for Democratic candidates on the ballot, as they have tended to do since Roosevelt and Kennedy married them to the Democratic Party.

It's no accident, then, that Republican governors and lawmakers in

more than a dozen states are following the lead of Georgia -- an early adopter of modern methods of voter suppression -- by setting in place strict voting requirements that insist on a driver's license (or some other state-sponsored form of photo identification). They want to make it inconvenient -- preferably impossible -- for some of those faithful Democratic voters to cast their ballots, giving the GOP an edge in close elections.

They're going after young folk, too -- especially college students. While Reagan-era college kids tended to be faithful Republicans, the current generation heavily favored Obama in 2008. That has led some Republicans to look skeptically at the 26th Amendment.

In New Hampshire, for example, state House Speaker Bill O'Brien told a group of tea partiers in March that "foolish" college students don't have the "life experience" to be allowed to vote. Happily, New Hampshire's Democratic governor, John Lynch, disagrees. He vetoed a highly restrictive voter ID bill there, partly because it would not even have allowed college-issued photo IDs.

But several of those bills have made it into law and will likely be permitted by a U.S. Supreme Court that

has fallen for the argument that photographic IDs prevent fraud. The high court has upheld a similar statute in Indiana.

Indeed, Republican activists have been quite successful in their campaign to persuade Americans that pervasive voter fraud requires laws that restrict the franchise. But that's just not so.

Voter impersonation is virtually non-existent. A driver's license might prevent me from casting a ballot as Halle Berry, but I'm not tempted to try. I'm pretty sure I couldn't get away with it -- even without ID.

I know what you're thinking: What about ACORN and its massive fraud? Well, quiet as it's kept, neither ACORN nor its hired hands engaged in voter fraud.

Because of its sloppy management practices, ACORN ended up with a few cheating workers who registered children or ex-felons or others who were not eligible (Mickey Mouse showed up on a list in Florida). But, contrary to the propaganda you've heard, not a single vote was affected by those illegitimate practices. Mickey Mouse never showed up at the polls. Nor did any 7-year-olds.

If lawmakers wanted to rein in

fraud, they'd target absentee ballots, which are easy to misuse. But Republican lawmakers have made few efforts to restrict them because they believe that absentee ballots favor their constituents -- middle-aged, middle-class voters with orderly schedules. They don't want to inconvenience conservative voters.

But they have no compunctions about narrowing the franchise if they believe they can reap a partisan advantage. That's un-American, an abuse of the democratic values that we tout to other countries. Don't conservatives believe in the Constitution?

(Cynthia Tucker can be reached at cynthia@ajc.com; follow her blog at <http://blogs.ajc.com/cynthia-tucker>.)

Ed. Note: It is hard for me to find much of anything that Miss Tucker and I have in common on this. Her defense of ACORN is mighty slim and the fact that people must use photo IDs for almost anything on earth they want to do these days from driving a car to getting on an airplane this whole column seems off kilter. The simplest way to fight voter fraud is to make sure the person is who she/he says they are and the best way to do that is by a photo ID. Good grief, why turn yourself into a pretzel when this simple fact is so Simple!

Health Insurance For Your Kids And Grandkids??!

by Ron Pollack, Executive Director, Families USA

Graduation season is here, and many parents and grandparents are proudly celebrating the accomplishments of the students in their families. In past years, however, these celebrations were often marred by the realization that graduation had a down side: These new graduates would lose access to their parents' health insurance plans.

Losing this coverage meant that many young adults ended up uninsured. The jobs they were offered didn't provide health insurance benefits. (And those were the lucky ones, who could find a job at all in this economy.) Some tried instead to purchase coverage directly from an insurance company, but found the costs to be prohibitive. Others found coverage directly from an insurer, but the only policies they could afford didn't cov-

er the services they needed—services that had been covered under their parents' health plan.

It was enough to put a damper on graduation excitement. But this year, thanks to the Patient Protection and Affordable Care Act (the new health care law), there's no need to stop the festivities.

Under the Affordable Care Act, young adults can stay on their parents' health insurance plans until they turn 26 years old, whether or not they are still students. This is true whether their parents' insurance comes from a job or directly from an insurance company. It's also true even if young adults are married, live in a different state than their parents, or are no longer financially dependent on their parents (although if young adults have their own offer of coverage through their job, they might not be able to stay on their parents' plans).

The effect of this new protection for young adults has been incredible: Major health insurance companies report that at least 600,000 young adults have joined their parents' health plans since this part of the Affordable Care Act took effect.

So why does this matter to you?

As your grandkids celebrate their graduations, you can help make sure that they are aware of the new option to stay covered on their parents' health plans. If your grandkids have already left their parents' plans, but are still under 26, they can get back on. Also, if your grandkids are still in college, but need better health insurance than what is offered through their school, you can encourage them to look into their parents' plans. During busy and exciting times, young adults may not be prioritizing their health coverage needs, so having a grandparent or parent looking out for them can make a big difference.

Also, it's important to remember that we all benefit when more people are covered with health insurance. That's because when people don't have coverage, we all pay the price. The costs of care for people without insurance are passed on in the form of higher insurance premiums to those of us who do have coverage. Getting everyone covered keeps costs down.

How can you, your children, and your grandchildren find out more? To learn the full details of how this new protection for young adults works, you can call the U.S. Department of Labor's Employee Benefits Security Administration at 1-866-444-EBSA (3272). You can also call your state's insurance department. Online, you can read more by going to www.familiesusa.org and searching for "coverage for young adults."

By making sure that the young adults in your family know how they can stay covered, you can ensure that they enjoy a healthy and happy graduation season.

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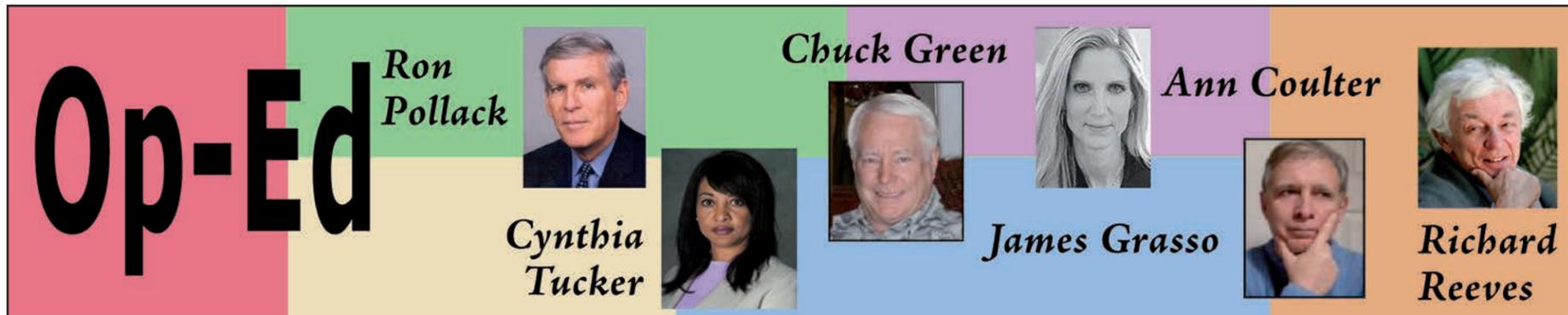
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Of Clear Language
Is Insincerity"**

George Orwell



Op-Ed

Rupert Murdoch: The Emperor Has No Clothes

by **Richard Reeves**

LOS ANGELES -- I have worked in and around the press and politics and police for almost as long as Rupert Murdoch. Although I never reached the heights he did, I think I understand him. Yes, he stole away a magazine I loved -- New York Magazine -- and I hate him for that. But I admire his smarts and his guts.

It was hard for me to pull myself away from the television last Tuesday as he and his son James tried to explain away the facts about their newspapers and their insidious relationship to British politics and police. That is a power triangle that can turn any country into totalitarianism.

I took away (or reinforced) two beliefs about my years in political journalism:

1. The press, particularly in Britain, has always been corrupt, much more corrupt than, say, the modern American press. Perhaps we find some signs of that

collusion in the United States, but it tends to be local and less brazen.

2. In journalism and most other power centers, including the White House, the big guy always knows what's going on, which is part of how he got to be the big man (or woman).

I teach journalism now at a great university, the University of Southern California. We talk a great deal about "ethics," about what might be illegal or immoral about newsgathering. Putting policemen and witnesses on the payroll -- bad! Unacceptable! Rupert Murdoch and tabloids do that. The New York Times does not.

But as a veteran of the business, I know that we did not practice what we now preach. When I was younger and the journalism world was wilder, I did things that might land me in jail today. I pretended to be a cop. I pretended to be a young prosecutor. I climbed in windows of schools at 2 a.m. to get transcripts of closed school board meetings -- particu-

larly when a young schoolteacher in New Jersey was being accused (falsely) of being a communist trying to indoctrinate fifth-graders.

I loved it. And I think I did some good. The attraction of journalism, particularly during the Southern civil rights struggles, the Vietnam War and Watergate, was that young people with more energy and ideals than credentials or big salaries could do something to change the world as populist warriors.

Murdoch did a lot of that. If nothing else, he followed in his father's footsteps -- as he boasted before the parliamentary investigation -- in financing the film "Gallipoli," reminding the world that ignorant and stupid British generals slaughtered young Australians in the name of empire -- events a correspondent named Keith Murdoch, his father, had helped uncover.

So I watched the hearing with experienced fascination. I was particularly fascinated with the endless line of "I

was not aware of that."

Murdoch, father and son, were aware. I have gone down this trail many times, usually in politics. President Kennedy was "not" aware that much of the U.S. government was trying to assassinate Fidel Castro. Give me a break! The top guy knows or is a fool. John Kennedy was no fool. Then there was Ronald Reagan, who could not remember a single thing about American efforts to channel weapons through Iran to the contras in Nicaragua. Right! If you believe that, as they say, I've got a bridge in Brooklyn

Even if you despise him, it is sad to watch Murdoch at the age of 80 being taken apart. He deserves it, I think. He is one of the reasons so many people have contempt or distrust of a free press. He can have all the money in the world, but is now being exposed as what he is: a thug who used freedom of the press to go a long way toward destroying the credibility of the press.

Our Troops: 'Over There' With George M. Cohan

by **Richard Reeves**

PACIFIC PALISADES, Calif. -- This prosperous enclave on the cliff overlooking Santa Monica Bay has many virtues, and one of the big ones is a great hometown Fourth of July parade.

For more than three hours, folks sit on the curbs or on lawn chairs and watch America go by. Bands and Boy Scouts, firemen and bagpipers, veterans from half a dozen wars, politicians, beginning with the mayor of Los Angeles,

Antonio Villaraigosa, and more flags than you can count, most of them probably made in China. There was even a young man walking the streets passing out "Muslims for Peace" brochures. Sugar Ray Leonard was honorary mayor.

You go away humming and drumming. And then I realized what I was happily humming: the song George M. Cohan wrote in 1917 as American troops headed for the latest and biggest outbreak of world war in Europe:

"Over there, over there,
 "Send the word, send the word
 over there
 "That the Yanks are coming,
 "The Yanks are coming,
 "The drums rum-tumming
 "Ev'rywhere.
 "So prepare, say a pray'r,
 "Send the word, send the word
 to beware.
 "We'll be over, we're coming
 over,
 "And we won't come back till it's
 over
 "Over there."

Then it occurred to me that it's never going to be over, over there. We're never coming back. We have more than 325,000 volunteer soldiers, sailors and airmen scattered (too thin) all over the globe. By numbers, the largest contingent is in Afghanistan, 103,700, and in Iraq, 85,600. In Germany are 52,440; in Japan, 35,000; in Korea, 28,500; in Italy, 9,660; and 9,015 in Great Britain. Another 20,000 or so are at sea.

Then we have almost 3 million active duty troops and reservists at home. It is a lot of power, and our intentions are usually pretty good, if not always very smart. Most of our thinking is based on the idea that all people want to be like us. Actually, they want to be themselves and those hopes were often frustrated by British colonialists who drew lines creating countries filled with people they

had never seen. Many of today's wars are among people trying to break free of those borders and define themselves -- usually through civil war or terrorism.

As often as not, hearing the far guns, the Yanks come to help them do it our way. And we get away with it, usually, because we have half the military power and equipment and innovation in the world. Yes, the Chinese are catching on or up, but their rise will take a while. Unfortunately, all that power is generally ineffective over time as the locals duke it out, taking all the American material that's possible and ignoring the Americans on the ground as much as possible. The British tried it in the 19th century, and they were better at it than we are -- but in the end, they still lost, and they went home before it was over over there.

Now, over here, much of our national needs, what we call "nation building" overseas, are in great need of help. But money is fungible, and the government is under pressure to reduce spending in what are deeply hard times for many Americans. They could use some of the money being skimmed off by the bandit-leaders of Afghanistan and Iraq and places with lesser problems over there. But we are caught in a familiar modern American dilemma. The country has a liberal Democratic president who, like many of his predecessors, has to prove he's tough. That's why he was so hawkish on Afghanistan during the 2008 campaign. Most Republicans, but not all, think like Ronald Reagan, who often said that the federal budget should give the military what it wants -- and then start thinking about other things.

Partly because of that, we have reached the point where we may have to give ourselves what we need and then see what else we can do. George M. Cohan was a wonderful patriotic songwriter, but no one ever suggested he should run the country.

Bruce McCandless

Colorado State Veterans Home



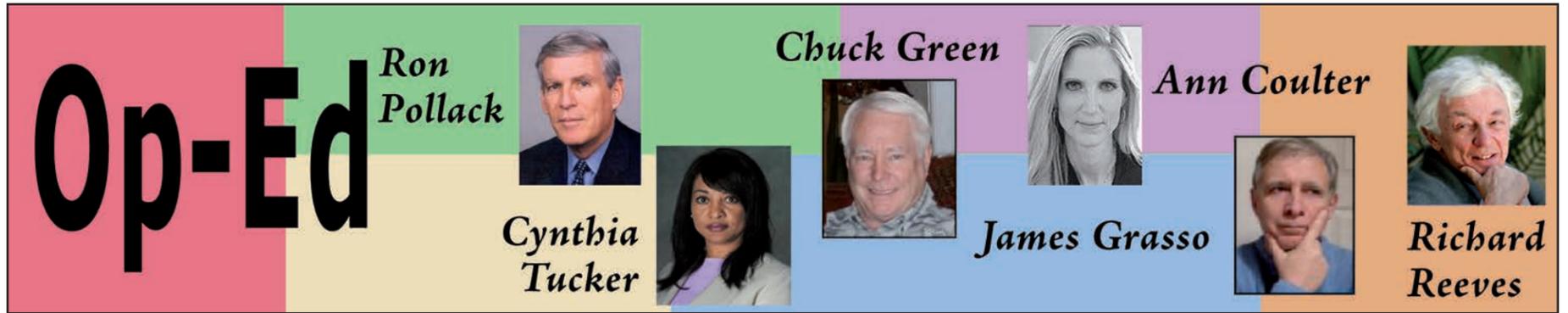
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 Is That The Universe
 Is Not Only Queerer
 Than We Suppose,
 But Queerer Than We
 Can Suppose."
 J.B.S. Haldane**



One Prez Left Behind, BHO Schooled By McConnell On Debt

by Ann Coulter

Democrats don't want to cut any government spending programs, not now, not ever. The country is on a high-speed bullet train to bankruptcy (the only kind of bullets liberals approve of), and the Democrats' motto is: Spend! Spend! Spend!

Democrats are at an advantage in the "should the U.S. go bankrupt or not?" debate because, based on their economic policies so far, they obviously favor bankruptcy.

This allows them to sit back and demand that Republicans propose all the spending cuts and then turn around and scream that Republicans have declared war on the poor and disadvantaged.

It's a nice trick, especially considering Republicans control only the House.

Meanwhile, the Democrats control all other branches of our government: the Senate, the White House, and The New York Times op/ed page. What's their plan?

Their plan is to keep spending, while blaming tax breaks for corporate jets for the entire \$14.3 trillion deficit. The Democrats will never suggest any cuts to a budget that has put the country another \$4 trillion in debt only since Obama became president.

So Republicans keep proposing cuts and Democrats keep riling up the increasingly large number of people who get checks from the government.

Nothing ever gets cut, but more people hate Republicans for having proposed any cuts at all. If you've never worked for the government, you have no idea of the vicious campaigns of vilification brought by the recipients of government largesse against the smallest reduction in that largesse.

Ask Arnold Schwarzenegger, whose governorship was finished when

he put a series of initiatives on the ballot to make the tiniest reductions in government workers' benefits.

Ask Scott Walker and all elected Republicans in Wisconsin who brought on Greek-style riots by suggesting that government employees start paying 6 percent of their own pension contributions and 12 percent of their health care insurance.

Ask Rep. Paul Ryan, whose modest proposal to reduce Social Security payments -- starting 15 years from now -- has turned him into a national pariah.

Ask the next president of the United States, New Jersey's Gov. Chris Christie. (And ask him nicely -- I hear the guy's got a temper!)

The problem isn't with elected Republicans; the problem is that the people want their treats. According to a Gallup poll in January, more than 60 percent of Americans want no cuts to Social Security and Medicare, which currently consume more than one-third of the entire federal budget.

Obama and the rest of his party are determined to keep increasing the size of our massively bloated government, on and on, year after year, without end in sight, until everyone with a job works exclusively to pay taxes to the government. Plan B is for everyone to move to Greece.

Republicans can't cut anything as long as they control only one-half of one branch of government. If purist conservatives on the outside want serious spending cuts, they'd better give the GOP a two-thirds majority in both houses of Congress first.

Meanwhile the nation sinks deeper into debt.

Republicans tried using the expiring debt ceiling to force the Democrats to agree to budget cuts. But the Democrats still refused to propose any.

Obama's big idea for taming a government with a \$3.83 trillion budget and a \$14.3 trillion debt is to collect -- in the best-case scenario -- another \$300 million a year from corporate jet owners. That would cover .007 percent of the federal budget or .002 percent of the na-

tional debt. Is it happy hour yet?

Instead, Democrats demagogued the issue, with Obama flying around the country on Air Force One, claiming that if the debt ceiling is not raised, America will default on its debts and the entire economy will collapse.

If Republicans cut government spending, recipients of government checks come after them with pitchforks. If the Republicans refuse to raise the debt ceiling to force spending cuts, the economy collapses.

In general, the trend seems to be in the direction of higher spending and endless debt.

The government will just keep spending and spending until we're all on bread lines. But there won't be any bread because within 10 years, nearly the entire federal budget will go to pay Social Security and Medicare recipients. (On the plus side, a lot of us will be speaking Greek by then.)

But now, Sen. Mitch McConnell, R-Ky., has checkmated the Democrats. He has proposed a bill that will allow Obama to raise the debt ceiling three

times, up to \$2.4 trillion, over the next 18 months, but only provided Obama proposes equivalent cuts in spending each time.

Finally, the Democrats will be forced to pony up spending cuts -- or default on the debt and crash the economy.

Contrary to some hysterical Republicans, McConnell's bill does not forfeit any of Congress' authority: The House and Senate will still have to decide whether to accept Obama's proposed cuts when they write their appropriations bills.

But we will finally get some proposed cuts to federal programs from Obama, and not more nonsense about theoretical savings from "investing" in our children's future with additional spending on Pell grants and prenatal counseling.

McConnell's deal cleanly takes the debt ceiling issue off the Republicans' back and puts it on the president's back. Either the Democrats tell us what they'll cut or they'll have to admit: "We will never cut anything. Everything Ann Coulter says about us is true!"

Pollack: Medicare ABCs

by Ron Pollack, Executive Director, Families USA-August 2011

We're proud of our grandchildren as they grow in knowledge, such as when they first learn their ABC's. Unfortunately, when we qualify for Medicare, we discover that we have to learn our ABCs all over again, and it's a lot tougher this time around.

Even folks who've had Medicare for years don't know all the ins and outs. And those who will soon be getting Medicare can find the whole thing very confusing. Here are some of the basics.

Who gets Medicare? Medicare provides health insurance for 47 million seniors and people with disabilities. Almost half of the people with Medicare have limited incomes, and nearly as many have multiple health problems, like diabetes or high blood pressure.

About 80 percent of people with Medicare have outpatient and hospital

coverage directly from the federal government (sometimes called "original Medicare"). The rest have coverage through Medicare Advantage--plans that are run by private insurers that contract with the federal government. Private plans must provide at least the same benefits as original Medicare, and most provide prescription drug coverage. People in original Medicare can also purchase a separate prescription drug plan from a private insurer.

Generally, if you or your spouse worked enough years to qualify for Social Security benefits, you will qualify for Medicare. Eligibility for seniors begins when you turn 65. If you have a disability, you become eligible for Medicare 24 months after you have been awarded Social Security disability.

What are the ABCs? Medicare's structure can be confusing. Original Medicare is divided into three parts: A, B, and D. Medicare Part A covers hospitalization. Medicare Part B covers outpatient care, like doctors' visits. Part D covers prescription drugs through private prescription drug plans. What about Part C? Part C is the official name for the Medicare Advantage program.

Understanding the parts of Medicare matters, especially when it comes to premiums and enrollment. Most people who receive Social Security retirement or disability benefits receive Part A automatically and have no premium. But, in order to receive outpatient (Part B) and prescription drug (Part D) coverage, you must sign up when you become eligible--or you'll have to pay a penalty. Both Parts B and D charge premiums that are usually deducted from enrollees' Social Security benefits (Part D premiums can also be paid directly to the plan).

High-income beneficiaries (those with incomes above \$85,000 for



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Op-Ed

Ron Pollack



Chuck Green



Ann Coulter





Cynthia Tucker

James Grasso





Richard Reeves

Pollack's Medicare

from page 6.
an individual or \$170,000 for a couple) must pay higher premiums.

Low-income people can qualify for Part D Extra Help or Medicaid that cover some or all of Medicare's out-of-pocket costs.

Some people who work past age 65 may not have to take Medicare when they turn 65. But they need to be careful:

Once they leave their job, they need to sign up for Medicare right away to avoid any late enrollment penalties. People who work for smaller employers (those with fewer than 20 employees) need to sign up for Medicare at age 65 to avoid these penalties

When you first sign up for

Medicare, you can choose either original Medicare or a Medicare Advantage plan. Every fall, you have the option to keep your plan or choose a new plan for the following year. This year, the enrollment period is earlier than in previous years: It will begin on October 15 and run until December 7 (for plan choices that go into effect on January 1, 2012).

Medicare provides a guaranteed set of benefits to everyone who qualifies. This includes hospitalization, outpatient visits, lab tests, and prescription drug coverage. Like any insurance policy, it has some areas where coverage is excellent and some areas where coverage is weaker.

Thanks to the Affordable Care Act (the new health care law), preventive benefits and prescription drug coverage

are now significantly better.

Most preventive services are available without copayments, and the coverage gap (the "doughnut hole") in Part D is closing. However, most people will still need some kind of supplemental coverage, either from a former employer, Medicaid, or from a private supplemental (or "Medigap") policy.

If you have questions about Medicare, there are a lot of free resources than can help you. Start by visiting the Medicare website at www.medicare.gov or by calling 1-800-MEDICARE. In addition, every state has a State Health Insurance Assistance Program (SHIP) that provides free, personalized counseling to anyone with Medicare. You can ask for a referral to your local SHIP by calling 1-

800-MEDICARE. If you're getting close to turning 65 or approaching the end of your 24-month waiting period, or even if you've had Medicare for many years, it's always a good idea to understand what your coverage options are.

Ed. Note:

The problem with Mr. Pollack's Affordable Care Act (I wonder why he doesn't call it Obamacare) is that shortly after our care gets "better" everyone is going to find out it is unsustainable financially and then the GOVERNMENT committees who are charged with deciding on how best to reduce the costs will begin deciding who gets care, what kind of care one gets and when one gets it. Beware my friends of people who can't even call Obamacare by it's right name.

Coulter

from page 3.
the French Revolution, the show trials were based on a lie, to wit, that Reyes' confession constituted "new evidence" that might have led to a different verdict at trial.

In fact, Reyes' admission that he had raped the jogger changed nothing about the evidence presented in the actual trials. It was always known that others had participated in the attack on

the jogger. It was always known that none of the defendants' DNA -- a primitive science back in 1989 -- was found on the jogger.

This is why prosecutor Elizabeth Lederer said in her summation to the jury: "Others who were not caught raped her and got away."

The only new information Reyes provided was that he was one of those who "got away."

But 13 years later, the show trial was re-litigated in the backrooms of law offices and newsrooms by a remarkably undiverse group of Irish and Jewish, college-educated New Yorkers. They lied about the evidence in order to vindicate a mob and destroy trust in the judicial system.

Liberals despise the rule of law because it interferes with their ability to rule by mob. They love to portray themselves as the weak taking on the powerful. But it is the least powerful who suffer the most once the rule of law is gone. (Dominique Strauss-Kahn is about to discover that the most defenseless, penniless immigrant has the same legal rights as he, in an American court.)

Liberals' relentless attack on the judicial system is yet another example of their Jacobin lunacy in opposition to calm order. You will note that they never ask: Who did what in this case? All they want to know is which class of people are on trial. Social justice is

the only justice that interests the Left because it's the only justice that can be delivered by the political agitation of a mob.

Thus, the book about the Central Park rape warmly reviewed in the Times was described as raising the "fraught nexus of race, class and gender." It was said to take a "tour through America's violently racist past and present."

What on earth does any of that have to do with the evidence in this particular case?

Another way of determining the guilt or innocence of the convicted rapists would be to look at the facts of the case -- the confessions, the corroborating evidence, the state of DNA testing in 1989, the jury verdicts and Reyes' advantageously timed confession 13 years later.

But looking at actual facts in a criminal trial, as I did, apparently constitutes a coarse exploitation of the case.

I suppose writers who recount truthful facts about the Holocaust coarsely "exploit" that crime, too. Rather than reciting gruesome facts about the Holocaust, I gather the Times would prefer a book that examines the general characteristics of Jews and Germans from 1850 to 1933 -- a study of the "fraught nexus" of race, religion and nationality --- before deciding whether the Jews deserved it.

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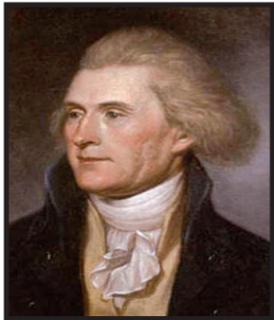
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news of the weird

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Perplexing

In January, a baby was born to Canadians Kathy Witterick and David Stocker, but seven months later, they still have not revealed to family or friends whether little "Storm" is a boy or a girl. The couple are intending to raise Storm free of gender-specific cultural stereotypes (i.e., such things as domesticity, aggressiveness, preferences for arts or mathematics) because society tends to overvalue "boy" norms. On a larger scale, in Stockholm, according to a June Associated Press dispatch, the 33 Swedish preschoolers at the Egalia school socialize in daily environments scrubbed of all gender references. For example, boys and girls alike play with kitchen toys and building materials, and when playing "family," parental roles are interchangeable. Critics say the children will be left unprepared for the "real" world.

The Entrepreneurial Spirit!

-- Who Knew? "The streets of 47th Street are literally paved with gold," said one of New York City's gold wranglers, as he, down on all fours and manipulating tweezers, picked specks of gold, silver and jewels that had fallen off of clothing and jewelry racks as they were rolled from trucks into stores. The man told the New York Post in June that he had recently earned \$819 in redemptions for six days' prospecting.

-- New, on the News of the Weird Food Cart: (1) grasshopper tacos (at San Francisco's La Oaxaquena Bakery, but pulled in June by local health authorities, who were concerned that the bakery was importing Mexican insects rather than using American ones); (2) cicada ice cream (at Sparky's Homemade in Columbia, Mo., but also yanked off sale by local health authorities in June); (3) maggot-melt sandwiches (which are just what you suspect -- cheese and dead maggots -- at the California State Fair in

July).

-- In June, scientists at China's Agricultural University in Beijing announced that they had produced human breast milk from genetically modified dairy cows and expect supplies to be available in supermarkets within three years. Employing technology once used to produce the sheep "Dolly," researchers created a herd of 300 modified cows, which yielded milk that was reported as "sweeter" and "stronger" than typical cow milk.

Civilization in Decline

-- Growing Up Early: (1) A loaded handgun fell from the pocket of a kindergarten student in Houston in April, firing a single bullet that slightly wounded two classmates and the "shooter." (2) Prosecutors in Grant County, Wis., filed first-degree sexual assault charges recently against a 6-year-old boy, stemming from a game of "doctor" that authorities say he pressured a 5-year-old girl into in 2010. (3) Lakewood, Colo., police, attempting to wrest control of a sharpened stick that a second-grade boy was using to threaten classmates and a teacher, gave him two shots of pepper spray. (The boy had just finished shouting to police, "Get away from me you f---ers.")

-- Tippecanoe County (Ind.) judge Loretta Rush, interviewed by the Journal & Courier of Lafayette, Ind., in June, underscored parental drug use as a major risk factor in a child's drifting into substance abuse. "I had a case where a child was born with drugs in his system," recalled Rush. "Both parents were using. We were looking for (placing the child in any relative's home), but both sets of grandparents were using. So (the) great-grandmother's in the courtroom, and I had asked her if she would pass a drug screen, and she said she would not" It's a terrible situation for this doomed child.

Leading Economic Indicators

-- In June, officials of California's Alford Unified School District announced that their brand-new, \$105 million high school, Hillcrest, would remain unused for the coming school year (and perhaps beyond) -- because the budget-strapped state does not have \$3 million to run the school for a year. (In any event, it costs \$1 million per year just to maintain the building to prevent its deterioration.)

-- Full-Circle-Outsourcing: A Mumbai, India, company, Aegis Communications, announced in May that it will hire about 10,000 new employees to work in its call centers fielding customer service problems for U.S.-based companies. However, those jobs are not in India. Aegis will outsource those jobs to Americans, at \$12 to \$14 an hour, at nine call centers in the United States.

People Different From Us

-- Self-described Las Vegas "performer" Staysha Randall took 3,200 different piercings in her body during the same sitting on June 7 to break the Guinness world record by 100 prickings. (Veteran Las Vegas piercer Bill "Danger" Robinson did the honors.) Coincidentally, on the very same day in Edinburgh, Scotland, the woman with the most lifetime piercings (6,925) got married. Elaine Davidson, 46, wore a full white ensemble that left bare only her face, which was decorated green and sported 192 piercings. The lucky guy is Davidson's longtime friend Douglas Watson, a balding, 60-something man with no piercings or tattoos.

Recurring Themes

News of the Weird has mentioned various overseas prisons where crime kingpins serve time in relative comfort (through bribery or fear), but according to a June New York Times dispatch, Venezuela's San Antonio prison (which houses the country's drug traffickers) is in a class of its own. San Antonio's four swimming pools frequently host inmates' families and "guests," who lounge with barbecue meals and liquor. Paid "bodyguards" pass the time shucking oysters for alpha-dog-inmate Teofilo Rodriguez. DirecTV dishes serve the cells. Drug-smuggling via guards is so prevalent that Venezuelan locals actually visit the

prison to buy the surplus (which they carry out because guards only "search" them upon entering). Rodriguez's enforcement is backed up by an openly displayed arsenal of guns. Said a Russian drug trafficker-inmate, "This is the strangest place I've ever been."

Armed and Clumsy (all-new!)

People Who Accidentally Shot Themselves Recently: Sean Murphy, 38, destroyed most of his finger trying to shoot off a wart (South Yorkshire, England, June). A Secret Service agent (assigned to Nancy Reagan) shot himself in the hip holstering his gun (Ventura, Calif., February). A 17-year-old boy, playing with a gun in bed, shot himself in the testicles (Orlando, February). A training officer at the Ohio Peace Officer Academy shot himself in the thigh (December). Sheriff Lorin Nielson of Bannock County, Idaho, shot himself in the hand (December). Johnathan Hartman, 27, holstering his gun in his back pocket (after threatening his girlfriend), shot himself in the butt (Billings, Mont., December). A man trying to scratch his nose with a pellet gun shot himself in the face (Amherst, Mass., November).

Undignified Deaths

(1) A 24-year-old man, riding a party bus for a friend's bachelor night in Detroit in June, was killed on Interstate 94 when he popped open an emergency escape hatch on the bus's roof and peered out at the sights. His head slammed into an overpass. (2) A 59-year-old woman, who had borrowed a steam roller to help with maintenance on a road near her home in Whatcom County, Wash., in June, lost control of the vehicle, sending it into a ditch, where she was thrown and fatally rolled upon.

News of the Weird Classic (Jan. '06)

Cliches Come to Life (Bureaucrats' Edition): (1) In November (2005) in Murfreesboro, Tenn., U.S. Department of Veterans Affairs employees Joseph Haymond and Natalie Coker were charged with taking kickbacks on the purchase of 100,000 rolls of red tape (that is, red security tape used on packages of VA medications). (2) According to a November (2005) Washington Post profile of the U.S. Patent & Trademark

SEE "WEIRD" PAGE 9.



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from page 8.

Office, the agency has, since 1790, granted about 30,000 patents to people who have submitted unique designs to improve upon, if not reinvent, wheels.

Selling History

The New York Yankees' Derek Jeter achieved his milestone 3,000th major league hit in July, and Steiner Sports Marketing of New Rochelle, N.Y., was ready (in partnership with the Yankees and Major League Baseball). Dozens of items from the game were offered to collectors, including the bases (\$7,500 each), 30 balls used during the game (\$2,000 each, unsigned), and even Jeter's sweaty socks (\$1,000). Steiner had also collected five gallons of dirt (under supervision, to assure authenticity), and uberfans can buy half-ounce containers of clay walked upon by Jeter during the game (from the shortstop area and the right-hand batter's box) -- for a not-dirt-cheap \$250 each.

-- Military veteran Joshua Price, 26, was arrested in March after police in a Chicago suburb found child pornography and 1,700 photos of dismembered women on his computer, but at a court hearing in May, Price explained that his photographs were a necessary escape from war-related trauma. In fact, Price told prosecutors that were it not for the distracting photos, his stress disorder would surely have caused him to kill his wife and two daughters. (Prosecutors accepted that Price's crime was a "cry for help," but the judge, less impressed, quadrupled Price's bail, to \$1 million.)

-- Unclear on the Concept: (1) The initial explanation by Melvin Jackson, 48, upon his arrest in June for sexually assaulting an unconscious woman in Kansas City, Mo., was to deny that he would ever do such a thing. Rather, he said, "I thought the lady was dead." (2) The initial explanation by Thomas O'Neil, 47, upon his arrest in Wausau, Wis., in June for criminal damage to property (breaking into a neighbor's garage and defecating on the floor) was to claim that he thought he was in his own garage.

Democracy in Action!

Emerging democracies typi-

cally exhibit growing pains as they develop stability. For example, in July in Afghanistan's parliament, one female legislator attacked another with her shoe (and then dodged the second lady's flying water bottle before colleagues separated them). Older democracies, however, act more maturely -- except perhaps in California, where in June, an Italian-American legislator got into a shoving match with a colleague whom he thought had made a "Sopranos"-type slur about recent legislation. And in the mature democracy of Wisconsin in June, one state Supreme Court justice was accused of roughing up another (though who started it is in dispute) as the justices privately discussed a case.

Ironies

-- Budget cuts forced the closure of two of the three firehouses in Chillicothe, Ohio (pop. 22,000), and even that station failed a state fire marshal's inspection in March. Because the station's own alarm system was broken, the chief was required, until the new system is installed, to assign one firefighter per shift to be on full-time patrol at the station, walking around the grounds constantly, upstairs, downstairs, looking for fires.

-- Run That by Me Again: (1) In New Orleans in July, Thomas Sanders, 53, pleaded guilty to murdering a 12-year-old girl. According to the neighboring state of Mississippi, Sanders has been dead for 17 years (having been ruled deceased in 1994 on petition of his parents, brother and ex-wife). (2) In July, the city of Daytona Beach Shores, Fla., agreed to pay \$195,000 to settle a lawsuit in which six people claim they were strip-searched unlawfully by police. Four of the six were strip-searched during a raid at the Biggins Gentleman's Club, where they work as strippers.

Easily Offended

-- Norris Sydnor III's \$200,000 lawsuit against Rich's Nail Salon of Landover, Md., for "humiliate(ing)" him last December is scheduled for trial as News of the Weird goes to press. Sydnor was upset that males have to pay \$10 for a manicure but females only \$9.

-- John Lockett filed lawsuits on 11 different complaints earlier this year against the Las Vegas arcade Pin-

ball Hall of Fame, claiming that he was wrongfully barred from the premises for obnoxiously complaining about out-of-service machines, especially "Xenon," which he says he has mastered so well that he can play almost indefinitely on an initial 50 cents. Among the damages requested, Lockett is demanding \$300 for each "therapy" session he might have to undergo to overcome the trauma of being ejected. Lockett has filed more than 40 lawsuits in his role of, as he put it, avenging people's attempts to "screw" him.

Should've Kept Their Mouths Shut

-- According to a bailiff, convicted car thief Thomas Done, 33, spent almost a half-hour at his June sentencing "shucking and jiving" Ogden, Utah, Judge Michael Lyon before finally finagling probation (instead of 15 years in prison) -- by expressing parental love for his young daughter and blaming his recidivist criminality on his girlfriend's infidelity. However, literally seconds after Judge Lyon announced probation, Done, noticing his girlfriend in the courtroom, made a gun-triggering motion with his thumb and fingers and said, "Boom, bitch." A bailiff reported the gesture to the judge, who declared Done in violation of his brand-new probation and ordered him re-sentenced.

-- Initially, all Jay Rodgers wanted was for the fellow Atlanta gas station customer to say "thank you" when Rodgers held the door for him, but the man remained silent, and Rodgers pressed the issue, confronting him and even following the man out to his car -- where the man pulled a gun and shot Rodgers in the abdomen, sending him to the hospital for nine days. (Interviewed on WSB-TV in May, Rodgers resumed nagging the man, urging him to "do the right thing" by turning himself in.)

Update

The Great Pacific Garbage Patch has become an increasingly larger and more permanent part of the ocean -- plastic and other floatables, along with concentrations of chemical sludge, estimated to measure from 0.4 percent to 8 percent of the entire Pacific and responsible for disruptions of the food chain

affecting various species of aquatic life. Now, thanks to the March tsunami near Japan, the estimated 25 million tons of debris from cars, homes, appliances, shipping containers, chemicals, etc., from coastal Fukushima that washed back out to sea will soon be caught in the same Pacific swirls, in what a French environmental group forecast would be a pair of ocean-navigating journeys that will last at least 10 years, gradually breaking off and joining (thus substantially enlarging) the two distinct legs of the Great Pacific Garbage Patch.

News of the Weird Classic (May '92)

Bruce Damon, attempting to work a plea bargain in February (1992) to charges that he knocked off a bank in Whitman, Mass., argued to the judge that the 8- to 15-year term suggested by the prosecutor was way too long. Damon cited an article from the Brockton Enterprise newspaper showing that the bank had enjoyed record earnings in the months after the robbery and expected to continue doing well. Said Damon, "I didn't hurt this bank at all." (When the judge asked Damon if he would rob banks again if he were free, Damon replied, "I'd like to plead the Fifth Amendment on that.")

Criminals With Chutzpah

It was a 2004 gang-related murder that had frustrated Los Angeles police for four years until a homicide investigator, paging through gangbangers' photographs for another case, spotted an elaborate tattoo on the chest of Anthony Garcia. Evidently, that 2004 killing was such a milestone in Garcia's life that he had commemorated the liquor store crime scene on his chest. The investigation was reopened, eventually leading to a surreptitious confession by Garcia and, in April 2011, to his conviction for first-degree murder. (Photos from Garcia's several bookings between 2004 and 2008 show his mural actually evolving as he added details -- until the crime scene was complete enough that the investigator recognized it.)

Least Competent Non-Criminals

In May, in Rensselaer, N.Y., and in June, in Bluefield, W.Va., two men, noticing that police were investigating nearby, became alarmed and fled out of fear of being arrested since both were certain that there were active warrants out on them. Nicholas Volmer, 21, eventually "escaped" into the Hudson River and needed to be rescued, but the police were after someone else, and no warrant was on file against him. Arlis Dempsey Jr., 32, left his three kids on the street in Bluefield to make a run for it before police caught him, but he was not wanted for anything, either. (Both men, however, face new charges -- trespassing for Volmer, and child endangerment for Dempsey.)

News of the Weird Classic (Nov. '92)

A 38-year-old man, unidentified in news reports, was hospitalized in Princeton, W.Va., in October (1992) with gunshot wounds. He had been drinking beer and reported accidentally shooting himself three times -- as he attempted to clean each of his three guns. He said the first shot didn't hurt, the second "stung a little," and the third "really hurt," prompting him to call an ambulance.



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OLD NEWS REPRINTS: Titanic Sinks!

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Titanic Sinks Wireless Operator Describes Ordeal



Harold Bride

by Rick Bromer

In the spring of 1912, when he was twenty-two years old, an Englishman named Harold Bride landed a job as assistant wireless operator aboard the passenger ship *Titanic*.

The ship was brand new, the pride of the White Star Line. The *Titanic* was nearly as long as three football fields—882 ½ feet—and she was designed to be unsinkable. Her hull was divided into sixteen watertight compartments, and she would float unless five of those compartments were punctured and flooded.

Harold Bride believed that the *Titanic* was the safest ship ever built. He joined the vessel in time to serve on her maiden voyage from Southampton, England, to New York City.

When the *Titanic* steamed away from the dock at Southampton on April 10, 1912, she carried 2207 passengers and crewmen. She carried only twenty lifeboats, sufficient to rescue just 1178 of those aboard, but the owners deemed this number of lifeboats to be more than adequate, considering the character of the ship.

On the great ship's maiden voyage, many rich and glamorous people sailed as passengers aboard the *Titanic*. Harold Bride might have enjoyed gawk-

ing at the celebrities, but he never got a chance; he worked such long hours that he seldom left the wireless cabin.

The radiotelegraph was a novelty, and the passengers kept the wireless operators busy with an endless stream of trivial personal messages to be sent ashore from mid-Atlantic. There were only two wireless men aboard the *Titanic*, and to stay on top of their work they had to keep sending twenty-four hours a day.

On the afternoon of Sunday, April 14, the wireless apparatus broke down. Bride and his boss, First Wireless Operator Jack Phillips, worked seven hours to fix it, while a huge pile of unsent "wish-you-were-here" messages was delivered to their radio cabin. By the time the equipment was repaired, night had fallen—a dark, calm, moonless night.

Both wireless operators were exhausted, but there was much work to do. Turning to Harold Bride, Phillips told him, "You turn in, boy, and get some sleep." Bride gratefully retreated to the sleeping quarters of the wireless cabin, where he collapsed on a bed.

The weary Phillips kept tapping out messages to the receiving station at Cape Race, Newfoundland. At 11 p.m. he was suddenly interrupted by a message from the Leyland liner *Californian*, bound from London to Boston. The *Californian's* operator was broadcasting a warning that ice had drifted into the shipping lanes.



Capt. Smith

The *Californian* was only ten miles away from the *Titanic*, so the warning came in loud and clear. It came in too loud for Phillips, who was wearing headphones with the volume turned up high. The code signals stunned his ears like exploding artillery shells. Infuriated by the racket, Phillips tapped out an angry reply on his key: "Shut up, shut up! I am busy; I am working Cape Race!"

Forty minutes later the *Titanic* struck an iceberg. The 66,000-ton *Titanic* was steaming at twenty-two and a half knots when the impact occurred. The ship did not collide head-on with

the iceberg; she merely sideswiped an underwater spur of ice. This light, grazing blow slit a long gash in the *Titanic's* belly, and water began pouring into five of the vessel's watertight compartments.

If the ice had punctured only four of her watertight compartments, the *Titanic* would have kept her ability to swim. But with five compartments flooding, she was doomed.

In the wireless cabin, Harold Bride woke up. He would later recall:

"I was conscious of waking up and hearing Phillips sending to Cape Race. I read what he was sending. It was a traffic matter."

"I remembered how tired he was and got out of bed to relieve him. I didn't even feel the shock [as the Titanic struck the iceberg]. I hardly knew it had happened until after the captain had come to us. There was no jolt whatsoever."

"I was standing by Phillips telling him to go to bed when the captain put his head into the cabin."

"We've struck an iceberg," the captain said, "and I'm having an inspection made to tell what it has done for us. You better get ready to send out a call for assistance. But don't send it until I tell you."

"The captain went away and in ten minutes, I should estimate the time, he came back. We could hear a terrible confusion outside, but there was not the least thing to indicate that there was any trouble. The wireless was working perfectly."

"Send the call for assistance," said the captain, barely putting his head in the door."

"What call should I send?" Phillips asked.

"The regulation international call for help. Just that."

"Then the captain was gone. Phillips began to send 'C.Q.D.'" He flashed away at it and we were joking while he did so. All of us made light of the disaster."

"We joked that way while he flashed signals for about five minutes. Then the captain came back."

"What are you sending?" he asked.

"C.Q.D.," Phillips replied.

"The humor of the situation appealed to me. I cut in with a little remark that made us all laugh, including the captain. 'Send S.O.S.," I said. "It's the new call, and it may be your last chance to send it."

"Phillips with a laugh changed the

signal to "S.O.S."

Phillips must have expected that he would quickly contact the *Californian*, whose wireless operator had so recently blasted his ears with code signals. But the operator of the *Californian* had just gone to bed for the night after switching off his equipment.

While he waited Phillips a re-



Jack Phillips

play to his S.O.S., he swapped jokes with Bride, who later recalled:

*"We said lots of funny things to each other in the next few minutes. We 'picked up' [contacted by wireless] first the steamship *Frankfurt*. We gave her our position and said we had struck an iceberg and needed assistance. The *Frankfurt* operator went away to tell his captain."*

Bride and Phillips stopped telling jokes when they noticed that the *Titanic* was starting to sink. According to Bride, "We could observe a distinct list forward."

Soon after he made this alarming observation, Bride was cheered by a lucky event: Phillips contacted a second potential rescue ship, the White Star liner *Carpathia*. Bride recalled:

*"The *Carpathia* answered our signal. We told her our position and said we were sinking by the head. Her operator went to tell his captain, and in five minutes returned [to his radiotelegraph] and told us that the captain of the *Carpathia* was putting about and heading for us."*

*"Our captain had left us at this time and Phillips told me to run and tell him what the *Carpathia* had answered. I did so, and I went through an awful mass of people to his cabin. The decks were full of scrambling men and women. I saw no fighting, but I heard of it."*

"I came back and heard Phillips
SEE "OLD" PAGE 11.

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

AUGUST 1: Sloppy Joe/Bun, garlic mashed potatoes, mixed veggies, orange.

AUGUST 2: Pinto Beans/Ham, yellow squash, peas/carrots, grapes.

AUGUST 3: Chicken A La King, apple cran-grain salad, asparagus, garden salad/ranch, banana.

AUGUST 4: Salisbury Steak, mashed potatoes, California blend veggies, orange.

AUGUST 5: Frittata, spinach, Italian mixed veggies, cornbread, cantaloupe.

AUGUST 9: Stuffed Bell Peppers, baked potato, carrots, apple, chocolate pudding.

AUGUST 10: Lasagna, broccoli, scandinavian mixed veggies, pear.

AUGUST 11: Roast Turkey/Gravy, cauliflower, baked sweet potato, bread/smr bal, orange.

AUGUST 12: Roast Pork Loin, mushroom/barley salad, mixed veggies, honeydew, trail mix.

AUGUST 15: Pork Green Chili,



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AUGUST 22: Meatloaf/Tomato Sauce, baked potato, peas/carrots, banana.

AUGUST 23: Turkey Tetrizzini, parslid potatoes, spinach, orange.

AUGUST 24: Enchilada Casserole, broccoli, pinto beans, cantaloupe.

AUGUST 25: Beef Stew, garlic mashed potatoes, scandinavian mixed veggies, bread, apple.

AUGUST 26: Fish/Mango Basil Sauce, feggis couscous, Italian mixed veggies, Chocolate pudding, strawberries/bananas.

AUGUST 29: Chili Relleno Casserole, oven roasted potatoes, broccoli, orange, vanilla pudding.

AUGUST 30: Dijon Chicken, wild rice, scandinavian mixed veggies, banana, string cheese.

AUGUST 31: Beef Pot Roast/Gravy, garlic mashed potatoes, spinach, apple.

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OLD NEWS REPRINTS: Titanic Sinks!

from page 10.

giving the Carpathia fuller directions. Phillips told me to put on my clothes. Until that moment I forgot that I was not dressed."

"I went to my cabin and dressed. I brought an overcoat to Phillips. It was very cold. I slipped an overcoat upon him while he worked."

"Every few minutes Phillips would send me to the captain with little messages. They were merely telling how the Carpathia was coming our way and gave her speed."

"I noticed as I came back from one trip that they were putting off women and children in lifeboats. I noticed that the list forward was increasing."

"Phillips told me the wireless was growing weaker. The captain came and told us our engine rooms were taking water and that the dynamos might not last much longer. We sent that word to the Carpathia."

"I went on deck and looked around. The water was pretty close up to the boat deck. There was a great scramble aft, and how poor Phillips continued to work through it I don't know."

"He was a brave man. I learned to love him that night and I suddenly felt a great reverence to see him standing there sticking to his work while everybody else was raging about. I will never live to forget the work of Phillips during the last awful fifteen minutes."

"I thought it was about time to look about and see if there was anything detached that would float. I remembered that every member of the crew had a special life belt and ought to know where it was. I remembered mine was under my bunk. I went and got it. Then I thought how cold the water was."

"I remembered I had some boots and I put those on, and an extra jacket, and I put that on. I saw Phillips standing out there still sending away, giving the Carpathia details of how we were doing."

"We picked up the Olympic and told her we were sinking down by the head and were about all down. As Phillips was sending the message I strapped the life belt to his back. I had already put on his overcoat."

"I wondered if I could get him into his boots. He suggested with a sort of laugh that I look out and see if all the people were off in the boats, or if any boats were left, or how things stood."

"I saw a collapsible boat near a funnel and went over to it. Twelve men were trying to boost it down to the boat deck. They were having an awful time. It was the last boat left. I looked at it longingly a few minutes. Then I gave them a hand, and over she went. They all started to scramble in on the boat deck, and I walked back to Phillips. I said the last raft had

gone."

"Then came the captain's voice: 'Men, you have done your full duty. You can do no more. Abandon your cabin. Now it's every man for himself. You look out for yourselves. I release you. That's the way of it at this kind of a time. Every man for himself.'"

"I looked out. The boat deck was awash. Phillips clung on sending and sending. He clung on for about ten minutes, or maybe fifteen minutes after the captain had released him. The water was then coming into our cabin"

"While he worked something happened I hate to tell about. I was back at my room getting Phillips's money for him, and as I looked out the door I saw a stoker, or somebody from below decks, leaning over Phillips from behind. Phillips was too busy to notice what the man was doing. The man was slipping the life belt off Phillips's back."

"The stoker was a big man, too. As you can see, I am very small. I don't know what it was I got hold of. I remembered in a flash the way Phillips had clung on—how I had to fix that life belt in place because he was too busy to do it. I knew that this man from below decks had his own life belt and should have known where to get it. I suddenly felt a passion not to let that man die a decent sailor's death. I wished he might have stretched rope or walked a plank. I did my duty. I hope I finished him. I don't know. We left him on the cabin floor of the wireless room and he was not moving."

"From aft came the tunes of the band. It was a ragtime tune, I don't know what...Phillips ran aft and that was the last I ever saw of him alive."

"I went to the place I had seen the collapsible boat on the boat deck, and to my surprise I saw the boat and the men still trying to push it off. I guess there wasn't a sailor in the crowd. They couldn't do it. I went up to them and was just lending a hand when a large wave came awash of the deck."

"The big wave carried the boat off. I had hold of an oarlock and I went off with it. The next I knew I was in the boat."

"But that was not all. I was in the boat and the boat was upside down and I was under it. And I remember I realized I was wet through, and that whatever happened I must not breathe, for I was underwater."

"I knew I had to fight for it and I did. How I got out from under the boat I do not know, but I felt a breath of air at last."

"There were men all around me—hundreds of them. The sea was dotted with them, all depending on their life belts. I felt I simply had to get away from the ship. She was a beautiful sight then."

"Smoke and sparks were rushing

out of her funnel. There must have been an explosion, but we heard none. We only saw the big stream of sparks. The ship was gradually turning on her nose, just like a duck does that goes down for a dive. I had only one thing on my mind—to get away from the suction. The band was still playing. I guess all of the band went down."

"They were playing 'Autumn,' then. I swam with all my might. I suppose I was a hundred and fifty feet away when the Titanic—on her nose, with her after-quarter sticking straight in the air—began to settle, slowly."

"When at last the waves washed over the rudder there wasn't the least bit of suction I could feel. She must have kept going just so slowly as she had been."

"I forgot to mention that, besides the Olympic and the Carpathia, we contacted by wireless some German boat, I don't know which, and told them how we were. We also contacted the Baltic. I remembered those things as I began to figure out what ships would be coming toward us."

"I felt, after a little while, like sinking. I was very cold. I saw a boat of some kind near me and put all my strength into an effort to swim to it. It was hard work. I was all done [exhausted] when a hand reached out from the boat and pulled me aboard. It was our same collapsible. The same crown was on it."

"There was just room for me to roll on the edge. I lay there not caring what happened. Somebody sat on my legs. They were wedged in between slats and were being wrenched. I had not the heart to ask the man to move. It was a terrible sight all around—men swimming and sinking."

"I lay where I was, letting the man wrench my feet out of shape. Others came near. Nobody gave them a hand. The bottom-up boat already had more men than it would hold and it was sinking."

"At first the larger waves splashed over my clothing. Then they began to splash over my head and I had to breathe when I could."

"As we floated around on our cap-sized boat and I kept straining my eyes for a ship's lights, somebody said, 'Don't the rest of you think we ought to pray?'"The man who made the suggestion asked what the religion of the others was. One was a Catholic, one a Methodist, one a Presbyterian."

"It was decided that the most appropriate prayer for all was the Lord's Prayer. We spoke it over in chorus with the man who first suggested that we pray as the leader."

"Some splendid people saved us. They had a right-side-up boat, and it was full to its capacity. Yet they came to us and loaded us all into it. I saw some lights off in the distance and knew a steamship was coming to our aid."

"I didn't care what happened. I just lay and gasped when I could and felt the pain in my feet. At last the Carpathia was alongside and the people were being taken up a rope ladder. Our boat drew near and one by one the men were taken off of it."

"One man was dead. I passed him and went up the ladder, although



Titanic Staircase

my feet pained terribly. The dead man was Phillips. He had died on the raft from exposure and cold, I guess. He had been all in from work before the wreck came. He stood his ground until the crisis had passed, and then he collapsed, I guess."

"But I hardly thought that then. I didn't think much of anything. I tried the rope ladder. My feet pained terribly, but I got to the top and felt hands reaching out to me. The next I knew woman was leaning over me in a cabin and I felt her hand waving back my hair and rubbing my face."

"I felt somebody at my feet and felt the warmth of a jolt of liquor. Somebody got me under the arms. Then I was hustled down below to the hospital. That was early in the day I guess. I lay in the hospital until near night when they told me the Carpathia's wireless man was getting 'queer,' and could I help."

"After that I was never out of the wireless room, so I don't know what happened among the passengers. I saw nothing of Mrs. Astor or any of them. I just worked wireless. The splutter never died down. I knew it soothed the hurt and felt like a tie to the world of friends and home."

"How could I then take news queries? Sometimes I let a newspaper ask a question and got a long string of stuff asking for particulars about everything. Whenever I started to take such a message I thought of the poor people waiting for their messages to go—hoping for answers to them."

"I shut off the inquirers, and sent my personal messages. And I feel I did the right thing."

Harold Bride's statements were recorded by a reporter for the New York Times, who interviewed him at the dock on April 19, 1912. At the conclusion of the interview, Bride said:

"The ambulance man is waiting with a stretcher, and I guess I have got to go with him. I hope my legs et better soon."

"The way the band kept playing was a noble thing. I heard it first while still we were working wireless, when there was a ragtime tune for us, and the last I saw of the band, when I was floating out in the sea with my life belt on, it was still on the deck, playing 'Autumn.' How they ever did it I cannot imagine."

"That and the way Phillips kept sending after the captain told him his life was his own, and to look out for himself, are two things that stand out in my mind over all the rest."

SOURCES:
 "Thrilling Tale By Titanic's Surviving Wireless Man." The New York Times. April 19, 1912.
 Lord, Walter. A Night to Remember. New York: Henry Holt & Co., 1955.
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Senior Community Update



FREMONT REGIONAL HOSPICE RECEIVES GRANT FOR F.R.E.S.H. PROGRAM

Cañon City, Colorado-Fremont Regional Hospice announced today that it has received a \$12,000 Daniels Fund grant to support its F.R.E.S.H. Program.

For more information about the F.R.E.S.H. Program at Fremont Regional Hospice, call 719-275-4315 or visit our office at 1439 Main Street in Cañon City.

ADULT SURVIVORS OF CHILDHOOD SEXUAL ABUSE

WINGS provides therapist facilitated support groups for men and women in which survivors are believed, accepted and no longer alone. There is a women's group on Tuesday and Thursday evenings.

For more information contact the WINGS office at 1-800-373-8671. Visit our website at www.wingsfound.org.

STROKE SURVIVORS SUPPORT GROUP

The Stroke Survivors Support Group has two chapters. The Pueblo West Chapter meets at 2:00 pm the first Thursday of every month at the Pueblo

West Library. The Pueblo Chapter meets at 2:00 pm the second Tuesday of each month at the Joseph Edwards Senior Center in Pueblo On Union Ave.

Call Chuck at 583-8498 for all the information.

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 OWLS (older-wiser-liveli-er-seniors) invites new members for their social group that has activities including dining out, bowling, movies, picnics and others. For more information please call Joe or Marie @ 545-2803

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."

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 250-5782 for details." Guests welcome and there is no charge.

SRDA 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 spe-

cialists, 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

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.

TOASTMASTERS

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: 2nd & 4th Mon., of every month, 6:15 - 7:15PM

Contact: Robert W. Johnson, 719-251-8841

STEP-UP PROGRAM

Please call Desi Vial who is the Development Director of Pueblo StepUp at Centura Health, 719-557-3881 Phone 719-557-3880 Fax 1925 E. Orman Ave., Ste G-52 Pueblo, CO 81004 desdavia@centura.org www.centura.org for all the info as to where the programs will be held this month. Also, contact: Cindy at 719-545-1184 for their entire schedule. Get Moving with Pueblo StepUp Community Exercise Programs: Please call Emily Johnson @ 557-3879 for questions about any of Pueblo StepUp's Health & Fitness Programs

ALZHEIMER'S SUPPORT

The second Tuesday of each month at 7 pm at the Ecumenical Church located at 434 S. Conquistador Room C an Alzheimer's Caregiver Support Group will meet Call 544-5720. Tom Reyes, Facilitator.

COMMUNITY BLOOD DRIVES

Please call Julie Scott at (800) 365-0006, press 0. ext. 2873 julie_scott@bonfils.org for Pueblo and Pueblo West Community Blood Drives times and places for January 2010.

JOB SEEKERS

Southern Colorado Job Seekers meets the third Tuesday of each month.

Contact Bill Smith, 719-583-1837, Patrick Hurley 719-561-1134 or email them at SCJSNETWORK@hotmail.com

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For more information please contact: Ramona Lombard (719) 583-2732 ramonalombard@me.com Ramona Lombard.com

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Directions to the center; two signs on Joe Martinez Blvd. will alert you to Byrd Street. Turn south on Byrd and east to 230 E George Dr, Pueblo West.

For information call 647-8969 or 404-4413 (membership committee).

VOICE OF THE MARTYRS

We are excited to bring The Voice of the Martyrs 'Bound With Them' Conference to your region on Saturday September 10th from 9-5. Doors open at 8AM for registration, resource center (with books, DVDs, t-shirts, etc.), and prayer room.

Lunch is noon - 1:30 on your own. There is no cost to attend but an offering will be received.

Conference location is just off I-25. Palmer Ridge H. S. 19255 Monument Hill Rd. Monument, CO 80132.

REGISTRATION

To register and for more information, click on this link COLORADO.vommeetings.com or visit www.vommeetings.com. You can also register by e-mailing conference@vom-usa.org your name, phone number, and the number attending.

THE BREAKFAST CLUB

The Southern Colorado Chapter of the Breakfast Club is for singles 50+. The group holds its monthly breakfast at the Golden Corral on the third Saturday of every month (Aug. 20th).

The purpose of the club is to provide a safe comfortable setting for active single men and women over the age of fifty to meet others, make friends and have fun. Registration at 8:30 am. Breakfast shortly thereafter

Please RSVP to 719-242-8762.

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Finances: Create And Keep Wealth

Raise It (Debt Ceiling) Again-For Old Times Sake

by Gary Neiens

Wall Street and a portion of the voting American public have been mindful of the current “debt ceiling” debate. The U.S. history of the debt ceiling began in 1917 when a bond issue provided the segue for America to enter World War I—the war to end all wars. Forgotten except by history, the assassination of Archduke Ferdinand (Austria) seemed to start the whole thing. Not only have most of us forgotten the Archduke we have also forgotten that the debt ceiling has been raised 74 times just since 1962 according to the Congressional Record Research group.

So now we have a situation where the T.V. pundits and experts are expecting the direst of circumstances if the debt ceiling is not raised again. In my opinion, how are we to believe that doing the same stupid thing for the 75th time will somehow find the country in a better place? I’m not buyer of this proposition and think the other 74 times have brought us to the direst of circumstances.

The U.S. has come to a spot where we are either self-disciplined or we will be disciplined by the capital markets.

When President Clinton uncharacteristically proclaimed in January 1996 that the “era of big government is over” he did not know that Newt Gingrich wouldn’t be around forever and that George Bush and Barak Obama would soon follow with many more big government ideas. So indeed perhaps now we are at the Clinton prophesized crossroads.

At the time of this writing (July 18th) the U.S. stock market has been struggling since it’s powerful rally. Other equity markets have also had a struggle. Greece, Finland, Portugal and Spain according to Barron’s had all lost over 5 % of their value for the second week of July alone. This is just one way that capital markets provide discipline to the undisciplined.

Somewhere at this juncture if you are a Wall Street equity bull, you’d probably want to see the 1295 (Standard and Poor’s 500--SPX) point held. The previous marker that Jeff Saut (Raymond James Chief Investment Strategist) and others had hoped would provide market support was 1330—it did not. The U.S. bond markets seem to be somewhat undisturbed by the Washington machinations. Maybe the bond market hasn’t

been reading the papers.

Gold made the move to the \$1600 an ounce level since my last article. The folks in Washington are making it too easy on the gold buyers. I recall an old columnist Jimmy Breslin once remarking that he missed President Nixon because Nixon made the job of a political satirist so easy. So it seems with politicians and the gold price.

Elsewhere, I ran into an interesting article from David Goldman. Goldman points out that his feeling is we are about to become poorer this century because of unfavorable trends in productive countries’ demographics. Goldman points out that the number of adults in affluent and productive countries will fall by about 1/3 and we’ll all be poorer for it. According to Goldman, Australia, Canada and the U.S will not be quite as profoundly affected by this, but will nonetheless see export markets shrink. He explains that Africa, Latin America and the Arab world won’t see this decline in older people either but other than resources these areas have never been a pertinent factor in productivity of their people.

Good luck and good investing.

Gary Neiens

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Pueblo, CO 81003
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Opinions expressed are those of Gary Neiens and not RJFS. This report is not a complete summary and does not constitute a recommendation; please consult a professional before making any investment decisions. This information is not intended as a solicitation or an offer to buy or sell any security referred to herein. Investing involves risk. The S&P 500 is an unmanaged index of 500 widely held stocks that’s generally considered representative of the U.S. stock market. Gold is subject to special risks, including but not limited to: price may be subject to wide fluctuation; the market is relatively limited; the sources are concentrated in countries that have potential for instability; and the market is unregulated.

Here is How To Avoid Bad Financial Information

by Ron Phillips

Today is a great time to have a question. You can find a million answers at your fingertips either through the internet and mobile phones or traditional channels like magazines, papers and newsletters.

With so many potential sources remember to follow the old proverb of taking advice “with a grain of salt.” Here are a few ways to get those trusty, high-quality answers you might be seeking.

1. Listen to Qualified Media

There are some big brands peddling information to the public such as CNBC, Bloomberg, Wall Street Journal, Financial Times and Fox Business. All of these brands have some great content to offer but also tend to have a political leaning. Sometimes these leanings can lead to extreme opinions that stray from

the facts or focus on the “convenient” facts needed for their viewpoint.

Solution? Use many of these sources to create a balanced view.

2. Listen to Qualified Experts

The internet is a great spreader of information. We can access info on every subject imaginable. If I don’t understand something about apricot trees I just look up Wikipedia.com and—BAM!—instant expert! It reminds me of the Holiday Inn commercials a few years back where an accountant can perform surgery because he is now so smart after his hotel stay.

It is a bit scary: the internet has made every website operator, Blogger, Twitterer and Facebooker a potential expert. Are they? Of course not. It’s more important now than ever to look for licensed experts or experts with a lot of experience. Or both.

3. Avoid Most Paid Newsletters

I like newsletters. They can be a good source of information and are usually written by a truly qualified expert. Yet they tend to focus only on one investment type such as dividend-paying stocks or commodities, for example.

Focusing on only one or two assets can lead to overinvestment in those areas and an unbalanced portfolio, overweight in potentially risky assets. It can also create too much activity that racks up fees and builds a bad investment position.

Taking these newsletters too seriously can produce big losses. If these experts were so certain of their “picks” then why are they selling a newsletter? They could be on the beach with all of their personal investing profits....

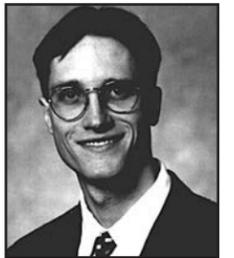
Solution? Read any newsletters

available to you and gather good ideas to start researching. Consider them potential investments that require solid research before committing money.

4. Stick with a Long-Term Plan

If you have a healthy, balanced portfolio that represents many different asset classes and is, hopefully, producing a nice income then you should be able to avoid these sensational opinions in the media.

It is always good to keep an open mind to investment information and to try to avoid major market catastrophes. But there will always be those “black swan” events that no one expert consistently predicts.



“True genius resides in the capacity for evaluation of uncertain, hazardous, and conflicting information.”
Winston Churchill

Ron Phillips is an Independent Financial Advisor and a Pueblo, Colorado native. He and his wife are currently raising their two sons in Pueblo. Order a free copy of his book Investing To Win by visiting www.RetireIQ.info or leaving a message on his prerecorded voicemail at 924-5070. Simply mention ID #1001 when ordering.



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Finances: Create And Keep Wealth



Be Sure To Watch Out For These Five Fraud Schemes

(NAPSI)—While reviewing investment statements during tax time, many Americans feel they could've done better. Reassessing goals and tweaking your portfolio is fine, but hunting for huge returns could make you vulnerable to scam artists skilled in making "too good to be true" sound good enough to be real.

The stories cons use to steal investors' money are always changing, but research by the FINRA Investor Education Foundation and AARP has revealed five common red flags present in nearly every scam.

Fraud experts funded by the FINRA Foundation analyzed hundreds of hours of undercover audio tape from law enforcement agencies. "Those tapes gave us incredibly powerful insights that helped us create a course and a documentary that teaches investors how to spot

these red flags and protect themselves," said FINRA Foundation president John Gannon.

One important discovery was that investment fraud victims tend to be well-educated, financially literate, higher-income people nearing retirement.

The fraudsters typically begin by getting to know their marks, asking benign questions about health, family, values, hobbies and political and religious views.

"Once they know which buttons to push, they'll bombard you with these common persuasion tactics," Gannon said. "The goal is to push your decision making away from the rational and toward the emotional. It's what con artists call 'putting you under the ether.'"

If, however, investors learn to



spot these tactics, they can maintain control. The five most common investment fraud tactics are:

- **Phantom riches.** The con promises oversized returns couched in terms of something you've always wanted.

- **Source credibility.** Fraudsters often claim to be reputable authorities or experts or to have special credentials to gain victims' trust. Unfortunately, credibility can easily be faked.

- **Social consensus.** When a con says other savvy investors just like you are investing, he is using social consensus. Sometimes a con will recruit leaders of a community to do the selling for him or to provide additional credibility.

- **Reciprocity.** Cons will offer to do a small favor or give a small gift, then

pressure victims to reciprocate by investing.

- **Scarcity.** This is often used as a closing tactic by claiming "a limited supply" and creating a false sense of urgency.

Examples of these tactics, and other information about avoiding fraud, are featured in the Foundation's free documentary, "Trick\$ of the Trade: Outsmarting Investment Fraud," which is airing on public television stations nationwide. To see when and where it will air or to order a free copy of the DVD, visit the Foundation's fraud-fighting website, www.SaveAndInvest.org. You can also learn more at (888) 295-7422.

Investment fraud victims tend to be well-educated, financially literate, higher-income people nearing retirement—but a few tips can help you save your money.

Smart And Safe Questions

(NAPSI)—The bargains to be found in today's buyer's market are inspiring a new interest in getting the best home mortgage.

Although people often live with their mortgage decision for 30 years, research shows that Americans spend more time considering a car purchase than evaluating a home mortgage. Taking time to prepare, and asking the right questions of your lender, can help you make a financially prudent decision. Here are some questions to consider:

- How much can I afford? By entering income, debt and down payment information, home affordability calculators can help estimate how much home you can afford and what your monthly payments need to be. Be sure to consider monthly expenses such as association fees, utilities and property taxes.

- How much should I consider

for a down payment? A minimum down payment of 3 to 5 percent is generally required. If you put less than 20 percent down, government or private mortgage insurance may be needed. Private mortgage insurance can help you own a home sooner, and can generally be canceled when you reach 20 percent equity.

- What is the interest rate and is it fixed? Shop around among several lenders to ensure the best rate. Be clear about whether the rate is fixed or adjustable. A rate lock protects you if interest rates rise while the loan is being processed.

- Will my loan have any type of borrower assistance program or job loss protection? Mortgage insurance companies, such as Genworth Financial, offer no-cost borrower assistance programs and job loss protection that provides some peace of mind when you purchase a home.

When Mortgage Shopping

- Should I get prequalified? Yes. Your lender can informally qualify you for a loan by obtaining basic information on your income, debts and credit. Pre-qualifying means you can estimate how much you can borrow and make a realistic buying decision.

- Does my credit score matter? It's a good idea to review your credit report and clear up any old debts or inaccuracies before meeting with a lender. This may improve your score, which could improve the interest rate your lender offers. Keep in mind that the changes can take time to clear as well as reflect on the revised report.

- What documents do I need to apply for a loan? The process is easier if you bring full documentation of personal finances, assets, employment history, current loan amounts and payments, credit card account numbers and income tax returns.

For more information, visit www.SmarterMI.com



Innovative Annuities Offer An Array Of Options For Consumers

(NAPSI)—The challenge in planning your financial future uncertainty about what, exactly, the future may hold. People nearing retirement of face baffling questions such as:

- How can I access my money?
- What happens if I need long-term care?
- Will I be able to leave a financial legacy for my family?

As the recession demonstrated, personal economic conditions can change rapidly. Stability and flexibility in your retirement plan have never been more critical. Record job losses, skyrocketing health care costs, falling home prices and dwindling investment portfolios drastically altered the retirement plans of many Americans.

According to a recent report by the AARP Public Policy Institute, one in four Americans age 50 and older exhausted all their savings during the recession. More than half (53 percent) were not confident they would have enough money to retire comfortably.

"You work hard your entire life to build up enough assets to last through your retirement years," said Chris Littlefield, president and CEO of Aviva USA. "The problem is, life is unpredictable. What seems like enough can quickly evaporate if your life circumstances suddenly change."

To help consumers be prepared for changing needs, his company introduced a new Lifetime Solutions Annuity. It offers a combination of features no other annuity can match, such as penalty-free withdrawals when you need quick access to cash and a monthly income benefit that doubles if your doctor recommends long-term care in a nursing home, hospital or hospice facility. If the policyholder dies, beneficiaries receive the remaining value of the annuity through a variety of payment options.

The Lifetime Solutions Annuity is just one of the firm's fixed indexed annuity products that help consumers take some of the guesswork out of retirement planning. These annuities—including the Annexus Balanced Allocation Annuity and MultiChoice Series—provide consumers stability through the option of a lifetime income stream you cannot outlive. They also carry a minimum guaranteed value with interest credits tied to the upward movement of a market index such as the Standard & Poor's 500, while protecting the consumer from any downside market risk.

"We all want peace of mind when planning for retirement," Littlefield said. "That's why we build our financial products around the needs of our customers, recognizing those needs change over time."



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Home Sweet Home



Create Fresh Bouquets Daily From The Backyard

by Marty Ross

There's a florist's shop right out back when you grow your own cut flowers. Even with a small garden, you can count on an astonishing harvest of colorful bouquets.

The secret to success with a backyard cutting garden is to place it where you simply cannot see it from the windows of your house. If you can see it, you'll never cut the flowers, says Lisa Ziegler, a cut-flower farmer in Newport News, Va., whose successful business produces thousands of flowers every summer for clients and farmers market shoppers. Ziegler grows zinnias, sunflowers, bachelor's buttons, celosia and lots of other annual flowers.

"Most people think they couldn't grow their own cut-flower garden, but that's a big misconception," Ziegler says. "In a small space, you can do a lot. You'll have more flowers than you know what to do with."

A garden 3 feet wide by 10 feet long is big enough to produce flowers for you and to share generously with friends all summer. "If the beds are 4 feet wide, you just can't reach in there," Ziegler says, "and 3 by 10 -- that's a size people can pretty much tweak out somewhere in their yard."

Many gardeners are intimidated by planting seeds, but Ziegler grows all her summer flowers from seed. Cosmos, zinnias, sunflowers and many other seeds can be sown directly in the garden as soon as the weather is warm. It's

almost never too late to plant seeds, she says; Ziegler starts seeds indoors in early spring, but she'll sow seeds directly in the garden in July or even August for late-season harvests. She also sows larkspur, nigella, calendula and poppies in winter: They come up in cool weather for the first bouquets of spring.

In a basic 3-foot-wide bed for a summer cutting garden, Ziegler sows two rows of sunflowers, six rows of zinnias and two rows each of celosia and basil. These are "the stars of our cut-flower farm," she says -- the flowers customers love at farmers' markets and the blooms she and her sister, Suzanne Frye, depend on to make bouquets all summer long.

The spacing requirements on plant labels do not apply in a cutting garden. Since you'll be harvesting flowers once or twice per week, you don't have to worry about plants being crowded. Picking flowers also stimulates growth: Every time you cut flowers, you're encouraging the plants to keep right on blooming.

Zinnias make a cheerful bouquet all by themselves, of course, but Ziegler and Frye enjoy putting together lively combinations of flowers and foliage. One of Ziegler's favorite fillers for summer bouquets is Mrs. Burns lemon basil, which adds irresistible fragrance to a vase full of zinnias. Purple Ruffles basil has dark leaves, for a dramatic contrast, especially with white or stylish green zinnias. Tall Blue Horizon ageratum give bouquets a romantic touch of blue.

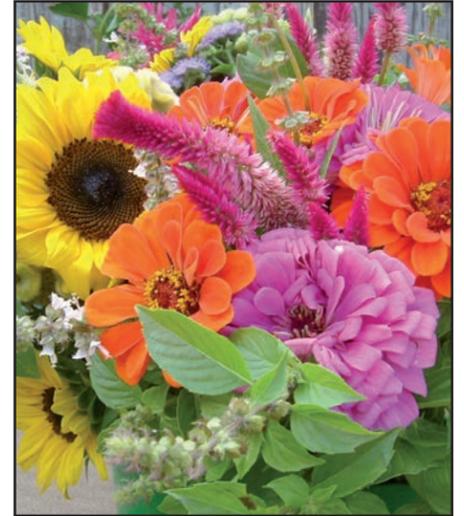
To make sure she always has

lots of sunflowers, Ziegler plants a mix of two or three different kinds, and replants as she harvests. Instead of ripping the old plants out and disturbing the soil, she simply cuts stalks off within a few inches of the ground, and pokes fresh seeds or transplants seedlings between them. Sunbright is her favorite sunflower; it stands tall in the garden or in a vase, doesn't droop, and it is known for an exceptionally long vase life. In late summer, Frye likes to make bouquets with big sunflowers and handsome dark plumes of Purple Majesty millet.

Ziegler's garden is her workplace. She's out there early in the morning all summer long, mulching beds with straw to hold moisture and suppresses weeds, and harvesting blooms when they are at their freshest. While robins dig for worms, she fills her buckets full of long-stemmed flowers and then lets them rest in the shade in her flower barn.

When you harvest flowers, take a plastic bucket with an inch or two of water at the bottom into the garden. Ziegler adds flower food (available at florist and hobby shops) to the water, which provides nutrition for blooms and prevents bacteria growth. Cut flowers on long stems, Ziegler says, and strip the leaves from all but the top inch or two of each stem.

Frye takes bundles of cut flowers and puts together arrangements on the spot at farmers markets. Customers are amazed at her quick hand and practiced eye, but it's not that hard to make a pretty bouquet with garden-fresh flowers, she says. Don't take it too seriously: All colors go together, and if they're growing in your own backyard, your palette can change every week, your style can suit your mood, and your bouquets will always be as beautiful as



a bright summer day.

SIDEBAR

Cut the flowers in your garden every week, "whether you want them or not," Ziegler says. "The first time you skip harvesting flowers is the beginning of the end of your cutting garden."

In her book, "The Easy Cut-Flower Garden," Ziegler shares her experience as a flower farmer. Here are some of her top tips:

-- Amend flower beds with compost. It will improve the soil's tilth and drainage and add nutrients.

-- Organic mulch helps hold moisture in the soil and helps control weeds. Ziegler uses chopped leaves, straw, pine straw -- "whatever is available and inexpensive." She recommends a 3- or 4-inch layer of mulch.

-- Once a month, water the garden with an organic liquid fertilizer.

-- On harvest days, pick every mature flower; add dirty or damaged blooms to the mulch layer. Use sharp clippers.

-- A hardworking cut-flower garden will reward you with blooms all summer long.

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Home Sweet Home



Is Your Home Happy? Nyal's Book Gives Answers

by Bill LaHay

A lot of books on homebuilding or remodeling tend to concentrate on the how-to. A few guides are more design-oriented, tackling the what-to. But every once in a while, an author wants to talk about the why-to. This approach is less about tools and techniques and more about the reasons we shape our homes the way we do, and what quality of life we hope to achieve in doing so.

Right now that someone would be Jean Nyal, whose book "The Happy Home Project" displays the clear and unapologetic aim of helping readers be in a home that makes them happy. Her approach isn't about self-indulgence or navel-gazing. Instead, it's cousin to Winston Churchill's infamous proclamation that "We shape our buildings, and afterwards, our buildings shape us."

In other words, the choices we make for the ways our homes look and live can contribute to our well-being or to our misfortune. Nyal, of course, champions the former, but that's hardly a breakthrough among shelter authors.

Where she leaves the herd is in her implicit distinction between hunger and appetites. Most of us are happiest when our lives are in balance -- when sustenance needs of all kinds are met and we feel free to be our authentic selves. Our living environments contribute mightily to what Nyal calls "the road to domestic bliss," but it isn't the particulars of gleaming appliances or lavish interiors that get us there. "It" is about one's individual recipe for a good life, and the ingredients that we deem most essential.

For instance, Nyal lists comfort as one of these key ingredients, but she doesn't mean lounging poolside in silk pajamas. Instead, she defines comfort as the elements that put us at ease, whether it be a view out the window, a quiet corner for reading, or personal items that reinforce our connections to friends or family.

The book explores many other aspects of what makes for happiness, but it starts with the ingredients list Nyal believes has worked in her own home:

-- Access to nature -- Daylight,

decent views, fresh air and plants help provide this.

-- Just-right spaces -- Not too big or too small, good spaces are personal and purposeful, and deliberately furnished. They need occasional editing to avoid clutter or randomness.

- Something for everyone -

- Rooms and zones in the house should accommodate individual differences so everyone feels at home somewhere.

-- Personality -- Favorite colors, artwork or unique collections reveal something about the person who shaped that space. Left unchecked, neutral can morph into neutralized.

-- Order -- Don't think neatness, think flow. Every life has rituals large and small, and an ordered space means no clutter to derail them.

-- Private zones -- It might seem like escape from the world, but private "sanctuary" spaces allow us to decompress, renew our strength and then re-engage others.

-- Elements of surprise -- Unexpected colors, objects or features can shift the energy in a space and engage one's imagination.

-- Carbon-footprint consciousness -- Can we be happy in a built home that ignores the life of our home planet? Aim for reducing energy and materials usage whenever possible.

-- A sense of spirit -- Connections to intangible or larger realities in life create and enlarge the spirit of a home and can be cultivated with elements that remind us of that connectivity. Ties to fam-



Aim for clean and clutter-free. This kitchen's simple color scheme, with warm wood tones, several soft shades of muted green, and just a few strong accents, makes the space easy on the eyes. photo: James Yeobum; Courtesy of Filipacchi Publishing

ily and community reinforce the sense of meaning.

From this initial ingredients list Nyal ventures into individual chapters on style, sustainability, spirit, substance, renovation and decorating. Through it all her focus isn't so much on cheerfulness or overt happiness as it is on more nuanced aspects of contentment and harmony. Discussions of color, texture, furnishings and other "simple" design elements stay tethered to this larger context, and Nyal expands the book's scope with user-friendly introductions to feng shui, vastu, wabi-sabi and other design principles from the Orient.

If all this seems too abstract or high-falutin', not to worry. Nyal dives into detail everywhere, and she enlists the recommendations of other building and design professionals regarding the specific choices that will contribute to the "happy" quality in a home. These hands-on suggestions bring practical value to the book's philosophical backdrop, and they help to demystify the decision-making process for everything from paint colors and lighting to what furniture placement enhances a room's energy.

If you're a homeowner on the road of life, liberty and the pursuit of happiness, you'll find plenty of fuel for the trip here.

BOOK INFORMATION

"The Happy Home Project" by Jean Nyal (\$21.99; Hachette Filipacchi US Media; 212- 767-6000; www.hfmus.com)

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 Seven tender Jumbo Shrimp, breaded and fried golden brown. Served with cocktail sauce and lemon.

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Chicken Tenders Dinner
 Five breaded chicken tenders, fried golden brown and served with your choice of dipping sauce.

New Classics

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 A tender and juicy 5-oz sirloin steak, grilled and topped with mushroom sauce, bleu cheese sauce, and sautéed mushrooms. Served with broccolini, country mashed potatoes and A-1® Steak Sauce on the side.

Skinny Salmon
 An Alaskan salmon fillet seasoned with our signature spices and served full of flavor. Served with 8oz. veggie of the day and Country Mashed Potatoes.

Chicken & Broccoli Alfredo
 Grilled chicken tossed in our special Alfredo sauce with broccolini on a bed of pasta. Topped with diced tomatoes, Italian seasoning and Parmesan cheese. Served with grilled flatbread.

Gourmet Chicken Club Mac & Cheese
 Classic Mac and Cheese topped with chicken, tomatoes, and tomatoes. Served with grilled flatbread.

Crispy Orange Asin Chicken
 Crispy chicken strips tossed in our orange sweet and sour sauce, Asian vegetables, mandarin oranges, cashews and chow mein noodles atop a bed of rice. Served with grilled flatbread.

Soups & Salads

Country Cobb Salad
 Roast turkey breast, hard-boiled eggs, bacon, tomatoes, cucumbers, bleu cheese crumbles and mushrooms on a bed of crisp garden greens. Served with your choice of dressing and grilled flatbread.

'Cranberry Pecan Harvest Salad
 Crisp garden greens combined with sliced tomatoes, red onion, bleu cheese crumbles, bacon, dried cranberries and candied pecans. Served with yellow flatbread and choice of dressing.

Our Own Baked Potato Soup
 Hearty baked potato soup topped with our own Wisconsin four-cheese blend and crumbled bacon. Bowl Cup

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Senior Menu

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2 Egg, Ham & Cheese Omelette
 Loaded with sliced ham and our own Wisconsin four-cheese blend. Served with hash browns and choice of toast.

Senior Meatloaf Dinner
 Home-baked meatloaf, served with country mashed potatoes and vegetable of the day.

Senior Turkey Dinner
 Oven-roasted turkey, served with country mashed potatoes, cranberry sauce and vegetable of the day.

Senior Pot Roast Dinner
 Delicious, tender pot roast, served with country mashed potatoes and vegetable of the day.

Steak Dinner
 A tender and juicy 5-oz steak, grilled to perfection and topped with Onion Tanglers®. Served with mashed potatoes and vegetable of the day.

Senior Fish Dinner
 Ask your server for details.

Breakfast Duo
 Choose two of the Best Pancakes in Town™ or two slices of French toast with your choice of two slices of bacon or two sausage links.

Senior Favorite
 One egg, your way, served with hash browns and toast.

Half Sandwich & Soup or Salad
 Our sandwich of the day. Served with your choice of a cup of steaming hot soup or a plate of fresh mixed greens, tomato, cucumbers and dressing. Ask your server about today's choice.

NOTE: Can be cooked to order. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

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Outdoor Summer Safety For The Entire Family

(NAPSI)—Summer is a great time to enjoy outdoor activities. So whether you're swimming, barbecuing, or dining outdoors the following tips will help ensure that you, your family, and friends enjoy every moment.

- Be sure everyone can identify dangerous plants such as poison oak, ivy and sumac. If someone touches one of these plants, rinse the area right away with soap and running water for at least five minutes.

- Never underestimate the power of an insect bite or sting. Insect stings may cause serious problems and even death for those with allergies. Go to a hospital right away if you develop hives after a sting, or have dizziness, breathing trouble or swelling around the eyes and mouth.

- Be sure to check the label on insect repellent. Select a product that is safe for the age of the user. Follow the directions for application on the label.

- Lighter fluid, gasoline, torch and lamp oils can be deadly if swallowed. Watch children closely at all times when these are being used.

- Use camp stoves, grills, and generators outside, never inside buildings or tents.

- Inhaling chlorine products can irritate the respiratory system. Home-

owners who have swimming pools should store pool chemicals in a safe and secure place, out of children's reach.

- Always wash hands and counters before preparing food and clean utensils for cooking and serving. Additionally, make sure you wash hands, cutting boards, utensils and dishes with hot, soapy water after handling raw meat, poultry or seafood.

- Store, cook and re-heat food at the proper temperatures. Refrigerated foods should not be left out at temperatures above 40 degrees F and do not let food sit out at room temperature for more than two hours.

- Watch for signs of food poisoning including fever, headache, diarrhea, stomach pains, nausea and vomiting.



The fine folks at Thornton Wheelchairs Plus Are Proud To Sponsor the *Senior Safety* Page for all the loyal readers of *Senior Beacon*. Enjoy this month's page. As their ad says below, Rick Roth and his staff have everything you need for your healthful durable goods and more. Give them a call or stop by their establishment!

- Do not leave products containing alcohol where children can reach them. Alcohol can be dangerous to children, leading to respiratory depression, coma or even death. Signs that a child may have consumed alcohol include sleepiness.

Even with the best care and safeguards, accidents do happen. If you suspect a poisoning, don't wait to see what happens. Call the 24-hour Poison Help line at 1-800-222-1222 to reach your local poison control center. Poison control centers are staffed by

nurses, pharmacists, doctors and other specially trained poison experts. Calls are free and confidential, and help is available in 161 languages. Services are also available for the hearing impaired. Post the number by your home phone and program it into your cell phone for quick access. If you would like to learn more about the Poison Help line, visit the Poison Help Web site at www.PoisonHelp.hrsa.gov.

This article does not pertain to California.

Getting Rid Of Household Hazards

(NAPSI)--Make safety a priority in your home when you clean. Here are tips to help:

Living Room/Dining Room

- Secure all bookcases, shelving and heavy furniture. Place heavier items on lower shelves and in bottom drawers.

- Many houseplants are poisonous and pots are heavy, so keep them

out of reach of little hands.

- Use plug protectors for all unused wall outlets.

Bathroom

- To prevent bathwater scalds, set the thermostat of your hot water heater no higher than 120 degrees F. It takes just three seconds for a child to sustain a third degree burn at 140 degrees F.

- Always request child-resistant packaging for medicine, but go a step further by making sure medicine cabinets are locked at all times. Even items that may seem harmless can be dangerous to a child.

Kitchen

- Keep sharp knives and other utensils well out of reach and make sure that knife blades are pointing down when placed in a dishwasher's cutlery basket.

- When cooking, always use the back burners, turn pot handles toward the back of the stove and keep hot foods and liquids away from young children.

- And make sure microwaves are out of reach of children as well; the vast majority of microwave burns among children are serious scald burns.

Bedroom

- Make sure cribs are properly assembled and meet current safety standards, and that crib mattresses fit snugly.

- According to the U.S. Consumer Product Safety Commission, infants and young children can die from accidentally strangling in window cords. The Window Covering Safety Council reminds parents and caregivers of potential window-cord dangers and urges them to make the right choice and use only cordless window products in homes with young children. Owners and renters should replace all corded window coverings made before 2001 with today's safer products. Visit www.windowcoverings.org for a free retrofit kit or call (800) 506-4636.



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There's Nothing Like A Holiday



Luxury Cruise: What Do You Get For Your Money?

by David G. Molyneaux - *TheTravel-Mavens*

With bargain rates on many cruise ships at \$100-\$150 a day or less per person, why would a couple on vacation spend \$500- \$1,000 a day, each, for a cruise?

A man in his 50s asked me that question recently at a party. He was concerned also that his wife was about to book him on a luxury cruise ship full of sedentary old people.

It's a legitimate financial question and an understandable concern by a physically active man who did not want to be stuck on vacation, bored and bloated, bobbing on the sea.

I answered him by describing my recent voyages on two of Seabourn's newest ships. Among luxury cruise lines – which also include Silver Seas, Regent Seven Seas and Crystal – Seabourn is a rising star. The brand, owned by Carnival Corp., has introduced three new, highly-rated 450-passenger ships during the past three years, the Odys-

sey in 2009, the Sojourn in 2010 and, in June (2011), the Quest.

These are ships built and managed for the affluent. The price of luxury varies a bit with itinerary. There are bargains: A travel agent who specializes in cruises recently quoted rates of \$5,199 each for two on a 9-night cruise on Seabourn Sojourn between Quebec and New York on Sept. 21; \$7,199 each for 14 nights on Seabourn Odyssey between Venice and Istanbul leaving Sept. 19; and \$5,299 for 14 nights in the Caribbean out of Fort Lauderdale on Seabourn Quest Nov. 23.

What you get for that chunk of money is a cruise with a style, amenities and atmosphere different from the typical voyage on one of the bigger, mass-marketed ships. Itineraries are more off-the-beaten track. Accommodations and public areas aboard ship are spacious and refined. Food is mostly gourmet, and on most luxury ships without additional fees for wine and cocktails (or gratuities). You'll have the company of

educated and well-traveled fellow passengers. And – the big selling point – luxury ships offer a high level of personal service.

Standard cabins on Seabourn, for instance, are 300 square feet, which

is at least one-and-a-half times the size of standard cabins on big ships. They include a separate sitting area; walk-in closet; granite bathrooms with separate bath, shower, and twin sinks. All but a



Seabourn's newest ships carry kayaks, sailboats and other water toys for calm weather days when the marina is lowered from the stern. photo: by Seabourn

few cabins come with a private balcony where staff will serve a romantic dinner, course by course.

Seabourn ships never are crowded, with enough nooks and crannies that you can find an inviting resting spot to be alone or to share with new friends. The two-deck spa on the three new ships is uncommonly large and well-equipped. Each ship carries 450 lounge chairs for 450 passengers, and can set nearly 800 places at dinner in two fine dining restaurants and two more casual choices. You may order off the menu and go shopping in port with the chef.

Clearly, these are ships of plenty. But as Seabourn president Rick Meadows acknowledges, passengers who book luxury ships have access to nice baths, bedrooms and restaurants at home. The key to entertaining repeat passengers and drawing new ones to sea is the level of personal service. That's why all the luxury lines tout their service.

My experience on Seabourn is that the ships operate like a well-staffed private club, with crew members hanging around waiting for requests or anticipating a great need, such as carrying your glass of orange juice from the buffet to a table outside, under an umbrella. Staff will plan parties, dinners, private shopping and tours ashore. Every staff member carries a card that lists the 12 points of Seabourn service. Number 12 is "Have fun."

As for the fear of being stuck with old fuddy-duddies, the world of cruising is becoming younger and more active (though I wouldn't book a world cruise or a one-month segment expecting anything but an older crowd, which tends to have the time and inclination for longer cruises). On shorter cruises – two weeks or less – Seabourn's average age for a boatload of passengers now dips into the 50s, particularly among new cruisers, said Meadows.

Popular onboard activities include the marina that folds out of the stern into the sea on calm days – with kayaks, sailboats, and a banana boat – and the aerobic Kinesis Wall that fills most of a room in the spa. Vincent de Jager, personal trainer on Seabourn Quest, says that passengers using the Kinesis machine regularly during a cruise can walk off the ship in better shape than when they boarded.

Like other cruise lines, Seabourn has added more strenuous choices to its port excursions, such as biking

SEE "CRUISING" PAGE 19.

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There's Nothing Like A Holiday



A Hawaii Vacation Can Be Budget Friendly

(NAPSI)—Those looking for a vacation that's entertaining and affordable might be surprised to learn that they can find one in Hawaii.

For starters, Hawaii offers something for everyone. For example, Hawaii Island, also known as "The Big Island," is famous for its spectacular scuba diving, dolphins, green and black sand beaches—and its coffee. It is also home to Hawaii Volcanoes National Park and its active volcano, Kilauea, which can be a spectacular sight.

Kauai is known for its lush forests and plant life, so it's no surprise it's nicknamed "The Garden Island." Plus, there's hiking on Kalalau Trail, snorkeling at Ke'e Beach, golfing at The Princeville Club, sailing along Napali Coast and exploring Waimea Canyon.

Scheduling your island getaway

during the fall or spring—known to travel pros as the shoulder season—often means you have access to savings and value when it comes to travel or accommodations. It's not unusual to find properties, especially condominiums, offering bargains that may include a free night with every three- or four-night stay.

Other programs may be offered just for children, such as the Island Explorer Kit given to children between 5 and 10 years of age at the Outrigger Condominium Collection in Hawaii. Developed in partnership with Jean-Michel Cousteau's Ocean Futures Society, the child-size backpack includes a "Friends of the Reef Adventure Guide," binoculars and sunglasses.

Staying at a condo can often provide travelers with a more independent way to vacation, combining the pri-

vacy and spaciousness of a vacation rental with the customer service of a traditional hotel.

Another great benefit is the fully equipped kitchen—just stock up at the grocer with your favorite breakfast items, snacks and beverages, or visit local farmers' markets for fresh produce and fish to really get a taste of the area.

Choosing a condo can mean packing lighter, too. Most units have washers and dryers or on-site laundry facilities, letting guests launder personal items at their convenience.

In Hawaii, the Outrigger Condominium Collection is comprised of 15 properties on Oahu, Maui, Kauai and the Big Island. All are located in popular resort destinations across the state and offer spacious accommodations from studio apartments to one-, two- and three-



bedroom units.

For more information, visit www.OutriggerCondos.com.

Visiting A Public Garden Inspires Hobbyists

(NAPSI)—With so many beautiful plants to choose from, gardeners may wonder where to start. One of the most enjoyable ways to plant a seed of inspiration is to visit a public garden.

Found at zoos, historical sites and entertainment complexes, such public gardens can demonstrate what's possible—including flower choice, layout and landscaping practices.

Feel At Home At Garden Park Villa

Garden Park Villa is a senior, independent living, section 8/HUD housing apartment complex just for you. With a new property manager and a new maintenance technician and their years of experience in their fields they are able to help you into your transition into Senior Independent living. We have a Service Coordinator on site two days a week contracted from Seniors Inc., available to help our residents connect with services throughout Fremont County; providing educational & emotional support through monthly presentations, lending libraries and other resources.

There are fifty apartments on site. We have one bedroom and studio apartments for Senior 62 and older, six of them being mobility accessible units available for seniors 62 and older or qualified disabled individuals under 62. Rent is based on income, offering the warmth and comfort of your own apartment home at affordable prices. Rental assistance is available under federal guidelines, assuring your rent will never exceed thirty percent of your income. Utilities and basic cable are included.

Affordable living in your own apartment home is a dream many older adults have given up. But now you can afford a comfortable lifestyle, while living in a convenient, safe community. Some of our worry free amenities provided are individually controlled heating and cooling, convenient coin operated laundry facility on site, an elevator and emergency call switches. We are a limited access facility.

Located in beautiful Canon City, near the spectacular Royal Gorge, our city has a friendly hometown atmosphere. Feeling at home is a luxury you can afford. We invite you to visit us or give us a call.

Call Leonor at Garden Park Villa during regular business hours at 275-6656. She would be very happy to give you a tour of the facilities.

Get Advice

According to the American Public Gardens Association (APGA), public gardens can show you how to create a water-wise landscape at home through the use of native and adapted plants and efficient irrigation. Visitors can learn what plants bloom at similar times and what arrangements look good together. Staff members who understand the region are available to offer advice on gardening techniques, and on-site sales can be a great source of top-quality additions to a home garden.

Here are a few types of public gardens you can visit:

- Zoos—Although the focus is on the animals, zoos also have interesting horticultural collections that show both flora and fauna in their native habitats.
- Entertainment Gardens—Golf courses, theme parks and water parks can

also have beautiful horticultural displays.

- Historical Sites—Places of historic or cultural significance—such as churches, historic homes and cemeteries—often have grounds shaped to reflect the horticulture of their historical period.

- Nature Gardens—Created and designed to help visitors connect with nature, these gardens inform and educate about the botanical and ecological origins and functions of plant life and how they relate to human beings and animals.

The nonprofit American Public Gardens Association has partnered with Rain Bird, a leading manufacturer and provider of irrigation products, to promote the important role that gardens play in promoting environmental stewardship through National Public Gardens Day. Many of the nation's public gardens will mark the day with special events and activities for schools, families and thousands of visitors. For more information, you can visit www.NationalPublicGardensDay.org.

Cruising

from page 18.

in Russia's Alexandria Park near St. Petersburg; hiking in Norway from 1,000 feet to 1,800 feet above the city of Bergen, with exciting views of the North Sea; and a five-mile Nordic workout walk in Finland.

When Seabourn Odyssey stopped in the mountainous Montenegro port of Kotor last fall, I set off alone to climb the steps of the fortified walls of the old city. As it was a moderately difficult climb with lots of steps and loose stones. I expected to be pretty much alone. But on the

trail up and down, I encountered at least a dozen fellow passengers – some of them the same folks I noticed dancing that night to a rock 'n roll band aboard ship.

In decades past, Seabourn was a cruise line of mature ships and maturer passengers. I remember a cruise in the early 1990s when the lounge piano player said that he had been instructed to stay away from songs that even sounded like rock 'n roll. "I don't even do Billy Joel on this ship," he said.

Those days are long gone, I told the man in his 50s who was concerned about cruising on a luxury ship, paraphrasing a line from Bob Dylan, who is now age 70: Seabourn was older then; it's younger than that now.

David Molyneaux writes monthly about cruising. He is editor of TheTravelMavens.com

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Social Security & You

from Melinda Minor, District Manager - Pueblo



YOU MAY BENEFIT FROM NEW PRE-EXISTING CONDITION INSURANCE PLAN

Do you find it hard to obtain health insurance due to pre-existing conditions? You may be eligible for the new Pre-Existing Condition Insurance Plan — a program for people who have a pre-existing medical condition and have been without health insurance coverage for at least six months.

People with pre-existing conditions face daunting challenges — and high costs — when they shop for health insurance. This new plan covers physician and hospital services and prescription drugs. Premiums vary by state. Annual out-of-pocket expenses for enrollees are capped.

Details about the program and how to apply may vary depending on what State you live in. In some states, the U.S. Department of Health and Human Services, with the help of the U.S. Office of Personnel Management and the U.S. Department of Agriculture's National Finance Center, will run the Pre-Existing Condition Insurance Plan; other States have asked to run the program themselves.

Regardless of which State you live in, to qualify for the program you must be a U.S. citizen or legal resident, and you must have been uninsured for at least six months. In addition, you must have a pre-existing condition or have been denied insurance coverage because of a medical condition.

For more information, call the Pre-Existing Condition Insurance Plan

toll-free at 1-866-717-5826 (TTY 1-866-561-1604) between the hours of 8 a.m. and 11 p.m. Eastern Time. Or visit www.pcip.gov and select "Find Your State" to learn about eligibility and how to apply.

SOCIAL SECURITY TACKLES HEART DISEASES

Cardiovascular disease is not only the leading cause of death in the United States, it also is a major cause of disability.

Social Security is dedicated to helping people with heart conditions throughout the year, but we'd like to take this opportunity to tell you about the most recent initiative to help people who file claims for monthly disability benefits due to heart disease.

Recently, Social Security held a public Compassionate Allowances hearing on cardiovascular disease. Social Security Commissioner Michael Astrue and leading experts on cardiovascular disease met to discuss possible methods to identify disabling cases and expedite those claims for both adults and children.

Social Security is committed to ensuring Americans with devastating illnesses receive benefits quickly. The Compassionate Allowances process is one of the initiatives to speed up the disability application process for people with severe conditions.

"This fiscal year, about 150,000 people will benefit from our fast-track disability processes," said Commissioner Astrue. "With this hearing, we continue to look at broader categories of conditions to determine if a subset or certain diagnosis might clearly meet our disability standards and qualify as a Compassionate Allowance."

Currently, 88 specific diseases and conditions qualify as Compassionate Allowances and, as a result, claims filed by people who are disabled due to these conditions are put on the fast track to receive benefits.

To see a complete list of Compassionate Allowance conditions and to view a web cast of the hearing on cardiovascular disease, visit www.socialsecurity.gov/compassionateallowances.

To learn more about disability benefits, visit

www.socialsecurity.gov/disability. To apply for disability benefits, go to www.socialsecurity.gov/applyfordisability.

FOUR OUTSTANDING PROGRAMS

Social Security has four outstanding programs for you. Here they are: the Retirement Estimator, Benefit Application, online Extra Help application, and Business Services Online.

1. The Retirement Estimator is an easy way to get an instant, personalized estimate of your future Social Security benefits. Just key in some basic information and the Estimator will use information on your Social Security record, along with what you input, to give you a benefit estimate on the spot. You even can experiment with different scenarios, such as changing your future earnings and retirement date. Check it out in English at www.socialsecurity.gov/estimator or in Spanish at www.segurosocial.gov/calculador.

2. The Benefit Application is the most convenient way to apply for Social Security retirement benefits. You can apply from the comfort of your home — it's fast, easy, and secure. It's so easy, in fact, that it can take you as little as 15 minutes to apply online. In most cases, once your application is submitted electronically, you're done. There are no forms to sign and usually no documentation is required. Social Security will process your application and contact you if any further information is needed. Try it out when you're ready to retire at www.socialsecurity.gov/applyonline.

3. The online Extra Help application is an easy way to save about \$4,000 a year on your prescription drug costs. To qualify for the Extra Help, you must be on Medicare, have limited income and resources, and live in one of the 50 states or the District of Columbia. Learn more about it at www.socialsecurity.gov/prescriptionhelp.

4. Business Services Online is our one-stop shop for small businesses. The site allows organizations and authorized individuals to conduct business with and submit confidential information to Social Security. You even can use it to file your W-2s the fast, convenient, and paperless way — online. Visit Business Services Online at www.socialsecurity.gov/bso.

In the American Customer Satisfaction Index, Social Security received the highest ratings in both the public and private sectors.

To learn more about our winning services, visit www.socialsecurity.gov/onlineservices. Or, read our publication What You Can Do Online at www.socialsecurity.gov/pubs/10121.html.

Get to know our final four, and all of our online services. When you do, you will be the winner.

QUESTIONS & ANSWERS

General

Question:

How do I show proof of my Social Security benefit amount?

Answer:

Here are four ways:

- You can use your SSA-1099 form as proof of your income if you receive Social Security benefits;

- You can use your annual notice that tells you your benefit amount for the year as verification of your current benefits;

- The fastest, easiest, and most convenient way is to go online and request a Proof of Income Letter at www.socialsecurity.gov/bene; and

- You may call Social Security's toll-free number, 1-800-772-1213 (TTY 1-800-325-0778), between 7 a.m. and 7 p.m., Monday through Friday.

Question:

I understand that by 2013 I will not be able to continue receiving my Social Security payments by paper check. What are the benefits of using direct deposit?

Answer:

The benefits of using direct deposit are:

- It's safe;
- It's secure;
- It's convenient;
- There are no checks to be lost;

- You are in control of your money; and

- You will get your benefits on time, even if you're out of town, sick, or unable to get to the bank.

You choose the account where your Social Security payment is deposited. If you don't have a bank account, you can use the Direct Express prepaid debit card to receive Social Security, Supplemental Security Income (SSI), and other Federal benefit payments. With this card, you can make purchases, pay bills, and get cash at thousands of locations nationwide. Learn more about direct deposit and Direct Express at www.godirect.gov.

RETIREMENT

Question:

What's the easiest way to apply for retirement benefits?

Answer:

You can apply for retirement benefits using our online Retirement Application at www.socialsecurity.gov/retire. It's fast, easy, and secure. There are no forms to sign and usually no documentation is required. Social Security will process your application and contact you if any further information is needed.

Question:

How can I get an estimate of my retirement benefits?

Answer:

Our online Retirement Estimator uses your Social Security earnings record to estimate your future benefits. To use the Retirement Estimator, go to www.socialsecurity.gov/estimator. There, you can enter certain identifying information about yourself. As long as the personal information you provide matches our records, you can use the Retirement Estimator to enter other information, such as your expected retirement age and estimated future wages. This information will be combined with the information that Social Security has on record about your past earnings to provide a quick and reliable online benefit estimate. A Spanish-language Retirement Estimator also is available at www.segurosocial.gov/calculador. Get an instant, personalized estimate of your future benefits now at www.socialsecurity.gov/estimator.

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For A Healthier You



CRAVING COMPANIONSHIP RECIPE CONTEST HELPS REVIVE FAMILY MEALTIMES FOR LOCAL SENIORS

Craving Companionship Recipe contest helps revive family mealtimes for local seniors by **Robin Mosey-Home Instead**

It's dinnertime, and what your senior parent is likely craving the most is to share a favorite family meal with you.

That's according to research conducted for the Home Instead Senior Care® network, which revealed that lack of companionship is the biggest mealtime challenge for seniors.* The local Home Instead Senior Care office is encouraging family caregivers to dig into the family recipe box to find that favorite dish, and prepare and share a meal with their senior loved one.

Then enter that recipe and the story about what makes the dish so special to your family in the Craving CompanionshipSM Recipe Contest whose deadline is September 15, 2011. The contest is part of the Craving Companionship program at www.mealsandcompanionship.com launched to help seniors stay connected socially and eat more nutritiously.

"Many seniors need help planning and preparing nutritious meals," said Robin Mosey, owner of the Home Instead Senior Care office in Pueblo. "But that's only part of the story. So many seniors want to relive a time around the dinner table when they are sharing their lives with the people they love most. Home Instead Senior Care network research reveals that seniors who live alone want good-tasting, nutritious food and stimulating conversation when they share home-cooked meals with family and friends."

The program offers family

caregivers tips and practical advice to encourage companionship and easy healthy meals. For more details about the contest including guidelines and prizes, visit www.mealsandcompanionship.com. Selected recipes and stories will be posted online as well as in the *Homemade MemoriesSM Cookbook*, which will be available for purchase in time for the 2011 holiday season. Proceeds will go to the non-profit Home Instead Senior Care Foundation to benefit North American seniors.

Craving Companionship is geared to helping families support a nutritiously vulnerable population – older adults who live alone. In the United States, approximately 40 percent of the population age 75 and older – 6.7 million people – lives alone, according to the U.S. Census Bureau.

The Craving Companionship program and contest are incentives for families to find time to help their loved ones prepare the foods they've always loved and enjoy those dishes with them. "Who likes to eat alone? Nobody," said Sandy Markwood, Chief Executive Officer (CEO) of the National Association of Area Agencies on Aging (n4a), expert source for the Craving Companionship program.

"We know from the popular home-delivered meals program, also known as "Meals On Wheels®," that companionship is among the most important needs of local seniors. Older adults often look forward to the delivery driver as much as the meal," Markwood noted. "We share the Home Instead Senior Care mission to help older adults live with confidence at home for as long as possible by providing the sup-

port they need. Because when a senior is isolated, it's indicative of bigger challenges that person could be facing."

Two of five seniors who live alone (44 percent) have at least four warning signs of poor nutritional health**. According to Home Instead Senior Care network research, the most common of these warning signs and their incidence rates are:

- Eating alone most of the time (76 percent)
- Taking three or more different medications a day (71 percent)
- Eating few fruits, vegetables or milk products (46 percent)
- Having an illness/condition that prompted a change in diet (31 percent)
- Not always being physically able to shop, cook or feed themselves (25 percent)

Furthermore, the research confirms the value of mealtimes. An overwhelming majority of seniors (85 percent) say that having someone to share their meals makes those times more satisfying for them. In addition, nearly one-half (48 percent) say their mealtimes are more satisfying if they have someone prepare their meals for them.

Sadly, these same seniors say that several factors can get in the way of their mealtime companionship. The most common obstacles that prevent these seniors from sharing more meals are family/friends don't have enough time (28 percent) or they live too far away (20 percent).

"That's no surprise since we know from experience families often lack the time to help their aging parents," Mosey said. "But 59 percent of

seniors who live alone say they eat more nutritiously when family and friends are around. They really enjoy having that connection with someone, whether it's a family caregiver or a professional CAREGiverSM."

**The Home Instead Senior Care network completed 600 telephone interviews with seniors age 75 and older in the U.S. who live alone in their own homes or apartments. The sampling error is +/-4.0% at a 95% confidence level.*

***The warning signs of poor nutritional health were previously identified and published by the Nutrition Screening Initiative.*

ABOUT HOME INSTEAD SENIOR CARE

Founded in 1994 in Omaha by Lori and Paul Hogan, the Home Instead Senior Care® network is the world's largest provider of non-medical in-home care services for seniors, with more than 900 independently owned and operated franchises providing in excess of 45 million hours of care throughout the United States, Canada, Japan, Portugal, Australia, New Zealand, Ireland, the United Kingdom, Taiwan, Switzerland, Germany, South Korea, Finland, Austria, Italy and Puerto Rico. Home Instead Senior Care franchises employ more than 65,000 CAREGiversSM worldwide who provide basic support services – activities of daily living (ADLs), personal care, medication reminders, meal preparation, light housekeeping, errands, incidental transportation and shopping – which enable seniors to live safely and comfortably in their own homes for as long as possible. At Home Instead Senior Care, it's relationship before task, while continuing to provide superior quality service that enhances the lives of seniors everywhere.

Nutritional Risks: The Warning Signs

The Loneliness Factor

Two of five seniors who live alone (44%) have at least four warning signs of poor nutritional health such as eating alone, taking multiple medications and illness, according to research conducted for the Home Instead Senior Care® network.

Following, from the Home Instead Senior Care network and Sandy Markwood, Chief Executive Officer (CEO) of the National Association of Area Agencies on Aging (n4a), are warning indicators that a senior could be in trouble.

- 1. The loneliness.** More than three-fourths (76%) of seniors who live alone eat alone most of the time, according to Home Instead Senior Care network research. **Suggestion:** Try to make sure your older loved one has companionship at home or in a congregate meal site.
- 2. The multiple meds.** Nearly three-fourths (71%) of seniors take three or more different medications a day, according to research. **Suggestion:** Talk to your senior's health care team about how medications might be impacting your older adult's appetite and discuss with them what to do about it.
- 3. The lack of healthy staples.** For a number of reasons, important staples for a good diet are not always found in a senior's kitchen. **Suggestion:** Talk with your older loved one about their favorite recipes – or yours – that incorporate healthy products.
- 4. The illness.** Many older adults are struggling with health conditions that impact eating. **Suggestion:** Discovering favorite recipes from the recipe box and making mealtime a social event may help.
- 5. The physical problems.** A fourth of seniors who live alone – 25% – can't always get to the grocery store any more, nor can they shop or cook for themselves. **Suggestion:** Tap into neighbors and compassionate friends. Call your local Area Agency on Aging Office or Home Instead Senior Care.
- 6. That smelly fridge.** Check out expiration dates of food in the refrigerator when you're visiting a loved one. Have you noticed an increase in spoiled food? **Suggestion:** Package food in small portions and label in big letters with the date.
- 7. The suspicious grocery list.** If you go to the store for Mom, and the list is mostly sweets, then she may be headed in the wrong direction with her diet. **Suggestion:** Help her put together a grocery list, reminding her of all the wonderful foods she used to cook for you.
- 8. Those important details.** When you're visiting a senior, check out things like skin tone – it should be healthy looking and well-hydrated – as well as any weight fluctuations. **Suggestion:** A visit to the doctor can help ensure your senior is healthy.
- 9. The empty cupboard.** An emergency could trap a loved one home for days. **Suggestion:** Prepare by stocking back-up food, water and high-nutrition products such as Ensure® in case a trip to the store isn't possible.
- 10. The support.** Isolation is one of the biggest threats to an older adult. **Suggestion:** Encourage your loved one to invite friends to dinner. If you can't be there, develop a schedule of friends and neighbors who can stop by for lunch or dinner. Or call your local Home Instead Senior Care office for assistance.

For more information about the National Association of Area Agencies on Aging, go to www.n4a.org. Learn about the Home Instead Senior Care network's Craving CompanionshipSM program at www.mealsandcompanionship.com or contact your local office at

Loneliness -- it's one of the most serious obstacles to good nutrition that your senior loved one could face. In the United States, approximately 40 percent of the population age 75 and older – 6.7 million people – lives alone, according to the U.S. Census Bureau. These seniors face significant socialization challenges, particularly when it comes to lack of shared mealtime experiences.

"Who likes to eat alone? Nobody," says Sandy Markwood, Chief Executive Officer (CEO) of the National Association of Area Agencies on Aging (n4a) – who served as expert source for the Home Instead Senior Care® network's Craving CompanionshipSM program. "Meals are not just a matter of sustenance, but a social outlet," said Markwood, whose members coordinate the popular home-delivered meals program, also known as "Meals On Wheels®."

The far-reaching impact of loneliness prompted the Home Instead Senior Care network to conduct a first-of-its-kind study® to measure mealtime routines, challenges and preferences of seniors age 75 plus who live by themselves in their own homes or apartments.

This comprehensive study, which involved 600 interviews, provides evidence that increased opportunities for seniors to share meals with others will promote nutritional and emotional well-being. Key findings include:

- Two of five seniors who live alone have at least four warning signs of poor nutritional health.
- One in five seniors says he or she sometimes or most of the time feels lonely when eating alone.
- Seventy-six percent of these seniors eat alone most of the time.
- The biggest mealtime challenge for older people who live alone is lack of the shared family experience, including lack of companionship.
- Mealtimes last nearly twice as long when seniors who live alone share meals with others compared with when they eat alone.
- A majority of seniors who live alone say they eat more nutritiously and the food actually tastes better when eating with others.
- More than three-fourths of seniors say they wish their families shared more meals together.
- The most common obstacle preventing these seniors from sharing more meals with others is that their family and friends don't have enough time.

As a result of this study, the Home Instead Senior Care network launched the Craving CompanionshipSM program to encourage extended families to bring back the family meal for the benefit of their seniors, especially those who live alone.

The Craving Companionship program includes a variety of resources such as recipes and tips to help family caregivers make the most of mealtimes. For more information, visit www.mealsandcompanionship.com or contact your local office at

"Mealtimes are how we come together as a family or a community. When you're isolated from that opportunity it's indicative of bigger challenges that person could be facing."

- Sandy Markwood

719-545-0293 or homeinstead.com/530

719-545-0293 or homeinstead.com/530

*The Home Instead Senior Care network completed 600 telephone interviews with seniors age 75 and older in the U.S. who live alone in their own homes or apartments. The sampling error is +/-4.0% at a 95% confidence level.

For A Healthier You



Understanding Your Health Insurance Plan

(NAPSI)—How knowledgeable are you about your health insurance plan? Do you know what medications are on your formulary and if your plan requires you to use generic medications first?

If you found these questions difficult to answer, you are not alone. The following are definitions to some common terms you should be familiar with in order to make informed decisions about your treatment options.

Formulary

A formulary is a list of generic and brand-name medications approved by the U.S. Food and Drug Administration (FDA) that are covered under your health insurance plan.[1] More simply put, a formulary is a “preferred drug list” developed by your insurance company.

In the case of NEXIUM® (esomeprazole magnesium), it has preferred formulary status at all three of the nation’s largest prescription benefit providers—Medco, Caremark and Express Scripts.[2]

Drug Formulary Tiers

Most private and Medicare drug plans use a tier structure to classify medications on their formulary. Formulary tiers are a specific list of drugs that a health plan provides coverage for at different levels. The most common formulary system is 3-tiered, with each tier representing a higher copay. Generic and some brand-name drugs are usually covered at the Tier 1 level, and have the lowest copay. Preferred brand-name drugs are typically covered at the Tier 2 level, and non-preferred drugs are listed at the Tier 3 level with the highest patient copay.

Safety Tips

Fortunately, with a little preparation, it’s possible to reduce the risk of snakebite and have a safer and enjoyable time outdoors.

To help, here are some tips:

- First and foremost—leave snakes alone. If you see one, move away and avoid any temptation to try to pick it up or have a closer look. A good rule of thumb is to stay out of a snake’s striking range;
- When walking outdoors, remain on pathways and stay out of tall grass;

For example, in the case of NEXIUM patients, the majority of NEXIUM prescriptions written require no prior authorization,[4] and NEXIUM has Tier 2 status with no prior authorization required on 332 Medicare Part D plans nationwide.[5]

Step therapy is a treatment process that requires you to take certain medications on your formulary for a trial period before coverage is authorized for other medications in the same therapeutic class.[6],[7] To put it simply, you may have to take an alternate drug in the same therapeutic class, typically a generic, before your health plan will cover your doctor’s original prescription.[6,7]

Closed Formulary

A closed formulary plan provides coverage for certain generic drugs, certain formulary brand-name drugs and certain specialty drugs. Non-formulary drugs and most specialty drugs are covered only when prior authorization is given.

If you have questions about your health insurance plan, contact your insurance company. The customer service number is usually located on the back of your insurance card.

[1] Blue of California. “Drug Formulary.” Available at https://www.blueshieldca.com/bsc/pharmacy/faqs/pharmacy_faqs_drug_formulary.jhtml. Accessed on March 15, 2011.

[2] Data on file, [eStAr# 269188, Atlas # 1046608]: Fingertip Formulary, December 15, 2010.

[3] Data on file, # 1045404: Fingertip Formulary database as of January 5, 2011.

[4] Data on file, eStAr# 268197: Wolters Kluwer Health, Dynamic Claims, July, August, September 2010 (last accessed November 4, 2010).

[5] Data on file, eStAr# 273833: Fingertip Formulary (last accessed August 11, 2010).

[6] American Cancer Society. “Formularies and drug coverage.” Available at <http://www.cancer.org/Treatment/FindingandPayingforTreatment/ManagingInsuranceIssues/Medicare/MedicarePartD/medicare-part-d-formularies-and-drug-coverage>. Accessed on March 15, 2011.

[7] Pam Pohly’s Net Guid. “Glossary of Terms in Managed Health Care.” Available at http://www.pohly.com/terms_s.html. Accessed on March 15, 2011.

Don’t Let The Snakebite Season Get You Rattled

(NAPSI)—For many people, warmer weather means it’s time for family outings and outdoor sports. It’s also the beginning of “snakebite season.” Approximately 8,000 cases of venomous snakebite and five to six related deaths occur in the United States each year. Venomous snakebites can have other serious consequences, including loss of a finger or toe, if not treated promptly. Victims of snakebite should react calmly but swiftly and seek medical attention.

• Exercise caution when picking up tree logs or other items on the ground where snakes can hide.

Myths and Realities

Many myths and much misinformation exist about what to do if bitten by a snake, including cutting the skin; sucking the poison; applying a tourniquet, bandage or pressure; and using ice packs, all of which may increase tissue damage. Snakebite treatment is best left to expert emergency medical professionals.

Many emergency medical facilities in bite-prone regions of the country stock antivenom for North American pit vipers, which include rattlesnakes, copperheads and water moccasins. Area residents or people traveling to regions where snakes are common may want to contact the local hospital to inquire if the emergency room keeps a supply of antivenom in stock. Better safe than sorry, especially for anyone who gardens, hikes or spends a lot of time outdoors.

Information about venomous snakebite is also available from the American Association of Poison Control Cent-

ers. Dial 1-800-222-1222 from anywhere in the United States to connect with a local poison control center 24/7. The call is free and confidential and answered by medical professionals.

According to Dr. Mark Ryan, director of the Louisiana Poison Center at Louisiana State University Health Sciences Center, Shreveport, “Venomous snakebites can result in intense pain, swelling, damage to cells or tissue at the injury site and beyond, secondary infection or even death.

“When dealing with poisonous snakebites, patients need to get to a medical facility that is prepared to treat them as quickly as possible for the best outcome.”



Fighting Aging Naturally

(NAPSI)—Many people resign themselves to living with the signs of aging—when they don’t have to.

The Problem

The vast majority of skin aging comes from exposure to sunlight, which triggers the generation of melanin, the pigment in freckles. Sunlight also damages the collagen and elastin in the skin, producing wrinkles. But even if you’ve had your fun in the sun, that doesn’t mean

it’s inevitable for your skin to become less elastic and more wrinkled as you get older. In fact, if you can improve your circulation, you’ll be well on your way to fresher, younger-looking skin.

Fortunately, there’s an all-natural and clinically proven way to save your skin and get your blood moving again: consuming antioxidants found in plants. Lychee fruit, in particular, is high in polyphenols—powerful antioxidants that help improve circulation. Its polyphenol content is second to that of strawberries.

Made from concentrated lychee fruit extract, a nutritional supplement called Oligonol is available from Quality of Life Labs. The polyphenols in Oligonol help improve blood flow to the subdermal layer of the skin, which leads to faster skin cell turnover. As a result, Oligonol has been shown to help reduce both freckles and wrinkles. Using a camera-equipped electronic device to assess skin condition, one study in women aged 26-60 found that around half the participants taking Oligonol had an improved skin condition, especially in the area of skin roughness.

Freckles were reduced in 29 percent of the cases and wrinkles improved in 47 percent. Results were most visible in those over 40 years old. In addition, participants noticed less fatigue.

You can learn more by calling (877) 937-2422 and visiting online at www.q-o-l.com.

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For A Healthier You



Alternative Health Care Offers Options

by Charlene Causey

Choice. Everyone likes to have a choice. Even the word implies something of better and higher quality. With regard to health care, choice can mean the difference between acute or chronic, better or worse, even life or death. An area of huge interest and gaining wide popularity among old and young alike is alternative health care. That is one area of choice which I propose as a viable, even preferable, route to travel. Alternative health offers a wide range of practices. To name a few there is naturopathy, homeopathy, acupuncture, reflexology, kinesiology, iridology, visualization, meditation and prayer. Then there are the therapies: massage, aroma, hydro colon, oxygen,

light, psycho, music and pet. Endless options abound, and many have some precautions to heed, but for millions of people alternative health is where they turn first when faced with a health concern.

Additionally, many practitioners from the orthodox medical community are beginning to integrate alternative therapies into their practices. Just this morning on the Today show there was a feature about a physician who writes lyrics and composes music for his patients who are undergoing chemotherapy tailored to their individual personality and situation. He then performs the song while playing his guitar, not only for his patient, but sometimes for the entire waiting room of patients,

lifting all of their spirits and gladdening their hearts.

It's true that traditional medicine is often needed and in the case of severe trauma to the body, a surgeon is the only one who will do. However, as a society we have grown way too dependent on the "quick fix" solutions of drugs, pharmaceuticals and the revolving door to the doctor's office. In the olden days mother's treated their young'uns with what was then "traditional home remedies". With the advent of antibiotics however, now parents are running to the pediatrician's office for the slightest of symptoms. It begins young and continues in to old age; so much so that now we are pumped full of antibiotics and devoid of natural probiotics. As a result the immune system suffers and we are now faced with medically resistant "superbugs"!

There needs to be a happy medium and a balance of intuition, education and common sense. With the internet there is a plethora of information that is at anyone's fingertips. It is important to carefully select resources and confirm by cross-referencing information for accuracy. Take advantage of

PBS specials, seminars and expos that focus on health and longevity. In fact, right here in Pueblo, Saturday, August 27th at the Clarion Inn on N. Elizabeth will be an opportunity to gain some insight. An "Alternative Flair Health Fair" will take place from 10-4; it's free and will have many alternative health modalities represented.

So do your research carefully and seek divine intervention for guidance, but consider this: The wonderfully made human body has some built in mechanisms to keep it in balance. That balance is known as homeostasis and there are many things which can naturally restore that delicate equilibrium. Tapping into some knowledge which will empower you with positive energy might just allow your choice to have a voice in favor of alternative health therapies.

Charlene Causey is a former registered nurse who has also been a model, fitness instructor, skin care consultant, nutrition consultant and educator. She currently is a nutrition consultant and certified personal trainer, whose goal is promoting optimal wellness naturally. She can be reached at (719) 250-0683 or IOHealth@live.com.

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FLORENCE

100 Railroad St. - Florence Tues-Thur-Fri

AUGUST 2: AMERICAN LASAGNA, Herbed Green Beans, Cabbage, Shredded Green Salad/Lite Italian Drsg., Ice Cream Italian Bread with Margarine.

AUGUST 4: BBQ CHICKEN, Spinach Mandarin Orange Salad, Potato Salad, Peaches, Cornbread with Margarine.

AUGUST 5: HUNGARIAN GOULASH, California Veggie Medley, Green Peas, Pineapple Tidbits.

AUGUST 9: Veggie Soup/Whole Wheat Crackers, Tuna Salad/Lettuce/Tomato Slice, Baked Acorn Squash, Pear Halves.

AUGUST 11: TURKEY SANDWICH/WHOLE WHEAT, Provolone cheese/Mustard/Sliced Tomato/Lettuce, Orange, Waldorf Salad.

AUGUST 12: BLACK BEAN/TORTILLA CASSEROLE, Steamed Brown Rice, Whipped Sweet Potatoes, Mixed Fruit.

AUGUST 16: PORK CHOW MEIN, Steamed Brown Rice, Cooked Cabbage with Red Pepper, Banana, Fortune Cookie.

AUGUST 18: CHICKEN/WHITE CHILI, Spinach Salad/Lite Ranch, Carrots, Apple, Brownie, Cornbread with Margarine.

AUGUST 19: TERIYAKI BEEF, Steamed Brown Rice, Chinese Vegetables, Spinach Mandarin Orange Salad/Sesame Vinaigrette Dressing.

AUGUST 23: BAKED PORK CHOP, Country Style Gravy, Whipped Potatoes, Hot Bean Casserole, Fruit Salad, Cinnamon Applesauce.

AUGUST 25: BBQ BEEF OPENED FACED SANDWICH, Chicken Rice Soup, Whole Wheat Crackers, Creamy Coleslaw, Almond Peaches.

AUGUST 26: TACO SALAD/Salsa, Tomato/Lettuce Garnish, Strawberry Applesauce, Flan Custard, Cornbread/marg.

AUGUST 30: CHICKEN A LA KING, Whipped Potatoes, Tossed Salad/Lite Drsg., Orange, Apricot Halves.

PENROSE CENTER

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AUGUST 9: Spaghetti, tossed salad, garlic bread, apple crisp, ice cream.

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AUGUST 16: Hot Dogs/Pork & Beans, roll, butter, chips, wacky cake.

AUGUST 18: Ham Hock/Beans, coleslaw, cornbread, butter, applesauce.

AUGUST 23: Chicken Thighs, mashed potatoes/gravy, squash, tropical fruit.

AUGUST 25: Tuna Noodle Casserole, mixed veggies, fruit jello, (cake).

AUGUST 30: Brown Beef/Gravy, veggie, beer bread, fruit.

SALIDA MENU

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AUGUST 2: BEEF BARLEY SOUP/Whole Wheat Crackers, Sesame Broccoli, Apricot Pineapple Compote, Apple.

AUGUST 4: TURKEY SANDWICH/WHOLE WHEAT, Provolone cheese/Mustard/Sliced Tomato/Lettuce, Orange, Waldorf Salad.

AUGUST 5: TACO SALAD/Salsa, Tomato/

Lettuce Garnish, Strawberry Applesauce, Flan Custard, Cornbread with Margarine.

AUGUST 9: TAHITIAN CHICKEN, Steamed Brown Rice, Green Bean Amandine, Fruit Salad.

AUGUST 11: AMERICAN LASAGNA, Herbed Green Beans, Seasoned Cabbage, Banana, Italian Bread/marg.

AUGUST 12: ROAST PORK/GRAVY, Whipped Potatoes/Gravy, Parslied Carrots, Sugar Free Strawberry Gelatin Salad.

AUGUST 16: LEMON BAKED FISH/Tartar Sauce/Lemon, Rice Pilaf, Green Beans/Mushrooms, Fruit Salad.

AUGUST 18: ROAST TURKEY/GRAVY, Cornbread Stuffing, Cauliflower/Broccoli Mix, Cranberry Mold, Pumpkin Bar.

AUGUST 19: BEEF STROGANOFF, Orange Spiced Carrots, Ruby Beet Salad, Mixed Fruit.

AUGUST 23: SWISS BROCCOLI PASTA, 5-Way Vegetables, Sliced Peaches, Plum, Sweet Potato Roll/marg.

AUGUST 25: SMOTHERED CHICKEN, Cornbread Stuffing, Seasoned Cauliflower/Broccoli Mix, Applesauce Waldorf Salad.

AUGUST 26: HAMBURGER/BUN, Catsup/Mustard/Onion/Tomato/Lettuce,

Baked Beans, Potato Salad, Watermelon.
AUGUST 30: SWISS STEAK/Mushroom Sauce, Whipped Potatoes, Seasoned Greens, Cantaloupe.

GOLDEN AGE CENTER

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

AUGUST 1: Spinach Lasagna, tossed veggie salad, green beans, tangerine.

AUGUST 3: Salisbury Steak, whipped potatoes/gravy, calif. veggie medley, greens, nectarine.

AUGUST 5: Turkey Tetrizzini, Italian green beans, strawberry applesauce, choco-chip cookie.

AUGUST 8: Pork Chow Mein, brown rice, cabbage/red pepper, banana, fortune cookie

AUGUST 10: Chicken/Noodles, green beans, acorn squash, apricot PA compote.

AUGUST 12: Meatloaf/Brown Gravy, cheesy potatoes, green beans, PA tidbits.

AUGUST 15: Sloppy Joe/Bun, scalloped potatoes, broccoli/carrots, apple.

AUGUST 17: Ham/Beans, cut broccoli, parslid carrots.

AUGUST 19: Birthday Meal! Baked Potato/broccoli cheese sauce, tossed salad/Lite French, plum, fruit cocktail.

AUGUST 22: Chicken Fried Steak/Country Gravy, roasted garlic mashed potatoes, cauliflower/broccoli mix, apple.

AUGUST 24: Chicken Fajita, tomato/lettuce garnish, cilantro rice, corn, grapes.

AUGUST 26: Roast Beef, mashed potatoes/gravy, green bean amandine, apricot peach compote.

AUGUST 29: Ham/Scalloped Potatoes, spinach salad/egg, mixed veggies, peaches.

AUGUST 31: Spaghetti/Marinara Sauce, Italian sausage, baked acorn squash, tossed salad, pizelle, pear halves.

MOST MEALS SERVED

WITH MILK

(Coffee or Tea optional)

Most meals served/bread/marg.

The Menu This Month Has Been Sponsored By **Big O Tires**. Why Not Stop By Or Give Them A Call And Thank Them!

For A Healthier You



ST. MARY-CORWIN MEDICAL CENTER PRESENTS:

LIVE, LAUGH, LEARN WOMEN'S SERIES HOSTS STATE FAIR FUN

from Rochelle Kelly DeVargas-St. Mary-Corwin Medical Center

PUEBLO, CO – St. Mary-Corwin Medical Center is hosting a Live Laugh Learn women's event with State Fair flair on Thursday, August 11 at 5:00 pm in the Dorcy Cancer Center. This special event is the latest in St. Mary-Corwin's new Live Laugh Learn quarterly women's series and will focus on women's orthopedic health including Osteoporosis and preventing injuries for all ages.

Live Laugh Learn will feature Dr. Jennifer Fitzpatrick, Pueblo's only

female orthopedic surgeon who just completed her Sports Medicine Fellowship with the University of Colorado Buffalos athletics program. She completed her Bachelor's of Science and Doctorate degrees, as well as her residency in Orthopedic Surgery from the University of New Mexico in Albuquerque, NM, where she graduated Magna Cum Laude.

Joining Dr. Fitzpatrick is Dr. Conor Heaney. Dr. Conor Heaney is a member of the Pueblo Radiological Group. Originally from Dublin, Ireland, Dr. Heaney received his medical

degree from the University of Iowa College of Medicine, Iowa City, IA and his residency training and a fellowship in nuclear radiology at the Mayo Clinic in Rochester, MN.

Live Laugh Learn will kick off State Fair fun and excitement with educational booths and games to win giveaways. Hors d'oeuvres and refreshments will be served and door prizes include tickets to concerts and rodeo performances during the Colorado State Fair.

Plan to join us and bring along a special woman in your life – maybe your mother, daughter, grandmother



or friend. There is never a fee to attend any of the Live Laugh Learn women's series at St. Mary-Corwin. Call (719) 557-4639 to RSVP.

All About Cataracts

Submitted by Kathy-Lyn Allen, PR Coordinator – Rocky Mountain Eye Center

A cataract is a clouding of the eye's naturally clear lens. Your eye becomes like a window that is frosted or yellowed. Cataracts are a common cause of vision loss, especially as we age, but they are treatable.

How would I know if I'm developing cataracts?

The only way to know for certain is when your Eye M.D. does a dilated eye exam (described below). Get a baseline exam at age 40, when early signs of disease and changes in vision may start to occur. Your Eye M.D. will let you know how often you should return for follow-up exams. At any point, if you have symptoms or risks for eye disease, see your Eye M.D. Because your risk for cataracts and other eye diseases increases

as you get older, starting at age 65 you should see your Eye M.D. every year. A complete eye examination will rule out any other condition that may be causing blurred vision or eye problems.

Most age-related cataracts develop gradually. As a result, you may not immediately notice changes in your vision when cataracts first develop. Also, the amount and pattern of cloudiness within the lens can vary. If the cloudiness is not near the center of the lens, you may not be aware that you have a cataract.

In time, you may have symptoms such as:

- Painless clouded, blurry or dim vision;
- Increasing difficulty seeing at night or in low light;
- Sensitivity to light and glare, seeing haloes around lights;
- Colors seem faded or yellowed;

lowed;

- The need for brighter light for reading and other activities;
- Needing frequent changes in eyeglass or contact lens prescription; or
- Double vision within one eye.

How are cataracts diagnosed?

During a comprehensive, dilated eye exam, your Eye M.D. uses several tests to check for cataracts:

• **Slit-lamp:** This device uses an intense line of light to illuminate the eye's cornea, iris, lens and the space between the iris and cornea. The doctor is able to examine the eye in small sections, making it easier to detect abnormalities.

• **Retinal exam:** When your eye is dilated, the pupils are wide open so the doctor can more clearly see the back of the eye. Using the slit lamp and/ or an instrument called an ophthalmoscope, the doctor looks for signs of cataract and if present, the extent of the clouding. Your Eye M.D. will also look for signs of glaucoma and other potential problems with the retina and optic nerve.

• **Refraction and visual acuity test:** This refers to the sharpness and clarity of your vision. Each eye is tested individually for the ability to see letters of progressively smaller size. The doctor determines whether you have 20/20 or less acute vision with the best possible glasses

during the refraction.

Once I know I have cataracts, what should I do?

• Have an eye exam every year if you're older than 65, or every two years if younger.

• Protect your eyes from UV light by wearing 100 percent UV blocking sunglasses and a hat.

• If you smoke, quit; smoking can increase cataract progression.

• Use brighter lights for reading and other activities; a magnifying glass may be useful, too.

• Limit night driving once night vision, haloes or glare become problems.

• Take care of any other health problems, especially diabetes.

• Get the right eyeglasses or contact lenses to correct your vision; when it becomes too difficult to complete your regular activities, consider cataract surgery.

Do not use eye drops or other treatments that claim to dissolve or remove cataracts. There is no proven way to dissolve cataracts with eye drops. Surgery is the only way to remove cataracts.

American Academy of Ophthalmology. Cataracts: Eye Diseases Information: EyeSmart. Retrieved July 11, 2011, from <http://www.aao.org/eyesmart>

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Fashion: Looooking Gooood!

AGING: Just Call It The Irresistible Force

by Patricia McLaughlin

Everybody wants to look younger, so there's an \$8 billion (or so) market for anti-aging products -- even though, strictly speaking, there's no such thing.

OK, sure, aging isn't irresistible in the way many people find potato chips to be. It's -- unfortunately or not, depending on your view -- irresistible like gravity or weather. Or fate, if you believe in fate.

It happens. It cannot be avoided. (Except by dying young and, for many of us, that train has long since left the station.)

And yet, curiously, Americans spend enormous amounts of time and energy and money developing and marketing and advertising and purchasing and presumably using so-called anti-aging products.

How much? Five minutes of Googling will tell you that anti-aging is "an \$8 billion business," that cosmetics is "about an \$8 billion market," that Avon all by itself has annual sales of \$8 billion, that ProActiv all by itself is an \$8 billion brand, that the "Prestige Beauty Industry" (i.e., all department store cosmetics brands taken together) racked up \$8 billion in 2006, that the market for "cosmeceuticals" (i.e., cosmetics with supposed drug-like effects, which must include anti-aging products) was supposed to hit \$8 billion last year, etc. So let's just say it's \$8 billion, with the understanding that the number is big, impressive, widely quoted, variously attributed and probably meaningless. (How

weird is this? With so much high-tech info science at our fingertips, it's virtually impossible to tell what's the case -- unless maybe you're willing to dedicate your entire life to tracking down the answer to a single question.)

I suppose, if we were as terrified of gravity as we are of getting old, there might be a comparable amount of money -- say \$8 billion or so, give or take a few bil -- to be made selling so-called anti-gravity creams and elixirs. But make no mistake: The folks who made these anti-gravity products, and made millions selling them, as well as the folks who bought them, would all still be every bit as firmly tied to the skin of the earth as before. They would not be levitating. They would not be bobbing goofily about on ceilings like spacemen or abandoned balloons. They'd be as heavy as ever -- though, thanks to the placebo effect, they might *feel* a little bit lighter.

So it is with anti-aging creams, as we all know perfectly well. Anti-aging "continues to be a key motivator" of skin care purchases, as a major market research organization reported last year. So people make anti-aging creams and goos, and people buy them and people use them and, day by day, they all continue to age. As I say, there's only one sure way to stop aging: Die. It works every time, but the side effects are such that it remains a relatively unpopular remedy.

One tip-off to the ineffectiveness of anti-aging preparations: Advertisements for these products, as you've probably noticed, are always carefully worded

to avoid any implication that the product has any actual effect on aging or on anything else. They make it a point to promise only that these anti-aging products will change -- or lessen -- the *appearance* of aging. Wearing a paper bag pulled over your head will do that much at considerably lower cost.

If the ads claimed that these products were able to change the reality of aging, or change the structure of the skin or the way it functions, the FDA would reclassify them as pharmaceuticals and require proof of all claims, as it does with new drugs. The testing would take forever and be very expensive, so manufacturers prefer not to do it.

On the other hand, if they actu-

ally *could* prove that their various anti-aging products are able to reverse the aging of the skin, restore tone and elasticity and eliminate bags and sags and wrinkles and wattles, it would be well worth the cost of all those expensive tests. (If we'll fork over \$8 billion a year for anti-aging products that don't work, think what we'd pay for products that do!) So they'd go ahead with the tests and prove their products can do what they want us to *think* they can do but don't dare *claim* they can in so many words.

The fact that they haven't suggests pretty persuasively that they can't. Maybe some day they'll be able to. Meanwhile, save your money.

See below.

Wishful Thinking & The Sun

by Patricia McLaughlin

New rules on labeling aim to make sunscreens easier for consumers to understand -- e.g., now, when they say they're "broad spectrum," they'll really mean it. But it'll take more than mere clarity to reach sunbathers who've convinced themselves that something that feels so good can't be bad.

(Caption: Only one of these sunscreens, labeled according to the Food and Drug Administration's new rules, meets the FDA standard for skin protection: The product on the left offers broad-spectrum protection against both kinds of ultraviolet rays, UVA and UVB, and an SPF of 15, the minimum acceptable. The center product offers broad-spectrum protection, but an SPF of only 10, which the FDA considers inadequate to prevent skin cancer and premature aging. The product at right has an SPF of 30, but offers no protection against UVA rays, which reach deeper into the skin and are linked to three kinds of skin damage: premature aging, cancer and DNA damage. Illustration: FDA)

In a culture as terrified of looking old as ours is -- a culture where people spend billions on purported "anti-aging" products that work no better than goose grease -- you'd think pretty much everybody would be slathering on the only product actually proven to prevent wrinkles, bags, sags, age spots, etc.

That product, of course, is sunscreen. We know it works, and still there are plenty of people who go out in the sun without it -- or else don't use enough to make any difference.

For decades now, scientists have been telling us that every ray of ultraviolet light that reaches the skin does a little bit of permanent damage -- and that those little bits add up. As a WebMD slide show puts it, "The sun's rays make skin look old and wrinkled years before it should. More than 80 percent of the signs of skin aging in adults are the result of the tans they had as teens before the age of 18. That's because, over time, the sun's ultraviolet light damages the fibers in the skin called elastin. When these fibers break down, the skin begins to sag, stretch, and lose its ability to go back into place after stretching." (www.webmd.com/melanoma-skin-cancer/slide-show-sun-damaged-skin)

Hardly anybody wants to walk around in skin that's as baggy, saggy and stretched out of shape as last year's boardwalk T-shirt. (Not to mention creased, wrinkled, crow's-footed, and as dried out as an alligator handbag left in a hot attic for 50 years.) But check out any beach this time of year, and you'll see folks by the hundreds or thousands stretched out on the sand deliberately soaking up rays known to produce precisely that effect.

How can this be?

Samuel Johnson said second marriages represent the triumph of hope over experience. Along the same line, I'd like to propose that the continued popularity of suntans represents the willful triumph of wishful thinking over known scientific fact.

SEE "WISHFUL" PAGE 26.

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Fashion: Looooking Gooood!

Bean: Not Enough Tightening Of Baggy Clothes

by Patricia McLaughlin

Between 2002 and 2011, my favorite T-shirt went from blessedly loose to outright out-of-style baggy -- even though it actually got smaller. How'd that happen?

In clothing design and construction, *ease* is a technical term that refers to the difference between the measurements of a garment and the measurements of the body inside it. If you want to be able to move in your clothes, the clothes need to be at least a little bigger than you are -- or else they need to be able to stretch. (It's something you learn very quickly when you shop for clothes on eBay, where descriptions often cite the measurements of the clothes themselves, not the bodies they're meant to fit.) The extra inches are called "wearing ease."

Then there's "design ease" or "style ease," more inches of fabric added to make the garment look a certain way. A bathing suit may have none; a loose coat can have a bust measurement 10 inches or 20 inches bigger than the person wearing it.

Personal preference comes into play: Some people like a closer fit than others. One woman's "easy" fit is, in another's view, just too big.

And then there's fashion, with its genius for magically changing what looks right. Women in photos from the 1930s often look lost, swallowed up in the droopy folds of their big, shapeless

coats. By contrast, in periods when women wear corsets that compress their torsos into shapes almost as regular and unyielding as marble statues -- think of the 1940s and '50s -- clothes tend to fit very, very closely. (Otherwise, what would be the point?)

But how do you get from one to the other? How does one decade's easy or relaxed fit turn out to look way too baggy 10 years later?

Your eye changes. Last week I learned, to my dismay and embarrassment, that the long, blessedly loose T-shirts I've been wearing since 2002 now fit the definition of baggy. How'd that happen?

Trend forecaster Neville Bean confirms that there's "absolutely been a tightening up of the bagginess" over the past several years, but she says it's hard to see it happening -- even though it's happening all the time, before our very eyes -- because, in fashion, you have so many things going on at once that it's not easy to sort them out.

Seems like only the other day, pop stars were parading around in crop tops and tiny skirts and parents were up in arms about 12-year-olds dressing like prostitutes, but that got old and, next thing you knew, runways were awash in covered-up sophisticated-lady clothes.

That was a blip, Bean explains, a single season's reaction that was more about playing dress-up than it was about

modesty.

The long-term trend, over the last 10 or 15 or 20 years, has been toward exposure: We've "come from a much more modest place to now having body-revealing clothes be much more acceptable to a wider age range," Bean says.

She points to "the whole bare-midriff thing," to low-waist pants, which go back to Alexander McQueen's "bumster" trousers in 1996, and Tom Ford's revival of hipslung hippie-revival bell-bottoms at Gucci in fall 1995. She ticks off shrunken jackets and baby T's and skinny jeans, all driven by stretch fabrics -- and, before them, the underwear-as-outerwear trope. She mentions Latin

influence, "much more body-accepting, with a different view of sexiness," and the realization that "what I think of as a fat butt is somebody else's sexy curve, which I think has been very liberating."

Shows like "Mad Men" remind us that not so long ago women aspired to fuller figures. Skinny model scandals and better clothes in plus sizes have left us less likely to assume that overweight women should hide their bodies in clothes that fit like grandma's summer slipcovers. Yummy mummies-to-be eschewing discreet camouflage in favor of clothes that flaunt their "baby bumps" show we've shifted our attitudes toward what can and can't

SEE "BEAN" PAGE 27.

Wishful

from page 25.

You've probably heard people say that man is a rational animal. But he's also a wishful one. This is a strength: You don't find chimps dreaming of things that never were, like space flight or curing cancer, and organizing enterprises to bring them into existence.

On the other hand, there's always a danger that wish will overpower reason, and man, the rationalizing animal, will persuade himself that what he wishes were true is -- despite all evidence to the contrary -- in fact the case.

Consider the Haagen-Dazs quick-weight-loss diet. The apricot-pit cure for cancer. All manner of get-rich-quick schemes. And any number of political ideas that would coincidentally benefit the people who hold them at the expense of everybody else.

Wishful thinking is powerful. How else could millions of people be splayed on the nation's beaches this weekend working on their wrinkles? How else could folks in the artificial tanning industry still be arguing that radiating your skin in a tanning bed is good for you?

The power of wishful thinking may explain in part why it took the Food and Drug Administration 33 years to revise its rules on sunscreen labeling. Or you could look on the bright side and see it as proof that our democratic system works: Everybody gets to have his say, make his comments, try to push the language of the proposed new rules one way or another, and that all takes time.

The new rules, which go into effect in 2012, make these changes:

-- Sunscreens that claim to provide broad-spectrum protection must protect the skin from both UVA and UVB rays. Now, some so-called broad-spectrum sunscreens protect only against UVB rays, which cause sunburn and skin cancer, but not against UVA rays, which penetrate deeper into the skin, and cause premature aging, skin cancer and DNA changes.

-- Sunscreens that claim to protect against sun-related skin aging must offer broad-spectrum protection against both UVA and UVB rays.

-- Sunscreens that claim to protect against skin cancer must have an SPF of 15 or higher. (The SPF tells you how much longer it will take you to get a sunburn while wearing the sunscreen than it would take if you weren't wearing it. If your unprotected skin burns after 10 minutes in the sun, it will take you 150 minutes to get the same sunburn while wearing an SPF 15.)

-- Sunscreens that claim to be water-resistant must be labeled to tell consumers how long they maintain protection after a person swims or sweats; the new labels will specify 40 minutes or 80 minutes of protection. Sunscreens that aren't water-resistant will carry a warning to that effect.

-- Like other over-the-counter medicines, all sunscreens will now carry a "drug facts" box on the back or side of the container that includes any relevant safety warnings -- e.g., those with an SPF of less than 15 will warn that they don't protect against skin cancer.

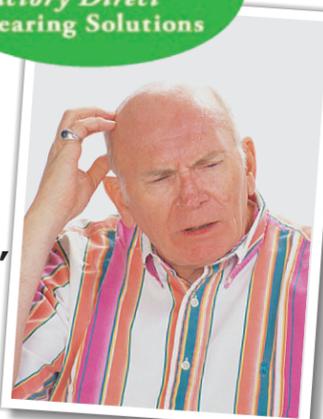


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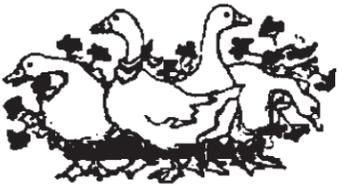
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BEAN

from page 25.

It's cumulative: These things add up to a shift in what looks great, what looks appropriate, what looks at least OK.

Meanwhile, the appetite for something new persists. "We're all really

good at seeing what looks fresh; we also all have a pretty good eye for what looks stale. A couple of years ago bell-bottoms were cool; now that looks really tired."

A couple of years ago, crop tops were shrinking and waistbands were dropping. But, as Oscar de la Renta told me once, things can only go so far down before they have to come back up, and they can only go so far up before they have to go down. So, eventually, waistbands went back up to the waistline and tops came down to meet them.

But, now that we're all used to seeing so much more of the body, it seemed only natural that clothes designed to cover up overexposed skin should also fit more closely, so as to show off shape.

Bean says it's all about balance.

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The 22nd Annual Fiddlers Along The Arkansas

by Julia Morales-Loaves and Fishes Ministries of Fremont County

The 22nd Annual Fiddlers Along the Arkansas, proudly presented by Loaves and Fishes Ministries, is happening the weekend of July 29th, 30th and 31st at Veterans Park in Canon City.

For the past 21 years, Southern Colorado has been alive with the sounds of lively fiddle competitions and mountain music by beloved local musicians. And this year's celebration is no exception!

The fun starts on Friday morning as food and craft vendors begin to fill Veteran's Park. Enjoy live music on Friday evening from 5:30 to 9:00 pm, featuring Wielands of Mass Destruction and Jody

Adamson, as well as a Jam Session – open to all musicians – at 6:30 to 7pm, in the band shell.

Start the day out right on Saturday and Sunday with a delicious breakfast in the park. There will be a great variety of food and beverage vendors serving up their delicious treats all weekend. Be sure to bring your kids -- they'll have a blast in the Racetrack Course and train station all day Saturday and Sunday as you make the rounds of the many craft booths available.

The Fiddling Competition begins on Saturday morning at 10:00. There will be five divisions of competitors ranging from very young children to seniors. Trophies and cash prizes will be

awarded for the winners of each division, along with a Grand Champion trophy and cash award for the best overall fiddler.

Top-notch musical entertainment on Saturday and Sunday is sure to set your feet a dancin' The Saturday line-up beginning at 4:00pm to 9:00 pm includes three ever-popular bands, Six Minutes Apart, Amber Waves and Lacy Grit.

Sunday's live music starts at 9:00 am and continues until 4:00 pm. Featured entertainment will be presented by:

- Charlie and Betty King
- An Old Time Gospel Hootenanny with Bernie and Diane Mann

• Cowboy Church with Grant Adkisson

• Sugar Foot
Come join the fun this weekend July 29th, 30th, and 31st in Canon City at Veterans Park, located at the West end of town on Royal Gorge Boulevard.

The 22nd Annual Fiddlers Along the Arkansas, presented by Loaves and Fishes Ministries, for the benefit of families in Fremont County. For more information, visit our website at www.FiddlersAlongTheArkansas.com or call Don Farr at Loaves and Fishes, 719-275-0593 or 719-429-1824.

Op-Ed

from page 2.

I don't understand the immigration problem. Why not go back to the history books and do it the way we did it in the early 20th century? Why not build a couple facilities (Ellis Island) on the Mexican border large enough to be used to accommodate immigrants, secure the southern border because we know we can and allow however many immigrants we want? The illegal immigrant problem that we are dealing with now has stemmed from the lax "let's look the other way" thinking of the past. If we can find illegal immigrants, BHO has boasted that he has snatched up 1,000,000 people and sent them packing, why not continue to do that and then legislatively build those immigration centers and set limits as to how many people we will let into our country and do just that?

Green

from page 3.

newsprint format.

But they will join a much-larger legion of pioneers who are lurching their way through the new, uncharted wilderness in the hunt for a new medium – one that can be reliable and profitable and still meet the responsibility of enduring hours of court testimony, or searching through stacks of documents, or listening to endless candidate forums at civic clubs, or sleeping in foxholes

with soldiers in battle.

The challenge is enormous, the stakes are high, and time unexpectedly – in terms of a revolutionary transition – seems to be in alarmingly short supply.

Chuck Green, veteran Colorado journalist and former editor-in-chief of *The Denver Post*, and is at chuckgreencolorado@msn.com and 303-588-4138.

I was taken aback when I found out that 65% of Republicans in a poll said it would be better to "tax the rich" than cut Social Security. Okay, so you want to stick it to people who make more than \$106,800 which is the cut-off for taxing people for Social Security purposes because it was considered when the law was made that if you taxed these people their return on investment would be negligible when it came time for them to get their Social Security. So, mark me down as one who would not steal money from people. There is enough of that going on. I wish someone would do the math with these Social Security cuts. If everyone receiving Social Security was cut \$50 a month how much would that help? Probably not much but we absolutely MUST do something about the structure of Social Security because the clock is ticking and the baby boomers *ainta gonna like it* when their checks are cut in half or their isn't any check at all. Of course the question is spurious at best because there isn't enough people making over \$106,800 to pay enough to make Social Security whole.

Is there never going to be a grown-up in this nation telling us we have to take our medicine on a whole host of subjects? I fear that the public would revolt against such a person. But what's their alternative? Anarchy never fed anyone. Godspeed!

Woof-Worthy Dog Words

by Bruce Littlefield

(NAPSI)—The average dog knows 167 words but there are 10 that woof loudest.



10. "No" seems to be the second word every dog learns. The first is his name.

9. "Walk" becomes a crucial part of every

dog's day and something dogs look forward to.

8. "Business" (as in "do your business") is a daily phrase.

7. "Wait" or "Stay." Dogs spend a large chunk of their day waiting.

6. "Down" or "Lie Down." Often a toughie to learn, this is a word that every good dog knows.

5. "Squirrel" or "Cat" seems to be universal for something to taunt, chase or bark at.

4. "Toy"—Many dogs know the difference in a ball, a Frisbee and their Squeaky.

3. "Come." This is a word that could save your dog's life.

2. "Sit" is the basic standard of all dog tricks.

1. "Treat!" The most beloved dog word is certain to make any dog droolingly happy.

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Bruce Littlefield is the best-selling author of "The Bedtime Book for Dogs" (Grand Central Publishing), his first book written to be read to dogs. For more information, visit www.brucelittlefield.com.

Seniors Eligible For Help With Medicare Costs

Denver, CO. According to the Kaiser Family Foundation, 70,000 Coloradans are eligible for help with the high costs of prescription drugs and the Medicare Part B premium. Together these costs represent an average of \$125/month that Medicare beneficiaries are needlessly paying. So why are older Coloradans not getting the help they need?

Research suggests that most individuals who pay these costs do not know they are eligible. As with most government programs, the eligibility criteria are complex and the application procedures can be overwhelming. However, since these savings can represent as much as a \$1500 per year savings or more depending on income and resources, as well as

medical and prescription drug costs, Medicare beneficiaries should seek out help in accessing these services.

There are three Medicare Savings Programs for which individuals may be eligible depending on income and resources. The first program is called Qualified Medicare Benefit or QMB. To be eligible for QMB, an individual's monthly income from all sources such as Social Security, pensions, stocks, and interest must be less than \$927 (\$1245 for couples) and the resources must be less than \$8180 (\$13,120 for couples). Exempt resources include the home, a car, term life insurance policies, and irrevocable burial policies.

Individuals who are eligible to receive QMB will have their monthly Medicare Part B premium paid, the Medicare Part A deductible if they need to go to the hospital, the Part B deductible if they need physician or other services, and the 20% co-payment for Part B physician and other services.

Individuals on QMB also receive the Low Income Subsidy or Extra Help to assist in paying for prescription drugs, meaning the cost of drugs (if it is on the formulary) varies between \$1.10 for generics and \$3.30 for name brands.

The second Medicare Savings Program is Special Low Income Benefit Program or SLIMB for individuals who have a higher income. To be eligible for SLIMB, the individual must have a monthly income of less than \$1109

(\$1491 for a couple) from all sources. Resource limits are \$8180 for individuals and \$13,020 for couples with the same exemptions as for the QMB program. Individuals on SLIMB receive assistance with prescription drug coverage and pay \$1.10 for generics and \$3.30 for name brands.

The third Medicare Savings Program is Qualified Medicare Benefit Program or QI-1 is similar to the SLIMB program however, the income guidelines are higher. Individuals must have less than \$1246 from all sources (\$1675 for a couple) with the same resource requirements and exemptions as the other two programs. QI-1 pays for the Medicare Part B premium representing similar savings to the SLIMB program. Most individuals who are eligible for QI-1 are also eligible for prescription drug coverage and pay between \$1.10 for generics and \$6.30 for name brands.

Depending on income some individuals who qualify for QI-1, as well as individuals whose monthly income is less than \$1361 (couples \$1838) may also be eligible for prescription drug assistance. The same resource limits and exemptions apply as in the other programs. Individuals may be charged a \$63 deductible. Most people will pay \$2.50 per prescription for generics and \$6.30 for name brands. Individuals will pay a 15% co-

insurance of the \$4,398 for the out-of-pocket threshold prescription drug costs or \$660. After the individual pays \$660 co-insurance plus the \$63 deductible, the individual will be eligible for Medicare catastrophic drug coverage. At that time, the individual will pay \$2.50 for generics and \$6.30 for name brands.

To apply for the Medicare Savings Program individuals will need to request a Medicaid application and submit it to the county Department of Human Services in which they currently reside. The form may be completed online at <https://peak.state.co.us/selfservice/> or downloaded at <http://www.colorado.gov/cs/Satellite/HCPF/HCPF/1251567068887>.

To apply for the prescription drug benefit the individual may call the Social Security Administration at 1-800-772-1213, enroll on line at www.ssa.gov or call 303-333-3482.

For assistance with enrollment or to obtain forms, call 303-333-3482. Our counselors are available to help with enrollment.

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.



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Price is only \$1,399.00 per person, double occupancy, \$1,729.00 per single occupancy. Tour includes deluxe motorcoach accommodations, 9-nights deluxe hotel accommodations, 9 breakfasts and 6 buffet dinners, luggage handling, entertainment on bus, all admission fees and taxes.

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The Biltmore Estate in Asheville, North Carolina.



(NAPSI)—Sliders are a great way to feed a crowd. Here are three easy palate pleasers:

Jarlsberg Ham & Poppy Sliders

- ¼ cup unsalted butter at room temperature
- 3 tablespoons Dijon mustard
- 1 tablespoon Worcestershire sauce

- 1½ tablespoons poppy seeds
- 1 small grated onion
- 6 slider rolls, halved
- ½ pound ham (thinly sliced)
- ½ pound Jarlsberg cheese (sliced)

Mix together first 5 ingredients and use to spread on inside of rolls. Arrange ham and Jarlsberg slices on bottom halves. Form sliders and cover with tin foil. Warm in a preheated 325°F oven 15-20 minutes, until cheese melts.

Brisket Brie Slider

- 6 slider rolls, halved
- Pomegranate jam
- ¾ cup caramelized onions
- 6 thin slices cooked beef brisket (cut to fit size of slider rolls)
- 6.5-oz box of Woolwich Dairy Goat Brie, thinly sliced (with or without rind)

Spread inside of rolls with pomegranate jam. Arrange onions, slice

of brisket and goat brie on bottom halves. Form sliders and cover with foil. Warm in preheated 325° oven 15-20 minutes, until cheese melts. Tip: To remove rind, use a good cheese plane and carefully cut off rind while brie is cold.

Spicy Sausage Sliders

- 6 slider rolls, halved
- Honey mustard
- Relish OR cornichons
- ½ pound thin-sliced, roasted spicy sausage: chorizo, Italian or kielbasa
- 1 large Fuji or Gala apple, cored and sliced thin
- ½ pound Jarlsberg cheese (sliced)

Spread inside of rolls with mustard and relish. Arrange sausage, apple and Jarlsberg on bottom halves. Form sliders and cover with foil. Warm in preheated 325° oven 15-20 minutes, until cheese melts. Tip: To roast sausage, preheat oven to 425° F. Spray a roasting pan with olive oil and cook sausage until well browned, about 25 minutes.

More information and recipes are at www.jarlsbergusa.com.



Attention Seniors!

(18 and up!)

My name is Kathleen Burns. I'm a 73-year-old lifetime Puebloan and former teacher. I've been struggling for 25 years to find a way to increase my income.



I finally found a home business that is honest, legal and ethical, and has a potential for providing me with a very comfortable retirement. I would love to teach you how you can increase your income, too. Please call me at 719-566-0534.

Protect Your Pet This Flea And Tick Season

(NAPSI)—With the warm weather comes lazy afternoons in the backyard and long walks through the park, enjoyed with both family members and pets. During these family outings, parents take extra precautions to shield their children from the strong rays of the sun and irritating insect bites. Pet owners must do the same, because as the temperatures rise, so does the threat of fleas and ticks to cats and dogs. A product is now available that makes protecting the beloved family pet from these harmful nuisances much more affordable and accessible.

Both ticks and fleas can be found across the United States and thrive during the warmer months. So while you and your pet are enjoying the summer sun and the great outdoors, fleas and ticks are inhabiting your surroundings and threatening the health of your pet

and the comfort of your home. However, the threat does not exist solely in nature. Other dogs and cats with fleas can quickly infect your pet. Fleas can jump up to 200 times their body length, so it is easy for them to spread when dogs are socializing in the park or playing together at the beach.

Although they can be as small as a pinhead, fleas and ticks are capable of causing great pain and suffering to your pet. Ticks carry illnesses, such as Lyme disease and Rocky Mountain spotted fever, that can infect pets as well as family members. Tapeworms can be transmitted by fleas and their bites can cause allergy dermatitis, the most common allergic skin disease of dogs and cats. If left untreated, fleas can even cause anemia.

Prevention Is the Best Medicine

Preventing fleas and ticks is easier and much more cost effective than

treating an existing problem. Dr. Karen Halligan, veterinarian/shelter director/author, recommends applying a topical flea and tick treatment as the first line of defense against these dangerous pests.

Now pet owners can purchase a topical product at retail outlets nationwide that provides the same efficacy as leading brands but at a significantly lower cost. PetArmor™, a new over-the-counter flea and tick treatment, contains fipronil, the No. 1 vet-recommended active ingredient for combating fleas and ticks. PetArmor can be found at Walmart and Sam's Club locations across the country.

"During the summer, we protect ourselves and our children with insect repellents," said Halligan. "It is important for pet owners to do the same for their cats and dogs. With the introduction of a generic treatment like PetArmor, keeping pets healthy year-round has become much more affordable."

In addition to applying a topical treatment to your pet every 30 days, Dr. Halligan also recommends additional preventive measures around the home to control fleas and ticks:

- Vacuum on a daily basis to prevent or control a flea infestation. Pay special attention to carpets, cushioned furni-

ture, and cracks and crevices in floors and along the baseboards.

- Wash pet and family bedding where pets may lie in hot soapy water every two to three weeks.

- Use a fine-toothed metal flea comb and run it along your pet's back or underbelly, making sure the comb comes in contact with the skin.

- To reduce ticks in your yard, keep play areas and playground equipment away from shrubs and bushes and other greenery.

- If you live near a wooded area, place wood chips or gravel between your lawn and the trees to keep ticks away from recreational areas.

Fleas and ticks can wreak havoc in your home, so it is important to take steps to treat your dog or cat quickly and effectively. For more information on protecting your pet, please visit www.facebook.com/petarmor.



MISSION OPPORTUNITY!

Lives are changed through prayer. Please consider praying for prisoners with the option of correspondence ministry. Go to the website or reply to learn more at www.PrayerForPrisoners.org. (Jan McLaughlin Forman, PFPI Co-Director Prayer For Prisoners International.) Remember those in prison.... Heb. 13:3 Ph & Fax 719-275-6971 - Cell: 719-649-2937

Healthy Joints For Your Dogs

(NAPSI)—Maintaining healthy joints and cartilage throughout life is key to encouraging a healthy and mobile dog. Just like humans, mobility is critical for a healthy lifestyle, giving your dog opportunities to live life to the fullest.

Vets Get Help from Afar

With half of the dog population being at risk for mobility issues, it's fortunate, says Brad Quest, DVM, that researchers "discovered that Green-Lipped

Mussel, found only in New Zealand waters, provides a novel combination of joint-nourishing properties" for dogs.



Many veterinarians suggest that dogs get dental chews or treats for oral care at home. The one they recommend the most is GREENIES. The brand has introduced a new treat made with Green-Lipped Mussels to provide a natural source of omega-3 fatty acids, along with amino acids, glucosamine, chondroitin, vitamins and minerals. In a clinical study, the nutrients in Green-Lipped Mussels were found to have a beneficial effect on canine joint health. They can help protect the mobility of adult dogs of all ages and sizes by actively nourishing healthy joints.

A Winner

In fact, these GREENIES Joint-Care Canine Treats were so well designed that they fetched the Product of the Year title in the Pet Health Category, in a recent survey of 60,493 people by TNS. The Product of the Year organization says today's most effective products connect with shoppers on an emotional level. The award is an honorable vote of confidence from pet parents.

Available at many veterinary clinics and in most independent pet stores and pet superstores, the treats come in two sizes: one for small to medium dogs and one for large dogs. They're for daily use and should be given to pets as part of a complete joint health program that includes diet, exercise and regular visits to your veterinarian.

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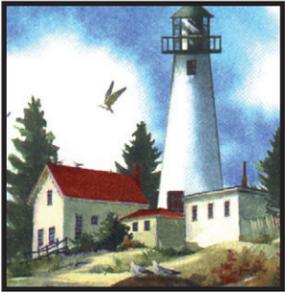
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**“CASTING NETS ON THE RIGHT SIDE!”
AUGUST 2011**

Have you thought about how you might cast a net on the right side of your boat through involvement in prison ministry? Think back to Jesus appearing to His disciples on the seashore after His resurrection. The disciples, experienced fishermen, had been fishing all night. Yet, for all their hard work, they had caught nothing. Jesus asked, “Children, you don’t have any fish, do you?” and they replied, “No.”

And He said to them, *“Cast the net on the right side of the boat, and you will find some.”* So they cast, and now they were not able to draw it in because of the multitude of fish. ~John 21:6 NKJV

Were the disciples casting on the left side or the wrong side? Jesus would use this object lesson to

“Light For The Journey”

By Jan McLaughlin - Director of Prayer Warriors For Prisoners

show them that now they would fish for men—and they would bring in the catch—not in the strength of their own labors, but by the might of Christ. From then on the RIGHT side would be wherever the Lord directed. The RIGHT side would be where Gospel nets were cast and sinners were saved.

Over 20 years ago God showed me that the right side of my boat was inside prisons made of concrete, brick, and steel . . . the side where heavy metal doors and razor wire segregate and confine lost men and women for months or years or the rest of their lives. And so, in 1987, Prayer Warriors for Prisoners was launched and cast out its nets. Today, with a new name

and expanded international territory, Prayer for Prisoners International has over 600 prayer and correspondence volunteers and hundreds more casting nets through the PFPI Christmas card outreach.

To enlist more faithful people to expand this much-needed outreach, PFPI will host its Fifth Annual Fundraising Banquet in the fall. Perhaps God is inviting YOU to stand shoulder-to-shoulder with PFPI to bring in a multitude of “fish.” This year’s banquet will be held on



September 17 in Colorado Springs. It is by invitation only so if you are interested in attending, please contact me.

This ministry has been extraordinarily blessed in 2011 to receive a MATCHING FUNDS GRANT from Mission Increase Foundation! That means every banquet table sponsored at \$350 and every financial gift given on banquet night (totaling \$10,000) will be matched by Mission Increase Foundation!

Banquet guests will learn about exciting ways in which they can be involved. Multiple facets of the PFPI ministry offer everyone an opportunity to partner with God in changing lives. Much of the impact happens through the PFPI Freedom Walk newsletter written BY and FOR prisoners. Hundreds of testimonies cross my desk. Testimonies like those of Scott, Edie and Alan, who were dramatically impacted by the prayers and involvement of PFPI volunteers and the Freedom Walk newsletter.

Scott wrote: “I was always the kind of kid parents didn’t want their kids hanging out with. I can’t blame them, but that doesn’t make it hurt any less...So it’s always been difficult for me to believe that someone other than my mother and grandmother might actually care for me. But when I read your Freedom Walk newsletter, I felt like maybe the people at PFPI really do care about what happens to me and other prisoners. Thank you for what you do for people who have been discarded by society—some of us deservedly so. Please pray that my mother and grand-mother live long enough to see me free again and that the Lord will give me one more opportunity to make them happy and proud of me. God bless you.”

Edie wrote: “It was a joy to come across your Freedom Walk newsletter in our chapel after church. A few of us got stuck in count and had one hour to sit and wait for it to clear. I read aloud the entire Freedom Walk to the girls sitting with me. God WORKS, doesn’t He?! Thank you for

all you do.”

Alan had submitted material for several years for the Freedom Walk and then seemed to disappear. Needing more material for a Christmas Freedom Walk, I decided to use something from a previous issue. I chose a poem written by Alan several years earlier.

Late in January, a letter arrived from Alan: “For several years, I have been in deep despair, feeling no hope. I had given up on God, life and myself. Today, I walked into my cell and someone had put a Freedom Walk on my bunk. I opened it and read a poem that ministered to me in a way I cannot explain. It was a poem I wrote years ago. Reading my own words, my heart broke. Conviction drove me to my knees in repentance. After hours of prayer and crying out to God, He lifted me out of the pit I had been in for years. How can I express my gratitude for this gift from God at a time when I felt no hope. It is amazing how He uses our own words to convict us and then to encourage us. Thank you.”

One-hundred percent of funds raised on the night of the banquet will be used to spread the Gospel to prisoners, and lives WILL be changed. Please prayerfully consider my invitation to be a part of this important event by being a valuable table sponsor. Will you join us in casting His nets over the prison mission field?

Sponsorship for each table of eight is just \$350, and you may sponsor more than one table. You need not fill the table with guests if you are unable. Neither are you required to attend the banquet, although I would love to have you share the evening with us!

As you pray about how God would have you respond, please remember how Jesus works to change hearts and lives. Prisoners hear the Good News of Jesus through the many facets of the PFPI outreach—and there are many! You and your guests will learn how each facet works together to create the PFPI “net” that Jesus uses to bring in His catch!

If you are interested, please call me to learn more. I would love to visit with you. Or check out the PFPI web site for more information - www.prayerforprisoners.org.

Cast YOUR nets on the right side of the boat with PFPI this fall.

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Reeling "August DVDs"

by Film Critic Betty Jo Tucker, Pueblo

AUGUST DVDS: A HIT AND A MISS

One of the best AND one of the worst films of 2011 are available this month on DVD. The excellent "Soul Surfer" comes out on August 2, and the dreadful "Your Highness" on Aug.9.

Based on teenager Bethany Hamilton's real-life story, "Soul Surfer" emerges as an inspiring movie about courage and faith. After a huge shark bites off one of Bethany's arms, she could have given up her passion for surfing and nobody would have been surprised. However, quitting the very thing she loved so much was not what this remarkable young girl wanted to do. Instead, she worked hard overcoming almost impossible obstacles to become a surfing champion despite losing an arm.

Playing Bethany, AnnaSophia Robb delivers a splendid performance. She projects youthful exuberance and joy at the beginning of the film in happy scenes with her close-knit Christian family and her loyal best friend Alana (Lorraine Nicholson). Then, when the terrible tragedy strikes, Robb shows the depth of her acting skills by using her big eyes to draw us into the suffering Bethany must be going through. The lovely family sequences prior to Bethany's accident help us understand why she received such

staunch support from her parents and her two brothers. Clearly, they all care deeply about each other – and the actors make us care about their characters. Dennis Quaid, Helen Hunt, Ross Thomas and Chris Brochu are quite convincing in these key roles.

Directed by Sean McNamara, "Soul Surfer" reminds me of "Raise Your Voice," another fine film he helmed. Both these movies tell substantive stories about a teenage girl surviving tragedy, finding herself and living her dream. However, in "Soul Surfer" McNamara capitalizes on John Leonetti's breathtaking cinematography during the surfing sequences, which definitely adds something extra special to this movie. McNamara also knows how to pick up the pace during the final climactic surfing competition scenes.

Although I enjoyed "Soul Surfer," I wish singer Carrie Underwood had received more camera time. Portraying youth pastor Sarah Hill, she lights up the screen in her few scenes. Too bad her role wasn't expanded upon. I loved watching the rapport between Underwood and Robb as their characters interacted with

children during a Thailand mission.

"Soul Surfer" offers a role model for everyone – not just teenage girls. Bethany Hamilton displays the wisdom of Plato, who described courage as "a kind of salvation." Plus she's living proof of Anais Nin's belief that life "shrinks or expands in proportion to one's courage." (Released by Film District and rated "PG" for intense accident sequence and thematic



material.)

At the other extreme, we have "Your Highness." If child sexual abuse, amputated body parts, sight gags about dwarves, and lots of crude language make you laugh, here's the comedy for you. For the rest of us, sitting through this film is quite a challenge. I watched the entire movie because James Franco happens to be one of my favorite actors, so I kept hoping things would get better instead of worse as the story meandered along. No such luck.

Admittedly, I harbored high hopes for "Your Highness." The concept of two very different sibling princes going on a magical, medieval rescue mission appealed to me. And what a fascinating main cast! In addition to Franco, look at this promising trio: Danny McBride, Natalie Portman, Zoey Deschanel. Just thinking about McBride makes me laugh; Portman always delivers for me; and I've been a Deschanel fan ever since watching her delightful "Baby It's Cold Outside" duet with Will Ferrell in "Elf." Too bad each of these fine actors falters here, mainly because of the one-note script.

"Your Highness" focuses on the fabulous Fabious (Franco) and his younger brother Thadeous (McBride), who's never experienced the princely praise and glory received by his older sibling – which explains why Thadeous has given up and become a ne'er do well. But when an evil wizard (Justin Theroux) captures Fabious' fiancée Belladonna (Deschanel), Thadeous joins his worried brother in a dangerous mission to find the lovely damsel as well as to save their kingdom. Along the way, they encounter a skilled female warrior (Portman) with a mission of her own, one that may or may not mesh with their plans.

At first, the interaction between Fabious and Thadeous seems somewhat amusing, but it soon becomes quite predictable and annoying. Franco evokes the most chuckles with his haughty Prince Charming look and attitude. McBride goes for gross-out humor, which pays off only in a few scenes. Portman's warrior comes across as a no-nonsense character belonging in a different film entirely, and Deschanel makes her damsel in distress character seem out-of-touch with reality rather than frightened about her fate. In case you haven't guessed by now, "Your Highness" is no "Princess Bride." (Released by Universal Pictures and rated "R" for strong crude and sexual content, pervasive language, nudity, violence and some drug use.)

Read more film reviews by Betty Jo Tucker at ReelTalkReviews.com. Copies of her two books, *CONFESSIONS OF A MOVIE ADDICT* and *SUSAN SARANDON: A TRUE MAVERICK*, are available on Amazon.com and at Barnes & Noble Booksellers in Pueblo. *IT HAD TO BE US*, the award-winning romantic memoir she and her husband co-wrote under the pseudonyms of Harry & Elizabeth Lawrence, can be ordered at Amazon's Kindle store.

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