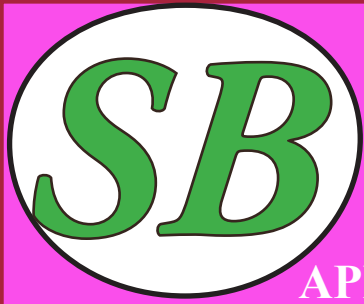


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He Is Risen!
May The Clouds Never Burst &
The Son Always Find You!

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Senior Beacon

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

APRIL, 2011 Vol. 29: No. 9

Established Aug., 1982

345 Consecutive Months!

Advocates Help Minimize Senior Budget Cuts

by Eileen Doherty

This is a follow-up to the article printed in the March edition written by Eileen Doherty and is being presented as part of the Colorado Senior Lobby's monthly column(s).

Denver, CO. Seniors and advocates so far have prevailed in minimizing the effect of the proposed \$1 billion cuts in Colorado's State budget. Although the property tax exemption is not expected to be reinstated, other proposed cuts seem to be more limited. The property tax exemption program saves the State about \$100 million each year.

The Old Age Pension Health and Medical Fund, as well as the supplemental program appears to be the

program that is most vulnerable. Due to the reduction in caseload from about 4100 individuals to 3100 individuals because of a policy change to require sponsors of legal residents to bear the burden of both financial and medical care for individuals who have not been in the United States for more than five years, as well as the low reimbursement to health care providers, the Health and Medical Fund has a surplus of about \$4 million. The savings is being transferred to Medicaid for persons over age 65, however, there does not appear to be any way that these funds within the Medicaid budget will actually be used for older adults.

The Joint Budget Committee proposed a study to eliminate this Fund

entirely, however, Colorado House of Representatives Republicans did not approve the measure. The JBC is proposing to take another \$4 million from the Fund for FY11-12.

LifeFest On Tap April 29th

by Kathilee Champlin-Director

Welcome to the 14th annual Senior Life Festival to be held at the State Fair Events Center in Pueblo On Friday, April 29. Admission is just \$1.00 which will be given to Meals on Wheels and a can of food for the Care and Share Bank.

I would like to take this time to thank our Sponsors AARP, Senior Beacon, The Pueblo County

Low Income Energy Assistance Program appears to be the most vulnerable program. The majority of funding comes from the federal government.

See "DOHERTY" page 6.

Commissioners, Century Casino, Primrose Retirement Community, University Park Care Center, Life Care Center at Pueblo, DigiCare Hearing and the Pueblo Area Agency on Aging.

WE have an exciting year with many fun and educational events for everyone. Our Pet Fair from 10:00am -1:00pm will have two adoption agencies there with cute pets to adopt for life. Paws for Life, a no kill shelter, and the Chihuahua and Small Dog Rescu.

Petco will be on hand to hand out items and coupons for your special family member. Make sure you wear comfortable clothes for our safety demo for it is a interactive program with the audience. CPR and AED has been in the news lot. This part of the show will show how important it is to learn both and be able to do it properly.

The format is basically the same from other years and the fact we have the incomparable Patti Gallagher on hand is all the buzz!

Don't forget to get there early for your bingo cards and the first 80 free for the Dinner show. Thanks, and see you there!!!!!!

Here is a list of exhibitors:

Booth 1): Life Care Center; 2) Legacy Commons Assisted Living; 3) Rocky Mountain Eye Center; 4), Pattipons Precious Pets, Inc.; 5) Lincare; 6) Sircle Pain Relief Center; 7) Ad Staff; 10) EverCare; 11) Healy Realty; 12) Colorado State Veterans Home Walsenburg; 13) Ark Valley Home Care; 14) Waddell & Reed; 15) Sangre De Cristo Hospice; 16) Universtiy Park; 17) Rocky Mountain Health Plans; 18) Becca's Touch Wellness Center; 19) Westwind Campus of Care; 20) Pueblo Chemical Depot; 21) Visiting Angels; 22) Minnique Medicenter; 26) First Reverse Mortgage; 27) Canon Lodge; 28) Seniors, Inc.; 29) Pueblo Transit; 30) Pueblo Extended Care; 31) Senior Beacon; 32) Physicians Choice Medical; 33) Sol Amor Hospice; 34) Primrose Retirement Community; 35) AARP; 36) Wynwood of Pueblo; 37) HomeInstead; 38) Sharmar Village; 39) McCandless State Nursing Home, Florence; 40) BBB of Southern Colorado Foundation; 43) Pueblo County Department of Social Services; 49) DigiCare Hearing Center 58) MetLife; 59) Argus Home Care; .

Non-numbered booths: Patsy's Candy; Dawns Creations; May Kay; Petco; Paws for Life; Chihuahua/Small Dog Rescue; Lia Sophia Jewelry;

Non-Profit: Pueblo Area Agency on Aging; SRDA; Epelipsy Foundation; Total Longterm Care

Southern Colorado's 14th Annual
 Seniors' Life Festival
 Friday, April 29th, 2011

Presenting Patti Gallagher

Colorado State Fair Grounds Event Center
 Pueblo Grand Hall 8:00 a.m. to 2:30 p.m.
 Bingo 2:30-4:30 (must Register to play)

AARP
 FREE PARKING
 Pueblo County
 Commissioners



The Senior Beacon
 Pueblo Area Agency on Aging

Admission
 Program:

- 8:00 Open - Testing 8-1 (Limited)
- 9:15 Color Guard
- 9:30 Planting with Dawn - Free for the First 50, to Register Call 719-634-2343
- 10:00 CPR Demo by American Red Cross Southern Colorado
- 10:30 Healthy Cooking
- 11:00 Self Defense Demo
- 11:30 Senior of the Year BOCC and Pueblo City Council Older American Proclamation Act
- 12:00 Dinner Show "Featuring Patti Gallagher" Broadway Hits
- 1:00 Community Awards
- 1:30 Ice Cream & Cake Social Entertainment by Miss Pueblo Teens
- 2:30 Bingo - Must Register by 10 am

Show Closes



Information
 719-634-2343
 kathileekc@aol.com



Governor's Proclamation

Pet Fair Adoption 10 - 1pm

Petco - Pet Supplies

KCSJ Live Radio Remote

Luncheon First 80 Free (Sign up by 9am)

Patsy's Candy

Dawns Creations

Coffee and Tea provided by Pueblo County Commissioners

Fair Grounds Concession Stands Open



I'm Still Above Ground

by James R. Grasso, Chief Cook & Bottle Washer



You Just Have To Go

On Friday, April 29 the 14th Annual Senior Life Festival starts at 8am at the State Fair's Event Center and is open until 2:30 when BINGO starts. You've

seen the advertising in *Senior Beacon* for the past four months culminating with a large ad festooned on the front page and a LifeFest section from pages 13-17 inside. Parking is free. There is a coupon for the bus inside the section. Admission is ONLY \$1.00 and a can of food and the dollars go to Meals on Wheels while the food goes to Care & Share. Pattie Gallagher is nationally known (read about her in the LifeFest section) and is the headliner for this year's trade show. You'll see ads on television, in the local paper and three radio stations will remind you of the event. You simply MUST come by and say hello. There isn't a better buy in town at any time.

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The Sleep Disorders Center at St. Mary-Corwin is Southern Colorado's comprehensive sleep clinic with physicians who are board-certified in sleep medicine to treat adults and children. Coupled with registered sleep technologists, our team will be with you every step of the way — from diagnosis through treatment and follow-up — providing the care you need to start sleeping and feeling better. Contact your primary care physician to schedule an appointment with the Sleep Disorders Center. If you do not have a primary care physician, call (719) 557-5462 to be scheduled with a sleep specialist.

**Sleep Disorders Center
St. Mary-Corwin
Medical Center**

Centura Health.

1008 Minnequa Avenue
Pueblo, Colorado 81004
Phone: 719-557-4000
Toll Free: 800-228-4039
stmarycorwin.org/sleep

Centura Health complies with the Civil Rights Act of 1964 and Section 504 of the Rehabilitation Act of 1973, and no person shall be excluded from participation in, be denied benefits of, or otherwise be subjected to discrimination in the provision of any care or service on the grounds of race, religion, color, sex, national origin, sexual preference, ancestry, age, familial status, disability or handicap. Copyright (c) Centura Health, 2009 32374 10/09

Observations From The Cave

Have you ever heard of Dr. Bernard Nathanson? Was there ever a more hard-boiled doctor on the face of the earth? He rivaled Hitler's Mengele (sic?). Here's the scoop. He claimed responsibility for 75,000 abortions of which 5,000 he did himself and the rest were done under his supervision. He claimed that abortions should be performed because women were getting back-alley abortions and that 5-10 thousand died each year. Who knows from where that information was gleaned and corroborated? So he started the group called NARAL (National Association for the Repeal of Abortion Laws) which helped get Roe v. Wade passed. Well, the doctor had an epiphany some 30 years ago after he saw his first ultrasound when he knew that abortions were indeed killing the most innocent of human beings. He made a movie called *The Silent Scream* in 1985. It was a powerful anti-abortion piece. In 1996, this Jewish atheist became a Catholic. He died recently at age 84. I never knew about him. One thing is for sure. The Lord sure works miracles. He did the same with the lady who was responsible for the Roe v. Wade ruling in the first place. Denouncing her part in it decades ago. Yet, for some reason we MUST kill these innocents. Evil is very powerful.

Well, Mr. President, it looks like you are getting what you said you wanted. Yep, the cash register is ringing loudly as the cost of gas gets up to your magic \$4.00 per gallon figure. Of course you said you wanted us to be on par with other Western societies paying \$8.00 a gallon. Your reasoning was to get the prices up so high that we would HAVE TO turn to electric cars, hydrogen cell cars, wind, sun, and Bozo the Clown to get our energy. This would save the earth.

You must really hate this country. You are now chiming in on how the cost of electricity needs to spike up (oh, it is already as you well know). You want this nation to suffer through tough times. I'm not sure why. Maybe it is a race thing, but Mr. President, slaves were freed in the 1860s and 100 years later thanks to Martin Luther King and many others barriers came down so that all races were on equal footing, whether the chips came off the shoulders or not.

I guess you don't realize that if the people you think are responsible for the lack of morality in this nation are made to pay that so will everyone else be made to pay. The lie that you spout about green this and green that is easily ferretted out. You just left Brazil and spoke in flowing terms about how they are turning the corner in their quest to be a major energy player on the world's stage. You even gave their state-run oil company \$2 million or was it \$2 billion in seed money. You are now bombing Libya for nothing more than the oil that the Europeans use but then you preach to us that we can't drill or explore for our own oil and use our own coal. Your speed rail is a boondoggle of the highest level. You are paying back constituents without a care for the rest of us, Democrat or not. I'm sorry everyone but this guy is scamming each and every one of us. Time to awaken before we find ourselves permanently damaged.

Godspeed!



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Bush Dynasty Has A New Name, Barack!

by Chuck Green

Many political observers have predicted that after Bush I and Bush II there would be a Bush III. They have predicted that Jeb Bush would continue the family dynasty by following his father, George H. W. Bush, and his brother, George W. Bush, into the White House.

They have proved to be partially right, in a twisted way. There is a Bush III, but his name is Barack Obama.

Spending is out of control, as it was during the Bush II administration.

America is intervening in foreign countries, opening a new theater of war, as it did under the Bush II administration.

We have no sensible energy policy, as we did not under the Bush II administration.

Do I even need mention Gitmo?

We have no comprehensive immigration policy, as we did not under the Bush II administration.

The president is operating as an international cowboy, as did Bush II.

And these are things the Democrats are saying about their own guy.

"We're in Libya because of oil," concludes Ed Markey, a Democrat congressman from Massachusetts.

Obama ought to be impeached for his unconstitutional military action in Libya, says Democrat congressman Dennis Kucinich from Ohio.

The president ought to return his Nobel Peace Prize, in the opinion of liberal crazy man and Democrat darling Michael Moore.

"The American people deserve to know why we're at war" with Libya, and "What are we trying to accomplish here?" lectures MSNBC anchor Chris Matthews, who was the leading media cheerleader for the election of candidate Obama in 2008.

And then there is the candidate/president himself, who in December of 2007 declared:

"The president (Bush II) does not have the power to unilaterally authorize a military attack in a situation that does not involve stopping an actual or imminent threat to the United States."

Of course, there is the ultimate irony in a grisly sense: Bush II was excoriated by his critics when photos were distributed of military prisoners being humiliated by U.S. guards at Abu Ghraib; but Bush III is getting a pass on photos showing U.S. soldiers posing with the cadavers of dead Afghan civil-

ians. Which is worse -- putting a live prisoner military combatant on a dog leash, or propping up the body of a dead civilian for a photo op?

When Bush II played golf during the Iraq war, the liberal media was all over his backswing, so he quit the game while American's were in harm's way. Bush III has logged more than 90 rounds of golf so far in his tenure, while Americans are fighting on three fronts.

While Bush II spent time on his ranch in Texas chopping fire wood, Bush III prefers to spend his free time at luxury sites in Hawaii or Cape Cod, Paris or Rio de Janeiro.

But here's the biggest insult of all:

Bush III, in the first week of the Libya conflict, was spending time in Brazil, of all places.

Off the coast of Brazil, deep-water drilling platforms are pumping oil from beneath the ocean floor, many of them recently relocated from the Gulf Coast after the Bush III administration banned them from U.S. waters. They can drill to improve the Brazilian economy, and sell the petroleum to U.S. refineries at premium prices but they can't drill here.

"Drill, Brazil, Drill," as one

headline put it.

And so where does Bush III take his family while America starts bombing Libya?

To Brazil, the nation that opposed the Libyan military operation in the U.N. security council just days before!

If there was any doubt about the administration of Bush III, consider this, said by Bush III this week:

"In the past there have been times when the United States acted unilaterally or did not have full international support, and as a consequence typically it was the United States military that ended up bearing the entire burden."

In fact, Bush II had more than twice the number of foreign "coalition" partners at the beginning of the Iraq war than Bush III has in the Libyan effort. Bush II also had the support of the U.S. House and Senate, which Bush III has not sought.

Yes, indeed, we have a Bush III, but his name is not Jeb.

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



America Is Vulnerable To World Turmoil

by Chuck Green

A gallon of gasoline in Colorado costs, on average, \$3.30 a gallon this week. Experts say that price may go up to \$4 by the end of the year.

This non-expert predicts that, if political conditions worsen in the Arab world, northern Africa and Asia, the price could be \$6 or more a gallon.

But if, over the past decade or more, American politicians who pledged to provide an "energy independent" national policy but delivered nothing but enough hot air to lift a fleet of giant blimps, had approved petroleum drilling in Alaska and off the coast of California, the eastern shore and the Gulf of Mexico, we'd be much more secure.

Instead, we are decades away from energy independence, vulnerable to an unpredictable and scary world.

So far the current administration seems as unconcerned as its predecessors.

In America, political correctness has trumped political wisdom and national security. The United States is more dependent on foreign oil than ever before.

Meanwhile, the country is waiting -- and spending billions of dollars -- on the dream of fueling the nation on wind and solar energy, as if that will somehow keep our planes in the air and our ships on the seas.

When Air Force One flies on solar energy, I'll buy a Chevy Volt.

The international crisis has gotten so severe that *The Denver Post* (last month ran) a column-length "Roundup" each day, summarizing the political turmoil around the world. In (one) version, it offered a digest of news from Sudan, Bahrain, China, Egypt, Tunisia, Morocco and Yemen, alongside a complete story of the evolving upheaval in Libya. The boiling unrest in Iran didn't even merit a paragraph in the digest.

Meanwhile President Barack Obama's secretary of state, Hillary Clin-

ton, was calling the revolt in Libya as "unacceptable bloodshed."

Unacceptable?

So far, it's been quite acceptable. We've done nothing to prevent it, and nothing to stop it.

That's understandable: there is nothing we can do about it. But the bombastic rhetoric of labeling it as "unacceptable" is useless. We have no alternative but to accept it. **ed. note: Since this column was written in early March, Mr. Green couldn't know that we are part of a "no fly" program along with the Brits and French.**

What we can do is to protect our own national interests at home, with a sensible energy policy.

Solar and wind power is, at best, a pipe dream. Even if those two sources were magically feasible tomorrow, it would take years to develop a network that would heat our homes and businesses and power our transportation systems. And we'd still have to rely on petroleum

and coal to provide a back-up source on windless, cloudy days.

Yet we refuse to capture the enormous source of energy -- oil under our own territory -- while we increase our dependence on oil under the ground of nations in perilous strife. In the minds of environmental zealots, it's okay for America to buy oil pumped out of the Earth in Saudi Arabia or Bahrain or Iran or Libya or Brazil, but we want to protect the pristine, frozen and barren arctic terrain of far-north Alaska or the coastline of nearly bankrupt California.

With Libya ablaze, Egypt wrapped in uncertainty, China and Iran under threat, and Tunisia and Yemen in the grips of mob rule, America is impotent to change the ominous course of world politics.

What we can do, but so far are unwilling to do, is defend our own welfare.

Russian President Dmitry Medvedev predicted this week that the global turmoil means that the world is confronted with "fires for decades," and he declared that even his own country is prepared for a populist uprising, pledging to quash any revolt with force.

For the first time in history, America is a mere spectator to what is happening on the world stage. While our leaders can label the situation as "unacceptable," our only choice is to accept it, watch it develop and adjust our own policies in response to it.

In world affairs today, the United States is impotent.

But what we can do is to protect our own national security, and that begins with an aggressive policy of drilling for oil and building an expanded capacity of refineries.

Otherwise we are as vulnerable to world affairs as never before. Solar and wind are not going to protect our economy and our national security for decades to come, if ever.

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

It's 3:00 a.m.

Are you still counting sheep?

The Sleep Center of Southern Colorado at Parkview now has two locations for your convenience - Parkview Medical Center and Parkview-Pueblo West.

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The Sleep Center of Southern Colorado at Parkview Medical Center is accredited by the American Academy of Sleep Medicine.

news of the weird

COMPILED BY CHUCK SHEPHERD
FOR SENIOR BEACON



LEAD STORY

Gen. Than Shwe of Myanmar, leader of Asia's most authoritarian regime, made a rare public appearance in February but dressed in a women's sarong. Most likely, according to a report on AOL News, he was challenging the country's increasingly successful "panty protests" in which females opposed to the regime toss their underwear at the leaders or onto government property to, according to superstition, weaken the oppressors. (Men wear sarongs, too, in Myanmar, but the general's sarong was uniquely of a design worn by women.) An Internet site run by the protesters urges sympathetic women worldwide to "post, deliver or fling" panties at any Burmese embassy.

The Continuing Crisis

-- The "F State's" Legislature at Work: (1) Florida Senate Bill 1246, introduced in February, would make it a first-degree felony to take a picture of any farmland, even from the side of the road, without written permission of the land's owner. (The bill is perhaps an overenthusiastic attempt to pre-empt campaigns by People for the Ethical Treatment of Animals.) (2) Though Florida faces a serious budget shortfall, another Senate bill, 1846, would authorize the state to borrow money for golf courses and resorts in at least five state parks and would require that the courses be designed by golf legend Jack Nicklaus' firm. (Update: SB1846 was too excessive even for Florida and was withdrawn.)

-- No Sense of Shame: (1) Nurse Sarah Casareto resigned in February from Abbott Northwestern Hospital in Minneapolis, and faced possible criminal charges, after allegedly swiping the painkiller fentanyl from her patient's IV line as he was undergoing kidney-stone surgery (telling him once to "man up" when he complained about the pain). (2)

Karen Remsing, 42, stands accused of much the same thing after her November arrest involving an unspecified pain medicine delivered by IV at University of Pittsburgh Medical Center Children's Hospital. However, Remsing's case was different in that the IV line being shorted was that of her own, terminally ill, 15-year-old son.

-- New Orleans clothing designer Cree McCree, an ardent environmentalist, ordinarily would never work with animal fur, but the Louisiana state pest, the nutria (swamp rat), is culled in abundance by hunters, who leave the carcasses where they fall. Calling its soft-brown coat "guilt-free fur that belongs on the runway instead of at the bottom of the bayou," McCree has encouraged a small industry of local designers to create nutria fashions -- and in November went big-time with a New York City show ("Nutria-palooza"). Now, according to a November New York Times report, designers Billy Reid and Oscar de la Renta are sampling nutria's "righteous fur."

Bright Ideas

-- In late 2010, a Georgia utility contractor discovered an elaborate "Internet-controlled network of web-accessible cameras" and three shotguns aimed into a food-garden plot on a Georgia Power Company right of way (as reported by the Augusta Chronicle in January). The Georgia Wildlife Resources Division and U.S. Homeland Security took a look, but by then, the structure had been moved. (Homeland Security speculated that the set-up was to keep feral hogs away from the food stock.)

-- Principal Angela Jennings of Rock Chapel Elementary School in Lithonia, Ga., resigned after an investigation revealed that she had temporarily unenrolled 13 students last year for the sole purpose of keeping them from annual statewide tests because she

feared their scores would drag down her school's performance. (When the test was over, Jennings re-enrolled them.) The resignation, effective in June, was revealed in February by Atlanta's WSB-TV.

Yikes!

-- Questionable Redemption: For two philanthropic gifts totaling \$105,000, Jim Massen, 80, a retired television repairman and farmer in Windsor, Ontario, has perhaps salvaged his good name, overcoming a 1990 guilty plea (and one-year jail sentence) for molesting three teenage boys. The gifts, acknowledged in February, mean that a scoreboard clock, an administrative office, the street leading to the complex, and a walking trail will all be named for him.

-- Theory of Evolution: Last year, the highly qualified agriculture expert Ricardo Salvador was passed over by Iowa State University to run its Center for Sustainable Agriculture, even after the person who finished ahead of him declined the job. According to a June Chronicle of Higher Education report, Salvador had committed an unpardonable faux pas during the hiring process -- by stating the obvious fact that cows everywhere, historically, eat "grass." (Since Iowa's dominant crop is corn, "grass" was the wrong answer.) When a Chronicle reporter asked the dean of Iowa State's agriculture school whether cows evolved eating grass, the dean said she did not have an "opinion" about that.

People Different From Us

(1) Over the last 10 years, newspaper vendor Miljenko Bukovic, 56, of Valparaiso, Chile, has acquired 82 Julia Roberts face tattoos on his upper body -- all, he said, inspired by scenes from the movie "Erin Brockovich." (2) On Feb. 21, Jessica Davey, 22, of Salisbury, England, saw that her car had been wrongly immobilized with a boot. Angry at probably missing work, she locked herself in the car, thus impeding the tow truck, and remained for 30 hours, until a parking inspector dropped by and removed the boot.

Least Competent Criminals

Not Ready for Prime Time: (1) Arkeen Thomas, 19, broke into a home

in Port St. Lucie, Fla., in March, but the residents were present, and the male resident immediately punched Thomas in the mouth, sending him fleeing. (Minutes later, a woman identified as Thomas' mother arrived, picked up her son's gold teeth that had been knocked out, and left.) (2) In March, Briton Luke Clay, 21, was sentenced to eight months in prison by a Nottingham Crown Court judge for a home invasion. Luke and his brother fled the home empty-handed after the resident, Joan Parmenter, 79, knocked Luke down with one punch to the jaw.

Recurring Themes

Another "Sovereign" Citizen: In February, the Sarasota (Fla.) Police Department fired veteran homicide detective Tom Laughlin, almost a year after he had filed formal papers identifying himself as part of the "sovereign" movement, whose members believe they are beyond the control of any government and can establish their own financial system (which usually makes them much richer -- on paper), among other assertions. (The U.S. Constitution is cited as their authority, but only the original and not the popular version, which is a sham secretly switched with the original by President Abraham Lincoln.) In a subsequent interview with the Sarasota Herald-Tribune, Laughlin, who had a strong record as a detective, acknowledged that maybe he had gotten carried away.

A News of the Weird Classic (July 2006)

In April (2006), a dead, decaying cow got caught on a tree branch at a dam near West Milford, W.Va., and remained there for "several weeks," according to an Associated Press report, grossing out neighbors, while five government agencies split hairs to keep from getting involved. Could the West Milford city government move the cow? (No, outside city limits.) State Department of Natural Resources? (No, they handle only wild animals.) State Environmental Protection agency? (No, the cow presents no ecological danger.) State Agriculture Department? (No, it's a local issue.) Regional Water Board? (No, just no.) Finally, workers from the state Division of Highways, along with volunteer firefighters, removed the cow.



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May Be A "Wash" Next Year For Seniors: COLA(+); Medicare(-)

SENIORS MAY GET COLA NEXT YEAR, BUT MEDICARE PREMIUMS WILL TAKE IT ALL
Alexandria, VA (March 23,

2011) First, here's the good news - the U.S. Congressional Budget Office (CBO) recently forecast that annual cost-of-living adjustments (COLAs) of Social Security beneficiaries will resume next year. The CBO predicted a very low, 1.1 percent COLA in 2012, coming after two unprecedented years in which beneficiaries received no COLA at all.

Now, the bad news - this would be the lowest COLA ever paid in years where there was a COLA. The boost may not be enough to prevent Social Security payments from continuing to shrink, warns The Senior Citizens League (TSC), one of the nation's largest nonpartisan seniors groups. A new analysis released by TSC indicates that even if the Medicare Part B base premium stays the same as it is today, at \$115.40 per month, the majority of beneficiaries will still see lower net Social Security payments in 2012 after deductions for Medicare Part B, Part D and Medicare Advantage premiums.

A recent survey by TSC found that nearly half of seniors are reporting lower Social Security checks in 2011 after deduction of Medicare premiums. Of these, one in four are receiving at

least \$50 less per month, and one in nine say they are receiving at least \$100 less per month. On the other hand, survey respondents said their overall monthly expenses continued to rise dramatically from 2010 to 2011. Twenty-three percent reported their monthly expenses had increased at least \$80, and 35% said their monthly expenses had increased more than \$119.

The findings come as Congress wrestles with reducing the federal budget deficit and debates Social Security reform. President Obama's Fiscal Commission recently proposed using a more slowly-growing Consumer Price Index to calculate annual Social Security COLAs. The proposed change is estimated to reduce COLAs by about 0.3 of a percentage point.

Although the proposed change seems tiny, TSC says that it's larger than it would seem. It could cost seniors who retired with average benefits of \$1,170 in 2010 about \$15,222 over a 25-year retirement. By 2033, seniors would receive a monthly benefit that's about \$131 lower, using the more slowly-growing CPI.

"Make no mistake. The difference would compound over time," says

Larry Hyland, Chairman of TSC. "At the same time Medicare costs would continue to take a bigger piece of Social Security benefits, retirees risk inadequate benefits and running through their savings," Hyland says.

To learn more, subscribe to TSC's newsletter The Social Security and Medicare Advisor, visit the TSC website at www.SeniorsLeague.org, or call 1-800-333-8725 for 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.

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Florence(784-6493) - Salida (539-3351)

PENROSE CENTER

1405 Broadway-Penrose (Tues/Thur)

APRIL 5: BBQ CHICKEN, Spinach, Mandarin Orange Salad, Potato Salad, Peaches, Cornbread with Margarine.

APRIL 7: ENCHILADA PIE, Sliced Tomato on Lettuce, Sliced Yellow Squash, Mixed Fruit.

APRIL 12: ROAST PORK/GRAVY, Whipped Potatoes/Gravy, Parslied Carrots, S.F. Strawberry Gelatin Salad.

APRIL 14: TURKEY POT PIE, Tossed Salad, Orange Juice- 4 oz, Oatmeal Raisin Cookie.

APRIL 19: BAKED HAM/RAISIN SAUCE, Candied Sweet Potatoes, Green Bean Amandine, Cranberry Mold.

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

APRIL 26: BAKED POTATO, Broccoli/Cheese Sauce, Tossed Salad/Lite French Drsg, Plum, Fruit Cocktail, Drop Biscuit.

APRIL 28: AMERICAN LASAGNA, Herbed Green Beans, Seasoned Cabbage, Shredded Green Salad/Lite Italian Drsg., Ice Cream, Italian Bread with Margarine.

FLORENCE

100 Railroad St. - Florence Tues-Thur-Fri

APRIL 1: TUNA NOODLE CASSE-ROLE, Mixed Vegetables, Sliced Zucchini Squash, Sliced Peaches.

APRIL 5: BEEF STROGANOFF, Orange Spiced Carrots, Ruby Beet Salad, Mixed Fruit.

APRIL 7: HAM & BEANS, Cut Broccoli, Parslied Carrots, Orange Juice - 4 oz., Cornbread with Margarine.

APRIL 8: CHICKEN FAJITA, Tomato, Lettuce Garnish, Cilantro Rice, Corn, Grapes.

APRIL 12: BLACK BEAN/TORTILLA CASSE-ROLE, Steamed Brown Rice, Whipped Sweet Potatoes, Mixed Fruit.

APRIL 14: SWEDISH MEATBALLS, Whipped Potatoes/Creamy Gravy, Chopped Spinach, Mixed Fruit.

APRIL 15: BEEF/BROCCOLI STIR FRY, Steamed Brown Rice, Steamed Carrots, Pineapple Tidbits.

APRIL 19: ROAST PORK/GRAVY, Whipped Potatoes, Parslied Carrots, Sugar Free Strawberry, Gelatin Salad.

APRIL 21: BEEF STEW, Whole Kernel Corn, Herbed Green Beans, Diced Pears,

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Cornbread with Margarine.

APRIL 22: LEMON BAKED FISH, Tartar Sauce/Lemon, Rice Pilaf, Green Beans/Mushrooms, Fruit Salad.

APRIL 26: SPAGHETTI/MEAT SAUCE, Tossed Salad/Lite Italian Dressing, Seasoned Green Beans, Orange.

APRIL 28: CHICKEN/NOODLES, Seasoned Green Beans, Baked Acorn Squash, Apricot Pineapple Compote.

APRIL 29: CREAM OF POTATO SOUP, Tuna Salad Wrap, Shredded Lettuce/Tomato, Hardboiled Egg, Grapefruit Half.

SALIDA MENU

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

APRIL 1: PORCUPINE MEATBALL, Whipped Potatoes/Gravy, California Veggie Medley, Almond Peaches.

APRIL 5: BEEF STEW, Cauliflower, Pear Slices, Cornbread with Margarine.

APRIL 7: HAM/SCALLOPED POTA-

TOES, Spinach Salad with Egg, Mixed Vegetables, Peaches.

APRIL 8: TURKEY TETRAZZINI, Italian Green Beans, Strawberry Applesauce, Chocolate Chip Cookie.

APRIL 12: TACO SALAD/Salsa, Tomato, Lettuce Garnish, Strawberry Applesauce, Flan Custard, Cornbread with Margarine.

APRIL 14: ORIENTAL PEPPER CHICKEN, Brown Rice, Cut Broccoli, Pineapple Tidbits, Fortune Cookie.

APRIL 15: SPINACH CHEESE SQUARES, Tossed Salad with Pear, Whipped Hubbard Squash, Citrus Cup.

APRIL 19: CHICKEN SALAD SANDWICH, Whole Wheat Bread, Sliced Tomato on Lettuce, Orange Juice - 4oz, Sliced Peaches, Brownie.

APRIL 21: HUNGARIAN GOULASH, California Vegetable Medley, Green Peas, Pineapple Tidbits.

APRIL 22: STUFFED PEPPERS, Chopped Spinach/Malt Vinegar, Applesauce Cake.

APRIL 26: TURKEY SANDWICH ON WHOLE WHEAT, Provolone Cheese & Mustard, Sliced Tomato on Lettuce, Orange, Waldorf Salad.

APRIL 28: TUNANOODLE CASSE-ROLE, Mixed Vegetables, Sliced Zucchini Squash, Sliced Peaches.

APRIL 29: SWEET & SOUR PORK, Steamed Brown Rice, California Vegetable Medley, Diced Pears.

GOLDEN AGE CENTER

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

APRIL 1: Lemon Baked Fish/Tartar Sauce, scalloped potatoes, chopped spinach w/ malt vinegar, banana.

APRIL 4: Turkey Pot Pie, cut broccoli, tossed salad/french dressing, apricot halves.

APRIL 6: Hungarian Goulash, California veggie medley, green peas, pineapple tidbits.

APRIL 8: Swiss Broccoli Pasta, 5-way veggies, sliced peaches, plum, sweet potato roll/marg.

APRIL 11: Salisbury Steak, whipped potatoes/gravy, california veggie medley, seasoned greens, nectarine.

APRIL 13: Chicken Fajita, tomato/lettuce garnish, cilantro rice, corn grapes,

APRIL 15: Birthday Meal! Salmon Patties/ Cream Sauce, steamed brown rice/parsley, mixed veggies, tangerine/raisin cup.

APRIL 18: Sloppy JOe/Bun, scalloped potatoes, broccoli/carrots, apple.

APRIL 20: Ham/Scalloped Potatoes, chopped spinach perfection salad, hard-boiled egg, apple.

APRIL 22: Baked Potato, broccoli cheese sauce, tossed salad, white french, fresh plum, fruit cocktail.

APRIL 25: Chili Com Carne, cut broccoli, whole wheat crackers.

APRIL 27: Hamburger/Bun, split pea soup, creamy coleslaw, banana.

APRIL 29: Chicken Salad Sandwich, sliced tomato/lettuce, sliced peaches, brownie.

ALL MEALS SERVED WITH MILK (Coffee or Tea optional) Most meals served/bread/marg.

Fashion: Looooking Gooood!

2011 Jewelry: Truly An Ode To Decades Past

(NAPSI)—The Spring 2011 fashion runways gave us a sneak peek into the top trends for the coming year. Collections paid homage to fashions from the past, refreshed to suit today's modern woman. Jewelry designers are following suit, creating designs in bold colors and dramatic shapes.

As we look ahead, here's an overview of jewelry trends to watch:

Old Hollywood. Vintage gained momentum in 2010 as designers looked to the past for inspiration in both fashion and bridal jewelry. The sophisticated elegance of classic jewelry returns in 2011 in the form of chandelier earrings and strand necklaces, accentuated with

the occasional pearl or brilliant-cut diamond. Brides-to-be see family heirlooms as more desirable options for engagement rings and bridal jewelry, since traditional platinum settings are able to carry a love story through generations because of platinum's enduring qualities and long-lasting wear.

Color. 2010 saw an abundance of rich color, especially on the red carpet, as celebrities turned to colored gemstones, such as rubies and sapphires, to accentuate their couture gowns. In 2011, expect to see a more vibrant color palette, as designers embrace shades of blue, violet and orange. "Colored gems set into platinum will add exciting contrast to celebrity style

this awards season," predicts jewelry and style expert Michael O'Connor. "Platinum's natural white color prevents the setting from casting any unwanted color onto the gems, making the stones shine more brilliantly."

Tribal. From the zebra print of Louis Vuitton to the feathers of Alexander McQueen, designers looked to the Savanna for inspiration for their spring collections. This translates into a jewelry box of exotic detail and strong design, as jewelry designers incorporate everything from animal prints in onyx and diamonds to figures of leopards and giraffes. Designers such as Novell are expanding their tribal-inspired collections in plati-

num, which gives them the freedom to engrave even the most intricate details.

No matter the trend, value and quality will continue to be the driving force behind consumers' decisions to purchase jewelry. As explained by O'Connor, "Value is one of the most motivating factors when it comes to selecting fine jewelry. Designers continue to push the envelope when it comes to providing versatility in design, all while staying focused on ensuring their creations provide long-term value by their use of high-quality materials like platinum." After all, while trends change season to season, jewelry has the power to transcend generations.

Doherty: Minimizing Budget Cuts For Seniors

from page 1.

Anticipated cuts in the federal legislation are probable, but it is unclear how that will effect state funding. LEAP payments this year range from \$100 to \$1000 depending on the household.

The Joint Budget Committee voted not to accept the proposed cuts to the Older Coloradans Fund thus preserving funding for the last quarter of the FY2010-11, as well as FY 2011-12. This program will allow funding for such things as meals on wheels, transportation, legal services, dental, vision, and hearing services.

Providers of Medicaid services are being targeted as part of the budget cuts. The proposal is to pay Medicaid claims in three weeks rather than in two weeks, thus moving some of the state's

obligations into future fiscal years. Although this will be a hardship on some providers, the State is planning to pay the claims. Most Medicaid providers have received a 5.5% decrease in reimbursement over the past two years. At this time no further reductions are being proposed in Medicaid provider fees.

Another proposal was to cut funding to reduce the health care provider fee that hospitals pay to increase the amount of federal matching Medicaid dollars that are paid to Colorado. That bill failed in the legislature as well, thus individuals who are uninsured who have started receiving Medicaid coverage will continue to receive services.

The telephone assistance program to continue to allow individuals who are receiving Old Age Pension, Aid

to the Blind, Aid to the Needy Disabled, Supplemental Security Income and LEAP to receive a \$6.50 credit on their monthly telephone bills has been sent to the Governor for his signature.

A bill to increase provider fees for nursing homes from \$7.50 per bed to \$12.50 per bed to increase the amount of Medicaid dollars available to the State has been initially approved.

Cuts to mental health services seem to be more concentrated in area of children's services, rather than services serving geriatric patients which have been consistently cut in the past.

Funding for the Property Tax, Rent and Heat Rebate program appears to be continuing at \$7.7 million, which actually reflects a small increase, contrary to the initial recommendations to

cut the program.

Although the final budget has not been introduced in the legislature as of this writing, funding for most of the older adult programs has remained consistent. Seniors are encouraged to continue to contact their legislators, as well as the Joint Budget Committee, and Governor John Hickenlooper to express their concerns and support for specific programs.

For more information or talk about specific bills of concern, call 303-333-3482.

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

April Is "Sports Eye Safety" Month

Submitted by Kathy-Lyn Allen, PR Coordinator (Rocky Mountain Eye Ctr)

The long-term health benefits of sports are clear: they provide good exercise for maintaining proper weight, improve strength and coordination, help build lifelong healthy habits and help build social skills. For more than 40,000 people each year, there are health risks in

playing sports including eye injuries – the vast majority of which are preventable.

The thousands of eye injuries each year aren't only from basketball, baseball, football and hockey. Paintball, soccer, tennis, golf and even water sports can also be dangerous to the eyes.

Fortunately, specific protective eyewear is available for just about all ac-

tivities, allowing today's athletes to choose from various types of sturdy, lightweight and effective eyewear that's appropriate for their sport. When properly fitted, eyewear does not hinder performance and can prevent 90 percent of sports eye injuries.

When participating in sports, be sure to wear protective eyewear that is:

- Appropriate for the sport;

- Has polycarbonate lenses or shields;

- Is properly fitted by an eye care professional.

If you play sports, you can get hurt. Whatever your game, you need to protect your eyes. See your eye care professional today for appropriate protective eyewear.

For more information or to schedule your next appointment with Rocky Mountain Eye Center, please call 1-800-934-EYES (3937) or visit www.rockymountaineyecenter.com. Information retrieved February 2011, from <http://www.aao.org/aaosite/eyemd/sports.cfm>

This information was retrieved (Jan 2011) from <http://www.eyecareamerica.org/eyecare/treatment> Please contact the American Academy of Ophthalmology (AAO) directly for more information. Please schedule your family's next eye exam with

Rocky Mountain Eye Center by calling 1-800-934-EYES (3937) or by visiting us online at www.rockymountaineyecenter.com

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Causey: Spring Cleaning From The Inside Out!

by Charlene Causey

Spring has sprung and it is time for the annual discussion of the importance of cleansing from the inside out. Just as it very important to clean the crud from our homes, whether they are humble abodes or palace-like mansions, it is vital to internally scour the body periodically with more than a shot of castor oil. That applies to everyone, regardless of age. In fact, I would suggest even young people, not yet adult age, do a milder form of a cleanse at least twice a year.

Last month, March, was National Nutrition Month, placing awareness on nutrition education and proper eating. That is all very well and good, except for the fact that if cleanses are not done on a routine basis, all the efforts made to take in proper nutrition may go to waste. No pun intended, but truthfully without purging the old and preparing cells to receive the new, good nutrients may not be absorbed by the body and utilized to its greatest benefit.

Oftentimes, the suggestion of the need to cleanse is discounted as unnecessary because "the body knows

what it needs to accomplish and can take care of such matters." Well, if it did, then there would not be as much chronic disease and illness as there is happening all around us, more so than a century ago. Our food supply is now compromised or even tainted with chemical and pesticides and therefore, "things just aren't what they used to be".

Entire books have been written on detoxifying the body and how to enhance the process of cleansing the cells of the body. The basic recipe of clean eating, drinking, breathing, and sleeping used to work, but not anymore. Our bodies are bombarded daily with artificial everything from light to food and everything in between. And if there are tobacco, alcohol or pharmaceutical drugs taken, the need to be more vigilant about cleansing becomes obvious. Therefore, it is vitally important to work consciously at detoxifying the body to maintain the delicate balance of homeostasis. In the state of homeostasis the body functions as it was created to, and health and wellness prevails.

Many reputable companies have formulated very complete cleansing kits that do the job.

Research the various benefits and experiment with what works best for you. There is a mild form of detoxification that can take place on a daily basis which is as easy as drinking your cup of morning coffee or tea. The operative word here is Ganoderma, the King of Herbs with 4,000 years of history. Known as the herb of longevity, Ganoderma has a mild detoxifying effect that helps the body fulfill its duties. This particular kind of coffee or tea is not as acidic and therefore helps to balance the body, tilting it back toward homeostasis.

Personally, I would not substitute a quarterly cleanse or at least a biannual cleanse for the daily mild one just mentioned, but a little bit is better than none. Daily maintenance is always good to keep the immune system sharp and to keep the body's ph more balanced. Other forms of cleansing which are simple and free are deep breathing in a rhythmic, purposeful way, dry skin brushing, which I have discussed in previous articles, exercise and stretching while deep breathing, gentle bounc-

ing or jumping on a rebounder, cleansing fasts involving specially formulated lemonade, or juices and broths, and massage or hydrotherapy, which does involve some cost, but is well worth it.

Whatever your chosen method, please consider spring cleaning of your body at least as important as cleaning your home or getting your car tuned up. Your health and wellness is so much more valuable than the material stuff. Once the cells are renewed and ready to receive healthy, unprocessed food which will nourish the body so much better, you'll be feeling great and thankful that you took the time for a personal tune up.

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

April El Pueblo Museum

by Kathleen Eriksen-El Pueblo History Museum-583-0453

"Trade on the Taos Mountain Trail" Lecture

On April 26, Tuesday, at 6:30 p.m., Author Deborah Martinez-Martinez, Ph.D. will present a lecture that focuses on the frontier story of barter and trade between the Plains Indians, American traders and Spanish/Mexican traders. Her book, "Trade on the Taos Mountain Trail," will also be available for sale. Cost for the lecture is \$5. Call the museum to register.

"Annual Pueblo Quilt Show"

From March 30, Wednesday, through April 2, Saturday, 10:00 a.m. to 4:00 p.m., the Galleria and High Vista Gallery at El Pueblo History Museum will dazzle visitors with a multitude of colorful quilts. Quilters from throughout the region will be represented with traditional quilts and quilts with artistic flairs. Admission is free to the public for this exhibit.

SEl Pueblo Trading Post is Open on Saturdays!

Experience the frontier. Visit El Pueblo History Museum's adobe trading post, Saturdays, during the month of April, from 10:00 a.m. to 4:00 p.m. Interact with the costumed living history interpreters as they go about their daily chores. Children 12 years of age and younger are free, adults \$5, and senior citizens and students are \$4. Admission includes a visit to the museum's galleries with their new interactive exhibits.

"El Pueblo Art Alliance" Exhibit

The show, which runs from April 6, Friday, through May 3, Tuesday, during museum hours, will feature diverse works of artists who are El Pueblo Art Alliance members. The artists are well-known regionally and nationally. Various media are represented. Admission cost to the High Vista Gallery is free.

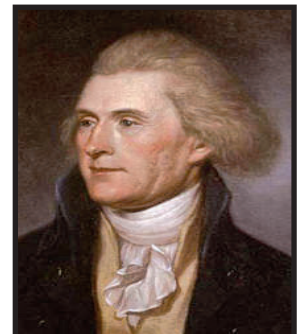
"Faces of Aultman" Exhibit

Continuing on its successful run, the "Faces of Aultman" exhibit at El Pueblo History Museum features the photographs of Oliver Aultman. This early Trinidad photographer captured the ethnic and socio-economic diversity of the people who lived in the region during the turn of the 20th century. Nominal admission charged.

El Pueblo History Museum is located at 301 North Union. For more information call 719/583-0453.

Thomas Jefferson

Third President of U.S.



"A government big enough to give you everything you want, is strong enough to take everything you have."

Dedication and Commitment

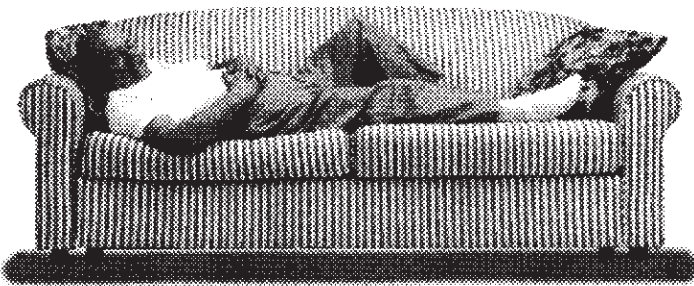
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Ann Coulter:

"They Blinded Us With Science"



In response to my column last week about hormesis -- the theory that some radiation can be beneficial to humans -- liberals reacted with their usual open-minded examination of the facts.

According to Noel Sheppard at Newbusters, MSNBC's Ed Schultz devoted an entire segment to denouncing me. He called me toxic, accused me of spreading misinformation and said I didn't care about science.

One thing Schultz did not do, however, was cite a single physicist or scientific study.

I cited three physicists by name as well as four studies supporting hormesis in my column. For the benefit of liberals scared of science, I even cited The New York Times.

It tells you something that the most powerful repudiation of hormesis Schultz could produce was the fact that a series of government agencies have concluded -- I quote -- that "insufficient human data on hormesis exists."

Well, in that case, I take it all ba -- wait, no. That contradicts nothing I said in my column.

Liberals should take up their quarrel with the physicists cited by both me and the Times. I'm sure the Harvard physics department will be fascinated

to discover that the left's idea of the scientific method is to cling to their fears while hurling invective at anyone who proposes a novel thesis.

The fact that liberals are so terrified of science that they chronically wet themselves wouldn't be half as annoying if they didn't go around boasting about their deep respect for science, especially compared to conservatives.

Apparently this criticism is based on conservatives' skepticism about global warming -- despite the studies of distinguished research scientists Dr. Alicia Silverstone and Dr. Woody Harrelson. (In my case, it's only because I'm still waiting for liberals' global cooling theory from the '70s to come true.)

The left's idea of "science" is that we should all be riding bicycles and using the Clivus Multrum composting latrines instead of flush toilets. Anyone who dissents, they say -- while adjusting their healing crystals for emphasis -- is "afraid of science."

A review of the record, however, shows that time and again liberals have been willing to corrupt public policy and allow people to die in order to enforce the Luddite views of groups such as the Union of Concerned Sci-

entists (original name, "Union of Concerned Activist Lawyers Who Took a Science Course in High School").

As I described in my book "Godless," both the government and the entire mainstream media lied about AIDS in the '80s by scaring Americans into believing that heterosexuals were as much at risk for acquiring AIDS as gays and intravenous drug users. The science had to be lied about so no one's feelings got hurt.

In 1985, Life magazine's cover proclaimed: "NOW, NO ONE IS SAFE FROM AIDS." In 1987, U.S. News & World Report reported that AIDS was "finding fertile growth among heterosexuals." Also in 1987, Dr. Oprah Winfrey said that "research studies" predicted that "one in five heterosexuals could be dead from AIDS at the end of the next three years."

In 1988, ABC's "20/20" claimed the CDC had discovered a shocking upsurge of heterosexual infections on college campuses. It struck no one as odd that 28 of the 30 infections had occurred in men (with alphabetized spice racks and at least three cats, one named Blanche).

Two years later, CNN broadcast that same 1988 study, proclaiming: "A

new report from CDC indicates that AIDS is on the rise on college campuses."

A quarter-century later, and we're still waiting for the big heterosexual AIDS outbreak.

But at least science achieved its primary purpose: AIDS was not stigmatized as a "gay disease." Scientific facts were ignored so that science would be nonjudgmental. That was more important than the truth.

Liberal activists also gave us the alar scare in the late '80s based on the studies of world renowned chemist and national treasure Meryl Streep.

Alar is a perfectly safe substance that had been used on apples since 1968 both to ripen and preserve the fruit. It made fresh fruit more accessible by allowing fruit pickers to make one sweep through the apple grove, producing ripe, fresh fruit to be distributed widely and cheaply.

But after hearing the blood-chilling testimony of Streep, hysterical soccer moms across America hopped in their Volvos, dashed to their children's schools and ripped the apples from the little ones' lunch boxes. "Delicious, McIntosh and Granny Smith" were added to "Hitler, Stalin and Mao" as names that will live in infamy.

The EPA proposed banning alar based on a study that involved pumping tens of thousands times more alar into rats than any human could possibly consume, and observing the results. The rats died -- of poisoning, not tumors -- but the EPA banned it anyway. Poor people went back to eating Twinkies instead of healthy fresh fruit.

Meanwhile, the World Health Organization advised against an alar ban and Europeans continued to eat fruit with alar in their nice warm houses powered by nuclear energy (halted in the U.S. thanks to the important work of Dr. Jackson Browne and Dr. Bonnie Raitt).

Other scientific theories developed in the laboratories of personal injury lawyers and TV networks included the left's "cancer cluster" claim in the '80s. The Centers for Disease Control investigated 108 alleged "cancer clusters" that had occurred between 1961 to 1983 and found no explanation for them other than coincidence -- and a

SEE "COULTER" PAGE 18.



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- APRIL 4:** Dijon Chicken, Broccoli, Peas & Carrots, 5-Bean Salad, Grapes.
- APRIL 5:** Meatloaf, Baked Potato, Mixed Veggies, Fresh Orange, Cranberry Jello.
- APRIL 6:** Roast Pork, Wild Rice, Spinach, Bread/Smart Balance, Strawberries & Bananas.
- APRIL 7:** Penne Pasta/Meat Sauce, Cauliflower, Italian Mixed Veggies, Banana, Chocolate Pudding.
- APRIL 8:** Baked Fish w/Dill Sauce, Oven Roasted Potato, Succotash, Italian Veggie Toss, Apricots.
- APRIL 11:** Hungarian Goulash, Parslied Noodles, Corn & Okra, Garden Salad/1000 Island Drsg., Banana.
- APRIL 12:** Roast Turke, Garlic Mashed Potatoes, Mixed Veggies, Bread/Smart Balance, Orange.
- APRIL 13:** Spaghetti/Meatballs, Mixed Veggies, Spinach, Pineapple.

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- APRIL 15:** Baked Fish w/Veggie Sauce, Wild Rice, Mixed Veggies, Orange.
- APRIL 18:** Roast Beef, Baked Sweet

- Cabbage Apple Slaw, Apricots.
- APRIL 21:** Veggie Lasagna, Cauliflower, Zucchini/Tomatoes, Creamy Cucumbers, Banana & Oranges.
- APRIL 22:** Almond Crusted Fish/Tartar Sauce, Glazed Sweet Potato, Spinach, Pineapple.
- APRIL 23:** Pesto Chicken/Pasta, Zucchini & Tomatoes, Mixed Veggies, Peach/Blueberry Dessert.
- APRIL 26:** Meatloaf/Tomato Sauce, Mashed Potatoes, Mixed Veggies, Orange.
- APRIL 27:** Turkey Tetrizzini, Parslied Potato, Spinach, Bread/Smart Balance, Strawberry Applesauce.
- APRIL 28:** Roast Beef/Gravy, Garlic Mashed Potato, Mixed Veggies, Bread/Smart Balance, Fresh Pear.
- APRIL 29:** Herb Baked Chicken, Apple Stuffing, Broccoli, Garden Salad/French Drsg., Banana.

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Finances: Create And Keep Wealth



Sing An American Tune

by Gary Neiens

It was January 11, 1973. The DJIA (Dow Industrial Average) stood at 1067.20. By December 1974 though, the Dow recorded a low of 570—a 46 % drop. Nobody knew it then, but it would take over 10 years for the Dow to get above 1067 again. The challenges of those days were many (stagflation; Nixon resignation; OPEC oil production restrictions; dollar devaluation; Mideast conflict; etc...)

About this time New York singer/songwriter Paul Simon wrote the hauntingly beautiful song “American Tune”. One verse of Simon’s 1975 song was: “We come on a ship they call the Mayflower; we come on a ship that sailed the moon; we come in the age’s most uncertain hour and sing an American tune.” And so it seems now.

Yet the stock market has mounted a stunningly sharp rally since the lows of March 2009. On March 9, 2009, the Dow (DJIA) closed at 6547.05—its’ lowest close since April 1997. The stock market is whispering to us that the future may not be nearly as bad as the current headlines. My experience tells me that you should pay attention to these whispers even if you don’t currently believe. As any investor knows—“the trend is your

friend”. At this writing, it seems a bit of a correction (that should not have been unexpected) is taking place. The market had basically been in rally mode for over a 100 consecutive trading days. Jeff Saut (analyst at Raymond James) often suggests that rallies uninterrupted by noteworthy decline are often of the under 30-day variety.

I brought up the 1970’s because it too was a bit of a Lost Decade like the last decade on Wall Street has been called. However you should recall that in response to the oil embargo of the early 1970’s, Americans took action and decided to build the Alaska pipeline. Do you think we could get a pipeline project passed through today’s politicians? The country is certainly in need of some remedies to promote a good business environment. Maybe though the market is telling us that the future does hold remedy.

In some ways issues of the Civil War remain unresolved today. Some of the states are in rebellion against the Federal government on a host of issues from health care to illegal immigration. Public employees demonstrate against changes to their compensation while opponents point to the unsustainability of the current arrangement. The political process towards resolution has begun and will have economic impact.

Municipal bonds historically worried mostly about interest rate risk (interest rates moving higher) not credit risk. Increasingly though you see reports that there may indeed be credit risk from certain states and cities. The conflict between public and private employees might start to resolve some unresolved issues, and give confidence to those municipal bond investors that now worry.

A Civil War era economist (Frederic Bastiat) once observed: “Everyone wants to live at the expense of the state. They forget that the state wants to live at the expense of everyone.” And so it was then, and is now.

My market estimates remain somewhat unchanged. I expect a trading range market living in limbo (i.e. Japan) until some uncertainty is resolved. In my opinion there is no reason that gold and oil long term shouldn’t have the wind at their back. The prospect of inflation trouble seems likely.

The year 1973 produced advice that we should remember today. At the beginning of the Watergate era, President Nixon’s Chief-of-Staff Bob Haldeman reportedly had a conversation with White House Council John Dean (recommending silence). Haldeman told Dean, “Once the toothpaste is out of the tube it’s going

to be very hard to get it back in.” One wonders if the paste isn’t out of the tube with the public debt situation.

Our Washington crowd should recall the words spoken by Haldeman. In the “real world” 5-10 % corporate cuts happen all the time. Both parties in my opinion have produced unserious replies to the nations debt situation. If we could get anyone in Washington to be serious then the whispers from Wall Street could grow louder—even heard on Main Street. Then, we could all sing an American tune. Bon Vivant.

Good Luck and good investing.

**Gary Neiens Financial Advisor / Investment Broker Raymond James Financial Services, Inc., Member FINRA/SIPC
310 S. Victoria Ave., Ste. G Pueblo, CO
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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. Investing involves risk. This information is not intended as a solicitation or an offer to buy or sell any security referred to herein. Past performance does not guarantee future results

Here Are Two Ways To Pick A Stock

by Ron Phillips

There are many factors to look at and consider when investigating an individual stock. You can look at volume, price, earnings-per-share, different ratios, debt and a lot more. Here are two that are very important.

1. Think about the Business

Model

A business model is the basic method of conducting business for a company. An example is Dell Computers. What is their business model? They sell computers direct to consumers and businesses, bypassing the retail channel. What is Office Max’s business model?

They sell office supplies, including computers, to consumers and businesses using retail stores and some website sales.

One product (computers) and two models. This model difference affects their balance sheet, net income, revenue and almost every other financial aspect.

You can learn a lot about a companies’ potential for success and survival by understanding their business model. What company probably has a greater chance of survival in an economic downturn (all other things being equal)? A company that sells a low-priced service that a great number of consumers need monthly or a company that sells a high-priced product that only needs to be replaced every five or more years? I would put my money on the low-priced, monthly-replaced business model.

2. Consider Companies with High Earnings Yields

The earnings yield is the opposite of the P/E ratio. It is essentially the E/P ratio. You divide a companies’ total earnings by the total market price of the stock.

For example, if ABC Widget Company has annual earnings of \$20 million and a market value of \$200 million, then the earnings yield would be 0.10 (or 10%). So for every dollar of market value the company is earning ten cents.

How do you spot potential value with the earnings yield?

Imagine a popular company that everyone adores is making \$1 billion dollars every year in net income.

That looks very good. But if that business was valued on the stock market for \$100 billion the earnings yield would be a paltry one percent! So for every dollar invested the company is actually only producing one penny in net income for you, the shareholder and part-owner.

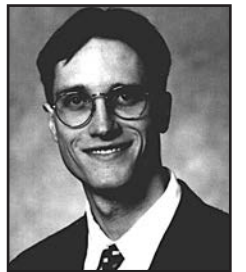
It could be a great company that is well-managed and liked by the public and probably growing. But is it a smart investment?

Let’s look at the other side. Imagine a different company earning the same \$1 billion annually and valued on the stock market at only \$5 billion dollars. That would give you an earnings yield of 20 percent. Can you see the better value? For every dollar invested in this stock, the shareholder receives the benefit from twenty cents in earnings.

Since we compare net earnings to market price, we get a more-accurate measure of value to the shareholder. Because of this, I consider the earnings yield the True Shareholder Net Profit and the BEST measure of stock value.

Good luck spotting those worthy stocks.

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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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.

FREE TAX AID

Free Tax Preparation AARP Taxaide at Joseph Edward Senior Center 230 N. Union Avenue, Pueblo 545-8900.

Begins Feb. 1, ends Apr. 14, 2011 Mon - Thurs 9:30 AM to 2:30 PM Fri. 9:30 AM to 12 Noon Closed Feb. 21 Westminster Presbyterian Church 10 University Circle, Pueblo Sat. Feb. 5, 12, and Apr. 9 10:00 AM to 2:00 PM

PUEBLO WEST SENIOR FUN

"Container Gardening for Porch and Patio" will be the theme in April.

Pueblo and Pueblo West Senior/Retirees are proud to host Master Gardener, Don Settle, for their program on Thursday, April 14th. Don is very active in the xeroscape garden in Pueblo West and the HARP program in downtown Pueblo.

Please join us for our monthly potluck luncheon, 11:45 to 1:45, at the PW Memorial Recreational Center. Plan your covered dish or dessert to share.

For information call 647-8969 or 404-4413 (membership committee) Guests are always welcome.

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 specialists, the American Arthritis Society has compiled twelve practical tips for self-care that are effective and easy to follow. Please visit the Society's website at: www.americanarthritis.org.

AARP SCHEDULE OF ACTIVITIES

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

VITA TAXPAYER HELP

This is a call for volunteers to become IRS Certified tax preparers for the VITA (volunteer income tax assistance) program.

Please contact Judith Boudreaux, the VITA/Financial Literacy coordinator for Pueblo, at 296-8768. She will have all the answers to your questions on this subject.

HOW DO YOU FEEL?

Come and join us for C.H.A.N.G.E. Canceling Habits Affirming New Goals Easily at 1:00 P.M. on the 3rd Saturday every month at the Rawlings Library 100 E. Abriendo Ave. Pueblo, Colorado.

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

SATURDAYS AT EL PUEBLO TRADING POST

Discover life on the frontier at El Pueblo Trading Post. Each Saturday, beginning March 5, through May 28, the adobe post will be open for touring from 10:00 a.m. to 4:00 p.m., weather permitting. This is Pueblo's frontier history of the early 1840s, before the town of Pueblo was founded and the Arkansas River was the International border between the United States and Mexico. A living history interpreter will be there for fire-side chats or watch an interpreter doing frontier chores. Visitors may also tour the post's five period rooms. Admission is free to the trading post.

Visit the museum's galleries for Family Saturdays where children 12 years and under are free, adults are \$5, seniors and students are \$4. The museum is located at 301 North Union, Pueblo. For more information call the museum at 719/583-0453.

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There's Nothing Like A Holiday



Oceania Marina, Ship Debuts New Style/Luxury (Almost)

by David G. Molyneux - *TheTravelMavens*

Oceania Cruises, a growing company that introduced the gorgeous 1,250-passenger Marina in February, makes no secret of its plan to fill its ships: Take customers away from other cruise lines.

That is not the primary strategy for most cruise companies. Their reach for new customers, to fill their ships, primarily is centered on enticing people to switch from vacations on land to trips at sea. As a result, on most ships, 30-50 percent of the passengers aboard are sailing on their first cruise.

Not on Oceania ships, where maybe 1 percent of the passengers are new to sea vacations, says a company executive.

The advertising to customers is bold: Step up from other cruise lines to Oceania, and your voyage will be well worth the extra cost.

How much extra cost? That's

always difficult to figure in this age of discounting from brochure prices and with sneaky rebates such as onboard credits to pay for shore excursions and bar bills. One estimate is that Oceania is about \$100 per day per person above the cost of the so-called premium cruise lines such as Princess, Holland America and Celebrity. That would make the Oceania rate about \$350 a day per person, based on two to a cabin.

For the extra money, Oceania says it provides smaller, more comfortable, classier ships, a higher standard of service, and gourmet meals at all its restaurants at no extra cost. The dining rooms are open seating.

Oceania points out that its ships are at least \$100 a day per person less expensive than the luxury lines, which include Seabourn, Silversea, Crystal and Regent Seven Seas (owned by the same company as Oceania).

Oceania is operating in a rela-

tively new niche in cruising – between premium and luxury – and is calling it Upper Premium. One cruise travel expert suggested Ultra Deluxe, but you might as well call it (almost) luxury, because these cruises lack only the exclusive experience, the smaller vessels, and the price inclusiveness of the highest rated luxury ships.

The two primary competitors in this Upper Premium niche are Oceania and Azamara Club Cruises, which is owned by Royal Caribbean. Until the



Oceania Marina's Grand Dining Room has a 17-foot ceiling, a grand dinner menu, and a caviar brunch on sea days.. photo: David G. Molyneux, *TheTravelMavens.com*

launch of the Marina in February, Oceania and Azamara were sailing the same basic ships – the beloved 684-passenger “R” vessels that once were the heart of the defunct Renaissance Cruises. Three of the ships now belong to Oceania. Two are owned and operated by Azamara.

The only major complaint from passengers about the delightful, decade-old “R” ships is the size of their bathrooms. Most cabins have a tight bathroom with a simple shower – hardly the definition of luxury or even (almost) luxury.

With the introduction of the Marina in Miami in February, Oceania leaped ahead of the competition. The Marina, twice as big as the “R” ships, is a stunningly beautiful vessel with high class furnishings and fabrics, intriguing works of art, and four fine alternative restaurants that are included in the price of the cruise. Even the standard Marina cabins are bigger than those on the “R” ships, and all contain – you guessed it – bigger and more luxurious bathrooms, including a bathtub.

Through March, the Marina sailed in North America, before heading to Europe for the summer season. Oceania executives report success in bookings this year for Marina and its other three ships. They target vacationers who typically are ages 55 and older, have the time and money to cruise for 10 days or longer on international itineraries, and have cruised before, so they know what

SEE “OCEANIA” PAGE 18.

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BBB Hosts Pueblo Seminar

by Katie Carrol

Did you know that most customers stop doing business with a company because they feel the service is indifferent or that their complaints are not properly handled?

Come hear Vicki Hitzges, a nationally renowned motivational speaker, talk about how to attract and keep customers, close sales, win friends and how to build strong relationships both at the office and at home.

You'll laugh, learn, and take away information you can put to use right

away.

Date: Thursday, April 7, 2011

Time: 7:45 – 8:15 a.m. – Registration and breakfast; 8:30 – 10 a.m. - Seminar

Location: Pueblo Community College

– Fortino Ballroom, 900 West Orman Avenue, Pueblo, Colorado.

Tickets: With reservations, for BBB accredited businesses \$25; at the door \$35 – All others, with reservations, \$35; \$45

at the door.

RSVP: Please go to www.blacktie-colorado.com/rsvp and enter event code: CSS. You may also contact Zella Richardson at 719-542-1605 or zellar@bbbsc.org.

Free Best-Way-To-Save Guide For Seniors

Alexandria, VA (March 15, 2011) A majority of seniors rely on Social Security for at least one-half of their retirement income. But with average monthly Social Security benefits only \$1,074 and no annual cost-of-living adjustment (COLA) this year, millions of retirees are watching their monthly costs climb while their Social Security benefits shrink from higher Medicare premiums and other costs. What can you do?

Learn effective ways to bring those costs down with The Senior Citizens

League's free new consumer guide: 2011 Best Ways To Save. "It's more important than ever for seniors living on fixed incomes to learn how to trim their biggest costs and stretch their Social Security benefits," says Larry Hyland, Chairman of The Seniors Citizens League (TSCL), one of the nation's largest nonpartisan seniors groups. The situation isn't likely to get much better in 2012 either. According to the most recent forecast from the Congressional Budget Office, COLAs will remain extremely low in 2012 as well, even though out-of-pocket healthcare, housing, utilities, taxes and other costs are continuing to climb.

In the new issue of Best Ways to Save, retirees and those nearing retirement learn:

- * Six Steps For Getting Six Month's Worth of Prescription Meds for the Cost of Two! Medicare consumers who hit the Part D coverage gap or doughnut hole in 2011 receive a 50 percent discount on brand name drugs and a 7 percent discount on generics. That's good, but learn these six steps to stretch your initial coverage limit and lower your risk of hitting

the doughnut hole to begin with.

- * New Free Medicare Preventive Benefits! (Maybe). Free Medicare benefits sounded so good on the TV news, but those "free" new preventive benefits come with strings attached. Learn about those free preventive services and what you need to do to prevent unexpected extra charges. http://www.seniorsleague.org/index.php?option=com_content&task=view&id=3658&Itemid=62

- * The Three Biggest Expenses to Downsize In Retirement - Many seniors are careful shoppers, spending hours clipping coupons and comparing costs when they do their grocery shopping. But spending time on these three big costs will help ensure more sustainable living expenses over the long haul.

- * How To Grow Your Initial Retirement Benefit By 8% Per Year Until Age 70. If you have the choice, learn how delaying your retirement benefit can result in a more adequate benefit and pay a return today's CDs and bonds can't touch.

And, there's more! "The 2011 Best Ways to Save" guide has helped hundreds of thousands of seniors live better in retirement with valuable tips for getting the most out of Social Security and Medicare benefits and stretching retirement income. To request your free special issue, send \$1 for postage and handling to: The Senior Citizens League, ATTN: BWTS, 1001 N. Fairfax St., #101, Alexandria, VA 22314. Or visit TSCL on the web at www.SeniorsLeague.org

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Mary Anne Lemon 2011 Senior Citizen Of The Year

Michael A. Espinosa

The Pueblo Area Agency on Aging and Pueblo Advisory Council on Aging is pleased to announce that Ms. Mary Anne Lemon will be honored as the 2011 Senior Citizen of the Year at the Senior Life Festival on April 29, 2011 at the Colorado State Fair Grounds Event Center.



Mary Anne Lemon was born to Arthur and Pauline Simmons in Pueblo Colorado. She grew up on East Orman Street with two brothers, Arthur Simmons, of Boulder, CO and Michael Simmons, of Denver, CO. Mary Anne attended Central Grade School, Keating Junior High School and Central High School. By the age of five, her mother, Pauline began teaching Mary Anne to cook. She still enjoys providing meals to family, friends, neighbors and church groups.

Mary Anne took on responsibility for the care of her younger brother, seeing him safely going to and from school and preparing the evening meal for her family because both parents worked to support them. She took classes for a year at what is now Pueblo Community College. She had little time to study so her hopes of earning a college degree were not fulfilled. She was determined that her children would graduate from college. All four daughters received degrees, one earned a Master's Degree and two are school teachers.

Mary Anne met and married Garrett Lemon, who served in the Army. During their marriage, four daughters were born: Julia, Maria, Cecelia and Lisa. Mary Anne cared for neighborhood children for many years, charging \$3.00 a day. At times, she cared for as many as ten children. She is a friend to many and a mother to many of her daughters' friends. Mary Anne joined the PTA where she was well known for her delicious fudge. She held the leadership positions of Secretary, Treasurer and President while she was a member.

Mary Anne was employed by Mountain Bell for 24 years until she re-

tired and became a home care provider, cooking and cleaning for people in need. Even now, she takes friends and neighbors to the doctor; cooks meals for shut-ins and funeral dinners; crochets blankets and other items, donating them for sale in silent auctions or to residents of nursing homes. No member of her family is without one of her creations. When her daughter, Maria, needs help in seeing her youngest child off to and from school, she never hesitates to answer the early morning calls. Mary Anne has ten grandchildren and five great-grand children.

Mary Anne gives her time and love to the African Methodist Episcopal church by organizing programs, preparing bulletins, serving as usher and greeter, singing in and directing the church choir, visiting the sick with her pastors, two of whom submitted supportive letters for this award. She has held the positions of Church Secretary, Assistant Treasurer and District Steward. She has participated in community clothing and food assistance, providing bags for migrant-workers and newborns at Parkview Hospital; shoe-boxes for the

Christmas Child project; backpacks for Teddy bears for the Pueblo Police Department and participating in Neighborhood Watch. Former Pueblo Chief of Police, James W. Billings submitted a letter of support for Mary Anne, citing her civic contributions. Mary Anne also collected books for elementary schoolchildren as a member of the US West Pioneer group.

Mary Anne was the Area Chairperson of the Missionary Society covering Denver, Colorado Springs, Pueblo and the State of Wyoming. She currently serves as Vice President of the Pueblo Unit of Colorado Women United. She has the gift of listening to people of all ages, providing a loving and caring ear and offering heartfelt support and advice when asked. Mary Anne has been a source of charity, love, truth, reliability and loyalty to all her family, friends and neighbors in her Pueblo community.

Mary Anne Lemon truly exemplifies all the wonderful attributes of Pueblo Senior Citizen of the Year 2011 and this year's Older Americans Month theme, "Connecting the Community!"

Gloria Valdez Pavlica Wins Community Service Award

Although Gloria was four years old when her family settled in Pueblo, she still calls herself a Native Puebloan. Gloria grew up in the West Side of town and graduated from Centennial High School.

She then received her BS degree

from the S.C.S.C. which is now called CSU-Pueblo. After graduation she started working with the Area Agency on Aging. This job led Gloria to City Hall where for the next six years she worked in the Pueblo Human Resources Commission.

By this time Gloria had married and started a family: a son, Jesse and a daughter, Jannette. Then in 1982 many changes took place in Gloria's life. She became a single mother and she started working at SRDA as the Coordinator of the Retired Senior Volunteer Program. Little did she know that she would remain at this position for 29 years and today she continues in this position. Because of her many years in the area, Gloria has become known to many older volunteers and community members.

Gloria practices what she preaches and that is VOLUNTEERISM. Gloria has been a member of VoCo, Volunteer Coordinators of Pueblo for 29 years and has been every officer including 10 years as the President. She has volunteered through the schools, delivered Meals on Wheels, handed out toys at Christmas, organized fundraisers, and the list goes on. Gloria has been a Board Member of many non-profits including Suicide Prevention Center, Goodwill and

many others. She is presently President of the YAFA Charter School Board of Directors and is Treasurer of the Pueblo Senior Safety TRIAD and the Colorado Association of Senior Corp Directors.

Gloria greatly enjoys her work which is evident of her longevity at SRDA. She has many hobbies including photography, jewelry making, and all kinds of crafts and recently through her Mother's direction she has started to paint. Gloria is very involved with her work and with her family, especially since two years ago, she married Bob. And this in a nutshell is the life of Gloria Valdez Pavlica



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Det. Pat Heine Receives Community Service Award

Detective Pat Heine has been with the Pueblo Police Department for 21 years. During her career she has been a D.A.R.E. officer, worked patrol and is currently the Acting Sergeant for Professional Standards and Training Section and the Crime Prevention Officer for the department. She has a B.S. in English Language and Literature from Eastern Michigan University and a Masters of Public Administration with an emphasis in Public Policy and Human Resources Management, from the University of Colorado. She has received such honors as Uniformed Officer of the Year, 1995; Crime Prevention Unit of the Year, 1996; the Chief's Award of Merit 2003; the Bob Curtis Memorial Spirit Award 2005; the Non-uniformed Officer of the Year 2008; and the 100 Club, Officer of the Year for 2010. She has extensive training in at-risk adult issues, neighborhood organizing, problem-solving, community-based policing, workplace violence, crime prevention through environmental design, facilitation and communications. She is a certified instructor for the Pueblo Law Enforcement Academy. She frequently does training for business and civic groups on scams and frauds, business security, workplace violence, personal safety, etc. She is currently chair of the Pueblo Senior Safety TRIAD; chair of the Pueblo Area Council on Aging; Safety and Security chair of the 2020 Commission; a member of the Adult Protective Services Team in Pueblo County; vice-chair of the ARCH Advisory Council; and ex-officio Board member of Southern Colorado Residential Rental Association.

Det. Heine can be reached at the Pueblo Police Department at 553-2519.

**Admission Is Just \$1.00 For Meals On Wheels
And A Can Of Food For Care and Share**



Friday April 29, 2011 - Be There!

Thirty-Two Vie For Miss Pueblo Titles For 2011

by C.C. Wood-Competition Director

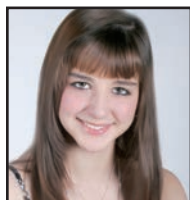
The competition for Miss Pueblo County Scholarship Pageant will be held on Saturday, April 9, 2011, at 6:00 p.m. The theme for this year's pageant is "50's Sock Hop".

The official community service project of the pageant is "Relay for Life", the signature fundraising event for the American Cancer Society. The pageant's emcees will be Elizabeth Solano, Miss Pueblo 2008, Tony Wright and Jennifer Albin. Thirty-Two (32) contestants will compete for the various titles representing Pueblo County including: Miss Pueblo County, Miss Pueblo West, Miss Teen Pueblo, Miss Junior Teen Pueblo, Miss Pre-Teen Pueblo, Little Miss Pueblo, Little Miss Sweetheart and Jr. Sweetheart. This event will be held at the Sangre De Cristo Arts and Conference Center. Each competition will include interview, eveningwear and casual wear/sportswear, with talent being an optional category.

The Miss Pueblo contestants: Bou Amaya, daughter of Kip Amaya; Taylor Bachicha, daughter of Andy and Melanie Bachicha; Marie Kidd, daughter of Rick and Jill Kidd; Jennifer Loya, daughter of Sigifredo Najera and Laura Loya; Kimberly Sewell, daughter of James Sewell and Pamela Baca. Dallas Hernandez, daughter of Hector and Jacqueline Hernandez.

The Miss Teen contestants: Morgan Imamura, daughter of Mica Imamura and Jill Drinkwine; Jenna Johnson, daughter of Dan and Rose Johnson; Courtney Laine, daughter of Ken and Denise Laine; Gina Rossi, daughter of Vince Rossi and Julie Meeker Rossi; Alexandra Sandoval, daughter of Alex and Michelle Sandoval; Michelle Thacker, daughter of Denise Thacker.

The Miss Junior Teen Pueblo Contestants: Madison Alfonso, daughter



Michelle Thacker



Madison Alfonso



Bou Amaya



Taylor Bachicha



Albanie Cordova



Shaynee Cruz



Marisa Davis-Acosta



Nailah Dolgan-Collins



Destiny Flores



Paige Flores



Morgan Imamura



Alexandra Sandoval



Kaylee Maldonado



Emily Herburger



Kiara Maldonado



Elauna Lujan



Diana Loya



Ariana Garcia



Gina Rossi



Addy Lopez



Alyssa George



Jennifer Loya



Jenna Johnson



Marie Kidd



Courtney Laine



Mercedes Maldonado



ArraClexii Martinez



Katelyn Martinez

of Kelly and Jennifer Alfonso; Marisa Acosta-Davis, daughter of Fred Davis and Olga Acosta-Davis; Destiny Flores, daughter of Tony and Sherry Flores; Deisy Ruby Loya, daughter of Ramiro Loya and Mila Fernandez; Elauna Lujan daughter of Jeremy and Shaundra Lujan

Miss Pre-Teen contestants: Shaynee Cruz, daughter of Tosha Arellano; Ariana Garcia, daughter of Jose and Marisa Herrera; Emily Herburger, daughter of Lawrence and Julie Herburger; Katelyn Martinez, daughter of Jim and Luann Martinez; Michala Pacheco, daughter of Michael and Cheryl Pacheco.

Little Miss Pueblo contestants: Na'Ilah Collins-Dolgan, daughter of Jason Collins and Ambria Dolgan; Kiara Maldonado, daughter of Stanley Maldonado and Jeanette Cruz.

Little Miss Sweetheart: Paige Flores, daughter of Damian and Aimee Flores; Addy Lopez, daughter of Alicia Lopez; Diana Loya, daughter of Miguel Loya and Annie Villeda; Mercedes Maldonado, daughter of Roy and Pamela Maldonado;

Little Miss Jr. Sweetheart: Albanie Cordova, daughter of Chris Cordova and Shawntelle Perez Alyssa George,

daughter of Josh and Brandy George; Kaylee Maldonado, daughter of Stanley Maldonado and Jeanette Cruz; ArraClexii Martinez daughter of Jodie Martinez;

To obtain tickets please call C.C. Wood at 543-5472 or 369-9751. Tickets are \$10.00 and will be sold at the door the night of the pageant. For more information on the pageant or to order your tickets please email misspueblo@hotmail.com or visit the web site www.misspueblopageant.com



Dallas Hernandez



Michala Pacheco



Kimberly Sewell



Deisy Ruby Loya

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Friday April 29, 2011 - Be There!

Multi-Talented Puebloan Patti Gallagher Headlines Senior LifeFest

Patti Gallagher was born in Pueblo and from age seven she loved singing all over the city. After attending Central High School, she won the Young Artist Competition receiving a full scholarship to Denver University and a performance with the Denver Symphony. Later, she

transferred to Indiana University and graduated with a Bachelor Degree in Opera. She launched her career touring the country singing the leading role in Gian-Carlo Menotti's "The Telephone."

While living in Indianapolis, Patti performed regularly with Starlight

Musicals, had her own television show and appeared weekly with a young David Letterman of "The Late Night Show." After recovering from thyroid cancer, Patti appeared often with the Indianapolis Symphony. Patti then moved to Columbia, Missouri, where she taught at Stephens College while she gained her Masters and Doctorate at the University of Missouri, all the while raising two boys and performing in operas and musicals. And, then on to Los Angeles where she combined careers in teaching at Santa Monica College along with performing on the stage and on television. She was credited as "also Starring" on the national television series, "There Is Something Out There."

Six years before moving to Rye, CO she and Ed lived in Palm Springs, CA, where she was a "regular" at Mario's Opera Restaurant. In addition, she sang in many "Musical Chairs." concerts, the inspiration for the "Patti Gallagher Musical Notes."

In 2000, Patti was crowned "Ms. Senior America" and made appearances in many cities throughout the United States and had the honor of singing Christmas songs in the East Room of the White House.



Recently, Patti won the best "Female Performer 2005-2006," by the Pueblo Chieftain Critics Choice Awards and has been a soloist with the Pueblo Symphony.

Odds & Ends

PETCO TO GIVE FREE SAMPLES

PETCO will be giving out free samples. Pet adoption from 10am-1pm

.NO VACCINATIONS THIS YEAR

No vaccinations for dogs, we had to cancel it because of insurance!

CARE AND SHARE

What We Do

Care and Share Food Bank for Southern Colorado supplies more than 400 member agencies—community based pantries, soup kitchens and shelters—that provide food to those in financial difficulty across 52,000 square miles of southern Colorado. We are a regional hub for food acquisition and distribution connecting nutritious food resources to those who need it in 31 counties.

WINNERS ANNOUNCED AT LIFEFEST

The Miss Pueblo Pageant will announce the winners of each category at the Show!

BINGO BY CENTURY CASINO

Bingo starts at 2:30 pm and you MUST be registered by 10am. Great prizes - a real must for any bingo enthusiast!

HEALTH TESTING LIMITED

Testing is limited to blood pressure by the nurses from CSU. Also there will be hearing tests by Digicare and eye tests by Rocky Mountain Eye Center.

PLANTING WITH DAWN

Planting with Dawn the first 50 seniors can plant a flower basket for free please call 719-634-2343 for reservations.

CPR DEMO

A CPR Demo will be on hand to go over the importance of learning how to do CPR and using the AED correctly.

KCSJ LIVE

KCSJ Radio 590am will be airing live in the morning at the show

GOVERNOR'S PROCLAMATION

We have a Governor's Proclamation this year. Coffee and tea provided by the county commissioners for seniors

DINNER SHOW

Dinner show first 80 free but must be there by 9 a.m. to have your hand stamped -- After that, there will be meals available to buy at \$8 per meal until they are gone first come-first served at Noon. Cash will be required at the time. Also concession stands are open with many wonderful items and at a low cost. Our dinner this year will be---Chicken Alfredo with salad/roll.

Paws Will Be On Hand For Adopt-A-Pet 10-1

The Animal Welfare & Protection Society (PAWS for Life) is a non-profit 501(c)3, privately funded animal shelter that does not euthanize healthy animals. Last year we adopted out 299 dogs; the new shelter will help us to triple that number. Not only will your donation help us to replace our 30+ year-old building with an environmentally advanced, pet-friendly facility, we will be able to house 50 -60 cats. Among other things, the facility will include areas for the animals to play, to be groomed, and to have their health assessed. The new shelter is proposed to be built to the highest LEED Certification level of platinum (the U.S. Green Building Council validates the process). The new campus will derive power from natural resources such as solar power and geothermal heating and cooling. This will significantly lower our utility bills which lets us put

even more money toward caring for the animals.

PAWS UPDATE:

In 2010, PAWS for Life took in over 400 dogs. 368 were adopted, 12 returned to their owner and 16 were transferred to other agencies. The shelter holds 40-55 dogs at any one time so in/out rate was great. Phase 1 of the new shelter is slated to be completed around April 1. The 16 run kennel may hold about 32 dogs and for the first time the shelter will have a "real" office. The goal is that the new part will be open to the public for adoptions in April and the Grand opening will be in May. Plans are under way to get a 100'x100' dog park/agility course area open this summer. PAWS for Life continues to seek funding to complete the west kennels, to add a cat adoption area, and to complete the main building. Thanks to all for the support.

Chihuahua/Small Dogs Rescue

Chihuahua & Small Dog Rescue, Inc. is committed and devoted to the rescue and home placement of Chihuahuas and small dogs that have been abused, neglected, abandoned and surrendered by their owners. To education the public to become responsible dog owners and spay and neuter their dogs. Our vision is to see that the unnecessary euthanasia in Colorado ends and that all adoptable dogs will find their forever homes.

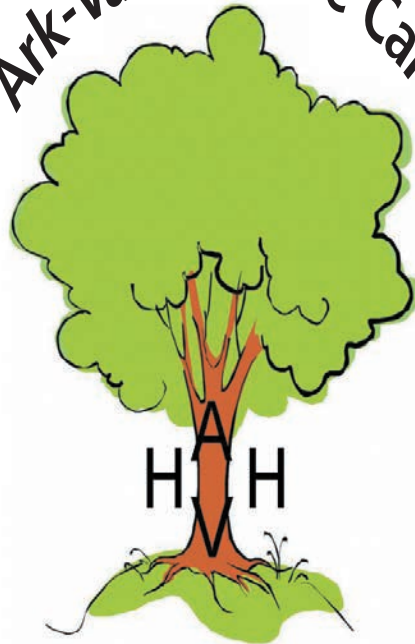
October 2005 was the start of Chihuahua & Small Dog Rescue, Inc. with the policy that we would not be like most rescue groups and be breed specific and only rescue purebreds, but this organization would rescue Chihuahua mixes and other small breed mixes and purebreds. We felt that all small breed dogs deserve a second chance at life, no matter what breed or mix as long as they are less than 15 pounds full grown.



Since we are not a shelter, we do not have a facility for you to come visit all our little ones. They are all in foster homes throughout the state of Colorado. Our little ones are cared for in foster homes where they are part of the family, and they can be thought that life will now be better for them. Get them over the fears that they have and also get them healthy again. Foster homes are the backbone of this organization, without them, we would not be able to rescue the little ones that we have.
Sue Fisher
President
Chihuahua & Small Dog Rescue, Inc
www.chihuahua-smalldogrescue.org
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Friday April 29, 2011 - Be There!

Rebecca Hooper de Dios Healthy Cooking 10:30 AM

Originally from the Big Island of Hawaii I have lived in Pueblo Colorado for almost four years. Prior to moving to Colorado I lived in the San Francisco Bay area for 10 years. I also have been fortunate enough to have traveled quite a bit. I come from a military background, my father was in the U.S. Navy for 22 years so we moved around as most military families do. I joined the U.S. Army and was stationed here in the United States and also abroad in Germany.

I received my training to practice health coaching at the Institute for Integrative Nutrition. I practice the holistic approach to health and wellness. I have a Wellness Center in Pueblo, Colorado where I offer the services of health/wellness counseling, healthy cooking classes, massage therapy, Yoga, Tai chi Meditation and Zumba classes. I also provide workshops for businesses and groups to educate and guide individuals to a health-

ier and happier path in life.

My culinary degree was earned at the University of Hawaii-West Hawaii Campus. I have worked at a few resorts and restaurants in Kailua-Kona and the Kohala Coast. I also ran a bakery in San Francisco and worked in Sonoma County. In 1996 I was the only chef selected from Hawaii to be part of the staff to cook for the athletes participating in the 1996 Summer Olympics held in Atlanta, Georgia. I currently teach cooking classes at the Pueblo School of Arts and Science for the Extended Day Program.

While living in California I worked as an Activity Director at an independent retirement facility and also was employed part-time at Santa Rosa Junior College teaching cooking classes for the Senior program which consisted of people over 65 years old. I also earned a Geriatrics Certificate at the SRJC because I was working with seniors and wanted to

learn more regarding the aging process.

I received my Massage Therapist certification from the National Holistic Institute of Sonoma County in Petaluma California. I had an office/studio for massage in Mill Valley, California prior to my move to Colorado.

I am also a licensed Zumba instructor certified to Zumba, Zumba Gold, Zumba Toning, Zumba Gold Chair Zumba Curves and Zumbatomic classes. I cur-

rently teach Zumba Gold Classes at five different facilities including Life Care, Regent, Belmont, Wynwood and Primrose.

I am married with two grown daughters and four grandchildren and enjoy living in here Colorado.



Self Defense Exhibition At 11:00 AM

Kyoshi (Master Instructor) Jay Haynes- Owner / Chief Instructor - Family Karate Center

Personal Information

Kyoshi Jay Haynes was born and raised in Colorado Springs where his parents and family still live. He graduated from Palmer High School in 1985. He holds two Bachelors of Science degrees from the University of Colorado. He is married to Jayme Haynes, also a Black Belt.

Professional Information

Kyoshi Haynes has been training in the martial arts for almost 30 years. Having started his career in Korean TaekwonDo, he now holds several black belts in many styles including Korean TaekwonDo, Filipino Stick Fighting (Arnis / Kali), Chinese Kung Fu (Kenpo), Japanese Karate-do (Shotokan), and Okinawan Karate-Jitsu (Shorin-Ryu).

Martial Arts Information

Kyoshi Haynes has held several important positions in the martial arts community including General Secretary of the Colorado State Regional

was the official 2001 Team Colorado Head Coach and represented all Colorado athletes in the USA-NKF National Karate Championships in Houston, TX on July 9-15, 2001. He is a League Certified Referee for sport of traditional karate (recognized by the United States Olympic Committee's National Governing Body for the sport of traditional karate) and has been actively involved in the movement to continue the elevation of the sport of traditional karate in the Colorado Springs area as well as worldwide. He is the vice-president of the Midori Yama Budokai, a national martial arts organization based in Kansas City dedicated to the preservation of many styles of martial arts in the United States.

Miscellaneous Information

Kyoshi Haynes is also very active in the Colorado Springs community performing several community service projects on a regular basis. These include women's self-defense seminars, child abduction prevention programs, parent educational clinics, community fundraisers, food drives, anti-gang activities, corporate sponsorships of worthy events and more!



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United States Olympic Committee in 1995. As a certified coach, he

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Friday April 29, 2011 - Be There!

Pueblo County Commissioners Will Be At LifeFest 2011

Ed. Note: Each year the County Commissioners donate coffee and ice tea free of charge for all the seniors at the Life Festival. Here is some info on about the County Commissioners.

John B. Cordova Sr. - Mr. Cordova Sr. moved to Pueblo from the State of New Mexico in 1952 when his father was hired by CF&I. He was raised in Eastwood Heights, attended schools in the Pueblo City School District, and went on to graduate from the University of Southern Colorado (CSU-Pueblo) with a Bachelor of Science Degree in Civil Engineering Technology.

A Vietnam Era Veteran in the Air Force, his first job was at the CF&I as a switchman for C&W Railroad. He became a general contractor, an occupation he still holds.

Commissioner Cordova was elected in September 2007; and was re-elected in November 2008 to a four-year term. He is Commissioner Chairman Pro Tem and belongs to numerous boards and

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organizations. He is president of AFSCME, Colorado Public Employee Retiree Chapter 76, and president of board for Colorado Bluesky Enterprises. He also serves on at least 11 more boards.:

Commissioner Cordova, has 2 sons, 1 daughter, 7 grandchildren and 2 great-granddaughters..

Anthony Nuñez

Pueblo County Commissioner Anthony Nuñez entered into his second 4-year term in office on January 13, 2009. Commissioner Nuñez brings many years of experience as a very dedicated Democrat who was actively involved with the political process long before being elected into office himself. Anthony is also a very successful entrepreneur, owning several businesses in the community.

Commissioner Nuñez is a native Puebloan who understands the struggles of the blue collar worker. He possesses excellent public relations and human resource skills and is a dynamic leader who

has won the confidence of County employees by maintaining his "open door policy".

Anthony and his wife Clara have four grown children and four grandchildren.

Colonel Jeff Chostner

A native of Pueblo, Colorado, Chostner graduated from East High School in 1969. He was inducted into the East High School Hall of Fame in March 2001. Colonel Chostner graduated from the University of Colorado and received his Juris Doctorate from the University of Mississippi Law School. He entered active duty in the United States Air Force [USAF] and served as a member of the Judge Advocate General's Department. CoChostner retired with nearly 22 years of active duty time. He is a graduate of Air War College.

After returning to Pueblo, Colonel Chostner is and has been involved

with many community organizations including: El Pueblo Boys and Girls Ranch, the Rosemount Museum, the Bessemer Historical Society, and the Pueblo Medal of Honor Society. Additional, former President of the Air Force Association, Counsel to the Colorado G.I. Forum, a member of the Retired Officers Association, and the American Legion. He's also a member of the CSU-Pueblo President's Advisory Council and recently named to the USC-Pueblo Foundation Board of Trustees. Chostner helped create the East High School Alumni Foundation, and is working on the East High School Heritage Hall Project.

Colonel Chostner was elected to the Pueblo City Council in November 2003 and served until December 2006. He was then elected as a Pueblo County Commissioner in November 2006 and began serving in that capacity in January 2007.

Colonel Chostner is married; and he and his wife Paula have two daughters and three grandchildren.



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FOR SALE: Timeshare. Festival

OCEANIA

from page 11.
 experiences they want from their trip.
 Of course, some of this Upper Premium hoopla is advertising and marketing at work, and the Premium cruise lines will say that they have a competitive product at a lower price.

I thought it was marketing smart of Oceania Cruises to publicly define the Upper Premium category, then introduce a ship that perfectly fit Oceania's own description of the category, and then claim that the ship is the best in the category.

Is Oceania Marina the best ship in Upper Premium? How could it not be? Besides being a beautiful vessel, the belle of the ball, it is also a public relations success.

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

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Folks 55-75 Uncertain About Retirement Finances

(NAPSI)—Proper planning can reduce your chances of having to depend on others for financial support and help ensure you have a legacy to pass on to your loved ones; two of the top worries for seniors. Yet, a recent study by the Bankers Life and Casualty Company Center for a Secure Retirement found that nearly two in three, or 63 percent of middle-income Americans between ages 55 and 75 with incomes between \$25,000 and \$75,000, are unsure that they've saved enough to live comfortably in retirement.

"Rising health and long-term care costs, the declining value of investments and an uncertain economic future highlight the need for retirement plans that protect savings and make money last," said Scott Perry, president of Bankers Life and Casualty Company, a national life and health insurer. "The value of utilizing the resources available-

whether through your own research or a professional-is apparent when you look at what people face when planning for retirement."

As the responsibility for ensuring financial security in retirement shifts to individuals, it becomes daunting when you consider the study's finding that nearly half (47 percent) view the tasks associated with retirement planning as complex and overwhelming.

Despite their feelings, however, more than half do not receive professional retirement advice of any kind. Instead, they turn to the Internet (50 percent) and to friends and family (38 percent) for guidance.

The Center's retirement preparedness study found that 84 percent

of those who don't work with a professional advisor don't feel they need one. Many feel that they can plan for retirement on their own, but they fail to do so. According to the study, 63 percent spend less than one hour per month planning, and 36 percent of those without advisors don't do any research at all.

Meanwhile, according to the study, 68 percent of middle-income retirees and pre-retirees who work with a professional advisor feel better prepared for retirement than their peers, and 76 percent say they're extremely or very satisfied with the experience.

The complete study may be viewed at www.CenterForASecureRetirement.com.

Coulter

from page 8.

demonstrable proximity to someone with deep pockets.

As Yale epidemiologist Michael Bracken explained: "Diseases don't fall evenly on every town like snow." Random chance will lead some areas to have higher, sometimes oddly higher, numbers of cancer.

But just to be safe, we all better stop driving cars, eating off of clean dishes and using aerosol sprays.

Some of the other scientific studies and innovations that make liberals cry are: vaccines, IQ studies, breast implants and DDT.

After decades of this nonsense, The New York Times' Paul Krugman has the audacity to brag that liberals believe the "truth should be determined by research, not revelation." Yes -- provided the "research" is conducted by trial lawyers and Hollywood actresses rather than actual scientists.

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Social Security & You

from Melinda Minor, District Manager - Pueblo



GIVE YOURSELF SOME CREDIT — SOCIAL SECURITY CREDIT

Sometimes people don't give themselves enough credit. But if you work and pay Social Security taxes, you're earning credit for yourself every payday -- credit that will pay off later in life when it comes time for retirement, or in the event that you become disabled and are unable to work; credit that can help your family if you die early and need to provide for those who depend on you.

You qualify for Social Security benefits by earning Social Security credits when you work in a job or are self-employed and pay Social Security payroll taxes. In 2011, you receive one credit for each \$1,120 of earnings, up to the maximum of four credits per year. Most people need 10 years of work (40

credits) to be eligible for retirement benefits.

The number of credits needed for disability benefits depends on how old you are when you become disabled. For example, if you become disabled before age 24, you generally need 1 1/2 years of work (six credits) in the three years before you became disabled. At age 31 or older, you generally need at least 20 credits in the 10 years immediately before you became disabled.

In most cases, about 10 years of work is needed for a worker's family to qualify for survivors benefits. Survivors of very young workers may be eligible if the deceased worker was employed for 1 1/2 years during the three years before his or her death.

You can find a detailed chart that shows exactly how many credits

you would need in the online publication, How You Earn Credits, available at www.socialsecurity.gov/pubs/10072.html. You also may want to read Understanding the Benefits for more information about Social Security and how it works. You can find it online at www.socialsecurity.gov/pubs/10024.html. Next time you feel like someone else is taking credit for your hard work, just remember that your hard work is earning you credit in ways you probably don't even think about — Social Security credit.

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

SEE "SOCIAL SECURITY" PAGE 20.

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Senior Beacon

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

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

MAILING ADDRESS

Beacon Publishing/Senior Beacon -- website: www.seniorbeacon.info
Mailing Address: P.O. Box 7215 -Pueblo West, CO 81007-0215
Ph: 719-647-1300 Fax: 719-647-1305 E-mail: srbeacon@gmail.com
Publisher/Sales/Production.....James R. Grasso
Sales.... Jan McLaughlin, James R. Grasso
Contributing writers.. B. J. Tucker, Universal Press Syndicate,
Mature Market Editorial Services, NAPS, Jan McLaughlin

SUBMISSIONS: Senior Beacon welcomes reader contributions in the form of senior groups' news, stories, poetry, recipes and happenings. Letter to the Editor must be typed and double spaced, signed with address and phone number submitted. Deadline is the 10th of the month prior to publication.

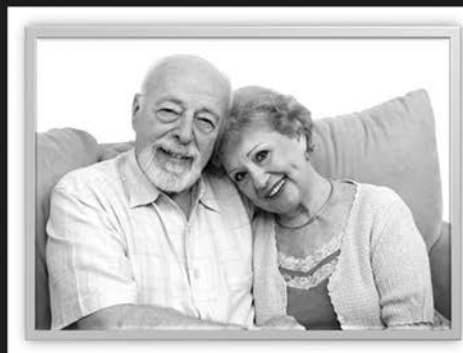
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Gift Of Independence Project Helps Older Adults

by Jane Hoback-Denver

Mary and Robert Larez raised five children in the Denver home they have owned since 1967.

But time and a tight economy have taken their toll on the house, and health issues and injuries have resulted in a loss of mobility for Mary, 77, and Robert, 81. When Robert, who has diabetes and walks with a cane because of balance issues, took a fall outside the house, Mary couldn't help him. She suffers from arthritis and can't lift her arms above her shoulders because of work-related injuries. She's fallen a couple of times herself.

Yet the Larezes, who live on a limited income – Robert was an electrician and Mary worked in the food industry -- are fiercely independent.

"I don't want to leave my house," Mary says. "This is our home and we love it."

Across town, Lugarda Lozoya faces similar problems. A seamstress for 45 years, Lugarda, 68, lives by herself and uses a rolling walker because of hip problems and rheumatoid arthritis in her legs. Steep stairs, broken floor tiles and faulty electrical wiring sometimes made it dangerous for her to get around. She, too, could not afford to make the repairs that would help her live confidently in the home she has owned for 25 years.

But now, thanks to home repairs and modifications courtesy of the Gift of Independence Project, Lugarda Lozoya and the Larezes can continue to live on their own more easily and more safely.

"I have such a feeling of happiness now. I'm so appreciative," says Lugarda.

The Gift of Independence Project is part of a grant awarded to the

nonprofit Rebuilding Together Metro Denver through the Administration on Aging. The RTMD collaborated with Bentley Baths—Amazing Walk-in Therapy Tubs and the Fall Prevention Network, which is a free referral service, to make home modifications to help older adults prevent falls and continue to live independently. Lugarda Lozoya, the Larezes and a third homeowner were selected through a nomination process to receive the home repairs.

Research shows that over half of reported fatal falls and falls leading to hospitalization occur at home. Of those injured from a fall in a home, only 28 percent were able to return home after hospitalization. Half required ongoing care in a skilled nursing facility. Home modifications are among measures that can reduce risks of falling.

After an initial preview of the houses to see what work needed to be done, crews of volunteers – among them skilled carpenters, electricians, plumbers, building contractors and suppliers – swept in to make the repairs and modifications. Most of the work was completed in a day.

At the Larezes, workers replaced door knobs with levers so Mary could open them more easily, took out a rug in one room and installed a hand rail along a wall, replaced carpeting with tile, installed weather stripping and fixed a sliding glass door that was hard to open. Outside, workers installed a hand rail along one entire side of the house, moved a drain from a walkway, installed outdoor lights and removed a tool shed that had collapsed.

"The handrails outside make it so much easier to get around," Robert says. "I feel a lot safer now."

Crews at Lugarda Lozoya's home installed hand rails along outside

stairs, installed grab bars by the stove and a door, put in a vent over the stove, replaced flooring and a section of ceiling in the basement, installed a new toilet, fixed heat pipes and air ducts, installed new door knobs. Electricians fixed an electrical box so Lugarda would no longer have to reach across an open stairway to switch on a circuit to run the garbage disposal.

And in all three houses, workers installed walk-in bathtubs donated by Bentley Baths.

The walk-in tubs not only allow the homeowners to bathe safely, but also provide therapeutic health benefits.

Lugarda is doing exercises recommended by her doctor for her arthritis in the tub, and she couldn't be happier. She says she's already lost weight.

The Larezes couldn't get in their old bathtub. Now it's hard to persuade Robert to get out of the new one. "The tub is the greatest," Robert says.

Says Mary: "If it hadn't been for these people, God knows what would have happened."

"Preventing falls is key to maintaining independence for older adults. We were thrilled that we were able to help modify these homes as one of many key steps needed to prevent falls," says Fall Prevention Network Coordinator Kimberley Horn.

Kathryn Arbour, CEO of Rebuilding Together Metro Denver, says Bentley's generous donation of the bathtubs and the more modest modifications like grab bars and hand rails "will change these homeowners' lives." RTMD works to preserve affordable homeownership and revitalize neighborhoods by providing critical home repair and modification services at no cost to homeowners.

"Home and family are the assets most of us cherish," Arbour says.

George Bentley, CEO of Bentley Baths, says he got involved with the Gift of Independence Project because

"there's a serious need, and what we have learned is that making the bathroom and home safer can be truly life altering for individuals with health or mobility problems."

For more information: Rebuilding Together Metro Denver, <http://www.rebuildingdenver.org/> or 720-524-0840, Fall Prevention Network, www.fallpreventionnetwork.com or 303-922-5555.

Tips To Prevent Falls

Falls are the number one cause of injury-related deaths for people over the age of 65. Falls can cause debilitating injuries and significantly limit a person's ability to remain healthy and self-sufficient.

It's easy to overlook hazards that can contribute to falls. Here are some easy and inexpensive ways steps to prevent falls.

1. Participate in regular physical activity. Activities that increase strength and improve balance and coordination are the most helpful.

2. Have your health care provider review your medications, including over-the-counter medicines.

Some medicines or a combination can cause dizziness or sleepiness and could cause falls.

3. Have your vision checked once a year. Poor vision can increase your chance of falling. You might be wearing the wrong glasses or have glaucoma or cataracts, which can limit your vision.

4. Make your home safer. Remove things you can trip over, move furniture and tape phone and electrical cords to the wall so your walking path is clear, remove throw rugs you could slip on, fix loose steps, install handrails on both sides of steps, install grab bars for the bathtub and toilet, install lights in dark areas.

For more information, go to the Fall Prevention Network website at www.fallpreventionnetwork.com

Social Security

from page 19.

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 Compassion-

ate 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.

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.

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On Your Toes!!

by Benjamin Marble, DPM, Pueblo Ankle & Foot Care



Heel Pain aka Plantar Fasciitis, Here's Help!

PAIN AKA PLANTAR FASCIITIS – WHAT IT IS AND WHAT YOU CAN DO ABOUT IT

The bottoms of feet are very important. Think about it: all the weight of your body presses down on your poor, overworked feet. And towards the bottom of the foot is a band of tissue called the plantar fascia (a fascia is similar to a ligament) which connects to the bottom of your heel bone and fans out to the base of your toes. It helps support the structure of the bones at the bottom of your foot.

Like many tissues, the plantar fascia can become stretched over time, particularly in people with unusually high or low arches, or who are overweight, tend to do a lot of physical activity like running and jumping, wear shoes with little or no support, or have a tight Achilles tendon.

Spending a lot of time on hard, flat surfaces (like a concrete floor) can also lead to problems. Plantar fasciitis may show up in either gender, although it most often affects people in late middle age (about 40 to 60).

When the plantar fascia stretches too far, it can develop small tears (or in extreme cases may even rupture). These tears make the plantar fascia irritated and inflamed, a condition known as plantar fasciitis.

1) Plantar fasciitis tends to manifest itself as pain at the bottom of the heel (although it can occur at any point along the arch of the foot) which is usu-

ally most severe when getting up in the morning.

2) The pain often subsides during the day as you walk around a little, although it may become worse again if you're on your feet a great deal, or if you sit for awhile and then try to stand again.

3) Many patients feel a searing or sharp pain when they first get on their feet after a period of rest. This may subside to a dull ache as the day goes on.

4) This condition tends to get worse over time, so you may start off with very little pain that gradually progresses to severe over a period of months. Your arches may also gradually flatten as the plantar fascia stretches out.

5) Additionally, you may develop a heel spur (a bone growth along the bottom of your heel bone). In the past, it was thought that the spur contributed to the pain, but, since many people with heel spurs experience no symptoms, this is no longer thought to be the case.

When you go in to see your podiatrist, your doctor will probably want to know a history of your symptoms and will perform a physical exam of your foot to check for swelling and redness. He or she may also check for tenderness on the foot to find out where the pain is coming from. You may need to get X-rays to check for other possible sources of your pain (such as stress fractures).

Getting your plantar fascia to feel better usually revolves around

some conservative treatments. These may include anti-inflammatory medication (such as ibuprofen), ice (20 minutes on the foot over a thin towel, then 40 minutes off), doing exercises to stretch the calf muscle, wearing shoes that give better support to the foot (such as those with a slightly elevated heel and decent arch support), avoiding going barefoot, and giving your feet a rest by avoiding activities that stress them out (like certain sports or standing for long periods).

Persistent pain may need slight-

WHERE ARE THEY NOW?

by Marshall Jay Kaplan

ESTELLE HARRIS

The actress who is just as famous for her voice as she is for playing George Castanza's mother on Seinfeld, is still known for her voice in movies and television.

Estelle Harris was born on April 4, 1928 in Torrentem, Pennsylvania. As she states, she had to leave her hometown as nobody wanted to live in a home there – nobody wanted "to rent 'em". Get it? Torrentem?! She moved to New Jersey, meeting her husband Sy at a dance, whom she married in 1953. The couple raised their three children there.

After her children grew up, Estelle knew she wanted to be more than just a New Jersey housewife. Her unique voice and look landed Estelle roles in small stage productions and commercials. Estelle would go to each and every audition – landing tons of work.

While visiting her son, Glenn, in Los Angeles, Estelle was told to audition for the role of George Castanza's (Jason Alexander) mother on Seinfeld. Estelle explains, "They had me read a scene where I am upset that I find my son 'entertaining' himself. I had no idea he was masturbating. My real son, Glenn had to

ly more extensive treatment, such as the use of orthotics (custom-made shoe inserts), a walking cast to keep your foot immobile or a night splint to stretch the plantar fascia out. Your podiatrist may also suggest physical therapy, padding and strapping (or taping) the foot to ensure things stay in their proper positions, and cortison injections.

Although it's rare, very persistent plantar fasciitis may need to be addressed with surgery if it fails to respond adequately to the above treatments.



explain it to me!" Estelle won the role. She was perfect! After that famous 'The Contest' episode, Estelle explains what happened to Seinfeld. "Before that episode, Seinfeld was not very popular, but after that everybody began talking about it – water cooler chat. 'Oh you should have seen that episode', etc. It put Seinfeld on the map!" Since Seinfeld, Estelle

has become known as the voice of Mrs. Potato Head in The Toy Story films as well as, her role as Muriel on The Suite Life of Zack and Cody. She continues to lend her voice frequently to literally dozens of animated programs.

Does Estelle consider herself a TV icon? "Oh! I'm not an icon! I'm just a good actress with a great voice!" Estelle loves the age that she is at. "You can say anything and get away with it! If somebody does something I don't like I can just say 'Go f*#k yourself' – and I DO say it!"

Estelle currently divides her time between her two-story condominium in West Hollywood and her home in Palm Springs – both of which are filled to the brim with her 'finds' at antique markets and auctions. And yes – she does have the famous Mrs. Castanza doll!





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**LIGHTHOUSE JOURNEYS
PART IV
"THE KEY TO FREEDOM
JOHN 10:10"**

Clouds hang heavily over the sea as I near the light house. The beacon pierces the fog, persistently warning of hazards in the raging sea. Icy wind bites at my fingers prompting a shiver and I pull my yellow rain slicker tighter. Wishing I'd remembered my gloves, I stuff my hands deeper in my pockets. I am startled by something cold and hard in the depths of the pocket. "What is this?" Grasping the cold object in my fist, I pull it out. "A KEY! Where did this key come from?" Stuffing the key

and my hand back in my pocket, I ponder where the key may have come from. It is a strange key and yet vaguely familiar. It is so cold my breath floats away like puffy clouds. The longer I walk, the further the lighthouse seems. "Why is it taking so long today?" My feet are tingling with cold and beginning to hurt.

At last I reach the door and pull on the big handle. Warmth from inside draws me in. I'm relieved to be inside and begin the long climb. Wind is fierce and waves crash against the rocks.

Near the top, I quicken my pace as I catch a whiff of hot chocolate. I open the door and peek in. Not seeing you, I tip toe, planning to surprise you and play our "guess who" game. I spot you on your knees by the sofa, your face toward heaven. Your eyes are closed and tears flood your cheeks. I know you

are praying but I can't hear the words. Standing perfectly still, I wait and then hear: "Oh, Father, the sea is turbulent, angry and full of despair. Workers are few, the needs so great. Are there more, Father? Please send more laborers. So many people are lost, broken and bruised."

I back away, not wanting to interrupt your prayer. To my horror, I trip and tumble to the floor. Instantly you are on your feet, pulling me to mine.

"I'm sorry, Jesus."

"It's all right. Are you ok?"

"Yes, just embarrassed and sorry for interrupting you. Please forgive me, Lord."

"Of course I forgive you. Come. The table is ready."

You lift me into one of the big chairs and pour hot chocolate. "Did you look at the ocean?"

"Yes, Jesus, and you are right! I don't know if I have ever seen it that turbulent."

"Jan, as the days grow shorter the sea will become more agitated and not just the seas but mountains and skies as well. Oh, there will be calm, but beneath the surface is a turbulence you can't possibly imagine. It is a spiritual battle. Satan is busily aligning his forces for the final war, stirring even ordinary, gentle people to do his bidding.

Political correctness, politics and social incentive have become priority in most pulpits in place of the Gospel. Hearts are turning against each other and away from the Father. Even my children are kicking, hitting and biting each other. They cannot do my work

when they are so busy fighting each other. Few listen to me or have their focus on what is eternal. They scramble to keep pace with the world." Tears tumble down your cheeks. "I love them so, but they don't listen. They don't obey."

Wiping my tears, I listen to the compassion and pain in your voice and see the heartache in your eyes.

"You found in your pocket?"

"Yes, Lord. I don't know where it came from."

"Jan, it is the key given to every Christian to use. It will set men free. It is John 14:6: I am the WAY, the TRUTH and the LIFE. No one comes to the Father but by me. Men and women try many other ways to escape their pain and torment but this is their key to their freedom. I AM the way. I AM the truth. I AM the life. I AM who I said I AM. Jan, you don't use this verse enough. Give it as a memory verse to the men and women in prison. Teach them the song. Talk to them about what it means. Use it in your letters. Do you remember I gave you this key long ago?"

"Yes, Jesus. Now I remember."

"And you forgot about it. You will forget again if you don't use it. Now, drink your chocolate. It's getting cold." Smiling, you pat my arm. Your touch is gentle, your hand so big.

Brushing away my tears, I smile back. "I love you, Jesus. How can I praise you enough for your sacrifice of love for me? Lord, you paid for my sins with your life on the cross and I am so unworthy."

"Jan, do you think I did it because you are worthy? No one is worthy. NO ONE! I did it because I love you. You were without hope. The world was without hope. I came to bring hope, joy and peace. I am the KEY to freedom. I did it because I love you. My Father loves the world so He sent me.

"I came to be your friend – to listen when you cry – to wipe away your tears– to lift you when you are down and to laugh with you when you are happy – to restore your soul - to set you free."

"So if the Son sets you free, you will be free indeed" John 8:36. NIV

"Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me" John 14:6. NIV

"The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly" John 10:10. NKJV

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



"Light For The Journey"

By Jan McLaughlin - Director of Prayer Warriors For Prisoners

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The Healing Power Of Touch

The mission of Bent County HealthCare Center is to provide the highest quality of care to our elders and enhance the health of those we serve. The newest program to meet this mission is to bring the healing power of massage to the elders. Amber Hall, a state licensed and nationally certified massage therapist, is coming to the HealthCare Center two mornings a month to bring her healing touch to the elders. Amber states, "Therapeutic touch

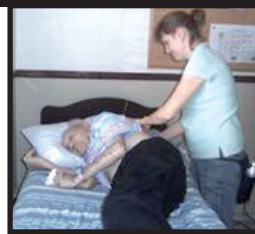
is very healing. It gives a sense of comfort plus the added benefits of the tissue massage." She treats six elders during each visit for approximately 30 minutes each either in their room, in their wheelchair, or in her newly established treatment room within the building. "Touch is so important," states Amber. "While clinical touch is very important, therapeutic touch is very comforting." Elders who have received a complimentary massage love the experience.

Some have stated this is the first massage they've ever had. They have enjoyed Amber's gentle and caring technique.

Amber Hall is taking afternoon appointments at her office in Las Animas or weekdays at her business, Bella Vita, in La Junta. If you would like to schedule an appointment for you or your loved one, she can be reached at 469-6749.

The Massage Therapy Program is just one of the newest services provided to

elders at the Bent County HealthCare Center. For more information, visit us on the web at www.bentcounty-healthcare.com, call (719) 456-1340, or better yet, come in for a visit and feel the difference yourself.



Erva receiving a therapeutic massage from Amber.

Here It Is Everyone: Grilled Cheese 101

(NAPSI)—A few simple tricks can help a popular comfort food—the grilled cheese sandwich—come out great every time.

For example, brush the tops of your bread with ultrasoft or melted, unsalted butter for even cooking. Using quality bread is important. You should shred or grate cheese when it's cold (easier to han-

dle) but cooking cheese at room temperature is best for quick melting. A couple of super meltable cheeses that are available presliced are Jarlsberg and Jarlsberg Lite. After the first "flip," press with a tool, like a spatula, heatproof plate or cake pan to get that crispy, golden-brown crust. Always cook on medium-low heat and use a nonstick skillet. Want to use less butter?

Toastabags are a neat new alternative.

Visit www.jarlsbergusa.com for more information.

Meanwhile, here are some gooey-delicious combinations to consider:


- Jarlsberg, ham, pickles and mustard on whole wheat or rye.
- Fresh Chevrai (a soft, unripened goat cheese) and thin-sliced beets (roasted in balsamic vinegar and honey) on multi-grain bread.
- Jarlsberg BLT on country white bread.

• Brie (such as Woolwich Dairy, a triple crème goat brie) with cooked crumbled prosciutto and fig jam, on soft sourdough.

• Jarlsberg, pastrami and sauerkraut (or coleslaw) on rye.

Whether you try these innovative versions or stick to the classics, this delicious dish is one way to get almost anyone to smile and say "cheese."





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Reeling "A Fantastic Voyage"

by Film Critic Betty Jo Tucker, Pueblo

A FANTASTIC VOYAGE

Becoming the hero, protector and chief entertainment impresario for a nation of tiny people -- who first take him prisoner -- is a far cry from working in the mail room back in Lemuel Gulliver's normal life. But that's what happens to the insecure title character played by Jack Black in "Gulliver's Travels." After reluctantly accepting a writing assignment in Bermuda to impress his lovely boss (Amanda Peet), Gulliver finds himself shipwrecked in the miniscule land of Lilliput and tries to make the best out of his weird new state of affairs. Talk about a fish-out-of-water tale! Actually, this one seems more like an elephant-in-the-anthill saga.

Is "Gulliver's Travels" (inspired by Jonathan Swift's 1726 novel and available April 19 on DVD) one of Black's best films? No, yet there are some funny bits many viewers will probably enjoy, especially when our hero suffers humiliation at the hands of an enormous young girl. Unfortunately, a couple of crude scenes should have been cut, which makes me wonder how the movie managed to earn a "PG" rating. Plus the filmmakers missed some terrific opportunities to add musical

numbers in several sequences. When the entire cast joins Black in a rousing rendition of "War. What Is It Good For? Absolutely Nothing" at the end of the movie, we can't help thinking how much better "Gulliver's Travels" would have been as a musical. (Disclaimer: I confess to believing almost every film would be more entertaining as a musical -- but this one practically begs for that kind of treatment.) There could be stirring march songs by the tiny soldiers, a romantic ballad by the Princess (Emily Blunt) and her love-sick suitor (Jason Segel), a dramatic dirge for the villain (Chris O'Dowd), spirited jigs by the little villagers, and -- well, you see what I mean.

As a Jack Black fan, I expected to laugh more at his performance here. Although it's fun to see his Gulliver change from a shy guy who's afraid to venture out of the mail room into a giant in charge of practically everything Lilliputian, Black's amazing comic energy -- as seen in films like "School of Rock" and "Nacho Libre" -- seems a bit muted in this role. Perhaps the movie's emphasis on special effects and 3-D for its theatrical release hampered its humor potential.

Speaking of 3-D, I'm not sure

"Gulliver's Travels" needed it. In fact, very few of the movie's sequences appear to benefit from this process. Still, a cartoon starring acorn-obsessed Scrag shown before the film at the screening I attended looked fantastic in 3-D -- and was much funnier than the main event. Which gives me an idea for the next Gulliver adventure. I think the now famous travel writer should take a trip back in time to visit Scrag plus all those other marvelous "Ice Age" characters. And it has to be a musical! (Released by Twentieth Century Fox Film Corporation and rated "PG" for brief rude humor, mild language and action.)

APRIL BIG SCREEN TREAT

On April 22, "Water for Elephants" parades into our nation's multiplexes. Based on Sara Gruen's wonderful novel, this film boasts a star-studded cast including Reese Witherspoon, Robert Pattinson, and Christoph Waltz. If ever a book cried out for filming, it's this one. In fact, not since my husband and I read the first "Harry Potter" book have we been so eager to see the movie version of an author's work. We were not disappointed with "Harry Potter and the Sorcerer's Stone" -- and we hope the film treatment of "Water for Elephants" does justice to this exciting and romantic story set in the circus world of the 1930s. The story contains lots of cinematic potential, especially considering its colorful characters -- including a brave and long-suffering elephant named Rosie -- as well as suspenseful situations in the big tent and on trains as the circus travels from town to town.



Pattinson (the guy from "Twilight" movies) portrays Jacob, a young veterinarian student who drops out of college after his parents die in a tragic accident. When Jacob finds himself signed on as a circus veterinarian, he falls deeply in love with Marlena (Witherspoon), the gorgeous lady who performs with the circus horses. Marlena's sadistic hubby (Waltz, in a role I think he was born to play) stands in the way of true love, so the plot thickens. Be sure to mark your calendar for "Water for Elephants." It's probably the kind of film you must see on the big screen.

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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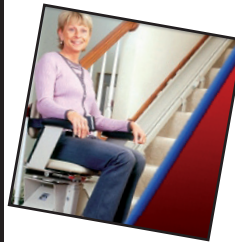
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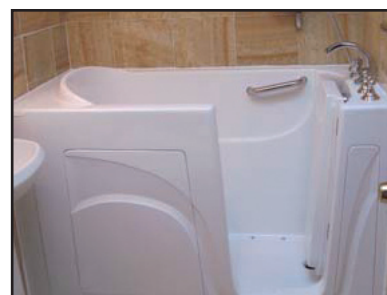
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