

page 2 ..... Opinion  
 page 4 & 20.....Weird News  
 page 5.....Health  
 page 8.....Social Security & You  
 page 11.....Senior Safety

## Coming Up

In This Issue:  
 Tularemia Warning  
 300th Consecutive Issue!!!

page 13.....Travel  
 page 15.....Finances  
 page 16.....SRDA Menu  
 page 22.....Fremont/Custer Menu  
 page 23.....Light for the Journey



# Senior Beacon

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

July, 2007 Vol. 25: No. 12 Established Aug., 1982 300 Consecutive Months!

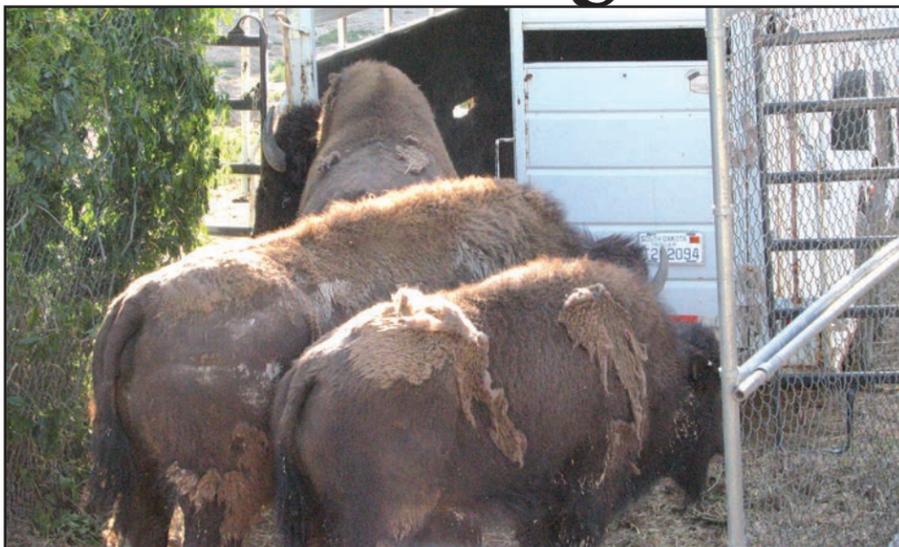
## Zoo Donates Bison To Ogallalla Sioux Tribe

**Contacts Sunny Davis, Marketing/Events Manager, 561-1452 ext. 106 or Marilyn McBirney, General Curator, 561-1452 ext. 107**

For a couple of hours on Monday, June 18, several members of the Pueblo Zoo staff stepped back in time to enjoy hearing of the adventures of a very interesting couple from Pine Ridge, South Dakota. While Curator Marilyn McBirney and several zookeepers successfully loaded four young bison into a large stock trailer, other staff members listened to Judith and John Black Feather, members of the Ogallala Sioux Tribe, as they talked about the bison on their ranch and their ancestors.

Donation of the four animals born at the Pueblo Zoo was arranged through Henry Red Cloud, Pine Ridge coordinator for the Adopt-a-Buffalo Program. On the villageearth.org website, Red Cloud is quoted as saying that the return of the buffalo to the Lakota, or buffalo people, is more than symbolic. He believes the buffalo may be the catalysts for spiritual and economic revival for the Lakota.

The four bison are 250-pound



*Pueblo Zoo donated four bison to the Ogallalla Sioux tribe which some say may help the Lakota in their quest for spiritual and economic revitalization.*

Melodie, born on June 12, 2006; 250-pound George, born on October 23, 2006; 900-pound Turbo, born on August 4, 2005; and 500-pound Cheyenne, born on May 6, 2005. John Black Feather's cousin, medicine man Basil Brave Heart, asked him to make the 900-mile roundtrip to pick up the bison, then transport them

to Brave Heart's ranch near Pine Ridge, South Dakota. The four young animals will allow Brave Heart to join about a dozen Lakota families and the Ogallala Tribe in working to build buffalo herds on the reservation. The Black Feathers started with 19 head of bison and now have approximately sixty on their 640-

acre ranch.

This is not the first time Judith and John Black Feather have picked up bison in the Pueblo area. In fact, this is the third time they have made the trip from South Dakota to Pueblo, the previous two times transporting bison donated by Pueblo area rancher and physician, Dr. Ken Danylchuk.

John and Judith Black Feather told the Zoo's staff the story of John's great-grandfather, Chief Long Wolf, one of the warriors who defeated General Custer's 7th Cavalry at the Battle of Little Big Horn in 1876. To avoid retribution from the US forces, Long Wolf joined Col. "Buffalo Bill" Cody's Wild West Show, eventually traveling with it to London. While there, in 1892 he died from pneumonia, and was buried in London's Brompton Cemetery. Long Wolf's last wish was to be buried in his native soil. It took Judith Black Feather and the family over five years to complete the paperwork necessary to receive permission to return his body to South Dakota, for burial on the Pine Ridge Reservation.

## Students Get Clinical Experience From PCC Dental Program

A new initiative that will allow Pueblo Community College to provide much-needed dental services to low-income residents of Pueblo County and Southeast Colorado was announced today by Dr. John Garvin, PCC President. It also will enable PCC's Dental Assisting and Dental Hygiene students to gain valuable clinical experience.

Through the Oral Health Improvement Project (OHIP), PCC will deploy a full-time dental facility and establish the staffing that will service individuals of all age levels who can't afford dental care. The facility will be staffed by a dentist, dental assistant and receptionist/billing clerk.

"This project aligns perfectly with our mission of creating learning opportunities for our students," said Garvin. "At the same time, it supports our efforts to contribute to our community in a significant and meaningful way."

The service clinic will be operational in January 2008. Noteworthy is that it will be able to provide restorative services in addition to its traditional teeth cleaning, X-rays and oral hygiene health and prevention education.

Another beneficiary of the project will be students enrolled in PCC's newly expanded Office Administration program through internships at the dental clinic as receptionist/billing clerks. Their functions will include patient file management, insurance billing and office reception responsibilities.

The OHIP is being made possible by a three-year \$509,405 grant that has been awarded to PCC by The Colorado Health Foundation. PCC will receive \$144,439 in the first year of the grant, \$202,022 in the second year and

\$169,944 in the final year.

PCC administrators involved in overseeing the implementation and operation of the project will be Cindy Mihelich, Dean of Health Professions; Sue Kochevar, Chair of the Dental Hygiene program; and Janet Trujillo, Chair of the Dental Assisting program.

The grant proposal was written by Chris Beltran, former Grant Writer/Manager who now serves as PCC's Title V administrator, along with Mihelich, Kochevar and Trujillo.

"The Oral Health Improvement Project is designed to be a two-pronged approach of meeting the oral health needs of our community and producing well-prepared oral health practitioners," explained Beltran. "Considering both factors, the potential impact is substantial."

Here is the basic timetable of activities within the grant period:

- By Oct. 1 this fall, PCC will have a professional dental team and full-time facility dedicated to providing restorative oral health services on its Pueblo Campus.

- By Jan. 15, 2008, PCC will establish the ability to seek reimbursement for services through Medicare, Medicaid, Child Health Plan Plus (CHP+) and other insurance providers serving low-income individuals and families. Hence, the dental facility will be able to bill for services, making it a self-sustaining operation. Service rates have yet to be determined but a sliding scale operation will be examined.

- By Oct. 1, 2008, a minimum of 64 Dental Assisting and Dental Hygiene students at PCC will have access to clinical time working in a dental team, providing restorative services as part of their



*PCC President John Garvin (l) announces the new dental program at Pueblo Community College. With him from his immediate left are Cindy Mihelich, Dean of Health Professions; Sue Kochevar, Dental Hygiene program chair; and Janet Trujillo, Dental Assisting program chair.*

education and clinical experience. By the end of the grant period, a minimum of 192 students will have had access to the enhanced clinical experience.

- By Oct. 1, 2008, a minimum of 64 Dental Assisting and Dental Hygiene students at PCC will have exposure to diverse consumer populations including low-income, uninsured and underinsured individuals and families. By the end of the grant period, a minimum of 192 students will benefit from exposure to these populations.

- During 50 weeks of operation, a minimum of 1,200 patients will be seen in the expanded dental assisting clinic.

The majority of the patients are expected to be referred to PCC through a partnership with two sources: the Pueblo Community Health Center and the Pueblo StepUp program, whose clients represent an underserved population.

"This grant is the result of the dedication and commitment of the health professions faculty at PCC to offer not only quality education for students but

to identify a need in the community and secure funds to offer a much-needed service to improve oral health in this region," pointed out Mihelich.

"The Colorado Health Foundation recognized the value of this grant, and we are very thankful for their belief in our proposal," she added. "We look forward to becoming stronger community advocates for the improvement in oral health."

Garvin agreed. "This is the next step in PCC's ability to advance its role in providing much-needed health care and professional services to the Pueblo community," he said.

*The Colorado Health Foundation is a nonprofit organization that works with others to make Colorado the healthiest state in the nation by improving access to affordable, quality health care for underserved and low-income people and encouraging Coloradans to make healthier lifestyle choices. The PCC grant is part of nearly \$9 million that it has awarded to 60 state organizations in 2007.*

Contacts: Cindy Mihelich -- 549-3280, Chris Beltran -- 549-3441

# Just One Guy's Opinion

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



## The Big 3-0-0!!

Time for self-congratulatory pats on the back! Whoda think it!? When we began this little adventure back in August of 1982, we couldn't have guessed that *Senior Beacon* would still be around and to the tune of 300 consecutive issues trying our darndest to get out as much quality information as possible to the Senior Community. We are thankful to each of you, past and present, who continue to read our newspaper each month.

We have no longevity goals at this time, so we will start on our 301st consecutive month and begin our 26th year with the August, 2007 edition. We will promise to continue our tradition as long as the Lord is willing and we are above ground. A little gallows humor there.

## Tribal America?

Okay, okay, I'll talk a little more about immigration. At the risk of being called racist, nativist or what have you I will jump in with both feet but only to my knees because I can't swim. Of course with my feet on terra firma I'm fearless in the water.

With all the hoopla over immigration reform, or lack thereof, it seems to me that we are making a big mistake not following the test of time from which we should get our information. Immigration is what America is all about but something startling is happening. The same ground rule from the immigrant's perspective exists as it existed 100 years ago; the dream of a better life.

Also, the first generation immigrants are still holding onto the culture they left even though that culture was not very hospitable to them. I remember vividly my grandmother refusing to learn any English beyond the rudiments of the language. She refused to take part in being American first and Italian second. I queried her about this seeming inconsistency (leaving her homeland for a better life in America but yet not embracing the American culture) and she was indignant. She brushed me off as ole Bessie does a fly in the barn. She played the "respect" card.

Her children, of which my father was one, immersed themselves in the American culture because they not only wanted a better life for themselves but also for any family they might raise. Of the four siblings only one had a child, my father, and that child was me! My parents didn't even bother to speak Italian to me. I know not whether that was good or bad but we had sections of town that were German, Irish, Jewish, Polish and Italian among others and none of the kids I knew spoke any of the mother tongue. By the 1930's the influx of Europeans began slowing down so by the third generation there were very few immigrants from those places coming to America. Therefore, there wasn't any people like my grandmother who would stubbornly hold onto the past. We were now Americans and proud of it, too!

It's different now. There is no slowing of the influx of immigrants. Immersion is spotty because of it and that's a shame. We are now as a people making acknowledgements to Hispanics pretty much exclusively. Billboards, television programs, phone messaging, bi-lingual education, etc. are in Spanish and we continue to look the other way in insisting that new immigrants become American.

We do this, ladies and gents, at our own risk.

One thing I've learned about humans over the past 15 years or so is that tribal customs are very much alive and a force that gunks up progress. In Afghanistan,

Iraq, Iran, sub-African nations et al, tribal warlords run the roost. The friction this causes between Tutsis and Hutus or Sunni and Shia or Pashtuns and Kurds or Hamas and the Palestinian Authority makes for major problems.

If you factor in the migration of the Asian and Caribbean nations peoples along with sequestered black neighborhoods in major cities in America we have the makings of a salad that no longer will be cohesive. Each ingredient will not want to be a part of the whole. Each faction will, eventually, abandon the American Dream and revert back to tribalistic urges and all the good we have achieved, most especially in the past 100 years, will unravel leaving us with another Dark Ages scenario.

As a people, if we want America to survive we must control our borders stringently and allow only percentages from around the world (to give the newbies time to assimilate) and who are willing to make America there home embracing all that is America. If not, well, as I said before, we proceed at our own peril.

And you are concerned with global warming? Tut! Tut!

## GoodSearch

For those of you who like the Internet, I'd like to give you a heads-up on a search engine named GoodSearch. It has the speed of Google and other search engines but with a wonderful twist. GoodSearch gives a penny to your favorite charity every time you use the search engine. It's very simple to sign up and it costs you nothing while helping out where help is needed.

Go to [www.GoodSearch.com](http://www.GoodSearch.com) and follow the prompts and you'll be on your way. A window will show up on your home page every time you log on and if you need some information on avocados or need some medical information or any topic at all, just type in said topic and click search and you'll be where you want to be and your charity will be a penny richer. Doesn't sound like much, but it's better than what Google or Yahoo or the others do and gives you the same results.

Here's where I put my pitch in for our favorite charity, Crohn's & Colitis Foundation of America (CCFA). But if you want to donate to another organization you can. It's a no-brainer folks.

## Hilton? Are You Kidding Me?

Speaking of an upside down America why is it that we have it back-ars-ward in this country. People that really don't contribute anything to the common good, such as Paris Hilton and the like are revered, written about and glamorized to such a state that the word vomit comes to mind.

What is it about our media and ourselves that these bit players in our society get all the ink? The pop-culture buzz is reserved for half-baked "stars" that prance around in front of us in a stupefying mass of humanity so often that you can't tell one no-talent, small-brained bum from another; they're all the same person.

Our media have failed us. When the media fails to do its homework people's lives are trashed. Just ask the kids from the Duke lacrosse team. Our journalism schools have failed us. These schools send out clones of themselves to "report" on issues seen through the prism of their education. Instead of teaching openmindedness and getting all sides to an issue, these newbies report in a way that fits their views of the world, as if they are the elite and all-knowing. Our institutions of higher education have failed us. We are turning out graduates into the world that have no idea that there are other points of view that may be just as compelling as the Leftist point of view and in most instances much more thought-provoking. Socrates had discussions from all sides. In this way he was able to teach a much fuller understanding of a subject and steer his pupils to forming their own opinions separating the wheat from the chaff. When you see a Che poster on a dormitory window, you know automatically that its owner has no clue as to what a thug this man was, yet he is lionized because of same. Yet, a clear-thinking person is booted off a podium without being able to utter a word just because his view doesn't fit in a pre-ordained template.

It's kind of ironic you know. These kids are jazzed by the idea of a rebel with a cause yet, with the very rebels in their midst, they are shunned because they are not part of their perceived norm. So, we get the vacuous Paris Hilton 24/7 instead of some giant intellect or doer who can inspire. What a mess.

Godspeed.



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# ON THE RIGHT: "YES, FREE LIBBY"

by William F. Buckley

The talk about a pardon for Lewis Libby is food for thought. Partisans are grateful that there is time, even if not much time, to think, pending the appeals that are under way challenging the conviction at a technical level.

There isn't much to hope for here from Libby's point of view. The evidence appears to have been overwhelming that he lied to the FBI, and that in so doing he hindered the execution of justice.

But appeals, even if judicially unpromising, are politically useful. President Bush can legitimately postpone action -- or prolong inaction -- by waiting for the appeals to make their appointed rounds. But he has other things to weigh besides formal guilt. The reason is that although Libby is certainly guilty of having lied, he is not, in the view of weighty arbiters of the law, deserving of a jail sentence.

What he did was to involve himself in a security matter of no consequence. It was of no consequence at the time Libby figured in the proceedings because the nature of Joseph Wilson's mission to Niger had already been revealed in the

press, and his wife, Valerie Plame, was already moving out of the covert branch of the CIA. The underlying issue had to do with the authority of the United States to conceal the true commission of people acting covertly for U.S. intelligence.

My own involvement in such a deception became known many years after I practiced it, when a holy member of the liberal elite (the Rev. William Sloane Coffin) dropped the word to somebody that when I was in Mexico City ostensibly doing work for my father, I was actually there doing work for the CIA.

If, while in Mexico, I had been detained by the authorities and asked what I was doing there, my duty would have been to deceive, and I'd have done so without any sense of debt-deferred to my father confessor. The U.S. law making it a crime to disclose the identity of a covert agent is designed to protect such operatives.

In the present case, Mrs. Wilson had already been assigned to non-covert work in the CIA. This means that Libby's mentioning her to reporter Judith Miller wasn't defiant of the law

that seeks to provide for the safety of operatives in foreign parts. And he was not charged with having broken that law, but rather with lying to FBI agents about where he had initially obtained his information. Attempting to deflect such an investigation is a very different matter from endangering the life of a CIA agent.

There has been speculation that Libby is unqualified for a pardon because he has not confessed contrition for what he has done. This invites profound moral thought on what is appropriate behavior for someone convicted of a formalistic breach of the law.

Obviously Libby is sorry that he ran afoul of the law. Obviously he is sorry that he didn't find some means to put off the FBI this side of lying to FBI agents. But contrition of that sort is not going to satisfy the Hang Libby crowd. Because what these folks want is to damage the Bush administration. If Libby goes to jail, they will have the satisfaction that a former chief of staff of the vice president is behind bars. If he is pardoned, they will have the satisfaction of claiming that the

chief executive is declaring that any crime done in the service of the president will be protected by the exercise of a presidential pardon.



The reason to give thought to the triviality of Libby's offense is precisely to unburden Bush of any sense of collaboration with true crime if he uses his pardoning power. No one, in the perspective of history, believes the first President Bush to have been a furtive advocate of crime when he pardoned Caspar Weinberger or Robert McFarlane for involvement in the Iran-Contra mess. We are not talking about a Mark Rich, an ongoing criminal pardoned by Bill Clinton for indefensible reasons.

Mr. Bush will have to exhibit the courage for which he is loved and hated, by doing the right thing, and letting Mr. Libby get on with life.

# The Writer's Art: Looking For The Perfect Word

by James Kilpatrick

In "The Elements of Style," the late, great E.B. White laid down a few "suggestions and cautionary hints" for writers. This was his Suggestion No. 8:

"Avoid the use of qualifiers. 'Rather, very, little, pretty' -- these are the leeches that infest the pond of prose, sucking the blood of words."

This was what White rightly deplored:

-- From The New York Times 18 months ago: "Last week, 'Today' somewhat quietly marked the achievement of an improbable feat."

-- From the same piece in the Times: "One reason the feat was initially observed somewhat modestly was a bit

of uncertainty ..."

-- From a column in USA TODAY by Craig Wilson about the vulgarities voiced by public figures: "To be honest, I found these incidents rather refreshing."

-- From a background statement filed in a U.S. District Court in Nebraska: "By using rather germane accounting tricks to inflate the company's income, defendant Rohde could ..."

Were the "somewhats" and "rathers" necessary? Not at all. E.B. White would have mocked them. Let me digress: Many months have passed since I last quoted White's sage advice. It seems unlikely that anyone who loves the writing art would have missed what he called his "little book," but for the record: Drawn partly from his own experience and partly from the teachings of his old professor at Cornell, "The Elements of Style" is the finest guide ever devised toward the writing of English prose. Do we feel an impulse to use a "rather," a "little," a "very" or a "pretty"? White would tell us: Lie down until the impulse goes away.

Such itchy-bitsy words give writers more trouble than many of the big words. Some months ago Paul McClain, of Somewhere in Cyberspace, wrote to inquire about the use of "since" in the sense of "because," and "while" in the sense of "although." Let us pray:

-- From an editorial in The New York Times: "While it is still the largest animal area project started by business in Africa, there are other successful ones ..."

-- From Anna Quindlen in Newsweek: "The poor child now discovers the bullying can go on endlessly through the miracle of the chat room, since it's much easier to wound ..."

-- From Byron Calame in the Times: "While Mr. Kirkpatrick was shifted to the team of Times reporters covering Capitol Hill ..."

-- From a Times editorial: "Since we live in an era when the chasm between the lower and upper classes is growing ..."

The trouble here is that "since" and "while" are salamander words. They

change their function right before our eyes. Let us tinker: "The Lubombo initiative is still the largest ... but there are other successful ones." And after "chat room," "because it's much easier to wound without the sight ..." And, "Although Mr. Kirkpatrick was shifted to the team ... his reporting has made good use ..." And, "Because we live in an era ..." Mind you, I'm not sore at "since" and "while." In their temporal place, they're adorable.

As for "as," in the linguistic family of Chamaeleontidae, it's the most versatile sister. At the turn of a phrase, "as" shifts from adverb to conjunction, thence to pronoun or preposition. It's also the weakest sister. There may be sentences in which an "as" would be an improvement on the anemic "since," a temporizing "while" or an honest "because," but they do not come readily to mind. The thought for today is: Look closely at the "little" words. In prose style, they rank with the big ones.

(Readers are invited to send dated citations of usage to Mr. Kilpatrick in care of this newspaper. His e-mail address is kilpatjj(at)ao1.com.)

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**LEAD STORY**

After several reports of grizzly bears intimidating people near Alaska's Russian River, the state Department of Fish and Game recently gave several usual-suspect bears makeovers, using ordinary hair dye in bright colors (yellow, green, orange, blue) to make it easier for people to identify the specific bears that are menacing them. Environmentalists were critical, objecting to turning pristine wilderness into a gaudy, "punk"-colored park. Animal-rights activists, too, suggested that colored bears might find socializing difficult (but a bear researcher quoted by the Anchorage Daily News discounted that fear, based on a previous, similar project).

**The Continuing Crisis**

-- On one fateful day in 2003 in Sikeston, Mo., according to Holly Adams, she had sex at different times with Raymon and Richard Miller, who are identical twins and who did not know about each other's encounter. Adams became pregnant, but both Millers deny paternity despite, of course, an identical DNA match for each brother (with both claiming that it must have been the other). Adams has named Raymon the father, and a court must decide paternity and child support just like courts did before DNA testing was developed.

-- Sarah Dacre, 51, walks around all day dressed like a beekeeper, which she says she must do following her 2005 self-diagnosis of "electrical sensitivity," according to an April profile in London's Daily Mail. The hallmark of her outfit is a veil that she says keeps away the incapacitating waves from appliances ranging from cell phones to refrigerators. Her house's windows have gauze shades, and the wallpaper a tinfoil lining, and

Dacre, who still uses a computer three hours a day, nonetheless believes "wi-fi" will be the "tobacco" of our times, ultimately to be reviled for causing so many as-yet-undiagnosed illnesses.

-- Older and Younger: (1) In January, a judge in Farmville, Va., declared a mistrial in an attempted-murder case after the defense lawyer (James Sheffield, 74), said he had lost his train of thought right in the middle of his closing statement. (2) At the other end of the spectrum, Victor De Leon III celebrated five years on the pro videogaming tour, according to a June profile in The New York Times, which means that, at 9, he has been a pro gamer since age 4.

**The 38th Time Was Not a Charm**

(1) In June, Indian farmer Shiv Charan Yadav, 73, failed his high school gateway exams (normally given at age 15) for the 38th time, and what's worse, he had vowed the first time not to marry until he passes; he said he would immediately start studying for number 39. (2) In May, the San Antonio (Texas) Independent School District announced that Elizabeth Rojas had been fired as principal of Smith Elementary school after failing for the 38th time the required state educators' test. (However, she was reassigned to a lesser position at Smith, at almost her old salary.)

**Nature Calling**

-- About 100 people were able to escape the perhaps-fatal effects of a sinkhole that collapsed under their one-story apartment house in eastern Sarawak, Borneo, in April, only because Renjis Empati, 57, had arisen in the middle of the night to go to the communal toilet. He noticed the ground moving and awakened all the residents. Said one woman, "If it were not for him, most of us would be

dead by now."

-- Pardon Me: (1) Helen Gallo, 61, charged with shoplifting in Cape Coral, Fla., in April, told police she was forced to bypass the slow checkout line because her irritable bowel syndrome was acting up. (2) Cedar Rapids, Iowa, TV station photographer Gerry Edwards was fired in March for unprofessional conduct because a November funeral he was covering lasted so long that he had to urinate outdoors in an area that was visible to funeral guests. (3) Former Wisconsin governor Tommy Thompson, after the first Republican presidential debate in May, explained one awkward answer he gave (about firing a worker who was gay) by claiming, in part, that he was distracted by his need for a restroom break.

**People With Issues**

In April, FBI officials warned of a disturbing series of threats dating from 2004 to college athletic officials and news organizations from someone apparently upset that television coverage of cheerleaders emphasizes those showing the least amount of skin (such as Ohio State's, who often wear long-sleeved, jacketed outfits). According to an FBI agent interviewed by The Columbus Dispatch, the writer appears to be growing angrier and may have recently included an insecticide-like substance in letters, with the last batch predicting that, unless changes are made, there will be "88" assaults, based on the writer's arcane formula.

**Least Competent Criminals**

Can't Stop Ourselves: Sheriff's deputies in Hilmar, Calif., arrested Tasha Silva, 30, in April and charged her with stealing a deputy's pickup truck, but her boyfriend and co-suspect, Marcus Schulze, fled. According to the sheriff's office, the couple drove away, thought they were in the clear, and stopped to have sex in the truck, but left the engine idling, and the truck ran out of gas before they were finished. When deputies finally spotted the truck, the couple had to flee on foot, and only Schulze escaped.

**Cultural Diversity**

In Congo, which has lost an estimated 4 million people in the civil wars of the last decade and where many must get by on about 30 cents a day, "gangs" of designer-clothes-wearing men periodically square off against each other in preening contests in the streets of Kinshasa to prove that Versace and Gucci look better on them than on others. Papy Mosengo, 30 (interviewed for a November 2006 Los Angeles Times report), still lives with his parents, sleeps in a dingy, closet-sized room, and leaves child-care expenses to his ex-girlfriend, but he owns 30 top-of-the-line outfits and spends \$400 monthly on clothes. Said he, "This is just what I am." (The "cloth cults" of Congo are said to have been around since the 1970s.)

**Recurring Themes**

In early May, "scores" of Taiwan lawmakers brawled on the floor of parliament, wrestling, throwing punches and spraying water at each other over an election reform bill, according to a Reuters dispatch. However, a week later, one legislator, and also a U.S. political scientist who follows the Taiwan legislature, told a Reuters reporter that most of the legendary brawls on the floor are staged in order to impress constituents that their members "fight" for them. One legislator said a leader may call in advance for his allies to wear soft shoes, in anticipation of a shoe-throwing fight, to limit injuries.

**Undignified Deaths**

(1) The most recent instance of someone killed by a flying cow occurred on a road near Carnarvon, Australia, in May, when a 26-year-old man in an SUV accidentally crashed into a cow and knocked it into the air; it landed on the vehicle's roof, collapsing it and crushing the driver. (2) In April, a prominent cat veterinarian (who was director of the FelineHealthCenteratCornellUniversity) was killed near Marathon, N.Y., when he swerved, on his motorcycle, attempting to avoid a cat on the road, and was thrown from the bike.

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# For A Healthier You



## Health Department Identifies Tularemia In Rabbits

by Sarah Bruestle - Public Information Officer - Pueblo City/County Health Department (719) 583-4526

Pueblo – Public health officials at the Pueblo City-County Health Department have confirmed that rabbits in Pueblo County have tested positive for tularemia. The rabbits were collected on the north side of Hwy 50 as well as by the Pueblo Memorial Airport.

These are the first identified cases of tularemia in animals in Pueblo County this year. No human cases of tularemia have been reported. The last human case of tularemia in Pueblo County was in 2006.

### New government program gives seniors hundreds every month without ever having to pay it back.

The U.S. House of Representatives passed H.R. 1852, the Expanding Homeownership Act of 2007 in May. This resolution Modernizes FHA programs including the Home Equity Conversion Mortgage (HECM). This now allows seniors 62 and over to take a large portion of their equity as a monthly payment for the rest of their life, a lump sum that never has to be paid back or a growing line of credit. This money can be used for any purpose.

The Federal Housing Administration insures it so that the seniors never have to pay back the funds and their heirs are also protected. The rules are quite simple. 1). You must be 62 or

older. 2). You must have equity in your home. 3). Your home must be your primary residence. If these are true, you are a prime candidate for a HECM reverse mortgage. More information is available by calling a toll-free 24 hour recorded message 1-866-671-3207, ext. 1111 and receive a free booklet with additional information.

Don't be left out. Pick up the phone and call today. You too could be going on your dream vacation of a lifetime or never make another house payment and stay in your house for as long as you live.

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Program Manager in the Environmental Health Division, "awareness is the key to reducing the risk of contracting tularemia. Tularemia occurs naturally in Colorado and exposure can be reduced by avoiding contact with ticks and any sick or dead animals."

"Simple precautions can prevent this illness," said Ms. Carlton. "Tularemia can be treated with antibiotics, but we really want residents to know what steps to take to protect themselves and their pets in the first place."

People with tularemia may have symptoms that include a skin ulcer, sudden fever, chills, headache, body aches, dry cough, and progressive weakness. Symptoms of tularemia in animals, specifically cats and dogs, are nearly identical to the symptoms of plague. Cats generally become lethargic; have a high fever and little appetite. They may also experience pneumonia and swollen lymph nodes. Like with plague, dogs generally do not show any symptoms of the disease.

The Pueblo City-County Health Department recommends the following to protect against the disease:

- Avoid ticks. The best protection for pets, especially cats, is to keep them indoors. If outdoors with your pets, keeping them out of heavily wooded areas can provide additional protection, as these areas are ideal for ticks to live.
- Stay out of areas that wild rodents inhabit. If you enter areas with wild rodents, wear insect repellent con-

taining DEET.

- Prevent your pets from hunting or eating wild rodents, especially rabbits.

- Avoid all contact with wild rodents, including squirrels and rabbits; do not feed or handle them.

- Never touch sick or dead animals with your bare hands. If an animal must be disposed of, use a long-handled shovel to place it in a garbage bag, and place the bag in an outdoor garbage can.

- Avoid drinking unpurified water from streams or lakes and prevent your pets from doing the same.

- See a physician if you become ill with a high fever and/or a swollen lymph node. Tularemia is a treatable illness when diagnosed early.

- See a veterinarian if you pet becomes ill with a high fever and/or swollen lymph nodes.

If a dead rabbit or prairie dog is found, the health department recommends disposing of the animal quickly. If there is a large die-off of these animals, please call the Health Department. However, if no humans have been involved, and it is a single, isolated case, it is recommended that the animal be disposed or buried on the spot. For more information about tularemia, contact the Pueblo City-County Health Department at (719) 583-4323, or call the Health Department's Hotline at 583-4300, and press "2" for Tularemia and Plague information or visit the Centers for Disease Control's website at <http://www.cdc.gov>.

## Here's to *YOUR* next

# 50

{ excursions }



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# Fashion: Looooking Gooood!

by Patricia McLaughlin - Mature Market Media Services

## WHAT SHOULD WE WEAR?

Are Crocs an environmental catastrophe in the making? What popular fashion trend isn't?

The folks who make Crocs, as I mentioned a couple of weeks ago, expect to sell in the neighborhood of 23 million pairs of their bumptious foam clogs this year. Aesthetes may view this projection with dismay. Lots of investors, on the other hand, probably wish they'd bought the stock a couple of years ago.

Reader Susan Cohen had a different reaction. She wonders where those 23 million pairs of injection-molded polymer foam shoes will end up when consumers move on to the next trend. What impact will they have on the environment? How fast will they degrade? Are archaeologists going to be digging them out of landfills a thousand years from now?

It's a good question, and a tough one to answer.

Crocs spokesperson Tia Mattson says the company is developing a program to recycle the proprietary Croslite foam it makes Crocs from, and will announce details in a month or so. Dennis LaMond, VP/Sales at Sloggers, which makes an EVA foam garden clog, notes that because foam clogs are made from a single material, they can be ground up and recycled into building materials like the popular (and expensive) new composite decking. These are unlike multi-component shoes made from a mix of natural and synthetic materials, which are for practical purposes unrecyclable. He says his company already grinds up and recycles foam scraps and clogs that don't meet its production standards.

Fashion used to ignore the effects it had on the rest of the world. The 18th-century passion for feathered hats drove the Great Auk, whose back feathers were said to be silky soft and smooth, to extinction. In the late 19th century, when cheap paisley-printed cottons brought fashionable paisley shawls within reach of even poor women in Europe and America, rich ones quit buying the exceptionally

fine handwoven cashmere shawls that had been imported from Kashmir, and scores of low-caste Kashmiri weavers starved.

Now we at least pay lip service. I'd like to have a nickel for every fashion story I've seen this year that insisted that "green is the new black." If you look, you can find an organic cotton T online for under \$20, but most of the "green fashion" you read about is so expensive it's virtually irrelevant. A piece in The New York Times this spring offered a \$185 organic cotton and hemp dress, an \$84 bamboo hoodie and a \$299 biodegradable lyocell top.

As we learned from Kermit, it isn't easy being green -- and it may be even harder in the rag trade, where most purchases are driven by desire, not need.

Plastics seem like an easy target -- made from scarce petrochemicals, inexpensive enough to be treated as disposable and so durable that they're practically eternal. But that can be good: Four years ago, an NPR story noted that the bottles bottled water comes in were piling up in landfills and "creating a trash nightmare." This month another NPR story reported that polyethylene terephthalate, or PET, reclaimed from water bottles by recyclers is a hot commodity.

"Natural" materials biodegrade, but they can have their own problems. Conventionally grown cotton -- the "Fabric of our Lives," according to the National Cotton Council's heart-tugging ads -- "relies on heavy inputs of insecticides, herbicides and chemical fertilizers, many of which are known or probable carcinogens," according to the Web site of WorldWatch Institute, an independent environmental research organization.

The Sierra Club's Web site says cotton "trails only corn as the most pesticide-laden crop in the United States; cotton-growing uses 25 percent of all insecticides produced annually, including human carcinogens like acephate and diuron." (So why is San Francisco switching to cornstarch-based plastic bags?) Furthermore, the Web site says sheep raised for wool are "dunked in



*They look so innocent. But what happens when 23 million pairs of injection-molded EVA foam clogs end up in a landfill near you?*

pesticides" to kill parasites. It says silk "wins high marks for sustainability," but vegans complain that you can't harvest silk fiber without killing silkworm larvae.

Raw material is only the beginning. Some manufacturing processes have higher human and environmental costs than others. We think of leather as natural, but it's tanned with agents so toxic that citizens have been banding together to get tanneries out of their backyards since at least 1739, when Ben Franklin and his neighbors petitioned the Pennsylvania Assembly to ban them from Philadelphia's commercial district. And how do you figure the costs of athletic shoes glued together with toxic glues in unventilated offshore factories by underpaid, underage kids?

Then there's the question of benefit. A pair of foam clogs is likely to serve longer and be used more intensively than, say, a single-use water bottle. My sister, who runs an auto repair shop and wears Crocs to work every day, says a pair lasts her about four months, and then "the tread on the bottom wears off just like tires do." Still, 8 hours a day times five and a half days a week times 20 weeks yields 880 hours of comfortable wear.

A post to a discussion of Crocs on the Web site Treehugger.com speculates that "you get much more mileage out of the amount of petroleum used in these shoes than you would if it were in your tank." And 880 hours sounds pretty good compared to the pair of exquisite but unwalkably high-heeled black silk Charles Jourdan pumps I donated to a thrift shop last week -- after wearing them three or four times in the course of the past 20 years.

And then there's the question of need. One scholar asked me whether the typical consumer buys Crocs as "incremental shoes" -- i.e., in addition to their regular shoes -- or do they take the place of a pair of conventional shoes? For someone like my sister, Crocs clearly fill a need and replace a pair of walking or running shoes. For people who buy foam clogs for gardening, they may be "incremental," but that doesn't necessarily mean extra: Burpee's Harry Schwartzman argues that the owners of Burpee's gardening clogs will save them for gardening and keep them a long time: They aren't "disposable like so many items we use once and discard."

For most people, it's harder to tell whether they really need a pair of Crocs, how many colors they need to own them in, how often they'll wear them, how long they'll keep them and so on.

And what do we mean by need, anyway? According to WorldWatch, the number of garments bought by U.S. consumers increased 73 percent between 1996 and 2001. What happened in those five years to persuade us that we needed 73 percent more clothes?

Clothing prices fell, for one thing. Do we need as much as we can afford? Where does need shade into greed?

I guess it's past time we started asking these questions. But it isn't going to be easy to answer them. How do you get hours of wear, comfort, beauty, price, environmental cost, child labor and use of nonrenewable resources into the same equation? It's worse than adding apples and oranges, it's like adding apples and frying pans and a particular shade of lavender.

But, as they say about old age, consider the alternative.

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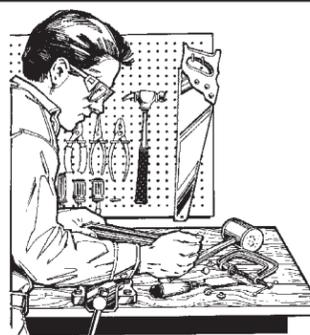
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# Covering The Courts: A Major Victory, Sort Of

by James Kilpatrick

The cause of individual

## More Courts:

### IN COUNCIL BLUFFS, THE BOUNDING MAIN

Before it closes up shop for the summer, the Supreme Court probably will let us know if it will hear the appeal of Amanda, Helen and Beverly. Mr. Justice Kilpatrick, meaning me, votes to set the case for argument next fall. The young ladies' plea involves a serious question of maritime law.

Remarkably, the case arises not on the high seas but in Council Bluffs, Iowa. There, 10 years ago this spring, Amanda Davis began working as a shipboard teller for gamblers having fun on the riverboat Ameristar. While carrying a heavy bag of coins, she seriously injured her left wrist.

Throughout the period of Davis' employment on the Ameristar, the vessel was more or less permanently anchored in the Missouri River. In order to meet Iowa's gambling laws, the owners of Ameristar were required to take their ship to sea, so to speak, for 200 hours every year. Thus, off and on for five months every summer, the owners dutifully cruised for two hours at dawn up toward Sioux City, down toward St. Joe. In these obligatory runs, Davis was never at work or even on board.

Jacob J. Peters, counsel for the petitioners, says in his brief before the high court: "It is important to note that from the time Amanda started in March of 1997 until she was injured in March of 1999, she was never on the boat when it sailed on the Missouri River. At all times

freedom won a victory in the Supreme Court last week, but it was something

she was working, the boat was moored. Also during that period of employment, she received no training or orientation in the boat, its operation, or any of its safety equipment. She was not involved in any operations other than gambling."

A second co-plaintiff, Helen Falanga, is the only one of the complainants still employed as a member of a riverboat staff. When the case began, she was a shipboard teller working out of a bank cage. Her job required her to lug heavy bags of coins in and out of the ship's vaults. In March of 2000, when the ship was firmly moored to its Iowa dock, she seriously injured her neck. Two surgical operations were required, one of them a fusion.

The complaint of Beverly Isenhour is to the same effect. During the Christmas holidays of 2000 as a change maker and "floor host" in the slots department, she suffered severe injuries to her back. She is still under a work restriction against lifting more than 10 pounds.

Manifestly, the several incidents were all work-related. Understandably, the three plaintiffs sued for benefits under workmen's compensation. They won at first. The District Court of Pottawattamie County sensibly affirmed that (1) the women were not seamen, and (2) the riverboat casinos were not "vessels." Sense and law are sometimes strangers: On appeal, Iowa's Supreme Court ruled that the plaintiffs are not employees covered by workmen's comp. As a matter of law, they are seamen protected by the federal Jones Act of 1920. From that opinion, the petitioners now appeal.

SEE "COURTS" PAGE 15.

less than a glorious triumph. The court ruled unanimously in favor of several thousand unreconstructed schoolteachers in Washington state. The opinion merits a cheer, but it fell way short of winning a standing ovation.

Speaking, murkily, through Justice Antonin Scalia, the high court ruled against the Washington teachers' union, aka the Washington Education Association, for its mean-spirited treatment of Gary Davenport, Susannah Simpson, Walt Pierson, Martha Lofgren and Tracy Wolcott. They represent more than 3,000 teachers who have refused to join the WEA. Seven years ago they filed suit against the union. A watchdog state agency launched a companion suit. After losing 6-3 in the state supreme court last year, the joint plaintiffs finally have won an encouraging round.

The facts were never seriously in dispute. The state's public schools employ roughly 70,000 persons. All but 5 percent of them belong voluntarily to the union. Under well-established law, the WEA must serve as collective bargaining agent for the whole unit -- and the nonunion workers, having "opted out" of full membership, must justifiably pay their per capita cost of union bargaining on wages, hours and other working conditions.

There's a sticky point. The union must rebate to the opt-outers any portion of their union dues that is spent on nonbargaining purposes, e.g., for union politicking and picnicking. Individually, the rebates are piddling: \$20 to \$40 per dissenting teacher per year. Multiplied by 4,000 dissident members, and multiplied again by five years, the WEA's accumulated obligation to the dissenters now approaches half a million dollars.

The union understandably hungers to cling to its commandeered gains. The objecting teachers, for their part, naturally want some of their money back. Last year the union won 6-3 in the state supreme court. There a majority held that on a scale of First Amendment rights, the union's weight was justifiably heavier.

Justice Richard Browning Sanders, lustily dissenting, quoted Thomas Jefferson: "To compel a man to furnish contributions of money for the propagation of opinions which he disbelieves and abhors, is sinful and tyrannical." The majority's treatment of this case, said Sanders, "borders on the inexplicable." The right of nonunion employees to refuse to join the union "is protected by the First Amendment right of association."

During oral argument before the U.S. Supreme Court last January, even the court's most liberal members gave the union's counsel a hard time. Notably, Justice John Paul Stevens was especially critical of the union's position. He appeared to favor a rule that would prohibit the union from using "any nonmember agency fee collections for any nongermane purpose at all without affirmative consent." Hypothetically, he wondered about a statute to protect a dissenter who said, "I don't want to spend any more money, give any more money to the union than I absolutely have to."

The union's counsel responded, in effect, blub.

Last week, Justice Scalia was in Jeffersonian accord. "It is undeniably unusual," he wrote, "for a government agency to give a private entity the power, in essence, to tax government employees." Scalia was not impressed by the union's argument that its right of free expression would be gravely impaired by the loss of the dissenters' money: "Quite obviously, no suppression of ideas is afoot, since the union remains as free as any other entity to participate in the electoral process with all available funds other than the state-coerced agency fees lacking affirmative permission."

Last week's high court opinion rests upon a solid foundation of precedent dating from the court's landmark opinion 30 years ago in *Louis Abood v. Detroit Board of Education*. Speaking through Justice Potter Stewart, a unanimous court held that public-sector unions must respect the political rights of their dissenting members: No portion of their union dues may be used for promoting ideological purposes they oppose.

In 1986 another unanimous court, speaking this time through Justice Stevens in what is known as the Hudson case, upheld the right of nonunion teachers in Chicago to a prompt and impartial handling of their grievances. The underdogs are doing well.

It will now be up to the Washington State Supreme Court, on remand, to supervise Justice Scalia's implicit mandate. All parties would be well-advised not to hold their breaths. It likely will be many months before any money actually passes from the union to Gary Davenport and his victorious cohort. Meanwhile, a modest hallelujah may be cried.

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



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# Social Security & You

by David Cardinali, Social Security Public Affairs Specialist for Southern Colorado



## QUESTIONS AND ANSWERS

### DISABILITY

#### Question:

I am only in my twenties. Last month I was injured in an auto accident and unable to work. How old do you have to be to get Social Security disability benefits?

#### Answer:

There is no minimum age, but you must have worked long enough and recently enough under Social Security to earn the required number of work credits. You can earn up to four work credits each year. The amount of earnings required for a credit increases each year as general wage levels go up. The number of work credits you need for disability benefits depends on your age when you become disabled. In some cases for a very young worker, you may only need six work credits — as little as 18 months of work. You can find out exactly how many credits you need to qualify for disability benefits on our website, at [www.socialsecurity.gov/dibplan/dqualify3.htm](http://www.socialsecurity.gov/dibplan/dqualify3.htm). If you don't have enough work credits, you may still qualify for Supplemental Security Income benefits if you are disabled and have limited income and resources. To learn more about benefits, visit [www.socialsecurity.gov](http://www.socialsecurity.gov), or call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778).

#### Question:

I'm getting Social Security disability benefits for myself, my wife and my son based on my severe disability. I also have a daughter by my ex-wife who used to get child support from me when I worked. Now that I'm disabled, can my daughter get benefits too?

#### Answer:

Yes, it is very likely that she can qualify for Social Security benefits. An application should be filed on her behalf and, if eligible, both of your children would receive equal benefits. To learn more about Social Security benefits, visit our website at [www.socialsecurity.gov](http://www.socialsecurity.gov), or call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778).

### SUPPLEMENTAL SECURITY INCOME

#### Question:

Are Supplemental Security Income (SSI) benefits only for people with disabilities?

#### Answer:

No. To qualify for SSI, you must either be blind or disabled or you must be 65 years old. You must also have limited income and resources. To learn more about SSI, visit our online publication, Supplemental Security Income, at [www.socialsecurity.gov/pubs/11000.html](http://www.socialsecurity.gov/pubs/11000.html). You may also call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778) to ask for a copy.

#### Question:

My son has a disability and receives SSI. Last month, a neighbor offered him \$25 to do some yard work. Will this affect his SSI?

#### Answer:

Probably not. Generally, the first \$20 of unearned income and the first \$65 of earned income from work do not count. The income does need to be reported,

however. As long as your son is not receiving more than those limits in a given month, there will be no change in his benefit amount based on his earnings. If the amount earned goes over the limit in some months, we will take \$1 in benefits for each \$2 he earns. To learn more about SSI, visit our online publication, Supplemental Security Income, at [www.socialsecurity.gov/pubs/11000.html](http://www.socialsecurity.gov/pubs/11000.html). You may also call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778) to ask for a copy.

### MEDICARE

#### Question:

I never got around to applying for Medicare Part D, or for the extra help. What should I do now?

#### Answer:

You're in luck! There will be no late enrollment penalties in 2007, for people who qualify for the extra help. This means that if you have limited income and qualify for the extra help but didn't sign up during your initial enrollment period, you can do so now and still not have to pay a penalty. If you do not qualify for the extra help, you must wait for the next enrollment period for the Medicare prescription drug program, and you may have to pay a penalty. For more information about Medicare's prescription drug program and special enrollment periods, visit [www.medicare.gov](http://www.medicare.gov). To learn more about the extra help and to apply, visit Social Security's website at [www.socialsecurity.gov](http://www.socialsecurity.gov).

#### Question:

When I first became eligible for Medicare, I didn't enroll in Medicare Part B. Now that I'm going to the doctor more often, I think I need it. Can I enroll?

#### Answer:

Once your initial enrollment period has passed, the only time you may enroll in Medicare Part B is during the general enrollment period, from January 1 to March 31 of each year. Your coverage begins the following July. If you do not make the deadline on March 31, the next time

you will be allowed to enroll in Medicare Part B will be during the 2008 general enrollment period. Your monthly premium increases 10 percent for each 12-month period you were eligible but didn't enroll. Special rules apply when you have health insurance because of your own or your spouse's employment. You can learn more about Medicare by reading our electronic booklet, Medicare, at [www.socialsecurity.gov/pubs/10043.html](http://www.socialsecurity.gov/pubs/10043.html) or call us toll free at 1-800-772-1213 (TTY 1-800-325-0778) to request a copy. You can also visit the Medicare website at [www.medicare.gov](http://www.medicare.gov) or call Medicare at 1-800-MEDICARE (1-800-633-4227; TTY 1-877-486-2048).

### RETIREMENT

#### Question:

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

#### Answer:

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

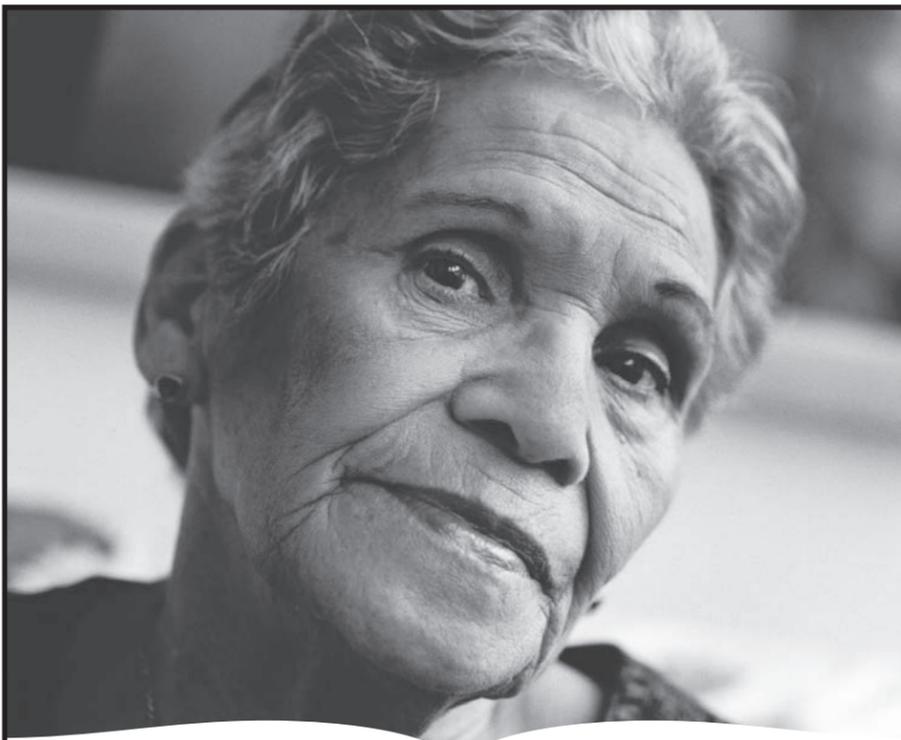
#### Question:

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

#### Answer:

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

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# Grandparenting: Relations Ruled By Fear

**Dear Grandparenting:** I'm the first to admit I've never won any house-cleaning awards. It was all I could do just to keep my kids in line. And besides, no sooner was I done cleaning than my kids messed everything up again. But wouldn't you know that my daughter Janet grew up to become a self-described "clean freak"! Her house is always spotlessly clean.

She's one of these people who run around after you, spray disinfectant in one hand and a cloth in the other, just in case you left some dangerous germs behind.

In her little war against dirt and germs, Janet now won't allow her boy Albert to visit me. Albert happens to be my favorite grandchild. But Janet says my home is unsafe, because it's not spic and span and all cleaned up like hers always is. I think Janet is going overboard, but what can I do? Next thing I know, she'll tell me I'm not welcome at her place either! Kris, Everett, WA

**Dear Kris:** Germs? Get over it! Any microbiologist will tell you we all share our space with trillions of bacteria; just one spoonful of bath water contains over 800 billion. It's an unhealthy fantasy to think you can live in a germ-free zone, but that doesn't stop smart people like Donald Trump from trying. His fear of germs is why Trump typically refuses to shake hands.

Unreasonable fears, called phobias, can be tricky to treat. Try telling Janet the American Medical Association warns against overusing antibacterial products; it promotes the growth of antibiotic-resistant bacterial strains, or "super bugs". She may also need professional counseling. But things could be worse. We've heard of grandparents with phobias of small children - including their very own grandchildren. Talk about

unreasonable fears!

**Grand Remark**

Claire from Piqua, OH emailed us to say her granddaughter gave her some yellow flowers, then asked: "Granny, do the flowers smell yellow?"

**RETAIL RATS**

**Dear Grandparenting:** My wife and I drove 600 miles to visit our daughter's family. We were expecting to take our grandchildren fishing, or get in some quality time taking them on little trips to nearby places. But you would have thought we had some kind of contagious disease for how little they cared about spending time with us. Oh sure, we got to see how our grandkids had grown, and had some family meals together. But their hearts just weren't into being with their grandparents. Every chance they got, they ran off to the big shopping mall. And that's pretty much where they stayed until it closed for the night.

Now I've got nothing against malls. One day, I needed to buy some personal items, so we all drove there in my car. I finished my shopping in 30 minutes, but my grandchildren were just getting warmed up! Why can't today's young boys and girls think of better things to do than fritter their lives away wandering through the world of retail? Harry, Frederick, MD

**Dear Harry:** Few aspects of American life illustrate the generation gap better than shopping behavior. How do most Americans pursue happiness? Typically, they try to buy it - at least until age 65, when researchers say shopping drops substantially.

In our consumer culture, malls are cathedrals of worship. And this summer, as Americans hit the road for family getaways, they won't miss a beat: The Travel Industry of America reports that shopping has become the number one activ-

ity for vacationers! So it's not just kids, Harry. Besides, men never get the hang of serious shopping. Shopping industry analysts say males shop "inefficiently," because they seldom ask for help and don't linger.

**GRAND REMARK**

Emailed from Framingham, Mass.:

"I asked my little grandson about his two-month old brother. 'He's still not walking,' he said. 'Probably too lazy.'"

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# Where Are They Now?

by Marshall Jay Kaplan

## Burt Bacharach

Some people say that if Burt Bacharach was never born, radio stations of the 1960's would have had nothing to play. For literally, 10 years, the songs of Burt Bacharach (and lyricist Hal David) ruled the airwaves. Today, it seems that Bacharach's music is once again everywhere - a revival of sorts.

Born on May 12, 1928 in Kansas City, Missouri, Burt Bacharach always had a gift and passion for music. He studied music and McGill University and the Mannes School of Music. By the mid-1950's until the early 1960's, Burt toured with Marlene Dietrich as her pianist and arranger.

In 1957, Bacharach met lyricist Hal David. The two men hit it off and began a long-term and award-winning musical partnership. Their first big hit was the Number One Marty Robbins country hit, 'The Story of My Life'. Over the next few years, their songs were recorded by the likes of Perry Como and Johnny Mathis, to name a few.

By the early 1960's, Bacharach had written over a hundred songs, with quite a few hits. However it was not until his association with a young Dionne Warwick did he (and Dionne) become legends.

Bacharach's music is both unique and recognizable - his signature style is to incorporate strong chords, peculiar timing, patterns in rhythms and key changes. That being said, at times his music actually overpower the singer. Along came Warwick - a conservatory trained singer with superior range and strength in her voice. Bacharach hired her to produce 'demos' of his songs for other artists to hear. What Bacharach discovered was that Dionne exceeded anything he hear or could even imagine from other artists. What happened next was literally a 20-year collaboration, producing 38 chart singles and 22 Top 40 hits. Close your eyes and listen to the music in your mind play back such hits as 'Alfie', 'Walk on By', 'I Say a Little Prayer', 'Don't Make Me Over', 'Promises, Promises', 'Always Something There to Remind Me', 'Do You Know the Way to San Jose?', 'I'll Never Fall in Love Again', 'The Look of Love', 'House is not a Home' and 'Wishing and Hoping'.

In 1981, Burt won the Academy Award for Best Song - Arthur's Theme The Best That You Can Do (co-written by his then-wife, Carole Bayer Sager). The remainder of the 1980's saw his hit 'ON My Own (Patti LaBelle and Michael MacDonald) and the Dionne Warwick-Elton John-Glady Knight-Stevie Wonder, 'That's What Friends Are For' - where ALL of the records proceeds went towards AIDS research.

From the 1990's until now, it seems that all of today's and yesterday's artists (such as Diana Krall, Elvis Costello, Michael Buble) want to record a Bacharach classic, as many of these artists are producing 'American standard'-type CD's. Even motion picture soundtracks feature Burt's music. Mike Myers has even given Burt a special feature in one of his 'Austin Powers' films.

Bacharach continues to write, record and tour as his legion of fans keep growing. Sadly, his daughter Nikki (from marriage to ex-wife Angie Dickinson) committed suicide earlier this year.

Burt Bacharach has said, 'The groovy thing about pop music is that it is wide open. Anything can happen.' Mr. Bacharach, you definitely have made it happen - we are glad you did not just silently walk on by.'



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  - Most Little Caesar's Pizza locations • Capt. D's • Golden Corral
  - Pueblo Mall (W. entrance) • Canon City - Walden Books • Big D Superfoods-Florence • Pueblo Memorial Airport • Country Kitchen
  - Southwest Grill • Parkview Medical Center • St. Mary-Corwin Medical Center • St. Thomas More Medical Center • Penrose Senior Center • Golden Age Center - Canon City • Florence Senior Center
  - Southern Colorado Clinic • St. Mary-Corwin Medical Building
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# July Pueblo/Pueblo West Community Blood Drive

**For more information or to schedule an appointment at any of these drives please contact Bonfils' Appointment Center at (800) 365-0006 ext. 2 or [www.bonfils.org](http://www.bonfils.org)**

**Pueblo City-County Library District Community Blood Drive**

Monday, July 2 from noon to 3 p.m.  
Located at 100 E Abriendo Ave, 1st floor – Robert Hoag-Rawlings Public Library, Pueblo

**Family Campers and RVers Community Blood Drive**

Friday, July 6 from 10:30 a.m. to 5 p.m. and Sunday, July 8 from 8:30 a.m. to 1 p.m.

Donations inside Bonfils' mobile bus located at 1001 Beulah Ave – Colorado State Fairgrounds, Pueblo

**Colorado Technical University - Pueblo Community Blood Drive**

Tuesday, July 10 from 2 to 6 p.m.  
Located at 1025 W. 6th St., Pueblo

**U.S. Forest Service Community Blood Drive**

Tuesday, July 10 from 11 a.m. to 3 p.m.  
Donations inside Bonfils' mobile bus located at 2840 Kachina Dr., Pueblo

**Pueblo Association of Realtors Community Blood Drive**

Thursday, July 12 from 10:30 a.m. to 12:30 p.m.

Donations inside Bonfils' mobile bus located at 210 N. Santa Fe Dr., Pueblo

**Griffis Blessing Community Blood Drive**

Thursday, July 12 from 11 a.m. to 3 p.m.  
Located at 8th and Main – The Wells Fargo building, Pueblo

**Angelo's Pizza Parlor North Community Blood Drive**

Thursday, July 13 from noon to 4 p.m.  
Donations inside Bonfils' mobile bus located at 1110 W. Hwy 50, Pueblo

**Eagleridge Shopping Center Community Blood Drive**

Saturday, July 14 from noon to 4 p.m.  
Located at 4140 N. Free Way, Pueblo

**Ecumenical Church Community Blood Drive**

Sunday, July 15 from 9:30 a.m. to 12:30 p.m.

Donations inside Bonfils' mobile bus located at 434 South Conquisador, Pueblo West

**National Little Britches Rodeo Community Blood Drive**

**Community Blood Drive**

Monday, July 16 from 11 a.m. to 3 p.m.  
Donations inside Bonfils' mobile bus located at 1001 Beulah Ave – Colorado State Fairgrounds, Pueblo

**"5th & Court" Community Blood Drive**

Tuesday, July 24 from 8:30 to 11 a.m.  
Donations inside Bonfils' mobile bus located at 317 N. Main St., Pueblo

**"4th and Main" Community Blood Drive**

Tuesday, July 24 from 1:30 to 4 p.m.  
Donations inside Bonfils' mobile bus located at 1001 Beulah Ave – Colorado State Fairgrounds, Pueblo

**Pueblo Chieftain Community Blood Drive**

Friday, July 27 from 11 a.m. to 3 p.m.  
Donations inside Bonfils' mobile bus located at 825 6th St., Pueblo

**KMart North Community Blood Drive**

Saturday, July 28 from 11 a.m. to 3 p.m.  
Donations inside Bonfils' mobile bus located at 3415 N. Elizabeth, Pueblo

**First Presbyterian Church of Pueblo Community Blood Drive**

Sunday, July 29 from 9 a.m. to 1 p.m.  
Donations inside Bonfils' mobile bus located at 220 W. 10th St., Pueblo

**DETAILS:**

This summer Bonfils Blood Center wants you to live your life and enjoy all the great activities that summer brings. Whether indulging in cool waves, hot sand and sunny weather of a tropical vacation or backpacking down a winding trail into the depths of a Colorado forest, don't forget to take a little time to make a big difference in the lives of patients by giving blood this summer.

Through August, blood donations can drop as much as 20 percent despite the increased need for blood. By donating, you can give the gift of blood so that others in need can continue to live healthier and happier lives. Just one unit of whole blood can save or enhance up to three lives in Colorado and beyond.

As a thank you for making blood donation part of your summer plans, all donors who give between Sunday, May 20 and Saturday, July 14 will receive a Bonfils t-shirt and between Sunday, July 15 and Saturday, Sept. 8 will receive a Bonfils water bottle. Donors who make two blood donations between May 20 and Sept. 8, will not only receive both

gifts, but they will also be automatically entered into a drawing to win a six-night trip for two adults to Paraiso Del Mar in Riviera Maya, Mexico, generously provided by Apple Vacations. Whole blood

donors are eligible to donate every 56 days.

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

## On Your Toes

by Charles E. Schneider, M.D.

### SOME MYTHS ASSOCIATED WITH FOOT AND ANKLE INJURIES

At any time of the year ankle and foot injuries are common; however, in the spring and summer (especially the summer) there is a marked increase because of the increased activity of individuals. There are more activities, leisure pace and attire which all add to the incidences of injury.

Injuries can include: Sprains, broken bones, dislocations, contusions and other serious injuries. Early treatment is very important. Contact your podiatrist immediately after an injury.

The following are some of the common myths:

**Myth I: It is not necessary to see a doctor immediately for care of a broken toe.**

It is important to get help for a possible broken toe. The sooner this is done the faster the relief. Failing to do so may lead to the improper healing of the bones or incomplete healing. A broken toe left untreated can result in a deformity which will create new problems in shoes or cause pain while walking or while in any weight bearing position.

**Myth II: There is no difference between the terms fracture, break and displaced.**

While all of these terms refer to a broken bone the first two terms, fracture and break, mean the same thing. The term displaced means not only that there is a break in the bone, but the parts are no longer in the same line or position in which they were originally.

**Myth III: If a bone is really broken, the foot can't be moved, and the appearance will change and there will be swelling.**

There frequently is no immediate change in appearance after a break, and movement is still possible. However, with time there may be swelling and discoloration. It is possible to have a chipped bone and have mobility; and no appearance change. Again these breaks should have immediate attention to insure proper healing.

**Myth IV: Apply heat after an injury.**

Heat increases swelling which will, in turn, increase pain.

**Myth V: Wrapping an ankle for a**

*sprained ankle is the only treatment needed.*

This is definitely a myth. The injury should be x-rayed to determine if there are torn or stretched ligaments. This kind of injury can require a cast or some immobilization, and surgery may be necessary.

Preventing injuries can be helped by following some of the following suggestions:

Wear correct shoes and socks for the type of activity. Some activities or sports require specific shoe gear. Shoes which offer good support, provide protection and have a non-slippery sole are better for rough terrain. Because of the dangers of some jobs, whether in the home or out, steel toed shoes are the best for safety sake. Avoid slippery surfaces if possible, and walking in the dark can be particularly hazardous even in as familiar a place as home where many injuries occur.

Do not walk barefoot on streets or sidewalks.

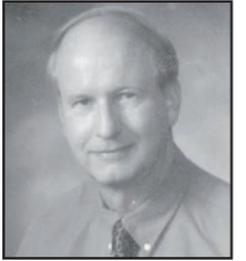
If you have received an injury, the following are suggestions to follow until you can see your podiatrist.

1. Get off your feet.
2. Elevate your feet.
3. Apply cold compresses 20 minutes of each hour.
4. Wear a loose shoe or slipper to the doctor's office.
5. If there is a bleeding wound, clean the area, apply pressure with a towel or gauze, and cover with a clean dressing.

6. Do not open blisters.
7. Do not attempt to remove foreign objects from the skin. They need to be removed by the foot specialist with a sterile instrument.

8. Abrasions can be treated similarly to burns. Clean the area of all foreign particles. Use sterile bandages along with first aid and ointment.

If you have further questions or comments, please feel free to contact: Dr. Charles E. Schneider, D.P.M. 1619 N. Greenwood, Pueblo, CO 81003 or at 719-543-2476.



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## SoCo Companies Committed To Excellence

After months of preparation, ten companies in the Southern Colorado area have qualified to participate in the Better Business Bureau of Southern Colorado's prestigious Excellence in Customer Service (EICS) Program. The companies are:

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- Classic Homes, Colorado Springs
- Gutter Helmet, Monument
- Liberty Heights Retirement Resort, Colorado Springs
- Old World Roofing, Colo Spgs
- Pioneer Services, Colo Spgs
- T-Mobile, Colorado Springs
- Tire World, Colorado Springs
- US Bank, Colorado Springs
- Vectra Bank, Pueblo

Now in its 13th year, the Excellence in Customer Service Program is a way for companies to look at their existing customer service practices, and after a thorough analysis by independent professional evaluators, the businesses are guided through a comprehensive process of improvement.

What makes this particular recognition process different is that the competitors are not competing among each other. They are competing against themselves, looking internally at their existing system with the goal of improving their current processes. Therefore there can be multiple winners.

Many past participant who haven't won say the experience was in-

valuable. And, getting thousands of dollars worth of consulting for a few hundred dollars is an extremely rare business opportunity.

The event will take place at the Sheraton Hotel on Thursday, September 13, 2007. More details to come.

### Residents Receive Flyers to Learn About Sex Offenders for a Fee

It's been reported to your Better Business Bureau that consumers in our area are receiving flyers taped to their doors offering information about sex offenders living in their neighborhoods.

What's unusual is that the flyers are requesting residents pay a fee by providing the company with the customers' credit card numbers, something the public should never do, unless the customer initiates the transaction.

In actuality, it seems that the flyers are nothing more than a scary sales tactic by a Colorado Springs-based Web site called NeighborhoodRedAlert.com.

The truth is that information about sex offenders living nearby is available for free from a number of sources including:

- [www.sor.state.co.us/index.cfm](http://www.sor.state.co.us/index.cfm)
- [www.springspolice.com](http://www.springspolice.com)

Also many individual counties have their own Web sites. If you'd like to check to see if there is a sex offender living nearby, you can check with your local county government site.

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## Health Key To Ozone Norms

### EPA's NEW OZONE STANDARD NEEDS TO CONSIDER ONE THING: PUBLIC HEALTH

by Stacey Simms, American Lung Association of Colorado, - Air Quality Manager 303-847-0271 [ssimms@lungcolorado.org](mailto:ssimms@lungcolorado.org)

The Environmental Protection Agency (EPA) announced the proposed revisions to the National Ambient Air Quality Standards for ozone smog. While the American Lung Association of Colorado is pleased that the EPA is calling for tighter standards, the agency's plan falls short of protecting public health. In addition, we are particularly concerned that the EPA has left the door open to choosing options that are simply not acceptable.

The EPA is proposing to tighten the ozone standard significantly, a move that is essential to protecting the public health. After all, the EPA's own independent science advisors unequivocally emphasized the need for stronger standards in an October 2006 letter to the agency. The independent advisors warned that the ozone smog standard "needs to be substantially reduced" and that there is "no scientific justification" for retaining the current, weaker standard.

Unfortunately, the tightest new standard proposed by the EPA barely touches the more protective levels recommended by these same independent scientists. Under today's proposal, the EPA could tighten the smog standards to 75 parts per billion (ppb), a clear improvement, but far short of the 60 to 70 ppb unanimously recommended by the scientists after they conducted an extensive review of the evidence. Alarmingly, the new EPA plan leaves the door wide open to an option the American Lung Association considers unacceptable: Making no improvements in the standards at all by retaining the current standard. In doing so, the EPA would ignore a decade of research.

"Scientists and health experts have proven that there is no safe level of ozone for anyone. The revised ozone standards EPA is proposing are a step towards cleaner air, but they do not go far enough. The EPA must pay heed to the science and law and must not set a weak ozone standard" says Stacey Simms, air quality manager for ALAC.

According to the Clean Air Act, the nation's landmark air pollution law, our air quality standards must be set at levels that protect public health - including the health of sensitive populations - with an adequate margin of safety. The revised standards the EPA proposes would expand protection to include millions of Americans but, regrettably, would continue to leave millions more unprotected from the harmful effects of bad air.

"In Colorado, there are nearly 100,000 children and 300,000 adults with asthma, and an estimated 400,000 adults with Chronic Obstructive Pulmonary Disease, who face serious health risks from ozone. For these sensitive populations, smog-polluted air can lead to breathing problems, aggravated asthma, increased hospital visits and even premature death. Research also shows that even infants, seniors and active adults who have no health concerns are at risk of health damage from ozone. We feel that by leaving less than protective health standards on the table, the EPA is not meeting its charter to protect the health of everyone," states Curt Huber, the executive director of the ALAC.

In the coming months, EPA will conduct public hearings on the issue. The American Lung Association will be there to urge adoption of substantially stronger ozone standards that follow the law and the science. The final ozone smog standards are too critical to the health of millions to do otherwise.

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# Stick With A Few Of Your Favorite Things

by Bill LaHay

Name some favorite foods: dark Belgian chocolate, a great steak, fresh peaches, homegrown tomatoes. These are just a few items on my short list, but I'd never mix them together to serve in a casserole. Some wouldn't even work as part of the same meal, so I enjoy them alone or with things that make for a better pairing.

The same sensible restraint applies to home design. Every space or structure has multiple "ingredients" that work together to create the right design recipe.

Getting the mix right is a balancing act where each item or feature has to work in context with the others. Some are like spices best used sparingly, while others are staples you can pile on generously.

Most people have diverse tastes when it comes to architectural and design elements, but just because you like a variety of looks or styles doesn't mean they should all be featured in your home simultaneously, especially within the same room. Even deliberate mixes of various styles, typically called eclectic, need some discipline and balance to work well.

Good eclectic design sometimes looks random and informal, but it's usually not. It's true that rigid rules about mixing and matching do not apply, but there is a method to the madness, and that method is about orchestrating what your eyes and brain notice, in what order and why.

The best spaces feature a harmony that emerges from clear priorities. There will often be a dominant focal point such as a fireplace or a kitchen island, where your eye will go first when you enter the room. Then you'll notice some other strong elements -- a rich paint color on the walls, detailed millwork or flooring, great texture on an upholstery fabric or on window treatments.

Finally, there will be small surprises -- sculpted cabinet pulls, a subtle rug border -- that you come across as you spend more time in the room. The key is that you enjoy these elements in a repeating sequence as your eye moves around the room, lingering on the good stuff but never getting overwhelmed or hijacked by a garish color or a domineering accessory.

By contrast, strong but undisciplined designs have a chaotic and unsettling effect. So many things are compet-

ing for your attention that it's impossible to let your eye rest anywhere before moving on.

Overwrought designs often happen when people inadvertently try to include too many of their favorite things in one place. Embarking on a kitchen remodel, they come across a beautiful contemporary glass tile for the backsplash, pick out a porcelain farmhouse-style sink like their grandparents had, and buy a suite of sleek stainless-steel appliances.

Then there's the Tuscan-style cabinetry with the bronze hardware -- reminiscent of their honeymoon to Italy -- plus the trendy low-voltage track-lighting system and the wide-plank pine flooring to match what's in the family room.

Curious about the final look? Keep waiting, because you won't see this kind of remodeling in any legitimate magazine on the subject, except perhaps in the "Never Do This" section.

So how do you get the right balance and still have your home reflect who you are? The easy answer is to hire a professional designer to help with the array of color and materials choices that any remodeling project involves. Even



*Despite its small size, this bathroom still has space for three strong design elements -- the lighted vertical shelf bay, the high-contrast striped tile wall and a wood console vanity that injects bright, warm color into the mix of neutrals. Secondary features include the stainless mirror frame and faucet, the tile floor and the white towels. Proper balance allows all these elements to work together, creating interest but not visible chaos.* photo: Kohler Co.

if it's just a single consultation, this is money well spent.

You'll notice also that good designers create a design board, a working palette of paint colors, trim materials, surfaces, fabrics and textures that are assembled together. Seeing the individual elements in their collective context reveals how they'll work together.

But to hone your own sense of what might work in your home, do a few simple exercises to demonstrate how you instinctively react to different decor elements. First, squint until your eyes are nearly shut, and "look" at the room around you. You'll detect only extreme contrasts of light and dark, typically window and door openings.

This is also what you'll see first with your eyes wide open, but the squinting trick makes smaller elements disappear and helps eliminate the distractions. Next, open your eyes just slightly so that everything is still blurry but you begin to register colors.

The most vibrant or intense hues will appear first. You might also see some heavy textures, because they create prominent patterns of light and shadow. Now look at that same room with your eyes open, focusing especially on the elements that caught your attention during the squinting exercise. After those register, are there secondary features that your gaze wanders upon?

Practice this exercise in different environments and you'll be much more conscious of the things that compete for your attention. Then it's easier to see your own home that way. If there are too many attractions or focal points, or there is no natural hierarchy, odds are good that some culling is due.

Finally, when you assemble the ingredients for a new project -- interior or exterior -- group them together so that you can see how they interact. Context is everything, and it will steer you toward better choices early in the process when you have more options and less invested.

For more emphasis, use intense colors, heavy textures and glossy surfaces that reflect light and get your attention. To tone some things down, try muted colors, smooth surfaces and matte finishes.

To begin, limit yourself to three elements in each category. You might have to save a favorite color or material for another day, but just think of it as inspiration for starting your next project.

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# Traveling: There's Nothing Like A Holiday!

## You're Chilling At The World's Coolest Bar

by Elliott Hester

STOCKHOLM -- Wearing a shiny silver poncho and black ski gloves, courtesy of the drinking establishment, I ordered a cocktail from the bartender. She poured a vodka and fruit juice concoction into a glass and offered a frigid smile.

Holding the glass clumsily between gloved hands, I turned, leaned against the bar and felt chills run up my spine.

After all, the bar had been carved from a gigantic block of ice. In fact, my glass was made of ice. The wrap-around sofa, twin cocktail tables, walls -- every feature of the lounge (except the floor and ceiling) had been built entirely from clear Swedish ice.

Coldly conceived and aptly named, Icebar might be the coolest bar on Earth.

Located just off the lobby of the Nordic Sea Hotel, Icebar welcomes more than 100,000 visitors each year. The \$22 entry fee includes cold-weather clothing and one Absolut vodka cocktail. Guests are limited to 45-minute shifts. Wearing identical ponchos and gloves, they enter through an airlock that prevents the 23-degree air from escaping.

My shift at Icebar was indeed a chilling experience. When I stepped inside on an unseasonably warm day in April, the sudden drop in temperature was like a cold slap in the face. Approximately 15 guests were already mingling. Some sat on the ice sofa, which was covered with reindeer pelts. Others stood at the ice bar, sipping vodka drinks served "in the rocks" (in ice glasses) rather than "on the rocks."

I walked around the igloolike room, touching the ice walls with my bare

hand and staring through the crystal-clear ice furniture. At one point, the voice of rapper Vanilla Ice popped into my head. Lyrics from his 1990s hit "Ice Ice Baby" made me clench my teeth and shiver.

Icebar's entire interior comes from the Torne River, 125 miles north of the Arctic Circle in Swedish Lapland. The water is so pure that when it freezes, the ice is completely transparent. The clear ice is harvested from the river, sculpted on site and shipped to Stockholm in refrigerated containers.

The world's first Icebar was constructed in 1994 at the Ice Hotel. Located in Jukkasjarvi, Sweden, on the banks of the Torne, the hotel, like the bar, is made entirely of river ice. The property is built each winter. Every spring, the hotel melts.

Icebar Stockholm opened its doors in 2002. It's a collaboration between the Nordic Sea Hotel, Ice Hotel and Absolut, the Swedish vodka company. Hailed as the world's first "permanent" Absolut Icebar, the Stockholm franchise is open year around.

Absolut Icebar franchises have since opened in Milan (2004), London (2005), Tokyo (2006) and Copenhagen (April 2007). In June, the latest Icebar was to be unveiled in Shanghai, China.

At each location, the air temperature is maintained at a constant 23 degrees Fahrenheit. Every six months, when a new shipment of sculpted ice arrives from Sweden, each location is totally redesigned.

Due in part to the success of Absolut Icebar, subfreezing watering holes are popping up everywhere. In Paris, there's Ice Kube. The \$50 entrance fee includes all the Grey Goose vodka you can drink. But guests have only 30 minutes in



The Absolut Icebar in Stockholm is constructed almost entirely of ice. photo: Elliott Hester

which to consume.

You can go glacial at Ice Club in Warsaw, get your chill on at Xtracold in Amsterdam, or freeze to the beat at Arctic Icebar (it's inside Uniq Nightlife nightclub) in Helsinki, Finland. Boasting five locations in Australia and New Zealand, Minus 5° (Celsius) plans to open a frosty drinking outpost on Grand Cayman Island in the Caribbean.

I wouldn't (and couldn't) spend the entire evening in a subfreezing drinking environment. But for 45 minutes, it's a cool experience. Just remember to hold on to your drink. Thick ski gloves and slippery ice glasses don't mix.

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

### IF YOU GO

From Stockholm to Sydney, here's a sampling of subfreezing ice bars. Admission price for a 30- to 45-minute session includes cold-weather clothing rental and one drink, except where noted. (To call from the United States, dial the international dialing code 011, followed by the number.)

-- Absolut Icebar (Nordic Sea

Hotel): 2 Vasaplan, Stockholm, Sweden; (46) 8 5056-3000 or [www.absolut.com/icebar](http://www.absolut.com/icebar), \$22. For information about the Ice Hotel, visit [www.icehotel.com](http://www.icehotel.com).

-- Minus 5°: 2 Opera Quays, East Circular Quay, Sydney, Australia; (61) 2 9251-0311 or [www.minus5experience.com](http://www.minus5experience.com), \$25.

-- Ice Kube Bar (Kube Hotel): 1-5, Passage Ruelle, Paris, France; (33) 1 4205-2000 or [www.kubehotel.com](http://www.kubehotel.com), \$50 includes unlimited Grey Goose vodka drinks.

-- Arctic Icebar (Uniq Nightlife nightclub): 5 Yliopistonkatu, Helsinki, Finland; (358) 9 278-1855 or [www.uniq.fi](http://www.uniq.fi), \$14.

-- Chill On: 296 Russell St., Melbourne, Australia; (61) 3 9663-3877 or [www.chillon.com.au](http://www.chillon.com.au), \$23.

-- Ice Bar (Kaffi Reykjavik): 2 Vesturgata 101 Reykjavik, Iceland; (354) 552-3030 or [www.kaffireykjavik.is](http://www.kaffireykjavik.is), \$20.

-- Ice Club: 61 Ul. Panska, Warsaw, Poland; (48) 2 2654-5634 or [www.icebar.com.pl](http://www.icebar.com.pl), \$3.50, drink not included.

-- Xtracold: 194-196 Amstel Amsterdam, Netherlands; (31) 2 0320-5700 or [www.xtracold.com](http://www.xtracold.com), \$20.

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# Well Dressed Garden: Living Architecture In The Garden

by Marty Ross

Good gardens are full of living architecture. The sculptural forms of architectural plants define a garden and establish its character and mood.

Garden designers look for plants with striking presence to give their landscapes great substance, style and polish. Large plants come first to mind as architectural specimens, but it is important to take a wide range of sizes and shapes into consideration.

"You have to use color, form and texture and create a dialogue with the architecture of a site," says Brian Kissinger, owner of Thomas and Todd in Paradise Valley, Ariz.

Kissinger loves to work with magnificently sculptural palm trees and the chiseled shapes of agaves in his desert gardens, playing their forms and colors against the clean lines of modern regional architecture.

Good design isn't plant-specific, and in any climate, the most successful designs will juxtapose bold architectural plants and less assertive selections, says Kissinger, who previously lived and worked in Kansas City, Mo. There he often planted blue Atlas cedars, yews and river birches and sketched scrollwork parterres in liriopie.

Liz Innvar, a garden designer who works with clients in New York, New Jersey and Connecticut, uses traditional plants with panache. She likes classic landscape plants with striking forms, she says, "and I like the idea of contrasting architectural plants with something softer. The key is to find a balance."

Boxwood is one of her favorites. She frequently uses it as a building block for her designs. Like Kissinger, she likes to put the strong shapes of boxwoods together with plants with looser habits, adding a bit of color with perennial flow-

ers. "I like to play with formal and informal shapes and the wonderful contrasts you can create with it," she says.

Innvar teaches garden-design classes at the New York Botanical Garden, usually in the winter, when her clients' gardens are resting. She has an experienced gardener's appreciation of perennial plants and the impact they can have in a garden design. She likes to place plants with small leaves next to large-leaf specimens with strong shapes -- a gaura, for example, with its dancing white or pink flowers, by a bold, big-leafed acanthus.

It's often the foliage, not the flowers, that make the biggest impression in a perennial garden, Innvar says.

"I love Rodgersia for the texture of its leaf," she says. "I love the way light plays along the surface, and I use it in all kinds of different situations."

Architectural plants can be a focal point or a destination, just like a pergola or an arbor would be, or they can be attention-grabbing accents. When they're planted thoughtfully they cast arresting shadows that change through the seasons. They can take their places gracefully in a mixed border or stand out starkly against the surrounding scenery.

In Kansas City, Kissinger's garden was a dense woodland full of surprises tucked under the canopy of huge old oaks. In Arizona, he lives with towering date palms. The effect is not dissimilar, he says.

"Your eye can't help but move from one palm to the other, and, just like the oak trees, they lift you up, and they have a canopy that caps it off -- so it's still an intimate experience, even though the trees are huge," he says.

Through her design classes, Innvar has learned that gardeners need practice working with scale, and that people who love plants struggle to limit their selections and make disciplined choices.

Clustering several identical plants together helps new gardeners overcome the tendency to line everything up, she says, and limiting your choices will bring the garden into focus. Too many different plants lead to what she calls "dot-and-dash landscaping."

"Make up a plant list and figure out the scale of each clump, then be careful not to have all the clumps be exactly the same," Innvar says. Let a cluster of architectural plants, like Inula helenium, which has leaves up to 2 feet long and flowers that stand 4 to 6 feet tall, strike a bold stance in the landscape. But then balance it with a larger grouping of something softer, like nepeta (catmint).

For inspiration, both Innvar and Kissinger say they study nature and natural plant groupings. The best designs, Kissinger says, "look like somebody did



Architectural plants can transform a good garden into an unforgettable one. Your climate and your garden's style will influence the plants you choose. For the best effect in any climate, strike a balance between bold architectural plants and softer forms. photo: Brian Kissinger

it, somebody with a good eye -- and that's nature."

## The Designer Touch

Garden designers use plants with striking, almost architectural forms to define the spaces and establish the character of a garden. Here are some ideas from Brian Kissinger, owner of Thomas and Todd ([www.thomasandtodd.com](http://www.thomasandtodd.com)) in Paradise Valley, Ariz., and Liz Innvar ([www.lizinnvar.com](http://www.lizinnvar.com)), who designs gardens in the New York area.

-- Boxwoods, yews and other evergreens often have striking character and work well as dominant, architectural plants.

-- Place these architectural plants carefully, Innvar says. "They become the bones of the garden, and you really want to get them set right," she says.

-- Try putting plants with small leaves and flowers right next to plants with strong shapes and forms.

-- Many herbaceous plants have great architectural presence, Innvar says. She likes Crambe cordifolia, Rodgersia, Acanthus and Inula helenium. Hostas are another possibility, but "I think we can do better," she says.

-- Don't neglect borrowed views. There may be fine specimens or groups of trees nearby that can be framed in a thoughtful design.

-- Let your design emphasize the strong horizontal or vertical lines of your house, Kissinger says.

-- Remember that shadows can be important elements in your design. Imagine, for example, the outlines of a palm cast by the setting sun on a wall.

-- Plants that you'll see up close should be especially beautiful.

"The plants you see all the time really do become part of the architecture of your garden," Kissinger says. "They have to be strong, and they should look good all the time."

# Seaside Amusement Park

by Jay Clarke

SANTA CRUZ, Calif. -- It's a throwback to happy times. You can take a gentle spin on an old-fashioned carousel or a wild ride on a wooden roller coaster, try your hand at dozens of arcade games, visit a haunted castle and snack on salt-water taffy and deep-fried Twinkies.

And this year, the Santa Cruz Beach Boardwalk is celebrating its 100th anniversary with special events, including free performances by the famed Moscow Circus from July 8 to Aug. 28 and 1907 ride prices on certain evenings.

As the last remaining seaside amusement park on the Pacific Coast, the Santa Cruz Beach Boardwalk occupies a special place in the hearts of Californians. And it is enjoyed by all ages.



The Loeffl Carousel, a National Historic Landmark, is the oldest ride at Santa Cruz Beach Boardwalk. It has been twirling visitors since 1911. photo: Jay Clarke

"We've been there many times with our kids, but it doesn't matter how old you are -- young or old," says Wendy McAndrews, who lives in Prunedale, about 35 miles from Santa Cruz. "It's

SEE 'MILESTONE' PAGE 21.



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# Finances: Create Wealth

## Here's Your Guerilla Guide To Senior Discounts

by Janet Groene

"We are constantly surprised by how many stores, companies and agencies offer senior discounts if you ask!" marvels travelwriter Judith Babcock Wylie, author of Best Places Destinations: Central California Coast. "We've even been offered a senior discount by our heating/plumbing furnace service."

Wylie and her husband discovered a dirty little business secret. Senior discounts are never offered, but ask for one and you may see 10 percent or more melt instantly off your bill. Any bill. And you don't even have to be 65, or retired, or have gray hair.

Discounts start kicking in at age 50 if you join AARP, and AARP discounts also apply to a spouse of any age. A businesswoman whose husband is 15 years her senior enthuses, "I just love booking business travel at a 20 percent senior discount and I'm only 39."

Richard Burg, age 68 and a col-

lege professor in Phoenix, loves retiree deals, especially Southwest Airlines' senior fares. They're also a hit with Ida Hawkins, who has homes in Florida and in upstate New York. Thanks to Southwest's low one-way fares, she doesn't have to commit to a return date months in the future, nor tie up money in a round-trip ticket.

"I'm 62," says Joan Price, author of Better Than I Ever Expected: Straight Talk about Sex After Sixty (Seal Press). "I accept all advertised senior discounts and if a discount isn't advertised, I ask if there is one. My vet surprised me with a 10 percent discount after I asked." Price has found discounts at age 50, 55, 59, 60 or 62. "I know some people don't use the discounts out of vanity but puh-lease," she snorts, "Do you really think the teenage clerk cares if you're 50 or 60? You're ancient in her eyes anyway!"

Anne Hart, 65, lives frugally on royalties from her 68 books including How to Interpret Family History and Ancestry DNA Test Results for Beginners: The Geography and History of Your Relatives (ASJA Press, iUniverse.com). She takes advantage of senior bus fares to escape mid-day heat by going to a mall, free church concert, the library or other air-conditioned public place. A vegetarian, she comments, "My favorite discounts are the Fresh Choice restaurant senior discount that starts at age 55 and Ross Dress for Less senior discounts on Tuesdays."

Not everyone uses senior discounts. "My 65-year-old mother would die before she'd ask for a senior discount," observes one daughter anonymously. "She prides herself on looking younger than her age. When she's mistaken for my sister, it makes her day." Another daughter says her 77-year-old father got a tremendous kick out of being "carded" when he asked for a senior discount.

Face it. Your hair dresser already knows that you

touch up the gray, the airline requires picture ID that shows your age, and your age is in the files of almost everyone you deal with medically or financially. In many cases you're already outed, so you may as well ask for the discount.

Call it good sense or call it chutzpah. In Nassau County NY, a woman whose diabetic dog requires a very expensive insulin asked her pharmacist for a senior discount because her 11-year-old dog was 77 in people years. She got it!

### 10 STEPS TO SENIOR SAVINGS

1. As soon as you turn 50, be alert for senior discounts. Ask your bank if you qualify for free checking, a lower interest rate on your credit card or cheaper rent on your safe deposit box. Ask at businesses such as your hair salon, yoga studio, optician, dentist or auto service. There aren't many discounts just yet but ask again at ages 52, 55, 60, 62 and 65 and watch savings mount. Some things, such as the occasional ski lift ticket or bus pass, become free after age 70 or 75.

2. Even if you don't subscribe to AARP's political views, consider joining to take advantage of their discounts and group insurance rates.

3. If a senior discount policy isn't posted or advertised, ask. Also check the Yellow Pages, where senior discounts are often advertised by small, independent businesses.

4. Play by the rules. You may need a coupon or membership card (usually free or for a token fee). The discount may apply only on certain days or you may have to eat during specified hours. Be flexible; policies change. Proof of age may be required.

5. Tip according to what the bill would have been without the senior discount. It isn't fair to penalize the server or stylist for your good fortune.

6. In many dealings, such as home improvements or carpeting cleaning, it's best to get a complete written estimate first, before asking for a senior discount. Otherwise you can't know whether the estimate was kited to make up for the "discount".

7. At many franchise eateries and businesses, individual owners set their own senior discount policies. Don't expect all Taco Bells or Burger Kings to offer the same deal.

8. Golden Age Passports are federal discount cards for U.S. citizens who are aged 62 or better. A lifetime purchase,

the card is good at national parks, sites and forests. If you're permanently disabled, a Golden Access Passport is free at any age. Apply at any national park entrance or national forest district ranger station.

9. The rate schedule for state resident hunting and fishing licenses is complicated but in most states a price break is available for those who are over a certain age or are disabled. Your home state may also give you a break on state park fees.

10. Keep your cool. Mistakes or misunderstandings happen. The more upbeat and positive an experience this is for both you and the merchant, the easier it will be for next senior who asks for a discount.

### Sampling Of Discounts

Here's just a small sampling of national businesses that may offer senior discounts. Check ahead. Not every location has the same senior deal and some have none at all. Senior discounts are posted at almost all admissions windows (museums, attractions, some theme parks) and are usually listed on their websites. At non-chain businesses, ask and keep asking.

#### Business

#### A Typical Deal

Chili's - Some locations offer a 10% discount at 55

Cracker Barrel - People age 50 can order from the children's menu

Golden Corral - 60 cents off entree at age 60

Goodwill Industries - Discounts at age 55 on certain days

IHOP - Varies but there's a senior menu with smaller plates

Jiffy Lube Service Center - 10% service, usually at 55

LensCrafters - At 65 get 10 to 20 percent off

Midas Auto Service Experts - 10% off parts and/or service at 55

Ross Dress for Less - 10% off Tuesdays at 55

Sally's Beauty Supply - Store policies vary but discounts start at 55

Saturn dealers - May offer 10% off repairs and service at age 60

TCBY - Varies, often 10% at age 55

Village Inn - 10% off at age 60

Wendy's - Varies, usually 10% or discounted beverage at 55

About the Author: Janet Groene is author of *Fantastic Discounts & Deals for Anyone Over 50* (Cold Spring Press).



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## Courts

from page 7.

The original Jones Act never defined "seaman," but several Supreme Court opinions subsequently have put flesh on the bones of the noun. A seaman "must have an identifiable connection to a vessel in navigation," and the connection must be "substantial in terms of both its duration and its nature." Moreover, the

subject employee must contribute to the "function of the vessel or to the accomplishment of its mission."

What is a vessel? The Iowa court looked to a Supreme Court case just two years ago that involved a huge dredge in the Boston harbor. This clumsy but indispensable silt-remover had "certain characteristics" common to seagoing ships, e.g., a captain, a crew, navigational lights and a ship's mess. On the other hand, the SuperScoop could move only short distances by manipulating anchors and cables. For anything more than 30 to 50 feet, the dredge had to rely on a tugboat.

The question was whether Willard Stewart, a marine engineer aboard the dredge, could recover under the Jones Act for the serious injuries he had suffered in an accident. The high court held, 8-0, that he could. The law does not require that a "vessel" be used primarily for "transportation" on water. Neither must a vessel be moving at a critical juncture: The law is served by vessels that only stand and dredge.

Let me urge the court: Take the case from Iowa! How could the women be sailors when they never left the shore?

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# Cooking From A to Z: Nectarine Desserts Are Great

by Annette Gooch

The most obvious distinction between a nectarine and a peach, to which it is closely related, is the nectarine's velvety smooth skin rather than fuzz. But the nectarine has other charms that account for its appeal.

Like peaches, fine nectarines have a heady perfume and juicy, luscious flavor. Indeed, they can be used any way peaches can -- in tarts, pies, cobblers or homemade ice cream and smoothies. And since they're fuzzless, they can be eaten out of hand without first being peeled.

A sweet, fruity fragrance and soft skin colored bright orange-gold with a red blush are key clues to finding ripe nectarines. Since they develop their juiciness as they ripen, a reliable ripeness test at the produce market is to hold a nectarine in your palm and gently close your fingers around it. If it is ripe, the fruit will yield slightly to gentle pressure; it shouldn't feel overly soft. Well-colored nectarines that feel firm or even moderately hard will typically ripen nicely within two to three days at room temperature.

### SUCCESS TIPS:

-- July through September is the peak season for domestic nectarines, although some varieties come onto market earlier.

-- When selecting nectarines, look for brightly colored skin and fruit that is free of cracks or punctures. Avoid nectarines that are dull-skinned, very

hard, very soft or shriveled.

-- Nectarines, like peaches, can be clingstone (with a pit that must be cut out) or freestone (with a pit that is easily removed), although freestone is more common.

-- To retard browning in cut nectarines, sprinkle or toss them with lemon juice.

This dessert looks extra-special but is quick and easy to prepare, since it requires no cooking. If nectarines aren't in season, try the recipe with fresh peaches.

### FROZEN NECTARINE TORTE

6 to 8 ripe medium nectarines, peeled, pitted and chopped  
1 cup sugar  
1 tablespoon lemon juice  
1 cup whipping cream  
1 cup macaroon crumbs

1. Mash prepared nectarines with sugar and lemon juice, mixing well. Whip the cream to soft peaks and fold into nectarines.

2. Sprinkle 1/2 cup of the macaroon crumbs into bottom of a tightly lidded 1-quart freezer-proof bowl or container. Pour in nectarine mixture and top with remaining crumbs.

3. Freeze until firm. Slice to serve.

Serves 6 to 8.

This combination of fruits makes a colorful, tasty pie. The pastry recipe given here, which uses oil rather than

butter or shortening, produces a crust that is crumbly rather than flaky. To make working with oil pastry easier, roll it out between two sheets of parchment paper, waxed paper or aluminum foil. A milk-and-sugar glaze gives the latticed upper crust an appetizing browned finish.

If you prefer, substitute your favorite flaky pastry recipe or purchase two frozen 9-inch pastry crusts, using one to line the pie pan and the other for the lattice upper crust.

### NECTARINE-CHERRY PIE

2 cups plus 2 tablespoons unbleached flour  
1/2 teaspoon salt  
1/2 cup safflower oil  
4 tablespoons cold water  
6 to 8 ripe medium nectarines, peeled and pitted  
1 1/4 pounds sweet cherries, pitted and halved  
1/2 lemon, juiced  
5 tablespoons sugar  
1 tablespoon kirsch or cherry liqueur (optional)  
1/2 teaspoon almond extract  
1 tablespoon milk

1. Sift the 2 cups flour with salt into a large mixing bowl. In a small bowl, mix oil and the cold water. Stir wet ingredients into dry ingredients, using as few strokes as possible to blend.

2. Divide dough into thirds. Form two-thirds of the dough into a flattened round and place between two sheets of parchment paper (or waxed paper or aluminum foil). Rolling from the center of dough to the edge, roll dough into a 9-inch circle about 1/4 inch thick, rotating dough on the parchment so that you are always rolling away from yourself.

3. Place dough (still on the parchment) on a flat baking sheet. Remove top sheet of parchment. Place a pie pan upside down over pastry (which is still on baking sheet). Invert pie pan, the dough on the parchment and baking sheet together. Carefully remove baking sheet and peel away parchment from dough.



A visual clue to ripeness in nectarines is bright orange-golden skin blushed with red. photo: Lifestyle Media Group

Gently shape pastry, fitting it into pan. Prick crust in several spots, and refrigerate to rest dough for 30 minutes.

4. Preheat oven to 375 degrees. Slice each nectarine into about 8 sections. In a 2-quart mixing bowl, toss cherries with nectarines. Add lemon juice, 4 tablespoons of the sugar, the 2 tablespoons flour, kirsch (if used) and almond extract. Stir to combine and place fruit mixture into dough-lined pie pan.

5. Roll remaining one-third of dough between sheets of parchment into a 9-inch circle, as directed above. Cut dough into strips 1 1/2 inches wide. Lift strips with a long, thin metal-bladed pastry spatula or the thin edge of a rimless baking sheet. Weave strips in a lattice pattern atop the fruit-filled pie. In a small bowl, whisk milk and remaining tablespoon of sugar, and brush onto lattice strips to help brown them.

6. Place pie on a baking sheet to catch any bubble-overs and bake until crust is light brown (55 to 60 minutes). Cool for at least 10 to 15 minutes before serving. Serves 8.

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

- JULY 2:** Turkey/Rice/Cheese Casserole, cornbread, pickled beets, PA upside down cake.
- JULY 3:** BBQ Chicken, Baked beans, creamy coleslaw, wheat bread/marg., fruit pudding.
- JULY 4:** Pot Roast, w/potatoes/carrots/onions, mixed green salad/Italian drsg, banana cake.
- JULY 5:** Cream Vegetable Soup, roast beef sandwich, mixed green salad/ranch, wheat bread/marg., banana.
- JULY 6:** Sweet/Sour Pork/Rice, zucchini/tomatoes, waldorf salad, wheat bread/marg., cranberry fluff.
- JULY 9:** Chicken Cacciatore, Linguine, broccoli, wheat bread/marg., PA upside down cake.
- JULY 10:** Roast Beef/Gravy, mashed potatoes, peas/carrots, wheat bread/marg., plums.
- JULY 11:** Baked Ham, confetti rice, peas, pineapple slaw, wheat bread/marg., plums.
- JULY 12:** Salisbury Steak, mashed potatoes, carrots, waldorf salad, wheat bread/marg., watermelon.
- JULY 13:** Hot Turkey Sandwich, mashed potatoes, harvard beets, wheat bread/marg., cranberry/orange mold.
- JULY 16:** Spicy Sausage Patty, parslied noodles, cabbage, carrot raisin salad, wheat bread/marg., chilled plums.



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\*\* For one year if available

- JULY 17:** Breaded Fish/Lemon Juice, tator tots, peas, cukes/onions salad, wheat bread/marg., apricots.
- JULY 18:** Lasagna, broccoli, lime carrot salad, wheat bread/marg., apri-

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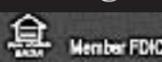
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- ots.
- JULY 19:** Beef Tips/Gravy, mashed potatoes, zucchini, wheat bread/marg., orange/carrot gelatin.
- JULY 20:** Beef Stew, confetti rice, basil

- green beans, wheat bread/marg., gingerbread/lemon sauce.
- JULY 23:** Roast Beef/Gravy, mashed potatoes, stewed tomatoes, carrot raisin salad, wheat bread/marg., chilled plums.
- JULY 24:** Meatloaf/Tomato Sauce, parslied noodles, peas, wheat bread/marg., apple juice.
- JULY 25:** Turkey Tetrazzini, carrots, zucchini, cukes/onions salad, wheat bread/marg., applesauce cake.
- JULY 26:** SRDA's Spicy Pork, au gratin potatoes, california blend, wheat bread/marg., ambrosia.
- JULY 27:** Green Chili, garlic mashed potatoes, mexican corn, wheat bread/marg., blueberry crisp.
- JULY 30:** Honey Mustard Chicken, stewed tomatoes, basil green beans, wheat bread/marg., cherry coffee cake.
- JULY 31:** BBQ Beef Sandwich, baked beans, spiced fruit mold, blush pear dessert.
- AUG. 1:** Roast Turkey/Gravy, orange glazed sweet potatoes, broccoli, wheat bread/marg., cranberry orange mold.
- AUG. 2:** Roast Beef Sandwich, washington chowder, pickled beets, strawberries/PA.

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# Senior Community Update



**CENTURA HEALTH LAUNCHES VIM & VIGOR MAGAZINE**  
Pueblo, CO --- What does St. Mary-Corwin Medical Center and the cast of Grey's Anatomy have in common? They are both featured in the inaugural issue of Vim & Vigor! The new regional publication is published quarterly with an emphasis on healthy living in Colorado. Local articles feature medical experts from St. Mary-Corwin, Penrose-St. Francis Health Services in Colorado Springs and St. Thomas More Hospital in Canon City.

The summer issue includes local information on the health system's "Speak Up" program, precautions for summer athletes to take with fun in the sun, diabetes programs in the area, as well as an "ask the experts" segment on keeping your skin safe from skin cancer. For more information, or to receive a complimentary copy of Vim & Vigor, call (719) 557-3814.

**PUEBLO STEPUP FREE COMMUNITY WELL-BEING CLINICS**

- McHarg Park Community Center** - Avondale - Monday, July 9th 9:00-11:30 am
- Vail Hotel** - Tuesday, July 10th 9:00-10:30 am
- Hyde Park Community Center** - Tuesday, July 10th 1:00-2:30 pm
- Joseph Edwards Senior Center (SRDA)** - Wednesday, July 11th 9:45-Noon
- Mineral Palace Towers** - Thursday, July

- 12th 9-11:30 am
  - Memorial Recreation Center - Pueblo West** - Thursday, July 12th 8:45-10:45 am
  - Park Hill Christian Church** - Monday, July 16th 10:00-Noon
  - Minnequa Park Apts.** - Tuesday, July 17th 9:00-11:30 am
  - Mesa Towers Apt.** - Wednesday, July 18th 9:00 - 11:30 am
  - Ogden Apartments** - Thursday, July 19th 9:00-10:30 am
  - Fulton Heights Community Center** - Thursday, July 19th 1:00-2:30 pm
- \*All locations are open to the general public for these clinics.

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

**SOUTHERN COLORADO CLINIC ANNOUNCES THE OPENING**

Of a second Urgent Care facility in Pueblo, Colorado. Southern Colorado Clinic opened a second Urgent Care facility on June 17, 2007 at 3937 Ivywood Lane Pueblo, Colorado 81005. In addition to the current Urgent Care located at 3676 Parker Blvd., Pueblo, Colorado, the second location on Pueblo's south side, gives patients additional flexibility when choosing an Urgent Care to receive their healthcare.

Contact Kim Garnett, Southern Colorado Clinic, at 719-553-2200 or email to kgarnett@scc.md.

Southern Colorado Clinic has been in business in the Pueblo area since

1970 and in the Urgent Care business since 1985. The clinic provides medical services to Pueblo and the surrounding southern Colorado area.

**OWLS NEWS**

Join the OWLS. We're a hoot! Bridge: Patty Bridge, 547-1822. Duplicate bridge, 562-0937. Christian singles (PW), 547-9787. Creative writing, 547-0250 or 583-2885. Creature comforts, 671-2030 or 543-4750. Day trips, 547-8181. Dominoes, 543-6926. Dream appreciation, 583-2885. Fine dining, 546-6189. Genealogical society, 545-6326. Theater...Music, 545-2803. Movies, 543-6657.

**GENEALOGY SOCIETY**

The Southeastern Colorado Genealogy Society holds regular meetings on the second Saturday of the month at 2:00pm in Meeting Room "B," Robert Hoag Rawling Public Library, First floor, 100 Abriendo Ave., Pueblo, CO.

At the meeting on Aug. 11, 2007, the speaker will be Patricia Roberts, from the Colorado Council of Genealogy Societies. Non-members welcome. Starting with the September meeting, beginner's genealogy classes will be offered one hour before the regular meeting. No charge. To register, call 546-1973.

**AARP #173 NEWS**

Cripple Creek Trip: Fundraiser bus to Cripple Creek, July 10th, leaving southside Wal-Mart. Cost is \$22.00

Non-members welcome. Call Rosann, 566-0199 or Gelnda, 544-5463.

Call for information on general meeting.

**OVER THE HILL GANG**

Contact Caroline Luellen at 543-3787 for this month's activities.

**PUEBLO MUNICIPAL BAND PERFORMING SUNDAY, July 1, 2007**

The Pueblo Municipal Band will hold its fourth performance on Sunday, July 1 at 7 PM at the PCC Wells-Fargo outdoor amphitheater on Orman Street. We will be celebrating the Fourth of July musically in this one hour presentation.

Our guest conductor will be Todd Seip, band instructor at Craver Middle School, Colorado City. He is also a PMB Band Member and Composer.

People interested in supporting the band are encouraged to check the web site for details, or to come to the concert and talk to any of the officers. Call 561-0648 for website address. Ask for Sharon.

**HELP ELDERS AGE IN PLACE**

RYE, CO May 16, 2007 - Geriatric care manager and author Linda LaPointe announced the release of "Home, Sweet Home: Help Elders Age in Place," a book for everyone who even thinks they may become a caregiver to a vulnerable adult.

The National Alliance for Caregiving Survey, taken in 1997 by the American Society on Aging, stated that 75% of caregivers report negative caregiving experiences.

A study reported that most of adult children of aging parents don't know what questions to ask or how to prepare for caregiving. For those people who don't know where to begin, "Home, Sweet Home:"

- Defines 'aging in place'
- Assists you to decide if you can be a caregiver, and at what level
- Gives ideas on how to start 'that talk' with parents
- Lists ways to make the home safer from accidents
- Describes the role of Family Care Manager, and suggested traits for this coordinator of care
- Guides you through hiring in home assistance
- Helps you find low cost services in your community
- Explains advance directives in simple, clear language
- Supports you in your role

The forms guide you through:  
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 Advance planning documents  
 Important document filing system  
 Healthcare needs and follow through  
 Social and spiritual relationships and how to sustain them  
 Coordinating multiple caregivers

This book may be the most important one adult children of aging parents ever read.

To learn more, arrange for a review copy, or to interview Linda LaPointe, see [www.homesweethomebook.com](http://www.homesweethomebook.com) or call at 719.248.8554.

**SUMMER BIBLE SCHOOL**

Shepherd of the Hills Lutheran Church will be hosting the fun filled Great Bible Reef Vacation Bible School from July 16th - 20th. This exciting Bible School is for everyone between the ages of three and grade five. Sessions run from 9:00 AM to noon each day. The cost is \$5.00 per student. To register or for more information, please call the church office at 275-6797.

Shepherd of the Hills is located at 801 North Sheridan (south of the hospital) in Canon City.

## Depression Can Lead To Illness/Diabetes

by Robin Mosey - Home Instead

**Question:** My wife died last year, after 55 years of marriage, and I've been struggling with some depression. My daughter is concerned that I will become ill. I told her that everyone who loses a long-time spouse is depressed and that she should just give me time.

You're right that losing a spouse can be one of the most difficult stages in life. And time often helps heal the broken heart. But your daughter is right about one thing. Depression can lead to illness and there are studies to prove it.

Older adults who have had symptoms of depression—whether those symptoms occurred once, increased or remained steady over a 10-year period—may be more likely to develop diabetes than those without depressive symptoms, according to a report in the April 23 issue of Archives of Internal Medicine, one of

the JAMA/Archives journals.

Each year for 10 years, study participants were evaluated for the presence of 10 symptoms of depression, including those related to mood, irritability, calorie intake, concentration and sleep. At the beginning of the study, the average score was 4.5, and one-fifth of participants had a score of eight or higher. During the follow-up period, scores increased by at least five points in nearly half the participants, and 234 individuals developed diabetes.

The study, which was conducted by Feinberg School of Medicine, Northwestern University, Chicago, reported that a whopping two million older adults experience depression, and 15.3 percent of those over 65 have diabetes

Other signs of depression include feelings of guilt, worthlessness or helplessness; decreased energy and fatigue; feelings of hopelessness or pessimism;

and recurring aches and pains that don't respond to medical treatment.

One of the best ways to fight depression is through companionship. Although it may be difficult at first, make an effort to reconnect with old friends or establish new relationships. Look to your family, neighborhood, church or senior center.

Or consider hiring a companion helper who could take the edge off the lonely days as well as assist around the house. CAREGivers from Home Instead Senior Care are screened, trained, bonded and insured, and equipped to brighten the lives of older adults.

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

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# SENIOR CLASSIFIEDS

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## SENIOR CLASSIFIED AD REQUEST

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

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

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**BURIAL PLOT** at Imperial Memorial Gardens. Last Supper area/ Lot 883, space 4. \$600.00 OBO. Original purchase price, \$1029. 303-750-3203 or e-mail [billcordsen@aol.com](mailto:billcordsen@aol.com). #0607

**TWO MOBILITY SCOOTERS** for easy access home or away, with baskets, 3 wheels, \$650.00 each. 719-547-4654 or 719-671-3560. #0607

**BURIAL PLOT AT IMPERIAL MEMORIAL GARDENS** Last Supper Area, Lot 883, Space 4, \$600 OBO. Original purchase price \$1029. 303-750-3203 or email [billcordsen@aol.com](mailto:billcordsen@aol.com) #0607

**CAREGIVER/COMPANION** Private care part-time. Have experience with recommendation letters. Just moved into town. South area. Call Carmen, 564-2157. #0607

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**IMPERIAL MEMORIAL GARDENS.** Last Supper. Two lots with lawn crypts. \$1600 each or \$3000 for both. 948-3159 or 671-7476. #0607

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**THREE CEMETERY** plots (together) for sale at Mountain View Cemetery for \$1500. Call 542-4339. #0407

**CLEAN TWO BEDROOM** mobile in Penrose Mobile Home Park, fenced yard, storage shed, pets ok. \$425/mo + deposit. Discount with lease. 671-6340. #0407

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**RUSTIC VILLA APARTMENTS** 1 bdrm-rent \$380+ dep. \$200; 2 bdrms-rent \$450+ dep. \$250. Quiet southside complex near bus stop, post office, shopping. 564-8899. #0407

**DONATE TO CROHN'S & COLITIS FOUNDATION OF AMERICA (CCFA).** Looking for a great charity to support? Inflammatory Bowel Disease is a particularly nasty disease that robs the afflicted of quality of life. It hits every age group hard and with no mercy. CCFA has come a long way in developing treatment regimens, informing the public and fostering research. Checks sent to Senior Beacon should be made out to CCFA. Send to P.O. Box 7215 - Pueblo West, CO 81007-0215. 100% of your donation goes to research. So far we've raised over \$5,000.

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# Realstyle: If In Doubt, Don't Throw It Out!

by Patricia McLaughlin

Linda Arye's Quilts for Kids shows how imagination and energy can turn garbage into gold. All garbage should be so lucky!

Amazing, the stuff people throw out -- stuff that, as my grandmother used to say reprovingly, is "perfectly good," or even outright wonderful.

Linda Arye is still amazed at what she found when she stopped in at the Marketplace Design Center in Philadelphia one day in 2000 to place an order for a client. Arye is an interior designer, and the Design Center is a big building full of showrooms displaying high-end goodies -- furniture, fabrics, fixtures, tile, window treatments, wallcoverings, carpets, custom closets, accessories, etc., available to the trade. On her way in, Arye nearly collided with a pile of big, black, bulging lawn bags.

"What is this?" she asked the man on the desk.

"Oh, don't mind," he told her. "It'll all be gone by tomorrow." Turned out the Design Center was dumping its discontinued fabric samples.

When I shop discount fabric outlets for \$5-a-yard mill-end chintz to recover some chair cushions, I consider myself lucky if they'll cut me a chinchy little 2-inch square from the end of the bolt to take home and put next to the carpet to make sure it's not exactly the wrong shade of blue. The sort of customer who hires a decorator to help her decide whether to have her favorite sofa reupholstered in a \$700-a-yard Scalamandr  tapestry or a \$475 Brunschwig & Fils taffeta gets bigger samples, sometimes as big as a yard or two, nicely finished on the edges, to take home and fling over the back of the sofa and live with for a few days to

see how she feels about the color and pattern.

When fabrics are discontinued -- replaced with something newer and fresher and more fabulous -- those nice big samples lose their reason for being. No point in sampling something you can't order. So out they go, yards and yards of stuff you'd pay hundreds a yard for, to be unceremoniously interred in some landfill.

Once upon a time, when cotton bolls were picked clean of seeds by hand, and thread was hand-spun, and every square inch of fabric was hand-woven, textiles were precious. A garment would be worn, repaired, worn some more, handed down, remade, handed down again, willed to one's heirs, and eventually cut up so the bits that weren't worn out could be made into quilts. Even after the Industrial Revolution, clothes would be worn into rags -- and then the rags would be sold to the rag man, who sold them to a shoddy mill, where they were ground up into fiber and rewoven into low-quality (i.e., shoddy) cloth to start the cycle over again.

Now we're so rich we can take exquisite, fabulously expensive fabrics that have never even been used, only looked at, and pay people to bury them in the ground. There are whole industries that specialize in the reuse and recycling of fibers and fabrics; even so, according to one estimate, we consign nearly 5 million tons of fabric to landfills and incinerators each year -- and pay hundreds of millions of dollars to dispose of it.

Arye, faced with that huddle of trash bags, decided to do something about it. "I was really tired of all the waste in the industry," she says. Waste is a sin, her father, who'd grown up in the Depression,



Linda Arye, surrounded by stacks of donated fabric samples that have taken over her kitchen addition, shows off some of the patchwork quilts her group makes for hospitalized children. photo: Patricia McLaughlin

used to tell her. I remember my mother saying exactly the same thing as she pointed sternly to the snarl of gooey spinach left on my plate.

But wasting beautiful fabric beautifully hand-printed in 17 colors has to be a worse sin than not finishing your spinach. Arye told the man to hold onto those bags, she'd be back for them.

She didn't know what she'd do with them. There had to be a thousand pounds of fabric there. Would it even fit in a station wagon? Would she need a truck?

Her aunt had just learned to quilt. Maybe the samples could be turned into patchwork? Then she remembered a time, years before, when her daughter Mollie had been sick. She'd taken her to the emergency room, and remembered all too clearly how Mollie cried when they took her away all alone for tests. They wouldn't let her mom go with her. They wouldn't even let her hold on to her favorite teddy bear: God forbid it should harbor germs or allergens!

The memory of Mollie's disconsolate wails gave her an idea: cozy, cheery, washable quilts for sick kids separated from their blankies and their teddy bears by hospital rules.

A fine idea -- and if I'd had it, seven years later I'd still be trying to decide what to do about it. But Arye is a dynamo. Seven years later, she has the owners of all the major fabric houses on board with Quilts for Kids ([www.quiltsforkids.org](http://www.quiltsforkids.org)) and 63 chapters of volunteers across the country working with local design centers to turn discontinued fabrics into patchwork quilts to comfort sick and abused children. At last count, they'd delivered 40,000 finished quilts, and kept more than a million pounds of fabric samples out of landfills.

Arye has lost count of the number of fully loaded 18-wheelers that have shown up to unload donated fabric at her house in Yardley, Pa. -- and the number of times she's had to race around the neighborhood borrowing garage space because there was more than she had room for.

She could use more space. And more quilting volunteers. And money for shipping and packing materials and office supplies and the rotary blades and cutting mats they use to cut out quilt pieces. Sometimes she even has to buy fabric, because companies that make fabric for the design trade tend not to do that many zippy prints featuring Cinderella or SpongeBob SquarePants, and "no kid needs a rust-black-and-brown quilt in his hospital room." So if you happen to have a bolt of Smurf-printed calico hanging around -- or if you know a kid who needs one of her quilts -- let her know: You can e-mail her from the Quilts for Kids Web site.

Lately, she's started selling some of the more serious, less kid-friendly fabrics on eBay to pay for blades and mats and postage, which is how I ran across her. It's kind of perfect, since eBay, at base, is a mechanism for turning stuff people have but don't want and might otherwise be tempted to throw away into cash instead of trash. You can check out her current offerings at: [http://search.ebay.com/\\_W0QQsassZquiltsforkidsoneQQhtZ-1](http://search.ebay.com/_W0QQsassZquiltsforkidsoneQQhtZ-1).

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# MORE WEIRD NEWS

## LEAD STORY

The relatively recent creation of almost-obscure wealth has precipitated a crisis in Britain and New York City because the resulting demand for professional butlers far exceeds the supply. Longstanding butler schools in both countries are running at capacity, turning out debonair, refined manservants at salaries that may exceed \$100,000 (plus, in the U.S., an extra \$20,000 or so for one who speaks "British"), but fortunes are being created at an even faster pace, so that, increasingly, multimillionaires are just having to make do without one, according to recent reports in *The Wall Street Journal* and *The Independent of London*.

### Can't Possibly Be True

-- A Hall-of-Fame Lawyer: Kenneth Glenn Hinson, 48, who had served time for raping a 12-year-old girl, was arrested last year after two teenage girls reported that they had been kidnapped from their bedroom and dragged into a tiny, dungeon-like hole in Hinson's backyard, bound with duct tape and repeatedly raped. Despite the evidence, defense lawyer Rick Hoefler managed to convince a jury in Darlington, S.C., to find Hinson not guilty on all charges in April (based on the girls' inconsistent

testimony), and Hinson remains in jail today only on an unrelated gun charge.

-- Years ago, officials on the Torres Martinez Indian reservation (about 40 miles southeast of Palm Springs, Calif.) decided that the tribe could make more money as a toxic dump than with casinos and luxury hotels, but now faces millions of dollars in federal fines as an out-of-control Superfund site, according to a June Los Angeles Times report. In addition to pits and piles laden with arsenic, dioxin and chromium, there is an area about 1,000 feet by 300 feet by 40 feet high consisting only of human sewage. The site's problems are not easily resolvable, said a UCLA professor who has studied Torres Martinez factions, in that "intertribal relationships" make it "complicated" to change policy.

### Inexplicable

In May, a curious Joe Heckel of Cincinnati and his son took apart the heavy punching bag Joe had bought for their boxing practice and to their surprise found it full of, not sand or plastic pellets, but men's and women's underwear (some used). According to a May report on WLWT-TV, the manufacturer, Technical Knockout Inc., eventually contacted the Heckels and admitted that it had experienced a "quality" problem and that

the people who had thought up the bag-stuffing idea had been fired.

### Unclear on the Concept

-- New-Age Ethics: (1) Texas A&M's business school punished 24 students in May for cheating on a business ethics exam (and investigated 27 others, but could not meet the school's legal standard of "irrefutable" proof against them). The offense was that some students took exams for others. (2) During the spring term at New Jersey's Kean University, former governor James McGreevey taught a course in "ethics, law and leadership," with the "ethics" part raising eyebrows, in that in 2004, he had hired an alleged potential lover, with almost no security experience, to be his homeland security adviser. (Said a political opponent, "Jim McGreevey teaching law and ethics is ... like Dr. Kevorkian teaching health maintenance.")

-- Community activist Therese Mallik testified against a crematorium's expansion plans in 2005 in Cessnock, Australia, reportedly saying that the building was already a disaster for the neighborhood and that she had seen a "ghostlike figure" above it at one point. After the Cessnock Independent newspaper reported her remarks, she sued the publisher for defamation, claiming

that her statements, when published, made her appear "demented" or "irrational." (In June 2007, a jury ruled against her.)

### People Who Are in Serious Trouble

In early March, highway patrol officers near Ontario, Calif., came upon an unlocked rental truck whose engine was still warm and which contained marijuana worth an estimated \$20 million, with the driver undoubtedly on the run, and not just from police. And in April, the driver of a cocaine delivery truck took a curve too sharply in Medellin, Colombia, and spilled its 1-ton cargo on the highway. The driver (perhaps luckily for him) was arrested.

### "Don't You Know Who I Am!"

(1) In April, Marilyn Devaney, who is one of eight elected Massachusetts officials with authority over certain actions taken by the governor, was accused of assault in Waltham, Mass., after she allegedly hit a beauty-shop clerk with a curling iron when the employee declined to take Devaney's personal check. Devaney had allegedly, indignantly pointed out her status and yelled, "Don't you know who I am?" (2) In May, Philadelphia-area socialite Susan Tabas Tepper was accused of assaulting a domestic employee and then, when the employee threatened to call the police, Tepper allegedly intervened. "I will call the police. I'm important; you're nothing."

### Least Competent Criminals

Howard Mayfield, 47, and Valerie Lester, 36, were arrested at his trailer home near Damascus, Va., in March as the two, according to police, nearly burned down the home while trying to destroy counterfeit money that Mayfield had printed. Police had served arrest warrants at 5:15 a.m., found the trailer smoky, and upon entering saw Lester near a bed (under which the fake currency was burning, with smoking pouring out), pretending to knit a sweater and to wonder about the commotion.

### Updates

(1) Michael Wiley of Port Richey, Fla., in *News of the Weird* last year for his maniacal driving despite having lost both arms and half a leg in a childhood accident, was back in trouble in May, leading police on (and winning) a high-speed chase (but they recognized the notorious Wiley behind the wheel and arrested him the next day). Said an acquaintance, to the *St. Petersburg Times*, "He's one of the best drivers I've ever seen in my life." (2) In May, countries on the U.N. Commission on Sustainable Development elected as its chairman the representative from Zimbabwe (noted in *News of the Weird* in recent months for its almost comical rate of inflation, which was 1,593 percent in January and 3,731 percent in May).

### Thinning the Herd

Recurring Themes: (1) An 18-year-old man intent for some reason on spray-painting graffiti in an electrical substation in Santa Fe, N.M., jumped the concrete wall and razor wire in May and started to work, but soon burned himself badly and died days later. (2) A 29-year-old man from Downers Grove, Ill., deciding for some reason to set off fireworks in his yard, was killed when he picked up an unexploded missile and peered down the tubing to see why it hadn't gone off yet (and the obvious happened).

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# Puebloan Salazar Writes

by Deborah Martinez Martinez, Ph.D. Writer, Natural Dyer, Storyteller

Alfie Casaus Salazar, age 71, writes in Spanglish, the spoken language of the San Luis Valley, moving fluidly between English and Spanish liberally sprinkled with words of Indian and 16th Century Spanish origins. Her writings express the family's journey from rural Monte Vista to El Salado, the Salt Creek neighborhood of urban Pueblo. This month, Mrs. Salazar's first book of stories and poems, *Volando Como el Viento/ Flying with the Wind*, was released.

Mrs. Salazar's book editor Deborah Martinez Martinez stated that the language of the book can be described as a character.

"Mrs. Salazar uses the 'native' oral tradition to tell her stories. She accomplishes the difficult task of translating a spoken, archaic language to a written one," she said.

The introduction by publisher/writer Charlene Garcia Simms describes the incorporation of archaic words, some from the Rio Grande indigenous people such as *cunques* (coffee grounds) or from Nahuatl, the language of the Aztecs, such as *zoquete* (mud) and *zaquate* (grass) into the spoken language of San Luis Valley.

According to Ms. Garcia Simms, "The language of this region melded like the 'trinity' of Spanish, Mexican, and Indian elements." She added, "After 1848, the language evolved more with the American influence when the southwest

became part of the United States following the Mexican American War.

In addition to all the human characters of Mrs. Salazar's life, she describes the comedic antics of the Monte Vista family's talking magpie. The magpie Margado, whose 'Papa' was her grandfather Eduvigen Salazar, born in 1876, is described as "más chucho que qué. In other words, Margado was "such a tattletale." Margado was babysitter to Mrs. Salazar and her three siblings. The bird watched the children closely and tattled on them if they invaded the henhouse or played by the forbidden corrals. Margado whistled at the ladies when visitors arrived at the ranch, scandalizing the decorous women of the day.

The Casaus family moved to Salt Creek in 1944. The children crossed the "black waters" of Salt Creek and busy Northern Avenue to the old CF& I parking lot, down through the arroyo to attend Edison Elementary School. Mrs. Salazar describes her experiences in the family's two-room adobe home. Papa built up the corners when he came home from working at the CF&I and Mama raised the walls during the day. The children carried drinking water from the Ojito, the fresh water spring which supplied Salt Creek. Historic photographs provided by Salt Creek historian Jovita Chavez, complement the narrative.

Four sections of the 100-page book invite the reader to visit El Rancho Grande, her grandfather's homestead in Monte

# Book About Salt Creek



Children filling their buckets from El Ojito, water source for the Salt Creek community, circa 1940 from the collection of Jovita Chavez. photo: unknown



Author, Alfie Salazar photo: Missy Dettmering, Accent Photography



Baby Alfie ('alfieonhorse' 1936) Taken at her grandfather's homestead in Monte Vista (collection of Lela Casaus). photo: unknown

Vista, El Salado, La Familia of eleven siblings, and Poems of the Heart.

To share her writing journey with others, Mrs. Salazar began a blog, not a regular activity for a 71-year-old woman. At [www.flyingwithalfiesalazar.blogspot.com](http://www.flyingwithalfiesalazar.blogspot.com), she describes meeting with her publisher, editing her myriad of story versions and poems, and links to her other published work on Wheelhouse Magazine ([www.wheelhousemagazine.com/fiction.htm](http://www.wheelhousemagazine.com/fiction.htm)) and on the CSU's Hispanic Cultural Experience website ([www.colostate-pueblo.edu/hispanicexperience/](http://www.colostate-pueblo.edu/hispanicexperience/)).

Mrs. Salazar attended Keating Junior High School and Central High School. She drove a school bus, worked in a hospital dietary department, and acted as Boy Scout Den Mother for nine years. She received the Dr. Frist Humanitarian Award from Parkview Medical Hospital (1988), the Outstanding Woman for Woman's History Month (1995), and an Up With

Reading Community Award (2000).

She volunteers at the Pueblo City-County Library District (since 1993), and is a founding member of the Fray Angelico Chavez Chapter of the Genealogical Society of Hispanic America, as well as a member of two other genealogy societies in New Mexico.

She is married to Alfred Salazar (1953), has three children, seven grandchildren, and one great-grandson. She began her formal writing career as a member of a poetry group called 'Las Compañeras.' She enjoys writing, crafts, camping, crocheting, traveling, the mountains, Cripple Creek, and visiting her sister in Denver. She describes herself as a people person and a hugger.

Books are available at El Pueblo History Museum or by calling 719-542-3682.

# Milestone Achieved By Santa Cruz Amusement Park

from page 14.

nice, and it's free, except for the rides."

Her favorite ride is the 1924 Giant Dipper wooden roller coaster, the most popular of the park's 35 rides. It

will host its 55 millionth rider this year. A National Historic Landmark, the coaster has been seen in many movies and television commercials and was once characterized by legendary San Francisco col-

umnist Herb Caen as "a tooth-loosener, eyeball-popper and one long shriek."

While it's a venerable attraction, that coaster isn't the boardwalk's oldest ride. That honor belongs to the Loeffl Carousel, also a National Historic Landmark. It has been twirling visitors since 1911. Each of the merry-go-round's hand-carved horses is unique, their tails made of real horse hair. Some have a serious look with swords at their sides, while others wear smiles and garlands of flowers.

The carousel also possesses a rare working ring dispenser. As they move around, riders on the outside horses can grab a steel ring and try to toss it into the mouth of a huge clown figure, setting off a light display. And in mid-April, the park installed another uncommon feature at the carousel, a 1918 Wurlitzer band organ that once charmed visitors to San Francisco's long-closed Playland seaside amusement park.

Vying in popularity with the carousel and Giant Dipper is Double Shot, an attraction added in 2005 that blasts strapped-in riders up and down a 125-foot-high column. It's not for the faint of heart.

The seaside park also has a log flume and two other coasters, one made of steel, the other for kids. But perhaps the happiest attraction is Laffing Sal, a life-sized comic figure that constantly laughs, often triggering a similar response from mesmerized viewers.

More than 3 million people visit the boardwalk annually. The park, which is 75 minutes south of San Francisco and 45 minutes north of Monterey, also stages free band concerts on its broad beach on summer Friday nights.

Santa Cruz's beach is home to another important recreation -- surfing. It was here in 1885 that surfing got its

start in North America when three Hawaiian princes used locally milled redwood boards to ride the Pacific waves.

Today, surfing is a major sport here, with riders testing such venues as Cowell's Beach, Pleasure Point and the famous but dangerous Steamer Lane. The nation's first surfing museum is situated in a former lighthouse overlooking Steamer Lane, and 15 surf shops are located in Santa Cruz, including four founded by surfing legend Jack O'Neill.

On land, athletic young visitors head for Derby Skate Park, the first skateboard park in the country, or the brand new Mike Fox Park with its full pipe, several bowls and street course. It opened earlier this year.

Santa Cruz's downtown, centered on tree-lined Pacific Avenue, is a treat for strollers and shoppers. More than 200 stores, lounges, coffeehouses and restaurants are located here, along with the historic Del Mar Theater and Palomar Inn. For a dessert treat, head to Marianne's, a family-operated shop that offers 72 flavors of homemade ice cream.

Another popular shopping and dining venue is the Santa Cruz Wharf, home to dozens of gift and apparel shops, water-sport outfitters and restaurants. And if you're looking for a flea market, there's one at the Skyview Drive-In, the Central Coast's only remaining drive-in movie theater.

Six miles north of town are two sites well worth visiting, Roaring Camp Railroads and Henry Cowell Redwoods State Park. Roaring Camp operates two steam railway lines that run through the redwood forest. One goes to Bear Mountain, the other to the boardwalk in Santa Cruz.

Also of interest is the adjacent city of Capitola, the Pacific Coast's oldest seaside resort town, with its Mediterranean ambience and begonia-scented streets.

Information: Santa Cruz County Conference and Visitors Council, (831) 425-1234 or [www.santacruzca.org](http://www.santacruzca.org). Santa Cruz Beach Boardwalk, (831) 423-5590 or [www.beachboardwalk.com](http://www.beachboardwalk.com).

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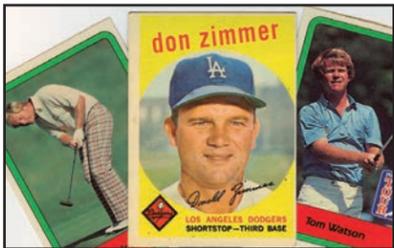
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# Cole's Cooking A to Z: Cool Cucumber Cuisine

by Annette Gooch  
SUCCESS TIPS:

-- When selecting cucumbers, look for firm fruit that is evenly shaped from end to end. Avoid cucumbers with soft spots or bulging or shriveled areas. With the exception of lemon cucumbers and pale green or white varieties, the fruit should have good green color. Very large yellowish or whitish cucumbers are typically beyond their prime and have pithy flesh with tough seeds.

-- Fresh, firm cucumbers will keep well in a plastic bag in the refrigerator for up to one week.

-- Long, slender thin-skinned English or Japanese cucumbers rarely need peeling or seeding. Even thicker-skinned garden varieties require peeling and seeding only if they are mature. However, any cucumber with a waxy coating (added to preserve freshness during shipping and storage), should be peeled.

-- To seed a cucumber, slice it in

half lengthwise and scrape out the seeds with a small spoon or remove them with a corer designed for zucchini or apples.

In Thai cuisine, cucumber's mild taste and refreshing crunch serves to balance rich or highly seasoned dishes. Made without oil or cream, this light, colorful salad offers a pleasing balance of flavors: something hot (chili), sweet (sugar), sour (vinegar or lime juice) and salty. Serve the salad alongside chicken or pork satay or curries, or as a low-calorie dip with baked chips or crudites.

## THAI CUCUMBER SALAD

2 tablespoons lime juice or rice vinegar  
1 tablespoon water  
1 teaspoon sugar  
1/4 teaspoon coarse salt  
2 cups sliced unpeeled cucumber  
1/4 cup thinly sliced onion  
1 fresh red or green chili, thinly sliced, loose seeds removed  
Lettuce leaves  
Fresh cilantro or mint leaves (optional)

In a medium bowl, combine lime juice, water, sugar and salt; stir to dissolve and blend ingredients. Add cucumber, onion and chili; toss to mix. Arrange on a serving plate lined with lettuce leaves and, if desired, garnish with cilantro or mint leaves.

Serves 4.

This simple mixture is a good accompaniment for hot, spicy foods such as East Indian curries or tandoori dishes.

## DILLED CUCUMBER SAUCE WITH YOGURT

2 to 3 medium cucumbers  
2/3 cup plain nonfat or low-fat yogurt  
1/2 teaspoon dill weed or 1/2 tablespoon finely chopped fresh cilantro

1. Peel and thinly slice or coarsely

chop cucumbers; mix with yogurt and dill.

2. Cover and chill for 2 to 4 hours to allow flavors to meld. Serve in small individual bowls.

Serves 6.

Lightly sauteed cucumbers complement fish fillets prepared with ginger and other Asian seasonings. If you use chicken broth, taste it to judge its saltiness. If the broth is very salty or strong-tasting, dilute it to taste with water.

## GINGERED RED SNAPPER WITH CUCUMBERS

4 to 6 cups fish stock or chicken broth  
1/4 cup sake or dry white wine  
1 thin slice of fresh ginger the size of a quarter coin  
1 whole green onion  
6 red snapper fillets  
3/4 teaspoon salt  
1/2 teaspoon freshly ground black pepper  
2 tablespoons peanut oil  
1 tablespoon minced peeled ginger  
1 teaspoon salt  
1 clove garlic, minced  
3 cups peeled, seeded, julienned cucumbers (4-inch strips)  
1 cup slivered green onion (1/4-inch slices)  
1 cup lightly packed fresh Italian basil leaves or 2/3 cup Thai basil leaves  
1 to 2 teaspoons dark (roasted) sesame oil  
1 tablespoon soy sauce, or to taste  
Pepper to taste

1. In large pan, bring to a boil the stock or broth, sake, the piece of ginger and the whole green onion. Lower heat and simmer 5 minutes.



Serve this zesty Thai salad of cucumbers and fresh chilies with omelets, grilled hamburgers, skewered chicken or fish, or as a lively accompaniment to chips and crudities. photo: Lifestyle Media Group

2. Sprinkle fillets with the 3/4 teaspoon salt and the 1/2 teaspoon pepper. Fold fillets in half. Place in a deep skillet or sauce pan just large enough to hold fish and stock. Pour stock mixture over fillets, cover, and bring to a simmer. Gently poach 4 to 6 minutes just until done. Remove pan from heat; leave fillets in poaching liquid until ready to serve.

3. To saute cucumbers, heat peanut oil in saute pan. When oil is hot, add the 1 tablespoon minced ginger, the 1 teaspoon salt and garlic; cook for 30 seconds. Add cucumbers and cook for 30 seconds, tossing and coating with oil.

4. Add the 1 cup slivered green onion; toss. Slice basil leaves into shreds; add to onion and toss to combine. Sprinkle with sesame oil, soy sauce and pepper to taste.

5. Arrange cucumber mixture on a warm serving plate. Top with drained fillets and serve at once.  
Serves 6.

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**JULY 5:** SALISBURY STEAK, Whipped Potatoes with Gravy, California Vegetable Medley, Seasoned Greens, Nectarine.

**JULY 6:** KIELBASA, Parsley Buttered New Potatoes, Mixed Vegetables, Baked Acorn Squash, Pineapple.

**JULY 10:** HONEY BBQ CHICKEN, Oven Brownd Potatoes, Chopped Spinach, Diced Pears.

**JULY 12:** SPAGHETTI/MEATSAUCE, Tossed Salad with Lite Italian Drsg., Green Beans, Orange.

**JULY 13:** ROAST TURKEY/GRAVY, Whipped Potatoes, California Vegetable Medley, Raisin Nut Cup.

**JULY 17:** CHILIRELLENOCASSEROLE, Parslied Carrots, Tossed Veggie Salad/ Lemon, Orange.

**JULY 19:** TURKEY TETRAZINI, Italian Green Beans, Cottage Cheese Peach Salad, Strawberry Applesauce.

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

**JULY 24:** ENCHILADA PIE, Sliced Tomato on Lettuce, Sliced Yellow Squash, Mixed Fruit.

**JULY 26:** BAKED PORK CHOP WITH COUNTRY STYLE GRAVY, Whipped Potatoes, Hot Bean Casserole, Fruit Salad, Cinnamon Applesauce.

**JUNE 27:** BEEF & SWEET PEPPERS, Steamed Brown Rice, California Vegetable Medley, Pear Halves.

**JULY 31:** TUNA SALAD ON A BED OF LETTUCE w/ SLICED TOMATO, Pasta Salad, Orange Juice - 4oz, Fresh Peaches

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**JULY 4:** No Meal Served

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**JULY 6:** AMERICAN LASAGNA, Herbed Green Beans, Seasoned Cabbage, Banana, Italian Bread.

**JULY 9:** PUEBLO BEEF STEW, Wheat Crackers, Sliced Yellow Squash, Apple, Cornbread.

**JULY 11:** TACO SALAD WITH SALSA, Tomato & Lettuce Garnish, Strawberry Applesauce, Cantaloupe, Cornbread.

**JULY 13:** TURKEY POT PIE, Seasoned Cabbage, Italian Green Beans, Orange Juice.

**JULY 16:** MACARONI & CHEESE, Shredded Green Salad Whipped Hubbard Squash, Strawberry Applesauce.

**JULY 18:** CHICKEN A LA KING, Whipped Potatoes, Tossed Salad with Lite Dressing, Orange, Apricot Halves.

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

**JULY 23:** PASTA PRIMAVERA, Spinach Salad with Egg, Apple Pear Salad with Almonds, Plum, Garlic Bread

**JULY 25:** CHICKEN FAJITA, Cilantro Rice, Cooked Cabbage with Red Pepper, Banana Bread.

**JULY 27:** SPICY BEEF RICE CASSEROLE, Cut Broccoli, Sliced Yellow Squash, Pineapple Tidbits

**PENROSE CENTER**  
1405 Broadway-Penrose (Tues/Thur)

**JULY 30:** SPAGHETTI/MEATSAUCE, Tossed Salad, Seasoned Green Beans, Orange Tangerine, Almond Peaches.

**JULY 3:** COMBINATION BURRITO, Smothered with Chicken Green Chile, Tomato, Lettuce and Salsa, Black Beans with Cilantro, Diced pears.

**JULY 5:** HUNGARIAN GOULASH, California Vegetable Medley, Chopped Spinach with Malt Vinegar, Banana.

**JULY 10:** CHICKEN NOODLES, Seasoned Green Beans, Baked Acorn Squash, Apricot Pineapple Compote.

**JULY 12:** SWEET & SOUR PORK, Steamed Brown Rice, California Vegetable Medley, Diced Pears.

**JULY 17:** SWISS STEAK WITH MUSHROOM SAUCE, Whipped Potatoes, Seasoned Greens, Cantaloupe.

**JULY 19:** TACO SALAD WITH SALSA, Tomato & Lettuce Garnish, Strawberry Applesauce, Cantaloupe, Cornbread with Margarine.

**JULY 24:** MEATLOAF, Brown Gravy, Cheesy Potatoes, Seasoned Green Beans, Pineapple Tidbits.

**JULY 26:** TURKEY SALAD ON A BED OF LETTUCE WITH TOMATO,

Steamed Brown Rice, California Vegetable Medley Raisin Applesauce.  
**JULY 31:** SALMON PATTIES WITH CREAM SAUCE, Steamed Brown Rice with Parsley, Mixed Vegetables, Tangerine Raisin Nut Cup.

**SALIDA CENTER**  
(Tues/Thu) - 539-3341

**JULY 3:** Spinach Salad with Egg, Fresh Pear, Citrus Cup, Oatmeal Raisin Cookie

**JULY 5:** HONEY BBQ CHICKEN, Scalloped Potatoes, Mexicali Corn, Creamy Cole Slaw, Grapes.

**JULY 6:** BRATWURST ON A BUN With Sauerkraut & Onion, Scalloped Potatoes, Peas and Carrots, Peach Halves.

**JULY 10:** TURKEY SALAD ON A BED OF LETTUCE WITH TOMATO, Steamed Brown Rice, California Vegetable Medley, Raisin Applesauce.

**JULY 12:** CHILI RELLENO CASSE-ROLE, Parslied Carrots, Tossed Vegetable Salad with Lemon, Orange.

**JULY 13:** HAMBURGER, Sliced Tomato on Lettuce, Baked Beans, Potato Salad, Watermelon.

**JULY 17:** BAKED POTATO, Broccoli Cheese Sauce, Tossed Salad, Fresh Plum, Fruit Cocktail.

**JULY 19:** SLOPPY JOE ON A BUN, Scalloped Potatoes, Peas and Carrots, Apple or Peach.

**JULY 20:** SWEET & SOUR PORK, Steamed Brown Rice, California Vegetable Medley, Diced Pears.

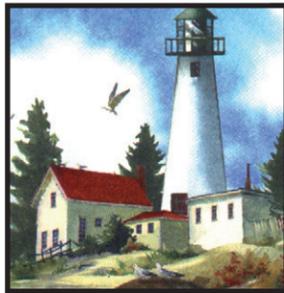
**JULY 24:** BEEF & SWEET PEPPERS, Steamed Brown Rice, Orange Spiced Carrots, Grapefruit Half.

**JULY 26:** LEMON BAKED FISH, Tartar Sauce & Lemon, Rice Pilaf, Green Beans with Mushrooms, Fruit Salad.

**JULY 27:** TACO SALAD WITH SALSA, Tomato & Lettuce Garnish, Strawberry Applesauce, Cantaloupe, Cornbread with Margarine.

**JULY 31:** PASTA PRIMAVERA, Spinach Salad with Egg Apple Pear Salad with Almonds, Plum, Garlic Bread.

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



# “Light For The Journey”

By Jan McLaughlin - Director of Prayer Warriors For Prisoners



## “CONNECTING HEARTS ACROSS THE WORLD!” PART I

Nearly 100 toddlers laughed and played with the mission team on the lawn of Amani Baby Cottage in Jinja, Uganda. Some scampered across the lawn chasing balloons while others stood baffled, looking at their empty hands where a balloon had just popped. Several of us had walked five or six blocks from the Calvary Chapel mission compound to the orphanage to hold and play with babies. Housing mostly orphans from infancy to five years old, the grounds buzz with activity. Several infants housed at the Cottage are preemies because the hospital in Jinja is ill equipped to care for them.

The Amani Baby Cottage has an incubator. We were given a tour of the orphanage buildings, clinic and grounds, and held babies along the way. The other ladies began blowing balloons to create animals, hats, swords and flowers for the children. I picked up a tiny girl who held her hands up to me and I soon learned her name is Annie.

She attached herself to me and would not let me put her down. Each attempt brought a loud wail and she clung tighter to me. My heart ached with desire to do more for Annie than just hold her for a few minutes, but for this moment, it was all I could do so I sat in a swing with her on my lap and held her close. An adorable little boy with a



Caroline(l) and Jan with her cards.

big smile walked up to us and handed Annie the red balloon he was carrying. Looking into my eyes and with very good English, he asked, “What’s your name?” I said, “My name is Jan. What’s your name?” “My name is Jesse,” was his quick reply before he ran off with a friend. Soon afterward, I saw Jesse and his friend with balloon “hats” on their heads. They looked like they had won a prize. The children were so precious and most have lost their parents to AIDS. There is a tremendous need for Amani Baby Cottage and other orphanages like it in Uganda.

When I returned to the mission compound, a young woman was sitting on one of several stump “stools” under the Plumeria tree by the church. Holding out her hand to me, she said, “I need to talk to you.” I took her hand and sat next to her. “Do you remember me?” she asked. “I’m Caroline. I was in prison when you were here before and I sent prayer requests to you. What I asked prayer for was impossible. One prayer was that I be allowed to go to court and be released.

There was no chance for me to get to court but six months later, I was called to court and released from prison.” At this point, I was weeping and praising the Lord with her. “The other prayer request I sent was for my children. I had not seen them for a very long time and I didn’t know if they were even alive. My prayer was for God to make a way for me to see them and know they are well. Since then, I have seen my children and one day, when I learn the tailoring trade, I can start a business and will be able to have them with me. I have no way to support them yet. You just came from the orphanage where my youngest son stays. His name is Jesse.”

My heart nearly burst at God’s perfect timing. When Caroline told me about Jesse I remembered “Baby Jesse” at women’s prison when I was there in 2005. He was only a year old and the ladies passed him to each other during Bible study so they could take turns holding him. The women in Ugandan prisons are allowed to keep a child under two and some babies are born there. When they reach two, other homes must be located for them. I remembered that Beverly Rich, the missionary who teaches the Bible study, was concerned because Jesse was malnourished and she had sent boiled eggs to him every day. What a thrill to see Jesse’s mother out of prison, looking so well and excited about a new business to support her children. But more importantly, praising God for answered prayer and walking in relationship with Him.

Caroline and I talked for some time about her life and how God has blessed her. She told me she had letters from Prayer Warriors For Prisoners and returned the next day with several Christmas cards from PWFP volunteers. She held them tenderly, opening each one for me to see. My heart skipped a beat as I thought about sharing my encounter with Caroline with those who sent the cards. How blessed they would be.

I’m not sure how God does it, but in His sovereignty, He connects hearts across the world and eternal friendships are created. Caroline doesn’t

seem to fit in the category of “one of the least of these” but she does, along with others Jesus identifies with in Matthew 25: Orphans, widows, homeless and prisoners. The “least of these” might be a neighbor, parent, friend or brother because the neediest, whether they would admit it or not, are the spiritually poor, eternally lost souls who need a Savior. It is our mission as Christ’s disciples, to share the Good news of the Gospel with them, wherever they are. “And Jesus came and spoke to them, saying, “All authority has been given to Me in heaven and on earth. Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all things that I have commanded you; and lo, I am with you always, even to the end of the age.” Amen. Matt 28:18-20” NKJV

© June 2007 Jan McLaughlin All rights reserved. Jan McLaughlin is Director of Prayer Warriors For Prisoners and can be reached at 719-275-6971 or by e-mail, [prayerforprisoners@msn.com](mailto:prayerforprisoners@msn.com).



Jesse and friend.

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# Reeling

## "Romance In A New Land"

by Film Critic Betty Jo Tucker, Pueblo

### Romance In A New Land

Tapping into the American immigrant experience, writer/director Ali Selim's "Sweet Land" emerges as a beautiful and poignant film. It tells the story of a German mail-order bride who finds herself in a strange and rather unwelcoming Minnesota Norwegian-American community back in 1920. Co-starring Elizabeth Reaser as the bewildered newcomer and Tom Guinee as the Norwegian farmer who sent for her, this splendid independent movie impressed me with its charming simplicity and convincing sense of place.

When Inge (Reaser) arrives at her new home, she can't speak English - except to say "I could eat a horse"

whenever asked if she's hungry. But she faces even more serious problems. She's German, and prejudice against people of that nationality still runs rampant as a result of World War I. Because obtaining the proper papers seems almost impossible, Inge's marriage to Olaf (Guinee) must wait. Instead of moving into Olaf's comfortable house, she's forced to stay with his extroverted friend Frandzen (the versatile Alan Cumming, who also produced "Sweet Land") and his wife (Alex Kingston), parents of numerous children. Even the local pastor (John Heard) has trouble accepting Inge. One of his reasons? He thinks she uses too many beans in her coffee! Still, 1920 was a year of hard economic times, so such excesses were probably taboo then.

Watching Inge struggle to communicate with her shy husband-to-be becomes quite painful here, and at first I thought subtitles should have been added to help viewers understand these scenes better. However, this approach served to involve me more and more with each sequence between Inge and Olaf, and I ended up actually feeling their frustration. Fortunately, filmmaker Selim chose two actors who knew how to interpret their characters well. Reaser and Guinee deliver wonderful performances as the movie's romantic leads. Reaser endows Inge with so much determination that I wanted to shout, "You go, girl!" And

Guinee captures the true essence of a hard-working introverted farmer trying to deal with his churning emotions. When these two finally get together, it's definitely something to cheer about.

I'm intrigued by movies that take us back in time and offer vicarious experiences involving a particular place. "Sweet Land," Selim's first feature film, accomplishes this with style and grace. Adapted from a short story by Will Weaver, Selim's movie version gave me the same "being there" feeling I had while watching "Places in the Heart" - and that's high praise indeed. (DVD scheduled for release by 20th Century Fox on July 10; rated "PG" for brief partial nudity and mild language.)

### Alan Cumming on SWEET LAND

"Sweet Land" features the multi-talented Alan Cumming in a supporting role, but this lovely film might not have been made without his help. "Ali Selim, the writer and director, is a friend of mine, and I had been aware of the script for a few years until one day I woke up and thought it was insane that this beautiful film wasn't produced yet," he explained in an e-mail interview. "So I started to help Ali make it happen...that is why I am credited as a producer."

According to Cumming, working with Selim turned out to be quite enjoyable. "Although this is Ali's first movie, he has directed commercials for many years and is therefore incredibly experienced, detailed and patient. It's always exciting to work with someone who is so passionate and so clear. It is infectious."

Cumming was drawn to "Sweet Land" for its poignancy and because it's such an unusual story. "I love that the film doesn't stick to any genre and yet it is a simple tale about love and home, something everyone can relate to."

Like most moviegoers, I've enjoyed such quirky Cumming performances as Fegan Floop in "Sky Kids," Mr. Folair in "Nicholas Nickleby" and Nightcrawler in "X-Men 2." While his work in "Sweet Land" is less flamboy-



ant, it still displays the unique Cumming spin his fans enjoy so much. "I suppose I put a Cumming spin on everything I do," he wrote. "It's not something for effect - I'm just the person I am and the artist I am and I just let it all hang out and hope that people get it."

In addition to his work in movies, Cumming appears on Broadway (he earned a Tony for "Cabaret") and also writes, directs and edits. "I think as an artist you should keep yourself open to anything that excites and engages you," he maintains. "I think that one of the things about being an artist is telling a story, and I do that in various forms. The good thing about doing so many different things is that I feel refreshed when I come back to acting."

Commenting on his career in show-biz, Cumming said, "I don't think there is anything else I could do that would make me feel as fulfilled as the job I have now. I feel so lucky to have the chance to follow that through and be a part of things like Sweet Land."

Read Betty Jo's movie reviews at [www.ReelTalkReviews.com](http://www.ReelTalkReviews.com). Autographed copies of her books, *CONFESSIONS OF A MOVIE ADDICT* and *SUSAN SARANDON: A TRUE MAVERICK*, are available in Pueblo at Barnes & Noble. Listen to her radio show at [www.ReelTalkRadio.com](http://www.ReelTalkRadio.com).

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