

page 2 .....Opinion  
 page 4 .....Weird News  
 page 5.....Health  
 page 7.....Social Security & You  
 page 21.....Light for the Journey

*Peace & Joy To All  
 May The Clouds Never Burst &  
 The Son Always Find You!*

page 12.....Senior Safety  
 page 15.....SRDA Menu  
 page 16.....Finances  
 page 18.....Senior Classifieds  
 page 5.....Fremont/Custer Menu



# Senior Beacon

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

OCTOBER, 2010 Vol. 29: No. 3 Established Aug., 1982 339 Consecutive Months!

## Free 'Best Ways To Save Guide' For Seniors

Alexandria, VA (September 2, 2010) The majority of retirees today rely on Social Security for at least one-half for their retirement income. But with average monthly benefits only about \$1,170 and no annual cost-of-living adjustment (COLA) this year, seniors who are worried about making ends meet should check out a free new "Best Ways To Save" senior consumer guide from The Senior Citizens League (TSCL), one of the nation's largest nonpartisan seniors groups.

It's more important than ever for people living on fixed incomes to

learn how to trim their biggest costs and stretch their Social Security benefits," says Daniel O'Connell, Chairman of TSCL. Social Security's Trustees recently forecast that beneficiaries will not receive an annual-cost-of-living adjustment (COLA) in Social Security benefits again in 2011. The situation isn't likely to get much better in 2012 either, government economists predict, because out-of-pocket healthcare, housing, utilities, taxes and other costs are continuing to climb.

In the new issue of Best Ways to Save, retirees, and those nearing re-

tirement learn:

- The Three Biggest Expenses to Downsize In Retirement - Many seniors are careful

shoppers, spending hours clipping coupons and comparing costs when they do their grocery shopping. But spending time on these three big costs will help

ensure more sustainable living expenses over the long haul.

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

- What Changes To Watch For In Your Medicare Health Plans This Fall. Recent legislation changed some Medigap and all Medicare Advantage plans. That may mean higher costs and even loss of certain benefits in 2011. Learn what to look for this fall, and where to get free, unbiased one-on-one counseling to evaluate your Medicare health plan choices.

- How Comparing and Switching Drug Plans Can Save You \$300 to \$1,300: Seniors who take one or more prescriptions rarely switch their drug plans. But sticking with the same plan often can be highly costly - and gets increasingly expensive over time. See how three seniors cut their costs since

2006 by switching to less expensive drug plans in 2010. [Feature editors, click link for full article ready for reprint

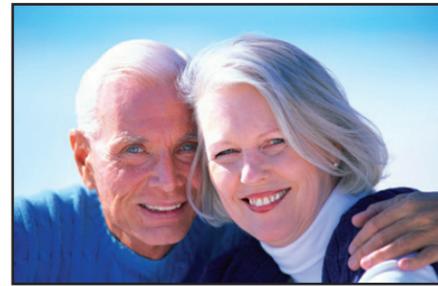
[http://www.seniors-league.org//index.php?option=com\\_content&task=view&id=3530&Itemid=62](http://www.seniors-league.org//index.php?option=com_content&task=view&id=3530&Itemid=62)

And, there's more! The Best Ways to Save brochure has helped hundreds of thousands of seniors live better in retire-

ment with valuable tips for getting the most out of Social Security and Medicare benefits and stretching retirement income. To request your free special issue send \$1 for postage and handling to: The Senior Citizens League, ATTN: BWTS, 1001 N. Fairfax St., #101, Alexandria, VA 22314. Or visit TSCL on the web at [www.SeniorsLeague.org](http://www.SeniorsLeague.org).

With 1.2 million supporters, The Senior Citizens League is one of the nation's largest nonpartisan seniors groups. Located just outside Washington, D.C., its mission is to promote and assist members and supporters, to educate and alert senior citizens about their rights and freedoms as U.S. Citizens, and to protect and defend the benefits senior citizens have earned and paid for. The Senior Citizens League is a proud affiliate of The Retired Enlisted Association. Please visit [www.SeniorsLeague.org](http://www.SeniorsLeague.org) or call 1-800-333-8725 for more information.

*Distributed by The Senior Exchange, Inc.  
 Serving The Mature American With Timely,  
 Low-Cost, Self-Help Information*



## No COLA In 2011 Means Lower Social Security Payments

Alexandria, VA (September 21, 2010) Rising Medicare premiums and no annual cost-of-living adjustment (COLA) are whittling down Social Security payments for an estimated 23 million of the nation's seniors and the disabled, according to a new estimate by The Senior Citizens League (TSCL), one of the nation's largest nonpartisan seniors groups. The group's estimate is based on a survey of more than 2,400 seniors earlier this year. Half of all survey respondents said they received lower Social Security benefits in 2010 after payments for Medicare premiums were deducted from their benefits as a result of not receiving any COLA in 2010. The same situation is expected to occur again next year. The Social Security Trustees and Congressional Budget Office predict that inflation will remain too low to pay a COLA. Medicare premiums, on the other hand, are expected to increase.

"Another year of no COLA will put the Social Security benefits of seniors through the wringer," says TSCL Chairman Larry Hyland. "After paying their Medicare premiums, particularly for health and drug plans, seniors have less to go around for everything else," Hyland points out. Forty-seven percent of those surveyed said their Social Security benefits were reduced by at least \$132 in 2010, but some ten percent reported that the rise in their premiums reduced their benefits by more than \$840.

"Seniors should start preparing now to trim costs wherever they can," says Hyland. "We encourage all Medicare beneficiaries to carefully review the documents explaining changes in costs and coverage that they receive from drug and health plans in October. In addition, we urge seniors who have concerns about rising costs to get help to learn about and compare drug and health plan options during the fall Open Enrollment period that starts November 15th," Hyland adds.

Seniors with good computer skills can get a great deal of information about health and drug plans by visiting

the Medicare website at [www.medicare.gov](http://www.medicare.gov). "But many seniors still need help understanding how their choices may impact them," Hyland explains. "Medicare beneficiaries can get free one-on-one insurance counseling from State Health Insurance Counseling and Assistance Programs (SHIPs) that operate through area agencies on aging, as well as from local senior services departments. In addition, the programs can screen seniors who are having difficulty affording their premiums and other out-of-pocket costs and, if qualified, help them apply for Medicare programs that will provide additional assistance covering costs. TSCL recommends that seniors call their area agency on aging to make an appointment to review their coverage in October.

"Seniors need a more fair and adequate COLA now, to help them offset the inevitable annual healthcare cost increases," Hyland says. TSCL strongly supports legislation that would provide an emergency COLA or guarantee a minimum average COLA to prevent the erosion in Social Security benefits experienced by seniors. To help seniors learn more and to get more tips for saving money in retirement, TSCL publishes "The Best Ways to Save" newsletter. To request your free special issue, send \$1 for postage and handling to: The Senior Citizens League, ATTN: BWTS, 1001 N. Fairfax St., #101, Alexandria, VA 22314. Or visit TSCL on the web at [www.SeniorsLeague.org](http://www.SeniorsLeague.org).

**With 1.2 million supporters, The Senior Citizens League is one of the nation's largest nonpartisan seniors groups. Located just outside Washington, D.C., its mission is to promote and assist members and supporters, to educate and alert senior citizens about their rights and freedoms as U.S. Citizens, and to protect and defend the benefits senior citizens have earned and paid for. The Senior Citizens League is a proud affiliate of The Retired Enlisted Association. Please visit [www.SeniorsLeague.org](http://www.SeniorsLeague.org) or call 1-800-333-8725 for more information. Distributed by The Senior Exchange, Inc. Serving The Mature American With Timely, Low-Cost, Self-Help Information**

## In Memory Of Cliff Dougal

by Eileen Doherty

**In Memory of Cliff Dougal . . .  
 Dedicated to Leaving the World a  
 Better Place**

Denver, CO. With a twinkle in his eye and a smile on his face, Cliff Dougal began each day with the optimism of giving 100%. But in the end he gave 150% to everything he cared about. Today, this column is being dedicated to the memory of Cliff, the Director of Marketing for CGS, who passed away Thursday, September 16, 2010.

Cliff came to work at the Colorado Gerontological Society in 2005, and was renowned throughout the community for his incredibly approachable and friendly personality. Cliff had a true gift for sales, and it was partly due to this that the annual Salute to Seniors event has remained such a success. Colleagues will certainly remember his charm, and his ability to light up any room or meeting when he entered with his ever-ready smile.

Although Cliff worked diligently for "the seniors" as he fondly referred to his work, his true passion

was helping kids in need. As a member of the Gateway Optimists Club and numerous other service clubs, he devoted much of his spare time to doing exactly that, again giving 150%. He did the fundraising and coordination for an annual fishing trip for underprivileged kids, an event which he was managing from his rehabilitation bed the Saturday before his passing telling us "I'm glad the kids had a good time."

He took up collections of clothing and personal care items for the homeless youth at Socks' Place, a drop in center for at-risk and homeless young people. Twice a year, once at Easter and again at Christmas, he would take up collections of money, toys and candy for underprivileged Denver children. Over the years he brightened the day of hundreds of kids, as he played Santa Claus and the Easter Bunny at the Denver Children's Home, Sewall School, and National Jewish Hospital. Cliff always referred to them as "his kids" and his happiness at being able to provide them with some amount of comfort, magic and hope was as boundless as the piles

**SEE 'DOUGAL' PAGE 10.**

# I'm Still Above Ground

by James R. Grasso, Chief Cook & Bottle Washer



## Chuck Green Joins Our Team

Senior Beacon is very happy and proud to welcome award-winning columnist Chuck Green to our family. Outspoken, provocative but always entertaining, Mr. Green's insight into most any subject is always concise and pithy. You may not always agree with his opinions but if you're honest with yourself he'll always give you reason to pause. Chuck was a former editor-in-chief of the *Denver Post* and his column is syndicated state-wide. Look forward to seeing Chuck's column every month on page three. Enjoy!

## Observations From The Cave

Okay, now this is getting out of hand. I've survived many arrows in the past concerning my views on politics in general and reader's overall desire to "silence" my views. (I never can understand people wanting to silence someone's opinions but that is another subject). The latest excursion into dictatotship from

people who don't agree with me is that I should be sued for not having the "other side" of issues printed in this spot and various other parts of the newspaper.

It has always been that *Senior Beacon* would be a way to disseminate information to the Senior Community and that's the objective that has driven the newspaper since its inception in August of 1982. It's been done ever since.

But to the question that I should print the "other side" or be sued for not doing so behooves me to coin a JFK favorite, "Let me say this about that."

Dear readers, everywhere you turn you hear and read the "other side." In television shows, in most newspapers on the planet, just about every magazine printed, all over the internet, on all the major news organizations (save one), in most political discussions where people of my political persuasion are always outnumbered at least 2 to 1, political digs in almost every story line in entertainment, from the mouths of our Hollywood types (and foul those mouths are when it comes

SEE "OP-ED" PAGE 22.

## Kirk Taylor Statement

I was born and raised in Pueblo. My family moved to Rye in the early 1970s. My mother, Irene Valdez-Taylor was a teacher at Rye High and a Navy veteran. My father, Kenneth Taylor, was a professor at what is now CSU-Pueblo and a Navy veteran. I was raised with a focus on hard work and family values along with a tradition of service to our country and our community. I remain rooted in my family's traditional values by continuing to ranch. It is these values that I daily communicate to the Sheriff's Office that you entrusted to my care and leadership 4 years ago.

I write of these values because I want you to know what I bring to your office is a spirit of service. My staff was selected based on their professional credentials and expertise.

I am committed to building a culture of hard work, traditional family values and attention to your needs at the Sheriff's office.

Paid for by the Committee to Re-Elect Kirk Taylor Sheriff, Caroline Parra, Treasurer.



Protecting your safety

Protecting your money

Protecting your rights



Vote November 2nd  
Re-Elect Kirk Taylor for Sheriff

Paid for by the Committee to Re-Elect Kirk Taylor Sheriff, Caroline Parra Treasurer

# JERRY MARTIN

## FOR PUEBLO COUNTY COMMISSIONER

Jerry Martin has lived in southern Colorado for 36 years. He has been a corporate executive and an independent businessman. He has always met his payroll. One of his core values is that if you can't afford it, don't buy it, and if you buy it, pay for it. He has paid cash for every car he has ever owned.

That is the kind of behavior that belongs in government, as well as in private life. The absolute opposite is what has become common in government -- spending your money as if it doesn't count, and burdening your children and your grandchildren with a crushing debt that will rob them of a better life.



Jerry with wife Kitty

# STOP THE BLEEDING

**Last day to register:**

**Oct. 4**

**Early voting begins:**

**Oct. 12**

**Election Day:**

**Nov. 2**

*It's your duty to VOTE!*

**DO YOU CARE ABOUT GOVERNMENT SPENDING?  
IF SO, THIS ELECTION IS ABOUT YOU AND YOUR FAMILY.**

During the past three years, led by Chairman Jeff Chostner, the Pueblo County commissioners have recklessly spent the taxpayers into deep debt. Chostner said it is the fault of the economy, but it isn't. County income has remained steady for the past three years, but spending has soared, and debt has increased at an obscene rate.

JERRY MARTIN believes government, just as individuals, must live within its means. It's time Pueblo County adopted that philosophy and abandoned its irresponsible spending binge.

For details go to [www.martinforpueblo.com](http://www.martinforpueblo.com)

or call 547-9589

**It is not the economy; it is the spending.**

Paid for by Martin for Pueblo's Future Committee, Silver Salazar, Treasurer.

# September In Colorado ..... As Good As It Gets!!

by Chuck Green

*ed. note: We are extremely pleased to have the esteemed Chuck Green join our Senior Beacon family. We know you will enjoy his experienced excellence.*

It is 5:45 in the morning, which may not seem like a big deal to you. But it's dark outside, it's a little cold on this first day of fall, and everybody else is still in bed. I've been out to the driveway, picked up the papers and started the coffee.

And now I'm sitting at a computer, with a blank screen, a blank mind and a bad attitude. I'd rather be in the other end of the house, snuggled in the warm blankets and without a concern in the world.

Isn't that what retirement is supposed to be like?

Instead, I'm sitting here bleary-eyed, supposed to be thinking about politics and social issues -- about far-away wars and the economy, the Colorado governors' race and Nevada's senate race, about global warming and health-care policy.

I'm not in the mood.

Fortunately, I have an option. I can change my mood.

So instead of writing about all the wrongs of the world we live in, from Afghanistan to Washington to Denver, I will write about my favorite subject.

September.

Ahhh, September.

It is the most glorious time of the year in Colorado, and in most places, I suspect. Even when it's fall in Michigan, it's spring in Argentina. So, no matter where you are, what's not to like about September?

Especially if you're lucky enough to live in Colorado.

The days are warm, but not hot. The evenings are cool, but not cold. The air is clear, the foliage is turning color, the birds are still at the feeders, and the sunrises are spectacular.

Just as the virgin moments of dawn are starting to lighten the sky, a finch appears at my window. The early bird gets the seed, if not the worm.

The first light is turned on in the house across the way. A new day is beginning; life is starting to stir.

In this transitional moment of dark turning to light, I recognize the irony. Daybreak brings a certain obligation,

I suppose, of facing the day's burden.

With the light of dawn comes all the darkness of life. Most of us start the day by reading about or hearing about the gloomy side of life -- the murders, the mayhem, the riots, the disease, the corruption.

Today, possibly to celebrate the splendor of September, I choose not to start the day that way. I have no thoughts about the economy, or the crime rate or the plight of the homeless. I can look out my window and choose to enjoy the fading starlight and the emerging daylight. It is the morning that is on the cusp -- the last day of summer is suddenly behind, and the first day of autumn is ahead.

It's another changing of the seasons, defined more by nature's incredible force than by Al Gore's self-serving imagination. (Even on a morning such as this, politics can't be entirely out of mind.)

The grass is still green, the trees are still leafy, the red geranium blossoms are still in full pride, and the courtyard fountain is still gurgling. Tomorrow is forecast to bring the change. The blue sky is supposed to be gray, the still air is supposed to turn a bit angry and the first

hint of an approaching winter is supposed to be reflected in the outdoor thermometer.

But none of that can suppress what is in the air at the moment -- a crisp, clear fall morning, the exhilaration that September provides, the freedom to enjoy the pleasure of a place where there is no war and no famine, there are no earthquakes or hurricanes or miners trapped far inside the ground.

It's just the beginning of another beautiful autumn day in Colorado. And, even though my wonderful wife and our adorable dogs are cuddled beneath the blankets in the other end of the house, and I have to be sitting here at the computer, life is good.

Just in the past hour, darkness has turned to sunlight. And the computer screen has magically been filled with words, and with gratitude.

I love September. It has the power to change my mood, even before I'm fully awake on a dreamy, sleepy morn.

-- *Chuck Green, veteran Colorado journalist an former editor-in-chief of The Denver Post, syndicates a statewide column and is at [chuckgreencolo@msn.com](mailto:chuckgreencolo@msn.com) and 303-588-4138.*

## Disabled Seniors May Pay More For Med Equipment

(NAPSI)-Seniors and people with disabilities who rely on home medical equipment and services will pay a steep price under Medicare's controversial and mislabeled "competitive" bidding program for durable medical equipment.

Currently, the Centers for Medicare and Medicaid Services' use of competitive bidding to set reimbursement prices for durable medical equipment, prosthetics, orthotics and supplies is inefficient. It involves what the Southern Economic Journal called "overly complex

rules for choosing winners and setting prices [that] distort the incentives that bidders face and may actually result in increased prices for some consumers."

Unintended consequences of the bidding program can include:

- Reduced access to care and service disruption--The bidding program restricts choices for home medical items and services, and it may trigger a race to the bottom in terms of quality.
- Higher spending by Medicare--The bidding process can lead to longer,

more expensive hospital stays and more physician office visits, nursing home admissions and emergency room visits.

• Less competition--The bid program can reduce the number of competitors.

• Loss of jobs and small businesses--The program can result in thousands of small businesses closing and result in as many as 100,000 job losses nationwide.

Fortunately, there's an alternative. A bipartisan group of more than 250 lawmakers in the U.S. House of Repre-

sentatives supports legislation that would repeal the bidding program and replace it with a fiscally responsible measure to reduce payment rates for home care while preserving the ability of home medical equipment providers to continue serving Medicare beneficiaries.

As more people receive medical equipment and services at home, the U.S. will reduce expensive hospital stays, emergency room visits and nursing home admissions. In fact, home medical equipment is an important part of the solution to the nation's health care-funding crisis.

Many people concerned about the health of America are writing to their legislators about this issue at [www.house.gov](http://www.house.gov) and [www.capwiz.com/aahomecare](http://www.capwiz.com/aahomecare).

For more information, you can visit

# Jeri Fry

*"I care about the office, the people who work there, and the people we serve"*

## for Clerk & Recorder

**"Vote For Experience November 2<sup>nd</sup>"**



Paid for by the Committee to Elect Jeri Fry. Joann Grenard Treasurer.

For Fremont County

## Jeri Fry Statement

Jeri Fry is a Candidate for Fremont County Clerk and Recorder

I have lived, worked, and volunteered in Fremont County nearly all my life. I understand the appropriate role of government in our daily lives and the necessary services we expect, including, fair, accurate and lawful elections. Top of my agenda is responsive service and solid stewardship of your tax dollars in these demanding economic times.

I have seventeen years of solid, yet broad experience in Fremont County government, which is what it will take to run the Clerk's office for today's people.

This is an historic election for Fremont County as we elect a new Clerk for the first time in 38 years. Yet, recent economic and political unrest have many of us quite concerned. Things have changed a lot in 38 years. We can't even keep the doors of County Government open 5 days a week! As sole provider of certain services the Clerk's office is expected to be responsive.

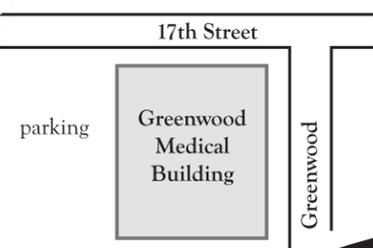
I have strong problem solving skills that I am anxious to put to use as I take the office off auto pilot and explore the possibilities to continue a first-rate friendly office.

I'm ready to serve as the next excellent Fremont County Clerk and Recorder. Vote for Jeri Fry!

Paid for by the Committee to Elect Jeri Fry, Joann Grenard, Treasurer.

## Mammography has a new home...

When scheduling your mammogram at Parkview, please note there has been a change in location. We offer a convenient location with ample parking. Parkview Imaging Suite at Greenwood is located in the Greenwood Medical Building on the corner of 17th and Greenwood, 1619 Greenwood, Suite 100 on the 1st floor.





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[www.parkviewmc.org](http://www.parkviewmc.org)

# news of the weird

COMPILED BY CHUCK SHEPHERD  
FOR SENIOR BEACON



## Cultural Diversity

-- BBC News reported in August that government officials in southern Sudan had unveiled a \$10 billion plan that would rebuild the area's major cities (heavily damaged during the ongoing civil war) "in the shapes of animals and fruit." New blueprints for one state capital, Juba, show its boundaries in the shape of a rhinoceros, and for another capital, Wau, a giraffe, and for the town of Yambio, the outline of a pineapple.

-- Spousal violence continues to plague India, especially in lower-income areas of Uttar Pradesh state, but four years ago, Ms. Sampat Pal Devi, then 36, formed a vigilante group of females to fight back and has made notable progress, according to a July report on Slate.com. Members of Pal's group ("gulabis" -- literally, "gangs for justice") travel in numbers, wearing "hot pink" saris and carrying bamboo sticks, and try to reason with abusive husbands to improve their behavior. Originally, Pal imagined a temporary team, in place until women acquired greater electoral power, but the experience in Uttar Pradesh has been disheartening in that, often, the women elected as officials have been just as corruptible and male-centered as the men they replaced.

-- U.S. and NATO forces in southern Afghanistan have reported feelings of revulsion at the number and ostentatiousness of local Pashtun men who publicly flaunt the 9- to 15-year-old boys that they've acquired as lovers. The boys dress (and use makeup) like girls, dance, hold the men's hands, and show off in front of others of their age. According to an August San Francisco Chronicle dispatch from Kandahar, locals explain the practice as partly regional tradition and partly a response

to Islamic and tribal customs that make young females off-limits to men until marriage (Local saying: "Women are for children; boys are for pleasure"). (The more fundamentalist Pashtun also point out that boys are "cleaner," in that they never menstruate.)

-- A 1997 election law in Brazil makes it illegal to "degrade or ridicule" political candidates or their parties, making that country's election season not nearly as lively as the U.S.'s. However, in August, one week after a protest in Rio de Janeiro by Brazilian comedians, the vice president of the Supreme Court acquiesced and suspended the law as unconstitutional.

## Questionable Judgments

-- Marketing Professionals Not Ready for Prime Time: Drake University in Des Moines, Iowa, feeling under-respected academically, commissioned an in-state firm to create a direct-mail campaign highlighting the many benefits of a Drake education. The pitch to potential students, which was rolled out in September in brochures and on Drake's website, is called the "Drake Advantage" and is graphically represented (curiously, for an academic institution) as "D+."

-- Creative Sentencing: (1) Convicted Pennsylvania embezzler Lanette Sansoni pleaded guilty in August and agreed to reimburse the victim the remaining \$200,000 of the \$475,000 she had stolen. Judge Joseph Smyth then sentenced Sansoni to house arrest -- for 21 years. She can remain out of jail as long as she works and contributes at least \$750 a month for restitution. (2) Samuel McMaster Jr. pleaded guilty to securities fraud in August in Albuquerque but struck a deal with prosecutors to enable restitution to his two dozen victims. McMaster fancies himself an expert at poker, and the judge agreed

to withhold sentencing for six months to let McMaster prove he could earn at least \$7,500 a month for his victims at Las Vegas poker tables.

## Bright Idea?

-- Sixteen condom dispensers were installed at the San Francisco County jail in San Bruno, Calif., in September, paid for by community grants, to assist in the county's safe-sex program. (Of course, jailhouse sex remains illegal.)

## Civilization in Decline

The Overprivileged, in Training: The first day of school, according to Mia Lin, 16, of Framingham, Mass., "is like a movie premiere." That's when she and some of her well-off friends get the opportunity to give fellow students the benefit of their informed summer fashion decisions as they jockey for position in the school's social order. Lin told the Boston Globe that her "style" is "urban" and shoe-oriented. "I have about 90 pairs. I wear whole outfits just to accent my shoes," including black, red and gold Supra Chad Muska Skytops, which give her, she said, "a swagger boost." "Every year is an opportunity to redefine your style."

## Recurring Themes

Jonne Wegley joined the Army in 2009, but during basic training was distracted by troubles at home (a brother severely injured; his girlfriend aborting their child and two-timing him) and wanted out. Like others facing Army assignments (some chronicled in News of the Weird), his escape of choice was to ask a pal to shoot him in the leg, rendering him unfit for duty (but, he hoped, not too badly hurt). The reluctant pal fired one shot, which resulted in the "mangl(ing)" of Wegley's leg and which has so far required 25 surgeries. (Sources cited by the Ledger-Enquirer of Columbus, Ga., near Wegley's post at Fort Benning, said there are easier legal ways to leave the Army.)

## A News of the Weird Classic (April 2004)

At a special Friday evening session of the New Mexico House of Representatives in February (2004) (on health insurance taxation), Democratic leaders needed Rep. Bengie Regensberg to cast an emergency vote and sent state police to retrieve him at the Santa Fe motel where he was headquartered during the session. Troopers managed to bring him to the capitol, but reported having had to subdue and handcuff the naked, combative and "likely intoxicated" Regensberg.

## Civilization in Decline

"Tom Tom," a 2-year-old York-

shire terrier, was laid to rest at the Oakland Cemetery in Monticello, Ark., in March, even though he was in good health. His owner, Donald Ellis, had just passed away but had left explicit instructions that he wanted Tom Tom buried along with him, and not later on, because he felt that no one could love Tom Tom as much as he did. Ellis' reluctant family finally took Tom Tom to a veterinarian, who tried to change their minds but ultimately acquiesced and euthanized the dog out of fear that they would put him down anyway, less humanely.

## Weird Science

-- On an August ABC-TV "Nightline," professor Matt Frerking of Oregon Health and Science University allowed cameras to record his narcolepsy-like "cataplexy," which causes temporary muscle paralysis each time he contemplates romantic love (hugging or holding hands with his wife, viewing wedding pictures, witnessing affectionate couples). He noted that he can often fend off an impending attack by concentrating on his own lab work in neuroscience.

-- Breakthroughs: (1) When Ron Sveden's left lung collapsed in May, doctors initially diagnosed a tumor, but on closer inspection learned that Sveden, of Brewster, Mass., had ingested a plant seed that had somehow migrated to his lung and sprouted open. He is recovering. (2) A Pomeranian puppy recently found wandering in San Bernardino, Calif., was diagnosed with reproductive-organ complications that destined him to be put down, but a woman volunteered \$1,165 for "transgender" surgery. "Red" is now happy and ready for adoption (and of course neutered).

## Leading Economic Indicators

-- To most, the toilet is a functional appliance, but to thoughtful people, it can be an instrument upon which creativity blossoms. Thus, the price tags were high this summer when commodes belonging to two literary giants of the 20th century went on sale. In August, a gaudily designed toilet from John Lennon's 1969-71 residence in Berkshire, England, fetched 9,500 pounds (about \$14,740) at a Liverpool auction, and a North Carolina collectibles dealer opened bids on the toilet that long served reclusive author J.D. Salinger at his home in Cornish, N.H. The dealer's initial price was \$1 million because, "Who knows how many of Salinger's stories were thought up and written while (he) sat on this throne!"

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**LAMAR**

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# For A Healthier You



## Just How Much Do You Know About Medicare?

(NAPSI)-Medicare plays an important role in covering health care expenses during retirement. Yet, a survey conducted by the National Association

of Insurance Commissioners (NAIC) revealed that as many as 40 percent of the respondents were unaware of the age at which most people become eligible for

the program.

"Anyone planning for retirement needs to understand what Medicare is and, more importantly, what it isn't," said Scott Perry, president of Bankers Life and Casualty Company, a national health and life insurer serving the retirement needs of the middle market.

### Understanding The Basics

Medicare benefits are available through:

- Original Medicare (Part A Hospital Insurance and Part B Medical Insurance),
- Medicare Advantage plans (Part C), and
- Medicare Prescription Drug Coverage (Part D).

If you plan to enroll in Original Medicare, consider purchasing a Medicare supplement (Medigap) policy. These policies help with some health care expenses not covered by Medicare, such as deductibles and co-pays. Eleven standardized plans are offered with varying levels of coverage.

Medicare Advantage plans generally provide benefits similar to what you would get if you combined traditional Medicare with Medicare supplement insurance, but with lower member premiums due to the use of network health care providers. These plans can also include extras such as vision care and dental discounts, and many have built-in prescription drug benefits.

Finally, Medicare Prescription Drug Coverage (Part D) is available to everyone with Medicare. To get the protection, which helps pay for outpatient prescription drugs, you must join a Prescription Drug Plan. These plans vary in cost and drugs covered.

### Avoiding Common Misunderstandings

Remember that most people become eligible for Medicare at age 65, even if they begin collecting Social Security earlier. If you plan to retire early, you may need to obtain other medical coverage until you reach 65.

Also, note that Medicare does not cover all medical costs, such as long-term care. Medicare only pays for skilled nursing care provided in a qualified nursing facility, and only for short periods while you're recuperating after a hospital stay. It stops paying benefits once your care needs stabilize. Medigap policies pay only after Medicare has paid benefits and they, like Medicare, do not pay for long-term care.

"Knowing how Medicare works with other types of insurance can help protect savings at a time when many retirees are living on fixed incomes," said Perry.

For more topics of interest, visit [www.bankers.com](http://www.bankers.com) and click "Senior Resources."

## Cholesterol And You

(NAPSI)-Did you know that one in every six adults in the U.S. has high cholesterol? Or that 80 percent of people who have had a heart attack have high cholesterol? Having high cholesterol could double your risk for serious cardiovascular events such as heart attacks and strokes.

What is cholesterol? Cholesterol is a soft, waxy fat, or lipid. There are two main sources of cholesterol. Cholesterol is made naturally in the body or it can be ingested if it is present in the food you eat. Cholesterol is found in the bloodstream and in cells throughout the body. Although cholesterol is necessary for the body to function properly, too much of it can lead to serious health problems. In fact, people with high total cholesterol have double the risk of heart disease. "Bad" cholesterol is called LDL cholesterol, and it can build up in the arteries and prevent the blood from getting to the heart or brain. HDL cholesterol, on the other hand, is the "good" cholesterol. It helps carry LDL cholesterol away from artery walls.

The good news is that you can reduce your risk of heart disease and stroke by lowering your LDL cholesterol. Although some risk factors such as family history, age and gender may impact your chance of having a heart attack or stroke, they cannot be changed. Luckily, however, risk factors such as diet, weight and exercise levels can be adapted to lower your cholesterol--and potentially your risk for heart disease and stroke.

In some cases, exercise and healthy eating are enough to control cholesterol levels. But sometimes these efforts are not enough, and cholesterol-lowering medications may be needed. Controlling cholesterol is especially important for people who are at a higher risk for heart problems, including patients with coronary heart disease or other cardiovascular disease or patients with diabetes plus other risk factors.

Managing cholesterol with certain medicines has been shown to provide several health benefits, including reducing the risk of a first stroke. It is important to talk to your doctor about any treatment option.

Don't put yourself at risk. Talk to your doctor and take control of your cholesterol starting today.

## FREMONT/CUSTER County Menus

Penrose(372-3872) - Canon City(275-5524)  
Florence(784-6493) - Salida (539-3351)

### PENROSE CENTER

1405 Broadway-Penrose (Tues/Thur)

**OCTOBER 5:** CHICKEN A LA KING, Whipped Potatoes, Tossed Salad with Lite Dressing, Orange, Apricot Halves.

**OCTOBER 7:** FRENCH DIPS SANDWICH WITH AU JUS, Oven Browned Potatoes, Mixed Vegetables, Strawberry Applesauce.

**OCTOBER 12:** PORK CHOW MEIN, Steamed Brown Rice, Cooked Cabbage with Red Pepper, Banana, Fortune Cookie.

**OCTOBER 14:** CHICKEN FRIED STEAK, Whipped Potatoes with gravy, California Vegetable Medley, Pineapple Tidbits.

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

**OCTOBER 21:** BAKED POTATO, Broccoli Cheese Sauce, Tossed Salad with Lite French Dressing, Strawberry Applesauce, Fruit Cocktail.

**OCTOBER 26:** CHILI RELLENO CASSEROLE, Parslied Carrots, Tossed Vegetable Salad with Lemon.

**OCTOBER 28:** CHICKEN NOODLE SOUP, Wheat Crackers, Chopped Spinach/ Malt Vinegar, Sliced Yellow Squash, Orange.

### FLORENCE

100 Railroad St. - Florence Tu-Thur-Fri

**OCTOBER 1:** BEEF AND SWEET PEPPERS, Steamed Brown Rice, Cut Broccoli, Raisin Applesauce.

**OCTOBER 5:** MEATLOAF/Brown Gravy, Cheesy Potatoes, Seasoned Green Beans, Pineapple Tidbits.

**OCTOBER 7:** BEEF STEW, Wheat Crackers, Whole Kernel Corn, Herbed Green Beans, Diced Pears.

**OCTOBER 8:** KIELBASA, Parsley Buttered New Potatoes, Mixed Vegetables, Squash, PA Mandarin Orange Compote.

**OCTOBER 12:** ROAST CHICKEN/BROTH, Scalloped Potatoes, Harvard Beets, Cinnamon Apples.

**OCTOBER 14:** BEEF STROGANOFF, Orange Spiced Carrots, Ruby Beet Salad, Mixed Fruit.

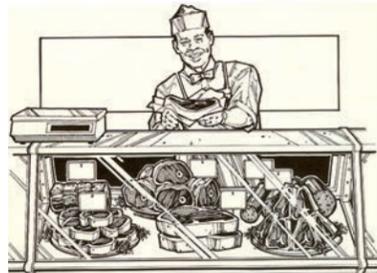
**OCTOBER 15:** TURKEY SALAD ON

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- \* Competitive Prices



## Big D Superfoods

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A BED OF LETTUCE WITH TOMATO, Steamed Brown Rice, California Vegetable Medley, Raisin Applesauce.

**OCTOBER 19:** SPAGHETTI/MEATSAUCE, Tossed Salad, Mixed Fruit, Orange Juice.

**OCTOBER 21:** WHITE CHILI/CHICKEN, Wheat Crackers, Carrot/Celery Sticks, Cooked Cabbage/Red Pepper, Apple.

**OCTOBER 22:** TATOR TOT CASSEROLE, Tossed Salad, Squash, Pears.

**OCTOBER 26:** ROAST BEEF, Mashed Potatoes with Gravy, Green Bean Amandine, Apricot Peach Compote, French Bread with Margarine.

**OCTOBER 28:** PORCUPINE MEATBALLS, Whipped Potatoes with Gravy, California Vegetable Medley, Banana.

**OCTOBER 29:** HUNGARIAN Goulash, California Vegetable Medley, Green Peas, Pineapple Tidbits.

### SALIDA MENU

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

**OCTOBER 1:** BEEF & SWEET PEPPERS, Steamed Brown Rice, Orange Spiced Carrots, Grapefruit Half.

**OCTOBER 5:** BLACK BEAN &

TORTILLA CASSEROLE, Steamed Brown Rice, Whipped Sweet Potatoes, Mixed Fruit.

**OCTOBER 7:** PUEBLO BEEF STEW, Wheat Crackers, Sliced Yellow Squash, Apple, Cornbread with Margarine.

**OCTOBER 8:** ROAST TURKEY WITH GRAVY, Cornbread stuffing, Cauliflower Broccoli/Cheese Sauce, Cranberry Mold, Pumpkin Bar.

**OCTOBER 12:** CHICKEN & NOODLES, Seasoned Green Beans, Baked Acorn Squash, Apricot Pineapple Compote.

**OCTOBER 14:** CALIFORNIA VEGGIE BAKE, Spinach Salad with Egg & Italian Dressing, Pears, Citrus Cup, Oatmeal Raisin Cookie.

**OCTOBER 15:** ROAST PORK, Whipped Potatoes with Gravy, Parslied Carrots, Strawberry Gelatin Salad, Dinner Roll with Margarine.

**OCTOBER 19:** CHICKEN FAJITA, Tomato, Lettuce Garnish, Cilantro Rice, Cooked Cabbage with Red Pepper, Grapes.

**OCTOBER 21:** TUNA STUFFED TOMATO, Spinach Mandarin Orange Salad, Italian Dressing, Plums, Peanut Butter Oatmeal Cookie.

**OCTOBER 22:** CREAM OF ASPARAGUS SOUP, Roast Turkey with Gravy, Cinnamon Applesauce, Carrot-Raisin Salad, Dinner Roll with Margarine.

**OCTOBER 26:** BEEF STROGANOFF, Orange Spiced Carrots, Ruby Beet Salad, Mixed Fruit.

**OCTOBER 28:** BAKED HAM WITH RAISIN SAUCE, Candied Sweet Potatoes, Green Bean Amandine, Cranberry Mold.

**OCTOBER 29:** SCALLOPED POTATOES & HAM, Chopped Spinach Salad, Hard Boiled Egg, Perfection Salad, Peaches.

### GOLDEN AGE CENTER

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

**OCTOBER 1:** BBQ Pork Ribs, potato salad, corn, pears.

**OCTOBER 4:** Sloppy Joe On A Bun, tater tots, peas/carrots, strawberry applesauce.

**OCTOBER 6:** Hot Turkey Sandwich, whipped potatoes, corn, peaches.

**OCTOBER 8:** Baked Potato, chili con carne/snredded cheese, fruit cocktail, biscuit.

**OCTOBER 11:** Center Closed

**OCTOBER 13:** Split Pea Soup, hamburger on a bun, creamy coleslaw, tropical fruit.

**OCTOBER 15:** Birthday Meal. BBQ Brisket, mashed potatoes with cheese, fruit salad.

**OCTOBER 18:** Smothered Chicken, cornbread stuffing, californina blend, waldorf salad.

**OCTOBER 20:** Spaghetti/Meatsauce, tossed salad, green beans, garlic bread, mandarin oranges.

**OCTOBER 22:** Lemon Baked Fish, scalloped potatoes, chopped spinach, jello with fruit cocktail.

**OCTOBER 25:** Turkey Pot Pie, broccoli, tossed salad, apricot with pineapple.

**OCTOBER 27:** Roast Pork/Gravy, whipped potatoes, carrots, applesauce.

**OCTOBER 29:** Stewed Chicken, greek spaghetti, salata, honey cake.

### ALL MEALS SERVED WITH MILK

(Coffee or Tea optional)

Most meals served/bread/marg.

# Fashion: Looooking Gooood!

## Not All Hair Care Is Created Equal And That's Good!

(NAPSI)-A new understanding of the way hair is physically and chemically constructed is changing our approach to hair care and has been shown to be a key factor in product performance.

Every person has special hair needs, depending on his or her hair structure. The structure of your hair is determined by the shape of your hair follicle and the physical and chemical properties of the hair. All of these factors influence how ingredients perform. Each hair structure creates a different interfiber relationship, which

ultimately requires a different approach to achieving the best results.

Those with fine hair have up to 50 percent less protein than thick hair and may need special reinforcements to keep strands from falling flat and avoiding breakage.

Fine hair has the least amount of fiber-to-fiber interactions and tends to be less durable and more flexible than thick hair and prone to breakage. Conditioning is very important for fine hair, as it can help protect against damage.

Medium-thick hair can contain

up to two times more cells than fine hair, making it more rigid and capable of absorbing more moisture than fine hair--this can lead to frizz, which is a common problem with this hair structure.

The twists and turns of curly hair cause cuticles to lift and weaken, which ultimately leaves hair rough and difficult to control.

Curly hair has the highest number of fiber-to-fiber interactions and needs help minimizing the friction between fibers to prevent damage.

Those who color their hair chemically alter their structure during the coloring process, making it rough and dull. Because the hair structure has been altered, it may need extra moisturizing

and conditioning ingredients to prevent damage.

Companies such as Pantene now offer collections of shampoos, conditioners, styling products and treatments that are specially designed to work with the hair's structure and provide the desired end benefit.

New Pantene includes an updated ingredient list, tailored systems, new packaging and new fragrance. The collections are available in Fine, Medium-Thick, Curly and Color-Treated Hair Solutions, making it possible for women to choose the collection designed for their hair structure and to achieve their desired end look.

## Footwear For The Cure

(NAPSI)-The fashion industry is taking a step toward finding a cure for breast cancer--offering a great deal on shoes to raise money for breast cancer research.

The Fashion Footwear Association of New York (FFANY) and QVC are joining forces for the 17th Annual QVC Presents "FFANY Shoes on Sale." To date, over a million pairs of shoes have been sold and more than \$32 million has been donated to fund cutting-edge research and education at leading hospitals and research organizations. Shop the charitable shoe sale by tuning in to QVC from 7-10 p.m. (ET) on October 15.

For the month of October, shoppers can also contribute to the cause by purchasing the "Shoe of the Day" offered each weekday from 7-9 a.m. (ET) or beginning October 1 online at QVC.com (while supplies last). This year, more than 100,000 shoes from over 100 brands will be sold for half the manufacturer's suggested retail price.

For details, call 800-345-1515 or visit [www.QVC.com](http://www.QVC.com) beginning October 1.

## Pack Light To Beat Bag Fees

(NAPSI)-It's come down to The Battle of The Baggage Fees. And if you're a consumer--make that a savvy consumer--know that you really can beat the airlines at their own game.

To make up for low revenue, airlines have been raising the fees they charge for baggage--in the case of one "ultra-low-cost" carrier, at least, even recently taking heat in Washington for announcing a new charge of as much as \$45 for carry-ons. "The decision could

spur other airlines to impose a similar fee," warned one New York senator who immediately introduced a tongue-twister piece of legislation called the Block Airlines' Gratuitous Fees Act last April to try to keep the practice from spreading.

Needless to say, travelers are miffed. According to a new Consumer Reports survey, "luggage charges" was Americans' No. 1 "gripe" about flying. (They also weren't thrilled with "puny snacks," but that's another story.)

To avoid paying more than necessary, try these tips:

- Retire your wheeled bags. All that extra hardware means you might as well be carrying a sign that says "Will Pay More to Fly." Most airlines now charge a fee of \$15 for your first checked bag, according to AOL, but that could rise to \$39 to \$175 if it's overweight.

- Dress like you're homeless. Not to be glib, but since airlines don't restrict the weight of your clothes or items on your person--at least not yet--layer on your heaviest garments instead of packing them. And use your pockets.

- Obtain serene simplicity. Recessionistas were definitely on to something when they made it chic to buy beauty products that do double duty, though admittedly they were more concerned with saving money at the beauty counter than the weigh-in scale. No matter. There's now a razor that does triple duty--lathers, shaves and moisturizes in one easy step. With the Schick Intuition Plus, you'll save space in your travel bag since there's no need for separate shave gel ([www.schick.com](http://www.schick.com)). It boasts four blades, surrounded by a skin-moisturizing solid, so you're also getting a smooth shave backed with ingredients such as aloe, vitamin E, shea butter, and now antioxidant-rich pomegranate extract.

- Ship it. Weird as it sounds, it can turn out to cost less to have an overweight bag sent ahead via a delivery service. Do the math.

- Pay baggage fees online. If you're smart, you already know how to search for the lowest fares on the Web. So with some airlines hitting you up for more in baggage fees at the airport than online, why pay even a few dollars more? Still doubt it's war?

Yet another poll--this one done by TripAdvisor--found that 36 percent of flyers used only carry-ons in order to avoid checked baggage fees.

Can you say the Block Airlines' Gratuitous Fees Act three times fast?



**They're baaaaaack!**

**Dave & Dan**

**in the Morning**

**Pueblo has its own Radio Stations again!**




# Social Security & You

from Melinda Minor, District Manager - Pueblo



## QUESTIONS AND ANSWERS

### GENERAL

Question:

I recently applied for a replacement Social Security card, but I might be moving before it arrives in the mail. What do I do if I move before I get it?

Answer:

Once we have verified all your documents and processed your application, it takes approximately 10 to 14 days to receive your replacement Social Security card. If you move after applying for your new card, notify the post office of your change of address and the post office will forward your card to your new address. If you do not receive your card, please contact your local Social Security office.

To get another replacement, you will have to resubmit your evidence of identity and U.S. citizenship, or your lawful immigration status and authority to work. You can learn more at [www.socialsecurity.gov](http://www.socialsecurity.gov).

Question:

What's the average monthly Social Security benefit for a retired worker?

Answer:

The current average monthly Social Security benefit for a retired worker is about \$1,164. Social Security benefits are based on earnings averaged over most of a worker's lifetime. To learn more about how retirement benefits are calculated, or to get an immediate and personalized estimate based on your earnings record, visit us online at [www.socialsecurity.gov](http://www.socialsecurity.gov).

### RETIREMENT

Question:

What is "full retirement age" and what happens if I apply for Social Security benefits before then?

Answer:

Full retirement age is the age when you are eligible to receive Social Security retirement benefits without a reduction in your benefits. If you were born before 1938, your full retirement

age is 65. If you were born in 1938 or after, your full retirement age will be higher, depending on the year you were born. You can find your full retirement age at [www.socialsecurity.gov/retire2/retirechart.htm](http://www.socialsecurity.gov/retire2/retirechart.htm).

If you decide to apply for retirement benefits before your full retirement age (as early as age 62), your benefits will be reduced. For example, here's how it would work if your full retirement age is 66.

• If you start your retirement benefits at age 62, your monthly benefit amount is reduced by about 25 percent. The reduction for starting benefits at age:

- 63 is about 20 percent;
- 64 is about 13.3 percent; and
- 65 is about 6.7 percent.

You can learn more by visiting [www.socialsecurity.gov](http://www.socialsecurity.gov).

Question:

I am nearing my full retirement age, but I plan to keep working after I apply for Social Security benefits. Will my benefits be reduced because of my income?

Answer:

No. If you apply for benefits once you've reached your full retirement age, you can work while you re-

ceive Social Security and your current benefit will not be reduced because of the earned income. If you keep working, it could mean a higher benefit for you in the future. Higher benefits can be important to you later in life and increase the future benefit amounts your survivors could receive. If you receive benefits before your full retirement age, your earnings could reduce your monthly benefit amount. After you reach full retirement age, we recalculate your benefit amount to leave out the months when we reduced or withheld benefits due to your excess earnings. You can learn more by reading our publication, How Work Affects Your Benefits, at [www.socialsecurity.gov/pubs/10069.html](http://www.socialsecurity.gov/pubs/10069.html).

### DISABILITY

Question:

How does Social Security decide if I am disabled?

Answer:

For an adult to be considered disabled, Social Security must determine that you are unable to do the work you did before and unable to adjust to any other work which exists in significant numbers in the national economy. Also, your disability must last or be expected to last for at least one year or to result in death. Social Security pays only for total disability. No benefits are payable for partial disability or short-term disability (less than a year). For more information, we recommend you read Disability Benefits (SSA Publication No. 05-10029), available online at [www.socialsecurity.gov/pubs/10029.html](http://www.socialsecurity.gov/pubs/10029.html).

Question:

What is the earliest age that I can receive Social Security disability benefits?

Answer:

There is no minimum age as long as you meet the strict Social Security definition of disability. To qualify for disability benefits, you must have worked long enough under Social Security to earn the required number of work credits and some of the work must be recent. You can earn up to a maximum of four work credits each year. The amount of earnings required for a credit increases each year as general wage levels go up and is currently \$1,120. The number of work credits you need for disability benefits depends on your age when you become disabled. For example, if you are under age 24, you may qualify with as little as six credits of coverage. But people disabled at age 31 or older generally need between 20 and 40 credits, and some of the work must have been recent. For example, you may need to have worked five out of the past 10 years. Learn more at [www.socialsecurity.gov/disability](http://www.socialsecurity.gov/disability).

### MEDICARE

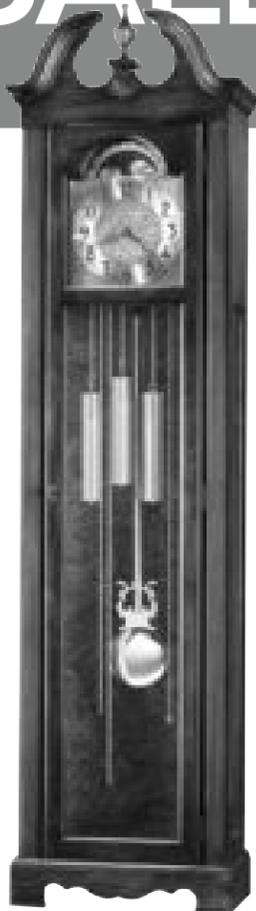
Question:

What's this I hear about a new "twist" in the law?

Answer:

You may have seen our new public service campaign featuring Grammy winner and rock and roll legend Chubby Checker — best known for his enduring hit, "the Twist." He's volunteering his time to help us spread the word about a new "twist" in the law that helps more people qualify for extra help with their prescription drug costs. If you have limited income and resources and have Medicare, you might be able to qualify for extra help with your prescription drug costs. Thanks to changes in the law, more people than ever before can qualify. To learn more, visit [www.socialsecurity.gov/extrahelp](http://www.socialsecurity.gov/extrahelp). While you're at the website, be sure to check out Chubby Checker's public service announcement. He's still twisting!

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## A Senior's Lament

Another year has gone by;  
Makes me want to sit and cry;  
Stop it! Sakes alive!  
Just one year older - "95."

But my old arthritic knees hurt;  
I can no longer dig in the dirt;  
No more outdoor work for me;  
I might fall, Yes Siree!

Can't keep my mind in "overdrive,"  
Olden days are still alive;  
Today's events? No more, no more,  
Asking myself, "What am I here for?"

I want to do a lot of stuff,  
That are really "Senior" tough;  
But those things are no, no, no!  
For an old "get-up" that's far too slow.

To quit complaining - I should;  
God has been so very good;  
I have a family at beck-and-call,  
To help me up if I ever fall.

Yes, I've whined quite long enough  
Of all my aches and other stuff,  
So I'll quit while I'm ahead,  
And think only positive instead.

Closing this "master piece" with prayer;  
I'll leave behind my every care:  
Won't shed another lousy tear  
Until I write you all, next year!

-Myrtle Morland  
Pueblo

ed. note: Thanks Myrtle for your yearly poem and your kind words.

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# Dengler: Eat "Real" Food For Maximum Vitality

by Charlene Dengler

Maybe you have seen it on the commercial. "What if we say 'no' to fake food, and 'yes' to real food?" Let's examine that question closely and imagine our bodies beginning to function like it was designed to. Fifty years ago there were only a few truly fake foods and they were developed during war time to support life under abnormally restrictive dietary conditions, and were not meant for long term consumption. Many jokes have been made about those so called "foods".

Today, however, the standard American diet, (SAD), leaves a lot to be desired when it practically takes a chemistry degree to understand the label on the packaging.

My grocery shopping, even in the healthy alternative stores, takes me longer than it used to. For one, there are many more choices available to wade through and secondly, the labels call for careful perusal. After the ingredients have been scrutinized, the rectangle box needs to be assessed. This portion of the label reveals the percentages of recommended daily allowances per serving. Food shopping has become

one of my most disliked tasks, unless it is in the organic produce aisle.

Many of the additives such as high fructose corn syrup, partially hydrogenated oils, artificial sweeteners, and artificial flavors and colors are not even recognized by the body as substances that it was meant to metabolize. Then there are the hormones and antibiotics that are added to either the food supply of livestock or directly to the dairy item. Have you noticed some conditions that have relatively recently arrived on the medical scene? Allow me to name just a few such as fibromyalgia, sudden bladder urges, polycystic ovarian syndrome, restless leg syndrome and metabolic syndrome. Why have so many new diseases begun to be diagnosed and are increasing dramatically in incidence?

Could it be that substances in the food supply are contributing to health concerns and even some diseases? My common sense tells me that it is quite probable. Foreign ingredients cause an imbalance, affecting the hormone balance and brain chemistry of the body. This can set off a whole array of symptoms and lead to health issues

that create further chaos in the body. The further out of balance the body becomes the more difficult it is to regain the homeostasis or stability that maintains health.

Health "nuts" that originated back in the hippie days should unite and come against this adulteration of our food supply. My recommendation is the fewer the ingredients on the label the more pure the food is. Throwing out the above mentioned no-no's and also any words that you can't pronounce would be a good start. Food manufacturers do not care about the health of

## WHERE ARE THEY NOW?

by Marshall Jay Kaplan

ADAM WEST

POW! Batman captures the Joker! BAM! The villainous Penguin has been caught! CRASH! The Catwoman's henchmen are clobbered! Shhh... in the quiet ski community of Ketchum, Idaho lives Batman — or shall we say, a much more restful and reserved Adam West?

The actor, best known for his

portrayal of television's Batman was born September 19, 1929 in Walla Walla, Washington. After an early marriage, West moved to Hawaii where he worked as a television performer and producer for four years.

Eventually, his acting drive steered him to Hollywood.

After arriving in 1957, West spent the next nine years appearing in about half a dozen feature films and dozens of television guest appearances. His only real acting recognition during this period was his role of Detective Sgt. Steven Nelson on "The Detectives" (1961-1962).

In 1965, West won the role of "Captain Quick" in a television commercial. With his tights and comic strip-like dialogue, producer William Dozier spotted him and cast him as television's most famous caped crusader.

In the fall of 1966, "Batman"

the individual; they want their product to sell the most to make the most money. It is the consumers' responsibility to guard against unwanted intruders in their diet. The old saying applies now more than ever: "Caveat emptor" or "buyer beware".

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

aired. West starred as millionaire, Bruce Wayne, whom, along with cousin, Dick Grayson (played by Burt Ward), fought crime as their alter egos, Batman and Robin. The show was a live action comic strip. It was zany, comic, full of action and most of all, special guest stars (who played the villains). Overnight, West was a sensation! By 1967, there was a "Batman" feature film, however, in 1968 the frenzy wore off and the series ended — along with future acting offers.

West realized he had been typecast as Batman. Acting roles were

few, if any. He then headed to Europe for a few years and grew bitter of his famous role and the lack of residuals from reruns and the lack of money from the merchandising.

Throughout the late 1970's and early 1980's, Adam made small guest appearances in both film and television. In 1986, he packed his bags and moved his family to Ketchum, Idaho. He loves to ski, fly fish and keep busy. "I also love to sleep! I have to sleep because I am so busy. Actually, I am busy sleeping!" That doesn't mean you still won't see him acting the small screen. In the past few years, he has finally accepted himself as a television icon, and has made appearances on such shows as "The Simpsons" and "Mad TV" — always poking fun at his alter ego. More recently, Adam has become a regular on the hit animated series, "Family Guy", playing what else - Mayor Adam West!

He would have loved to appear in one of the current "Batman" movies only if both the television Batman and the movie's Batman could meet each other on screen. Holy idea!



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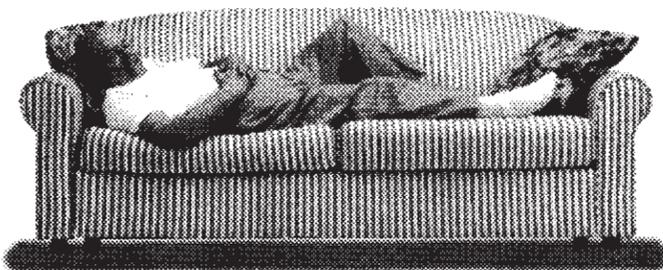
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# Porches: Where The Living Is Easy

by Bill Lahey

Like it or not, kitchens, master suites and other “glamorous” rooms in American homes get the lion’s share of attention and resources, while other deserving but unsung spaces languish in the public eye. Author Paula Wallace seems intent on changing that with her new book, “Perfect Porches” (Clarkson Potter/Random House; \$35).

Defined simply as a roof-covered space flanked by at least one exterior wall of the house, porches can take on an astonishing array of guises, as the 40 examples shown in this book illustrate. Wallace doesn’t limit her discussion simply to aesthetics, however. Instead, she ponders and examines the role of the porch as an almost ritual space, a theater platform for observing the character and characters of the world.

Call it a portico, a veranda, a loggia or some other name, the porch offers a unique transition between our public and private lives, and in America, has long been an architectural feature intertwined with our social fabric. For decades, these spaces functioned as outdoor living rooms when summer heat made house interiors uncomfortable and extended daylight encouraged

us to “set a spell” outside. With neighbors doing the same thing, conversations blossomed into connections.

Then came the advent of two technological innovations -- air-conditioning and television. Americans increasingly spent their evenings indoors to enjoy both, and many porches became just another utility space, useful for parking the kids’ bikes, storing a little firewood, or keeping us dry as we fumbled for house keys in the rain. Newer home designs often dispensed with the front porch altogether, substituting an up-front garage that became the regular point of entry and departure for the inhabitants.

Wallace can’t singlehandedly reverse decades of bad architectural design trends, but she makes a convincing case for resurrecting the primary role that porches once enjoyed, and she offers plenty of ideas and more than 250 photographs to show how it’s done. The styles range from crisp white contemporary to the rustic splintered texture of a salvaged barn, but they all share the underlying virtues of this iconic outdoor space -- they put us outdoors and engage our senses, exposing us not only to an ever-changing visual menu, but also to the smells of barbecue grills

and freshly cut lawns, the sound of light rain on the roof, the feel of wind on our faces. For Wallace, the key to a great porch lies in making the details as inviting as this natural sensory menu.

First and foremost, porches require our imagination. If we can see beyond the mere usefulness of a roof overhead, we can let these spaces become vehicles for personal expression and a renewed social fabric in our neighborhoods. This can still be done even with practical concerns addressed, such as the use of screening to keep insects at bay. Wallace’s examples and explanations offer these strategies:

-- Imaginative use of decorative objects: Bits and pieces of architectural salvage, or regional items such as snowshoes, maritime items or small agricultural implements, are all good candidates for decor. Repurposed or historical items and personal mementos can also contribute to an eclectic mix that makes a porch more inviting.

-- Plenty of room: Some situations may not allow changing dimensions, but if you are building or modifying a porch, make it deep enough to fit a seating group or dining table and chairs. Shallow or narrow porches tend to limit seating options to a row of chairs all facing outward, as if on a ship’s deck, and such arrangements don’t induce comfort or real social opportunities.

-- Stay tethered to the surroundings: Your home’s architectural style and the character of your neighborhood will dictate, at least in part, the design themes for your porch. Get eclectic all you want, but don’t fight these sur-



It’s hard to improve on some classics. This Gulf Coast home sports a textbook regional porch, with enough depth for furnishings, painted posts and railings, and a wide roof overhang to keep the rain from blowing in. photo: (c) 2010 by Chia Chong and Adam Kuehl.

roundings by forcing dissonant styles or furnishings. You’ll create a jarring oddity rather than the relaxing space it could be.

-- Comfortable seating: Rocking chairs and swinging benches don’t have to be part of every porch ensemble, but provide plenty of comfy places to sit. Furnish the space like it’s there for relaxing, not just something to walk past on your way into the house.

-- Create zones where necessary: On wraparound porches especially, there may be enough room to create multiple zones so you can have public spaces up front and more privacy around the sides or back. Consider using folding screens, a bank of wood shutters or an assembly of old weathered doors as a freestanding divider where desired.

Wallace wraps up the book with sections on how to incorporate lighting, carefully selected furnishings, and textiles and fabrics into the porch’s design. There’s no shortage of ideas or inspiration here, and the timing for a simple summer project couldn’t be better.

## New Exhibit at El Pueblo History Museum

A new traveling exhibit, “The Faces of Aultman,” opened in the South Gallery featuring the work of Oliver Aultman, an early Trinidad photographer. Aultman captured through portraits the many cultural groups that lived in and

around Trinidad during the early 1900s. The exhibit was developed by History Colorado, the Colorado Historical Society.

### Nighttime Mercado

Experience a nighttime Mercado on October 15, Friday, from 4:00 p.m. to 7:00 p.m., at El Pueblo Trading Post. Costumed living history interpreters will go about their pre-sunset tasks of cooking, chores, trading and blacksmithing, and past-times with games and stories. Admission is free.

### Yucca Workshop

On October 16, Saturday, from 10:00 a.m. to 2:00 p.m. Artist Maria Westy Bush will discuss and demonstrate the historical uses of yucca then teach a hands-on beginning weaving workshop. Participants will also receive her book, “Yucca The Amazing Desert Plant”. Supplies are included in the cost of the workshop which is \$25. Registration is required by calling the museum at 583-0453.

### “Trade on the Taos Mountain Trail” Lecture

On October 26, Tuesday, at 6:30 p.m., author Deborah Martinez-Martinez, Ph.D. will present a lecture that focuses on the frontier story of barter and trade between the Plains Indians, American traders and Spanish/Mexican traders. Cost is \$5. Call the museum to register.

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

**WON'T YOU HELP THE MEALS-ON-WHEELS PROGRAM?**

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# Protecting Parents From Financial Elder Abuse

(NAPSI)-Although you have tried your best to assure your elderly relative is well cared for and safe from harm, that person can still fall prey to financial abuse. Here are a few warning signs:

- Bills are not being paid and money is missing from your loved one's accounts.
- The person who is supposed to be handling finances has been withdrawing large sums.

## **ORAL HEALTH TIPS FOR SENIORS**

In this month's Oral Health Tip for Seniors, we will be discussing the benefits of fluoridation of our drinking water.

### **What is community water fluoridation?**

Community water fluoridation is the adjustment of the fluoride concentration in the community water supply to a level beneficial to reduce tooth decay and promote good oral health. The mineral fluoride is essential for strong healthy teeth that resist decay. Almost all waters contain some quantity of naturally occurring fluoride, but usually at levels insufficient to prevent decay. Given the dramatic decline in tooth decay during the past 60 years, the Centers for Disease Control and Prevention named water fluoridation one of the Ten Great Public Health interventions of the 20th Century. Community water fluoridation has been recommended by the past five United States Surgeon Generals.

### **How does fluoride work?**

Tooth decay is caused by bacteria in the mouth. When a person eats sugar, or other refined carbohydrates, these bacteria produce acid that removes minerals from the surface of the tooth, a process known as demineralization. If demineralization goes on long enough, a cavity is formed. Fluoride can promote the remineralization of enamel, thereby preventing the cavity from continuing to form. In addition, fluoride reduces the ability of the oral bacteria to produce acid.

### **Is tooth decay still a serious problem?**

Yes. More than two-thirds of U.S. children and adolescents aged 19 years or younger, 91% of U.S. adults, and 93% of Americans aged 60 years and older have experienced tooth decay.

### **Will community water fluoridation benefit my family?**

Fluoride's action in preventing tooth decay benefits both children and adults throughout their lives. The health benefits of fluoridation are:

- \*Fewer cavities and less severe cavities.
- \*Less need for fillings and tooth extractions.
- \*Less pain and suffering associated with tooth decay.
- \*Better self-esteem from teeth that work well and look good.

### **Have Americans had less tooth decay since water fluoridation began?**

Yes. Independent studies initiated in 1945 and 1946 followed four communities and assessed the value of water fluoridation. By 1960, tooth decay rates in these communities declined, on average, 56% more than in demographically similar communities whose water supplies were not fluoridated. Now that there are additional ways of obtaining fluoride benefits such as in toothpaste, rinses, and professional treatments, as well as in many foods and beverages produced in fluoridated areas; more recent studies show that water fluoridation reduces tooth decay in permanent teeth by approximately 18% - 40%. Although this reduction in decay is not as dramatic as it was in the 1950s and 1960s, it continues to be significant when compared with tooth decay in many nonfluoridated communities.

### **Is community water fluoridation safe?**

Yes. Extensive research conducted over the past 60 years has shown that fluoridation of public water supplies is a safe and effective for all community residents. Source: *Centers of Disease Control and Prevention*

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

• There is evidence of forgery or forced property transfers.

• Expensive items have been purchased using the older person's money, but without permission.

• The older person has been denied access to his or her own funds or home.



A geriatric care manager (GCM) can help avoid or detect elder financial abuse. GCMs can interview, monitor and supervise paid caregivers. Additionally, they can make sure they are bonded, background checked and have no access to older people's finances.

For more information, visit the Consumer Library section of [www.caremanager.org](http://www.caremanager.org).

## **Dougal**

from page 1

of pictures he brought for us to look at so we could share in his joy.

Cliff's other major passion was history. He was fascinated with the broad spectrum of American History, the more specific range of the history of Denver's Riverside Cemetery (where he worked for years) and absolutely everything in between. Cliff was widely known as an expert on Riverside Cemetery, and he was frequently called upon to give tours, during which he would recount the history of the property at large, and of the many fascinating characters buried there. He was an active member of the society Friends of Riverside, which was dedicated to preserving the historic beauty of the cemetery and making restorations as necessary.

Prior to working at The Society, Cliff worked at Fairmount Mortuary and Cemetery and Olinger (Highlands Cemetery). His sensitive manner brought comfort to those desiring to plan a pre-need funeral or in need at the loss of a loved one.

Cliff began to decline early in 2010, when he was hospitalized in early January for pneumonia, and he spent much of the year in and out of the hospital and rehabilitation. Yet, in the true "Cliff" spirit, it was a very rare occurrence to hear anything but optimistic determination from him, and he worked constantly on recovering his health. He also insisted on continuing to make sales calls from his hospital bed, and several times, the staff would arrive at his room

to visit only to be greeted with a smile, high five and a "Got another one!" just the same as always. He remained cheerful and involved to the very end. From his wheelchair he attended his last Society function, the Seniors Issue Briefing, two days before his passing while undergoing rehabilitation.

Within the office and the community, he was equally well loved. When any of his coworkers or colleagues felt down or had problems, he was always ready to offer humor, encouragement, advice and friendship. His optimism, too, was contagious. Being the effective salesman he was, it seemed that not a day went by without him slapping high fives, and announcing "Got another one!" in celebration of the sale of a Salute booth, getting another donation for the "kids", or recruiting another member for one of the many service clubs in which he was involved. Also remarkable was his dedication; if Cliff missed a day of work or a service club meeting, it was because something was seriously wrong.

Cliff was a "father to hundreds", a coworker and a friend. He was as generous a person who left the world a better place. He was an example of the kindness and devotion of the human spirit, and we will all miss him immeasurably. He was preceded in death by his wife Joan.

Rest in peace Cliff, and know that we love you. You truly left the world a better place for future generations. Donations of new stuffed animals,

toys and Christmas stocking stuffers are being taken at The Society so we can bring Cliff's joy and spirit to the "kids" for the holidays.

*Eileen Doherty, M.S. is the Executive Director of Colorado Gerontological Society. She has more than 35 years of experience in gerontology in administration, research, training and education, and clinical practice. She can be reached at 303-333-3482 or at [doherty001@att.net](mailto:doherty001@att.net). Eileen Doherty, M.S. is the Executive Director of Colorado Gerontological Society. She has more than 35 years of experience in gerontology in administration, research, training and education, and clinical practice. She can be reached at 303-333-3482 or at [doherty001@att.net](mailto:doherty001@att.net).*

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# The Broadway Classics Are Coming To Pueblo

by Nicki Hart

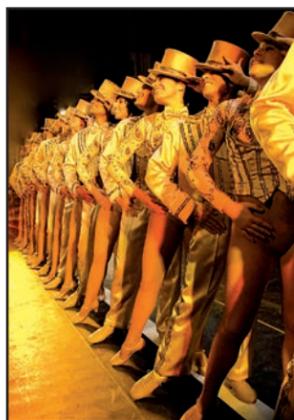
(PUEBLO, Colo.) - Follow the yellow brick road, experience the emotional ups and downs of a dance audition, and savor the richness of family tradition during the 2010-2011 Broad-

way Theatre League Season beginning December 1, 2010 at Memorial Hall.

**The Wizard of Oz:** Wednesday, December 1, 2010 at 8 p.m.

Follow the beloved classic The Wizard of Oz down the yellow brick road. Enjoy breathtaking special effects from the moment the tornado twists its way into Kansas sending Dorothy over the rainbow to adventures in Munchkin Land, the Haunted Forest and the Emerald City.

The National Tour of The Wizard of Oz is based on the Royal Shakespeare Company's celebration of the 1939 MGM movie



The Broadway Theater League announced its schedule for its new season including the Wizard of Oz, A Chorus Line and Fiddler on the Roof.

starring Judy Garland. The lavish stage production is a treat for the entire family, featuring colorful costumes, dancing, classic songs and dazzling special effects. Twelve local children from the Sangre de Cristo School of Dance will experience theatre production first hand when they join the cast as Munchkins.

lives would be as shaky as...as a Fiddler on the Roof," announces Tevye, a humble Jewish milkman from the Russian village of Anatevka. And so begins a tale of love and laughter, devotion and defiance...and changing traditions.

Tevye's wrestling with the new customs of a younger generation is punctuated by an unforgettable score that weaves the haunting strains of "Sunrise, Sunset" and the rousing "If I Were A Rich Man" with the exuberant "Matchmaker, Matchmaker" and triumphant "Tradition." When his daughters choose suitors who defy his idea of a proper match, Tevye comes to realize, through a series of incidents that are at once comic and bittersweet, that his children will begin traditions of their own. At the story's close, the villagers of Anatevka are forced to leave their homes as the mores that have steadied their everyday life begin to crumble. Paradoxically, it is the enforced loss of the rigid traditions and home life that Tevye has tried so tenaciously to preserve that leads the family to reconcile and draw closer.

**A Chorus Line:** Wednesday, January 5, 2011 at 8 p.m.

Winner of nine Tony Awards including Best Musical, this "singular sensation" is the longest running American Broadway musical ever. Great drama surrounded by powerful music and sensational updated choreography makes this performance a must see.

A Chorus Line takes place in an empty theatre on a bare stage, where casting for a new Broadway musical is underway. For 17 dancers, this audition is the chance of a lifetime. It's what they've worked for with every drop of sweat, every hour of training, for nearly every day of their lives. But more than their dancing abilities will be revealed during this audition.

The original production of A Chorus Line opened at the Public Theater's Newman Theatre on May 21, 1975, and then transferred to Broadway's Shubert Theatre, opening there on October 19th of that year. It won the Pulitzer Prize for drama, nine Tony Awards, including Best Musical, Score and Book, and the New York Drama Critics Circle Award. It ran for nearly 15 years, closing on April 28, 1990 after 6,137 performances.

#### Season and Single Tickets

Season tickets range from \$50 to \$120 and single event tickets range from \$15 to \$40 each for all performances and are subject to availability. Call the Sangre de Cristo Arts Center Box Office at 719-295-7222 for inquiries regarding single tickets or season tickets.

Nicki Hart

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**Fiddler on the Roof:** Thursday, April 14, 2011 at 8 p.m.

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## Beware of Craigslist And Other E-Commerce Cons

by Katie Carroll - Better Business Bureau

E-commerce sites can be wonderful resources, but your Better Business Bureau is advising the public to practice caution when using the online

services such as Craigslist and others like it. There are certainly deals to be found online, but when consumers are dealing with sellers they do not know, there are risks involved on both a personal and financial level.

Here are some basic tips from the BBB in regard to using sites like Craigslist:

- Try to deal with local buyers and sellers.
- Never wire funds.

• Make sure you are using a reputable escrow service. Check them out at [www.bbb.org](http://www.bbb.org).

• Never give out your Social Security Number or personal financial information.

• Don't apply for jobs that require a payment.

• Apartment or home rentals should be inspected in person before money is put down.

• Consider the risks involved with selling a high value item yourself and weigh that against any extra profit you might make. Is it worth it?

The following are red flags -- signs you may be dealing with a fraud:

• The buyer or seller is located in another country.

• The buyer or seller will not meet with you and will only communicate via e-mail.

• The buyer overpays (probably having sent you a fraudulent check) and asks you to wire the extra funds back to him/her.

• The riskiest part of buying or selling something through Craigslist (or other e-commerce sites) is the meeting to complete the transaction. Here are some tips:

• Set up meetings during daytime hours and in a public place.

Consider bringing a friend or family member with you.

• If you're the seller, consider using an escrow service.

• If you're buying an item, don't pay with cash if the item is more than one hundred dollars; pay with a cashier's check and let the seller know in advance you're paying with a cashier's check.

• If the seller insists you come to their home or apartment, don't.

Trust your instincts. If you don't like the direction things are taking, walk away.

Most people you deal with are honest. However, there are those who see these sites, such as Craigslist, as an opportunity to commit crimes. The BBB advises everyone who uses websites like these to make sure they're doing everything they can to protect themselves.

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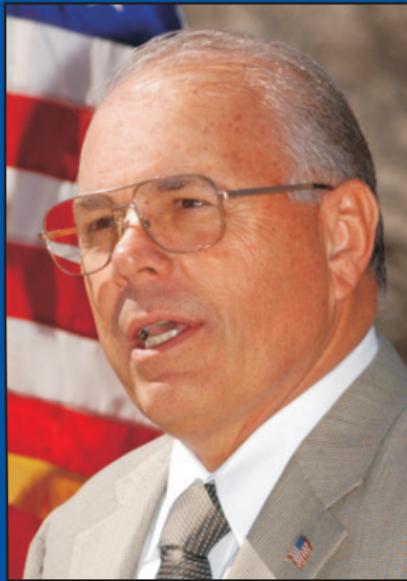
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# Keith Swerdfeger

State Representative Dist. 47

[www.keithswerdfeger.com](http://www.keithswerdfeger.com)

Paid for by Committee to Elect Keith Swerdfeger HD #47, Pam Patterson, Treasurer

# It's Easy Being Green: Ideas From Botanic Gardens

by Nicki Hart - Marketing Specialist - Sangre de Cristo Arts Center  
p: 719.295.7211 | f: 71

Green gardening isn't just a public-relations pitch by botanic gardens: They are living it.

Smart, sustainable gardening practices are essential for botanic gardens, where grand ideas and large-scale

gardening operations require efficient management of time, money and resources. Big public gardens show off sustainability in beautiful ways that visitors can take home and put to work in their own backyards.

"We're trying to do things to set an example for people," says Jeff Epping, horticulture director of Olbrich Bo-

tanical Gardens in Madison, Wis. The garden's meadow plantings are an especially pretty example of low-maintenance lawns. "Sometimes meadows are too much, too wild, and people don't understand how they can fit into their own landscapes," Epping says. At Olbrich, the spaces are inviting, not intimidating. Flagstone paths and seating areas help draw visitors in for a closer inspection.

Olbrich also has a new gravel garden, with drought-tolerant asters, prairie grasses and other perennials planted in a 4-inch-deep bed of gravel. The plants can tolerate growing close together and will fill in quickly. These hardy perennials



The butterfly garden at the Missouri Botanical Garden's Kemper Center for Home Gardening shows just how pretty sustainable gardening can be. Black-eyed Susans and coneflowers bloom in late summer. photo: Missouri Botanical Garden

thrive in the well-drained gravel, and weeds won't be able to get a foothold. "Maintenance is really low," Epping says.

Choosing plants carefully and planting them where they will thrive is a fundamental concept of sustainable landscaping, says Steve Windhager, director of landscape restoration for the Lady Bird Johnson Wildflower Center in Austin, Texas. In Austin, that might mean planting a perennial garden with black-eyed Susans, purple coneflowers and colorful beebalm, which are all drought-tolerant native plants. "If you do native plant-use right, it's about abundance," Windhager says. "It's an opportunity to create a beautiful habitat that takes advantage of the water that falls from the sky."

Water conservation is another important practice at the Wildflower Center, where a handsome limestone cistern and aqueduct system collects and provides water to the gardens. Windhager doesn't just preach: He recently installed a 5,000-gallon water tank at his own home to collect rainwater, and he advocates collecting the moisture that condenses from air-conditioning systems, either in a tank or by channeling it to an area of the garden where it can soak in and water plants.

"You water a significant portion of your yard with that," he says. "You can make a difference for a lot of plants."

Jimmy Turner, director of the  
**SEE 'BONTANIC' PAGE 18.**



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During this economic crisis, I believe that it is very important to send to Denver a person that has the experience and the ability to tackle this very crucial job. My credentials show that I am ready for this job.

As a current city council member and past president of council, I have worked very hard to balance the budget, thereby avoiding any layoffs or furloughs to the City. Most importantly, I have worked diligently to bring jobs to our City and to Southern Colorado. I was the Governor's economic development person for this region for six years.

My perspective is to bring jobs, lower taxes and to get the government out of our way. I understand healthcare issues and how they impact our senior citizens since my husband and son are primary care physicians.

In this election, experience should count.

Respectfully submitted, Vera Ortegon, Candidate to State Senate, District 3.

Paid for by Vera Ortegon for State Senate Committee, John Keilbach, Treasurer.



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# Traveling: There's Nothing Like A Holiday!

## When To Take The Little Kids On A Cruise

by David G. Molyneaux - *TheTravelMavens.com*

My son and his family were planning their first cruise in 2009. Fortunately for my daughter-in-law, they cancelled the cruise, because she broke her foot. The good luck wasn't in the break; it was the decision to put off the Mediterranean cruise for another year. Her family wasn't ready.

How do you know when to take that first cruise with the little kids? My answer is: probably not until the youngest is potty trained and ready for day care. Once your kids can (joyfully) participate in all the children's activities, they will

have a memorable time and, perhaps better yet, their parents may relax on their own.

Our cruise, in February 2010 aboard the Norwegian Jade out of Barcelona, became a multi-generational voyage when I joined my son, his wife, and my two granddaughters, ages 5 and barely 3.

All of us had a wonderful time because the ship catered to our specific needs:

Over 12 days, the two girls spent dozens of hours in the young children's play room where their activities were led by energetic young people who planned parties, parades, and games. Each day, the

girls enthusiastically returned.

Their parents and grandfather had plenty of time to eat with the girls, play with them, swim with them and tuck them, exhausted, into bed – as well as time to themselves to read, sit around the pool, and get spa treatments.

If you are going to take the little kids on a sea vacation, do some research on the individual cruise lines. All lines have a minimum age, which ranges from 12 weeks on Disney to 8 years on Viking River Cruises.



Hotdogs, pasta, pizza and fries were popular items from the children's buffet in the Garden Café of the Norwegian Jade on a Mediterranean cruise. photo David G. Molyneaux, *TheTravelMavens.com*

Some lines discourage all young children or provide only minimal services. Others provide extensive youth programs: Carnival (ages 2-11 in Camp Carnival, with children younger than two requiring a parent to be present); Disney (one of the best for infant programs for ages 3 months to 3 years); Royal Carib-

bean (programs for children 6-36 months with parents present); Norwegian (programs and group babysitting for ages 2-12, with no programs for under age 2); Princess (Children under the age of 3 are allowed to visit the ships' Youth Centers for kids 3-17 only if accompanied and supervised by a parent at all times).

The key for parents looking for some private time is the different between babysitting – typically at \$5-\$6 an hour – and the well supervised fun and games of the play rooms, provided for free on the family friendly ships. With the youngest children, parents are always close by. On Disney for instance, parents carry a beeper because babysitters do not change diapers.

For parents with two children or more, there's another issue – siblings being able to play together. Once the youngest is potty-trained, brothers and sisters close in age can join the same play group, and research indicates that siblings playing together on vacation in a new environment are more comfortable than if they are alone.

That worked for my family. Whereas in 2009, my younger granddaughter would not have been able to

SEE 'CRUISES' PAGE 20.

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# Ann Coulter: "Goldwater For President?"



by Ann Coulter

## HOW MANY TIMES DID GOLDWATER RUN FOR PRESIDENT AGAIN?

Washington elites' heads exploded when Christine O'Donnell won the Republican Senate primary in Delaware last week. Luckily they were all reading The New York Times' op-ed page at the time, so the mess their exploding heads created was minimal.

The establishment's complaints are confusing. They say O'Donnell has a problem because she's never held a job in the private sector (like our president), didn't pay her taxes (like our treasury secretary), and had her house foreclosed on (like half of the electorate).

They also accuse her of saying crazy things -- but she's running for Joe Biden's old seat, so this may be an advantage.

This week, all we've heard about is how O'Donnell once said she went on a date with a guy in high school who claimed to be a witch. (So what? Bill Clinton married one!) Bill Clinton was credibly accused of at least one forcible rape. Those two seem about equal to you?

I haven't seen hypocrisy like this since -- oh, that's right, since last week when CBS's Bob Schieffer attacked John Boehner for smok-

ing, after two years of the media's ferociously avoiding the topic of Obama's cigarette habit.

The Republican Party is being warned that tea party-endorsed candidates such as O'Donnell might lead to Barry Goldwater-style epic defeats.

Of course, the tea party candidates range from libertarian Rand Paul in Kentucky to Yale Law/Iraq War veteran Joe Miller in Alaska to Christian activist O'Donnell. But any evidence of principle in a Republican is always treated by the elites as if it's an embarrassing eccentricity best kept under wraps.

Referring to "fringe candidates" from the tea party, Morton Kondracke wrote in Roll Call that Republicans are "heading out of the mainstream" and cited Goldwater as a "disastrous" precedent.

David Gergen said on CNN that the tea party candidates may be producing "something like what we saw back the 1960s when the rise of Barry Goldwater seized power in the party back from the establishment, took it, but then went on to get a real drubbing in that '64 national election."

CNN's Gloria Borger also compared the tea party movement's demand for ideological purity to the conservatives' ill-fated nomination

of Barry Goldwater.

As a one-off, 46-year-old example, Goldwater is like the Timothy McVeigh of conservative presidential candidates. But if Goldwater is going to keep being used as a boogeyman to scare conservatives, let's at least get the history straight.

Ironically, the elites also compared Reagan to Goldwater and predicted a devastating defeat for him in 1980. But Reagan didn't lose. He not only never lost an election, he never won by less than a landslide. (You might say Reagan's opponents suffered Goldwater-style defeats.)

So what was the difference between Goldwater and Reagan? Had the country changed that much in 16 years?

The social issues were the difference. Reagan agreed with Goldwater on fiscal and national defense issues, but by 1980, social issues loomed large and Reagan came down mightily on one side -- the opposite side as Goldwater, as it turned out.

Unlike abortion-loving Goldwater, Reagan said, "We cannot survive as a free nation when some men decide that others are not fit to live and should be abandoned to abortion or infanticide."

And unlike gay-marriage-loving Goldwater, Reagan said: "Society has always regarded marital love as a sacred expression of the bond between a man and a woman. It is the means by which families are created and society itself is extended into the future. ... We will resist the efforts of some to obtain government endorsement of homosexuality."

Goldwater may have been a thorough-going right-winger on national defense, but -- unless L. Brent Bozell Jr. was writing it for him -- he

never would have said this of the Soviets, as President Reagan did: "There is sin and evil in the world and we are enjoined by Scripture and the Lord Jesus to oppose it with all our might."

CNN's Borger contrasted Goldwater with Ronald Reagan by precisely reversing their differences, claiming Reagan "was probably the most secular president we've known in our lifetime."

Yes, the man who called the Soviet Union an "Evil Empire," who wrote a book against abortion as a sitting president, and who said that our government's founding documents "speak of man being created, of a creator, that we are a nation under God" -- that's the one Borger calls "the most secular president we've known in our lifetime."

By "most secular," I gather she means "most deeply religious."

Establishment Republicans are always telling Christian conservatives to put our issues aside because they're not popular -- and then moderate Republicans go on to lose elections, while conservative Republicans win in landslides. (It's almost as if the voters couldn't care less who David Brooks thinks they should vote for!)

As long as liberals are going to keep gleefully citing Goldwater's love of gay marriage and abortion, his contempt for Christian conservatives, and his statement that "every good Christian should line up and kick Jerry Falwell's ass," maybe they could ease up on blaming Christian conservatives for Goldwater's historic loss.

Goldwater wasn't our guy; Reagan was.

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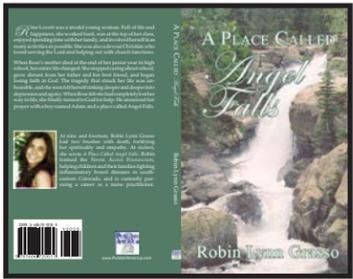
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- OCTOBER 5:** Lentil Soup, Stuffed Acorn Squash, Chocolate Pudding.
- OCTOBER 6:** Hot Turkey Sandwich, Carrots, Fresh Cauliflower, Walnuts, Orange.
- OCTOBER 7:** Lemon Chicken, Fall Harvest Couscous, Pear.
- OCTOBER 8:** Chicken Cacciatore, Confetti Rice, Spinach, Apple, Orange Juice.
- OCTOBER 11:** BBQ Chicken, Glazed Acorn Squash, Orange, Cinnamon Applesauce.
- OCTOBER 12:** Beef Pot Roast/Gravy, Confetti Rice, Sweet Potato/Onions, Pear.
- OCTOBER 13:** Herb Baked Chicken, Butternut Squash, Peas/Onions, Orange.

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- OCTOBER 15:** Pesto Shrimp/Pasta, Roasted Herbed Cauliflower, Apple.
- OCTOBER 18:** Carrot/Sweet Potato Soup, Chicken Salad Sandwich, Cucumbers, Strawberries/Bananas.
- OCTOBER 19:** Meatloaf/Tomato Sauce, Oven Roasted Potatoes, Mixed Vegetables, Grapes.
- OCTOBER 20:** Almond Crusted Tilapia, Roasted Root Veggies, Banana.
- OCTOBER 21:** Chicken Cacciatore, Greek Spinach, Rice, Broccoli,

- Pear.
- OCTOBER 22:** Chicken a la King, Baked Sweet Potato, Lima Beans, Peaches, Orange Juice.
- OCTOBER 25:** Hot Turkey Sandwich, Parslied Potatoes, Spinach, Strawberries/Pineapple, Cranberry Juice
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# Finances: Create And Keep Wealth

## “The Street Of Dreams”

by Gary Neiens - Raymond James

The street of dreams is Wall Street. It is not Pennsylvania Ave where collectivism reigns and individual aspirations and freedoms are diminished. It is probably not Main Street either; although this is the place where dreams are born despite Pennsylvania Avenue inclinations to snuff them out.

In 2003, there was a book written “Street of Dreams-Boulevard of Broken Hearts” by Howard Wachtel. Wachtel was an economics professor at American University and attempted to capture the history of Wall Street. The suggestive title of this ambitious project gives us a glimpse of Mr. Wachtel’s observations as he explores the state of friction existing between Wall Street, Main Street and Pennsylvania Ave. In this (unholy) trinity, I think it is noteworthy to

understand Wall Street and Main Street create (or attempt to) create wealth and prosperity. Pennsylvania Ave consumes, destroys and re-distributes wealth.

The American people at one time understood all this. After years of inept government school education, is it possible that the American people no longer understand? November 2010 may well be the crucible of our future. The Tea Party and early polling suggests that what has been forgotten by Americans may now be remembered as they re-think the purpose of government. What big government Republicans and big government Democrats give you, they have stolen from productive citizens (or future unborn citizens). In the light of our current public policy it is not hard to understand a feeble dollar, slow growth, and mushrooming public debt.

And so it has been with Wall Street lately. It has been both the “Street of Dreams” and the “Boulevard of Broken Hearts”. The concluded “Lost Decade” on Wall Street reveals evidence of this as the index averages sit far from their highs. A lot of money has been made and a lot lost. The Wall Street axiom that said “don’t confuse being smart and being in a bull market”, proved to be an apt observation. Everyone (almost) made money in the 90’s and thought they were smart. Now it is possible to win-but it is tougher and nobody feels too smart.

When I started in this business, it was easier. You bought quality and you held it until you were right and rewarded. The “buy and hold” theory had many adherents (including me). I’m not saying “buy and hold” is completely dead (like Jim Kramer and others) but it is serious-

ly ill (think “Japan”). You have probably begun to wonder if anyone makes any money on Wall Street anymore by holding forever.

Well so far this year, the market seems to remain range-bound and earth-bound. At the time of this mid-September writing the S & P is up less than 1% for the year while the Dow Jones Industrial Average has gained a slightly better 1.7%. The shares of broker/dealers are down a bit over 9% for the year-typically not a good sign for bulls.

A couple star performers in this seemingly range-bound market this year have been biotechs 1(up 22%) and the HUI Gold Index (up 15%). The HUI is a grouping of gold producers.

Debt issuance has remained very strong. Recent examples of large issuance

SEE “DREAMS” PAGE 19.

## Making The Grade

by Ron Phillips

It is that time of year again. Kids and grandkids are back to school. There are even a lot of adults going back to school to enhance those job skills. With school comes the infamous report card.

### IF COUNTRIES HAD REPORT CARDS

I was wondering how the US stacks up against the rest of the world financially. Because we’re a mature economy I decided to measure “the States” against five other developed countries and grade them. I did not include emerging economies like China and Brazil. They are smaller economies, growing faster and in a realm of

their own. The five countries we will compare to the US are Japan, Germany, France, the United Kingdom and Canada.

All five economies are similarly diverse, grow at similar levels and have similar political structures. They even have comparable ages of population due to a Baby Boom.

We will measure three subjects: markets, economy and financial responsibility.

### SUBJECT ONE: MARKETS

Just like the US our five friends have a major stock market index. For the US we have the S&P 500, the Nikkei 225 in Japan and the CAC 40 in

France. We will use the price-to-earnings ratio and the year-to-date return of the respective countries to make the final grade (Source: Bloomberg.com).

The P/E ratio is a common way to figure value. Most every one agrees that the lower this ratio the better the value. If there is a low P/E ratio then that investment is earning more money and is selling at a lower price.

The P/Es ranged from a low of 13 (France) to a high of almost 24 (Japan). The stock market returns went from negative nine (Japan) to plus 9.6 percent (Germany). The US had a 14.7 P/E and a return of over 5 percent this year.

### SUBJECT TWO: ECONOMY

For this subject we will use 2009 GDP (Gross Domestic Product), 2015 estimated GDP and the percent growth between the two years. Data is from the International Monetary Fund (IMF).

The US was at the very top of the class. We had the highest GDP for 2009 (\$14.8 trillion), the highest GDP for 2015 estimates (\$18.2 trillion) and near the top in percentage growth with a 23 percent increase. The bottom grade was held by France only because of slow growth estimated for the next six years. The UK and Canada had the highest percent growth (both at 27 percent).

### SUBJECT THREE: FINANCIAL RESPONSIBILITY

For our final subject we have two key stats: government debt as a percent of GDP (high is bad) and savings

rates. Both are for 2009 with data from the OECD (Organization for Economic Cooperation and Development) and the IMF.

Again at the bottom of the class is Japan with the highest debt ratio at 189 percent of their GDP. The US was top of the class with the lowest debt-to-GDP (53 percent).

### THE FINAL GRADES:

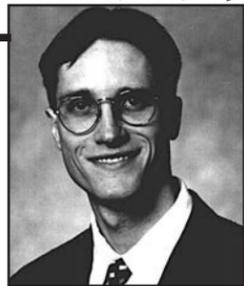
	Mart	Econ.	F.R.	Overall
Japan:	D	B+	D	C-
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Canada:	C+	B	C-	B-
USA:	B	A+	C+	B+

### STILL HEAD OF THE CLASS

Despite all of the recent financial turmoil, the US is still competitive with our peers. We may not grow as quickly as the emerging underclassmen but we have a sizable economy that continues to expand and our markets look like a good value.

Here’s to graduation day!

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



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# Senior Community Update



## FUNDING FOR NON-PROFIT ORGANIZATIONS IN 2011

The City of Pueblo has received numerous telephone calls regarding a newscast on September 21, 2010 regarding the proposed funding for non-profit organizations in 2011 that may have been misinterpreted.

The proposed 2011 budget proposes to fund the non-profit organizations at 2010 levels.

If you have additional questions regarding this, you may contact Jerry Pacheco, City Manager, at 553-2655.

## HISTORIC GHOST WALK

The Pueblo Domestic Violence Community Task Force, Inc. and the YWCA of Pueblo will present a Ghost Walk through the Historic Union Avenue District on Oct. 1, 2, 8 and 9. Walking tours leave every 15 minutes from 5:30 to 8:30 p.m. starting at La Placita of El Pueblo History Museum. This event is a storytelling of Pueblo's past. This year's Ghost Walk include: Eden Train Wreck, President Woodrow Wilson's Pueblo Speech, Lucky the Horse, Mother Jones, Charles Auto bee, and James Beckwourth. There will be a total of ten (10) vignettes presented throughout the heart of the district.

The Ghost Walk is a fundraising event for the aforementioned non-profit organizations. Funds raised for the Domestic Violence Task Force will go to help provide training for those who work with victims and for anti-violence advertising in the community. Funds raised for the YWCA will be used to provide shelter and counseling for women and children experiencing domestic violence and homelessness.

## SCORE HOSTS QUICKSTART WORKSHOP

The Pueblo Chapter of SCORE is presenting QuickSTART, 5-week series of workshops to help individuals assess their ideas for opening small businesses. Workshops will be held at the Greater Pueblo Chamber of Commerce from 6-9pm beginning Tuesday, October 5th.

The first workshop is free to anyone considering opening a business and the cost for attending the four subsequent programs is only \$100. When participants complete the series they will

know if they are ready to be an entrepreneur and how to be successful at getting started. For further information please contact SCORE at the Pueblo Chamber of Commerce at 542-1704.

## STROKE SURVIVORS SUPPORT GROUP

The Stroke Survivors Support Group has two chapters. The Pueblo West Chapter meets at 2:00 pm the first Thursday of every month at the Pueblo West Library. The Pueblo Chapter meets at 2:00 pm the second Tuesday of each month at the Joseph Edwards Senior Center in Pueblo On Union Ave.

Call Chuck at 583-8498 for all the information.

## PUEBLO WEST SENIORS

Come to our potluck luncheon of the Seniors/Retirees of Pueblo and Pueblo West. We meet from 11:30 to 1:45 at the Pueblo West Memorial Recreational Center on the second Thursday of each month.

To get to the center, two signs on Joe Martinez Blvd will alert you to Byrd Street. Turn south on Byrd and east on George to E230.

Please bring your own table service as well. Coffee and tea will be provided.

For more information call Membership committee 647-8969 or 404-4413

## LOU GEHRIG'S DISEASE SUPPORT GROUP

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

## OWLS MEETING

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

## RIDE TO CHURCH?

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

## GENEALOGICAL SOCIETY

"The Southeastern Colorado

Genealogy Society holds regular meetings on the second Saturday of the month beginning at 2:00pm in the Meeting Room "B," Robert Hoag Rawlings Library, 100 Abriendo Ave., Pueblo. There is a continuing Refresher/Beginners class starting at 1:00PM. Call 250-5782 for details." Guests welcome and there is no charge.

## SRDA CALENDAR

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

## LIVING WITH OSTEOARTHRITIS?

Osteoarthritis does not only strike the knees, hips and hands. In an estimated one million Americans, it also affects the small, vulnerable joints of the neck, and can cause sudden attacks of severe pain that may radiate into the head and arms. But what can patients themselves do about this form of arthritis?

How can they ease the pain, deal with the limitations it causes, and support their doctor's treatment? With the help of some of the world's leading spine specialists, the American Arthritis Society has compiled twelve practical tips for self-care that are effective and easy to follow. Please visit the Society's website at: [www.americanarthritis.org](http://www.americanarthritis.org).

## AARP SCHEDULE OF ACTIVITIES

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

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

## TOASTMASTERS

**What:** Pueblo Toastmasters #179 Public Speaking Class

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

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

Contact: Robert W. Johnson,

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## STEP-UP PROGRAM

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

## ALZHEIMER'S SUPPORT

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

## COMMUNITY BLOOD DRIVES

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

## JOB SEEKERS

Southern Colorado Job Seekers meets the third Tuesday of each month. Contact Bill Smith, 719-583-1837, Patrick Hurley 719-561-1134 or email them at [SCJSNETWORK@hotmail.com](mailto:SCJSNETWORK@hotmail.com)

## HOW DO YOU FEEL?

Would you like to feel happier, more confident, more grateful, more peaceful, stronger, in general better? Do you have some old habits that you would like to replace with new, more productive habits? AFFIRMATIONS, self talk, the things we say to ourselves almost all of the time can be productive in our lives or unproductive. What we say out loud, and silently to ourselves, shapes what we do and how we feel. We can CHOOSE what we say to ourselves. To learn how to make and use positive AFFIRMATIONS, come and join us for C.H.A.N.G.E. Canceling Habits and Affirming New Goals Easily 1:00 P.M. October 16, 2010 (the 3rd Saturday every month) Brett Kelly room, first floor, Rawlings Library 100 E. Abriendo Ave. Pueblo, Colorado.

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

## VOLUNTEERS NEEDED IN FREMONT COUNTY

The Area Agency on Aging is currently seeking Volunteers to serve as Advocates for residents in Long Term Care. Nursing home residents retain all of their legal rights when they enter a nursing home. Volunteer Ombudsmen are trained to protect residents' rights and serve in a nursing home in their community.

The Upper Arkansas Area Agency on Aging is recruiting volunteers who want to make a difference in the lives of elders residing in assisted living facilities and nursing homes in their communities. Fremont County is in need of Volunteer Ombudsmen to be a voice for the residents, to assess problems, and to come to a resolution. If you have free time, please consider helping maintain or improve the quality of life for residents in long term care facilities.

Once trained, volunteers are asked to spend just a few hours a month in this important and life-changing program. To obtain more information on the Volunteer Ombudsman program or request a volunteer application, please contact Alaina Garcia, Volunteer Ombudsman Coordinator at 1-877-610-3341.

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**CEMETERY LOTS** at Imperial Gardens. Three can be stacked in Calvary Section. Call, I'll deal, for 1 or all. 719-542-4017. #1010

**WANTED:** used behind-the-ear hearing aids. Must be workable in good shape. Cañon City, 719-269-8200. #0910

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**PLUS III PREMIER ELECTRIC CART:** Three wheels, two batteries. Range? 10+ miles. Comes with custom-made trailer. \$1,600 for all. Call Jim, 719-594-3723. #0810

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**WANTED:** Certain record albums and 45's from 1950's and 1960's. Jazz, R & R, R & B, C & W. No Classics, Orchestras or polkas. Also 10 cent comic books. 719-566-7975. #0211

**HEARING AIDS:** Starkey Destiny 1200 Behind the Ear with directional microphone and multimemory button. Less than 3 years old with one year warranty left. Purchased in Pueblo. (303) 324-7149. #0710

**SENIOR CLASSIFIED AD REQUEST**

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

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

Phone: \_\_\_\_\_ Your Name: \_\_\_\_\_

Mail ad & Check (send no cash) to:

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**ALASKA MAN:** 52! Seeks female 50-60 years old. Christian. Would love to love companion, friendship forever. 719-980-4342. We can meet. #0710

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**WANTED!** Older golf putters, signed golf books and pictures, older golf

tournament programs, pins, and badges. (719)687-1227. Masters golf items too. #0310

**RESTLESS LEG SYNDROME?** Grandma's home remedy immediately solved our RLS! For the recipe: send \$29.95 to RLS, 8200 S. Quebec St. A3-#506, Centennial, CO 80112 for a colored picture brochure on how it worked! **IT'S WORTH IT!** #0610

**Botanic Gardening**

from page 13.

Dallas Arboretum and Botanical Garden, has coined a term for tough, dependable plants that do not need pampering: "flame-proof plants." Colorful annuals that bloom all summer, particularly those that can survive the extreme heat, drought, and the occasional deluge in Dallas, are Turner's favorites.

"Those tried-and-true plants, they are the ultimate in sustainability," he says. Torenia, zinnias, pansies, poppies and dianthus all make his list, which is on the arboretum's website.

On the whole, Turner likes big plants that grow fast and make any flower bed look lush. "If you can see the mulch, you're gardening wrong," he says. "Trust me: You plant closer, and your plants will survive better." Plants that grow close together shade each other's roots, conserving moisture. They also shade out weeds. "That's why I love torenia and sweet-potato vine and sunpatiens," Turner says. "They grow in full sun as long as they shade themselves."

Chip Tynan, who manages the home garden question-and-answer service for the Missouri Botanical Garden in St. Louis, helps visitors (to the garden and its website) every day, and directs a staff of volunteers who field thousands of questions from visitors and by e-mail and telephone. The Kemper Center for Home Gardening shows off smart gardening practices for backyard gardeners. It's a teaching garden, where visitors can study plants and pick up ideas.

"Being sustainable sometimes involves an acceptance of nature," Tynan says. A recent infestation of caterpillars gave him a chance to make his point. "People were looking for whatever they could spray or drench the soil with to cure something that doesn't respond well" to sprays, he says. "Sometimes you have to realize that if you react wrongly, you can do a lot more harm than good."

The most popular sustainable program at the Missouri Botanical Garden is its plastic-pot recycling project, Tynan says. The program has recycled more than 400 tons of plastic six-packs, nursery pots, and plant trays into plastic lumber for raised beds and other garden projects. Gardeners bring their pots to the botanic garden's recycling center, and the center sells the recycled lumber products. The garden also uses the planks to make raised beds for the gardening staff and for researchers who don't have home gardens of their own.

"That's our sustainability corner," Tynan says. "It just makes me smile to see how it's all come together."

**GREEN GARDENING IDEAS**

Jeff Epping, horticulture director of Olbrich Botanical Gardens in Madison, Wis. ([www.olbrich.org](http://www.olbrich.org)), recently returned from a trip to England, where he noticed that gardeners are talking about the environment and about wise use of water and resources. "This whole sustainability thing -- it's everywhere," Epping says.

Here are some ideas and resources from public gardens you can use in your own backyard:

-- Chip Tynan at the Missouri Botanical Garden's Kemper Center for Home Gardening ([www.mobot.org](http://www.mobot.org)) in St. Louis encourages gardeners to use their lawn mowers to chop autumn leaves for mulch, which can be applied directly to flower beds or composted until spring. "It might be the single best use for a lawn mower," he says.

-- Reduce turf areas, says Epping. "Everybody is thinking about how much energy and how many resources go into mowing and watering and using fertilizers and herbicides," he says. "Let's get rid of more lawn and do things that don't require all that energy." He recommends low-mow or no-mow grasses for home lawns. One source is Olds Seed Solutions, which sells a carefree-fescue blend for the Midwest.

-- Healthy soil will support healthy plants, says Steve Windhager, director of landscape restoration for the Lady Bird Johnson Wildflower Center ([www.wildflower.org](http://www.wildflower.org)). Improve your soil by adding compost, he says. Soil with plenty of organic matter is full of nutrients that will support the plants you grow naturally, and keep them healthy, so you don't have to use fertilizers and pesticides.

-- Windhager also recommends the website of Landscape for Life, an organization that has collaborated with the U.S. Botanic Garden to develop green gardening ideas for gardeners across the country.

-- Improve clay soil by incorporating expanded shale, which increases aeration and retains water. "It's a material I always have a mound of or a bag of," Turner says.

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# Jacobs: The Gift of Music For The Holidays

by Barbara Jacobs, M.S.

As a caregiver for someone with dementia, you may be wondering what gift to give your loved one for the holidays. Have you considered music that they not only will enjoy and benefit from, but also will remember? "Remember," you may say?

In my fifteen years of experience as a therapeutic musician leading musical sing-along programs for those with Alzheimer's disease and dementia, I often see music's power to unlock memories. My students will remember both the melody and lyrics of old familiar songs as well as the life experiences that the music evokes. I find this to be true for all stages of the disease and research confirms my experience.

For example, one of my students at an assisted living facility, Edie, aged

late 80s with mid to late stage Alzheimer's, rarely speaks. When I recently played piano during a sing-along program and sang "Home on the Range," Edie went from sitting quietly to becoming quite animated as she told me, "I had a horse named Buddy." This type of reaction to familiar music no longer surprises me. Yes, music can often bring dramatic behavioral changes, socialization and overall well being for those with dementia.

Research continues on the benefits music has for Alzheimer's patients. It has been reported that singing on a daily basis will raise the brain chemicals melatonin, epinephrine and norepinephrine in our blood levels, thus positively affecting our mental state. Testing of patients with dementia who sing daily shows that these elevated blood chemicals help them to become more active, more cooperative,

less agitated and they often will sleep better. Dr. Ardash Kumar of the University of Miami's School of Medicine found that music provided lasting ben-

efits to elderly men with Alzheimer's disease who participated in a music therapy program through singing familiar songs 30 to 40 minutes a day, five days a week for a month. Music's behavioral benefits continued for these men for weeks after their participation in this music program had ended.

Now how does this relate to music as a holiday gift for your loved ones? With the evidence of the positive benefits of music and singing, wouldn't it be wonderful if your loved one could sing every day? There are a variety of ways to bring their favorite music into their lives. Your local public library is a free resource for musical CDs and old movies or operas on DVD that will still bring a smile to their faces and words to their lips, as they sing-along with joy and recognition. There are a number of music and sing-along programs on the market that can be purchased through senior product catalogs such as Sea Bay Games, NASCO and S&S Worldwide. I have developed three sing-along DVD programs, Front Row Seat Videos, that are also available through many senior catalogs and Ama-

zon.com. Please check my Web site at [www.FrontRowSeatVideos.com](http://www.FrontRowSeatVideos.com) for more information about these interactive programs that will encourage your loved one to sing.

I have always known that music can open hearts. Through my teaching experience, reinforced by recent research, I have seen how it can open minds as well! So, as the holidays approach, consider a musical gift for your loved one. I know you will be happy you did, as it will be beneficial and enjoyable for them, and it just may give you some well deserved respite time.

For questions or more information you can e-mail me at: [barbara@customvideosf.com](mailto:barbara@customvideosf.com)

Happy Holidays!

*Barbara Jacobs, M.S., is a therapeutic musician who has taught music classes at long-term care facilities and adult day programs for the past fifteen years. She has developed a DVD series of sing-along programs for seniors and those with dementia. Her Web site is [www.FrontRowSeatVideos.com](http://www.FrontRowSeatVideos.com)*  
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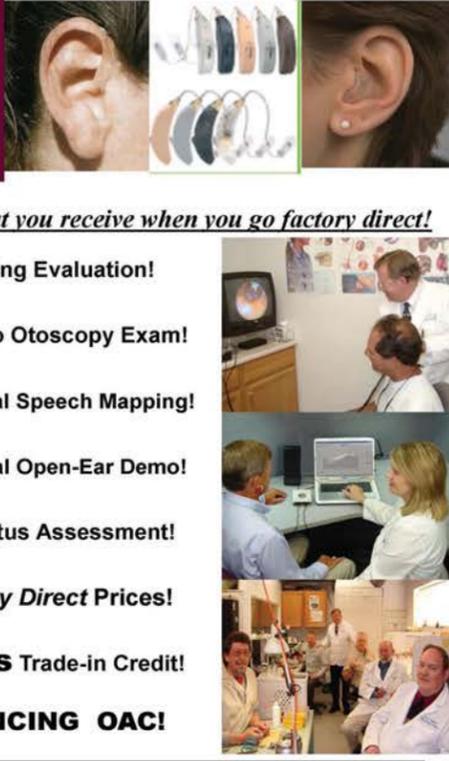
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## Driver's Education For Dog Owners

(NAPSI)-When dog owners are behind the wheel of a car, their dog can drive them to distraction. And that, it appears, can lead to dangerous situations for both.

That's one of the key findings of a recent survey that examined what happens when dog owners take their dog with them when they hit the road.

### Doggie Distractions

The survey was conducted by North America's largest motoring and leisure travel organization--AAA--and Kurgo, which makes products specifically designed for traveling with your dog. The survey found that 31 percent of respondents admit to being distracted by their dog while driving, while 59 percent say they have participated in at least one distracting behavior while driving with

their dog.

More than half--55 percent-- have petted their dog while driving, and one in five--21 percent--allowed their dog to sit in their lap.

Other distracting behaviors that drivers admitted to include giving food and water to their dog (7 percent) and playing with their dog (5 percent). These kinds of behaviors can distract the driver and increase the risk of a crash. The AAA Foundation for Traffic Safety found that looking away from the road for only two seconds doubles your risk of being in a crash.

### Unrestrained Risks

Unrestrained dogs can be a danger to a driver, a passenger and to the dog itself. An overwhelming 80 percent of respondents stated that they have driven with their pets on a variety of car trips including day trips, local errands and leisure trips or to work, the pet store or dog parks. However, only 17 percent use any form of pet restraint system when driving with their dog.

### Safety Tips

To increase driver and pet safety, here are some tips:

- The use of a pet restraint system, such as those available from Kurgo ([www.kurgo.com](http://www.kurgo.com)), can aid in limiting distractions and help protect your pet.
- Keep your dog in the backseat, as you would a child. Being in the front seat can expose a dog to being injured if the car's air bag is deployed.
- Remember, a dog near a driver can interfere with both a driver's physical and mental ability to operate the vehicle. When a dog blocks the brake pedals or takes the driver's attention off the road, it has become a safety hazard.

To learn more about keeping yourself and your dog safer while driving, visit [www.AAA.com](http://www.AAA.com) or [www.kurgo.com](http://www.kurgo.com). Pet owners who want to take their pet on a longer trip can find all the information they need to make their vacation easier and safer in "Traveling with Your Pet: The AAA PetBook," which includes pet-friendly, AAA Approved property listings and advice on traveling with pets. Visit [www.aaa.com/petbook](http://www.aaa.com/petbook).

## Dreams

from page 16.

were GE Capital \$2 billion, American Honda \$1.75 billion, and Amgen \$1.5 billion. Freddie Mac 30 year fixed mortgages stood at 4.37%. The strength of the bond market has some observers thinking a "bond bubble" now exists that is not unlike other bubbles (real estate, dot com stocks, etc...). Since the FED apparently plans to backstop many market outcomes the gold traders have reacted accordingly, sending the metal to new dollar highs.

Beyond gold, the commodity theme continues to unfold favorably for investors. The Goldman Sachs Commodity Index is little changed. For the year however certain commodities have been noteworthy performers. December wheat for instance is up 37% (y-t-d). Poor weather in China has cotton at its highest level since 1995 (up 52 % in y-t-d New York trading). China is now the largest cotton producer in the world. I continue to like the long-term and short-term prospects for many in the group.

A report by Peabody Energy states that coal has shown the fastest growth of

any fuel this past decade (2x natural gas & 4x oil). Those usually are not bad features folks. If it's not gold (metals), oil (energy) or commodities I'm not sure I want it in this environment.

Good luck and good investing. Gary Neiens, Financial Advisor/Investment Broker Raymond James Financial Services, Inc., Member FINRA/SIPC 310 S. Victoria Ave, Ste. G, Pueblo, CO 81003 - Phone: 719-545-2900. E-mail: [Gary.Neiens@RaymondJames.com](mailto:Gary.Neiens@RaymondJames.com) Administrative Assistant: [Julie.Cline@RaymondJames.com](mailto:Julie.Cline@RaymondJames.com)

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# October is National Eye Injury Prevention Month

by Kathy-Lyn Allen – Rocky Mountain Eye Center

Academy of Ophthalmology ([www.aao.org](http://www.aao.org)), accidental eye injury is the leading cause of visual impairment in

the United States. More than one million people suffer from eye injuries each year in the United States. Ninety percent of these injuries could have been prevented if the individual had been wearing appropriate protective eyewear (preferably, with polycarbonate lenses).

Prevention is the first and most important step in protecting your eyes from injuries, so be sure to protect your eyes with appropriate protective eyewear. If you do experience an eye injury, seek medical attention promptly. According to Prevent Blindness America ([www.preventblindness.org](http://www.preventblindness.org)), here are some helpful reminders when it comes to preventing eye injuries at home:

- Use safety gates at the top and bottom of stairs.
- Provide lights and handrails to improve safety on stairs.
- Pad or cushion sharp corners and edges of home furnishings.
- Inspect and remove debris from lawns before mowing.
- Use guards on all power equipment.
- Read and follow all manufacturer instructions and warning labels.
- Wear chemical safety goggles when using hazardous materials.
- Do not mix cleaning agents.
- Keep paints, pesticides, fertilizers and similar products properly stored in a secure area.
- Keep your tools in good con-

dition; damaged tools should be repaired or replaced.

- Wear safety glasses or dust goggles to protect against flying particles, and chemical goggles to guard against exposure to fertilizers and pesticides.

- Use occupant restraints such as infant and child safety seats, booster seats, safety belts and shoulder harnesses in cars.

- Leave personal-use items (cosmetics, toiletry products), kitchen utensils and desk supplies where they are not easily accessible to children.

- Install cabinet and drawer locks in kitchens and bathrooms.

- Keep toys intended for older children away from younger children.

- Keep BB guns away from kids.

**For more information or to schedule your next appointment with Rocky Mountain Eye Center, please call 719-545-1530 (toll-free at 1-800-934-3937) or visit**

[www.rockymountaineyecenter.com](http://www.rockymountaineyecenter.com)

*American Academy of Ophthalmology - Eye Injury Prevention Month. Retrieved Sep 2010 from <http://www.aao.org/aaoesite/eyemd/injury.cfm>*

*Prevent Blindness America - Home Safety Checklist. Retrieved Sep 2010 from <http://www.preventblindness.org/safety/home-check.html>*

## National Seniors Group RetireSafe Files Amicus Brief Joining Legal Effort to Stop New Physician Hospital Restrictions That Harm Medicare Beneficiaries

Washington, DC (September 13, 2010) - Today RetireSafe President Thair Phillips announced, on behalf of the organization's more than 400,000 senior-citizen supporters nationwide, that the group had filed an Amicus Curiae Brief in the United States District Court for the Eastern District of Texas. This Brief is in support of efforts to stop the severe new restrictions on the expansion of physician-owned hospitals, which are included in the Patient Protection and Affordable Care Act.

The Brief Amicus Curiae was filed by RetireSafe in support of Plaintiffs Physician Hospitals of America and Texas Spine & Joint Hospital, Ltd.'s opposition to Defendant Secretary Sebelius' Motion to Dismiss and Motion for Summary Judgment.

The Brief notes that the enactment of Section 6001 of the Patient Protection and Affordable Care Act (PPACA), P.L. 111-148, the law that is the subject of this lawsuit, is of serious concern to RetireSafe and the thousands of seniors it represents. "RetireSafe seeks to bring to the Court's consideration certain issues in this case that are the unique perspective of America's senior citizens, which is not represented by either party," Phillips stated.

He said the Brief rightly states, "High-quality physician-owned hospitals have been the unjustified target of Congress's latest healthcare 'reform' efforts. Critical to every older American, Section 6001 of the PPACA denies Medicare beneficiaries access to the best in hospital care, as well as the healthcare market's best prices, by limiting the ability of existing physician-owned hospitals to serve more patients and preventing new physician-owned hospitals from coming online," Phillips noted. "The purported justifications for Section 6001 are truly irrational and in no way satisfy the constitutional requirements of Due Process," he maintained.

"The real reason for Section 6001 is to permit non-physician-owned hospitals to gain a competitive advantage over physician-owned hospitals, with the goal of eventually extinguishing the physician-owned hospital as a business model," Phillips continued. Physician-owned hospitals are outstanding, high-quality facilities that serve the growing millions of older Americans on Medicare. "If Section 6001 is permitted to remain law, senior citizens would be denied access to new physician-owned hospitals, and the physician-owned hospitals now available to seniors would be put out of business," Phillips concluded.

1616 H Street, NW, Suite 902, Washington, DC 20006  
[www.retiresafe.org](http://www.retiresafe.org)

### Thomas Jefferson

3rd. President, Democrat

Term of Office: January 20, 1777 to January 20, 1781



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

## Cruises & The Grandkids

from page 14.

join her older sister at play, in 2010 they merrily marched off together to the playroom every day, as soon as their parents allowed them.

At breakfast, lunch and early dinner, we gathered as a family at significantly low tables in the corner of the lido buffet restaurant, with other families that included young children. The Norwegian Jade provided a small children's buffet (which always had chocolate chip cookies even when I couldn't find them elsewhere). We tried other restaurants at dinner, but the children's area seemed to work easiest. Several evenings, we adults joined the kids for 5:30 dinner, then dropped them off at the play room and went to an adult dinner in a specialty restaurant.

Cruise lines have different ideas about the best cabins for a family of four. My son decided to book two adjoining cabins instead of one big cabin, so the girls had their own room, and bathroom, though one cabin was booked in his

name, one in his wife's name. For price, he chose cabins on the lowest passenger deck.

When the five of us first boarded the Norwegian Jade in Barcelona, one of the ships officers asked us, "Who do you think will have the best time on this cruise?" The young girls said "me" and "me."

The officer knew better.

"If your mother is the person in your house who is in charge of meals and cleaning and running the house, she will have the best time on this cruise, because we will do all that for her," he said.

Just ask my daughter-in-law, who read at the pool with both eyes instead of one eye on her daughters, who twice spent a morning at the spa.

She says the Mediterranean cruise with her family was her first real vacation since she had children.

*David Molyneaux writes monthly about cruising. He is editor of [TheTravelMavens.com](http://TheTravelMavens.com)*



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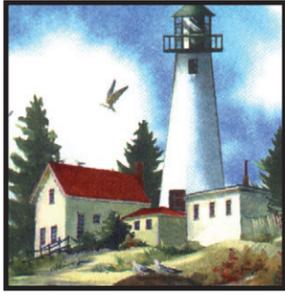


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# “Light For The Journey”

By Jan McLaughlin - Director of Prayer Warriors For Prisoners



## LIGHTHOUSE JOURNEYS PART II “LESSONS AT THE LIGHTHOUSE” OCTOBER 2010

Dusk settles over the ocean as I dance up the path to the lighthouse. Singing joyously and shaking my tambourine, music flows from my heart more than the instrument. The sky casts a soft pink and orange glow over the lighthouse and glistens across the ocean. Within me, excitement leaps like little currents of electricity as I anticipate our meeting.

Then I see you. You are there on the beach waiting for me. Laughing at my childish antics you grab me up and give me a big hug. Oh how warm and loving the presence of your arms are around me. “Oh, Jesus, I love you so! Thank you for never leaving me - for always being here.”

We settle ourselves on the sand wrapping our arms around our knees. Together, we watch the glorious colors ripple over the water. The sunset is breathtaking. Waves break over huge rocks to the left and gulls do their dance for survival as they pick who knows what out of the water. A gentle breeze wafts through our hair.

[It’s been a long time.] You say softly [I’m glad you came today. I’ve been counting on you.]

That makes me feel good. I clutch my knees tighter and smile at you. Patting my knee, you ask, [How are things going?]

I know YOU know, Lord, but you want me to talk it out. You listen intently as I dump all my hurts, heartaches,

confusion, anger and frustration and yes, complaints.

[Nothing GOOD?] You ask when I finish.

Thinking for a moment, I shift gears in my mind. “Oh, yes!” I reply. Lighthearted and bubbling with excitement I share with you wonderful events that have happened since my last visit to the lighthouse. Before I conclude, I begin to see the lesson. I dwell too much on the negative... too little on the positive. Dwelling on the negative MAKES me critical, bitter, angry, confused and frustrated; accentuating the positive draws me out of all that mire into peace, joy and happiness. Oh, Jesus, help me remember this lesson. Help me see the beauty of the sunset in the midst of storms and trials. Thank you, Lord. I love you.

I run up the path to the Lighthouse eager to be with you, Lord. I run all the way up the stairs and reach the door out of breath, push it open and peek in. You are gazing at the sea and I tiptoe behind you, climb onto a stool and put my hands over your eyes. Laughing heartily, you take my hands in yours and pull me over your shoulder and twirl me around the room. I am giggling and laughing as you set me on the wide window ledge and give me a big hug. In the warmth of your big arms around me I feel so loved, so special. Reading my thoughts, you say, [You ARE special. You are my child. Thank you for coming.]

Tears fill my eyes and my heart is flooded with regret as I think of neglected days I don’t spend time with you. Your love is overwhelming. I breath a huge sigh, “Oh Jesus, this is the most beautiful place in the world.” You lift me to the floor and I skip and dance around the

room. Basking in your presence, I am truly a child with you, free from worldly cares. Flitting around the room I touch the simple furniture fashioned by a carpenter’s hands. Each piece is sanded and polished with love and placed around the room with care. Burning logs in the big fireplace emit a cheery glow. Nothing fancy here. It’s just “our place” with all our needs.

You pour hot chocolate into mugs and we sit at the table. I feel tiny on the big chair and you bring a pillow for me to sit on. I sense the lesson is coming and I lean forward eagerly.

[I want you to do my will, Jan... to obey me, that your joy will be full, that we can fellowship together, every day but especially here, in these very special moments. If your joy and delight in these times is great, know for sure, my joy is even greater. I long for fellowship with my children. When daily lists are made I am often not on the list or am at the bottom. Time with me is neglected because of “urgent” things. What blessings I long to give my beloved little ones but I cannot because they refuse to come to me. They refuse to come apart from the busyness of the world and walk with me beside STILL waters. They continue in their rush to keep up with the world until I MAKE them lie down in green pastures.

[Come again. Come often. Come daily. You grow in my presence like a rose watered deeply where it counts, at the roots. A rose watered from the top never reaches its full beauty. It is immature, stunted and often stained and damaged by water falling directly on the petals. You MUST drink - as the rose - deeply from my well. Only when you come apart and drink of true fellowship with me will you

produce real and lasting fruit. I love you.]

If Christians would truly grasp the eternal loss of not spending time with Jesus, perhaps there would be more motivation and consistency in spending time with Him. Jesus had that time with His Father and was renewed, empowered and prepared for incredibly difficult times. He is our example. If Jesus needed that time, how much more do we need it for effective, victorious Christian living?

When we spend time with Jesus, we have the confidence to come boldly before the Father in Jesus’ name and our prayers will be in line with His will. He waits for us daily, longing for fellowship with His children. Take time. Make time. Everyone is given the same amount of time each day. We choose how to use it. How will you use yours?

*“And I will do whatever you ask in my name, so that the Son may bring glory to the Father. You may ask me for anything in my name, and I will do it. This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us — whatever we ask — we know that we have what we asked of him.”*

© 2010 Jan McLaughlin, All rights reserved. Jan McLaughlin is Director of Prayer For Prisoners International and can be reached at 719-275-6971 or by e-mail, [prayerforprisoners@msn.com](mailto:prayerforprisoners@msn.com).

# Celebrating Acts Of Kindness By Helping Others

(NAPSI)-Small expressions of kindness can make a big difference... and they have even more power when shared.

To celebrate acts of kindness, television personality Didiayer Snyder and Allergan, Inc. are launching the My Expressions of Kindness campaign to ask people to post acts of kindness online at [www.ExpressKindnessCampaign.com](http://www.ExpressKindnessCampaign.com) to help raise \$250,000 for three charities: Make It Right, Dress for Success and Children’s Action Network.

Didiayer, who is a carpenter, interior designer and advocate for affordable housing for families, is supporting Make It Right, which builds safe, green and affordable homes for working families in New Orleans Lower 9th Ward

who lost everything in Hurricane Katrina. She is joined by a cadre of celebrity campaign ambassadors, who are supporting Dress for Success and Children’s Action Network in the spirit of promoting kindness. Emmy®-nominated actress and singer Vanessa Williams and best-selling author Vicki Iovine are supporting Dress for Success, which helps disadvantaged women express success in the workforce by providing them with the tools they need to succeed in work and life, while Oscar®-nominated actress Virginia Madsen and five-time gold medalist Nadia Comaneci are supporting Children’s Action Network, which finds homes for foster children who are waiting for an adoptive family and works to improve outcomes for children in foster care.

“I’m thrilled to be spearheading the My Expressions of Kindness charitable campaign because it is a way to give back to the community by supporting causes that are important to many men and women,” said Mrs. Snyder. “Allergan asked me to become involved because they knew I dedicated a significant amount of time to supporting those less

fortunate. Now, everyone can join us by spreading kindness online to help raise much-needed funds for Make It Right, Dress for Success and Children’s Action Network. Visit [www.ExpressKindnessCampaign.com](http://www.ExpressKindnessCampaign.com) to create a My Expressions of Kindness profile and have a donation made on your behalf. It’s fun, easy and a great way to support those in need.”

Following an initial donation of \$25,000 from Allergan to each charity, the allocation of remaining donation funds is determined by consumer involvement--an easy way everyone can get involved in spreading kindness to those less fortunate. For each person who visits the campaign Web site and completes a My Expressions of Kindness profile, Allergan will donate \$25 to one of the three charities of their choice. An additional \$5 donation will be made when consumers share their profile by posting a link on their Facebook page, and another \$5 donation will be made for those who “tweet” a link to their profile on Twitter.

As Didiayer plays a part in helping those less fortunate, she offers a few simple ways you, too, can be a part of the

kindness movement:

- A Moment Matters--As hectic as life can get, it’s important to take time to help others in need. Whether you have an hour or a whole day to spare, contact your favorite local nonprofit organization and see how you, too can get involved by volunteering.
- The Power of a Simple Gesture--It may be as easy as helping your neighbor carry groceries, giving a stranger a kind smile or taking time to help your children with their homework, but every act of kindness has the power to brighten someone else’s day.
- Pass It Along--When you do something nice for someone else, there’s a good chance that they’ll pay it forward. Nothing beats the feeling of giving, so take the time to extend one kind gesture every day and watch the goodwill spread.

To get involved, visit [www.ExpressKindnessCampaign.com](http://www.ExpressKindnessCampaign.com).



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# Reeling "An Appealing And Engaging Remake"

by Film Critic Betty Jo Tucker, Pueblo

## AN APPEALING AND ENGAGING REMAKE

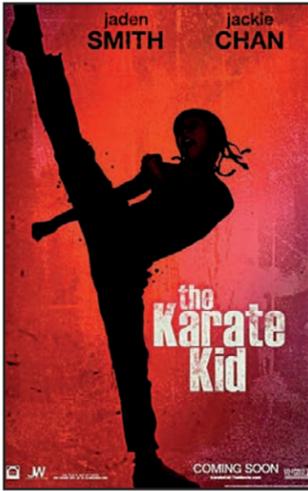
"The Karate Kid," available on DVD October 5th, will probably surprise many Jackie Chan fans. Although revered for his exuberant performances and Kung Fu comedy, Chan adopts a more serious persona in this excellent remake of the popular 1984 film. Fortunately, he brings depth and sincerity to the role made famous by the wonderful Pat Morita. And Jaden Smith adds his special charm as the bullied youngster who learns how to protect himself -- plus so much more -- from the enigmatic character Chan plays.

Pre-teen Dre Parker (Smith) can't help feeling miserable about moving away from all his friends in Detroit. Make that "FAR away," for Dre's mother (Taraji P. Henson) has been transferred to China by her employers. When they arrive in Beijing, Dre has trouble communicating yet resists learning a new language. He soon suffers vicious beatings by classmate Cheng (Zhenwei Wang) and his pack of fellow bullies. Luckily, Mr. Han (Chan), the morose handyman at Dre's hotel, witnesses this fight and agrees to teach Dre all about Kung Fu. As expected, Dre and Cheng end up vying for the trophy in an exciting Kung Fu tournament.

Between that initial violent encounter and the important tournament, Dre discovers strengths within himself as a result of Mr. Han's unusual methods. He also falls for Mei Ying (Wenwen Han), a lovely young violinist, and begins

to develop more respect for his new surroundings.

Jackie Chan and Jaden Smith project an intriguing push-pull rapport here. We can actually feel the strong bond developing between them, and we are deeply touched when Dre becomes the helper instead of the helpee in one heart-tugging sequence. Other cast members who impressed me include Zhenwei Wang and Rongguang Yu as the two villains. Wang's hateful facial expressions would scare anyone -- even without the blows that follow. Yu, playing the evil Master Li, exudes haughty disdain for those who question his teaching methods. How I wish Chan



and Yu had engaged in a Kung Fu battle of their own!

Changing the setting of "The Karate Kid" to China worked quite well. It allowed filmmakers to take advantage of such gorgeous sights as the Forbidden City, the Great Wall, eye-catching Chinese architecture, and lush landscapes. Amid all the beautiful cinematography, a spectacular "lady and the cobra" scene stands out for me. "The Karate Kid" comes across as a visually appealing and highly engaging remake indeed.

Still, don't expect a traditional "Jackie Chan" film experience from "The Karate Kid." There's only one sequence showcasing Chan's amusing Kung Fu tricks. And, as an avid Chan fan, I missed his usual hilarious outtakes. But, hey, this beloved martial arts icon is in his 50s now, so let's give him a break. (Released

by Columbia Pictures and rated "PG" for bullying, martial arts action violence and some mild language.)

## HORROR ON THE BIG SCREEN

October usually conjures up a number of horror flicks to scare viewers at the multiplex, and this year is no exception. "Let Me In," "Case 39," "Buried," "My Soul To Take," "Paranormal Activity 2" and "Saw 3D" will be showing during this Halloween month.

Based on the previews I've seen, below are my reactions to these upcoming releases.

(Please remember all dates are subject to change.)

### LET ME IN (Oct. 1):

I'm very, very afraid that this Hollywood remake of a terrific Swedish vampire movie ("Let the Right One In") will not be able to match the original's high quality.

### CASE 39 (Oct. 1):

Scary children often make excellent characters in horror movies, so this one looks promising. It's about a social worker (Renee Zellweger) trying to save a 10-year-old girl who might be more dangerous than her abusive parents.

### BURIED (Oct. 8):

Ryan Reynolds finds himself buried alive with only a cell phone to

help him guide rescuers. Yikes! Still, if a movie stars Reynolds, I have to see it.

### MY SOUL TO TAKE (Oct. 8):

Horror master Wes Craven wrote and directed this scarefest about a serial killer on the loose. With Craven's proven record, we can count on more than a few frights here.

### PARANORMAL ACTIVITY 2 (Oct. 22):

This sequel to last year's ghost encounter captured on videotape will probably contain lots of shaky camera work. If you can stand that, it might be worth seeing.

### SAW 3D (Oct. 29):

More torture porn in the seemingly never-ending "Saw" franchise, but this time it's in 3D. Arrrrgh! Don't worry, squeamish viewers! SECRETARIAT gallops into theaters on October 8. Diane Lane and John Malkovich star in a cinematic tribute to the amazing Triple Crown winner with a big heart. No ghosts, vampires or zombies share the screen with this true champion of the racing world.

Read Betty Jo's film reviews at [ReelTalkReviews.com](http://ReelTalkReviews.com). Copies of her books, *CONFESSIONS OF A MOVIE ADDICT* and *SUSAN SARANDON: A TRUE MAVERICK*, are available at [Barnes & Noble Booksellers](http://Barnes & Noble Booksellers) and can be ordered online at [Amazon.com](http://Amazon.com).

## Op-Ed

from page 2.

to tearing apart conservative views), every time someone blurts out invective toward profitable pursuits, moral highground and so on. In short, *Senior Beacon* doesn't need to show the "other side." By just stating the points I am making I'm giving you the "other side." The "other side" is the opposite of what I'm saying and if you don't agree with my opinions then you automatically know the "other side." If you need words that back your convictions then see the above. You see gentle reader, my views are the "other side" or as I prefer, an alternative to the constant pounding in all media that my views take on a constant basis.

Last I heard, the state of Ohio would vote for GWB to the tune of 50% to 42% over BHO. Who would have ever thought that?

To enhance my words about the "other side" give this a read: Employees of the three major broadcast networks (ABC, CBS, NBC) made over \$1,000,000 in political contributions in 2008 and 88 percent of it went to Democrats. That's approximately the same split it was in 2007. Oh, and that report came from MSNBC who conducted the employee survey.

I don't know about you but this government "Race to the Top" program that gives states bushels of money from federal coffers to help individual states' education needs makes me ill. This money grab is fraught with cronyism and is certainly not objective. Don't take my word for it, here is a quote from Frederick M. Hess of the American Enterprise Institute as noted on NRO; the winners did not include "heralded education-reform states Colorado and Louisiana," yet did include Ohio, Maryland, New York and Hawaii, which have ranked poorly in evaluations of student-data systems, charter school laws and teacher quality. By what rational criteria did this become reality? It's government folks.

Looking at BHO's foreign policy one can see it wobbling forward to a world dominated by the Chinese or Islamists or the Turkish/Venezuelan/Iranian axis, since BHO has made it plain that he no longer believes the world should look to the USA as its bellwether. A Pelosi/Reid/Obama world view that sees "leaders" who prefer a government check and wealth redistribution to world leadership. This should be an offense to all who came before to make America the world's leader.

I don't ordinarily "champion" local political aspirants but I am making an exception this year. I urge you to vote for Keith Swerdfeger for State House Dist. 47. He has been a boon to our area in terms of good paying jobs for as long as I can remember and in these times our State House needs folks like him to guide us. Our last rep from Dist. 47 pushed for doubling our car registration fees and raising speeding tickets to outrageous sums. That puts lots of folks to work all right.

I also think the latest "scandal" that has come to light concerning our County attorney and some "sketchy" contracts leads me to believe that perhaps a change is in order in County administration. Jerry Martin brings to the table fresh ideas. I know him to be a forthright, can-do, clear thinking man.

And finally, when you see the next issue of *Senior Beacon* the elections will be over. I plead with you to turn out the Nancy Pelosi/Harry Reid duo. I know most of you are Democrats in this area but look back to how healthcare was passed by these two. They made separate deals with states to get the votes needed to pass this legislation and who could ever forget Pelosi saying "well, we have to pass the bill to see what's in it" statement? I read it and I see government bureaucrats making decisions for Seniors which scares me to death. They also pushed for cuts to Medicare to the tune of \$500 million, killed COLA raises for Social Security, are allowing the economy to stagnant and are pushing our country down a path that is anathema to everything we used to hold dear. It's in America's best interest to retire these folks!

Godspeed!

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# Navigating The Roadmap To Car Shopping Success

(NAPSI)-Despite a wealth of information available to help consumers find a vehicle, the car shopping process can still be intimidating for some--especially women.

A recent survey from AutoTrader.com, the Internet's leading auto classifieds marketplace and consumer information website, found that about one in four

women finds shopping for a vehicle "stressful," compared to only 15 percent of men. Furthermore, while nearly half of men feel "certain and confident" when visiting car dealerships, only one in four women feels the same way.

According to Courtney Hansen, host of Spike TV's "Powerblock" and author of "The Garage Girl's Guide to Everything You Need to Know About Your Car," shopping for a car can be a fun and rewarding experience, regardless of the buyer's automotive know-how.

"Long gone are the days when making car purchases is a man's role. In fact, women influence over 80 percent of all automotive sales," she says. "Doing your homework on sites like AutoTrader.com and arming yourself with a few simple tips will help anyone in the market for a new car feel more satisfied with the purchase in the end."

Developed by Hansen, the new AutoTrader.com Roadmap to Car Shop-

ping Success makes it easy for women to approach the car-shopping experience with certainty, regardless of how car savvy they are. It also provides them with tips and insights needed to find the right vehicle for them.

Some of these tips, available at [www.AutoTrader.com/roadmap](http://www.AutoTrader.com/roadmap), include:

#### Researching and Planning

- Determine what vehicle features--passenger seating, storage capacity, fuel costs and part replacement--are essential to your lifestyle.

- Compare vehicles, research prices, look at videos and photos, find specials and access local inventory on sites like AutoTrader.com. Bring this research to the dealer or seller.

#### Visiting a Dealership or Private Seller

- Ask questions to show that you're prepared and knowledgeable.

- Get up and take a walk if you ever feel uncomfortable.

#### Test-Driving and Inspection

- Bring a friend to the test-drive and to help you fully examine the body, interior and engine.

- Conduct a thorough visual inspection after the test-drive.

#### Considerations and Precautions

- Get a CARFAX history report before buying any pre-owned vehicle, based on the vehicle's Vehicle Identification Number.

- Review government and insurance company crash test ratings for any vehicle you're considering.

#### Negotiating

- Go to the dealership armed with the best interest rate that you can locate on your own.

- When negotiating a monthly payment, focus on the actual price of the car.

- Ask the dealer or seller to explain how the cost breaks down and get it in writing.

For more information, visit [www.AutoTrader.com/roadmap](http://www.AutoTrader.com/roadmap).

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**Kevin's values are the values of Senate District 2:**

- ✓ Opposed to higher taxes and fees
- ✓ Opposes expansion of Pinon Canyon
- ✓ 100% pro-life
- ✓ Supports the 2nd Amendment
- ✓ Reverse 'FASTER' & the "Dirty Dozen" tax increases
- ✓ Supports sound immigration enforcement and reform
- ✓ Supports "Laissez Faire" free market rather than government intervention



KEVIN  
GRANTHAM

Principled ★ Conservative ★ Right for Colorado  
[www.granthamforsenate.com](http://www.granthamforsenate.com)



## Kevin Grantham Statement

I will use my experience and background in farming, ranching, real estate, and local government to work for a Colorado that is business-friendly and prosperous with jobs and that promotes freedom and liberty for the individual. This can be done through policy and legislation that promotes the southeastern Colorado values and principles of limited government, fiscal responsibility, and free market solutions. I will fight against the expansion of Pinon Canyon and for our property rights. I will fight to reverse the oppressive fees, taxes, and regulations that are hurting the families, seniors, farmers, ranchers, and business owners of Colorado.

Paid for by Citizens for Kevin Grantham, Brian Lewis, Tresaurer

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# Here Is A Guy's 'How-To' Guide To Life

(NAPSI)-If you have ever wanted to know how to put out a grill fire, avoid shooting a champagne cork, remove a fishhook from your finger, build a shelter in the snow or rid a room of monsters, there's good news for you.

The latest volume in a popular book series offers the lowdown on how to master what it considers to be the essential skills needed by guys to get by in both the modern world and the wilderness.

Author David Borgenicht, the creator of The Worst-Case Scenario series

of books, has researched hundreds of tactics for dealing with the most dangerous and challenging of situations.

The most recent title, "The Complete Worst-Case Scenario Survival Handbook: Man Skills," details how to deal with the perils previously mentioned and others, such as surviving a stadium riot, treating a shaving wound, flipping an overturned kayak and bonding with a teenager; all skills that any dad would be wise to know.

The 500+ page book covers what it describes as the essential aspects of a

modern man's life with chapters on Great Escapes, Sports and Hobbies, Domestic Disasters, Work, and Out and About excursions.

According to Borgenicht, the book not only details adventurous feats but also more domestic challenges as well. Said Borgenicht, "As president of my company, I may negotiate contracts and convince partners to do business with me, but trying to apologize when you don't know what you've done wrong? Now that's something that men need help figuring out."

Published by Chronicle Books, "The Complete Worst-Case Scenario Survival Handbook: Man Skills" (Piven, Borgenicht and Winters) is available where books are sold and is said to make a timely gift for both dads and grads. To learn more, visit [www.ChronicleBooks.com](http://www.ChronicleBooks.com).

## Jerry Martin Statement

Pueblo has a rich heritage, a diverse culture and a great work ethic. It is one of the best places in the world to raise a family. So, why are we not more prosperous?

Why do we historically have one of the highest unemployment rates in Colorado?

I contend that it has to do with the culture of our leadership. We tend to place more emphasis on the architectural quality of our government buildings than we do on the people for whom they are built.

Our government officials spend more time fighting each other than they do promoting the interests of our community.

It is time to put aside political agendas and work together for the benefit of the community as a whole.

If elected, I will work with all of our government entities, business leaders, civic leaders, labor and academic leaders to put forth a united and energetic face in a continuing effort to attract jobs to our community.

It's time to "stop the bleeding" and start the healing. In terms of our county's fiscal mismanagement, it's time to "Stop the Bleeding." In terms of our community's future, it's time to "Start the Healing."

Paid for by Martin for Pueblo's Future Committee, Silver Salazar, Treasurer.

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<p>We Welcome Medicare, Medicaid, Most Insurances, VA Contract and Private Funds</p> <p><b>Stop in For a Tour Today!</b></p> <p>2515 Pitman Place Pueblo, CO 81004</p> <p><b>719-564-0550</b></p>  <p><a href="http://www.westwindcampus.com">www.westwindcampus.com</a></p>	<p><b>ALZHEIMER'S CARE</b></p>  <ul style="list-style-type: none"> <li>• Skilled Nursing Care</li> <li>• Gated Community</li> <li>• Small, Private Facility</li> <li>• Individualized Activities</li> </ul> <p>404-1003</p>	
<p><b>ALL BUSINESSES UNDER SAME OWNERSHIP</b></p>		<p><b>ASSISTED LIVING</b></p>  <ul style="list-style-type: none"> <li>• Medicaid Certified</li> <li>• All Inclusive Private Rates</li> <li>• Central Location</li> <li>• Daily Activities &amp; Transportation Services</li> </ul> <p>404-1015 &amp; 404-1014</p>

# There is only one option in this Election.

More spending is not an option.  
Fewer services is not an option.  
More borrowing is not an option.  
Increased debt is not an option.  
More of the same is not an option.

**Re-electing Jeff Chostner as County Commissioner is not an option.**

## There is only one option this year:

**Elect JERRY MARTIN and set a new course in Pueblo County.**