

page 2Opinion
 page 4Weird News
 page 5.....Health
 page 7.....Social Security & You
 page 8.....Light for the Journey

Happy Birthday America!!
Read Our Op-Ed On Page 2.
Check Reel Talk Page 24.

page 14.....Senior Safety
 page 15.....SRDA Menu
 page 16.....Finances
 page 18.....Senior Classifieds
 page 22.....Fremont/Custer Menu



Senior Beacon

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

JULY, 2009 Vol. 27: No. 12 Established Aug., 1982 324 Consecutive Months!

RetireSafe Responds To BHO Radio Address

by Vicki Robb

RetireSafe Responds to Obama Radio Address Confirming Cuts and More Cuts to Medicare to Pay for Health Care Reform

(Washington, DC) June 15, 2009

... RetireSafe again protested President Obama's plan to cut even more of Medicare to pay for health care reform as outlined in his weekly radio address. The 400,000 strong senior-citizen advocacy group voiced their outrage that Obama has confirmed that he is proposing total of \$622 billion in Medicare and Medicaid cuts over 10 years, most of it from Medicare. RetireSafe released a statement last week blasting President Obama and his Congressional allies for proposing to cut \$500 billion or more from Medicare to pay for "health care reform."

Thair Phillips, the president of RetireSafe, said the cuts Obama identified in his radio address are a way of showing how an overhaul could be financed on the backs of America's seniors.

Said Phillips, "I'm outraged that President Obama would first plan to re-

form health care by cutting Medicare, and secondly propose to set up MedPAC as the final Medicare payment authority with a primary mission of cutting Medicare services that seniors need and depend on. If America needs health care reform to cover the uninsured it should be accomplished without cutting and gutting Medicare."

Phillips also blasted AARP for abandoning seniors by supporting this plan that can only be described as void of fairness and compassion. He asked, "Who's best interest is really at AARP's heart here? Themselves or the people they are supposed to protect? Why isn't AARP opposing this catastrophic plan?"

According to Phillips, seniors will be the ones to pay. He said, "What services will be cut by these politicians and bureaucrats? Will they cut home health care services, forcing seniors into institutions? Will they ration drugs and diagnostic services, forcing more beneficiaries to emergency rooms and hospitals? Will they put the best hospitals, hospitals that specialize in orthopedic or cardiac care,

off-limits for Medicare patients? Will they continue to cut physician pay until every good doctor flees Medicare? Or will they use price-

controls that will destroy the innovation we need to conquer diabetes, Alzheimer's disease, cancer, heart attacks and strokes? Over 10 years, how many seniors will suffer and die because of this outrageous plan?"

Phillips pointed out that 40 million plus older Americans will be forced to foot the bill for this ambitious reform scheme. He said, "This is doubly offensive because many of these same older Americans have paid Medicare taxes for their entire working lives. And now they will be cheated out of the benefits they've



earned. Where is the fairness and compassion in that?"

On behalf of the 400,000 senior-citizen supporters that RetireSafe represents, Phillips promised to spread the word to every Medicare beneficiary, as well as to the millions of Americans who plan to

join Medicare in the coming decade. He said, "We want these Older Americans to know they are the targets of this plan, the people who, at the expense of their health care, will be made to pay for health care reform. This fight is far from over."

Vicki Robb can be reached at 703.329.3356 office or e-mail to: vicki@jvrobbs.com. RetireSafe is a grassroots organization representing more than 400,000 older Americans nationwide. Its mission is to preserve, protect and enhance the options and benefits of seniors and near-seniors.

Colorado Enacts New 'Power-of-Attorney' Law

by Eileen Doherty

Denver, CO. Giving someone a power of attorney may be the most important legal action that an older adult can take in their life. A financial or general power of attorney gives the agent the power to pay bills, execute loans and credit cards, and/or sell a house and car.

The benefits of a power of attorney allow the agent to make financial decisions if the principal is unable to make decisions, usually at the time of incapacity. The disadvantages include abuse of the power by agents who use assets for

their benefit, rather than for the principal's benefit. Most agents are honest and operate for the benefit of the principal for whom they have assumed responsibility.

All powers of attorney executed prior to December 31, 2009 will continue to be valid and do not need to be changed, unless the principal wishes to make changes.

The new power of attorney act will go into effect on January 1, 2010 which will bring some significant changes, most importantly a standardized form. The form will identify which powers will

be given to the agent and which powers will be retained by the principal. This protection gives the principal the opportunity to discuss with the agent the management of their estate.

Starting January 1, 2010, powers of attorney will be durable, unless otherwise stated, meaning the power is not altered based on capacity of the principal. Any power of attorney executed prior to December 31, 2009 is durable only if explicitly stated.

Under the new law, photocopies or electronically transmitted copies of an original power of attorney has the same effect as the original, therefore, the copy allows the agent to conduct business. Third parties do have the option to request the original document.

The new law allows the principal to nominate a conservator and/or guardian of their estate in the power of attorney document. Upon appointment by the court of a conservator and/or a guardian, both are responsible to the power of attorney and to the principal.

Powers of attorney will be effective upon execution, unless a future date is noted. If a power of attorney becomes effective upon a person's incapacity, a physician or psychologist, an attorney-at-law, judge, or appropriate governmental official can make the determination of capacity. A principal or an agent can terminate the power of attorney at any time.

A principal may appoint co-agents who can act independently. Individuals can also appoint successor agents who have the same power as the agent. The law does allow the agent to be reimbursed for reasonable expenses. The agent is responsible for making decisions that are in the best interests of the principal, including record keeping and preserving the

principal's estate, although the agent is not responsible if the estate declines.

Historically, powers of attorney have given the agent the power to conduct business on behalf of the individual, the new law outlines the responsibilities with banks and financial institutions, real and tangible property, stocks and bonds, commodities and options, operation of the family business, insurance and annuities, estates and trusts, claims and litigation, personal and family maintenance, benefits from government programs or military service, retirement plans, taxes, and gifts.

The new law also gives third parties the power to refuse to accept a power of attorney if they believe the motive of the agent is not in the best interest of the principal with the assistance of the courts. However, if the third party challenges the power of attorney, the third party may incur expenses for attorney's fees and other costs.

For more information about the new law or reviewing your current power of attorney, contact your attorney or call 303-333-3482 for a list of referrals to elder law attorneys. You can also find a list of elder law attorneys at <http://www.naela.org>.

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



Consumers Can Have Their Say About Health Care Decisions

Washington, DC (June 19, 2009) – The American Health Care Association (AHCA) and the National Center for Assisted Living (NCAL) offer a booklet titled "Having Your Say: Advance Directives." This 7-page booklet will give consumers and families a framework to prepare for future events by knowing the ins and outs of Advance Directives and health care planning.

It is a dangerous world and catastrophic events happen, such as auto or workplace accidents and strokes. A person's health or capacity deteriorates due to disease or dementia. Many events share one common outcome – the victim or patient becomes unable to make health care or financial decisions. In that event, without any record or indication of his or her preferences, many health care decisions are left in the hands of others: a family, hospital administrators, lawyers, the judiciary etc.

"Having Your Say: Advance Directives" informs readers how to face these situations to ensure that they, or their loved ones, have a clear understanding of the topic of advance planning, their rights and how to make their preferences known. The booklet covers living wills and medical power of attorney and encourages assigning a health care proxy.

AHCA and NCAL are committed to helping educate consumers about long term health care issues and makes single copies of the booklet "Having Your Say: Advance Directives" available to individuals free of charge. Call the toll free consumer line at 1-800-628-8140 or log onto www.LongTerm-CareLiving.com to order.



Just One Guy's Opinion

by James R. Grasso, Chief Cook & Bottle Washer



Thanks And A Tip-Of-The-Cap

Last month we had an article about those pesky ants. Well, we received many letters telling us that the best way to rid ourselves of all sorts of ant species is to go to the store and buy AMDRO, for red ants especially, and TERRO LIQUID for black ants as well as red ants. So, there you have it, dear readers. We hope this helps and that the letters we received weren't from people that had stock in the products.

As I Sit And Observe

On page four of this issue you will see just why government shouldn't handle most anything instead of most everything. Check out "Government in action" *News of the Weird*. No wonder California is so in debt. Common sense has failed us. We are so convoluted that black is not black and white is not white. We see only "shades" of everything and are forced to tie ourselves up in knots to come to a "fair" conclusion.

Along the same "common sense" theme on page 21 "It's good to be a British Prisoner (continued) #2" also in *News of the Weird* you will note how much the Brit taxpayers have been paying to keep three Al-Qaeda prisoners from being extradited to the United States for trial on bombings of embassies in Tanzania and Kenya. Sort of reminds you how BHO uses our taxpayer money to bail out corporations that should have filed for bankruptcy. Just another of those non-common sense approaches.

The former Speaker of the House, Tom Daschle, said that when the Obama health care package gets passed we all must learn to "sacrifice." Watch out my fellow seniors! Tom Daschle, who was nominated to be some sort of cabinet head (who cares which - probably Health & Human Services or some such - don't care, so I'm not looking it up - he was a bum as a Speaker and would have been even worse in the administration) but he withdrew his name because of failure to pay his taxes. Who can blame him. These poobahs think the taxpayer owes them and after we have paid them they can then tell us how to live our lives. Daschle is the ultimate case in point. Imagine, being a scofflaw and instead of being embarrassed, he gets to tell us how WE should "sacrifice." What gall! Considering that numerous trips to various doctors force their way upon us as we get older, it would seem that we oldsters will be getting short shrift when it comes time for us to partake of the fruits of BHO's health care system. I was wondering my friends and readers from the Senior Community of our area, is this what you voted for when you sent in your ballot? Hmmm...

As BHO moves inexorably toward a government run health care system I have something for you to consider. In Britain, where socialized health care is running full bore I found a startling statistic from the Manhattan Institute. A Dr. David Gratz reported that an estimated 20 percent of British lung cancer patients who were considered curable when first diagnosed and put on the "waiting list" for chemo and/or some type of radiation, became incurable by the time their turn came up. Is this fear-mongering or truth-telling? Oh, and guess what part of the population gets things like lung cancer?

And while we are on the subject, we hear over and over again that the United States leads the world in infant mortality (not even counting for abortions, late term or not). This is what advocacy groups say when they make their rounds to service organizations and the like looking for donations. They say we are by far the leader in the industrialized world. Problem is, these figures are skewed by the fact that many nations consider a baby that dies within 24-hours a still birth and not an infant death. Be careful when folks throw out figures to prove their point so they can raise money for their causes.

It's funny watching the Left operate when they play the class card or any card for that matter that divides us all into neat little "tribes" according to their set of guidelines at the time. The funniest is watching the state of Maryland try to offset their budget woes by taxing the "rich" more. Maryland's legislators decided it would be "opportunistic" of them to "tax the rich" so they upped the state tax for the "rich" to 6.25 percent on top of local and federal taxes. So, what did the "rich" do? They vanished to the tune of 33 percent of them. They moved to places like Virginia, Delaware and Florida. And what happened to the budget in Maryland? Even with the higher rate on the "rich," Maryland is now collecting \$100 million less from that "rich" group of people. Don't you just love it when a plan backfires!?

Here's another wonderful bit of news that doesn't bode too well for America. The National Center for Health Statistics reported that out-of-wedlock births hit a record high in 2007. Some 40 percent of all births were to unmarried women.

You also have to love it when the Left goes crazy over the closing of Gitmo because we "tortured" prisoners there and it is an example of Bush-era brutality and savagery. Recently, we freed a number of Uighers (Muslims from Chinese Turkistan) who had been held at Gitmo for some seven years. The Left media rushed to Bermuda when they found out these prisoners had found a new home there. Apparently the governor of Bermuda said his commonwealth would accept these guys. So the Left media tracked them down to get juicy bits of anti-Bush, anti-Gitmo, anti-US propaganda but the Uighers wouldn't bite. They dutifully told their inquisitors that Gitmo wasn't a bad place and the only time they were ever worried about being prisoners there was when the Chinese sent some interrogators there to get whatever information the Uighers might have had. Seems as though Gitmo maybe isn't such a bad place as prisons go after all. Another Left straw man burned up right in their faces.

Now here's a real eye-opener. BHO doesn't miss an opportunity to hammer away at the previous administration concerning counter-terrorism. In a speech at the National Archives, BHO decried Bush's policies as an "ad hoc legal approach for fighting terrorism that was neither effective nor sustainable." This is nonsense on its face. Of course GWB's policies weren't made up on the fly (ad hoc). These policies have been a staple of warfare in every armed conflict the U.S. has ever fought. Of course it was effective. We haven't had any domestic terrorism in almost 8 years which also speaks to its sustainability. But the best part is BHO's own actions include targeted assassinations in Pakistan, indefinite detention and now, military commissions for Al-Qaeda war criminals. This doesn't stray a bit from the policies he just decried at the National Archives, now does it? And the Left believes his words!

And how about the revelation that BHO wanted to transfer Gitmo prisoners to prisons in the United States so he could close the Cuban prison by year's end? No sooner did he get the words out of his mouth than the FBI announced the arrests of four Muslim men in NYC. Some were radicalized while serving terms in said U.S. prisons. They were charged with engaging in a terrorist conspiracy to fire missiles at a U.S. National Guard base in Newburgh, NY and bomb synagogues in the Bronx. The point of this is if we send these Gitmo detainees to U.S. prisons they will be treated like gods. The Muslim prisoners will flock to them and listen to their every word because they are who they are, Gitmo gods! It is not a stretch that when these "lesser" criminals get out they will be radicalized moreso than they might be now and wreak havoc at every turn when they are freed given their newfound radicalism?

Here's A Simple Question

If BHO is truly a naturalized citizen and has a legal birth certificate why has his defense team spent in excess of \$1,000,000 defending him against law suits that say he isn't a naturalized citizen? All BHO would have to do is come up with his legitimate birth certificate and these lawsuits would go away. What was that Shakespearean line. "Methinks there is something rotten in the state of Denmark?" What do you think? Especially all you who voted for BHO. Tell me how my logic on this is wrong. Please don't call me a bigot or a person that is off his meds. A frank, lucid explanation as to why he just doesn't make this all go away by providing his birth certificate is what I'm asking. Pretty simple I would think.

Even so, contact me at srbeacon@gmail.com or better yet go to our website at www.seniorbeacon.info and speak your mind on our "Blog With Us" site. Just click the icon and fire away!

Godspeed!



We're by your side so your parents can stay at home.

Whether you are looking for someone to help an aging parent a few hours a week or need more comprehensive assistance, Home Instead can help. Serving Pueblo and Fremont Counties.

Home Instead
SENIOR CARE®

To us, it's personal

Call for a free, no-obligation appointment: Private pay/longterm Care insurance and Medicaid Accepted.

719-545-0293 or 877-945-0293

www.hisc530.digbro.com

Each Home Instead Senior Care® franchise office is independently owned and operated. © 2009 Home Instead, Inc.

University Park Care Center therapists work with Accelerated Care Plus (ACP) modalities to enhance clinical solutions for their patients.



www.lcca.com

- ACP state of the art equipment includes electrical stimulation, ultrasound, short-wave diathermy, omnicycle equipment & paraffin treatments
- These modalities have been successful in treating limited range of motion, pain, swelling, stiffness, weakness, spasticity, paralysis, & poor balance related to falls, arthritis, stroke, fractures, total joint replacements, amputations, Parkinson's & neuropathy
- Wound care issues are addressed in coordination with our certified wound care nurse and the physician
- Swallowing problems like dysphagia are treated by our certified speech language pathologist using the revolutionary VitalStim technology

UNIVERSITY PARK CARE CENTER CENTER OF REHAB EXCELLENCE!
945 DESERT FLOWER BLVD. • 719-545-5321

New Study Aimed At Slowing Alzheimer's Pace

(NAPSI)-Researchers in the United States and Canada are trying to determine whether the investigational drug bapineuzumab (bapi) can help slow the progression of Alzheimer's disease, an irreversible and fatal brain disease.

When a person has Alzheimer's, plaques form in the brain, damaging and killing nerve cells. It is believed that this loss of nerve cells contributes to the cognitive and functional decline seen in Alzheimer's patients. Plaques form when toxic beta-amyloid and other components clump together. Bapi is designed to target and clear beta-amyloid from the brain, possibly slowing and stopping the march of Alzheimer's. It is this potential ability that is being investigated by researchers.

Alzheimer's slowly destroys a person's memory and thinking skills, and eventually his or her ability to carry out simple tasks such as bathing and eating. As the disease progresses, individuals may also experience changes in personality and behavior. Alzheimer's gets worse

over time and is fatal.

"While medications are available to treat some of the symptoms of Alzheimer's, these therapies do not modify, stop or reverse the progression of this disease," said Dr. Michael Biber, medical director, NeuroCare Center for Research, Newton, Mass.

A clinical study is under way investigating bapineuzumab for the treatment of mild to moderate Alzheimer's. Bapi is a humanized monoclonal antibody that provides patients with an antibody to beta-amyloid.

"It is important for patients and families affected by Alzheimer's to consider participating in clinical studies," said Dr. Biber. "Clinical studies that test new treatments are the best chance we have for fighting this devastating disease."

According to the Alzheimer's Association:

- As many as 5 million Americans are living with Alzheimer's disease.



An investigational drug is being tested to see if it slows the progression of Alzheimer's disease.

- Today, it is the sixth-leading cause of death in the United States.

- Alzheimer's has no cure. But treatments for symptoms, combined with the right services and support, can improve life for people with Alzheimer's.

Researchers at more than 200 sites are seeking volunteers to participate in the third phase of clinical testing of the investigational drug bapineuzumab. Participants must be between 50 and 88 years of age and have a diagnosis of mild to moderate Alzheimer's.

In addition to receiving study-related physical exams and laboratory services at no charge, participants will be monitored by a medical team, including a physician.

To learn more about the study, visit www.icarastudy.com or call (888) 770-6366.

The drug is made by pharmaceutical company Elan.

Boomers Choosing New Lifestyles

(NAPSI)-In today's economy, the concept of retirement is rapidly changing. Boomers report that they are taking a more practical approach to retirement, opting to gradually shift from working full-time to spending their time on leisure activities.

Active adult communities are seeing homebuyers who compare lifestyle opportunities when they decide to relocate to a new neighborhood or an entirely new part of the country.

For example, for the past four decades, Robson Resort Communities has been creating upscale communities in Arizona and Texas, with resort-style amenities for the active adult homebuyer. These resort communities provide opportunities for residents to easily expand their interests.

"It is not just a new home," said VP of Marketing Alina Hushka. "We know that baby boomers are looking to move to places where they can meet new people, start new hobbies and be more physically and mentally active."

Some residents describe living in an active adult community as spending every day on vacation or at summer camp, where you have many options to do new things with new people.

Robson Resort Communities is known for building luxurious homes in a resort setting without the resort price. The company provides multimillion-dollar recreation facilities, including golf courses, sports and aquatic complexes, recreation centers, performance theaters and restaurants.

Robson recognizes that baby boomers want the best architectural craftsmanship as well as energy-saving features. The company sets a high standard when it comes to the design and construction of their homes and provides a variety of home designs.

To demonstrate its belief that future homeowners should try before they buy, the company offers a Preferred Guest Program. For a minimal cost, potential residents can spend a few days at a community, enabling them to experience the active adult lifestyle firsthand.

For additional information on Robson Resort Communities and the Preferred Guest Program, visit www.robson.com/boomers or call (800) 732-9949.

What You Need To Know About Home Care

"Home care" is a broad term that describes a variety of health and health-related services provided in a home setting.

(NAPSI)-Sooner or later, someone you know may become one of the millions of Americans who rely on home care to stay out of a hospital, nursing home or some other institution.

Learning more about what's involved can help you get the best care possible. Here are some frequently asked questions with answers provided by the experts at Interim Health-Care.

Question: What is home care?

Answer: There are two categories. Home health care typically describes skilled nursing and therapy services while home care describes nonmedical services that address functional needs of everyday living, such as meals and grooming. In both cases, home care can reduce the anxiety associated with most forms of institutional health care and result in significant savings. There's also evidence that patients frequently heal more quickly at home.

Question: Who provides home care?

Answer: There are basically two types of people who provide home care. There are informal caregivers such as family and friends. There are also paid caregivers, some of whom are licensed professionals such as nurses and therapists, and others who are nonmedical personnel such as aides, homemakers and companions.

Question: How can I access home care services?

Answer: To access home care services, patients or family members can contact home health agencies. Physicians, case managers and social workers may also make recommendations. When a hospital discharges a patient, it may provide a list of both hospital-sponsored and private home care agencies.

Question: Who pays for home care services?

Answer: Many home care services are reimbursed by Medicare, Medicaid, worker's compensation, private or group health insurance, HMOs, veteran and military grants or through other special funds such as block grants. Also, private payment may be arranged on an individual basis.

Question: How should I select a home care provider?

Answer: To make an informed selection, ask how long the provider has been serving the community. Find out if the provider selects and trains employees and if they are background checked and insured. Does the provider include the patient and his or her family members in developing the plan of care? Are they involved in making care plan changes?

For more information, visit www.interimhealthcare.com. To find an office near you, call 800-944-8888.



Spirit of Women

A multigenerational women's only Golf Clinic with munchies, giveaways, and a helpful presentation on the importance of being physically active to help prevent osteoporosis as we grow older.

Life's not a Spectator Sport

PROTECTING AN ACTIVE LIFESTYLE

Date: Thursday, July 30, 2009
Time: 4:00 to 7:30 p.m. • Refreshments provided
Location: Walking Stick Golf Course
 4301 Walking Stick Blvd., Pueblo
Call: RSVP to (719) 584-7324 no later than July 27
Admissions: \$35 members / \$40 non-members

Your Health
Your Hospital

parkview
MEDICAL CENTER

595-SPRT (7778)
www.parkviewmc.org

BIG BURGER WORLD

Best Burgers In The Business

Closed
Sun & Mon
1205 S. 9th St.
Cañon City,
CO 81212
275-8079

news of the weird

COMPILED BY CHUCK SHEPHERD
FOR SENIOR BEACON



LEAD STORY

Using GPS and state-of-the-art sonar, Columbia University researchers recently made the first comprehensive map of the wonders submerged in New York City's harbors. Supplementing those findings with historical data, New York magazine reported the inventory's highlights in May: a 350-foot steamship (downed in 1920), a freight train (derailed in 1865), 1,600 bars of silver (unrecovered since 1903), a fleet of Good Humor ice cream trucks (which form a reef for aquatic life), and so many junked cars near the Brooklyn and Manhattan Bridges that divers use them as underwater navigation points. Of most concern lately, though, are the wildlife: 4-foot-long worms that eat wooden docks and tiny "gribbles" that eat concrete pilings.

Government in Action

-- More California Money "Management": The Los Angeles Unified School District pays almost \$10 million a year to about 160 teachers and staff who are forbidden to do any work -- those subject to discipline but whose cumbersome "due process" and appeals take years to carry out. One teacher, Matthew Kim, fired by the school board in 2002 for allegedly sexually harassing students and colleagues, still receives his \$68,000 a year, including benefits, and (by union contract interpretation) cannot be called on to perform clerical or other non-"professional" duties during the appeals, according to a May Los Angeles Times report.

-- Because of what an April Boston Globe report called "a decades-old interpretation of the state's militia laws," state government employees who are also members of the Massachusetts National Guard and who go on active duty are paid much more money if deployed at home than in Iraq or Afghanistan. State law requires those Guardsmen on domestic duty to be paid both for their state job and their

military duty while Guardsmen in the war zones collect only the higher of the two salaries.

-- Britain's Local Governments Are Afraid of Everything: (1) The Bedfordshire and Luton Fire and Rescue Service issued rules recently requiring the use of long poles to test high-up fire alarms because letting the firefighters use stepladders might lead to injuries. (2) The South Kesteven District Council decided in May to no longer hoist the oversized Flag of St. George outside Bourne Town Hall on St. George's Day -- because of the "risk" involved in using an 8-foot ladder on a plinth above a spoked gate.

The Continuing Crisis

More Post-Traumatic Stress: Peter Singer, the author of a new book on battlefield robotics, told LiveScience.com in May he had seen soldiers in Iraq and Afghanistan grow so attached to their bomb-disposal robots that, in one case, the soldier risked 160 feet of enemy machine gun fire to retrieve his little buddy, and in another, a soldier brought his robot in for repairs with tears in his eyes over the "injury" to his beloved "Scooby-Doo." Several units, he said, had given their robots promotions, Purple Hearts and even a military funeral.

Fine Points of the Law

Richard Balsavage, 28, pleaded guilty in Berks County, Pa., in 2005 to taking pornographic photos of a toddler and was sentenced to nine to 23 months in jail, which he served, but while still on probation, he continued to possess child pornography and was re-sentenced by a different judge, to 3 1/2 to seven years in prison. Balsavage then asked that judge for a re-sentencing, pointing out that he had not been given a fair opportunity to express remorse in court, and the judge relented. Balsavage then made a sorrowful apology, but it went for naught because the judge had subsequently learned that during therapy sessions, Balsavage had

confessed to a history of abuse of young children. If Balsavage had not demanded re-sentencing, he might have been out in 3 1/2 years, but his new term was set at 24 1/2 to 49 years.

People Different From Us

In the Kings Creek area north of Lenoir, N.C., according to sheriff's deputies, two feuding families created a ruckus in May after a dog killed a neighbor's cat. When the cat's owner found out, he shot the dog dead. When the dog's owner found out, he shot the cat's owner and the man's young daughter. Deputies were called, and when they arrived, the dog's owner shot both of them, but one got off a return shot, fatally wounding the dog's owner (and completing the chain!).

Least Competent Criminals

(1) Brandon Hiser, 22, was arrested in Kansas City, Mo., in May for trying to break into a bank using only a screwdriver, which would be a daunting task any time but the bank Hiser was trying to enter was the Federal Reserve Bank of Kansas City. (2) Ezedrick Jones, 18, was arrested in Memphis, Tenn., for the attempted robbery of the very same KFC from which he had recently been fired. Though masked, Jones was quickly recognized by his former manager via the mask's oversized eye holes, and throughout the robbery the manager kept addressing Ezedrick by name.

Undignified Deaths

Their Last Words: (1) "A million dollars is a lot of money to pay for a whore" were the last words of multimillionaire French banker Edouard Stern, according to his girlfriend, Cecile Brossard, who took offense (and was convicted of killing him in June in Geneva, Switzerland). (2) "Shoot me, shoot me," you "ain't got the --" were the last words (according to a police report) of Scott Riley, 25, who was arguing with the gun-wielding Joseph Jimenez, 24, about their game of Beer Pong in Bridgeport, Pa., in May. *A News of the Weird Classic (March 1994)*

In Fort Lauderdale, Fla., in February 1994, accused murderer Donald Leroy Evans, 38, filed a pre-trial motion asking permission to wear a Ku Klux Klan robe in the courtroom and to be referred to in legal documents by "the honorable and respected name of Hi Hitler." According to courthouse employees interviewed by the Associated Press, Evans thought Adolf Hitler's followers were saying "Hi Hitler" rather than "Heil, Hitler." **Yikes!**

-- Men Who Get Around: (1) Thomas Frazier, 42, was jailed in Flint,

Mich., in April after his unpaid child-support tab reached \$530,000 (14 children with 13 women). He told the judge that he was only trying "to find someone who would love me for me." (2) The total tab of Desmond Hatchell, 29, of Knoxville, Tenn., was not reported at his May court appearance, but the judge questioned him sharply about payments from his minimum-wage job. Hatchell has 21 kids by 11 women, but told WLVT-TV, "I didn't intend to have this many."

-- Bad Sci-Fi Movies Come to Life: (1) A portion of downtown Rotterdam, Netherlands, was blanketed in gluey white "silk" in May, from a six-week-long invasion of caterpillars that strip trees and cover them with gooey larvae. (2) Nicola Bruce and her two toddlers, who live in government-assisted housing in Stoke-on-Trent, England, have awakened nearly every morning for two years to a fresh invasion of about 50 slugs, despite 30 attempts by contractors to find their source (in addition to the remodeling of the kitchen and bath and the bleaching of floors).

-- The head of Florida's Department of Corrections admitted in May that at least 43 children (including a 5-year-old), who observed their parents' prison jobs as part of "Take Your Sons and Daughters to Work Day" in April, were playfully zapped by 50,000-volt stun guns. DOC Secretary Walt McNeil said the demonstrations (in three of the state's 55 prisons) even included one warden's kid, but that only 14 children were individually shot (with the rest part of hand-holding circles feeling a passing current). Twenty-one employees were disciplined. **They Actually Pay People to Do This Research**

(1) Two scientists from Britain's University of Oxford, on a three-year study costing the equivalent of nearly \$500,000, found that ducks may be even more comfortable standing under a sprinkler than paddling around in a pond. Lead researcher Marian Stamp Dawkins concluded that ducks basically just like water. (2) According to research announced in May by pediatrics professor Jennie Noll of the University of Cincinnati, the more often that teenage girls tart themselves up in online presentations, the greater the sexual interest they provoke.

The Continuing Crisis

-- Not What They Were Looking For: (1) Rescuers searching for a missing tourist on China's Taishan Mountain in April failed to find him but inadvertently discovered the corpses of seven

SEE "WEIRD" PAGE 21.



HOT-N-READY



All Day - Every Day Large Pepperoni Pizza

PUEBLO
1175 S. Prairie (In Sunset Plaza) • 564-9611
1801 Santa Fe Dr. (Aspen & Santa Fe) • 543-3400
1230 Bonforte (In Belmont Shopping Center) • 544-4500
4104A Outlook Blvd. (Between Albertson's & Lowe's) • 544-7701

PUEBLO WEST
74 North McCulloch Blvd. (By Super Wal-Mart)
547-8828

LAMAR
1203 S. Main St. (Next to Corner Liquor)
336-8777

CANON CITY
1520 Royal Gorge Blvd. (Next to Canon City Tire)
275-2748

LA JUNTA
7 Conley Rd. (By Super Wal-Mart)
383-2700



\$5.99

plus tax
carryout only

Pueblo's Medical Center of Choice

department of family medicine
Mark Potzler, MD, Spencer Walker, MD
Rochelle Elijah, MD, Lisa Clough, FNP,
Deborah Nittmann, FNP-C
719-553-2201

department of family medicine/Ivywood
Jamie Pollock, MD
719-566-0222

department of gastroenterology
Robert Manning, MD, PhD
719-553-2205

department of occupational medicine
Nicholas Kurz, D.O.
719-553-2207

department of orthopedics
Charles Hanson, MD
719-553-2206

department of pediatrics
Rita Ellsworth, MD
Carla Proctor, MD
719-553-2204

department of rheumatology
Patrick Timms, MD
719-553-2203

urgent care
Scott DeRuiter, MD
Susan Zickefoose, MD
719-553-2208
Christopher Wilson, DO
Robert Lutes, MD
719-553-0111

department of physical therapy
Joseph Ruzich, PT Director
719-553-2209

URGENT CARE

from southerncoloradoclinic

**Walk-In Service,
No appointment
necessary!
OPEN EVERYDAY
8:00AM - 8:00PM**

2 Locations to better serve you.
Hwy. 50 West & Pueblo Blvd.
(719) 553-2200
Ivywood Ln. & S. Pueblo Blvd.
(719) 553-0111



3676 Parker Blvd. • Hwy. 50 W. & Pueblo Blvd. • 553-2200

For A Healthier You



Arthritis Pain? Reduce It With Physical Activity

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

June 2009 – Many of the 46 million Americans suffering from joint pain caused by arthritis fear exercise will lead to further joint injury and pain. However, numerous studies have shown that moderate exercise can actually reduce pain naturally and decrease dependence on pain medications.

A 2008 study published in Arthritis Care and Research concluded that regular exercise, specifically the Arthritis Foundation Exercise Program, is effective in significantly improving and managing arthritis pain. Key findings include participants reporting a decrease in pain and fatigue, an increase in upper and lower extremity function, and an increase in strength after participating in the basic, eight-week exercise program. Also, participants who continued the exercise program independently, beyond eight weeks, sustained improvement in reduced stiffness.

Other studies have shown that losing just 10 pounds reduces pressure on the knee by 40 pounds, and that losing 15 pounds can reduce pain associated with osteoarthritis, the most common form of arthritis, by 50 percent. Walking just 30 minutes each day can ease joint pain, improve mobility and reduce fatigue often associated with arthritis.

“Physical activity can help decrease arthritis pain, stiffness, inflammation, physical limitation and potential disability,” said Pat Gottfried President of the Arthritis Foundation Rocky Mountain Chapter “Through the Arthritis Foundation’s Life Improvement Series land and water exercise programs, Arthritis Foundation certified instructors are able to provide joint-safe exercises.”

Visit www.RockyMountainArthritis.org or call 800-475-6447 for more information on local exercise programs, including the Arthritis Foundation Aquatic Program.

EXERCISE, EXERCISE, EXERCISE

The benefits of exercise go far beyond burning calories. In fact, exercise can help reduce the inflammation of arthritis and related conditions, lessen your risk of other chronic diseases, and ease pain. According to a recent article published in Arthritis Today, a balanced fitness program that includes aerobic, strengthening and flexibility exercises can improve your health.

Exercise keeps you young. Researchers believe that inflammation is involved in the aging process and the more you workout the less likely you are to produce inflammatory cells.

Exercise improves endurance and heart health. Movement gets the blood

flowing, boosting endurance and improving cardiovascular health.

Exercise helps arthritis and diabetes. A recent study has shown that exercise can increase the amount of insulin and glucose the body uses by 16 percent.

Exercise-not just calorie count. Increasing your activity level, along with cutting calories, is a smart way to lose weight.

TREAT YOUR JOINTS TO PORTABLE HEAT

June 2009- When it comes to soreness in the body it is important to take the time to help relieve the pain. Also, it is good to know when to use heat and when to use cold therapy. Heat therapy is good for relieving pain and reducing soreness and stiffness. While cold therapy is good for acute or sudden onset of pain and swelling.

According to a recent article published in the November/December issue of Arthritis Today, heat can do wonders for sore joints and it helps to reduce pain by increasing blood flow in joints, says Bob G. Lanier, MD, a rheumatologist in Cumming, GA. Air-activated products designed to fit specific joints and underneath clothing can provide portable heat safely no matter where you are or where it hurts. Most of the items are found in a drug store or over the shelf. Make sure that they are between 95 to



104 degrees Fahrenheit.

About The Arthritis Foundation

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

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

CareGiver360® Created To Unburden Caregivers

Innovative web tool launched to ease burdens of long-term caregiving CareGiver360® created to support caregivers and improve quality of care by Colorado man caring for son with comprehensive support needs

DENVER – Providing high quality, personalized long-term care just got easier for families and caregivers thanks to an innovative new web-based service. CareGiver360® aims to improve the quality of at-home or facility-based long-term care for individuals with complex care support needs including developmental disabilities, Alzheimer’s disease, chronic care, elder onset disabilities and other conditions requiring a high level of

care.

Created by Ken Ziel, of Castle Rock, and his team at National Care Connection, CareGiver360® is an interactive on-line tool that allows families and caregivers to create and share a personal guide for the care of their loved one, as well as access relevant information and resources through a secure, interactive website.

Ziel, who along with his wife founded Exceptional Kids, a Colorado nonprofit agency providing recreational opportunities for special needs children, was inspired to develop CareGiver360® after years of experience caring for his son, Austin, who has a range of severe

developmental and physical disabilities.

“I was always full of anxiety when dealing with Austin’s multiple care providers,” said Ziel. “I constantly worried about making sure each caregiver had the most up-to-date and accurate information about Austin’s progress. When providers left or new providers came in, I could see that the process of being brought up to speed and adapting to new procedures was just as hard on the caregivers as it was on me and Austin.”

Ziel was inspired to create CareGiver360® one evening after he and his wife left Austin with a caregiver to go see a movie.

“The amount of time it took to go over all of Austin’s care instructions with the caregiver, and the anxiety it caused my wife and me, was remarkable. We were just preparing for an evening out of the house,” Ziel said. “When we were in line buying tickets, I turned to my wife

and said, ‘What if something happens to us, and we never come back from the movie? Who is going to make sure Austin gets the care he needs for the future?’”

CareGiver360® allows families to build a Personal Care Guide in order to create, maintain and share a record of a loved one’s care, condition and personal preferences. New providers can use the Personal Care Guide to become familiar with their care recipient and become immersed in critical information pertaining to the individual’s specific care needs.

The Personal Care Guide can also be used to streamline updates in care procedures, treatments and conditions, ensuring that all providers are equipped with the most current information.

Additionally, CareGiver360® allows users to access a comprehensive resource library to find information on best practices and leading research tailored to fit the needs of each care recipient.

“High caregiver turnover is the single greatest contributor to decreased quality in care,” said Ziel. “CareGiver360® helps users create a caregiving legacy and relieves the burden of starting over. My hope is that, over time, the quality of care received and the wealth of knowledge shared by those who need it will continue to increase.”

For More about CareGiver360® Additional information about CareGiver360® can be found at www.CareGiver360.com

NEW Name, SAME Quality

You’ve known us for years as Pueblo Extended Care Center, but we’re pleased to announce that we’re changing our name to Pueblo Care and Rehabilitation Center. Our new logo is a reflection of our relationship with you and the rest of the community that we serve.



PUEBLO
CARE & REHABILITATION CENTER
Caring is the Key in Life

(719) 564-1735

2611 Jones Ave.
Pueblo, CO 81004

www.sunbridgehealthcare.com

CHEM-WAY



5 STAR LAWN CARE

**PRE-EMERGENT,
NON-LAWN WEED CONTROL
(DO BEFORE APRIL 1ST)**

SOIL STERILIZATION

FREE ESTIMATES

543-7910

**SeniorGuide’09 at
www.seniorbeacon.info
or pick it up at St. Mary
Corwin, Parkview,
St. Thomas More
and other locations.
At the same website above
come and
“Blog With Us!”**

Fashion: Looooking Gooood!

HAIR'S COLORFUL PAST 100 YEARS

(NAPSI)--Whether you perceive beauty as an art or a science, you might be surprised to learn that modern hair coloring can trace its roots back to a young French inventor and chemist, Eugène Schueller.

In 1909, Schueller founded "The Safe Hair Dye Company of France"--later renamed L'Oréal. With this in mind, here's a look back at some of the biggest milestones in hair trends over the past 100 years:

1900-1909--During this time, hair was worn under hats by most women, and styles were simple. In 1907, Mr. Schueller launched "Auréale," the first safe hair dye. With this revolutionary invention, a new chapter in beauty began. For the first time, women could color their hair with consistent and safe results.

1910-1919--This decade welcomed the birth of modern hairdressing. Women began working in the industrial sector and the war imposed a somber style. In 1918, the number of hair salons in Paris--the epicenter of fashion and beauty--more

than quintupled, from about 300 to more than 2,000.

1920-1929--Short hairstyles were still in vogue. In 1925, multiple coloring products became available, allowing men and women to change their hair color on a whim. Some favorites of the decade included L'Oréal D'Or, the first bleaching product designed to give hair a sun-kissed look, and Imédia, an ultrafast hair dye.

1930-1939--Supershort cuts were quickly replaced with long, luxurious hairstyles, and Hollywood stars like Jean Harlow influenced millions of brunettes to change their shade to glamorous blond. Hair coloring became a true mark of glamour, and the introduction of the first modern-day shampoo, which L'Oréal introduced under the DOP brand, allowed women to keep their tresses looking lovely.

1950-1959--Without the constraints of war, glamour became popular again and women wanted their hair to look stylish even while completing household chores. Hair was teased, sculpted, waved and set. In 1952, another revolutionizing product, L'Oréal's Régé Color, became the first hair dye to be used in hair salons and sold

to the public for at-home use, dramatically expanding the hair color market.

1960-1979--ANYTHING went when it came to hair: long, short, styled, rebellious and beyond. To keep any hairstyle in place without a stiff and sticky finish, L'Oréal's Elnett fine mist hair spray--a favorite still today--became available for sale in 1960.

1980-1989--Women's lives became increasingly active, as more women entered the workforce than ever before. Hairstyles reflected the control of their busy work life and social schedule. Cuts were precise and grooming followed the "power" culture. The L'Oréal-Stu Stu Stu-Studio Line was at the forefront of hair-styling and introduced the first aerosol hair mousse. Sales of styling products rose dramatically as men and women looked to create their own individual style.

1990-1999--This era welcomed a more natural-looking hair color and products attempted to match the highlights and low lights that nature provided. Diacolor, tone-on-tone, covered the gray with a shade that was closer to the natural hair color.

2000 and beyond--Hairstyles today

reflect a desire for individuality. There are more styling tools, gels, waxes, pastes, sprays, mousses and products formulated specifically for curly, straight, frizzy, wavy, dry, color-treated or damaged hair to help people achieve a desired look. Since the turn of the century, L'Oréal has developed products for use in salons or at home to help men and women achieve the style they want. This year, the company celebrates its 100th anniversary, and has come a long way from the first permanent hair dye to a range of hair care, hair color, cosmetics, skin care and fragrance products. To mark this milestone, the company has launched a limited edition 100th anniversary Elnett hair spray, available exclusively at Target while supplies last. For more information about L'Oréal, visit www.loreal.com.



What If You Could Actually Regrow More Hair.....?

(NAPSI)--Over 80 million Americans suffer from some degree of hair loss. It is a problem that, though common, is often accompanied by emotional stress, anxiety and a diminishing sense of attractiveness.

It is also a difficult problem to treat.

Many men deal with it by spend-

ing thousands of dollars and countless hours on transplants, drug therapies, vitamin supplements and so-called "natural" remedies. Women suffer the pain of hair loss more privately; what is mistakenly thought of as a "male problem" often takes a larger emotional toll on female sufferers.

Recently, though, the FDA has cleared a device, known as the HairMax LaserComb, to treat males with certain categories of baldness. The makers of the

product state that a female study is about to be submitted, and say that, in addition to their male customer base, 40 percent of their users are females.

Unlike the other two FDA-cleared solutions for treating hair loss, the HairMax is drug free, available without a prescription and is safe for use in both males and females--lending itself to a market where treatments are few and far between, especially for women.

The HairMax LaserComb is a

handheld laser device that works through

a process known as photo-bio stimulation. In this process, laser energy is delivered to the scalp and the individual hair follicles, effectively feeding the follicles and helping to promote the growth and regrowth of healthier hair.



The device can be used in the home and is indicated for use three times per week for 10-15 minutes per treatment.

The FDA clearance comes after the submission of a multicentered, placebo-controlled trial, which demonstrated that users of HairMax realized an increase in hair density of 19 hairs/sq. centimeter while the placebo group lost 7.6 hairs/sq. centimeter, a significant difference.

In addition to new hair growth, subjects experienced decreased hair fall-out, increased speed of hair growth and an increase in manageability and overall condition of the hair. There were no reported negative side effects in any of the participants.

The product has been on the market since 2000.

To learn more about the HairMax LaserComb, visit www.HairMax.com or call (800) 973-4769.

Get Brushing And Show Off Those Pearly Whites

(NAPSI)--Maintaining excellent oral hygiene doesn't have to be a challenge. Brushing properly just takes a little time and effort and it's incredibly important for a healthy mouth and beautiful smile.

Fortunately, many people recognize the numerous benefits of brushing and taking care of their teeth. In fact, in a recent survey conducted by Kelson Research, 85 percent of respondents claim the task

is indeed a priority in their lives, keeping toothbrushes on hand everywhere they go.

To be sure your brushing habits are what they should be, "brush" up on

these facts:

- Manual brushes just can't reach everything. Truth is, despite vigorous brushing, you may still leave food and plaque behind. That's probably why 67 percent of Americans think powered toothbrushes are likely to deliver a deeper clean than are manual brushes.

- Innovation and technology led to the creation of SpinBrush Sonic toothbrushes that deliver up to 16,000 precision microsweeps per minute.

Pro Clean Sonic is clinically proven to remove up to 95 percent of plaque in hard-to-reach places. These are one of the first toothbrushes on the market to offer advanced sonic clean technology without the price tag to go along with it.

- Eighty-eight percent of those surveyed state they've experienced few-

er dental problems since switching to a powered brush.

What Else Did The Survey Reveal?

- Nearly half of Americans think manual toothbrushes are better suited for cleaning bathroom tile grout than cleaning mouths.

- Three out of five Americans think not having a toothbrush would be worse than not having clean underwear, if spending a night away from home unexpectedly.

- A whopping 92 percent of women would rather give up shaving their legs for a week than give up their toothbrush.

- Plus, 48 percent of Americans would choose a toothbrush over toilet paper when on a deserted island.

For more information about sonic toothbrushes and oral care, visit www.spinbrush.com.



Assisted Living At Its Best!



The Legacy Commons

170 Dacona Drive, Pueblo West, CO 81007
719-547-2538

Senior Beacon Is FREE On The Internet



GO TO
www.seniorbeacon.info
click on "beacon online"
click on the month you'd like to read and read it!
Give it a few minutes to come up on the computer.
What could be easier?

Senior Beacon is also available at approximately 100 locations throughout Pueblo & Fremont Counties also at no charge!

AND

If you'd like *Senior Beacon* delivered by mail each and every month (\$19.95 for 15 mos.) just contact us at 719-647-1300 or check out how to subscribe by looking on the website: <http://www.seniorbeacon.info>

Social Security & You

by Melinda Minor, District Manager - Pueblo



SOCIAL SECURITY BOARD OF TRUSTEES:

Economic Downturn Leads to Worsening of Long-Range Financing Outlook

The Social Security Board of Trustees today released its annual report on the financial health of the Social Security Trust Funds. The Trustees project that program costs will exceed tax revenues in 2016, one year sooner than projected in last year's report. The combined assets of the Old-Age and Survivors, and Disability Insurance (OASDI) Trust Funds will be exhausted in 2037, four years sooner than projected last year. The worsening of the long-range outlook for the Social Security program is due primarily to the recent economic downturn and faster reductions in mortality than previously assumed.

In the 2009 Annual Report to Congress, the Trustees announced:

The projected point at which tax revenues will fall below program costs comes in 2016 -- one year sooner than the estimate in last year's report. The projected point at which the Trust Funds will be exhausted comes in 2037 -- four years sooner than the estimate in last year's report.

The projected actuarial deficit over the 75-year long-range period

is 2.00 percent of taxable payroll -- up from 1.70 percent in last year's report.

Over the 75-year period, the Trust Funds would require additional revenue equivalent to \$5.3 trillion in today's dollars to pay all scheduled benefits.

"Today's Trustees Report contains some disappointing, but not unexpected, news about the financial condition of the Trust Funds," Commissioner Astrue said. "We should be neither casual nor hysterical about the revised insolvency dates. As with the economy as a whole, the Social Security system will weather this recession. However, the sooner we get on with the task of reforming the system, the easier it will be to make the tough choices that we all know we need to make."

Other highlights of the Trustees Report include:

Income including interest to the combined Old-Age and Survivors, and Disability Insurance (OASDI) Trust Funds amounted to \$805 billion (\$672 billion in net contributions, \$17 billion from taxation of benefits and \$116 billion in interest) in 2008.

Total expenditures from the combined OASDI Trust Funds amounted to \$625 billion in 2008.

The assets of the combined OASDI Trust Funds increased by about \$180 billion in 2008 to a total of \$2.4 trillion.

During 2008, an estimated 162 million people had earnings covered by Social Security and paid payroll taxes.

Social Security paid benefits of \$615 billion in calendar year 2008. There were almost 51 million beneficiaries at the end of the calendar year.

The cost of \$5.7 billion to administer the program in 2008 was a very low 0.9 percent of total expenditures.

The combined Trust Fund assets earned interest at an effective annual rate of 5.1 percent in 2008.

The Board of Trustees is comprised of six members. Four serve by virtue of their positions with the federal government: Timothy F. Geithner, Secretary of the Treasury and Managing Trustee; Michael J. Astrue, Commissioner of Social Security; Kathleen Sebelius, Secretary of Health and Human Services; and Hilda L. Solis, Secretary of Labor. The two public trustee positions are currently vacant.

The 2009 Trustees Report will be posted at www.socialsecurity.gov/OACT/TR/2009/ by Tuesday afternoon. How do I replace a lost Social Security card?

Question: I lost my Social Security card. What should I do?

Answer:

You can replace your Social Security card for free if it is lost or stolen. However, you may not need to get a replacement card. Knowing your Social Security number is what is important.

To replace a lost Social Security card:

- Complete an Application For A Social Security Card (Form SS-5); and
- Show us documents proving your identity.
- Show us documents proving your U.S. citizenship if our records do not already contain that information.
- Show us documents proving your current, lawful, work-authorized status if you are not a U.S. citizen.

In most cases, you can mail or take your application and original documents to your local Social Security office. If you live in the New York

City metropolitan area, Las Vegas Nev. Orlando Fla., Sacramento, Calif. or Phoenix Ariz., you may need to apply in person at your local Social Security Card Center.

All documents must be either originals or copies certified by the issuing agency. We cannot accept photocopies or notarized copies of documents.

For more information about getting a replacement card and the documents you will need to show us, see Documents You Need for a Social Security Card.

You are limited to three replacement cards in a year and 10 during your lifetime. Legal name changes and other exceptions do not count toward these limits. For example, changes in noncitizen status that require card updates may not count toward these limits. Also, you may not be affected by these limits if you can prove you need the card to prevent a significant hardship.

Keep your Social Security card in a safe place with your other important papers. Do not carry it with you.

Even though you apply for a replacement card, Social Security takes no action on the loss of the original card. Reporting a lost or stolen card to us will not prevent its misuse.

A person using your card or number can get other personal information about you and apply for credit in your name. So, if you suspect someone is using your number, you should take these steps to protect yourself and your financial health:

- Educate yourself about identity theft;
- File a complaint with the Federal Trade Commission (1-877-ID-THEFT or 1-877-438-4338);
- File a complaint with the Internet Crime Complaint Center (IC3) at www.ic3.gov;
- Check your Social Security record (call toll-free 1-800-772-1213; TTY 1-800-325-0778) to ensure your income is calculated correctly; and
- Monitor your credit reports.

**Check Out Our
SeniorGuide'09 at
www.seniorbeacon.info**



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

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



1-719-372-3910 - 660 Hwy 115 Penrose, CO 81240

Breakfast Buffet 8:00 am - 11:30 am

- Scrambled Eggs • Quiche • Ham • Bacon • A Variety of Sausages
- Corned Beef Hash • Biscuits & Homemade Sausage Gravy • Tortillas
- Green Chili for Burritos • Fried Potatoes & Onions • Pancakes • Franch Toast • Fresh Fruit • Pastries • Yogurt Granola Parfaits • Juice, Coffee or Tea.

ADULTS: \$10.95 Seniors \$8.95 Kids 5-11 are 65 cents Per Year
(Kids 4 and under are Free!)

Dinner Buffet 11:45 - 5:00 pm

- Baron of Beef • Honey Glazed Ham with Cherry Sauce • Variety of Breads
- Fried Chicken • Peel & Eat Shrimp • Fried Cod & Shrimp
- Mashed Potatoes • Gravy • Yams with Orange Sauce • Corn
- Fettuccine, Red Sauce & Meatballs • Roasted Turkey • Green Beans • Dessert Choices, Coffee, Tea or Lemonade.

ADULTS: \$10.95 Seniors \$8.95 Kids 5-11 are 65 cents Per Year
(Kids 4 and under are Free!)

Reservation Line is 719-372-3910. *Some Items May Change As The Day Progresses*

Introducing CurvesSmart®

A workout that keeps you motivated like never before to get the results you want.

PERSONAL COACHING SYSTEM



DETAILED PROGRESS REPORT



JOIN NOW, REST OF SUMMER ON US*

OVER 10,000
LOCATIONS WORLDWIDE.

719-275-9789
Hwy 50 & Justice Center Rd
Canon City, CO 81212

719-543-7180
4041 Club Manor Drive
Pueblo, CO 81008



curves.com

*Offer based on first visit enrollment, minimum 12 mo. c.d./e.f.t. program. Discount applies to monthly dues. New members only. Not valid with any other offer. Valid only at participating locations through 08/29/09. CurvesSmart. Powered by MYTRAK. © 2009 Curves International, Inc.



“Light For The Journey”

By Jan McLaughlin - Director of Prayer Warriors For Prisoners



“SAVIOR, WITCHDOCTOR OR BRIBE?”

JULY 2009

Since 1986, I have taken the message of the Gospel and love of Christ to share with incarcerated men and women. The most powerful messages the Lord Jesus gives me are enhanced with true life stories. One of my favorite stories is the account of Malongo Chris, a dear Ugandan brother I met in 1999 during my first visit to Africa. Prisoners need to know where to turn and Who to hold on to in times of crisis. They should be aware of the value of standing on the truth of God’s Word and the power available to them through the name Jesus. Malongo Chris’s story brings this truth to light in a way the prisoners can embrace.

The first time I met Malongo Chris his love of Jesus Christ was evident by the joy on his face. A tall handsome man, Chris was incarcerated in Remand prison at Jinja, Uganda. Pastor Jesse Rich and his wife, Beverly, took me to meet Chris the day after I arrived in Jinja. We talked with Chris through the gate in the sally port, the double gated entry to the prison compound. The conversation was short but it was clear that Chris knew the power of prayer as he expressed his faith and dependence on Jesus for deliverance. Holding his hands through the bars, I prayed for Chris and his Friday court appearance.

At that time, I was unaware of the seriousness of his situation or the pos-

sible outcome. After leaving the prison, Pastor Jesse, a Calvary Chapel pastor who teaches Bible studies in the prisons, explained why Chris was there. Seven men committed a robbery and an innocent man was killed. Chris happened to be with them when they were apprehended and taken into custody along with the others. In Uganda, people are incarcerated on suspicion only with no charges filed. The courts are jammed so the prisoners sometimes wait three or four years to go to court.

Chris was nearing his fourth year in prison and during that time, he attended Jesse’s Bible studies and came to know Jesus Christ as Lord and Savior. His deeply abiding relationship with Jesus was a powerful testimony to other prisoners. Jesus Christ was marvelously at work in heart and life.

Prison officials informed Pastor Jesse of their certainty that Chris would be found guilty. In this type of case, the judge had but two choices: Find the men innocent and release them or guilty and sentence them to hang. Pastor Jesse was told that Chris would hang with the rest of the men.

The other seven were consulting the witchdoctor and tried to coax Chris into doing the same. Chris responded with confidence, “NO! My Jesus is my Defender. My Jesus will set me free.” They tried coercing him into bribing the judge. Chris’s answer was the same,

“No! My Jesus is my Defender and my trust is in Him. My Jesus will set me free.”

On Friday following the meet-

ing with Chris I went with Pastor Jesse and Beverly to the post office. As we returned we saw a man dancing down the road whooping and shouting. Jesse exclaimed, “It’s Malongo Chris.” When he saw us, he waved his hands wildly in the air and with tears of joy shouted ecstatically, “My Jesus set me free! My Jesus set me free!”

Chris told of his time in court and exclaimed sadly that all seven other men were pronounced guilty and condemned to hang. Tragically, their faith was in a witchdoctor and bribery. They lost their lives. Only Malongo Chris knew Who to call on. He KNEW Jesus, His Deliverer, and claimed his freedom with confidence. Chris was set free and lived.

In prison services across the country, I often tell Chris’s story. Prisoners love it. I challenge them with this question, “Do you know Who to call about your predicament?” Now, I ask you... dear reader, “Do YOU know Who to call during a crisis? When you receive devastating news or a tragic situation disrupts your life, where is your dependence? Is it in your own abilities or those of another person or is it in Jesus Christ, the only constant? Dependence on human

strength and ability is the same as trusting a witch doctor or attempting to bribe a judge. Jesus Christ is the same yesterday, today and forever. He is always there. You need to only whisper His name, the most powerful prayer available. “Jesus.” At the name of Jesus, demons flee, storms calm and waters part. Jesus is the answer to any need in every situation. His promise is to never leave or forsake us.

Do YOU know the power in the name of Jesus? Have you memorized His phone number? It’s easy... Jeremiah 33:3. “Call on Me and I will tell you great and unsearchable things that you know not of.” Call on Him today. Let peace rule and reign in your heart and life.

2009 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.

Turn Gift Cards Into Charitable Donations

(NAPSI)-Gift cards have become a popular option when shopping for people for special occasions. And thanks to a clever new program, those plastic certificates are also becoming a popular way to support favorite charities.

Despite the donor’s best intentions, not all gift cards get used, and many of these items do lose value and/or expire over time. Since most stores and restaurants will not redeem gift cards for their cash value, rather than letting them go to waste, holders can instead donate them. Here’s how it works:

- Find all the gift cards you want to donate (even partially used cards);
- Log on to www.GiftCardDonor.com and enter the information for each card;
- Assign a charity to receive the proceeds. The designated charity will receive 75 percent of the revenue of the resold cards;
- Mail in the cards.

It’s when the cards are resold that the real magic happens. People interested in purchasing gift cards can go to www.GiftCardsAgain.com, where they can browse

through thousands of donated cards and pick them up for up to 20 percent off face value.

When donated cards are resold (look for the CH symbol on the Web site), the charity designated by the card’s original owner receives 75 percent of the cost of the card. Clowning Around For Charity



To help raise awareness of this unique endeavor to support charities listed on www.GiftCardDonor.com, Mophe the Clown (rhymes with “loaf”) is riding 1,000 miles around the United States on his unicycle. He is visiting cities for short rides, riding in parades and performing at charity events, such as races and walks, to rack up his miles.

The rides are to help support charities like the March of Dimes Foundation, Operation Smile Inc., The Buckeye Ranch Foundation, Central Ohio Diabetes Association, Western Pennsylvania Humane Society and many more.

To learn more about Mophe’s trek, visit www.GiftCardDonor.com/Mophe or check out Mophe’s Facebook page. And if you see him on his journey, be sure to give Mophe a high five. Gift Card Donor and Gift Cards Again are run by Shared Progress Inc, a professional fundraiser (a.k.a. a paid solicitor). Learn more at www.GiftCardDonor.com/States or call 1-877-422-8922.

Incentive-Based Pricing

ASSISTED LIVING

“We reward residents who are committed to remaining active, social, and engaged in life and living with our lowest monthly fee.”
Dennis Prather, Executive Director

Carefree Assisted Living & Retirement Living at its Best!

- Serving Private Pay and Medicaid-Approved Seniors
- 4-Incentive-Based Levels of Care: Assistance w/Bathing, Dressing, Grooming, Personal Care & Hygiene, Mobility, and More. **Residents Only Pay For the Level of Care Needed/Desired**
- No Hidden Charges. Monthly Fee Covers All Care, Assistance, Services and Room
- Coordinated Care With a Resident, Their Family, Physician, and a Registered Nurse On-Staff
- Memory, Confusion, and Dementia Impairment Challenges Addressed With Loving Care, Compassion, and Empathy

The Oddfellows & Rebekahs of Colorado present Assisted Living & Retirement Residences:

Friendship House
1020 N. 15th St. • Cañon City, CO 81212
Manager: (Tisha Darnell)
719-275-7451

- and -

Legacy Center, Inc.
1335 Bauer Ln. • Cañon City, CO 81212
Manager: Darla Watley
719-275-2917

BELMONT SQUARE APARTMENTS

SUMMER “MOVE-IN” SPECIAL

Bring This Ad & Tour Our Model & RECEIVE AN ADDITIONAL

\$50 OFF

Look & Lease Same Day & Application Fee Is Waived!

- **ELEVATORS**
- Sparkling seasonal lap pool,
- Remodeled clubhouse • On Bus Line
- On-Site laundry facilities
- Well maintained property
- Walk to schools/shopping/mall

2020 Jerry Murphy Rd - Pueblo, CO

Call Ray for specials! 545-2236
belmontsquareapt@comcast.net

FRONTIER FEEDS

HOURS
WEEKDAYS 8:00-5:30
SAT. 8:00-3:00

- ALL TYPES OF MIXED GRAINS
- PET FOODS & HEALTH PRODUCTS
- SCIENCE DIET
- PRO PLAN

719-275-7557
3275 E. Hwy 50 - Canon City, CO 81212
(Across from McKenzie)

New Games For Stitchers And Quilters

(NAPSI)-If you are a stitcher or quilter, you are not alone. There are over 27 million households in the U.S. that enjoy these increasingly popular needlecrafts, according to a recent Craft & Hobby Association (CHA) Attitude and Usage Study.

Now there are two new board games that celebrate crafting and could keep families and friends in stitches, whether they are staying close to home or taking a family vacation.

Crafty Fun

The first is a property trading game that challenges players to collect needlework techniques and become expert stitchers by buying and trading different needlework stitches.

Called "Stitch-opoly," players

build Needlework Studios and convert them into Shops while making sure they do not pick the "Your Stitching is not Centered" game card. If they do, they'll have to go directly to "Pull Out Thread" without passing "Start Stitching" and collecting \$200.

Creative Quilting

If you're a quilter, the second game, "Quilt-opoly," could be for you. Players collect their favorite Quilting Techniques and Block Designs to create their own quilting empire. However, they have to be careful that they don't pick the "You sewed the seams uneven and now the points don't match" game card or they will have to go to "Rip Out Seam" without passing "Start Quilting" and collecting \$200.

Resource Aids Stroke Victims

(NAPSI)-There's good news for those who find they have become a caregiver of a stroke victim. A new resource is available that offers answers to some of the most common questions about the condition.

For example, what medications are usually prescribed? What side effects should you watch for? Does your home need to be modified to meet the needs of the stroke survivor?

The American Stroke Association has released a list of 15 tips to help family members cope with their new role as stroke caregivers. The list runs the gamut from recovery expectations and therapy to resources and preventing secondary stroke.

Katherine Sullivan, Ph.D., PT, a member of the American Stroke Association's Rehabilitation, Prevention and Recovery Committee, said the list should serve as patient and survivor education.

"Each stage after the stroke requires adjustment as both the survivor and the caregiver negotiate the road to recovery," Sullivan said. "Recovery begins the day after stroke, but questions will change as the stroke survivor passes through the hospital phase through return to a healthy and active community life."

"There's a complicated series of paths that one must navigate after a stroke has occurred," said David Alexander, M.D., chairman of the American Stroke Association's Rehabilitation, Prevention and Recovery Committee. "This list is a starting point for answers to common questions and addresses common concerns. It should serve as a resource for caregivers and stroke survivors following hospital admission for stroke."

Wendy Sessler said she wished the list was available in 1996, when her mother suffered a stroke that left her paralyzed on the left side. "No one told us what to look for. I had to find out everything on my own."

The list also covers the possible changes in emotion and behavior in stroke survivors. Post-stroke depression is common, with as many as 30-50 percent of stroke survivors developing depression in the early or later phases after their stroke. An estimated 5.8 million stroke survivors are alive today. Visit www.strokeassociation.org/caregivers.

Players also have loads of fun when they have to select someone they think made a mistake and cut up the tablecloth instead of her fabric. The player they pick will have to move back the number of spaces shown on the dice.

As the games become more popular, stitchers and quilters across the U.S. have started playing them at weekly game nights. And while both games are designed to be fun and entertaining, they also feature inspirational and educational

elements that will help stitchers and quilters share their passion for their favorite needlework.

The games were created by DMC, a leading embroidery floss, needlework fabric and specialty thread manufacturer. They are available at independent needlework and quilt stores as well as major craft chains. Visit www.dmc-usa.com to learn more.

Where Are They Now?

by Marshall Jay Kaplan

Jack Larsen

Gee whiz, Superman! Jimmy Olson is now a poet, playwright, opera librettist and film executive. That's right, folks. For 40 years, actor Jack Larsen has traded in his trademark bow tie for a series of many hats.

Born and raised in Los Angeles, Jack Larson's career was originally going to be that of a professional bowler. At the age of 14, he was California's champion bowler for his age group. But things changed. "I quit school and started to hang out at Harold Lloyd's bowling alley. From there I went to a talent school to learn how to write for the theater. Talent scouts from GM and 20th Century Fox began to talk about me, but Warner Brothers offered me a screen test and a contract."

Jack made his film debut in 1948's "Fighter Squadron". Although he started to study acting seriously, his contract was dropped due to the birth of television and the consequent selling of the Warner Brothers theaters. Jack then did some stage work and won another movie contract with 20th Century Fox. At the same time, Jack was offered an audition on a TV role for a new show based on the DC Comics character, "Superman". The concept of filmed television was new. "Bill 'Hopalong Cassidy' Boyd convinced me to do the show and take the money and run." After the pilot was filmed in 1952, Jack went to New York to do some live television. A year passed and in 1953 he was wired that the "Superman" pilot was sold. Jack was offered a 52 week contract. The contract also stated that he could do no other roles for the duration of the contract. "Superman became an instant success. Although it did not result in other roles for me, I enjoyed doing it. It was exciting to be a pioneer on television and to invent a character. I was very interested in comedy, and if I suggested a funny bit, the producers would say to do it!"

Jack continues, "We had the best character actors on the show and I wanted to learn from them". Jack's comic abil-



ity as an actor made him the most popular thing on the show. "I was the first TV teen idol!"

Throughout the 1950's Jack hung-out with the New York 'Beat Scene'. Eventually, he started to write poetry and experimental plays off-Broadway. In 1959 he went to Germany to expand on this new creativity. Jack tended to always write plays in verse, therefore, leading to opera writing. In 1962, Virgil Thompson was looking for a librettist. Jack's good friend, John Houseman referred him, and Jack has been writing ever since. "I just finished a collaboration with a composer for the Los Angeles Chamber Orchestra".

During the 1960's, Jack began writing for stage director, James Bridges. As Bridges' career evolved into a well-known film director, Jack took on the role of film executive, overseeing such films as "Bright Lights, Big City" (1988) and "Urban Cowboy" (1981). Today, Jack lives in a house designed by Frank Lloyd Wright in Los Angeles. He recently made a cameo appearance as a bartender in the 2008 version of Superman!

His world of wisdom about Hollywood? "At the time, all of us kids (like good friends, Leslie Caron and Debbie Reynolds) felt like we had servitude with the studios. We had to do as we were told. Now, we look back on this and realize that the studios were building up your career and looking after us, so that today, there would still be name recognition." Gosh, Jimmy, how true!

Ready... Set...Go!

Program Has Worked For Others,
and It Can Work For You.

Providing Physical, Occupational,
and Speech Therapies, both
Inpatient and Outpatient Services.

OUR TEAM OF NURSES AND
THERAPISTS WORK WITH YOU
AND YOUR FAMILY TO REACH YOUR
GOAL OF RETURNING HOME.

Life Care Center of Pueblo

2118 Chatalet Lane • 564-2000
www.lcca.com

Senior Beacon

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

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

MAILING ADDRESS

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

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

Copyright© 2008-Beacon Publishing

Family Caregivers: Working More For Less

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

Question: I am a full-time caregiver to my 85-year-old parents and the recession has hit me hard. I have to work another part-time job just to make ends meet. Am I alone?

Answer:

You're far from alone. According to the 2009 "Survey of the Economic Downturn and Its Impact on Family Caregiving" from Evercare (a United Health-Care affiliate that coordinates care for persons with disabilities and long-term/advanced illness) and the National Alliance for Caregiving, the economic downturn has had widespread effects on family

caregivers.

Forty-three percent of those caregivers surveyed have taken pay cuts or worked fewer hours due to the state of the economy; and nearly half of these survey participants have used up most or all of their savings covering increases in caregiving-related expenses.

Fifty percent of working caregivers said they were less comfortable taking time off from work to provide care. And one in six (15 percent) says that the downturn has caused them to lose their job or be laid off. Six of 10 caregivers who reported increasing their caregiving spending also reported having difficulty paying for their own basic necessities. Sixty-three percent are saving less for re-

tirement.

Forty-three percent are borrowing money or increasing their credit card debt as a result of the economic downturn. Those caregivers providing more intense personal care seem to be at greater financial risk. Half of the caregivers reported the economic downturn has increased their stress about being able to continue caring for their loved one.

Here is some good news, however. Seventy-six percent of caregivers indicate that the quality of care their loved one receives has not decreased.

Statistics tell the story of family caregivers who are sacrificing much to ensure that their older loved ones are well cared for. But stress and fatigue can

take a terrible toll on the family caregiver. That's why you need to take care of yourself first. Try to enlist the help of other family members.

Also consider professional respite care. Home Instead Senior Care, for instance, provides flexible care for just a few hours a week. Having that additional support could make all the difference to your health and well-being, and allow you to work more.

For more information about Home Instead Senior Care, contact Robin Mosey at (719)545-0293 or log on to www.homeinstead.com. To read more about this study, visit http://evercare-healthplans.com/newsroom.jsp?WT.mc_id=AboutEvercare.com

Dengler: Don't Derail Your Diet On Roadtrips!

In case you are wondering why I did not have an article in last month's issue of the Senior Beacon, here is the reason why; ROAD TRIP!! Now, once again, as I am composing this piece on the day of the deadline, I am on a road trip. The laptop and I are becoming very close friends, for which I am actually quite thankful, because without it, I would be unable to pass along this month's suggestions.

You may be wondering why I am distancing myself so frequently from home these days. Let it suffice to say that it is a mix of business and pleasure and I find it rather habit forming. Getting a new business off the ground can be exciting and exhausting at the same time. When time is of the essence however, it is vital to make hay while the sun shines. Therefore, I am making the most of every opportunity.

One aspect of this ongoing travel schedule that I do not welcome, however, is the challenge of maintaining personal dietary standards. That is assuming that one has dietary standards. Everyone should have their own nutritional guidelines based on their personal preferences, goals, health concerns, and hereditary biomarkers. It is important for every

individual to be specifically focused on their particular plan to avoid becoming a nutritional casualty, or worse, a dietary fatality!

So how does someone go on a trip away from the comfort of their own kitchen and favorite nutritional safety nets, without undoing months of careful dietary oversight? Allow me to share just a few tips that I have gleaned from personal experience. First and foremost, get it out of your mind that this will be a great opportunity to let down your guard and enjoy life a little. Of course you are going to do that anyway, but if you pull out all the stops, you will surely regret it later. On the other hand, don't be so rigid that you will drive yourself and everyone else you come in contact with crazy trying to follow your regime. This is the time to be flexible and choose your battles carefully.

Bring as much food as is reasonable with you that represents your "healthy" choices. If it is a plane ride, even a protein bar or low fat crackers can help you avoid the higher fat snacks, if the airline still provides those at all. At least you won't be famished when you deplane and choose something deep-fried at the airport; and you'll save money as

well. On a road trip, taking whatever suits you is much easier and there are many appropriate retailers along the way to reinforce your good intentions. Don't forget to read those labels as you search for buried treasure in unfamiliar territory. I have been known to fill up an entire back seat with booty after several idyllic visits to a Trader Joe's!!

While staying in someone's home, don't be shy about bringing your own protein shakes, low fat granola, flax seed crackers and supplements. You are responsible for your own body, and besides, maybe you will inspire a relative or friend to adopt a new "healthy" approach to their own plan. Don't be preachy about your healthy habits, but be prepared to generously share some of your "goodies" if your host becomes intrigued. Sharing good news with others about a new found fountain of youth may or may not be well received. Just wait until you are asked; then your nuggets of wisdom will be well received.

Another area that you must not neglect when on vacation is your exercise schedule. Exercise can cover a multitude of nutritional sins, especially when you are out of the normal routine. The query comes in when you are uncertain

how to proceed without your usual Pilates class or gym membership that you normally rely on. This is the time to try something new! Now is a great chance to experiment with other activities and maybe discover something new to add to your repertoire. At any rate, keep active and moving toward better health and vitality. No workout is ever wasted so make the most of it and have fun.

If your host offers something that you just know will take you down the path of no return, graciously decline, while firmly stating that it just does not agree with you. Again, don't succumb to the pressure of social graces, but rely on your own convictions and know that you will be healthier and happier for it. Besides, who pays for your medical bills and prescriptions anyway? Who knows, while conforming carefully to your dietary regimen, you may not need those doctor visits and pharmaceutical drugs?

Whatever you do on your road trips, enjoy the ride. Just don't equate an excellent trip with total abandon to all dietary indiscretions. All vacations and trips eventually come to an end, and what you are left with is the fruit of your choices, good and bad. Wise choices always yield good fruit and that tastes sweet. But derailing your diet while on the road to a temporary side trip, could take you down on a road that you wish you had never traveled. Happy trails to you!

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

Simplify your move

We understand the challenges of moving.

- Drug Free Work Environment
- Trained Movers in Uniform
- Packing and Unpacking Services
- Fully Insured & Bonded
- Interstate Moves

Have questions or need moving tips? Just give us a call.

719-543-9000

www.twomenandatruck.com



TWO MEN AND A TRUCK®
"Movers Who Care"

4029 Club Manor Drive Pueblo, CO 81008



WANT TO VENT ON MOST ANY SUBJECT?
www.seniorbeacon.info
Click Blog With Us!



SENIOR GUESTS

- These feature smaller portions
- Country Fried Steak..... \$6.39
 - 1/4 lb Senior Cheeseburger..... \$5.49
 - All Dinners Served With Your Choice of soup or salad!
 - Country Fried Steak..... \$6.49
 - Liver & Onions..... \$6.49
 - Pork Chop Dinner..... \$6.49
 - Chopped Steak Dinner.... \$6.49
 - Roast Turkey Dinner..... \$6.49
 - Cod Dinner..... \$6.49
 - Roast Beef Dinner..... \$6.49
 - Chicken Breast Dinner.... \$6.49

TWO SENIOR DINNERS Just \$11.99

present ad - expires:7/31/09

4137 N. Elizabeth St.
Pueblo, CO - 545-3179

Pueblo Senior Safety Triad

Safety for seniors is our goal

- Information & Referral
- Senior Resource Directory
- Senior Safety Kits
- Senior Advocates
- Provides Educational Programs
- Assists Senior Victims & Seniors At Risk
- Promotes Safety To Reduce Fear Of Crime

Senior Helpline

583-6611

Traveling: There's Nothing Like A Holiday!

Ecotouring Evolution In The Galapagos

by Jeremy Schmidt

The Galapagos Islands, whose marvelous biological adaptations intrigued Charles Darwin 174 years ago, have been added to the UNESCO List of World Heritage in Danger.

On paper, Galapagos is among the best-protected natural areas on Earth. Isolated from the coast of South America by 600 miles of ocean, it's been a national park of Ecuador for 50 years.

Most of its 13 major islands are uninhabited. Only 3 percent of its 3,000-square-mile land area is privately owned. Regulations set strict limits on tourist numbers and behavior. No boat can enter without a permit. Every visitor group must be in the company of a trained naturalist guide. Some islands, or portions of them, are completely off limits. A 13,500-square-mile marine reserve provides a buffer.

Legal protection, along with geographic isolation and an iconic reputation, should be enough to safeguard the islands. Why is it not?

Author Carol Ann Bassett, in her recent book "Galapagos at the Crossroads," does a convincing job of answering that question while giving us a vivid, often lyrical account of this intriguing place with its "giant land tortoises that can survive more than 150 years, marine iguanas able to hold their breath under water for up to an hour, cormorants that no longer need wings to fly, vampire finches that survive on the blood of masked boobies, daisies that have morphed into giant trees."

Bassett, a journalism professor at the University of Oregon and director of the university's Environmental Writing in the Galapagos program, has nearly 20 years of personal history with the islands, including an eight-month residency last year. Although drawn by natural wonders, she could not ignore growing threats: climate change that alters ocean currents and rainfall patterns, invasive species, exotic disease, illegal fishing by residents and foreign syndicates, political corruption, a lack of education, faltering public support

-- and ecotourism.

That's right: ecotourism, touted as the modern formula for protecting natural areas.

Keep a place wild, according to the formula, and all those nice green tourist dollars will flow in like a river. Be it a rainforest, a rhino or a blue-footed booby, natural beauty can pay for itself by attracting people who hunger for the experience of a pristine landscape. Local people prosper, tourists are happy and fragile ecosystems survive in all their intricate glory.

Ecotourism has proven itself around the globe in countries rich and poor. The impact of Yellowstone National Park, for example, is measured in the billions of dollars each year. Even in Yellowstone, arguably the high cathedral of national parks, economic factors play a major role in its ongoing political support. Some people defend parks for their natural values. Others just want to protect the golden goose.

Should it matter why people care, as long as the parks are protected?

According to Bassett, it does matter. Her book, while celebrating the marvels of the islands, also colors the darker impacts of ecotourism -- too much development, too many tourists, not enough control.

Bassett describes a spiral that began in the 1960s when adventure travelers managed to hitch rides on supply boats from the mainland. That small demand led to infrastructure improvements, which attracted more visitors, and then more colonists from the mainland, who opened more businesses and drew in ever-larger numbers until in 2007, some 174,000 visitors brought in \$418 million.

It turns out that if the economic prize is big enough -- and this is plenty big

for Ecuador -- more players are drawn to the game, including many who hold little reverence for natural values.

This creates pressure, Bassett reports, for new ways to claim a piece of the pie: "sport fishing for marlin at \$10,000 a pop, skydiving in groups of up to a hundred jumpers, and cruises on ships that can carry up to 500 passengers."

This is not what Conservation International, on its Galapagos Web page, calls "keeping conservation at the heart of tourism." Instead, it threatens to turn the idea behind ecotourism upside down so that economic benefit becomes more important than the resource that began the cycle. Does it mean nature-loving travelers should stay away? Bassett shakes her head.

"Go, but go with a sincere interest in the natural history and unique species of the islands," she says. Take it seriously, recognize the special nature of the place, choose responsible travel companies that share your interest -- and those dollars might have a beneficial rather than adverse impact.

SOURCES

-- "Galapagos at the Crossroads: Pirates, Biologists, Tourists and Creationists Battle for Darwin's Cradle of Evolution" by Carol Ann Bassett (\$26, The National Geographic Society, 2009)

-- UNESCO World Heritage Center, <http://whc.unesco.org/>

-- Conservation International, www.conservation.org



Tourism in the Galapagos Islands poses dangers to unique wildlife like the giant tortoise. Carol Ann Bassett

\$2.00 Off

any Purchase of \$5.00 or more. One coupon per order please. Ex: 7/31/09



Lattes - Frappes - Smoothies
Fresh Baked Goods
Breakfast Burritos
Homemade Soup
Sandwiches
Salads & More!

Cannot combine w/ other offers!

With ad only!

1520 ROYAL GORGE BLVD 276-5348

Cañon City's Premier Facility to Celebrate any Occasion!

Do ALL the things you dreamed you'd do when you retired.



Live life to the fullest—stay healthy and simplify your medical coverage. **How?**

With Kaiser Permanente Senior Advantage—now available in El Paso, Teller, Fremont, and Pueblo counties.

Deciding your health care coverage affects your health and the quality of your life. Choose a health care partner that considers your total well-being. **Our Senior Advantage Plans are designed to keep things simple. So you get the coverage you need and the support you want to live a happier, healthier retirement.**

And when you choose Kaiser Permanente Senior Advantage, you choose the top-ranked Medicare plan in Colorado, according to a joint ranking by *U.S. News & World Report* and the National Committee for Quality Assurance (NCQA), as published in the November 17–24, 2008 edition of *America's Best Health Plans 2008–09**.

Think about your total health coverage and request a free, no-obligation information kit today. Call us toll free at **1-877-811-0023, TTY 1-888-758-6054**, 7 days a week from 8 a.m. to 8 p.m., or go to **kp.org**.

If you now get health coverage through an employer, this plan is different. Please talk to your HR benefits administrator before you apply. Kaiser Permanente is a Medicare Advantage organization with a Medicare contract that is renewed annually. Coverage beyond the end of the contract year is not guaranteed.

*America's Best Health Plans is a trademark of *U.S. News & World Report*.



“No-PC Email: A Must-Have For Seniors/Children”

(NAPSI)-The past 15 years have brought a revolution in communication. Long before text messaging and social networks, there was e-mail--and it continues to improve the lives of families across the country.

Seniors And Computers

Many seniors have tried to learn computers and decided they weren't worth the headache or expense. An estimated 59 percent of Americans 65 and older don't go online at all. But to their younger family members who do use computers, not being able to send Mom a digital photo of her grandson, or not being able to send Dad a tax form he needs right away, can be a major hassle.

Fortunately, there is a way for people to receive e-mail, digital photos and documents without a computer--a convenient service that provides a digital connection between generations.

Even though this type of no-computer-needed solution--known as Presto--is technologically sophisticated, it is extremely easy for people to use. E-mail senders just send their messages and photos as they would normally do from a computer or smartphone. The service then weeds out junk mail from nonap-



proved senders and formats the mail and attachments for delivery.

Next, a special printer (made by HP) periodically dials out to retrieve mail using only a standard telephone line (no Internet connection needed). Finally, the formatted messages, photos and documents are automatically printed in full color.

Before getting yourself set up with e-mail, here are a few things to consider:

For Seniors

- Be open-minded to new ways

to stay connected with family. They are much easier and less expensive than those of just a few years ago, and don't require a computer.

- Think how much easier it'll be for kids and grandkids to write you letters and share photos using their computers and cell phones.

For Adult Kids

- It's hard to value e-mail if you've never used it. Consider buying a simple e-mail service for Mom or Dad and give it as a birthday, holiday or anytime gift.

To learn more about simple e-mail solutions, visit the Web site at www.trypresto.com or call (800) 592-7413.

Keeping Brain Health On Your Mind A Full Time Job

(NAPSI)-Keeping brain health on your mind could help you improve your memory and cognitive ability well into your golden years.

While your brain is only 3 to 4 percent of your body weight, it consumes 25 percent of the nutrients you take in. Geriatrician Kevin O'Neil, M.D., says eating a wide variety of fruits and vegetables--such as antioxidant-rich blueberries, carrots, beets and spinach--could help keep your mind sharp. He adds that eating cold-water fish such as salmon, mackerel, albacore tuna, herring, sardines and lake trout twice a week could boost your intake of omega-3 fatty acids, long heralded by scientists as a true brain food.

Dr. O'Neil offers these additional tips to help you boost your brain health:

Keep Moving

People who exercise on a regular basis--as little as walking for 20 minutes three times per week--have been shown to have better memory and to be less likely to develop Alzheimer's disease than those who don't.

Manage Stress

Learn to use relaxation techniques such as deep breathing, meditation and imagery to keep you in a relaxed state of mind. Also, get medical help if you experience symptoms of depression, such as a lack of interest in usual activities, trouble sleeping or changes in appetite.



believes that loneliness and isolation bring about a state of chronic stress that is detrimental to health.

Think About It

Incorporate mentally challenging activities into your day to "wake up" areas of your brain that have been quiet. Try to learn one new thing, travel to a new place or participate

in a new activity each day.

Dr. O'Neil advises the Brookdale Senior Living's Optimum Life® program. Its "Cross Train Your Brain" initiative helps residents balance their lives through a variety of social, intellectual and spiritual programs, in an effort to promote wellness and brain health.

Learn More

For more information, visit www.brookdaleliving.com.

Preventing Eye Disease

(NAPSI)-There's good news for many of the millions of Americans whose eye health is thought to be at risk.

Ninety-seven percent of diabetic patients taking insulin will eventually develop the eye disease diabetic retinopathy, while age-related macular degeneration (AMD) is the most common cause of blindness in America.

Now, Jeffrey P. Gilbard, M.D., Clinical Assistant Professor of Ophthalmology at Harvard Medical School, has invented a dietary supplement that he

says offers new hope for these patients.

Research over the past several years has shown that vision loss from diabetes and AMD are both driven by oxidation, inflammation and abnormal new blood vessel growth, and that fish-oil omega-3s, vitamin D and green tea ingredients, at the right doses, inhibited these processes.

The supplement, called Macutrition--from Advanced Vision Research--provides fish-oil omega-3s, vitamin D and green tea ingredients at these doses, along with clinically proven antioxidants currently recognized as effective for macular degeneration.

Many doctors have started taking the supplement themselves because the fish-oil omega-3s, vitamin D and green tea in it have been shown in studies to reduce the risk of heart disease, stroke and cancer. For more information on the over-the-counter supplement, visit www.macutrition.com.

Fish-oil omega-3s, vitamin D, green tea and certain antioxidants could protect against diabetic eye disease and age-related macular degeneration.

Interim
HEALTH CARE®
Now at
The Pueblo Regent
100 San Carlos Rd.
Pueblo, CO 81005
719-566-0111

We're here to help. If you ever need our services we are just a phone call away. We offer a wide range of services, from homemaking to personal care assistants. Other services through Interim HealthCare include Physical/Occupational/Speech Therapy, Skilled Nursing and Medical Social Workers. We recognize that each person has an individual story. Therefore we offer a complimentary assessment for personal care assistants. Call now to schedule an appointment **545-1184**.



Pueblo Regent Independent Retirement Community offers a gracious retirement environment for seniors. Call for more information. 719-566-0111

Get Involved

Dr. O'Neil says people over 60 who volunteer their time and talents have been shown to be mentally sharper, have healthier hearts and live longer than those who do not volunteer. It's also important to stay socially engaged. He

Did you know...
THERE'S NEVER BEEN A BETTER TIME TO GO FACTORY DIRECT THAN TODAY!
At...
DigiCare® Hearing Research & Rehabilitation
6685 Hwy 165 @I-25, Colorado City, CO 81019
"Just 20 minutes south of downtown Pueblo"
Call Today! (719) 676-3277

FACTORY DIRECT

DigiTech® Hearing Aids

NationWide Sales & Service

Analog...\$695
Digital...\$995
OpenEar>\$1495

PUEBLO Metro Area
Exit 74
Colorado City
"Drive a little, Save a lot!"

Just look at what you receive when you go factory direct!

- **FREE** Hearing Evaluation!
- **FREE** Video Otoscopy Exam!
- **FREE** Digital Speech Mapping!
- **FREE** Digital Open-Ear Demo!
- **FREE** Tinnitus Assessment!
- **Low** Factory Direct Prices!
- **Generous** Trade-in Credit!
- **EZY FINANCING OAC!**

"Let us repair & refurbish your hearing aid to factory quality!"

Belmont Lodge Health Care Center
Still the best choice for post-hospital rehab

- 24-hour skilled nursing care
- In-house physical, occupational and speech therapies
- Open visiting hours
- Outpatient Therapy
- Transportation services
- Free Cable TV Service
- In-house beauty/barber shop

Our rehab unit features private rooms with Cable TV and phone.
We invite you to visit our facility and see the difference!

Belmont Lodge Health Care Center
(next to East High)
1601 Constitution Rd.
562-7200

SavaSeniorCare
New Entry

2084893

Here Is Color Without The Confusion!

by Bill Lahay

ings reveal only the main ingredients and nothing about how they were prepared, seasoned or combined. Most people would ask for specifics rather than take their chances with the Chicken Surprise, right?

So why do so many homeowners rely on nothing but tiny paint color samples when choosing exterior colors for their home, where the results can outlast a meal by a decade or more? Perhaps it is because most of us face this decision only infrequently and aren't aware of how good intentions and seemingly simple preferences ("I like blue!") can suddenly go so terribly wrong.

That is all the more reason to find someone who knows the whys and wherefores of paint colors and how they behave on an object as big as a house.

Enter interior architect Susan Hershman, accompanied by her book, "House Colors: Exterior Colors by Style of Architecture" (Gibbs Smith, \$34.95). As a trained architect and designer, Hershman knows firsthand how difficult color evaluation can be and why even thoughtful choices can go awry.

First, there's the issue of scale. A two-inch color swatch cannot possibly replicate the impact a color might assume on an entire wall or structure. A little intensity or dramatic strength can turn garish or overpowering, and a seemingly tame combination becomes cartoonish. Add the ever-changing quality of natural light and artificial light sources, and the results can look different throughout the day and even the seasons.

If that weren't enough, throw in textures, landscaping, the house style and the balance and proportions of wall and trim areas, and suddenly you are juggling a complex batch of ingredients. Little wonder that some homeowners are intimidated into a neutral palette or that others try for bolder color schemes but miss the mark.

The trials and errors would be easier to accept if the stakes weren't so high, Hershman explains. But color choices can make or break a home's curb appeal and market value, she says, and whether done by professional painters or a zealous do-it-yourselfer, house painting is an expensive and time-consuming project. What's more, most homes are part of neighborhoods, where others also have to live with your choices.

So if color swatches alone aren't enough, what strategies are the smart ones? Hiring your own color consultant is one of them, but at typical fees of \$1,500 and up, this option is not open to all. Sometimes you can find a nearby home similar to yours and borrow the color scheme for your own place. This approach might work but limits your choices and can backfire if the style and detailing of the homes are not enough alike.

Then there's Hershman's book. For little more than the cost of a gallon of paint, plus a few hours traversing her ex-

planations of color theory and the more than 700 photographs that comprise the main section, you are rewarded with savvy strategies and hundreds of examples of beautifully painted homes.

The color theory chapter is a brief outline to get you familiar with the terminology of the color wheel and the basics of how colors have different visual characteristics and even emotional overtones. Color theory always involves a few abstract principles, but Hershman heads right for the practical knowledge by discussing how color hues, intensity, darkness and other qualities can affect a home's personality, maintenance requirements and even energy usage.

Move past these "primer" chapters and you're steeped in color combinations of every imaginable stripe, all shown on actual homes rather than in sample swatches. The photographs provide a vivid sense of how these choices work together in real life as field, trim and accent colors.

Individual chapters feature specific architectural styles -- colonial, cottage, craftsman/bungalow, Mediterranean, modern, townhome/row houses,

Did You Know?

- Talk to your doctor about getting a bone mineral density test, which will let you know the strength of your bones. Learn more by logging on to www.BoneHealth.com.
- An effective and convenient solution for diabetics with prescription lenses is photochromic Transitions lenses, which provide continuous 100 percent UVR protection, enhance contrast and promote visual comfort by automatically adjusting to changing light conditions and reducing distracting glare. Learn more at www.Transitions.com/diabetes
- One of the newest devices for addressing hearing loss is the Songbird flexfit. If you think you may have hearing loss or would like information about affordable hearing options, call (800) 789-1830 or visit www.songbirdhearing.com. Hearing aids are 100 percent reimbursable under most flexible spending account (FSA) plans.
- A federal partnership lets officers in the U.S. Public Health Service Commissioned Corps serve in Department of Defense military medical treatment facilities. To learn more about these opportunities, call (800) 279-1605 or visit www.usphs.gov.



This charming cottage home illustrates how paint colors can complement roofing materials and landscaping to create a powerful ensemble. The muted intensity of the house colors ensures that no single element overpowers the others. photo: Susan Hershman

traditional and Tudor -- and each features multiple and diverse examples of color schemes. It's as if your local neighborhood suddenly held dozens of inspirational examples from which to choose or adapt your own color scheme.

Hershman doesn't leave the conclusions to guesswork or the approximations of the printing process. Instead, a resource chapter identifies all of the colors on every home featured, so if you really want to duplicate something literally, the information is there. There's even a section on hardware and other details that create the accents on a home.

Aside from plenty of drop cloths, there's hardly an investment you can make that offers more value for your painting dollar than a good color guide like this. It will eliminate much of the guesswork that plagues most homeowner efforts and likely will make the studious reader much happier with results.

FREE ONLINE DESIGN TOOL

kitchentune-up
Remodeling your expectations.

See Why We're the #1 Rated Kitchen Remodeling Franchise!



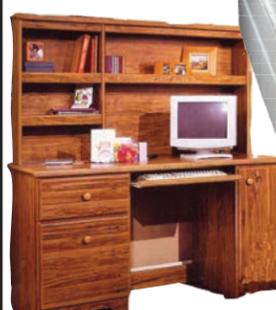
Use Kitchen Tune-Up's FREE online design tool to see how cabinets, countertops, floor and backsplash tiles, even window coverings and appliances can make your kitchen a dream come true! Online at kitchentuneup.com

Call: 719-647-1945
pstanton@kitchentuneup.com
kitchentuneup.com

- Wood Reconditioning
- Refacing • Redooring
- Custom Cabinets

Each Kitchen Tune-Up franchise is independently owned and operated. FRANCHISE AREAS AVAILABLE









Mattresses

Queen Mattress Special
\$289.00

Available 2-Sided Mattresses!

The Bargain Barn
"Your Home Town Discount Center"

Open 10:30 am - 5:00 pm 7 days a week!
2245 Fremont Dr. • Cañon City, CO 269-3596

Senior Homecare By Angels®

Select Your Caregiver®

- Up to 24 Hour Care
- Meal Preparation
- Hygiene Assistance
- Light Housekeeping
- Transportation
- Weekends/Holidays
- Day/Night Live-In
- Most Insurance Accepted
- Licensed, Bonded and Insured



Pueblo 719-543-4220

Canon City 719-276-2020

America's Choice in Homecare.



LIVING ASSISTANCE SERVICES

418 W. 12th St. Pueblo, CO 81003

www.visitingangels.com/pueblo

Listen to the Senior Living Today show on 590 KCSJ Saturday and Sunday.



SENIOR SAFETY

Pueblo Police Dept. - 549-1200 • Pueblo County Sheriff's Dept. - 583-6125
 Fremont County Sheriff's Dept. - 275-2000 • Canon City Police Dept. - 269-9000



Don't Get Scammed - Protect Your Personal Info

You've just received a letter from the Internal Revenue Service and it states that you have a tax refund under section 501(c) (3) of the Internal Revenue Code. The refund is valued at \$207.30 and to submit the tax refund request simply log on to the noted website and provide appropriate personal information for your check to be shipped and received within 6-9 days. It's your lucky day!

Not so much. This scam and

others are catching a lot of seniors off guard. Identity theft is becoming a lucrative business.

Identity theft refers to all types of crime in which someone wrongfully obtains and uses another person's personal data in some way that involves fraud or deception, typically for economic gain.

Unlike your fingerprints, which are unique to you and cannot be given to someone else for their use, your personal

data, especially your Social Security number, your bank account or credit card number and other valuable identifying data, can be used, if they fall into the wrong hands, to personally profit at your expense.

Personal information is most often obtained by mail theft, dumpster diving, burglary of cars, homes and businesses, theft of purses in public places or at a business where it is left accessible to the public, motor vehicle

theft and "phishing," where scam artists use spam, pop-up messages, or an imitation of a legitimate web page (like the scam above) to trick users into providing sensitive personal information. Criminals can also obtain bank card or phone card information by simply watching you dial a phone or ease dropping on a phone conversation.

Take every precaution to protect your identity like shredding confidential documents, clearing your wallet of any medical or financial identification that lists your social security number and ordering a copy of you credit report every year. Also, do not respond to internet scams and hang up on telephone solicitors.

Avoiding online scams can be challenging. Today's consumers are looking for faster, more cost effective ways to pay bills and manage their finances through online bill pay and banking, making themselves more vulnerable to criminals. Although these tools are a convenient way to save time and money, make sure you take every precaution to keep your account number and credit card information safe. While online, only use secured websites. Check the top of your screen where the web site

address is displayed, you should see https://. The "s" that is displayed after "http" indicates that web site is secure.

The safest way to shop on the Internet is with a credit card. After placing an order online, you should receive a confirmation page that reviews your entire order. It should include the costs of the order, your customer information, product information, and the confirmation number. Keep that information on file.

Financial institutions will never ask you to verify your account number, Social Security Number, debit or credit card number, PIN or any other sensitive financial information via email, telephone or SMS text message. A request for that information should raise a red flag.

If you are a victim, file a police report immediately and notify the businesses where the accounts were opened or affected. Speak with the fraud or security department and follow up in writing to the billing department. Close any accounts that have been tampered with or opened fraudulently.

Submitted by Lois Carlock, Education Manager, Ent Federal Credit Union. Contact her at (719) 550-6095 or lcarrow@Ent.com.

Turning 65?

Call Glenda Thompson
719- 688-1459
(TTY 1-800-387-1074)

or email [<email@company.com>](mailto:email@company.com)

SecureHorizons®
 by UnitedHealthcare

Live Secure. Be Secure.™

M0011_080520AK01 SHEX08HM3068638_000



WHERE EVERY CUSTOMER IS IMPORTANT!

IF YOU ARE OVER 50, YOU CAN OPEN A FREE PLATINUM ACCOUNT

AND GET THESE EXCLUSIVE BENEFITS:

- FREE CASHIER CHECKS (LIMIT 2 PER MONTH)
- FREE NOTARY SERVICE
- FREE BANK CHECKS (1 BOX PER ORDER)
- FREE MONEY ORDERS (LIMIT 5 PER MONTH)
- NO MONTHLY SERVICE CHARGE
- VISA CHECK CARD (SUBJECT TO APPROVAL)
- 1/4% BONUS ON POSTED CD RATES
- 1/4% REDUCTION ON CONSUMER LOAN RATES

GM Continues In BBB Program

GM CUSTOMERS CAN STILL RECEIVE FREE HELP FROM BBB TO RESOLVE DISPUTES OVER THEIR AUTO WARRANTY

Arlington, VA – June 2, 2009 - The U.S. Court overseeing General Motor's bankruptcy has approved GM's request to continue honoring vehicle warranties, including GM's participation in the BBB AUTO LINE program for consumers that need help with any warranty-related dispute with the manufacturer.

BBB AUTO LINE is the world's largest out-of-court warranty dispute resolution program and has been administered for the past 30 years by the U.S. Better Business Bureau system for GM and most other major brands. BBB offers its BBB AUTO LINE service to consumers as an informal way to resolve any warranty disputes they might have regarding reoccurring problems with a vehicle that they believe may be a "lemon."

"Both GM and the Court understand that it is absolutely necessary to honor warranties and this decision benefits consumers by ensuring they will continue to have a free and easy way to resolve warranty disputes with the assistance of BBB AUTO LINE," said Steve Cox, BBB spokesperson. "Since 2001 alone, BBB has helped consumers with more than a quarter million cases involving the 35 manufacturer brands participating in the BBB AUTO LINE program."

BBB AUTO LINE follows Federal Trade Commission rules and applicable state lemon law procedures. Most eligible cases are resolved by a mediated

settlement. For cases that go to arbitration, decisions are made by BBB's professional, volunteer arbitrators. Essentially, consumers may accept or reject the arbitrator's decision, but the decision is binding on the manufacturer if accepted by the consumer. If the consumer does not accept the decision, the consumer is free to pursue any other remedies available under law.

The program's activities are transparent, with audit reports filed annually with the Federal Trade Commission. And according to the most recent audit of the program, 79 percent of participants would recommend the BBB AUTO LINE program to their friends and family who were experiencing automotive problems.

Twenty-seven of the world's largest auto brands—including GM makes—participate in BBB AUTO LINE for disputes arising throughout the country. An additional eight manufacturer brands participate in some, but not all states. A complete list of participating BBB AUTO LINE manufacturers is available at the BBB Web site (www.bbb.org). Full information about BBB AUTO LINE is also available online, including program rules (in English and Spanish) and an easy to use online complaint form.

BBB AUTO LINE is administered by the Council of Better Business Bureaus, Inc. in Arlington, Virginia. Mediation centers are located in Arlington, California and Florida and arbitration case hearings are available through more than 116 BBB offices and branches in every major market in the U.S. and its territories.



3595 SPAULDING AVE. • PUEBLO
7 SPAULDING AVE. • PUEBLO WEST

Member **FDIC**



719-253-BANK
WWW.SCNBANKS.COM

Online Dating Can Be Dangerous - Check It Out!!

by Dave Pettinari

ONLINE DATING CAN BE DANGEROUS - HAVE A QUALIFIED PI CHECK OUT THAT PERSON!

With increasing regularity, we are seeing news reports of people who encounter other people in online dating chat groups or singles forums, met them in person, and were either assaulted, raped, or killed.



The most recent high-profile case causing concern is that of Philip Markoff, the Boston medical student who ran across a woman online through

Craigslist's erotic services section, met her in person, and shot her. The arrest of the alleged "Craigslist killer" this past April set off a nationwide furor about the lack of safety precautions at online dating sites.

Philip Markoff is charged with fatally shooting a masseuse he contacted through her advertisement on Craigslist. Mark Garfinkel / AP Photo

Craigslist, which previously permitted online advertisements for escort services, has reduced that danger footprint by banning such ads after U.S. Attorneys throughout the country applied pressure to do so. But other online web sites have arisen to advertise these illegal services that pose unknown dangers to the women involved, and sometimes to men as well.

Beyond online advertising for prostitution and escort services, the Internet features numerous dating and social networking sites where people can put up ads to meet others.

"Many people use these sites and meet wonderful people online. However, many others meet liars, people cheating on their wives or husbands, and even predators who use the power of the Internet to lure their victims," said Dave Pettinari, a Pueblo County private investigator. Pettinari who owns TAC Forensics and Investigations. Pettinari highly recommends that anyone considering dating online, especially if a face-to-face meeting is contemplated, get a thorough background check on that person prior to meeting.

The Safer Online Dating Alliance reports that MySpace recently removed 90,000 accounts after it was learned the sites belonged to registered sex offenders. That is a significant portion of the known one million registered sex offenders in the U.S.

Pettinari said that a qualified private investigator has the knowledge and resources to quickly determine if the person has a criminal background or whether he or she is using a fake name or providing false information to the person contemplating meeting that person.

Estimates are that 40 million single Americans are looking for soul mates using online dating services or web-networking sites such as MySpace,

Match.com, Facebook, and Craigslist. These sites have a simple signup process that does not allow for vetting or screening of information. In other words, the person can provide false information to open an account - a fake name, a tough-to-trace e-mail address, and false information about work background, interests, and activities.

"People can be anyone they want to be over the Internet," Pettinari said, even to the point of providing photos that are not of that person. "When people are looking for romance, they are often not as guarded and careful as they should be about selecting appropriate potential partners. Liars, sexual predators, and even murderers can hide their true intent behind seemingly harmless online identities.

"If you were to meet someone like this in a bar, you might immediately have the hairs on the back of your neck stand on end, and know to stay away from them! Online dating sites are resistant to procedures that would ferret out the creeps who would prey on others, saying it would put a major dent in their online business activities. So it is up to the consumer of these services to take care of their own safety."

After the Craigslist killer arrest, Craigslist was hit with another scandal when a North Carolina man used the site to hire a man to rape his wife while the husband watched. Pettinari also mentioned cases where men have raped women they met over the Internet after slipping drugs into their drinks, and men who have swindled women they met on line under pretenses of romance. After gaining their confidence, they run up charges on their credit card, open accounts in their name, even purchase automobiles before they disappear with the ill-gotten assets.

While the vast majority of victims are women, some men also have been victimized, often by men who pose as women. They either rob or harm the man who responds in person to their online virtual conversations.

"Regardless of where you live in the country, you can find a reputable private investigator who specializes in running background checks on potential In-

ternet dates," said Pettinari. "Generally, the costs run from \$100 to \$200, depending on the depth of the background investigation. While not cheap, this is money well spent to protect a woman or man from a nutso stalker, or from physical or sexual abuse or murder. Such checks will also let the customer know right away whether or not the intended paramour is married or truly single."

Pettinari said few dating sites require background checks for felonies prior to allowing people to sign up for an account. But one site that does is True.com, which also screens its millions of members to determine whether or not they are married. True.com recently sued a convicted California sex offender who tried to register himself as an eligible bachelor.

Pettinari, who met his wife 14 years ago through a date-match ad in a local newspaper, said anyone contemplating getting together should always meet in public for the first few dates, as he and his wife did.

The Safer Online Dating Alliance warns women on its website never to post photos of their children, nor to describe them in detail, saying that single mothers who openly say they seek partners who like children have inadvertently attracted pedophiles.

"While I would not totally discourage men and women from going online to meet others, as I did it myself when I was single, I would encourage them to do it very circumspectly, and with utmost concern for their own safety," said Pettinari.

Dave Pettinari, 719.485.0008 | F: 719.485.0008 | E: davepet@socolo.net | http://www.tacforensics.com TAC Forensics and Investigations, 8998 Grand Avenue, Beulah, CO 81023 - 719.334.0433 My blog site; more good information: http://tacforensics.blogspot.com/ LINKEDin profile: http://www.linkedin.com/in/davepettinari



David Pettinari

Probiotic Powerhouse

(NAPSI)-Beneficial bacteria, known as probiotics, naturally live in our digestive tract, but they need regular replenishing. This dynamic community of micro-organisms is disrupted by antibiotics, stress, alcohol, smoking, pollution and simply growing older. Fortunately, it's possible to achieve the optimal balance you need for digestive and immune health, simply by eating a cup of organic yogurt.

All organic yogurts include the starter cultures Lactobacillus bulgaricus and Streptococcus thermophilus. Meanwhile, Stonyfield Farm adds four additional cultures, including the premium probiotic culture Lactobacillus rhamnosus, to create a probiotic powerhouse in each cup.

"This unique blend has been clinically proven to enhance infection resistance, reduce intestinal discomfort, improve lactose tolerance and create a barrier effect against pathogenic bacteria in the intestinal tract," explains Vicki Koenig, MS, RD, CDN.

To learn more, visit the Web site at www.stonyfield.com.

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

JULY 1: Meatloaf, parslied noodles, peas, wheat bread/margarine tropical fruit salad, 2% milk.

JULY 2: Honey mustard chicken, stewed tomatoes, basil green beans, wheat bread/margarine, cherry coffee cake, 2% milk.

JULY 3: Beef stroganoff over noodles, wheat bread/margarine, ambrosia, fruit juice, 2% milk.

JULY 6: Turkey rice casserole, seasoned green beans, lime fruit gelatin, wheat bread/margarine, 2% milk.

JULY 7: Salisbury steak, mashed potatoes, carrots, wheat bread/margarine, diced peaches, 2% milk.

JULY 8: Spaghetti & meat sauce, seasoned carrots, pickled beets, wheat bread/margarine, vanilla ice cream, 2% milk.

JULY 9: Breaded fish/lemon juice, rice pilaf, seasoned peas, wheat bread/margarine, cherry crisp, 2% milk.

JULY 13: Hot turkey sandwich, mashed potatoes, Harvard beets, wheat bread/margarine, cranberry orange mold, 2% milk.

JULY 14: Lasagna, seasoned cau-



Argus Home Care, Inc.

**807 W. 4th St.
Pueblo, CO 81003
(719) 543-2634**

**121 S. 5th St.
Cañon City, CO 81212
(719) 275-1101**

- Argus Alert
- Skilled Nursing
- Rehabilitation Services
- Personal Care Providers
- Homemaker Companions

liflower, orange carrot gelatin, chilled apricots, wheat bread/margarine, 2% milk.

JULY 15: Chicken a la King, biscuit, Scandinavian mixed vegetables, Italian dressing, fruit blend, juice, 2% milk.

JULY 16: Pork chow mein over rice, peas & carrots, wheat bread/margarine, fresh cantaloupe, 2% milk.

JULY 17: Sloppy joe/bun, potato salad, cucumber and onion salad,

wheat bread/margarine, orange sherbet, 2% milk.

JULY 20: Meat loaf/gravy, parslied potato, Capri mixed vegetables, wheat bread/margarine, 2% milk.

JULY 21: Baked glazed ham, con-fetti rice, Capri mix vegetables, wheat bread/margarine, strawberries, and PA, 2% milk.

JULY 22: Green pepper steak, garlic mashed potatoes, seasoned cauliflower, wheat bread/margarine, cherry crisp, 2% milk.

JULY 23: BBQ beef/bun, baked beans, tomato cucumber salad, wheat bread/margarine, 2% milk.

JULY 24: SRDA's Spicy Pork, au gratin potatoes, California blend, wheat bread/margarine, ambrosia, 2% milk.

JULY 27: Turkey tetrazzini, seasoned carrots, seasoned zucchini, wheat bread/margarine, applesauce cake, 2% milk.

JULY 28: Enchilada casserole, Spanish rice, mixed vegetables, wheat bread/margarine, strawberries and PA, 2% milk.

JULY 29: Roast turkey/gravy, mashed potatoes, broccoli, wheat bread/margarine, cranberry orange mold, 2% milk.

JULY 30: Pinto beans & ham, peas & carrots, cornbread, fruit cocktail, wheat bread/margarine, 2% milk.

JULY 31: Stuffed bell pepper, Scandinavian mixed vegetables, cherry fruit gelatin, wheat bread/margarine, raspberry sherbet, 2% milk.

2% MILK With ALL Meals!

Finances: Create And Keep Wealth

Senior Solvency..... With Safety!

by Greg Kraft

Many seniors are working past their planned retirement age because they can't retire while still paying their mortgage. Others who have retired are finding it difficult to continue paying their mortgages, because their retirement investment accounts have been drastically reduced by the recent stock market meltdown. The answer to their problem could be as simple as reversing their mortgages. By taking out a Reverse Mortgage, they will never have to make another mortgage payment during their lifetimes. The monthly income saved is often enough to make the difference between a retirement free of financial concerns and one of just scraping by.

As long as both homeowners are at least 62 years of age and there is sufficient equity in their home, they will automatically qualify for a Reverse Mortgage - even if they still have a sizable mortgage. Understandably, homeowners may be concerned about taking out a loan on

their most prized possession. However, HUD requires FHA insurance as part of the transaction and this insurance guarantees the owners can remain in their home for as long as they live. All they need do is pay their annual real estate taxes and property insurance, which they were already doing anyway. What could be simpler or safer?

Often there are excess funds remaining after the existing mortgage balance is paid off. Owners have a variety of options for this money. They can take out an annuity for either a fixed period of time or for life; they can receive the money in a lump sum immediately; or they can leave it in an interest bearing account until they need it for whatever reason. It is their money, and available to use for whatever they want. If they decide at a later date that they don't need the money anymore, they can pay even pay down the loan.

The government has made Reverse Mortgages a permanent program, because they believe that many people

can benefit from them. It is the government insurance that makes such loans possible, because lenders are confident that they will be repaid. On the other hand, HUD wants to ensure that borrowers fully understand all the facts regarding such loans. For that reason, all borrowers must first complete a counseling session through an approved organization.

The bottom line is that when homeowners take out such a loan, they

are essentially using the hard earned equity in their home to create current income which allows them to have a better quality of life. Fortunately owners are guaranteed the use of their home for life along with the money. This is a win-win situation for retirees. Understanding all the facts pertaining to a Reverse Mortgage is essential, but if it fits an individual's situation, the results can be most beneficial.

Fueling The U.S. Economy

(NAPSI)-While gas station operators are generally the most visible faces of the oil industry, they actually represent a long line of workers who keep the nation's fuel supply moving. The global oil exploration, production, refining, supply and distribution network is integral to the American economy, providing thousands of jobs and often supporting charities and local communities.

For many people, it is a mystery how oil gets from the ground to the gas station. Crude oil is the raw material used in the production of many products such as gasoline, jet fuel, plastics and asphalt. The U.S. demand for this valuable commodity far exceeds what can be produced domestically. As a result, foreign crude must be imported.

"Refining operations receive oil from a variety of sources including North America, the Caribbean, South and Central America, West Africa, Russia, Algeria and the Middle East," stated Gustavo Velásquez, vice president of supply and marketing for CITGO. "Like other major fuel suppliers, we get a considerable supply of crude oil from Venezuela. With such a diverse supply of crude, CITGO can ensure the raw material is available

to produce refined products in spite of severe weather."

The backing of its shareholder, Petróleos de Venezuela, S.A., the national oil company of the Bolivarian Republic of Venezuela, gives CITGO access to the largest crude oil reserves in the Western Hemisphere, providing a unique source of strength and pride. This strength, combined with the sound policies aligned with the vision of the shareholder, allows CITGO to successfully confront the current economic crisis.

With a refining capacity of about 749,000 barrels per day, the company generates more than 6,000 American jobs and contributes more than \$100 million annually in state and local taxes.

After entering the distribution process, gasoline mixes with fuel from other refineries around the country. The refined product is then transported by rail, barge and, commonly in the case of gasoline, an extensive domestic pipeline network.

As the Energy Information Administration confirms, this makes it impossible to identify the exact source of gasoline purchased by consumers. As a result, boycotts of certain fuel brands only hurt the local retailers, rather than the countries that supply the crude oil.

"The oil industry is extremely important for many people across the United States. Countless jobs are created and sustained through the individual steps in the complex process," said Velásquez. "At CITGO, we take pride in the fact that our refining and distribution operations--as well as our network of nearly 7,000 station owners--support charity and community programs and are truly a part of their communities."

REVERSE MORTGAGE SPECIALISTS

- Enjoy Your Retirement
- Keep Your Home
- Access Your Home Equity
- No Payments Ever Again
- Now Is The Time To Consider A Reverse Mortgage
- FREE CONSULTATION

US Financial Mortgage

719-646-4421

GKraft48@gmail.com

8120 Sheridan Blvd B3 Arvada, CO 80003

Lic#LMB100028444

Check llc status of mtg broker on gov website: www.dora.state.co.us/real-estate/Index.htm

Enjoy Nature

Travel to Beautiful Beulah

July 14th 9:00 a.m. – 3:00 p.m.

Enjoy a guided light walk through *gentle slopes* offering a number of different ecozones and a rich diversity of plant life

\$8.00 per person

Wear Comfortable Clothing; be prepared for sunshine or light rain
Pack your lunch and plenty of water~



Contact

SRDA
230 N. Union Ave
Pueblo, Co 81003
719-545-8900

May The Clouds
Never Burst And
The Son
Always Find You!
Check Out Our
Website at www.seniorbeacon.info

Assisted Living

Belmont Senior Care



"A Home-Like Assisted Living Community"

- 5 ranch-style homes in cul-de-sac (all one level)
- More personal assistance due to one staff caring for only 10 residents
- Private bedrooms for private pay & Medicaid certified residents
- 21 years experience offering excellent care
- FREE assessments



- Designated Alzheimer's Home Available
- Delicious home-cooked meals, laundry & housekeeping provided
- Medication Management
- Exceptional Activity Program
- Costs much less than nursing home care

(719) 544-3999

3 Douglas Ct., Pueblo

www.belmontseniorcare.com

Adult Day
Services & Respite
Care also available!

Call Nichole Today for a Tour & Information Packet

Senior Community Update



MESA TOWER DANCES

Mesa Towers at 260 Lamar Avenue in Pueblo will sponsor a dance every Sunday from 7-9pm. Leo Samora and Kenny Martinez will be the featured entertainers. It's a great way to get some exercise and socialize and have fun. The cost is \$2.00 at the door. The dance is open to the public. There will be door prizes and refreshments. **Donations are welcome. Call Eva at 778-6011 for more information.**

LOU GEHRIG'S DISEASE SUPPORT GROUP

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

OWLS MEETING

The Older, Wiser, Livelier Seniors meet the second Tuesday of each month for bowling at Bowlero-Midtown Shopping Center at 2 p.m.. For information: 545-2803

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

RIDE TO CHURCH?

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

REGIONAL ADVISORY COMMITTEE

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

Area Agency on Aging at 719- 539- 3341 or toll free at 877- 610- 3341.

GENEALOGICAL SOCIETY

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

WHAT A GREAT TIME TO VOLUNTEER

Volunteers are needed:
---Drivers to deliver Meals on Wheels to homebound seniors
---Volunteers to help in the many areas of St. Mary Corwin Medical Center especially in the Resale Shop.

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

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

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

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

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

SRDA JULY CALENDAR

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

LIVING WITH OSTEOARTHRITIS?

Osteoarthritis does not only strike the knees, hips and hands. In an estimated one million Americans, it also affects the small, vulnerable joints of the

neck, and can cause sudden attacks of severe pain that may radiate into the head and arms. But what can patients themselves do about this form of arthritis? How can they ease the pain, deal with the limitations it causes, and support their doctor's treatment? With the help of some of the world's leading spine specialists, the American Arthritis Society has compiled twelve practical tips for self-care that are effective and easy to follow. Please visit the Society's website at: www.americanarthritis.org.

AARP SCHEDULE OF ACTIVITIES FOR JULY 2009

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

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

AMBASSADORS NEEDED

SRDA, 211, American Red Cross, Neighborhood Watch and the City County Health Department/Medical Reserve Corp are combining forces and developing a core group of dedicated volunteers called EP Ambassadors. Individuals who are interested in helping the community in a variety of activities concerning emergency preparedness are needed now. Volunteers will be involved in a variety of activities from demonstrating how to make a disaster kit, to mailings, giving presentations and many more activities. This will also be a fun group with other interesting perks. Call Gloria Valdez, 545-8900 for info.

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 Monday of every month

STEP-UP PROGRAM

Joseph Edwards Senior Center (SRDA), 230 S. Union - Wednesday, July 8th; 9:45 - 12:00 pm

Mineral Palace Towers, 1414 N. Santa Fe - Thursday, July 9th; 9 - 11:30 am

Memorial Recreation Center, 230 E. George Dr, Pueblo West - Thursday, July 9th; 8:15 - 10:30 am

McHarg Park Community Center, 409 Second Street Avondale, CO - Monday, July 13th; 9:00 - 11:30 am

Vail Hotel, 217 S. Grand - Tuesday, July 14th; 9:00 - 10:30pm

Hyde Park Community Center, 2136 W. 16th St.- Tuesday, July 14th; 1:00 - 2:30pm

Mesa Towers, 260 Lamar - Wednesday, July 15th; 9:00 - 11:30 am

Ogden Apartments, 2140 Ogden - Thursday, July 16th; 9:00 - 10:30 am

Fulton Heights, 1331 Santa Rosa

Thursday, July 16th; 1:00 - 2:30 pm
Park Hill Christian Church Hall, 1404 E. 7th St. - Monday, July 20th; 10:00 - 12:00 pm.

Minnequa Park Apartments, 1400 E. Orman Ave - Tuesday, July 21st; 9:00 - 11:30 am

Get Moving with Pueblo StepUp Community Exercise Programs:

Please call Emily Johnson @ 557-38873 for questions about any of Pueblo StepUp's Health & Fitness Programs.

Arthritis Foundation Exercise Program - Hyde Park Community Center, 2135 W. 16th . Mondays & Wednesdays 9:30-10:30 am

WESTERN MUSEUM OF MINING & INDUSTRY

Adult Heritage Lecture - Thursday July 16 - 7:00 p.m. Jay Parker with the Smuggler Mine will discuss explosives in mining and small independent firework displays. Mr. Parker has an extensive background in mine blasting and is a member of the following organizations: Roaring Fork Mine Rescue Group, International Society of Explosive Engineers - CO Chapter, International Society of Bomb Technicians and Investigators, Rocky Mountain Pyrotechnic Guild.

\$ Free to members

\$ 5 non-members

The Museum is located at I-25 Exit 156 A in Colorado Springs. Please call 719-488-0880 or visit our website at www.wmmi.org for more information.

HAWKINS NAMED CF&I ARCHIVIST

Tim Hawkins has been appointed Archivist of the Steelworks Museum of Industry and Culture CF&I Archives.

He holds an undergraduate degree in Communication Arts and Environmental Science from the University of Wisconsin-Madison, and attended the MFA program in Environmental Journalism at the University of Colorado-Boulder, where he also served on the faculty of the School of Journalism and Mass Communications.

Hawkins is a Certified Archivist with over twenty-five years of experience managing archives projects. He has supervised grant projects funded by the National Endowment for the Humanities, National Endowment for the Arts, Save America's Treasures, National Historic Publications and Records Commission, and the National Science Foundation. Hawkins has actively participated in the activities of the Society of American Archivists, the Society of Rocky Mountain Archivists, the Midwest Archives Conference, and the New England Archivists. He is currently the Editor for VIEWS: The Newsletter of the Visual Materials Section of the Society of American Archivists.

Hawkins replaces Bev Allen, who headed the archival efforts up until last August.





Caring and affordable assistance to help seniors and others maintain independence at home.

- Personal Care • Light housekeeping
- Meal preparation
- Transportation and Errands
- Specialized Alzheimer's care
- Recovery after hospitalization or medical procedures
- ... and more

Since 1969

**3055 Highway 50 E #F
Cañon City, CO 81212
269-1524**

Helping people maximize their personal independence

Inflammatory Bowel Disease Sufferers

This is a call to action/help! If you have suffered with IBD (Crohn's, Colitis, etc.), please give us a call at 647-1300.

Given your experience your help would be invaluable in aiding children and their families.

Join Never Alone Foundation, Inc.

A Non-Profit local organization so no child or family need never feel alone!

SENIOR CLASSIFIEDS

SHELBY'S MOBILE HAIR STUDIO. Perms - \$40: includes haircut and style. Will come to your home. Seniors & shut-ins only. For appointment call Sally at 719-564-7134. #0809
FOR SALE: Timeshare at Stormy Point Village, Branson, MO. List price is \$17,900, sell for \$11,400. Two bedroom (can sleep 6). Call 719-583-2042. braveday@socolo.net #0809
IF YOU NEED A PART-TIME CNA in your home. Call Diane, 544-2710. Experienced, reliable, references. #0909
EXPERIENCED PCP (PERSONAL CARE PROVIDER). References, Days. Local calls at 289-1120. Ask for Carol. #0809
CAREGIVER. Part time. Private Care. Have experience: Recommendation letters. Fix meals, Dr. appts., shopping. Southside. Feel free to call, 564-2157. #0709
HANDYMAN SERVICES: Painting, home repairs, tile, etc. FREE ESTIMATES! (719) 214-0563. #0709
FOR SALE: Mobility Power Chair! It Can Be Pushed. Like new! At cost it was \$3,000. Asking much less. Call 543-0217. #0709
NO TIME....? USE MINE!! Can't drive? Can't get out? I run errands. Call Virginia, 719-561-1384 or 719-214-6007. #0609
HOSPITAL BED, electric with mattress. \$400.00. 719-406-5400. #0609

NEEDED LIVE-IN CAREGIVER- Room, board and good wages. Wetmore, Co 719-371-1957. #0609
FOR SALE: 1971 Mobile Home. 3 bedrooms, 1 bath, 4 sheds. Nice yard. 543-5607. #0609
HOME CARE: very reasonable rate. Honest, dependable. CNA Certified. 719-251-8539 or 719-251-6178. #0609
"SCOOP-IT" CANINE CLEANUP SERVICE. You'll never have to scoop poop again. Dependable, honest, weekly, bi-weekly or monthly service. Senior Discount! Call J.R. 250-4419. #0609
PERMANENTS -\$30.00: Complete! Open Wed. - Sat. Curl Corner. 2318 Thatcher - Pueblo. Call Annie at 544-9160. #0609
BUSYBEE 4U! On-Demand Personal Assistant can assist you with errands, writing letters, scheduling appointments, meal delivery, shopping, etc. References, licensed and insured for you protection! Call Judy (719) 252-4296. www.busybee4U.com #0409
POOP SCOOP: \$8.00 a week, ANY SIZE YARD! We're the best and most affordable in town. Call Julie, 543-3614. #0609
SEMI-RETIRED man will build that garage for you at a reasonable price. Also remodeling an all types concrete work and foundation repair. 719-240-2046 anytime. #0609

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:
 Senior Beacon P.O. Box 7215 Pueblo West, CO 81007.

ALTERATIONS BY ABE & ROBYN CAMHI. Wedding gowns and formal wear. All types of clothing. Men and women. Forty years experience. Se Habla Espanol. 719-595-1231 or 719-250-9354. #1109
LOOKING FOR AN AVON REP? Call me today! Hailey Hollins, 719-547-3808 or www.youravon.com/hhollins. Join AVON today for just \$10! #0110
FOR SALE: Craftmatic double bed - like new - \$1500. Miscellaneous health care items - handgrips for tub & toilet, toilet, walker, heated pad for

double bed, etc. 719-546-9944. #0409.
SENIOR SHOPPING SERVICES/ APPOINTMENTS: Mon.-Fri. Please call me at 565-0445. #0409
WANTED: CERTAIN 45rpm records and LP albums from the 1950s and 1960s. 566-7975. #1009
24/7 LOVING SENIOR CARE IN CHRISTIAN HOME. 30 years experience. SPACE FOR ONLY ONE CLIENT LEFT. HURRY! Call today, 719-542-3496. #0209

Cruising Into Summer: 10 Gas-Saving Tips For You

CRUISING INTO SUMMER: 10 GAS-SAVING TIPS BEFORE YOU HIT THE ROAD

(NAPSI)-Whether you're packing up the car and taking the kids on a road trip or driving around town on a "staycation," the summer season beckons us to venture out and enjoy the warm weather. Whatever your plans this summer, it often means putting a few extra miles on your car and paying more at the pump.

"As the temperatures go up, so does our desire to hit the road," says Jody DeVere, car care expert and president and CEO of the automotive advice site AskPatty.com. "But before you fill up at the

pump for that road trip, there are some easy things you can do to save money on gas and keep your car running well through the hot summer months."

Having received many questions related to the summer driving season over the years, Jody assembled this quick checklist to help motorists save money on gas and avoid heat-related breakdowns:

1. Ensure that your tires are properly inflated--Properly inflating your tires can improve fuel efficiency. Check the owner's manual or look inside the driver's side doorframe for your vehicle's tire pressure rating. In the summer heat, tires that are not properly inflated are also more likely to blow.

2. Check your coolant system--The coolant system works overtime in the summer to make sure your vehicle's engine doesn't overheat. It is suggested to flush and refill the coolant systems every other year. An engine that runs too hot or too cold can reduce fuel efficiency.

3. Get an oil change--Regular oil changes help prevent engine wear and can even save on gas money. Mobil 1 Advanced Fuel Economy, for example, provides up to 2 percent fuel economy improvement. This fully synthetic motor oil also offers great engine protection in extreme temperatures. (Fuel economy improvement is based on a comparison versus those viscosity grades most commonly used and a potential 2 percent fuel economy improvement. Savings estimates are based on a gasoline cost of \$3 per gallon, average fuel economy of 22.5 mpg, annual mileage of 12,500 and lifetime mileage of 150,000. Actual savings are dependent on vehicle/engine type, outside temperature, driving conditions and your current engine oil viscosity.)

4. Get a basic tune-up--A poorly tuned engine can reduce fuel efficiency. To ensure your vehicle's performance, be sure to get a tune-up once a year. It also

provides an opportunity to check out your vehicle's systems, such as brakes and fluid levels.

5. Don't speed--Fuel efficiency quickly decreases when you drive faster than 60 miles per hour. Sticking to the speed limit is not only safer, but can save you money.

6. Get a car wash--It's true: A clean vehicle improves aerodynamics and, over long distances, can improve fuel efficiency and save gas.

7. Check your air filter--A dirty air filter makes it harder for your engine to breathe and hurts gas mileage. The good news: Air filters are fairly inexpensive to replace.

8. Roll down the windows--Try rolling down your windows instead of cranking up the air-conditioning. Air-conditioning reduces fuel economy, especially when driving around the city. On the highway, however, it is actually better to use air-conditioning. Having your windows down affects aerodynamics and causes you to burn more fuel.

9. Park in the shade--Not only will this keep the inside of your car cooler, it helps save gas and reduce the workload on your air conditioner.

10. Don't overload the roof rack--Lots of stuff on the roof creates drag and hurts your fuel efficiency. An overloaded roof can also be dangerous for vehicle control and handling. Consult your owner's manual for proper weight limits.

"Following these easy steps can save you money on gas and avoid the headache of a breakdown in the summer heat," says DeVere. "For a lot of families, it adds up to more summer fun with the kids."



We serve those who served our country.

- ★ Bright, & Comfortable Facility
- ★ Floor-to-Ceiling windows with panoramic views

Veterans, Spouses and Veteran's Widows welcomed

- ★ Special Care Unit (SCU) providing services for Alzheimer's, Dementia, Huntington's, & Parkinson's
- ★ Physical, Occupational & Speech Therapy included in daily rate
- ★ Dialysis Center & Specialty Clinics available on campus
- ★ Our nursing home is physically connected to Spanish Peaks Regional Health Center - a community hospital
- ★ An all-inclusive, affordable pricing policy that eliminates additional charges

Please Come by Or Call!

We would like to share our lovely facility with you.

- ★ VA Benefits for those who qualify
- ★ Colorado residency NOT required
- ★ Private pay & Medicaid residents welcome



Call today for an INFORMATION PACKET

1-800-645-8387

May The Clouds Never Burst And The Sun Always Find You! Check Out Our Website at www.seniorbeacon.info

Retirement Apartments Available

Comfortable apartments offer the warmth and comfort of your apartment home at affordable prices. Rent is 30% of income. (Example \$400 income = \$120 rent). Special services add to the security, convenience, and sociability.

Office Hours:
 9am-Noon • 1-5 pm Mon.-Fri.



Garden Park Villa
 1821 N. Fifth Street
 Cañon City, CO 81212

719-275-6656
 TDD 1-800-925-8689

GARDEN PARK VILLA

Coulter: "Welcome Back, Carter!"

by Ann Coulter

by Ann Coulter

WELCOME BACK, CARTER

Well, I'm glad that's over! Now that our silver-tongued president has gone to Cairo to soothe Muslims' hurt feelings, they love us again! Muslims in Pakistan expressed their appreciation for President Barack Obama's speech by bombing a fancy hotel in Peshawar this week.

Operating on the liberal premise that what Arabs really respect is weakness, Obama listed, incorrectly, Muslims' historical contributions to mankind, such as algebra (actually that was the ancient Babylonians), the compass (that was the Chinese), pens (the Chinese again) and medical discoveries (huh?).

But why be picky? All these inventions came in mighty handy on Sept. 11, 2001! Thanks, Muslims!!

Obama bravely told the Cairo audience that 9/11 was a very nasty thing

for Muslims to do to us, but on the other hand, they are victims of colonization.

Except we didn't colonize them.

The French and the British did. So why are Arabs flying planes into our buildings and not the Arc de Triomphe? (And gosh, haven't the Arabs done a lot with the Middle East since the French and the British left!)

In another sharks-to-kittens comparison, Obama said, "Now let me be clear, issues of women's equality are by no means simply an issue for Islam." No, he said, "the struggle for women's equality continues in many aspects of American life."

So on one hand, 12-year-old girls are stoned to death for the crime of being raped in Muslim countries. But on the other hand, we still don't have enough female firefighters here in America.

Delusionally, Obama bragged about his multiculti worldview, saying, "I reject the view of some in the West that

a woman who chooses to cover her hair is somehow less equal." In Saudi Arabia, Iran, Afghanistan and other Muslim countries, women "choose" to cover their heads on pain of losing them.

Obama rolled out the crucial liberal talking point against America's invasion of Iraq, saying Iraq was a "war of convenience," while Afghanistan was a "war of necessity." Liberals cling to this nonsense doggerel as a shield against their hypocrisy on Iraq. Either both wars were wars of necessity or both wars were wars of choice.

Neither Iraq nor Afghanistan -- nor any country -- attacked us on 9/11. Both Iraq and Afghanistan, as well as many other Muslim countries, were sheltering those associated with the terrorists who did attack us on 9/11 -- and who hoped to attack us again.

The truth is, all wars are wars of choice, including the Revolutionary War, the Civil War, both World Wars, the Korean and Vietnam Wars, the Gulf War, and the wars in Iraq and Afghanistan. OK, maybe the war on teen obesity is a war of convenience, but that's the only one I can think of.

The modern Democrat Party chooses -- really chooses, not like Saudi women "choosing" to wear hijabs -- to fight no wars. But the Democrats couldn't say that immediately after 9/11, so they pretended to support the war in Afghanistan and then had to spend the next 7 1/2 years trying to come up with a distinction between Afghanistan and Iraq.

Maybe next they can tell us why fighting Hitler -- who never invaded the U.S. and had no plans to do so -- was a "necessity" in a way that fighting Saddam wasn't. (Obama on Hitler: "Nazi ideology sought to subjugate, humiliate and exterminate. It perpetrated murder on a massive scale." Whereas Saddam Hussein was just messing with the Kuwaitis, Kurds and Shiites.)

Meanwhile, Muslims throughout the Middle East are yearning for their own Saddam Husseins to be taken out by U.S. invaders so they can be liberated, too. (Then we'll see how many women -- outside of an American college campus -- "choose" to wear hijabs.) The war-of-choice/war-of-necessity point must be as mystifying to a Muslim audience as a discussion of gay marriage.

Arabs aren't afraid of us; they're afraid of Iran. But our aspiring Jimmy Carter had no tough words for Iran. To the contrary, in Cairo, Obama endorsed Iran's quest for nuclear "power," while attacking -- brace yourself -- America for

helping remove Iranian loon Mohammad Mossadegh.

The CIA's taking out Mossadegh was probably the greatest thing that agency ever did. This was back in 1953, before it became a collection of lawyers and paper-pushers.

Mossadegh was as crazy as a March hare (which is really saying something when your competition is Moammar Gadhafi, Ayatollah Ruhollah Khomeini and Saddam Hussein). He gave interviews lying in bed in pink pajamas. He wept, he fainted, and he set his nation on a path of permanent impoverishment by "nationalizing" the oil wells, where they sat idle after the British companies that knew how to operate them pulled out.

But he was earthy and hated the British, so left-wing academics adored Mossadegh. The New York Times compared him to Thomas Jefferson.

True, Mossadegh had been "elected" by the Iranian parliament -- but only in the chaos following the assassination of the sitting prime minister.

In short order, the shah dismissed this clown, but Mossadegh refused to step down, so the CIA forcibly removed him and allowed the shah's choice to assume the office. This "coup," as liberal academics term it, was approved by liberals' favorite Republican president, Dwight Eisenhower, and supported by such ponderous liberal blowhards as John Foster Dulles.

For Obama to be apologizing for one of the CIA's greatest accomplishments isn't just crazy, it's Ramsey Clark crazy.

Obama also said that it was unfair that "some countries have weapons that others do not" and proclaimed that "any nation -- including Iran -- should have the right to access peaceful nuclear power if it complies with its responsibilities under the Nuclear Non-Proliferation Treaty."

Wait -- how about us? If a fanatical holocaust denier with messianic delusions can have nuclear power, can't the U.S. at least build one nuclear power plant every 30 years?

I'm sure Iran's compliance will be policed as well as North Korea's was. Clinton struck a much-heralded "peace deal" with North Korea in 1994, giving them \$4 billion to construct nuclear facilities and 500,000 tons of fuel oil in return for a promise that they wouldn't build nuclear weapons. The ink wasn't dry before the North Koreans began feverishly building nukes.

But back to Iran, what precisely do Iranians need nuclear power for, again? They're not exactly a manufacturing powerhouse. Iran is a primitive nation in the middle of a desert that happens to sit on top of a large percentage of the world's oil and gas reserves. That's not enough oil and gas to run household fans?

Obama's "I'm OK, You're OK" speech would be hilarious, if it weren't so terrifying.



More Crops/Better Environment

(NAPSI)-Here's food for thought: Scientists have discovered a way to help farmers grow more and better corn, wheat, potatoes and other crops while having less of an effect on the environment.

The Science

It's due to an advanced slow-release technology that lets growers use less nitrogen, a crucial nutrient in determining crop yields. Most commonly used quick-release fertilizers convert most of the nitrogen they contain to usable form in the soil in the first few days after they are applied. New Nitamin fertilizers cause the molecules to bind to the soil and deliver nitrogen to the crops at a rate that they can use throughout the growing season.

"It's like spoon-feeding your crop," says one plant nutrition expert, John Kruse, of Georgia-Pacific Plant Nutrition. "The result is more efficient use of fertilizer over a longer time and less leaching of nitrogen through the soil. This helps the grower be more efficient with fertilizer applications, reduces trips across the field, improves productivity and is better for the environment because more of the nitrogen is absorbed by the crops."

The Studies

Researchers at the University of Nebraska saw increased yield of up to 29 bushels per acre of corn with this new Nitamin Steady-Delivery product from Georgia-Pacific. In North Dakota State University research trials, spring wheat and barley showed increases in both yield and quality. Similar results have been recorded in fruit and vegetable crops. What's more, the bacteria and other organisms needed to keep soil healthy are not affected, studies showed.

The Growing Need

As Dr. Kelly Nelson, research agronomist at the University of Missouri, says, "We need to challenge production and increase our understanding of fertility mechanisms so we can contribute to meeting the world food demand."

The worldwide demand for food is growing at a staggering rate. Around the world, one in seven people are hungry and some 963 million people do not have enough to eat--more than the populations of the U.S., Canada and the European Union, according to the United Nations World Food Programme.

The United Nations also predicts that world population--which is at 6.7 billion today--will grow to over 9 billion by 2050. Experts say that this results in the need for an estimated 50 percent increase in yields to feed an already hungry world. Growing more with less is becoming even more critical.

Learn More

You can learn more about how America's farmers and scientists are helping by visiting www.nitamin.com.

Pueblo's Premier Practice for over 36 Years Concentrating on Implants, Dentures, Partials and Extracts.



R. M. Saunders, DMD
2047 Columbia Drive - Ste. A
Pueblo, CO 81005



(719)544-6787 (800)781-6787

Enhancing Lives & Smiles With Total Dental Solutions

One in every 154 families faces a possible foreclosure in Pueblo,

Don't Be One of Them!

If you think you might have to file for a foreclosure, find out what your options are. Call NeighborWorks® of Pueblo for free foreclosure mitigation counseling.

544-8078, Ext. 102

NeighborWorks®
OF PUEBLO

A Colorado non-profit serving Pueblo for over 30 years

Spotlight On Health: Understanding Multiple Sclerosis

(NAPSI)-An estimated 400,000 Americans have multiple sclerosis (MS), and about 200 more are diagnosed each week. With early diagnosis and prompt treatment, it is possible for those with MS to better manage the potentially debilitating disease and regain more control of their lives.

What Is MS?

MS is a chronic, unpredictable disease of the central nervous system (CNS), which includes the brain, spinal cord and optic nerves, explains the National Multiple Sclerosis Society (NMSS). It is thought to be an autoimmune disease and symptoms result when an immune system attack affects myelin, the protective insulation surrounding nerve fibers in the CNS.

The "lesions" of damaged myelin form scar tissue (sclerosis), which gives the disease its name. As a result of the damaged myelin and nerve fibers, nerve impulses carrying messages from the brain and spinal cord may short circuit, causing reduced or lost bodily function.

No two people get MS in exactly the same way in terms of timing, location and severity, but many may experience certain symptoms.

Potential Symptoms

- Weakness
- Numbness
- Tingling sensations
- Dizziness
- Cognitive difficulties

- Depression
- Blurred vision
- Fatigue
- Slurred speech.

Patients should speak to their doctor if they experience any of these symptoms, for early diagnosis and prompt treatment.

Available Treatments

Although some MS patients are treated with interferon-beta (IFN β) therapy, these medications can become ineffective over time if the patient begins to develop neutralizing antibodies, or NAbs. These antibodies interfere with or neutralize the activity of IFN β therapies, potentially causing MS symptoms to worsen. Fortunately, doctors can test for the development of NAbs and address it.

If a patient tests positive for NAbs, doctors may offer a daily injection of glatiramer acetate, a non-interferon therapy not associated with the development of NAbs, for relapsing-remitting multiple sclerosis (RRMS).

Glatiramer acetate has been proven effective in decreasing the frequency of relapse rate in patients with RRMS. The idea behind glatiramer acetate is to change the way the immune system reacts to the disease by preventing harmful cells from developing and stimulating beneficial cells. These "good" cells then enter the nervous system and help reduce damage at the site of lesions.

COPAXONE® (glatiramer ac-

etate injection) is indicated for the reduction of the frequency of relapses in relapsing-remitting multiple sclerosis, including patients who have experienced a first clinical episode and have MRI features consistent with multiple sclerosis.

Additional Safety Information About COPAXONE®: The most common side effects of COPAXONE® are redness, pain, swelling, itching, or a lump at the site of injection, flushing, rash, shortness of breath, and chest pain. These reactions are usually mild and seldom require professional treatment. Patients should tell their doctor about any side effects.

Some patients report a short-term reaction right after injecting COPAXONE®. This reaction can involve flushing (feeling of warmth and/or redness), chest tightness or pain with heart palpitations, anxiety, and trouble breathing. These symptoms generally appear within minutes of an injection, last about 15 minutes, and go away by themselves without further problems.

A permanent indentation under the skin at the injection site may occur, due to a local destruction of fat tissue. Patients should follow proper injection technique and inform their doctor of any skin changes.

After injecting COPAXONE®, patients should call their doctor right away if they develop hives, skin rash with irritation, dizziness, sweating, chest pain, trouble breathing, severe pain at the

injection site or other uncomfortable changes in their general health. Patients should not give themselves any more injections until their doctor tells them to begin again.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call (800) FDA-1088.

Teva Neuroscience, Inc. markets Copaxone®. Copaxone® is a registered trademark of Teva Pharmaceutical Industries Ltd. Teva Neuroscience, Inc. is a subsidiary of Teva Pharmaceutical Industries Ltd.

See additional important information at <http://www.copaxone.com/pi/index.html> or call (800) 887-8100.

Lifestyle Changes

In addition to a daily injection, exercise and a healthy lifestyle may help manage symptoms of MS.

Learn More

To learn more about NAbs, speak with your healthcare provider. For additional information, call (800) 887-8100 or visit www.SharedSolutions.com.

Prompt testing for NAbs may help many people with multiple sclerosis keep their condition under better control.



Historic America: Historic Opportunities For Food!

(NAPSI)-Back in the 1700s, hungry settlers headed to the local taverns and inns that dotted the Colonies. Some of those same establishments in the Valley Forge area of Pennsylvania still serve up delicious traditional fare and modern menu options.

In Pennsylvania's oldest continuously operating country inn, the William Penn Inn, the Penn family zucchini bread is still baked daily. The recipe, obtained over tea with Penn's daughter and the inn's original owners back in 1700, is chock-full of raisins and nuts.

General Lafayette Inn and Brewery was part of the Barren Hill encampment in 1778 and later named for the gregarious French officer who warded off capture by the Brits from the tower of St. Peter's Church just next door. As it might have been in Lafayette's day, the beer here is as important as the food. Colonial-inspired dishes

like meat loaf and crab cakes are always on the menu, but most of the meals are as modern as the microbrews.

The acres surrounding Schultheis' Carriage House in rural East Greenville were part of a land grant to a German family back in 1709. Traditional German favorites grace the menu, but Tyrolean (northern Italy), Austrian and American influences are apparent.



German-born chef Albert Breuers'

heritage influences many

of his signature dishes

at The Old Guard House Inn

in Gladwyne, Pa.

Historic General Warren Inne, in Malvern, was once a Tory stronghold. It was originally named the Admiral Vernon Inne for thrifty British admiral Edward Vernon, who, aside from his notable naval career, invented grog by watering down his crew's rum.

In 1786 the property was sold and, to make amends with the new nation, renamed in honor of an American hero who died during the Battle of Bunker Hill.

The tavern was recently carefully refurbished, but the restaurant's award-winning Continental cuisine is the real draw.

Legend has it that Colonial troops quenched their thirst from a water pump at The Old Guard House Inn (once the Merion Square Hotel) in Gladwyne, even before the building was erected. Since 1980, German-born and trained chef Albert Breuers has shared the classics of his old country and won award after award. Some of the inn's most popular items, like Sweetbreads Hilde, are area exclusives and some are the same dishes that many German immigrant families shared in this region 200-plus years ago.

For more information, visit www.valleyforge.org

Auto Ideas Just For You

• According to Ins Web.com, the auto insurance comparison shopping Web site, it costs slightly more to insure a hybrid vehicle as opposed to the gas-only model of the same car. To learn more about insurance matters and to compare prices, visit www.InsWeb.com.

• You can wash and wax your vehicle to a professional finish in less than 30 minutes with the original SpongeTech, a new cleaning product with soaps, shampoos and waxes already built in. For more information, visit www.spongetech.com.

• Leading car insurer Progressive offers its customers a concierge level of claims service that takes care of the entire process from beginning to end. For more information, visit www.progressive.com.

• Subaru is a standout automaker for 2009 because it has at least one Top Safety Pick in every vehicle class in which it competes. The NHTSA awards 5-Star ratings to vehicles with the highest crash and rollover safety. For additional information, visit www.subaru.com.

Drop By Our New Location

1439 Main St. Cañon City

719-275-4315

website: fremontregionalhospice.com

Fremont Regional Hospice

Fremont County's ONLY locally owned & Operated Non-Profit Hospice

CARE - COMPASSION - COMFORT

Minnequa Medicenter...

Whether your need is for short-term, skilled, respite or long-term care, we provide:

- Compassionate 24-hour nursing care
- Daily in-house physical, occupational & speech therapies
- Daily life-enhancing programs
- Intergenerational activities with our on-site children's Day Care
- Monthly community events
- Hospice/Palliative care
- Free medical transportation
- One block W. of Lake on Elko & California
- On-Site Child Day Care
- Resident Pet Program



Transitional Care Unit
offering: private rooms,
flat screen TV, telephone,
private dining

Medicare/Medicaid, Managed Care and VA contracted.

For additional information/directions please call:

719-561-1300 and ask for Niki Garcia, Admissions Manager

Weird News

from page 4.

other people. (2) Los Angeles Police detectives, frustrated that a 1980s-era South Los Angeles serial rapist-killer is still at large, set out recently to painstakingly trawl for DNA from all unregistered sex offenders who have come through the system since then. They came up with nothing on him, but in late March, they inadvertently matched DNA to a different cold-case serial killer, the "Westside Rapist" from the 1970s and arrested John Floyd Thomas Jr., now 72.

-- Leading Economic Indicators: (1) Bloomberg News reported in April that among the assets for sell-off by Lehman Brothers Holdings (liquidating following its September 2008 collapse) is a "matured commodities contract" for enough uranium cake to make a nuclear bomb. Administrators are awaiting a rebound in its market price. (2) Among the assets for sell-off listed in the May bankruptcy filing of Innovative Spinal Technologies of Mansfield, Mass., were nine human cadavers (eight of which had already been used for research).

-- More Fallout From the Recession: (1) In May, Mitsubishi Motors of New Zealand, to spark sales of its Triton compact pickup trucks as "hardy, versatile units," began offering farmers a companion "hardy, versatile" premium with each truck: a goat. (2) In May, Ichiro Saito, a professor of dentistry at Tsurumi University, publicly warned that as many as 30 million Japanese workers overstressed by the economy are suffering from such severe dry mouth that the country might be experiencing epic halitosis.

People Different From Us

When Christina Vanderclip dropped by the house of her former boyfriend, Travis Schneller, in Greeley, Colo., in June, they soon began to argue. According to police, Travis hit her and pulled her hair, then Travis' mother jumped on Christina's back and pulled her hair, then Travis' younger brother Michael and father, Robert, jumped on Christina, too, hitting and choking her.

Christina managed to escape, and police, after a 10-hour standoff, entered the home and arrested the entire Schneller family.

Least Competent Criminals

(1) Jose Villarreal, charged in Georgetown, Texas, with assaulting his girlfriend, decided to take his chances at trial and rejected the prosecutor's offer of five years in prison. In May, the jury deliberated one minute before finding him guilty, and he got 16 years. (2) Charles Dumas, 37, insisting on his innocence, was convicted of raping a young girl in 1998 and sentenced to 10-years-to-life, but began begging for a DNA test. Finally, earlier this year, prosecutors relented, and a solemn Dumas told a Columbus Dispatch reporter: "This test means my life. It's my last chance to prove to my children that I didn't do this." In May, the results came back: Guilty.

Recurring Themes

Drivers Who Were Run Over by Their Own Cars: (1) A 21-year-old man in Santa Fe, N.M., inebriated, shifted into reverse, thinking it was "park," and fell out the driver's door (November). (2) A 52-year-old man in Tobyhanna, Pa., ran over himself after falling out of his truck trying to reach the controls of the access fence at his gated community (May). (3) A 56-year-old woman in Santa Monica, Calif., was killed when she left her stalled car in "drive" while she crawled underneath to determine why it wouldn't start. She accidentally triggered the starter with a screwdriver, and the car drove over her (May).

It's Good to Be a British Prisoner (continued)

(1) According to a recent report in Britain's Police Review Journal, the government's "Intensive Alternatives to Custody" pilot program has recently assigned young offenders, in lieu of incarceration, to attend skill-building classes in gardening, fishing and learning how to apply for government benefits. (2) The U.S. Department of Justice, with British government cooperation, has been trying for 10 years now to extradite three al-Qaida operatives in British custody to stand trial in the 1998 U.S. embassy bombings in Kenya and Tanzania, but Britain's legal system has permitted the suspects to stall with nearly endless bureaucratic tactics. Since the jihadists claim indigent status, all of the challenges are paid for by British taxpayers, with the current tab (ac-

ording to a May Washington Post report) amounting to the equivalent of nearly \$900,000.

Insn't this special

Terrorism Gets Pizzazz: A physical fitness video, purportedly made in April by a U.S.-based al-Qaida operative, gives workout tips to jihadists, urging that they "train as hard as possible" to inflict maximum damage on "the enemies of Allah," according to an ABC News report. Exercises such as crawling long distances on hands and knees are demonstrated by people in flowing robes. The narrator discourages using gyms and fitness centers because of the "un-Islamic" music and "semi-naked" women. And a video released in May, purportedly from al-Qaida in Somalia, features an English-speaking rap singer making a recruitment pitch to U.S. and European youth, including such verses as: "Mortar by mortar / Shell by shell / Only going to stop / When I send them to hell."

Can't Possibly Be True

-- When a son, angry that his father had ordered him to clean up his room, screamed at Dad and threw a plate of food across the dinner table, Dad called 911. The son is 28-year-old Andrew Mizsak, who lives rent-free with his parents in the Cleveland suburb of Bedford, Ohio, and is a member of the Bedford School Board (and whose mom is a city councilwoman). After police arrived, the habitually untidy son apologized and, according to their report, "was sent to his room to clean it. He was crying uncontrollably." Subsequently, the school board punished Andrew by removing two of his duties.

-- When courts in Nashville, Tenn., get too backed up, a local tradition allows judges to appoint well-known local attorneys to act as "special judges" to help clear dockets. According to a months-long investigation by WTVF-TV, broadcast in April, it appears that at least some of the "special judges" used their power largely to dismiss speeding tickets, including at least one instance of a lawyer's dismissing his own client's ticket. The station found that of almost 1,800 speeding tickets dismissed by courts during the time investigated, 1,300 were by the "special judges."

-- In September 2003, Lisa Strong was hospitalized for a kidney stone, which was not treated properly, and by the time the resultant, massive, life-threatening infections had been dealt with, both her arms and both her legs had been amputated. She filed a lawsuit against the doctors in 2005, but in May 2009, a jury in Broward County, Fla., somehow could not find any fault at all by doctors. (An incredulous Judge Charles Greene reversed the verdict, dismissed the jury and ordered a new trial.)

Inexplicable

-- They're Studying What? Where? (1) Doctors and specialists from the New York Psychiatric Institute are in the middle of a two-year investigation, on a \$400,000 grant from the National Institutes of Health (NIH), on why gay men have risky sex in Argentina. Researchers visit gay bars nightly in Buenos Aires and

question men about their behavior and substance abuse. (2) Wayne State University (Detroit) researchers, operating on a \$2.6 million NIH grant, are now "training" prostitutes to drink alcohol responsibly, to reduce the women's willingness to engage in risky sex. However, the training is taking place in Guangxi province, China.

-- Challenges of Geography: (1) In March, China's Minister of Railways, Liu Zhijun, acknowledged that the government has plans for a rail line connecting Beijing and Taipei, Taiwan (which would involve traversing the Taiwan Strait, which is 108 miles across at its narrowest point). (2) The Czech Republic newspaper Lidove Noviny reported in May that, as late as 1975, the communist government of Czechoslovakia was actively planning to dig a tunnel from that landlocked country underneath Austria and the part of Yugoslavia that is now Slovenia, to give it rail access to the Adriatic Sea, 250 miles away. It is not known what the Austrians and the Yugoslavs thought of the idea.

Least Competent Criminals

-- Police in Indianapolis charged Fifth Third Bank manager Dwayne Roberts, 31, with arson and theft after the failure of his scheme to cover up embezzlement. Police said that Roberts elaborately staged a fire inside a locked vault so that an undeterminable amount of money would burn up, thus perhaps covering his cash shortage. However, after Roberts had set the fire and locked the vault, he realized he had left his keys inside and could not re-open the vault or lock the bank's doors or drive home.

-- Donny Guy, 31, was arrested in Hickory, N.C., in May and charged with burglary of the Captain's Galley Seafood restaurant in a caper caught on surveillance video. Guy was immediately a suspect because he lives in an apartment about 50 yards from the restaurant, and there were two paper trails from the restaurant almost to his front door. The video revealed that, in carrying away the two cash registers in the dark, the burglar failed to notice that the spools of paper in each machine had snagged on something in the restaurant and were unraveling with each step he took.

A News of the Weird Classic (May 2002)

Most Helpful Bureaucrat: When Hermilo Mendez, 28, found himself behind bars on a minor charge in early 2002 in Dilley, Texas, he realized that he finally had time to work on his long-desired divorce and wrote the county clerk in San Antonio to start the paperwork. First, though, he needed the clerk's help, in that he could not remember his wife's name. The couple had married in 1992 after a one-week courtship, and she cleared out shortly afterward. The clerk researched it and informed Mendez that he had been joined in holy matrimony with "Violeta Sanchez Juarez" and that she had apparently long ago returned to Mexico.

Read News of the Weird daily at www.weirduniverse.net. Send items to weirdnews@earthlink.net.

Blog With Us!

www.seniorbeacon.info

click

"Blog With Us" icon

Are You Working Harder Than Ever? Do Health Care Costs Have You Down? The GOOD FEET STORE Can Help You!

Based on *Independent Clinical Studies* and *Rave Reports* from our customers themselves, **GOOD FEET ARCH SUPPORTS** are an extremely **cost effective** means of allowing people, like you, **work/play longer** and with **greater comfort**. Studies show that Good Feet Supports **reduce lost time** at work due to injury and, in terms of **preventative maintenance**, skeptics have become enthusiastic fans. Your feet **support 98% of your body's weight** and if your feet are not properly supported, you may feel it in your **feet, ankles, knees, hips, even your back**.

Good Feet Supports can only **help with symptoms** but, in some cases, **even reverse foot related ailments!**

Get your feet and your body into proper alignment and put your mind at ease! Visit a **GOOD FEET STORE** and a trained representative will take a **FREE footprint** and demonstrate just how supports work in **your own shoes**. There's **no obligation** to buy but, chances are, we have what you need. In about a **1/2 hour** you could be walking out our door with your **new supports** in your shoes and with a smile on your face.

Go with the **leader and innovator**, **THE GOOD FEET STORE**. And remember, imitation is the sincerest form of flattery but, it has no place in your shoes.

Prices start at \$39.95!

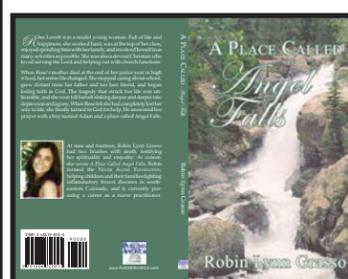
THE GOOD FEET STORE

In PUEBLO: 4602 N. Elizabeth St. - Ste 150 (719)404-0740

In Colo. Spgs: 5327 N. Academy Blvd. (719)599-9033

"A Place Called Angel Falls"

A Wonderfully Uplifting Spiritual Gift For You,
Your Granddaughters or Great Granddaughters



Call 647-1300 for this special price available only through **Senior Beacon!** Limited Time At This Price! Reg. \$24.95

NOW \$18.95

Get your signed copy by author **Robin Lynn Grasso** also available at: barnesandnoble.com, amazon.com and publishamerica.com. but not at this reduced price.

Continental Summer Desserts Keep It Light

by Brete Harrison

In the warm sunlight and soft breezes of summer, Continental Europeans often end their evening meals with a classic medley of cheeses in wedges, slices and balls, served with fresh and dried fruits, nuts and crackers.

Travelers to southern Italy may also enjoy a near heavenly cheesecake torta made with velvety ricotta, raisins and pine nuts, flecked with chocolate and flavored with rum.

SUCCESS TIPS:

-- Fruit and cheese combine well in classic combinations:

Golden Delicious apples, bananas and kiwi with Brie or Camembert, Stilton and Port du Salut.

Pears, pineapple and tangerines with Gorgonzola, Gruyere and Tilsit.

Papaya, pears and honeydew melon with Swiss, Edam or Gouda, and a French double-cream.

QUICK FRUIT AND CHEESE DESSERTS

Freshly picked fruits at the peak of ripeness need nothing to enhance their goodness, but for variety, try these ideas.

CHOCOLATE-COVERED FRUIT

Dip chilled whole strawberries or sliced firm fruits (pears, apples, peaches, nectarines) in melted chocolate. For variety, use dark and white chocolate,

melted separately. Roll in chopped hazelnuts or pistachio nuts and refrigerate to set chocolate.

NUTTY CHOCOLATE BANANAS

Dip peeled bananas in melted chocolate; roll in chopped or ground nuts or coconut or both. Refrigerate. Serve whole or in slices.

FLAVORED DIP FOR FRUIT

Mix together 1 cup sour cream, 1 teaspoon each lemon juice and grated lemon rind, 1/4 cup confectioners' sugar and a dash nutmeg. Serve in small bowls along with brown sugar, whole strawberries or sliced fruit.

RICOTTA, NUT AND RAISIN CHEESECAKE

1 cup superfine sugar
3 tablespoons water
5 tablespoons pine nuts
6 tablespoons golden raisins
2 tablespoons rum
3 1/4 cups flour
1 tablespoon baking powder
1/2 cup firmly packed dark brown sugar
1 1/4 cups ground almonds
4 tablespoons chilled unsalted butter (cut in small pieces)
1 egg
1 teaspoon vanilla extract
1 1/2 pounds whole-milk ricotta cheese
1 teaspoon grated lemon rind
2 ounces milk chocolate, coarsely

chopped

1. In a 1-quart saucepan, heat 1/4 cup superfine sugar and water over high heat. As mixture boils and sugar dissolves, add pine nuts. Continue cooking, swirling pan frequently, until sugar turns light brown. Pour mixture out onto an oiled baking sheet; let cool. Break up into small chunks. Combine raisins and rum in a small bowl, setting aside for 1 hour.

2. To make dough by hand: Stir together flour, baking powder, brown sugar and almonds. Cut in butter with a pastry blender until mixture resembles coarse crumbs. Whisk egg and vanilla together; then add to flour mixture. Toss lightly with a fork, just until dough holds together. Gather into a ball and wrap in plastic; refrigerate 1 hour.

3. To make dough in food processor: Combine flour, baking powder, brown sugar and almonds in work bowl of processor; process 5 seconds. Add butter; process until mixture resembles coarse meal, about 10 seconds. Whisk egg and vanilla together, then add to food processor with motor running. Process just until dough begins holding together. Pour dough out onto a board; gather into a ball, then wrap in plastic. Do not knead (or work) dough, even if it appears to not hold together, and refrigerate at least 1 hour.

4. In a large bowl, combine ricotta, remaining sugar, lemon rind, raisins and rum.

Add chocolate bits and pine-nut brittle; mix well.

5. Preheat oven to 350 degrees. With aluminum foil, line bottom and sides of a 10-inch springform pan. Place slightly more than half the pastry dough on bottom of the pan, forming it into place as it is pushed up the sides. Spoon in ricotta filling. Roll out remaining pastry into a 10-inch round, laying it over top of filling. Bake until top browns slightly, 50 to 55 minutes.

6. Transfer cheesecake to a rack; cool in pan. Release sides of springform pan, then gently peel back foil from sides. Lift bottom of cake gently with a spatula, then pull out foil. Serve barely warm (or at room temperature).

Serves 6 to 8.



Continental tradition calls for summer desserts with a variety of cheeses, fruits, nuts and crackers, served with fruit liqueurs. photo: Copyright 2009, LS Media, LLC

FREMONT/CUSTER County Menus

Penrose(372-3872) - Canon City(275-5524)
Florence(784-6493) - Silvercliffe (783-9508)

FLORENCE

100 Railroad St. - Florence Tu-Thur-Fri

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

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

JULY 9: HUNGARIAN GOULASH, California Vegetable Medley, Green Peas, Pineapple Tidbits.

JULY 10: TUNA MACARONI SALAD, Cool Cucumber Salad, Orange Juice Gelatin, Salad with Banana, Peaches, Cheddar Drop Biscuit.

JULY 14: BBQ PORK RIBS, Corn On The Cob, Seasoned Greens, Potato Salad, Watermelon.

JULY 16: ROAST TURKEY/GRAVY, Whipped Potatoes, California Vegetable Medley, Raisin Nut Cup.

JULY 17: BEEF & SWEET PEPPERS, Steamed Brown Rice, California Vegetable Medley, Pear Halves.

JULY 21: ROAST BEEF, Mashed Potatoes/Gravy, Green Bean Amandine, Apricot Peach Compote, French Bread/marg.

JULY 23: CHICKEN A LA KING, Whipped Potatoes, Tossed Salad with Lite Dressing, Orange, Apricot Halves.

JULY 24: TURKEY SALAD/LETTUCE AND TOMATO, Steamed Brown Rice, California Vegetable Medley, Raisin Applesauce.

JULY 28: OVEN FRIED CHICKEN, Spinach Mandarin Orange Salad, Potato Salad, Peaches, Cornbread/marg.

JULY 30: SPAGHETTI/MEATSAUCE Tossed Salad with Italian Dressing, Seasoned Green Beans, Orange.

JULY 31: CHICKEN FAJITA, Tomato, Lettuce Garnish, Cilantro Rice, Cooked Cabbage with Red Pepper, Grapes.

SALIDA MENU

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

JULY 2: ENCHILADA PIE, Sliced Tomato/Lettuce, Sliced Yellow Squash, Mixed Fruit.

JULY 7: CHILI CON CARNE, Wheat Crackers, Sliced Yellow Squash, Apple, Cornbread with Margarine.

JULY 9: TURKEY SANDWICH/Provolone Cheese & Mustard, Sliced Tomato/Lettuce, Orange, Waldorf Salad.

JULY 10: AMERICAN LASAGNA, Herbed Green Beans, Seasoned Cabbage, Shredded Green Salad/Ital drsg, Banana.

JULY 14: WHITE CHILI/CHICKEN, Wheat Crackers, Carrot/Celery Sticks, Cooked Cabbage/Red Pepper, Apple.

JULY 16: CHILI RELLENO CASSEROLE, Parslied Carrots, Tossed

Professional, Friendly Service Gentle, Caring Staff

We are most proud to sponsor this Menu for the Senior Community. Give us a call today for all your dental needs! 719-547-3737



Byron Beard DMD PC

332 Orchard Springs Drive - Ste 110 Pueblo West, CO 81007

We now have a clinic in Westcliffe at 202 Main St

Call 783-9790 for an appointment!

Vegetable Salad or Cauliflower Broccoli Mix, Orange.

JULY 17: OVEN FRIED CHICKEN, Spinach Mandarin Orange Salad, Potato Salad, Peaches, Cornbread/marg.

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

JULY 23: CHICKEN FAJITA/TOMATO & LETTUCE GARINSH, Cilantro Rice, Cooked Cabbage/Red Pepper, Banana Bread.

JULY 24: TUNANOODLE CASSEROLE, Mixed Vegetables, Sliced Zucchini Squash, Sliced Peaches.

JULY 28: HAM AND BEANS, Cut Broccoli, Parslied Carrots, Orange Juice, Cornbread/marg., Sliced Peaches

JULY 30: BEEF STROGANOFF, Cut Broccoli, Tossed Salad with French Dressing, Apricot Pineapple Compote.

JULY 31: BRATWURST/BUN/ Sauerkraut, Mustard & Onion, Pickled Beets, Sliced Peaches.

GOLDEN AGE CENTER

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

JULY 1: Enchilada Pie, Sliced Tomato/Lettuce, Yellow Squash, Mixed Fruit.

JULY 6: White Chili/Chicken, Wheat Crackers, Cooked Cabbage/Red Pepper, Sliced Apple.

JULY 8: Meatloaf/Brown Gravy, Cheesy

Potatoes, Green Beans, PA Tidbits.

JULY 10: Lemon Baked Fish, Rice Pilaf, Green Bean with Mushrooms, Fruit Salad

JULY 13: Taco Salad/salsa, Tom/Lettuce, Cornbread, Strawberry Applesauce.

JULY 15: Swiss Steak/Mushrooms, Whipped Potatoes, Greens, Orange.

JULY 17: Celebration! Dijon Chicken, Steamed Brown Rice/Parsley, Shredded Green Salad, Cut Broccoli, Strawberries.

JULY 20: Baked Pork Chops, Country Gravy, Whipped Potatoes, Hot Bean Casserole, Cinnamon Applesauce

JULY 22: American Lasagna, Green Beans, Cabbage, Banana, Ital Bread/marg

JULY 24: Fish Creole, Cheesy Potatoes, Squash & Onions, Sliced Peaches.

JULY 27: Beef Stroganoff, Orange Spiced Carrots, Ruby Beet Salad, Sugar Free Jell-O.

JULY 29: Roast Pork, Whipped Potatoes/Gravy, Parsley Carrots, Strawberry Gelatin Salad.

PENROSE CENTER

1405 Broadway-Penrose (Tues/Thur)

JULY 2: HONEY BBQ CHICKEN, Oven Browned Potatoes, Chopped Spinach, Diced Pears.

JULY 7: CORNED BEEF HOAGIE/MUSTARD, SWISS CHEESE SLICE & ONION, Green Beans/Tomatoes, Creamy Coleslaw, Sliced Peaches.

JULY 9: TURKEY TETRAZINI, Italian

Green Beans, Cottage Cheese Peach Salad, Strawberry Applesauce.

JULY 14: ENCHILADA PIE, Sliced Tom/Let, Sliced Yellow Squash, Mixed Fruit.

JULY 16: BAKED PORK CHOP/COUNTRY STYLE GRAVY, Whipped Potatoes, Hot Bean Casserole, Fruit Salad, Cinnamon Applesauce.

JULY 21: BEEF STROGANOFF, Orange Spiced Carrots, Beet Salad, Mixed Fruit.

JULY 23: CHICKEN SALAD SANDWICH/Whole Wheat Bread, Sliced Tom/Let., Orange juice, Sliced Peaches.

JULY 28: TURKEY POT PIE, Tossed Salad, Orange Juice, Apple.

JULY 30: MEATLOAF/ Brown Gravy, Cheesy Potatoes, Green Beans, PA Tidbits

CUSTER SENIOR CTR.

call 719-783-9508 for reservations before 9:30am - Mon&Thur - Noon Meal

JULY 2: Oven-Browned Potatoes, Italian Blend Vegetables, Sliced Peaches, Cookie

JULY 6: TACO SALAD/Lettuce/Tomato/Salsa, Savory Black Beans/Cilantro, Orange Juice, Watermelon Cornbread/marg.

JULY 7: AMERICAN LASAGNA, Green Beans, Cabbage, Banana, Ital Bread/marg

JULY 9: ROAST TURKEY/GRAVY, Whipped Potatoes, California Vegetable Medley, Pineapple Tidbits.

JULY 13: SALMON PATTIES/CREAM SAUCE, Brown Rice/Parsley, Mixed Vegetables, Tangerine, Raisin Nut Cup.

JULY 14: HAMBURGER/CATSUP, MUSTARD & ONION, Sliced Tom/Let, Baked Beans, Potato Salad, Watermelon.

JULY 16: BAKED PORK CHOP/COUNTRY STYLE GRAVY, Whipped Potatoes, Hot Bean Casserole, Fruit Salad, Cinnamon Applesauce.

JULY 20: CHICKEN CORDON BLEU, Rice Pilaf, Asparagus, Apricots.

JULY 21: BBQ BEEF BRISKET, Ranch Style Beans, Carrifruit Salad, Honeydew Cilantro Lime Salad.

JULY 23: PORK CHOW MEIN, Steamed Brown Rice, Cooked Cabbage/Red Pepper, Banana, Fortune Cookie.

JULY 27: ROAST BEEF, Mashed Potatoes/Gravy, Green Bean Amandine, Apricot Peach Compote, French Bread/marg

JULY 28: HUNGARIAN GOULASH, California Vegetable Medley, Chopped Spinach with Malt Vinegar, Banana.

JULY 30: CHICKEN & NOODLES, Seasoned Green Beans, Baked Acorn Squash, Apricot Pineapple Compote

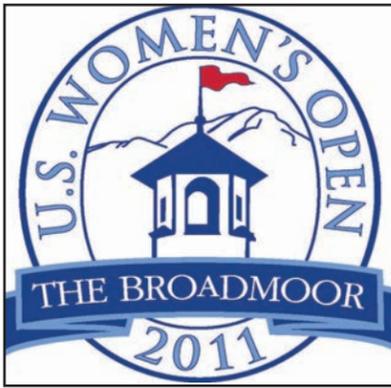
ALL MEALS SERVED WITH MILK

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

2011 U. S. Women's Open Seeking Volunteers

Colorado Springs, Colo. (May 10, 2009) - Volunteer applications are now available for the 2011 U.S. Women's Open Championship, to be held at The Broadmoor East Course, July 4-10, 2011.

More than 3,000 volunteers are needed to fill positions on 28 committees, including marshals, transportation, lead-boards and merchandise. Early submission of the application allows volunteers to specify their committee preference. Interested volunteers should visit www.2011uswomensopen.com



<<http://www.2011uswomensopen.com>> . A full description of committee responsibilities is provided on the Web

site to assist volunteers in determining their preferences.

All 11 volunteers are required to purchase the volunteer package for \$125 (a \$250 value), which includes two championship golf shirts, one championship windbreaker,

one championship ball cap or visor, one water bottle, and one volunteer credential valid for all seven days of the championship, as well as complimentary food, snacks and beverages on the days they volunteer. Each volunteer will be asked to work approximately 16 to 20 hours, or four to five shifts over the course of the championship.

For additional information, or to request an application via mail, please contact Laura Caleal at (719) 471-6493 or via e-mail at lcaleal@broadmoor.com.

About the USGA

The USGA is the national governing body of golf in the USA and Mexico, a combined territory that includes more than half the world's golfers and golf courses.

The Association's most visible role is played out each season in conducting 13 national championships, including the U.S. Open, U.S. Women's Open and U.S. Senior Open. Ten additional USGA national championships are exclusively for amateurs, and include the U.S. Amateur and the U.S. Women's Amateur.

The USGA also writes the Rules of Golf, conducts equipment testing, provides expert course maintenance consultations, funds research for better turf and a better environment, maintains a Handi-



cap System and administers an ongoing "For the Good of the Game" grants program, which has allocated more than \$63 million over 12 years to successful programs that bring the game's values to youths from disadvantaged backgrounds and people with disabilities. For more information about the USGA, visit www.usga.org.

Contacts
Laura Caleal - Championship Staff: lcaleal@broadmoor.com, (719)-471-6493

Beth Murrison - Manager of Communications, USGA: bmurrison@usga.org, (908)-234-2300

Douglas K. Habgood, Executive Director - 66th U.S. Women's Open <http://www.2011uswomensopen.com/>

The Broadmoor * Colorado Springs * July 4-10, 2011
P. (719) 471-6491 * C. (719) 491-6757

Where would you like to go?

- "Door through Door" Service
- Friendly, Responsive Drivers
- Errand & Concierge Service
- Late Model, Comfortable Cars

Call today for a free quote and more information.

Going Your Way Senior Accompaniment

Medical Appointments →
← Pick up Medications
STOP AT THE BANK ↑
↓ BUY THE GROCERIES

ANYWHERE THAT YOU NEED TO GO!

All drivers and vehicles are bonded, licensed and insured.

719-543-1996

Enjoy "Art" For Free

SANGRE DE CRISTO ARTS CENTER ANNOUNCES "FREE EVENING," THURSDAY, JULY 2, FROM 4 TO 7 P.M. (PUEBLO) - The Sangre de Cristo Arts Center announces they will be host-

ing a special "Free Evening," on Thursday, July 2, sponsored by the County and City of Pueblo, through the CSAC grant. From 4 to 7 p.m., admission to both the Helen T. White Galleries and Buell Children's Museum will be free for everyone who enters.



This day will kick-off the start of the Sangre de Cristo Art Center's new Thursday night hours. Both museums will now stay open late, on Thursdays only, until 7 p.m. The first late-hour night will start July 2, and continue until August 20. These late-hour Thursdays will correlate with the dates for the "Loco for Local Evening Farmer's Market," put on by That's Natural Marketing, being held in the Jackson Sculpture Garden and South parking lot, from 4 to 8 p.m., at the Sangre de Cristo Arts Center.

Don't miss your chance to experience and see world-class art, by famous artists, and fun for the whole family...free!

The Sangre de Cristo Arts Center is located at 210 N Santa Fe Avenue, just off of I-25, exit 98b. Galleries and Buell Children's Museum is open Tuesday-Saturday 11a.m.-4p.m.; closed Mondays. Box office is open Monday-Friday, 9a.m.-5p.m., Saturday, 9a.m.-4p.m. Admission is \$4 for adults, \$3 for children, seniors, students and military.

For more information call 719-295-7200 or visit us online at www.sdc-arts.org. All proceeds benefit arts education programs.

RaeAnne Short
Marketing Specialist
Sangre de Cristo Arts Center
210 N. Santa Fe Ave. | Pueblo, CO 81003
p: 719-295-7229 | f: 719-295-7230 | e: rae-anne@sdca-arts.org
www.sdc-arts.org

GRANDPARENTS

Enjoy hearing your grandchildren again!

Do you hear your wife, but do not understand?
Does your husband always have to repeat himself?
Does it sound like your grandchildren mumble?

Call today for a no-charge, comprehensive hearing evaluation from an experienced, caring professional.

Miracle Ear Sears Hearing Aid Centers
"Pueblo Mall Inside Sears"

3201 Dillon Drive - Pueblo, CO 81008
584-2347

The Hearing Aid Center America Trusts®

\$15.00 LIMITED TIME ONLY!

GAS CARD

We will pay for your trip for a comprehensive hearing test*.

*Must have a third party present during test. code B1 ex: 7/31/09

Something new for Pueblo!

Assisted Living Apartments available now!

Gracious supportive lifestyle for seniors in an elegant setting.

Contact us today to schedule a tour and learn about our move-in specials!

Private pay and most long-term care insurance plans accepted.

Chateau at Sharmar Village

1201 W. Abriendo Avenue - Pueblo - Our Mission is to SERVE OTHERS! 719-544-1173
www.chateauatsharmar.com

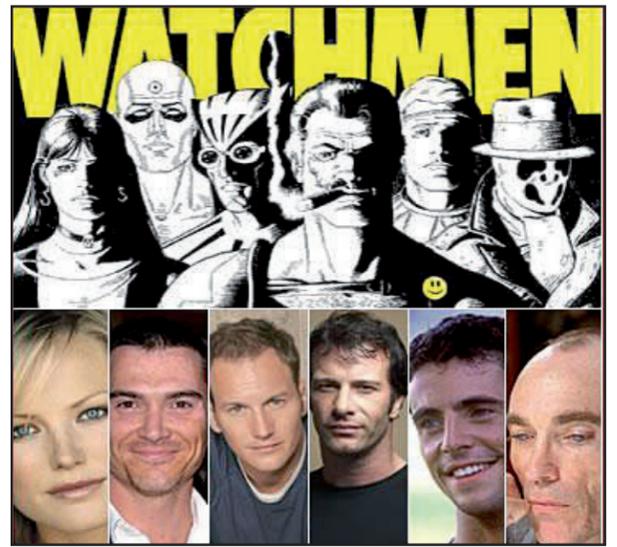
Reeling "No Joking Around"

by Film Critic Betty Jo Tucker, Pueblo

NO JOKING AROUND
Is the universe "one big joke," as an important character in "Watchman" proclaims? I hope not, but how I wish this movie contained at least some humor to temper its dark themes! Still, Zack Snyder's version of this graphic novel sensation bowled me over with its fascinating visual style and exciting set pieces. Fortunately, unlike "The Dark Knight," I had no trouble seeing what was happening on screen, even though I refused to watch a couple of excessively violent scenes.

Set in a bizarre 1985 world, the film depicts extremely hard times for a group of costumed heroes who've been outlawed by Richard Nixon – despite helping him win the Vietnam War. When one of the group is murdered, Rorschach/Walter Kovacs (Jackie Earle Haley) becomes concerned and starts to investigate. He contacts former Watchmen, including Dr. Manhattan/Jon Osterman (Billy Crudup), Ozmandias/Adrian Veidt (Matthew Goode), Nite Owl II/Dan Driberg (Patrick Wilson) and Silk Spectre II/Laurie Jupiter (Malin Ackerman) as well as his former nemesis Moloch/Edgar Jacobi (Matt Frewer). Finding the answer to this mystery forms the main story line here, but philosophical/political issues also receive intense emphasis. For example: Is life meaningless? Does the end justify the means? Should you destroy millions of lives to save billions of lives?

In flashbacks, we learn how the Comedian/Edward Blake (Jeffrey Dean Morgan) became obsessed with violence. Now, each of the other Watchmen faces problems of his/her own. Because of an incredible accident, Dr. Manhattan has been changed into a glowing blue godlike creature with power over physical matter – but he's growing more and more distant, which causes distress for Silk Spectre II, his current girl friend. Ozmandias seems more interested in his business ventures. Nite Owl II worries about his attraction to Silk Spectre II. And Rorschach wants to wreak revenge against all bad guys. Can this motley crew work together to solve the murder mystery – and, in the process, prevent a nuclear war between Russia and the United States?



rated "R" for strong graphic violence, sexuality, nudity and language. Available on DVD beginning July 21, 2009.)

Filmmaker Snyder directs this ambitious project with a stylistic approach similar to his work on "300," another highly artistic offering. Intriguing cinematography, stunning set design, and remarkable special effects contribute to the amazing look of the film.

The movie's musical background also surprised and pleased me, especially Nat King Cole singing "Unforgettable."

All the Watchmen actors give excellent performances, but Billy Crudup ("Big Fish") stands out for me. His mesmerizing voice lends Dr. Manhattan a necessary otherworldly quality – plus the motion-capture technique applied here makes his character quite unique and spellbinding.

While not my favorite superhero movie (that's "Spider-Man"), "Watchmen" provides a different and interesting take on this popular genre. If you're a non-squeamish viewer, it's definitely worth seeing.

(Released by Warner Bros. Pictures and

July's Big Screen Treats

Among the most promising theatrical releases this month are "Public Enemies," "Ice Age: Dawn of the Dinosaurs," "Harry Potter and the Half-Blood Prince," and "Orphan."

"Public Enemies," starring Johnny Depp (recently inducted into the "Movie Addict Headquarters" Screen Legends Hall of Fame) as John Dillinger, opens the first week in July -- as does the third "Ice Age" outing, an animated film which should offer fun for the entire family. "Harry Potter" casts another spell over our multiplexes starting on July 15, and "Orphan," a horror movie featuring the most evil youngster since "The Omen," creeps onto the big screen on July 24.

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

kitchentune-up
Remodeling your expectations.

Small Changes. Big Differences. NO HASSLES.

1 Day Wood Reconditioning
Custom Refacing and Much More...

719.647.1945

Each kitchen tune-up franchise independently owned and operated

kitchentuneup.com

BRADY'S & Spa Center

Southern Colorado's Hidden Treasure,
where service and selection are unsurpassed

Best selection for trees, shrubs, perennials, annuals, and xeriscape plants, all at low, small town prices

1121 S. 9th St.
Cañon City, CO
719-275-1286

Continuing to Exceed the Standard

Dian & Gerry J. Montgomery

Marvin F. Steward

In an effort to provide the finest service and resources, Montgomery & Steward Funeral Directors' top priority was to expand our facility to continue to meet the needs of the families we serve. We believe we have achieved that goal.

We now offer a larger chapel and reception area, additional visitation rooms, handicap accessible restrooms and elevator, Kids' Kove (our children's play area) and a grief resource center.

Since 1922, our pledge has always been to provide quality care and personalized service to families of all faiths and ethnic origins. We promise to continue that tradition as long as our funeral home bears the names Montgomery & Steward.

If you haven't visited us yet, stop by today and we will be glad to give you a tour.

SELECTED Independent FUNERAL HOMES
Member by Invitation

Member of International Order of the GOLDEN RULE

- Funeral Services
- Pre-need Plans
- Cremations
- Burial Planning
- Granite Monuments
- Bronze Memorials

Since 1922

MONTGOMERY & STEWARD
Funeral Directors, Inc.

14th and Main Streets, Pueblo, Colorado 81003, (719) 542-1552
Visit our web site: www.montgomerysteward.com

ALL ON ONE CAMPUS!

"QUALITY PEOPLE CARING FOR QUALITY PEOPLE"

www.westwindcampus.com

Westwind Village
Skilled Nursing Facility

Horizon Heights
ALZHEIMER'S NURSING FACILITY

The Living Center & Casa De Vida
ASSISTED LIVING

SKILLED NURSING

- Short-Term Rehabilitation
- Long Term Care
- Respite Care
- Ventilator Care
- Sub-Acute Care

ALZHEIMER'S CARE

- Skilled Nursing Care
- Secure Environment
- Small, Private Facility
- Individualized Activities

ASSISTED LIVING

- Medicaid Certified
- All Inclusive Private Rates
- Central Location
- Daily Activities

We Welcome: Medicare, Medicaid, Most Insurance, VA Contract and Private Funds

Westwind CAMPUS OF CARE

Stop in For a Tour Today!
719-564-0550
2515 Pitman Place
Pueblo, Colorado 81004