

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

Coming Up!
 Happy Father's Day
 Congratulations Class of 2008

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!!

JUNE, 2008 Vol. 26: No. 11 Established Aug., 1982 311 Consecutive Months!

Potpourri Of Subjects To Tickle Your Fancy

by James R. Grasso, Publisher, Chief Cook/Bottle Washer for Senior Beacon

Yes, those were pictures of my daughter, Robin Lynn you saw in the *Pueblo West View* and *The Pueblo Chieftain* in late May. She is the same child that many of you prayed for and continue to pray for beginning in early 2000. It has been eight-plus very demanding years for Robin Lynn and her immediate family as well as our extended *Senior Beacon* family. I've tried to keep you all updated over the years while still trying to keep Robin's privacy intact.



Through all of her trials and tribulations she has persevered and flourished. My family and I are very proud of her and her many accomplishments, most especially finishing as Valedictorian of her class at Pueblo West High School.

Thank you all so much for your prayers and words of encouragement throughout the years.

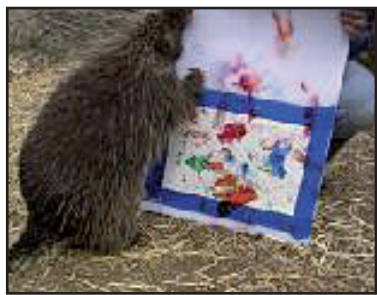
Oh, and the next time someone comes up to you and tells you there are no miracles, tell them the story of Robin Lynn.

Robin still is battling and whatever prayers, thoughts and good vibes you are willing to send her way would be forever appreciated.

From Wendie Stauffer, writing contributot for Senior Beacon and Foot Re-

Four-Legged Celebrity At Zoo

The Pueblo community is home to many individuals with artistic talents. The Pueblo Zoo's own Ziggy the porcupine is now being called a four-legged celebrity.



On Friday, June 20, the Pueblo Zoo will host Zoofari, its annual fundraising event. This year's Passport to Adventure, emceed by Jon Karroll from KRDO TV, will begin at 5:00 pm with an open bar, music by the Alan Polivka All Star Band, a silent auction, and Safari truck tours. The dinner buffet will start at 7:00 and the live auction with Gus Sandstrom, as the auctioneer, will start at 8:00 pm.

As one of the live auction items at Zoofari, the Zoo will be debuting the work of an extraordinary new artist - Ziggy, a five-year old male porcupine. Although Ziggy has only been painting for less than one year, he is truly a professional.

If you are interested in additional information concerning Zoofari, please call 561-1452, Ext. 100 or visit the Zoo's web site at www.pueblozoo.org for on-line bidding on selected items.

ART MEETS CELEBRITY WITH A NIGHT OF HOLLYWOOD FLAIR

SANGRE DE CRISTO ARTS CENTER TO CELEBRATE ITS 36TH ANNIVERSARY

PUEBLO— Art meets celebrity when Hollywood comes to Pueblo this summer! Join the Sangre de Cristo Arts Center on June 6 for a Hollywood evening complete with a red carpet and live entertainment by Lannie Garrett as the Arts Center celebrates its 36th Anniversary. Special thanks go to the Mahlon Thatcher White Foundation for their enduring sponsorship of this glitz and glamour affair.

The celebrations begin at 6 p.m. with a red carpet event leading into the Helen T. White Galleries with cocktails compliments of Land Title Guarantee and hors d'oeuvres. Gift boxes are for sale at \$100 each; purchase one and you also have the opportunity to participate in a drawing for \$500 in cash.

Lannie Garrett will provide the entertainment for the evening. Her cabaret performance: "Screen Gems—Songs from the Movies" will perfectly tie the evening's Hollywood festivities together. One of Denver's top performers, Garrett performs regularly in her own intimate nightclub, Lannie's Clocktower Cabaret in the basement of Denver's historic D&F Clock tower building on the 16th Street Mall. Her Screen Gems production

includes movie hits from Goldfinger to Moon River, and memorable songs from Fred Astaire and Judy Garland movies, Saturday Night Fever, Pulp Fiction and other classics.

A silent auction features a condo stay in Maui, tickets to the U.S. Senior Open with passes to the VIP tent, Rockies autographed jerseys, baseballs and game tickets and original works of art by Teresa Vito and Kim Mackey. Live auction items include VIP performance tickets to Jersey Boys at the Denver Center for the Performing Arts with an overnight stay at the Curtis Hotel and a one week escape in Las Vegas; airfare included.

Black and white, silver and pink set the atmosphere for the evening. Art-deco inspired floral arrangements will sit atop bright pink satin runners bespeckled with rhinestones and candlelight. The Jackson Conference Center will be transformed into a magical Hollywood realm with white gossamer and silver lame. For dinner, savor a delectable meal that begins with a Carmen Miranda summer salad. For the main event John Wayne meets Esther Williams (steak and lobster) costarring Rosemary Clooney potatoes. For desert, enjoy the crème de la crème

flexologist extraordinaire comes the following:

Here is something not many of us get to see, unless you live near there - Mt. St. Helens at sunrise.

Mt. St.. Helens continues to spew ash, while it is forming a lava dome in the crater and still having minor tremors.

Here in this sunrise shot, she appears to be blowing smoke rings (and anything so benign is welcomed,



given recent history).

What forms the 'smoke rings' is the air flowing over the mountain getting pushed up higher as it goes up and over the top. The moisture content and initial temperature are just right so that the moisture condenses from a vapor to small particles at the higher altitude. When the moving air moves past the Peak and comes down again, the particles



evaporate back to an invisible vapor.

The two 'pancakes' describe that there are two layers of air for which this is happening, thus making these awesome pictures possible.

Striped Icebergs? Icebergs in the Antarctic area sometimes have stripes, formed by layers of snow that react to different conditions.



Blue stripes are often created when a crevice in the ice sheet fills up with meltwater and freezes so quickly that no bubbles form.

When an iceberg falls into the sea, a layer of salty seawater can freeze to the underside. If this is rich in algae, it can form a green stripe.

Brown, black and yellow lines are caused by sediment, picked up when the ice sheet grinds downhill towards the sea.



And Last But Not Least. You just have to admire the American entrepreneurship. From the per rock to the ipod and the hula hoop to the dvd American ingenuity is at its best.

The same can be said for the selling of the products these "would-be" tycoons are peddling.

From Brylcream, a little dab'll do ya" to "Canoe, Canoe?" and from Speedy Alka Seltzer to John Cameron Swayzee and Timex watches that "take a lickin' and still keep kickin'" we Americans know how to get things sold. With that in mind take a gander at the last picture on this front page article. We think you'll get a kick out of one man's way of getting people's attention.

George and Gracie (Crème Brule). Dinner is catered by Rosarios.



The event sponsor is the Mahlon Thatcher White Foundation. Platinum sponsors are Dr. and Mrs. Hasan. Gold level sponsors are Dr. Charles W. Kessler and Dr. Philip Marin; Mary Jo & Jarvis Ryals; and Loaf 'n Jug. Silver level sponsors include Aquila, Greg and Sally Berryman, Centennial Insurance and Ron & Cathy Diodosio. Bronze level sponsors include Isabelle Clark, C&C Sand, Pueblo Bank and Trust and Hub International. We thank all of our generous sponsors, and apologize for the omission of sponsor names that were confirmed after the writing of this release.

Tickets are \$110 per person and expected to go fast. Call 719-295-7200 to reserve your spot. The gala is black-tie optional. Come as a star or come as you are. The Arts Center is located at 210 N. Santa Fe Ave., downtown Pueblo.



Here's a guy that knows marketing

Just One Guy's Opinion

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



"Ha! Ha! I Told You So"

Now that I have your attention for better or worse, here goes! Enviros & their accomplices are hurtling us into the abyss. I received a film from some folks in Rye or Colorado City, it really matters not. It had a man who at first blush, looked like he was a survivalist from Montana. He began his diatribe slowly and measured and commenced to tell the watcher of his drivel how the best way to ruin the United States was to let the government, as it is presently constituted (see George W. Bush but not the Congress who runs the show), bring us all to oblivion. He said point-blank that the policies we are undertaking were akin to terrorists who want us dead. Imagine that!

His riff included the usual pap about exporting jobs, blowing money on wars, corporate tax relief, ruining the environment, Big Business gouging us all and on and on *ad infinitum*. Of course he never figured that one of the reasons we have lost jobs is because of the difficult business climate most corporations find themselves having to handle. He never talked about how the myriad of regulations put on these corporations have forced them to look elsewhere for employees. He never mentioned the fact that if the enviros (of whom he was a card carrying member) would back off, our energy "problems" could be resolved.

I'm tired of these braying asses (donkey lingo) pontificating as if they have a clue. Their "holier-than-thou" and condescending attitude toward everyone and everything has blinded them to what's really going on out there. Here's the "Told You So" part. Have you seen the price of gas, food, electricity and etc.?? As I have stated over and over again if we are not allowed to get the oil that is out there and use our formidable nuclear technology, the glug, glug you'll hear won't be the sound of gasoline going into your tank, it will be the sound of the economy going down the drain. Using food-stuffs like corn puts huge pressure on other grains and the poorest of the poor are the ones that suffer all over the world because they can't afford the rising costs of grain. So, go with all the jingoism that algore exploits. Tell yourself that your carbon footprint isn't a political ploy and that the energy from the sun is free and the energy from the wind is free after the intial costs which are astronomical by the way. I especially like the last one I heard concerning global warming. It's a true prognostication that one of these enviros said we are still in global warming but for the next 10-15 years we will take a break and the planet will be cooling down. That, despite the fact that fossil fuels will continue to be used and escalated world-wide. So, may I ask one of you algore followers, how in the world do you swallow this nonsense. Also, if we keep putting off nuclear, coal and petroleum exploration seniors will be one of the demographics that will be hardest hit. It won't be Big Business's fault no matter how the Left (including our "un-biased media) spins it. The blame will be squarely on our Democrat-controlled Congress and their will assistants from the environmental movement.

Enviro Policies Will Ruin U.S.

I'm all for being good stewards of the land given us. I was for scrubbers on smokestacks and some emission control standards and cleaning up the water and

planting trees (I have 60 or so on my property, all but two planted by me) but ladies and gentlemen these pie-in-the-sky emotional enviros are bringing us down a path to economic catastrophe. This past winter the cost of electricity (some of which is provided by wind power) went up. The cost of natural gas went up. The cost of propane skyrocketed. The cost of diesel is astronomical. In terms of everyday living, who do you think are going to pay for these increases as they ripple through our economy?

When will you enviros finally back off? Do these prices have to reach ridiculous heights? Is \$10 for a gallon of gas good enough. Will a loaf of bread have to reach \$4-\$5? Will your morning cereal need to cost \$8-\$10 per box? When are you going to back off?

We have developed ways to curtail much of the emissions that are harmful. There is even a process to liquify spent nuclear reactor rods and reuse them for other beneficial purposes. That's right, we won't need to put them in caves in Utah. We are a nation filled with doers and thinkers. What we need to rid ourselves of are do-gooders with failed ideas. Soon there will be no discretionary money. All of you only Social Security, where do you think your money will come from if the only thing people have money for is food, gas, electricity, propane and shelter? By definition jobs will be sacrificed because people will be hunkering down. Why buy those nice flowers that bloom all spring? Why go get a new outfit to make yourself feel better? You can't go to your favorite restaurant or spend money on entertainment because those discretionary funds will be non-existent.

Even if you wanted to continue to live your lives with these niceties, you can't because all your money is spent on necessities. Then your jeweler, favorite restaurant, hair stylist and so many others will have to make do with less employees or worse yet, close their doors. Then, with unemployment will come less money taken for Social Security payments and the cycle to our own oblivion begins.

Oh, it will be traced to the Republicans or the conservatives. Somehow they will be blamed. I am serving notice though, that this was caused by enviros and their willing accomplices in Congress that call themselves our leaders. I'm not afraid to say it. I'm ashamed at the appalling lack of concern for the American public and our way of life. The latest "energy" bill with its bio-fuel bent and pork barrel spending does nothing to help the plight of you and me public. It's as plain as an unsalted cracker with nothing on it.

The only way this can be stopped is by the rest of us saying ENOUGH!! Call your elected officials. Write your newspapers. Vote for people who have common sense. It matters not which side of the aisle they are on. We are playing with an immense fire and inaction, finger-pointing and bloviating will not help us.

I can only hope it's not too late.

Hope

I realize in my first two diatribes I painted a pretty bleak picture. But there is hope. I was sent recently a short movie on a machine built by a man who was trying to kill cancerous cells with radio waves! The off shoot of this experiment is that he was able to make his machine actually burn salt water and his experiment showed the burning flame providing enough energy to drive a small and simple engine. Imagine the implications to cars or power plants using salt water from the sea to run autos and turbines! This is no secret. Automobile manufacturers and their design engineers are looking into this phenomenon. Just think of the new land we can use as the seas subside exposing virgin earth. We have also found on the Bakken Plateau (North Dakota) that there is some 500 billion barrels of oil that can be retrieved by horizontal drilling and that there may be more oil than first suspected in that God-forsaken part of earth known as ANWR in Alaska. And the last thing I read about nuclear power is that if each state had one nuclear plant geared up properly, these plants could provide enough electrical energy to take care of that state's needs.

As I've stated before and will continue to state again, where are the grown-ups or where is the grown-up who will lead this country? It is my belief that like all things lemming, public opinion will begin demanding that the enviros shut up and push them aside and then the politicians will begin putting legislation into action to see to it, once and for all, that we can provide for our own energy.

Finally, as the Class of 2008 quietly, or maybe not so quietly, heads into the summer of their decisions I'd like to thank all of you who have read this column over the past 8 plus years especially. Your prayers and kindnesses buoyed our family in a way that allowed us to overcome our daughter Robin's medical problems. She worked very hard and graduated as valedictorian of her class. Your prayers are still needed for her well-being as she is not out of the woods but marches ever forward.

Godspeed!

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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.

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Debate On Origins Of Life Continues To Evolve



Why is there such a visceral negative reaction to scientists who explore alternatives to evolution?

Shaunti Feldhahn, a right-leaning columnist, writes the commentary this week, and Andrea Sarvady, a left-leaning columnist, responds.

SHAUNTI FELDHAHN (COMMENTARY):

Ben Stein's controversial new movie, "Expelled," explores the strange, extreme bias against any scientist daring to mention the obvious holes in Darwinian macroevolutionary theory.

Darwin's theory was published 149 years ago, and has been the primary origin-of-life theory since the 1930s. Since then, evidence to support macroevolution (one species mutating to a different species) has advanced only marginally, while evidence questioning it has exploded. Advances in genetics, cellular biology, chemistry and many other fields have been seized to map human DNA and create wonder drugs. Yet they also raise questions about Darwinian macroevolution -- questions that no scientist can follow up without being "expelled" from the respected ranks of the scientific community. It's absolutely absurd.

Why the knee-jerk reaction when scientists even mention problems with the theory, such as that genetic mutation usually harms organisms instead of building complexity? Using direct observation and hypothesis -- a tool of the scientific

method -- it looks like the scientific community is fearful of alternatives that might (its members think) muddle science and religion.

Remember, Galileo's heretical observation that the Earth revolved around the sun eventually separated science from both philosophy and religion. Science required a willingness to change one's views based on observation instead of blind allegiance to authority or accepted beliefs. For that willingness, Galileo was ostracized, forced to recant, and no longer allowed to teach or publish.

Sounds oddly familiar. "Expelled" highlights scientists who have had their freedom of speech and scientific inquiry violated and have been harassed, fired or blacklisted. In a phone interview, Caroline Crocker explained that she regularly taught evolutionary theory at George Mason University, but then made one mention of its contradictions and of the intelligent design theory as one potential solution. She was immediately removed from teaching and later fired.

A cellular biologist, Crocker sees DNA complexity that "doesn't seem feasible from random mutation. I don't know if ID (intelligent design) is right or evolution is right. We are not at a place to say it is right. As scientists, we need to be able to explore."

The scientific community has apparently adopted Darwinian macroevolution not as a simple scientific theory that

they're willing to examine, adapt and change, but as a philosophy of life that is just as fiercely protected as the beliefs in Galileo's day.

ANDREA SARVADY (REBUTTAL):

You've just entered the lab of critical thinking. Let's start by putting this week's question under a microscope. See any reality mutations?

There's simply not a visceral negative reaction to scientists exploring alternatives to anything -- why, that's what scientists do. Contrarian by nature and unwilling to settle for guesswork, they're portrayed only as peer-obsessed cowards when non-scientists don't like the answers they're getting.

Do intelligent design proponents really think that the thousands of geologists digging their lives away wouldn't be thrilled to discover mammal fossils down in the age of fishes? Darwin would spin in his grave, but so what? Scientists want to be right. For this reason, they study intelligent design tirelessly. Too bad that the evidence for it just isn't there.

Speaking of things that aren't there -- blacklist fever at George Mason University, where Caroline Crocker was supposedly terminated immediately for merely mentioning intelligent design. A quick check with university spokesperson Daniel Walsch reveals that Crocker finished out the term of her contract and simply wasn't rehired in the fall, a common occurrence with non-tenured pro-

fessors. Now we have Crocker and company getting their martyr party started in the movie "Expelled," a docu-dagger aimed straight at secular science.

Mutations in reality like intelligent design are truly harming science curriculum and scientists all over the country. Intelligent design shows a great deal of respect for a spiritual creator, as do many scientists who find religion and evolution to be quite compatible. Yet respect for scientists themselves is on the wane; intelligent design advocates willfully tear down anyone resisting their pre-ordained conclusion.

Here's "Expelled's" Ben Stein, explaining to Christianity Today magazine why those rats in lab coats don't earn his respect:

"It's not as if science has covered itself with glory, morally, in my time. Scientists were the people in Germany telling Hitler that it was a good idea to kill all the Jews."

Really, Ben? You're going to exploit the Holocaust to prove a theory that simply sounds better to you than a century of evidence building? Fortunately, most Americans are on the side of both God and good science, unwilling to let their faith in one shake their faith in the other.

Wow. There's a highly evolved organism for you.

Writer's Art: "About A Commitment To Terror"

by James Kilpatrick

"His commitment to terror," wrote Jonathan Yardley in The Washington Post, "is deep and ardent." He was reviewing a book about wine.

Two long paragraphs on down, Yardley returned to "the treasured terroirs of France and Italy." In the next sentence he commended an author's "admirable loyalty to terror."

On that same Sunday two weeks ago, Michael Dirda was also contributing to the Post's book pages. He was writing about the novels of Albert Camus. He recalled "The Stranger," about "an affectless young man." Dirda had just rediscovered the Camus canon: "His carnets were clearly distinguished additions to the great tradition of Montaigne's essays ..." Dirda remarked briefly upon the "pensees" of Pascal and the "bon mots" of Camus. Should everyone grasp them? Said Monsieur Dirda: "Mais, bien sur."

Yes, dear patient reader, we are

off again on the conflicting obligations of a professional writer. In our business -- the writing business -- one obligation is to the audience we serve. Another is to ourselves and our often frustrating craft.

Definitions first: The noun "terror" never made it to any of my six desk dictionaries nor even to the massive old Random House Unabridged. The noun does appear in the two-volume Oxford English Dictionary. Yardley had used it precisely. Rooted in medieval Latin, terroir blossomed in 15th-century France. Terroir is "the complete natural environment in which a particular wine is produced, including factors such as the soil, topography and climate; also, the characteristic taste and flavour imparted to a wine by this environment."

What about "affectless"? Oxford's experts give it a brush-off. It means simply "without emotion." The gurus of Merriam-Webster are wordy gurus. An affect to them is "the conscious subjec-

tive aspect of an emotion considered apart from bodily changes." Yes. It is also "a set of observable manifestations of a subjectively experienced emotion."

Merriam-Webster and Random House never met a "carnet" (car-nay), but the others agree that a carnet is a kind of notebook. It can also mean a pass or permit that allows a foreigner to drive in Europe. Not to brag, but I knew a "carnet" from a rented Fiat in France 30 years ago. Craziest gearshift I ever met. Never mind. I stumbled over Dirda's comments upon the carnets of Camus.

Very well. Two years of college French washed over me and left some residual seaweed behind. Thus I had a firm handle on "bon mots" and "mais, bien sur." But where does a writer draw a line? For you readers out there, what mots are bon?

This much is certain about resorting to obscure or foreign words: There is no better answer than "it depends" -- and

their deployment depends upon all sorts of things. What is a writer's purpose? Samuel Johnson provided a famous answer: Only a blockhead, he told Boswell, ever writes except for money.

At the professional level this may be true, but there is a lot more to it. For whom are we writing or speaking? What's our purpose? Dirda and Yardley were writing to inform, amuse and educate readers of The Washington Post's Sunday book supplement. Who are these readers? How large is their vocabulary?

These are judgment calls. They lead to different strokes for different folks. As Mark Twain taught us long ago, we use one vocabulary in talking to a maiden aunt, another for the kindergarten nephew. All I'm suggesting is that writers and speakers err on the side of plain old comprehension. It's sound advice. Vrai-ment!

(Readers are invited to send dated citations of usage to Mr. Kilpatrick in care of this newspaper. His e-mail address is [kilpatjj\(at\)aol.com](mailto:kilpatjj(at)aol.com).)

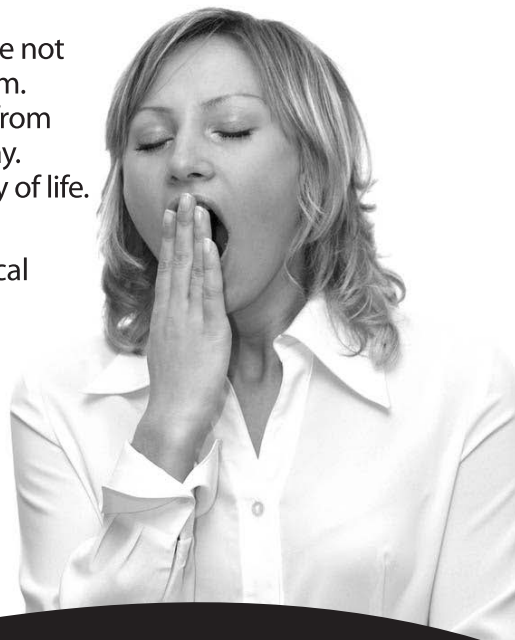
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news of the weird

COMPILED BY CHUCK SHEPHERD
FOR SENIOR BEACON



The Continuing Crisis

-- Another Criterion for Teacher Certification: Police in Fort Myers, Fla., were called to Royal Palm Exceptional School in April and wound up arresting an 8-year-old boy named Deshawn for punching his female teacher in the face, leaving several bruises. Said Deshawn's grandmother, Dorothy Williams, when interviewed by WBBH-TV: "He gets very upset, and he loves to hit," but "If he was overpowering her that much, I feel like she shouldn't be in that line of work."

-- America in Decline: One of the Internet's successful Web sites (10 million page views a month, with \$500,000 in ads from companies including Verizon, McDonald's and General Motors) is a site that merely reports on what celebrities' babies are wearing, in that so many mothers are apparently obsessed with mimicking those clothing choices for their own tots. A May Wall Street Journal feature said sometimes the site's posting a photo of a celebrity baby incites a nationwide run on what it's wearing.

-- Workplace Culture: (1) Salesman Chad Hudgens filed a lawsuit in January against his former Salt Lake City employer, charging that the boss and a "motivational trainer" used, as a "team-building" exercise, what was essentially the controversial "torture" practice of "waterboarding." The boss allegedly said that if salesmen tried as hard to close deals as they're trying to breathe during the simulated drowning, sales would soar. (2) British office worker Theresa Bailey, 43, was awarded the equivalent of about \$10,300 by a court in Ashford, England, in May after she complained of sexual harassment by her otherwise-all-male direct-marketing team at Selectabase company. Among the "laddish" behavior was her boss's regularly "lift(ing) his right cheek" and expelling gas in her direction.

Bright Ideas

-- Most Convoluted Business

Plan: Adolfo Martinez, 33, and Mark Anderson, 26, were indicted for fraud in Las Cruces, N.M., in April, accused of passing forged checks. The men's plan was to buy Domino's pizzas with the checks, then have one of the men put on a Pizza Hut shirt and resell the pizzas, by the slice, in a local park or at stores (even though the pizzas were still being carried around in the Domino's boxes).

-- Triumph International, the Japanese women's underwear company, released its latest publicity-seeking creation in May: the solar-powered bra, with enough exposed panels to power an iPod or cell phone. Other Triumph specials include a baseball bra (with fielder's-mitt-shaped cups) and a heated bra (with microwavable gel pads to warm the cups).

-- Joe Weston-Webb, formerly a carnival showman but who now runs a flooring company in Nottinghamshire county, England, told reporters in March that he was exasperated at crime in the area and his inability to legally use enough force to protect his property, and that he had pulled two pieces of non-lethal equipment out from the old days to shoot at criminals: a 20-foot-long cannon, formerly used for firing his wife across the River Avon (now loaded with rubber-tipped projectiles) and a 30-foot-high catapult (now loaded with chicken droppings from a nearby farm). Said Weston-Webb, "(T)he only people who seem to be against what I'm doing are the police."

First Things First

(1) A supervisor at the Montana Department of Public Health and Human Services told a Billings Gazette reporter in March that some of his employees were complaining that new computers delivered to the office lacked games like solitaire, hearts and Minesweeper, and that it wasn't fair that employees with older computers still had the games. (2) The traffic commander of the Rusafah

district in Baghdad told his officers in April to start enforcing the country's seat-belt laws. The fine is the equivalent of about \$12.50.

News of the Tacky

(1) The leader of the Liberal Party in the Australian state of Western Australia said in April that he would not resign even though an accusation against him was true: that at a party staff meeting in December 2005, when a female colleague got out of her chair, he playfully moved over and sniffed it. (2) The Missouri Supreme Court suspended the law license of David A. Dalton II in March for allegedly arranging leniency, with a prosecutor, for one of his clients in exchange for the client's having her godfather, retired football star Terry Bradshaw, autograph a baseball for him.

People With Issues

In May, a New York appeals court rejected a lawsuit by the former mistress of prominent married rabbi Joel Goor, 75, that claimed he would owe her a \$125,000 cash settlement if he broke up with her. The court said it was a contract that facilitated adultery and therefore was not enforceable, even though there were several non-adultery-related provisions. According to the New York Post, the contract called for the woman to receive a half-interest in Goor's house in the Bronx if she would "join Joel in his cultural experiences without complaining," get liposuction and "attempt with Joel's delicate guidance to speak English properly."

Least Competent People

At One With Nature: (1) Cameron Fritzson, 20, landed in the hospital in critical condition in May after he scaled first the outer, 10-foot fence at an electrical substation in Pembroke Pines, Fla., and then the main electrical tower, where his arm brushed against a live wire. Police said Fritzson was after a parakeet's nest at the top so he could sell the eggs to a pet store for as much as \$20 each. (2) Sixteen people were undergoing treatment for possibly having rabies in May in Hilton Head, S.C., after exposure to a baby raccoon later discovered to be rabid. While some of the 16 had merely cuddled it, an unknown number apparently could not resist kissing the wild animal on the lips.

Update

Last year News of the Weird

reported on an organic art project, "Victimless Leather," in which artists Oron Catts and Ionat Zurr attempted to grow embryonic stem cells of a species onto an artificial platform, in this case creating leather from mouse cells without the need to kill cows. However, in the latest demonstration of the project, at New York City's Museum of Modern Art this spring, the exhibit apparently grew so rapidly that it overwhelmed the space available, and curator Paola Antonelli said she was forced to kill the organism. She told the Art Newspaper that it was a difficult decision. "I've always been pro-choice, and all of a sudden I'm here not sleeping at night about killing a coat."

Instant Karma


(1) A 31-year-old man was hospitalized in critical condition in Salt Lake City, hit by cars after running into traffic to avoid paying for a taxi ride he had just taken (March). (2) A 25-year-old man, pursued by police after he tried to run down his girlfriend with his car, fled on foot across Interstate 45 near Houston, but was struck and killed by cars (February). (3) Two men who stole a kayak and went joyriding on Moon Lake near New Port Richey, Fla., drowned when the boat capsized (March).

Can't Possibly Be True

-- After officials in Batu, a tourist town in East Java in Indonesia, asked its massage parlors to make clear to customers that they are not houses of prostitution, one parlor owner created uniform pants for his women with a padlockable zipper, and "locks in" each masseuse in front of the client at the beginning of a session. Other parlor owners have followed along. A local women's group representative complained that it is the customers, not the women, who need restraining.

-- In April the Swiss watchmaker Romain Jerome (which last year created a watch made from remnants of the Titanic) introduced the "Day&Night" watch, which unfortunately does not provide a reading of the hour or the minute. Though it retails for about \$300,000, it tells only whether it is "day" or "night" (using a complex measurement of the Earth's gravity). CEO Yvan Arpa said studies show that two-thirds of rich people "don't (use) their watch to tell what time it is" anyway. Anyone can buy a watch that

SEE "WEIRD" PAGE 21.



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For A Healthier You



TIPS FOR EMPOWERING CARE RECIPIENTS

Focus On Abilities, Not Disabilities

by Lisa M. Petsch

Independence contributes to self-esteem and quality of life, and frail seniors are challenged with hanging on to as much of it as possible for as long as possible. Participating to their full capability in personal care and other activities of daily living helps them maintain physical and cognitive functioning and ward off depression. In other words, it's good for their health in numerous ways.

Unfortunately, well-meaning relatives who diligently assist in their care may focus primarily on disabilities rather than remaining abilities. The result? Doing more for care recipients than is necessary, or desirable.

If you are a caregiver, following are some ways to help empower your relative in his or her day-to-day life.

Nutrition

- If his nutritional intake is poor, arrange a dental appointment to have his teeth or dentures checked. Meanwhile, if chewing is difficult, cut food into smaller pieces or mince it.

- If manual dexterity is limited, serve finger foods more often. Also look into adaptive equipment such as compartmentalized dishes and easy-grip utensils, available from medical supply stores.

- If drinking from a mug or glass is challenging, supply a straw, two-handled cup, travel mug, or break-resistant cup with a lid.

- To minimize concerns about spills on clothing, consider vinyl-backed adult bibs or lap protectors.

Personal care

- Get clothing that is easy to don

and remove. Look for a loose-fit, Velcro closures rather than zippers or buttons, and an elastic waist. Select colors and styles that can be mixed and matched.

- Look into adaptive equipment such as long-handled shoehorns and sock and button aids.

- Have grab bars installed by the toilet and in the bathtub or shower area. A tub rail may also be helpful.

- Get a bath bench or shower chair, and a hand-held shower head.- Use a non-slip mat in the tub or shower, and a non-skid bath mat on the floor.

- Obtain a raised toilet seat if he has trouble getting on and off the toilet. Ensure toilet paper is within easy reach.

- Consider a urinal or commode for nighttime, especially if the bathroom is not nearby.

Mobility

- If getting up out of a chair is difficult, obtain one with arms and a high, firm seat. Another option is an armchair with a built-in lift.

- If getting out of bed is difficult, explore equipment options such as a floor-to-ceiling pole beside the bed, trapeze bar, partial bed rail, or electric bed.

- Use automatic night-lights in the bedroom, hallways, and bathroom.

- Look into obtaining a cane or walker if balance is a problem. Ensure your relative is fitted with the appropriate type of aid and receives proper instruction.

Other

- Keep in mind that there are different degrees of help - setup, verbal prompting, demonstration, hands-on as-

sistance - and offer only as much as needed.

- Give options whenever possible - for example, brand of toiletries, what to wear, and what to eat.

- Encourage him to participate in his care as much as possible - combing his hair, dressing his upper body, or handing you the washcloth, for instance. Be creative, flexible and patient.

- Try to find tasks he can complete independently - for example, sorting the mail, tending houseplants, folding laundry.

- Involve him in decision making to the best of his ability, and keep him informed about relevant issues - his finances, for instance, if you are helping to manage them.

- If vision is a problem, get him a magnifier for reading small print, and consider other adaptive items such as large-keypad telephones with speed dialing and clocks with oversized numbers.

- Schedule regular medical check-ups and accompany him. Keep in mind that lethargy, forgetfulness, or confusion could be caused by reversible conditions. Request a medication review, since side effects, overmedication, or drug interactions could be at the root of any difficulties. Ask to have his hearing or vision tested if he's experiencing problems with either sense.

- Encourage activity and exercise to help maintain strength, stamina, flexibility, and balance.

- Schedule the most important



and most energy-consuming activities early in the day. Allow adequate rest periods between activities.

- Arrange an occupational therapy evaluation to determine what activities of daily living your relative is capable of, the best way to perform them, and adaptive equipment that might be helpful.

- If a health setback has led to deconditioning, explore rehabilitation options (home therapy as well as outpatient and inpatient programs) that might help him regain functioning.

Social and emotional well-being

- Encourage him to maintain important relationships through visits, phone calls, or correspondence (conventional mail or e-mail).

- Facilitate his involvement in activities that provide purpose or pleasure - for example, continuing hobbies or developing new ones, or volunteering (opportunities exist even for those who are homebound).

- Encourage him to get out of the house - to an adult day care program, senior center activities, church functions, or other events in the community. Arrange accessible transportation if necessary.

Angel Food Ministries Comes To Pueblo

First Baptist Church, 9th and Grand Street in Pueblo, has been designated as an official distribution site for Angel Food Ministries.

Angel Food Ministries is a non-profit, non-denominational organization dedicated to providing grocery relief and financial support to communities throughout the United States.

Angel Food is available in a quantity that can fit into a medium-sized box at \$30 per unit. Each month's menu is different than the previous month and consists of both fresh and frozen items with an average retail value of approximately \$70.

Generally, one unit of food assists in feeding a family of four for about one week or a single senior citizen for almost a month. The food is all the same high quality one could purchase at a

grocery store. There are no second-hand items, no damaged or out-dated goods, no dented cans without labels, no day-old breads and no produce that is almost too ripe.

Also offered are specialty boxes such as steaks, chicken and pork. Many participants in this bonus program appreciate the expanded choices. Additionally, there is no limit to the number of units or bonus foods an individual can receive, and there are no applications to complete or qualifications to which participants must adhere.

Angel Food Ministries also participates in the U.S. Food Stamp program, using the Off-Line Food Stamp Voucher system.

Orders and distribution are handled by First Baptist Church Pueblo, 405 West Ninth Street, Pueblo, CO 81003 (719) 544-8177. Orders and payments are collected by First Baptist Church during the first part of each month and then approximately two weeks later, always on a Saturday, distribution day is when you will come to First Baptist Church during the hours of 10:00 - 11:00 am with your box or cooler and pick up your food.

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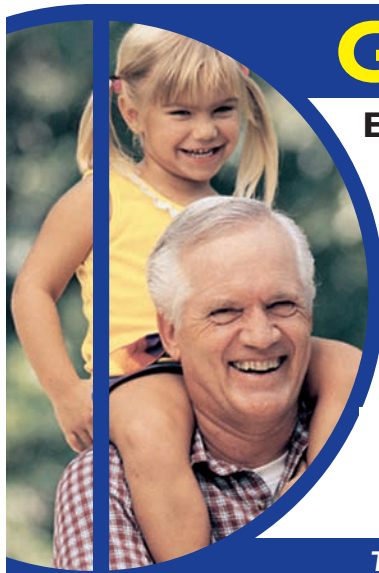
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Fashion: Looooking Gooood!

by Patricia McLaughlin - Mature Market Media Services

THE FIVE BELOW PARADIGM

They hop on trends fast, ship their basketballs flat, and price everything at \$5 or under so kids can pay with their own money.

Shopping with kids isn't fun. You get tired of hearing yourself say it: No. No! No, you can't have it. No, it's too expensive. No, we can't afford it. Nooooo!

The worst part of it: Sometimes they're actually listening to you. "Mom," my friend Abby's young son piped up plaintively as they passed a department store drinking fountain toward the end of a grueling shopping trip, "can I have a drink of water? Or is it too expensive?"

David Schlessinger and Tom Vellios noticed that a store that sells kid stuff starts out at a significant disadvantage

if it's always forcing moms to choose between giving their kids what they want -- or keeping a roof over their heads and food on the table. Schlessinger and Vellios had left Zany Brainsy, the creative toy store that Schlessinger had founded and where Vellios had been CEO, and were looking around for a new venture. What if they could come up with a kids' store that moms could drive their kids to with a clear conscience, and without endangering the grocery budget?

Another thing they noticed: Kids are getting older younger. In the 1990s, Vellios says, the average American 9-year-old girl had 6.5 Barbie dolls. Now she's too sophisticated for dolls. Somewhere around 2002/2003/2004, he says, the age of the prime Barbie customer fell to 5 1/2 or 6 years old.

So what do you sell kids once they start to lose interest in toy stores?

Things that entertain them. Things that allow them to participate in trends. Things that exude that magical quality: coolness. Things that telegraph attitudes and opinions and interests. Things that let them say who they are.

According to Schlessinger, Five Below, the "extreme value" store he and Vellios built for kids, pre-teens and teens, offers "the first chance for kids to show who they are by what they buy." Hey, it's the American way.

At Five Below, kids buy iPod speakers and Hannah Montana T-shirts. Cool socks from Puma and Adidas. Spaulding basketballs. Bead-weaving kits. Cell phone cases. Movie DVDs. Mirrors and wall pockets and faux street signs (e.g., "Princess Parkway") for their rooms. Swim goggles and hand weights and yoga mats. Cute \$5 plastic knock-offs of Marc Jacobs' mouse shoes. Wii accessories. Boogie boards. Flip-flops. Kooky Klickers collectible character pens. Frisbees. Bike helmets. Arizona Iced Tea. And "lots of sports stuff."

And, at Five Below, all these things are priced at \$5 or under. Which means that, besides selling kids entertainment and lifestyle accessories, Five Below is selling them empowerment and self-determination: The kids decide what they want, and they pay for it out of their allowances or their birthday money. They don't always have to be saying, "Mom, can I have ...?"

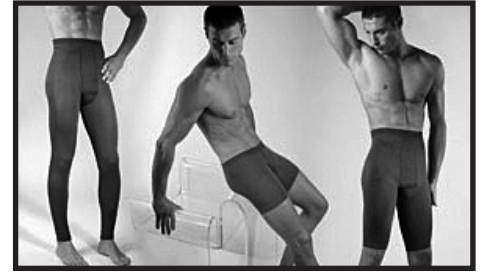
Vellios came to the U.S. from Greece when he was 15, and fell in love with Woolworth's. "I remember going into that store," he says. "There was a lot of stuff I could choose from, a lot I could afford."

He wanted Five Below to replicate that experience for kids today: "We wanted to build the 'yes' store, a store everybody could afford, a store mom would have no problem saying yes to."

But it wasn't enough for the merchandise to be affordable. It had to be cool and high-quality and trend-right. It had to be stuff kids wanted, not old calendars and outdated macaroni like you find at a dollar store.

Five Below, Vellios says, "is so, so not a dollar store" -- even though nothing costs more than \$5.

Schlessinger says they're



Five Below's e-mail circulars explode with mini luxuries at unbelievable prices scaled to a typical tween's allowance. Photo: Five Below

inspired by retailers like Trader Joe's in groceries, Steve & Barry's in fashion, Costco in general merchandise: "We apply the same quality/value/adventure equation." The idea is to sell "great stuff at great prices" in a setting that makes shopping fun.

"The primary thing," Schlessinger says, "is having the right stuff, then at the right price. Items have to pass muster."

Five Below's buyers present their finds -- whether a trio of fruit-flavored lip glosses or a canvas shoe with skateboard overtones -- to a jury of 15 or so of their peers before they ever get to a store.

"Is it exciting, new, valuable?" Vellios asks. "If not, they don't buy it."

They go for licensed things, brands kids have heard of, things associated with hot trends.

"We'd love to be able to sell the iPod and the Wii," Schlessinger says, but there's no way to do that under \$5, so they sell accessories, iPod cases and speakers, Wii add-ons.

This not only delivers stuff kids with iPods and Wiis want, it scales up the store's identity by linking it to solid-gold trends.

They keep things under \$5 by seeking out and eliminating unnecessary cost factors -- like high mall rents.

Vellios offers another example: A typical toy store or athletic supplier sells basketballs optimally inflated and presented in colorful boxes. The boxes are expensive to print and dye-cut and add cellophane windows to, and then score for folding, and then assemble. The balls are made somewhere else, shipped to another location to be pumped up and packaged, then re-shipped to a distributor, and then shipped yet again to the store.

Five Below buys deflated balls direct from the factory. They take up a lot less room on the truck that way. And what kid really cares about the box?

As the economy slows and consumers tighten their holds on their pocketbooks, Five Below's 68 stores -- they'll add 20 more this year -- in Pennsylvania, New Jersey, Delaware, Maryland and Virginia are doing just fine. It's no surprise given their value orientation. According to a recent Wall Street Journal story, many luxury retailers and fashion labels are finding that their "lower-end factory-outlet stores" have been outperforming their tony full-price stores.

So: Is the not-quite-recession drawing more adult customers to Five Below than Schlessinger and Vellios expected? They're not sure, but they say the store does have stuff for grown-ups.

"We're a party store for parents," Vellios says.

"Come to our store, spend a few dollars, you get fantastic party favors," Schlessinger says.

"You can get a lava lamp for \$5," Vellios offers. "You can be the cool and hip mom who changes the paradigm of what you can expect in a goodie bag."

Write to Patricia McLaughlin c/o Universal Press Syndicate, 4520 Main St., Kansas City, MO 64111 or patsy.mcl@verizon.net

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Life Care Center of Pueblo is the premier facility serving all of Southern Colorado since October 1989. Life Care Center of Pueblo's (LCCP) strong on-staff therapists are available to provide a continuum of therapy needs. Through individual treatment plans, the resident receives physical, occupational, speech and/or respiratory therapies per their physician's orders.



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Never Alone Foundation, Inc.

If you or a loved one needs our help or if you'd like to donate to NAF please call us at 719-647-1300

What Are We?

Never Alone Foundation (NAF) is a non-profit organization established to help those living in the southern Colorado area suffering from the debilitating symptoms of Inflammatory Bowel Disease (IBD).

Who Do We Help?

Never Alone Foundation's emphasis is on helping children, young adults and their families cope with the medical, financial and emotional distress caused by Ulcerative Colitis and Crohn's Disease. We also have support for adults.

How Do We Support Medically?

The medical support will include but not be limited to: helping with physician networking, discussing treatment options and aiding in nutritional education. We will work closely with the Rocky Mountain Chapter of the Crohn's and Colitis Foundation of America (CCFA) utilizing their resources. It must be emphasized that NAF was not established to take the place of the medical profession.

How Do We Support Financially?

Financially, Never Alone Foundation hopes to help pay for doctor visits, hospital stays, prescription medications, transportation needs, provide scholarship money for the National Crohn's/Colitis Camp and college aid as directed by the executive board.

How Do We Support Emotionally?

The emotional support will come from others who struggle with the demands of both diseases. Our organization has in its membership those already suffering from IBD and their family members. We hope to offer a shoulder on which to lean or an ear with which to hear through the ups and downs of these diseases. This will allow experiences to be shared and give patients and their families the comfort of knowing they are not alone.

Final Word!

Through fundraising events, donations and membership drives, we want to raise awareness of IBD and its footprint in southeastern Colorado, especially among our younger community. Southern Colorado struggles with limited resources and the goal of this organization is to improve the quality of life for all associated with IBD!

Check out our website at <http://www.seniorbeacon.info/neveralone>



"We wish NAF was around when our child was first diagnosed with IBD"



"The Never Alone Foundation was established so no one with IBD in our area would ever have to feel alone."

Social Security & You

by Melinda Minor, District Manager - Pueblo



GET YOUR BENEFIT VERIFICATION LETTER ONLINE

Sometimes, people need written verification of their benefit status or income amount from Social Security. Perhaps you're ready to make a major purchase and you're negotiating a loan from a bank or financial institution. Or maybe you're applying for state benefits or moving into a new apartment or home.

Whatever your reason, Social Security makes it easy for you to get the written verification you need — and you can do it online at www.socialsecurity.gov. Just look in the left column under "What you can do online" and select the

"Request a Proof of Income letter" link.

The "Proof of Income" letter is sometimes called a "budget letter," a "benefits letter" or a "proof of award letter." The letter can be used as proof of your income not just for a loan, but for any third party that requires proof of your income.

In addition to offering proof of your income, the letter is also an official document that verifies your Medicare and health insurance coverage, retirement status, disability status and age.

From the time that you complete the online request, it will take about 10 days for you to receive the proof of income letter in the mail. If you

need one sooner, you'll want to call us at 1-800-772-1213 (TTY 1-800-325-0778) or visit your local Social Security office.

But for many people, simply requesting the letter online and waiting for it to arrive in the mail is the most convenient way to get the proof you need.

SOCIAL SECURITY'S FAQ WEBSITE: A POPULAR SPOT FOR GETTING ANSWERS

Do you have a question about the Social Security program that you would like answered quickly and simply?

Many people find that one of the easiest and best ways to get answers to their Social Security questions is to visit the Frequently Asked Questions on Social Security's website. Just go to Social Security Online at www.socialsecurity.gov. At the upper right-hand side of the webpage is a pull-down menu of Frequently Asked Questions. The menu includes hundreds of common questions, conveniently separated into 25 separate subject areas.

Under the subject "benefits" there are more than 70 common questions. For example, "Do I have to pay income tax on my Social Security benefits?" Under "Social Security number and card," there are 70 answers to common questions. For example, "How do I replace a lost Social Security card?"

You can get answers to questions like "How do I correct my name or birthday listed on my Statement?" or "How do I request a replacement SSA-1099, Benefit Statement for tax year 2007?" and many more.

If you can't find an answer to your particular question about Social Security, you can simply type in your question and Social Security will respond by email.

But in most cases, you'll find that we have the answer to your Social Security question. After all, we've published the most commonly asked questions on the website — 600 of them!

Last year, nearly 30 million people got answers to their questions using our Frequently Asked Questions page. Next time you have a question, look for answers to them online. Just visit the Frequently Asked Questions on the Social Security website at www.socialsecurity.gov.

QUESTIONS AND ANSWERS

GENERAL

Question:

I applied for my baby's Social Security number while in the hospital. It's been several weeks and I haven't gotten her card in the mail. What should I do?

Should I re-apply?

Answer:

Sometimes it can take a little longer than usual for your card to arrive. As long as you completed the paperwork in the hospital, you can rest assured it's being processed. Some states take longer to process than others. If you need to show that you applied for your baby's card, you can use the receipt you got at the hospital when you submitted your baby's application. For more information, visit our website at www.socialsecurity.gov or call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778).

Question:

I work all day and can't call Social Security until late at night. Can I still call outside normal business hours?

Answer:

Yes. You can use our automated services 24 hours a day, 7 days a week to request services such as a replacement Medicare card or Social Security Statement, and a variety of other forms and publications. Just call us at 1-800-772-1213 to conduct business using your touchtone phone or by speech. Representatives are available to help you from 7 a.m. to 7 p.m. local time. You can also visit our website to conduct much of your Social Security business online. For more information, visit our website at www.socialsecurity.gov or call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778).

RETIREMENT

Question:

If both my spouse and I are entitled to Social Security benefits, will we each get our own full retirement amounts, or is there a reduction?

Answer:

When each member of a married couple works and earns enough credits to be eligible for Social Security retirement benefits, their lifetime earnings are calculated independently to determine their Social Security benefit amounts. Each of you will receive a monthly benefit amount based on your own individual earnings; there is no "marriage penalty." In fact, it's quite the opposite, because if one member of a couple earns lower wages or didn't earn enough Social Security credits to be insured for retirement benefits, he or she may be eligible to receive benefits as a spouse based on the higher-earner's record. For more information, visit our website at www.socialsecurity.gov or call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778).

On Your Toes!!



by Benjamin Marble, DPM, Pueblo Ankle & Foot Care

Mow the lawn, not your foot

The thousands of lawnmower-related foot injuries every year can be prevented

Springtime is here and caution needed for weekend gardeners. Their yards could become "toe-away" zones if they're not careful when operating rotary-blade lawn mowers. Each year, some 25,000 Americans sustain injuries from power mowers, according to the U.S. Consumer Products Safety Commission.

Although the number of accidents has steadily declined since the 1982 adoption of federal safety standards, we still see too many foot injuries from power lawnmowers. The blades whirl at 3,000 revolutions per minute and produce three times the kinetic energy of a .357 handgun. Yet we see patients who have been hurt while operating a mower barefoot! Foot injuries range from dirty, infection-prone lacerations to severed tendons to amputated toes.

If a mower accident occurs — with just a minor injury immediate treatment is necessary to flush the wound thoroughly and apply antibiotics to prevent infection. Superficial wounds can be treated on an outpatient basis, but more serious injuries usually require surgical intervention to repair tendon damage, deep clean the wound and suture it. Tendons severed in lawnmower accidents generally can be re-attached surgically unless toes have been

amputated.

Children under the age of 14 and adults over age 44 are more likely to be injured from mowers than others. Anyone who operates a power mower should follow a few simple precautions:

- Don't mow a wet lawn. Losing control from slipping on rain-soaked grass is the leading cause of foot injuries caused by power mowers.
- Wear heavy shoes or work boots when mowing — no sneakers or sandals.
- Mow slowly across slopes, never go up and down.
- Never pull a running mower backward.
- Keep the clip bag attached when operating a power mower to prevent projectile injuries.
- Use a mower with a release mechanism on the handle that automatically shuts it off when the hands let go.
- Always keep children away from the lawn when mowing it.

For more information about foot and ankle problems, contact your podiatrist's office, or go to FootPhysicians.com.

Benjamin Marble, DPM is a member of the American College of Foot and Ankle Surgeons and board qualified in foot and ankle surgery. Dr. Marble practices with Dr. Schneider at 1619 N. Greenwood Street ste #300 across from Parkview Medical Center. Their phone number is 719-543-2476 and Web site is www.puebloankleandfoot.com

June 15, 2008
World Elder Abuse Awareness Day

My World
Your World
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"Light For The Journey"

By Jan McLaughlin - Director of Prayer Warriors For Prisoners



"DONUTS FROM THE KING"

JUNE 2008

As time seems to quickly wind down the world is faced with the formidable results of the upcoming election. Our spirits can be lifted above the often grim facts of the present to a coming day

when we will sit at a banquet table with our King. Can you picture it? Close your eyes. Every imaginable and unimaginable delectable food will be spread before us. Do you suppose there will be plates piled with Krispy Kreme donuts? What would a feast be without them?

With the phone to my ear waiting for the chaplain to pick up, joy swept over me. Just two weeks until Prayer Warriors For Prisoners would hold a worship service at Arrowhead Correctional

Facility. "Lord, how can we bless those guys," I asked, praising Him for this new opportunity to share His love with prisoners. The love in my heart and passion to introduce them to a living Savior who died to redeem them from sin and hell is nothing I can describe or explain. I want the BEST for those men and women.

The chaplain answered, interrupting my thoughts. "How can we bless these guys, Chaplain?" Without a pause, he said, "Bring cookies, Jan." A still small voice whispered in my heart, DONUTS! I spoke boldly into the phone, "But I would rather take donuts! That would be much more special for them."

"Sure," he replied. "Donuts are great."

I sent a mass e-mail asking prayer for donuts and if anyone could help. Almost immediately, a reply from a friend in Colorado Springs read, "Jan, here's the deal...if you have someone pick up seven dozen Krispy Kreme donuts, I will pay for them, but they HAVE to be Krispy Kreme. Bring the receipt and

I will immediately cut you a check."

I was ecstatic and quickly called the chaplain. "How many donuts do we need?" I asked excitedly. "A friend just donated seven dozen." My heart sank at his answer.

"Bring twice that many, Jan."

"Chaplain, PWFPP isn't rich."

"Well then, just bring cookies."

Cookies aren't donuts, and regular donuts aren't Krispy Kreme donuts. The Lord must have an answer and more helpers.

More prayer.

A friend suggested talking to the Krispy Kreme manager about his donating a dozen. I called the new Krispy Kreme outlet and told the manager what we were doing and why we needed donuts. "How many do you need?" he asked. "Well, the chaplain said we need twice the amount for which we can pay with the donations we've received so far, but that's too much to ask from you."

"How many are you buying?" he pressed.

"Seven dozen!"

Without hesitation, he replied, "If you buy seven dozen, I will give you seven dozen."

Joy bells went off in my heart again. WOW! God just revealed how much He cares and that He wants the best for the prisoners as well. WOW! Donuts! The prisoners will be thrilled. They couldn't care less if they are Krispy Kreme, store boxed, or even day old donuts or cookies, but God cares.

I was excited about additional people becoming involved in this plan to bless the prisoners. The manager sent Krispy Kreme chef hats and plastic gloves for those who served the donuts. The prisoners were beyond BLESSED! God had a perfect plan and it wasn't stale donuts or even cookies, but His best!

I believe He wants His best for us, even in the worst of times. This world is not our home. We are only passing through. No matter what the election brings, God is still on the throne, still in control, still King of Kings and Lord of Lords. On that table at the Marriage Supper of the Lamb... the Banquet of all banquets... I am certain plates are heaped with Krispy Kreme donuts. God loves to give good gifts to His children.

If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him. Matt 7:11-12 NIV

Scriptures from New International Version

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

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Maggie Gallagher: John McCain's Assault On Reason

Last month Al Gore made headlines when he blamed the Burmese cyclone on (what else?) global warming. "And as we're talking today ... the death count in Myanmar from the cyclone that hit there yesterday has been rising from 15,000 to way on up there to much higher numbers now being speculated," Gore said on NPR (while being interviewed about the paperback release of his book "The Assault on Reason"). "And last year a catastrophic storm last fall hit Bangladesh. The year before, the strongest cyclone in more than 50 years hit China -- and we're seeing consequences that scientists have long predicted might be associated with continued global warming."

For a man of reason, Gore sounded awfully Old Testament on that one. A cyclone hits in Burma? The wrath of global warming. A storm in Bangladesh? Global warming strikes again.

This week, John McCain signaled he is getting the GOP into bed with Gore and the Democratic Party on the issue: His highly publicized speech in Portland, Ore., on global warming endorsed mandatory caps on greenhouse gas emissions as (the McCain touch) a question of personal honor:

"I will not shirk the mantle of leadership that the United States bears. I will not permit eight long years to pass without serious action on serious challenges."

If he were talking about the

looming Social Security/Medicare crisis, I would at least give him credit for courage in defense of reason, even if I disagreed with his prescriptions.

But by joining those who define economic growth as a serious threat to human beings, McCain has disabled effective public opposition on the issue, even as the scientific case for controlling carbon emissions appears on the verge of weakening. Not that it matters.

Because for Gore and his ilk, one wonders: Is global warming really a scientific proposition or is it a new religious faith?

I have nothing against religious faith, but scientific propositions have one particular characteristic: They are falsifiable -- that is, one can specify the set of empirical observations that would prove that your favorite theory is not true.

Global warming, no doubt a scientific theory for some people, appears to be metastasizing on the world stage -- with a push from Al Gore -- into an all-purpose explanation for human suffering, driven by human sin. More than 30,000 dead in Myanmar? They died because of our greedy human inability to contain our appetite for carbon emissions.

The interruption in the increases in global temperatures observable this year may just be a glitch -- a temporary and localized weather phenomenon -- but it is happening even as carbon emissions have increased more dramatically than the United Nations Intergovernmental

Panel on Climate Change's "worst-case" scenarios estimated in 2000. A new press release from the Earth Policy Institute notes, "With CO2 emissions currently exceeding the worst-case scenario, we can expect that temperature and sea level rise will likely do the same."

Except that a new study in the journal Nature predicts that global warming will halt (and global cooling may begin) for the next decade due to what the

authors describe as "localized" weather conditions -- but the authors say that should not halt our faith that continued carbon emissions spell disaster for the planet.

Here's my question: If 10 years of global cooling while carbon emissions increase dramatically does not falsify the global warming disaster scenario, what could?

Where Are They Now?

by Marshall Jay Kaplan

Betty White

More than half a century ago, a fresh-faced, all-American gal first entered our living rooms on television. Today, an 85 year old Betty White is still incredibly fresh-faced, all-American and still on TV.

Betty White was born on January 17, 1922 in Oak Park, IL to a homemaker and salesman. Her family eventually moved to Los Angeles where Betty graduated from Beverly Hills High School. After working part time as a model and some minor work on local television, a basically unknown Betty White was cast as the lead in the sitcom, Life with Elizabeth (1951 to 1953). From the start, Betty became America's sweetheart and earned an Emmy nomination in the show's first year! Following Elizabeth, Betty starred in A Date with the Angels (1957 to 1958) and The Betty White Show (1954 and then again in 1958).

Although the longevity of these shows did not last, Betty proved to be a very likeable TV personality of the 1950's. So likeable in fact, that for more than 3 years she was a frequent guest of Jack Paar (and later Johnny Carson). This led to being a frequent guest panelist on gameshows such as To Tell The Truth, What's My Line? and Password (Betty married the show's host, Allen Ludden in 1963 and remained with him and Password until Ludden's death in 1981).

In 1973, with more than two decades of TV under her belt, Betty was cast as the Happy Homemaker, Sue Ann Nivens on The Mary Tyler Moore Show (1973 to 1977). She recalls how she won the role. "The producers wanted somebody sickeningly sweet -- someone like Betty White. So, Mary Tyler Moore suggested me -- Betty White!" The casting was perfect -- publicly sweet on the outside, yet

hard edged privately on the inside. The role earned Betty two Emmy Awards!

After Mary Tyler Moore, Betty was a regular

panelist on Match Game and co-starred in Mama's Family (1983 to 1985), until being perfectly casted in TV's next biggest hit -- The Golden Girls.

The Golden Girls was a television first -- a show focusing women in their later years. Cast as simple-minded Rose Nylund from St. Olaf, Minnesota, Betty definitely held her own opposite the comedic talents of her three co-stars (Bea Arthur, Rue McClanahan and Estelle Getty). Again, White earned an Emmy Award for her role. The series lasted from 1985 to 1992. Betty stayed on one more year in the unsuccessful spin-off, The Golden Palace.

Since The Golden Girls, Betty has managed to keep active on TV in guest roles -- both comedic and dramatic. Shows include Ally McBeal, Ellen, That 70's Show, Malcolm in the Middle, The Practice and Boston Legal. This year it has been rumored that she will have an appearance in TV's hottest hit -- Ugly Betty.

Most important to Betty's five Emmy Awards is her work with animals (notably dogs) and is a spokesperson for 1-800-PETMEDS. She is a visible advocate for animal rights.

Some folks may not know this, but behind Betty's sweet demeanor, she actually has got quite the sharp wit with an acid tongue -- just ask Bea Arthur!

For half a century, Betty is truly America's bright 'white' light of TV comedy!



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Ask the PI.....

So You Think Your Spouse Is Having An Affair?



by Dave Pettinari, TAC Forensics and Investigations

So you think your spouse is having an affair?

Infidelity has been around since man and woman first decided to get together. Indeed, some experts say 90 percent of first-time divorces involve unfaithfulness.

Given that deceit nearly always accompanies cheating, how would you as a cheated-on husband or wife know if your spouse is unfaithful? How would you go about gathering the proof of the philandering for a confrontation or divorce case? Look for:

- A change in sex life – asking for more, or wanting less – is an obvious first sign.
- Spending more money. Keep an eye on credit-card bills, checking account, and bank balances.
- Noticeable physical changes. A woman has more of a glow about her. A

man might take more interest in his personal grooming or appearance – joining a gym, new physical fitness kick, better grooming, more frequent showering, new brand of cologne.

- A pronounced change in attitude. Pickier with the kids, more critical of the wife or husband (creating mental justification for the affair).
- Attention to home matters plummets. No interest in house cleaning, mowing the lawn, home repairs or improvements. Not interested in how the spouse's day at the office went or the kids' day at school/job.
- Your intuition tells you something is going on. Check it out!

How should I check it out?

- Monitor your spouse for several weeks. Keep track of car mileage, comings and goings to work or normal activities. Is there unaccounted-for time? Do these absences set a pattern? Keep a calendar to document.
- If one claims he or she is working late, does the paycheck reflect overtime?
- Oddities with the home phone: whispered calls, quick answers and immediate hang-ups, or hang-ups when you answer the phone.

What physical evidence do you look for?

- Lipstick on the collar, stained underwear, strange odor of perfume or cologne on a shirt or blouse.
- Paperwork – receipts, or small pieces of paper with addresses or phone numbers; found in a wallet, purse, or glove box.
- Condoms, when you two don't use them.
- Cell phone calls to the same number when the spouse leaves for work, and again just before returning home.

Be cagey -- don't confront the cheating spouse. This will only make it more difficult to catch them. Lay low; it takes time to gather proof.

Seek professional help if you need an objective party to get the goods on the cheater for legal or other reasons.

Dave Pettinari is a retired commander, Pueblo County (Colorado) Sheriff's Office; and a retired major, Air Force Office of Special Investigations (USAFR). He teaches multiple-courses at three colleges and universities, and operates a private investigations firm, specializing in computer forensics.

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Traveling: There's Nothing Like A Holiday!

The 'Tango:' Soundtrack For An Entire City

by Elliott Hester

BUENOS AIRES, Argentina -- Born in the back streets of Buenos Aires during the late 19th century, tango, the sensual ballroom dance, is as much a part of Argentine culture as "bife de chorizo" (strip steak) at the local "parrilla" (barbecue restaurant).

And tango music is the soundtrack for the city.

I stroll down Avenida Corrientes, past the Broadway-style theaters, and hear tango music drifting from the record stores. The orchestral sounds of Carlos Di Sarli and Osvaldo Pugliese soar above the broken sidewalks. Recordings of Carlos Gardel, the country's most famous tango singer (long deceased, but as popular as ever), serenade pedestrians as they navigate the pavement.

I jump into a taxi and am treated to a heartbreaking tango performance. This time the music comes from a car stereo. The singer's voice--raw, feminine, a tad melancholy -- is accompanied by an acoustic guitar.

The taxi driver eyes me in his rearview mirror. Perhaps he notices that I've tilted my head, intrigued by the soulful guitar solo. He reaches over to the passenger seat and hands me a copy of the featured CD: "Argentina ... Flor de Mina," by Lulu, a local favorite.

The guitarist's name is Orlando Gomez. As it turns out, Orlando Gomez

is also the taxi driver. At night, he plays guitar in the bars, restaurants and recording studios of Argentina's largest city. During the day he drives a taxi. From this rolling record store he sells me a copy of "Flor de Mina" for 30 pesos (\$9.50).

At Velma Cafe, a small concert venue in barrio Palermo, I am sitting with tango violinist Jacinta McPhillamy. Drawn by her love for tango music, Jacinta relocated from Sydney, Australia. She is one of the rare foreign musicians accepted by a local tango orchestra.

On this particular night at the Velma Cafe, Jacinta will play a few songs with Alfredo Piro, a popular tango singer. Alfredo introduces Jacinta while she's still seated at my table, and she nearly chokes on her chardonnay. She leaps to her feet and runs past rubbernecking spectators to the stage, where she should have been minutes earlier. This adds even more drama to Jacinta's dramatic violin solo. When she finishes the piece, the audience gives her a rousing ovation.

On a warm December day in Parque Tres de Febrero near Palermo, tango music drifts from a gazebo. Like many tango songs, this one sounds antiquated, vaudevillian. It seems to crackle through the horn of an ancient gramophone. And yet, the music pours from a pair of brick-sized speakers hooked up to a notebook computer.

Compelled by the moment and the music, four friends tango in the gazebo. I sit on the floor, watching their fluid postures and fighting off a tidal wave of envy.

Within minutes, a third couple appears. They join the strangers on the gazebo floor and just like that, an impromptu "melonga" (tango dance party) begins.

Every Sunday

in barrio San Telmo, tango performers lay a makeshift dance floor on the concrete ground of Plaza Dorrego. A crowd gathers to watch their bodies clash. The music, the applause, the "ooohs" and "ahhhs" -- all these sounds drift across the street and into my living room window.

I need to dance.

On Mondays and Fridays, I take lessons at La Academia Tango Milonguero, a prominent school in the city center. On Tuesdays and Thursdays I train at Estudio de Esquina. I'll never be a polished professional. But in a city where tango is as close as your next breath, blending in on the dance floor is enough.

IF YOU GO

-- For more information on tango in Buenos Aires, visit El Tanguata magazine at www.eltanguata.com or Tango Data at www.tangodata.gov.ar (Spanish only).

-- Two of the best tango classes are La Academia Tango Milonguero (Riobamba 416; 4953-2794) and Estudio la Esquina (Sarmiento 722, 4th floor; 4394-9898). To call from the United States, dial the international access code



Tango dancers perform on a makeshift dance floor in Buenos Aires' Plaza Dorrego.

photo: Elliott Hester

(011), the country code for Argentina (54), the city code for Buenos Aires (11), and the local number.

-- Buenos Aires is home to more than 100 weekly melongas (tango dance parties) that last until 6 a.m. The most popular venues are Club Villa Malcolm (Cordoba 5064; 4383-7469); Salon Canning (Scalabrini Ortiz 1331; 4342-4794); El Nino Bien (Humberto Primo 1462; 4483-2588); La Viruta (Armenia 1366; 4774-6357); and El Beso (416 Riobamba; 4953-2794).

Beer/History Mix Well

by Jay Clarke

BEER, HISTORY MIX WELL IN ABITA SPRINGS

ABITA SPRINGS, La. -- If it weren't for the beer, not many visitors would know about this village on Lake Pontchartrain's North Shore.

Abita Springs' beer is a staple in nearby New Orleans, and folks drive here to visit the brewery and sample the product in cafes like the Abita Springs Brew Pub.

But beer isn't the only attraction in and around tiny Abita. Many artists have settled a few miles away in the city of Covington, which has an old-time downtown with one-of-a-kind shops and restaurants as well as a modern strip with malls and motels. Mandeville, on the lakeshore, has a lovely waterfront park with a great view of the 24-mile-long Lake Ponchartrain Causeway south to New Orleans.

Because of its beer and its his-

tory, Abita Springs is better known than its larger neighbors -- and it does possess some unique attractions.

Hikers and bikers come to Abita to explore the Tammany Trace, a 31-mile-long paved path that runs from Covington to Slidell. Built on a former railroad track, it's the only rails-to-trails project in Louisiana.

The Trace runs past the new Abita Tourism Plaza, completed this spring at the trailhead. The new Abita Springs Trailhead Museum opened there in April with a Smithsonian Traveling Exhibit on roots music in America. It's the first stop in Louisiana for the exhibit, drawn here by the presence of the Abita Springs Opry. The exhibit, which includes some informative performances called "informances," is to remain through May.

The Opry, which has been performing Louisiana roots music for years, does six concerts a year in the Abita Town Hall -- three times in spring, three in the fall. Get to the Town Hall early on concert nights and you can listen to old-time musicians jamming on the porch. Louisiana roots music is played with guitars, mandolins, fiddles, dobros and other instruments, and none use electric amplifiers.

Also part of the Tourism Plaza is the original pavilion that once stood over the springs of Abita. In the 1880s, the heyday of Abita, thousands came to "take the waters" and stay in the town's hotels. The springs long since have been capped and none of the hotels have survived. The imposing two-story pavilion, however, remained and was moved to the new plaza earlier this year.

Another reason to visit Abita is the Abita Mystery House, probably the strangest museum you'll ever see. It's full of anything the proprietor, John Preble, has decided to display.

Old circuit boards line the ceiling, bottle caps are plastered all over the



The Abita Springs Brew Pub is one of the spots where beer for which the area is known can be sampled.

photo: Renee Kientz/

St. Tammany Parish Tourist Commission.

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Well-Dressed Garden: Garden Wedding/Romance

by Marty Ross

When you say "I do" to a garden wedding, you're committing yourself to collaborating with nature on the party of a lifetime.

"Hands down, there is nothing as beautiful as an outdoor wedding," says Darcy Miller, editor of Martha Stewart Weddings. No matter how expertly you decorate a ballroom or any other locale, "you can't outdo nature," Miller says. "There is something about that setting that is totally dreamy."

Romance will naturally be in the air, but you'll need more than love to bring off a memorable garden wedding. You'll have to take a hard look at the space -- whether it's your own backyard, a generous friend's garden, or your parents' or grandparents' place. The lawn where you chased lightning bugs as a child suddenly looks much smaller when you're inviting 250 close friends over for a party.

Lawns, paths, seating areas and shelters require critical evaluation and may need freshening up before the big day. Of course, flower beds should look their Sunday best.

"You might also need to buy bug repellent and sunscreen, and you have to think about parking and bathrooms," Miller says. "And then the major thing is weather. If it's pouring rain, you really need to have a good backup plan."

Good planning makes everything easier, says Cornelia Powell, editor of the online magazine Weddings of Grace. She also recommends planning for two locales, outdoors and in, just in case nature does not cooperate.

"It's extra work," she says, "but if you're thinking of the comfort of your guests, it will make the plans fall into place. It's the kind of work that taps into your more gracious side."

Garden weddings are worth all the trouble, says Mary Palmer Dargan, a landscape architect in Atlanta and co-author (with her husband, Hugh) of "Timeless Landscape Design." Dargan's own wedding took place in a historic garden in Charleston, S.C. She and her husband decided not to have a tent, and they regretted it when the temperature was unseasonably warm.

"Everybody fried and we had

no contingency plan," she says. The wedding was nevertheless a wonderful party, and the Dargans have gone on to help clients design and plan for many garden weddings. She almost always recommends a tent.

Event planners generally use a formula to figure out how many people can comfortably share a space. Three square feet of dance floor per guest, for example, is typically recommended.

Dargan's formula for weddings: "A human body takes two and a half feet to stand up and drink a glass of champagne." Dargan suggests having the lawn rolled to smooth out any uneven spots. Guests of all ages will appreciate this consideration, she says. A flat place for the tent, if you have one, is pretty much essential, too.

Dargan likes to rely on the garden's focal points to help stage a garden wedding. She and her husband were married in front of a striking, tall urn on a pedestal, and after the ceremony they walked through a 12-foot-long arbor.

A centrally placed fountain, a pleasant pergola or a majestic tree could be the ceremony's centerpiece, around which everyone gathers to hear the vows exchanged. Great sentiment is immediately and forevermore associated with such a spot.

Planning a wedding around the bloom cycle of delphiniums, roses or daisies is easier if you are an experienced gardener, or if you know one, but don't pin all your hopes on one favorite plant. Part of the beauty of nature is its ability to surprise us.

In a good garden, there will always be more than one thing in bloom, and the overall design -- the garden's architecture, the arrangement of paths, the lawn, flower beds, shrubs and shade trees -- will provide a beautiful frame that you can embellish with pots full of colorful annual flowers.

Give yourself, or your garden designer, plenty of time to get the flower beds ready.

"You want to have event-quality borders," Dargan says. Three weeks before the wedding, all the planting should be done. To concentrate your efforts where they will show, "put your money at the front of the border," Dargan says, and let evergreens and shrubs do the work of

providing texture and depth.

Improving the garden for a wedding pays off for many years, says Sharon Naylor, author of "The Complete Outdoor Wedding Planner." Many couples think of the cost of the preparations as a gift to themselves, or to their parents, because a pretty new pergola will be a pleasure in the garden for years to come, and perennial flowers come back every year. The memories you create will last forever.

"Our garden wedding was infused with a special energy I can't even describe," Dargan says. "We were embraced by the fragrance of tea olives, the birds were singing -- we felt very close to nature and filled with love."

Tips From the Experts

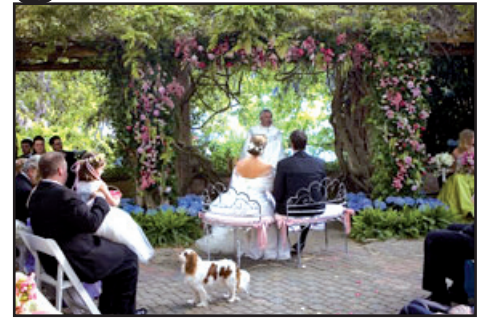
There's romance in a garden, but a successful garden wedding requires hard work and careful planning. Here are some tips.

-- Pretend you are a photographer, says Sharon Naylor, author of "The Complete Outdoor Wedding Planner," www.sharonnaylor.net, and look for the garden's most beautiful settings.

-- When you decide where the vows will be exchanged, study the spot carefully at the exact time of day the wedding will take place, and remember that the sun's angle will change according to the season, says Darcy Miller, editor of Martha Stewart Weddings. You don't want the sun to beat down on the bridal couple or on the guests, and neither the couple nor the guests should have to squint into the sun.

-- Let the neighbors know what's going on, even if they're not all invited, suggests Cornelia Powell, editor of the online magazine Weddings of Grace, www.weddingsofgrace.com. Plan for valet parking, if necessary, and make sure everyone in the neighborhood knows that there will be music and dancing into the night.

-- The lighting should be beautiful. Lanterns, candles and high-quality outdoor lights that look like candles would all be appropriate. A wedding or event planner should be able to suggest possibilities, says Neil Carr of Blue Bouquet, www.bluebouquet.com, a wedding florist and event-planning studio in Kansas City, Mo.



Nature contributes mightily to the romance of a garden wedding. The flowers, birds and a gentle wind in the trees create memories that will last a lifetime. Weddings are a rite of passage, and the beauty and intimacy of nature intensify the experience for the bridal couple and their guests. photo: Priscilla Wannamaker, www.pwannamaker.com

-- For the bride's bouquet, match the style to the event, Carr says. A simple, natural-looking bouquet of garden flowers is likely to look just right.

-- Consider using potted plants or trees in containers to decorate, Miller says. After the ceremony, at least some of them can be planted.

-- Invest in large numbers of umbrellas (search for "wedding umbrellas" on the Internet). Specialists in wedding umbrellas and parasols sell their wares in pretty pastels to match wedding colors.

"Spending the money on umbrellas is the only way to make it not rain," Miller says.

-- An air-conditioned or heated tent "takes the pressure off the house to perform," says Mary Palmer Dargan, a landscape architect in Atlanta, www.dargan.com.

-- If you're working with a garden designer on a new layout specifically for the wedding, allow a year or 18 months to complete the job, Dargan says.

"If you don't have that much time, you probably ought to think twice about combining a fantastic emotional event with garden construction," she says. "Anything can go wrong."

-- Rent comfortable chairs, Powell says. Metal chairs will be cold in cool climates and may get surprisingly hot in the sun.

-- You can't predict the weather, but The Weather Channel's online wedding planning tool can help: www.weather.com/activities/events/weddings.

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Feeling Blue And Looking Great

by Claire Whitcomb

America has the blues -- the decorating blues, that is. There is more blue paint, china and fabric sold than any other color.

The reasons are simple. Blue is cool, soothing and easy to live with. Shades from robin's egg to lapis, from navy to turquoise, go together as effortlessly as the clouds and the sky.

But no color can stand the kind of popularity blue has enjoyed without a reaction. For decades blue has been paired with cream and a splash of sunflower yellow. But now "a real change is in the air," says Stephanie Hoppen, author of "Choosing Blue" (Watson-Guption, \$20).

Blue is going modern. It's stepping out on the town with raspberry, acid green, bitter chocolate and steely gray. And pale blue is substituting for white, especially white walls.

Washed-out blues -- shades Hoppen calls "almost turquoise" or "pinky lavender" -- are serving as neutrals, fresh alternatives to beige and taupe.

And on the deeper end of the spectrum, cobalt blue is going where other colors -- yellow and red -- fear to tread. The reason is that blue resonates differently, emotionally and visually.

A bold stroke of blue -- a chaise

covered in a shade borrowed from Matisse -- doesn't jangle the nerves or steal the show. Even in strong doses, blue "recedes, retaining an impression of larger volumes of space," Hoppen says.

To find out what are the newest ways of using blue, she's polled a number of top designers, including textile expert Albert Sardelli. His forecast: peacock blue with acid green.

"Periwinkle is a fairly conventional color," he adds, "but using it with an unusual shade of tobacco makes it new again. And I think silver is going to be really big with blue."

New York designer Libby Cameron likes bachelor's-button blue with "corally pinks and greens." With these accents, she says, blue "becomes livelier and seems clearer."

Her favorite true blues include Benjamin Moore's Ol' Blue Eyes (2064-30) and Brilliant Blue (2065-30). When she uses blue on a wall, she makes sure it has a semigloss finish to reflect the light.

Darker hues like navy are an elegant choice for a room that doesn't get a lot of natural light, says British designer Nina Campbell.

"Often, using midnight blue or a similar tone makes that room look pur-

posefully dark and luxurious," Campbell says. Not only that, it gracefully disguises awkward shapes.

As for pale blues, they are a delicate marriage of light and color and require careful consideration. "Due to the abundant amount of blue light that we get from the sky above, all shades of blue are going to show up differently in different rooms," notes Jason Bell, founder of the New York design firm J.D. Bell Inc.

Observe your pale blues by morning, afternoon and electric light. And test them in a corner so you can see how their tone is magnified when two walls meet.

With each wall that you paint, color becomes stronger, Bell says.

"Be willing to cut the blue by mixing it 50/50 with white to achieve what you think you were going for in the beginning," Bell says.

A similar test is necessary for Gustavian blue-gray, the warm neutral that has been imported from Sweden as a substitute for white. Swedish designer Lars Bolander says he finds he has to mix it "each time it is used, as every room reacts differently depending on whether it has many windows or few or faces south or north."

Easier to use but no less fresh are the weathered blues that are also serving as neutrals.

"There's nothing like a blue that



Pale blue replaces white on the fireplace wall; glass shelves let books float; and a pistachio-green chair adds a surprising contrast to the blues of the patterned rug. These are just some of the new ways blue is being given a fresh modern look, according to Stephanie Hoppen, author of "Choosing Blue." photo: Andreas von Einsiedel

has been battered about a bit, one that has aged well and faded so that it resembles something organic, like a bird's egg or a pebble rather than a man-made skim of acrylic paint," Hoppen says.

But, then, she's fond of all blues -- and who isn't?

Whether you love country checks or English Staffordshire, Mediterranean aquamarine or sharp-edged urban blues, there's a blue for you in Stephanie Hoppen's "Choosing Blue." All you have to do is pick one.

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BBB: Mortgage Fraud, Credit Cards, Telemarketers

by Katie Carroll-BBB Communications

Owners of vacation homes and rental properties are being targeted as victims of identity theft according to a recent report issued by the FBI. Con artists are creating fake identifications of these owners and transferring the empty estates to themselves. With the property under their name, they are able to turnaround and sell the home.

While there are other variations of this type of crime, the FBI reported a 31 percent increase in reports of mortgage fraud during 2007. In addition, Colorado was named as one of the top 10 mortgage fraud states.

The sudden spike is partially being contributed to the weak housing market that gives fraudsters an ideal setting to try different schemes. FBI agents are working with law enforcement and other regulators to control the growing problem, but the BBB recommends taking the following steps to assure you do not become a victim of mortgage fraud:

- Don't ignore any payment books or information from an unfamiliar mortgage company. Analyze what was sent and be sure to follow up with the sender.
- Periodically check information

regarding your property with your county's deeds office. Check for forged signatures and any activity that might seem suspicious.

For more information relating to mortgage fraud, please visit the FBI Web site at:

http://www.fbi.gov/publications/fraud/mortgage_fraud07.htm

For more information contact Carol Odell, 719-636-5076, ext. 111.

MISLEADING CREDIT CARD SOLICITATIONS STRIKE SOUTHERN COLORADO AREA

Consumers have been receiving congratulatory mail stating they have been pre-approved for a low-interest credit card. The Better Business Bureau is warning recipients that they should be cautious before accepting this offer from the Union Workers Credit Services (UWCS). The Dallas-based company promises a card similar to a Visa or Mastercard for a refundable membership fee of \$37.00, but subscribers only receive a card that can be used with a catalog issued by the UWCS.

UWCS has an unsatisfactory report with the Ft. Worth BBB. UWCS has 389 complaints, with selling practice and

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advertising issues comprising a majority of the problems.

Taking time to evaluate a credit card solicitation can help recognize the authenticity of an offer.

Before applying for a credit card, make sure to ask these questions:

- Does the bank also offer regular credit cards such as Visa or Mastercard? These companies will exclusively help you apply for a credit card.
- Must you pay a fee before learning additional info? The Bureau does not advise applying for a card unless all information is presented before fees are requested.
- Where can the card be used? Some "gold cards" can only be used to order products from a company's catalog. These card providers promise they will assist you in applying for a regular credit card if a certain amount is purchased from the catalog. However, they do not issue these cards themselves and therefore cannot guarantee Visa or Mastercard will actually issue you a card.

For more information contact Carol Odell, 719-636-5076, ext. 111.

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QUESTION: WHAT IS A TELEMAR- KETING SCAM AND HOW CAN I PROTECT MYSELF FROM THEM?

Answer:

Coloradans lose millions of dollars a year to illegal telemarketers. A phone caller asks you to send money, and in return, you are promised that you will receive a much larger sum of money due to some unique opportunity. These callers are not salespeople just doing their job — they're criminals who will say anything to get your money. Do the following if you receive such a phone call:

- Be wary of a friendly voice or demeanor. Crooks can sound like a rela-

tive or neighbor.

- Never send money based on a promise given over the telephone from a stranger.

- If you suspect a scam, contact the police, your local District Attorney's Office, or the Better Business Bureau/Attorney General's Consumer Line at (800) 222-4444.

- For Canadian telemarketers, call Phone Busters at (888) 495-8501.

- It's hard to hang up on people, especially when the caller sounds so polite and friendly. But you wouldn't let a nice-looking stranger in your house or accept a ride from one, so handle telephone calls from strangers the same way.

To avoid receiving these calls in the first place, callers should take advantage of the Colorado No-Call Law. Under this law residential telephone customers can place their telephone numbers on a no-call list free of charge (the law does not apply to business telephone customers). You can sign up for the no-call list by calling (888) 249-9097 or registering online at www.coloradonocall.com. Commercial telemarketers may not call or send faxes to you at your home if you have placed your telephone number(s) on the no-call list, unless the telemarketer has an "established business relationship" with you. Please note, however, that calls by charities, political groups and other non-commercial organizations are not subject to the Colorado No-Call Law. Report offending telemarketers to the Attorney General or district attorney's office. You can also use the Colorado Consumer Protection Act to sue in Small Claims Court if you are on the no-call list and get unwanted calls or fax transmissions from telemarketers.

The Colorado Bar Association welcomes your questions on subjects of general interest. The column is meant as general information. Consult your own attorney for specifics. Send questions to CBA attn: Tara Miller, 1900 Grant St., Suite 900, Denver, CO 80203 or e-mail tmiller@cobar.org.

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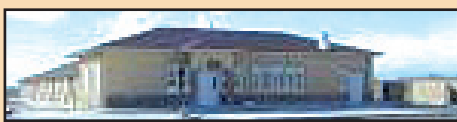
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Cooking From A to Z: A Perfect Summer Sauce

by Sally Schneider

My friend Tom is one of the most innately stylish men I know. After 20 years, I am still awed by the ease with which he creates magic -- whether decorating a room or advising a friend (me) what to wear on a budget, and especially when he entertains.

He'll call me on a summer Saturday afternoon to chat while he putters around his beach house and casually mentions after a half-hour or so that 6 or 10 or 20 guests are coming to dinner, including a renowned opera diva. Could I help him with the menu?

My counsel invariably takes the form of unfussy recipes I know this basic cook could make easily, and that put to best use the ingredients his local farm stands have to offer. Then I leave him to his own devices to create the setting for this simple food: the porch hung with paper lanterns, the table set as only Tom can with local dahlias and candles, every detail reflecting his comfortable, off-the-cuff sense of beauty.

On the weekends that I am Tom's houseguest, I am pleased to find my hastily scribbled recipes on his kitchen counter, stained and worn -- signs that they've served him well.

Of these strategic recipes, perhaps the most useful is for Louis sauce, a creamy old-fashioned dressing used in Crab Louis, a salad made popular in San Francisco in the early 1900s that became one of the quintessential dishes of American cooking. It is this fantastic sauce that makes the arrangement of fresh crab meat on a bed of lettuce -- with possible additions of sliced hard-boiled eggs, tomato, asparagus spears, avocado and cucumber -- a satisfying indulgence to this day.

Louis sauce is similar to a Russian or Thousand Island dressing -- a base of mayonnaise, cream and chili sauce -- but with an intriguing name (pronounced "loo-ee") and a shift in the balance of flavors that makes it at once elegant and satisfying. The varied elements of a Crab Louis salad give a sense of the many kinds of foods this sauce complements.

It is THE perfect sauce for dressing wedges of romaine, iceberg or Bibb lettuce to accompany grilled steak. It complements just about any cold cooked or raw vegetables, from beefsteak tomatoes and cucumbers, to asparagus, string beans, roasted peppers and grilled mushrooms. Platters of mixed vegetables make a lovely summer lunch.

Perhaps Louis sauce's greatest affinity is for cold seafood: shrimp, lobster, poached or grilled salmon, served as is, as a salad, or as filling for sandwiches and rolls. It's also a great dressing for cabbage and root vegetable slaws and chopped vegetable salads, as well as egg salad. I use it instead of mayonnaise on turkey, chicken, steak or cheddar cheese-and-tomato sandwiches.

Louis sauce couldn't be easier to make. I lighten the classic version by replacing mayonnaise and heavy cream with sour cream and adding a little fresh tarragon, for a subtle counterpoint of flavor. You can shift the flavors by adding grated lemon zest, horseradish, minced basil, chives or parsley, or Worcestershire sauce, to name a few. In summer, Louis sauce is a boon to entertaining at a moment's notice.

LOUIS SAUCE

3/4 cup sour cream, or half mayonnaise and half sour cream
1/4 cup Heinz chili sauce
2 to 3 tablespoons chopped flat-leaf parsley
2 teaspoon chopped tarragon
1 teaspoon minced shallot (1 small) or scallion
1/4 teaspoon salt
Freshly ground black pepper
1 teaspoon lemon or lime juice

In small bowl, whisk the sour cream, chili sauce, parsley, tarragon, shallot, salt and pepper together. Add lemon juice to taste. Cover and refrigerate for at least 1 hour to let the flavors meld.

Makes about 1 cup, 6 servings.

Serve this seafood Louis with garlic bread or focaccia. It also makes a

great sandwich filling.

CRAB, SHRIMP OR LOBSTER LOUIS

1 cup Louis Sauce (see recipe above)
2 pounds lump crabmeat; or cooked, peeled deveined shrimp; or shelled lobster meat
6 cups washed and dried Mesclun salad greens, or other farm stand lettuces such as oak leaf, butter crunch, watercress and arugula, in any combination
Optional garnishes: sliced cucumber, tomato wedges or halved cherry tomatoes, sliced hard-boiled eggs, asparagus, steamed and chilled

Dress the crabmeat just before serving: Place it in a medium bowl. Pour the sauce over and gently toss with a rubber spatula or your hands, taking care not to break up the lumps of crab. Arrange the greens on a large chilled platter; spoon the crabmeat into the center. Arrange any of the optional garnishes you wish around the edges.

Serves 6.

This is a classic American salad of chopped peppers, carrots, cucumbers, tomatoes and cheddar cheese bound with a Louis dressing. It is the perfect accompaniment to hamburgers or sirloin steaks cooked on the grill.

All the vegetables, except the onion, which will become acrid, can be prepared up to a day ahead and stored in a plastic bag in the refrigerator. Just before serving, toss with the dressing and the chopped onion.

The recipe can be multiplied many times.

CLASSIC CHOPPED SALAD

3/4 cup Louis Sauce (see recipe above)
1/2 teaspoon grated horseradish, liquid squeezed out
2 large carrots, pared, cut into a scant 1/2-inch dice (1 cup)
1 red or yellow bell pepper, cored and seeded, cut into scant 1/2-inch dice (1 cup)
1 medium cucumber, pared if waxed, left unpeeled if not, seeded and cut into a scant 1/2-inch dice (1 cup)
2 stalks celery, peeled and cut into a scant



The classic American crab salad -- Crab Louis -- originated in San Francisco at the turn of the 20th century. photo: Maria Robledo

1/2-inch dice (1 cup)
2 medium tomatoes, halved through circumference, seeds and juice squeezed out, then cut into a scant 1/2-inch dice (1 cup)

1/2 Vidalia onion, cut into 1/4-inch dice (1/2 cup)

2 ounces extra-sharp Vermont cheddar cheese or aged jack cheese cut into 1/8-inch dice

Salt and freshly ground pepper to taste

In a small bowl, stir together the Louis Sauce and the horseradish. Cover and refrigerate until you are ready to mix the salad.

Combine the vegetables and the cheddar cheese in a medium bowl. Cover and refrigerate until ready to serve. Just before serving, spoon the dressing over and toss to coat. Adjust the seasoning and add plenty of freshly ground pepper.

Serves 6 (makes 6 cups).

Sally Schneider is the author of "The Improvisational Cook" (Wm. Morrow, 2006) and "A New Way to Cook" (Artisan, 2001).

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

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JUNE 3: Chicken a La King/Biscuit, Broccoli, Mixed Green Salad/Italian, Peach Cobbler.

JUNE 4: Pot Roast w/potatoes/carrots/onions, Mixed Green Salad/Ital., W Bread/Marg., Banana Cake.

JUNE 5: BBQ Chicken, Baked Beans, Creamy Cole Slaw, W Bread/ Marg., Fruit Pudding.

JUNE 6: Cream Veggie Soup, Roast Beef Sandwich, Mixed Green Salad w/Ranch, W Bread/Marg., Banana.

JUNE 9: Salisbury Steak, Mashed Potatoes, Carrots, Chilled Peaches, W Bread/Marg., Raspberry Sherbet.

JUNE 10: Baked Glazed Ham, Confetti Rice, Mexican Cole Slaw, California Blend, W Bread/Marg., Chilled Plums.

JUNE 11: Hot Turkey Sandwich, Mashed Potatoes, Harvard Beets, W Bread/Marg., Cranberry/Orange Gelatin.

JUNE 12: Spicy Sausage Patty, Parslied Noodles, Cabbage, W Bread/Marg., Fresh Apple, Orange Sherbet.

JUNE 13: Breaded Fish/Lemon, Tater Tots, Peas, W Bread/Marg., Cherry Crisp.

JUNE 16: Lasagna, Cauliflower, W Bread/Marg., Chilled Apricots, Lime Carrot Gelatin.

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JUNE 18: Beef Stew, Confetti Rice,

Creamy Cole Slaw, W Bread/Marg., Gingerbread w/ Lemon.

JUNE 19: Roast Beef w/ Gravy, Mashed Potatoes, Stewed Tomatoes, Carrot Raisin Salad, W Bread/Marg.,

Chilled Fruit Cocktail.

JUNE 20: Turkey Mediterranean, Garlic Mashed Potatoes, Harvard Beets, Strawberries/Pears, W Bread/Marg.

JUNE 23: SRDA's Spicy Pork, Au Gratin Potatoes, California Blend, Ambrosia, W Bread/Marg.

JUNE 24: Turkey Tetrazzini, Carrots, Zucchini, Apple Sauce Cake, W Bread/Marg.

JUNE 25: Meatloaf/Tomato Sauce, Parslied Noodles, Peas, W Bread/Marg., Apple Juice.

JUNE 26: Honey Mustard Chicken, Stewed Tomatoes, Basil Green Beans, W Bread/Marg., Cherry Coffee Cake.

JUNE 27: Beef Stroganoff/Noodles, Corn, Carrot Raisin Salad, Fresh Apple, W Bread/Marg.

JUNE 30: Breaded Fish/Lemon, Tater Tots, Peas, W Bread/Marg., Cherry Crisp.

JULY 1: Enchilada Casserole, Peas, Mexican Cole Slaw, W Bread/Marg., Oatmeal Cookie, Chilled Applesauce

JULY 2: Roast Turkey/Gravy, Mashed Potatoes, Broccoli, W Bread/Marg., Cranberry/Orange Gelatin.

JULY 3: Spaghetti/Meat Sauce, Carrots, Pickled Beets, Strawberries & PA.

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Finances: Create And Keep Wealth

How To Save Money On Road Trips, Free Stuff, Energy Bills

How To Save Money On Gas And Arrive Safely

(NAPSI)-Drivers can find ways to enhance their fuel economy before ever hitting the pavement.

"Don't let the price of gasoline spoil the fun of your family road trip," says Jim MacPherson, car-care expert and automotive radio host for WTIC-AM in Connecticut. "By taking a few simple steps, you can save money at the pump and ensure the family vehicle is ready to reach your destination safely."

As a show host, MacPherson is often asked questions about fuel economy, vehicle maintenance and driver safety, particularly as drivers prepare for road trips. Here are some of the most common questions callers ask and his responses to them:

We plan on driving to our destination for the family vacation this year. Are there ways we can keep gasoline costs down?

Yes, there are several things you can do to enhance fuel economy. For starters, take your vehicle in for a basic tune-up. A poorly tuned engine will burn more fuel. Also, keep tires inflated to the proper pressure levels and change the air filter regularly. Consider switching to a fuel-efficient motor oil such as Mobil 1 Advanced Fuel Economy. It can deliver up to 2 percent fuel-economy improvement, and this fully synthetic motor oil will protect your engine in extreme temperatures. (This is based on a comparison versus those grades most commonly used and a potential 2 percent fuel economy improvement. Actual savings are dependent upon vehicle/engine type, outside temperature, driving conditions and your current engine oil viscosity.)

For additional cost savings, travel in a midsize sedan rather than taking a full-size SUV. If you're concerned about

the space, consider shipping recreational equipment to your destination or renting items once you have arrived.

What checks of the vehicle should we make before starting out?

Plan ahead for your next road trip and schedule a maintenance service at least two weeks prior to heading out. This will allow for plenty of time for repairs should your mechanic find a problem. A full check of the vehicle's safety systems will give you peace of mind while driving long distances. Most importantly, be sure the vehicle's tires and brakes are in proper working order.

Are there any driving tips to make the trip more economical?

Allow plenty of time to reach your destination so you're not tempted to speed. Driving at high speeds creates wind resistance and burns more fuel. When possible, try to keep rapid acceleration and braking to a minimum, as this can decrease fuel economy. Also, if your vehicle is equipped with cruise control, I recommend using it. Cruise control smooths surges in acceleration and places the driver's view on the road ahead, as opposed to responding to every shift in traffic around them.

I've heard that a dirty car can hurt your fuel economy. Is that true?

Actually, yes. The dirt on your car's exterior creates drag that, over long distances, reduces your miles per gallon. Keeping your vehicle washed and waxed will improve your vehicle's aerodynamics, improving your fuel economy. You'll also feel good about driving around in a clean vehicle.

We are going to need to use the rooftop carrier on our vehicle but the warning label calls for a very low weight limit. Is the roof really capable of supporting only 175 pounds?

These weight limits are often

established with vehicle control and handling in mind. Items latched to a roof rack raise the vehicle's center of gravity. Check your owner's manual and follow the weight restrictions on the warning labels to ensure safe travel.

Free Money, Free Stuff

(NAPSI)-You can get something for nothing. In fact, lots of useful, valuable and coveted things--if you know where to look and who to ask.

"Free Money Free Stuff" (Reader's Digest) is filled with a practical collection of more than 1,000 legitimate free giveaways and super bargains--money-saving offers available for the assertive shopper and savvy computer user.

A team of experts researched the world of free offers and confirmed deals that can save you substantial amounts of cash. The result is a handy book filled with a wealth of information like education, health care, travel, and small business, arranged in practical sections and chapters.

Find out how to get pharmaceutical companies to foot up to 100 percent of your bill, stock up on free beauty items from shampoo to makeup, learn a language, take an art class and earn a degree at low cost or no cost.

Throughout, there are tip boxes--Editor's Choice--that are filled with the best suggestions from the editors to save you money, including free help for quitting smoking, discount online theater tickets, auto rebates, no-cost-targeted classifieds and senior half-price mass-transit deals.

The book's appendix features a listing of major government agencies and nongovernmental foundations, associations and other sources that provide assistance, money-saving information or free stuff.

Five Ways To Cut Your Energy Bill

(NAPSI)-Consider these simple ways to boost the environment and reduce energy consumption--not to mention your utility bill:

1. Rethink your laundry. About 90 percent of the energy used to wash clothes goes to heating the water. By washing full loads and using cooler water and cold-water detergents, you can save energy, water and money. An Energy Star washer uses half the energy that standard washers do, as well as much less water, and they spin clothes more efficiently, saving drying time.

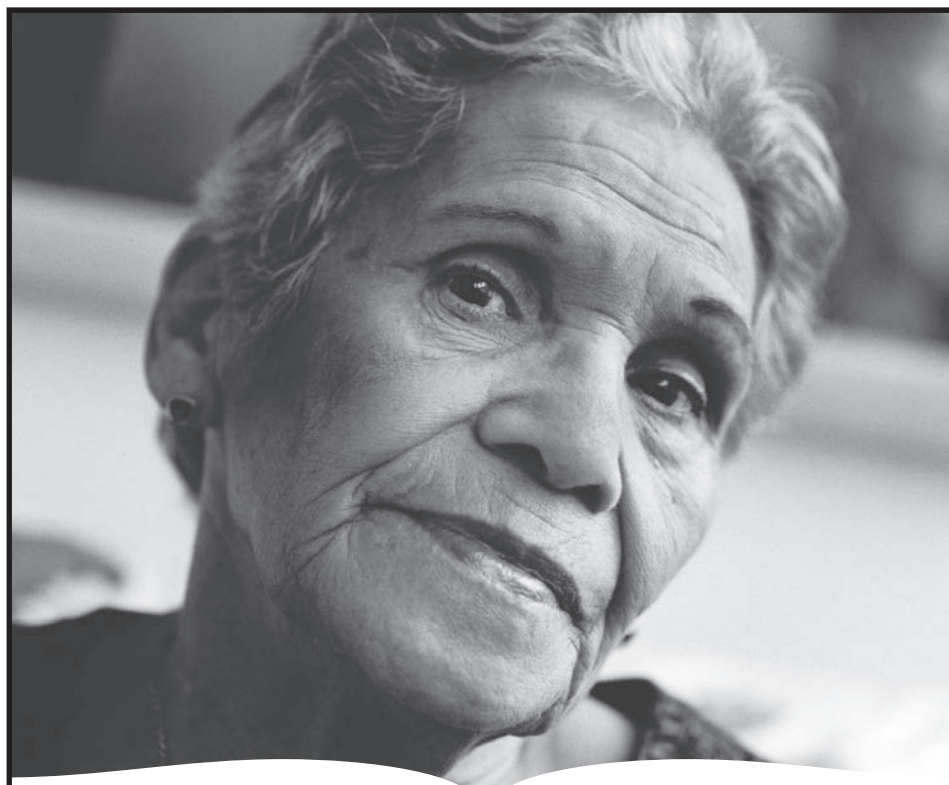
2. Power up with power strips. Even when the TV and other appliances are off, they use energy if they're plugged in. Plug them into a power strip and when not using a device flip the strip switch to off.

3. Make your thermostat work for you. Programmable electronic thermostats control room temperature depending on the time of day. Reducing the temperature by just 4 degrees will save about \$130 a year on energy. If no one is home all day or you're away for a weekend, program the thermostat accordingly.

4. Switch out your light-bulbs. Compact fluorescent light-bulbs use at least two-thirds less energy than standard incandescent bulbs. Compact fluorescent bulbs produce the same amount of light as traditional incandescents but last up to 10 times longer. Considering that lighting accounts for 20 percent of the average U.S. electric bill, this small change can translate to significant savings. Furthermore, the installation of a motion-sensor light helps ensure you only use lights as needed.

5. Use wind as fuel. The wind is a continuous source of clean, free energy that you can harness at your own home with a utility grid-connected residential wind turbine. Incorporating wind energy into an alternative energy plan may seem to be a large initial investment, but it provides a rewarding financial return. Homeowners have reported saving up to 50 percent on their energy bill with a "backyard" wind turbine. To provide quiet, clean electricity even in very low winds, Southwest Windpower offers Skystream, a compact, user-friendly, all-inclusive wind generator. In strong winds, it can actually produce excess electricity that some utilities will buy from homeowners. You can learn more at www.skystreamenergy.com.

Saving energy and money can be a breeze once you get wind of the latest technology.



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E-060615-60 AC



Are You or Your Parents at Least 62 Years Old



And do you or your parents have at least 50% equity in your home?
Would you or they like to have tax free extra money every month for the rest of your life and/or never pay a house payment again?
AND NEVER HAVE TO PAY THE MONEY BACK . . . EVER!!!!

If you answered YES to the above questions, please call the toll free 24 hour recorded message line : 1-866-671-3207, Ext. 2222 to listen to additional free information about the NEW GOVERNMENT PROGRAM That allows seniors take money out of their home for any reason. This program is just for seniors like you that would like to have some extra money each month and not have to pay it back. NO it is NOT too good to be true. Let us show you how easy it is.

Don't be left out. Call TODAY!!!!!!



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Grant Oakes, Colorado Licensed Life, Health & Mortgages.

Seniors Resource Masters, LLC-- IN PUEBLO 719-250-3610

Senior Community Update



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

The group also meets the third Wednesday of each month at 6 p.m. for dining and socialization at various area restaurants. RSVP: Jack Briggs at Jack.Briggs@comcast.net or 546-6189 for reservations and location

GENEALOGY NEWS

The Southeastern Colorado Genealogy Society holds its regular meetings on the second Saturday of the month in Meeting Room B, Robert Hoag Rawlings Public Library, First floor, 100 Abriendo Ave., Pueblo. CO. A Refresher/Beginners Genealogy Class starts one hour earlier at 1:00PM. No Charge. Non-members are welcome. Call 546-1973 for details on any of the above."

VOLUNTEER OMBUDSMAN

Wanted, Volunteer Ombudsmen to share their time, talents and caring hearts with the elderly residents of Long-Term Care and Assisted Living facilities. This would be a great opportunity for retired Nurses, Social Workers, and Individuals who love and want to work with some of the most vulnerable members of our society. In this capacity, you would advocate for these residents and when necessary investigate and obtain proof of deviation from nursing home care standards. If interested please call 583-6123. This Volunteer position is with the Pueblo County Long-term Care Ombudsman Program. You Must Be Able To Pass A Criminal Background Check Before Being Accepted.

PUEBLO STEPUP FREE COMMUNITY WELL-BEING CLINICS

Mineral Palace Towers, 1414 N. Santa Fe, Thursday, June 12th; 9:00-11:30 am.

Memorial Recreation Center, 230 E. George Dr., Thursday, June 12th; 8:15 - 10:30 am.

Park Hill Christian Church Hall, 1404 E. 7th St., Monday, June 16th; 10:00 - Noon.

Minnequa Park Apartments, 1400 E. Orman, Tues, June 17th; 9:00-11:30 am.

Mesa Towers, 260 Lamar, Wednesday, June 18th; 9:00 - 11:30 am.

Ogden Apartments, 2140 Ogden, Thursday, June 19th; 9:00 - 11:30 am.

Fulton Heights, 1331 Santa Rosa, Thursday, June 19th; 1:00 - 2:30 pm.

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

Vail Hotel Center, 217 S. Grand, Tuesday, July 8th; 9:00 - 10:30 am.

Hyde Park Community Center, 2136 W. 16th St., Tuesday, July 8th; 1:00 - 2:30 pm.

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

Get Moving with Pueblo StepUp Community Exercise Programs:

Please call Jo Stinchcomb @ 557-3883 for questions about any of Pueblo StepUp's Health & Fitness Programs.

PUEBLO TOASTMASTERS!

Call Ledema 544-7918.

Have a question to ask? Toastmasters meets twice a month, call us and get the info.

PCC SEEKS VOLUNTEER INSTRUCTORS FOR NEW EL INSTITUTE PROGRAM

Pueblo Community College is starting an El Institute (or Senior Specific College) to foster a creative, enjoyable atmosphere in which individuals 50+ years of age can continue the excitement of lifelong leaning with their peers in a comfortable, inviting environment. It will consist of visual, auditory and hands-on activities in two-hour blocks (3-5 p.m.) for one week, and two programs per year

will be coordinated at PCC -- the first week of October and the third week of March.

Volunteer instructors 50+ years of age who enjoy sharing their skills and knowledge in a group setting are being sought. Individuals with expertise, experience and passion in the areas of history, literature, music, science, local events, arts and crafts, theater, photography or other interesting subjects are urged to apply. Teaching or facilitating experience is preferred but not mandatory. Objectives and hands-on activities will be identified by the volunteer instructors.

More information is available from PCC's Community Education and Training Division at 549-3368 or via e-mail at cetd@pueblocc.edu.

BECOME A DOCENT AT THE SANGRE DE CRISTO ARTS CENTER

PUEBLO— Share your passion for art with children and adults alike! On May 30, 2008, the Sangre de Cristo Arts Center will hold a docent training session. This session is open to the public and is for anyone interested in becoming a docent at the Arts Center. Learn about our latest exhibits and how to take tours through the galleries.

If you are interested in becoming a docent at the Arts Center please contact Gary Holder, Curator of Education at 719-295-7210. For more information please call 719-295-7200. The Arts Center is located at 210 N. Santa Fe Ave., downtown Pueblo.

CSU EXTENSION

CSU Extension in Pueblo is offering Private Pesticide Applicator Training on Friday, May 16, 2008 from 9:00 a.m. - 4:00 p.m. The fee is \$50 and includes materials. Pre-registration by May 14th is encouraged but walk-ins are welcome. More information can be obtained by contacting Colorado State

University Extension - Pueblo County at 583-6566.

VOLUNTEERS NEEDED

Volunteers are needed in many non-profit agencies, listed below are just a few:

-Lifeline Program-equipment maintenance.

-SRDA Meal Sites - at Mesa Towers and Joseph H. Edward Senior Center - Setting up and serving noon meals, small amount of paperwork.

-Meals on Wheels - Delivering to Homebound Seniors

-ARC - Helping with

BINGO

-Zoo - Gift Shop and docents

-Nature Center - Gift Shop, gardening, special projects

For info GLORIA VALDEZ, RSVP, 545-8900.

BECOME A CERTIFIED NOTARY PUBLIC

Sponsored by Mi Casa Resource Center, U.S. Bank, & Small Business Administration, The Hispanic Chamber of Commerce and its sponsors open registration for this one day Notary Public Training and Certification class. Basic Notary course available in A.M., Advanced Electronic Notary Service Certification 2.0 available in afternoon course. Basic course must be completed prior to the Advanced session. Classes begin:

Cost is \$ 60 per course. Discount available for full day attendees.

To Register: Call 1-866-844-0091

Or email: ERChavez@hcccs.com

FREMONT SCHOOL OF ARTS & SCIENCES NEWS

The Fremont School of the Arts summer classes will begin on June 16, 2008. The Fremont School of the Arts is located at 220 West Main Street in Florence, CO. Register Early.

Call 429-6091 for a list of classes.

Turning 65? Considering a Medicare supplement plan?



You should consider a Humana Medicare Advantage plan:

- Choice of doctors
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- Fitness program
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- Lower premium than supplement

	Medicare supplement plan	Humana Gold Choice [®]
• Choice of doctors	✓	✓
• Choice of hospitals	✓	✓
• Medicare Part D prescription drug coverage		✓
• Fitness program		✓
• SmartSummary Rx SM		✓
• Humana Active Outlook [®]		✓
• Emergency coverage worldwide		✓
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It's certainly worth checking.

Talk to a licensed Humana representative today to learn how you can get more benefits for a low plan premium.

You have nothing to lose and everything to gain.

To find out if a Humana plan may be right for you, call today to schedule an in-home appointment or to find an informational session near you.

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An Insurance Company with a Medicare Advantage contract to offer a Private Fee-for-Service plan available to anyone enrolled in both Part A and Part B of Medicare through age or disability. Enrollment period restrictions apply; call Humana for details. A Medicare Advantage Private Fee-for-Service plan works differently than a Medicare supplement plan. Your doctor or hospital is not required to agree to accept the plan's terms and conditions, and thus may choose not to treat you, with the exception of emergencies. If your doctor or hospital does not agree to accept our payment terms and conditions, or otherwise agree to treat you, you will not be able to receive covered services from them under this plan. Providers can find the plan's terms and conditions on our website at: http://apps.humana.com/MedPlans_Provider/PFFSTermsAndConditions.pdf. Plans may be renewed annually. Copayment, service area, and benefit limitations may apply. You must continue to pay your Medicare applicable premiums if not otherwise paid for under Medicaid or by another third-party.

SENIOR CLASSIFIEDS

ARIZONA HIGHWAYS MAGAZINES: 25 copies, various dates... \$20.00 Hoover Upright Vacuum with removable tool rack - 5 years old - \$40.00. Call 545-8886. #0708

PERMS: includes haircut & style (short hair). 35 years experience in business. Call 719-647-0611. for appointment. Pueblo West. #0808

POWER CHAIR "Hoveround. New battery and charger w/cover. \$600.00 trade obo. manual included. Call 719-275-4357. #0608

HOMES FROM JIM VALDEZ-RE/MAX OF PUEBLO:

1. **20 Nona Brooks #E**, Like new townhome with 2 bedrooms, 2 baths, vaulted ceilings, 2 car garage, plus a \$2,000.00 allowance-buyer's choice. \$134,900.

2. **4535 S. Soaring Eagle**, Beautiful townhome located on the P.W. golf course, with 3 bedrooms, 2 full baths, open living room with fireplace, 3 car garage. \$189,900.

3. **1501 JACKSON**, Newer 3 bed-

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.

rooms, 2 bath rancher, vaulted ceilings, covered patio, 2 car garage. all on one level, \$139,900.

4. **687 S DUMONT**, Gorgeous 3 bed 2 bath rancher, with vaulted ceilings, FP in living room, large deck for sum-

mer fun & 2 car garage. \$139,900.

IF YOU NEED A PART-TIME CNA (Certified Nursing Assistant) in your home call Diane at 544-2710. #0608

IMPERIAL MEMORIAL GARDENS Faith lot #10, graves 1 & 2, \$1700 for both. Pieta, lot #58, graves 1 & 2, \$2900 for both. 240-0538. #0608

HOUSE HOSPITAL. Home Maintenance Professionals. We specialize in rental and home maintenance management. Call Lee at 719-251-4429.

TWO LOTS SIDE-BY-SIDE in Devotion section with concrete vaults and opening and closings. Both for the price of one. \$1500 cash. Call 564-3405 after 5pm. #0608

NEW-ADULT DAY CARE: Located in a safe home in Cañon City, by a licensed Practical Nurse. Arrangements and needs on an individual bases. Call Kathy, 719-315-2805. #0708

POWER CHAIR. Jazzy 600. All around mobility. \$1900. Call 719-542-4955. #0608

PERFECT FIT. Alterations by Abe Camhi. Wedding gowns and formal wear. All types of clothing. Men and women. 40 years experience. Se Habla Espanol. 719-595-1231 or 719-250-9354. #0508

LICENSED & INSURED HANDY-MAN SERVICE Reliable Servic. Reasonable Rates. Rapid Response. Andrew Lloyd, 719-252-8356. #0508

ONE BEDROOM APARTMENT. All utilities paid. 1 bath, housing okay! 1 car garage, 242-6395. #0508

HOVEROUND LTV POWER-CHAIR and instructional VHS. Like New-Used Two days (\$1500). Heavy Duty Walker (\$15). Call after 4:00pm 719-545-2669.

ROOM BY ROOM INTERIORS offers top quality, affordable home services for seniors: packing homes for moving; decluttering home/garage; staging your home for sale, painting services. We treat your home and belongings as if they were our own. Chrisanne: (719) 485-2416. #0408

CEMETERY PLOT: Gate of heaven section - Roselawn. Current price, \$1095.00. Will take \$895.00 #0408

SPECIAL CARE PROVIDER At your home by licensed nurse. Errands, meal prep, medications, transportation; Activities of daily living. Call 565-0445. #0408

TWO CEMETERY PLOTS-MOUNTAIN VIEW Graves 2 & 3, Blk 5, Lot East 1/2 86. \$500 each. 719-561-4577. #0408.

HANDICAPPED VAN: with ramp, 1997 Dodge Grand Caravan, 79,694 miles. Excellent condition. Asking \$12,500. 584-3068. #0408

DEPENDS ADULT PULLON BRIEFS: X-Large size 4-18 pack to case. \$20.00 case of 72. Call 719-334-0150. #0408

PERSONAL CARE PROVIDER CNA, EMT Training. 20 years experience. Kind, Gracious, domestic tasks, medicine reminders, companionship, prompt, alert, ethical, well-behaved. Call Sherry, 543-7672. #0208


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MISSION
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SUSTAINABILITY


We want to see people **THRIVE** in their lifestyles, career, and environment.

VISION
We believe that every human being has a right to health, education, the arts, and to be a part of the local economy.
We believe that entities and products that encourage this should be promoted.
We believe that educating the public about the inherent truths of our health, our education, our culture, and our economy is paramount to our rights as citizens.


We believe in hope, change, and the power of a free market economy.

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Going Your Way: Helping Seniors Remain Independent

by *Caroline Ritterling*

Thirteen percent of America's population is over 65 years of age, yet only five percent live in an assisted living or nursing facility. That leaves eight percent of our senior population who choose to remain independent and stay in their homes for as long as possible. Obstacles will frequently arise that threaten the senior's ability to remain independent. One of these obstacles is driving a vehicle when it becomes difficult or even frightening to navigate the freeways and roads. Rain and snow complicate things even more, and let's not forget those "crazy drivers" we have to contend with. That's where Going Your Way can help. Going Your Way is a one of a kind customized service for those who need accompaniment to appointments, church, shopping, or anywhere they need to go.

Locally owned and operated,

Preventing Joint Discomfort

by *Jason Theodosakis, M.D.*

(NAPSI)-Following a few simple steps can keep joints healthy, prevent pain and help you stay active--whether you're 30 years old, 70 years old or anywhere in between. Try these tips:

- Consult a physician if you have persistent joint problems.
- Devise an exercise plan that provides at least 30 minutes of moderate exercise a day.
- Prevent sports injury through strengthening, balance and agility drills. Also, switch from high-risk sports and activities to those with less risk; biking instead of running, for instance.
- Consider using a glucosamine/chondroitin supplement such as Osteo Biflex.

Taken in combination, glucosamine and chondroitin can promote flexibility, renew cartilage and lubricate joints. For more information, visit www.osteobiflex.com. Dr. Theodosakis is author of the No. 1 New York Times best seller "The Arthritis Cure, revised edition."

Going Your Way was founded by David and Caroline Ritterling who established Visiting Angels in Pueblo almost eight years ago. The need for this specialized service came from calls to the homecare office requesting transportation and accompaniment to appointments and other events, usually on an intermittent basis. While Visiting Angels can provide this service, it is with the client's car and not the caregiver's. "The risk of allowing a caregiver to drive her own car is too great due to insurance requirements that most caregivers cannot afford or choose not to purchase. Companies that provide transportation without proper insurance put the senior in the precarious position of no coverage to handle injuries or therapy if an accident should occur. This leaves everyone in a very vulnerable situation and it's just too risky and does not provide the best for our seniors," says Caroline. Going Your Way provides newer vehicles that are clean and insured to cover any incident that may arise. They employ companions that are friendly, accommodating, and are trained to care for the special needs of the clients. "The primary decision in starting this new company was ensure the safety and comfort of our seniors wherever they go and to provide a quality service with friendly people they will enjoy", says Ritterling.

The service is available not just to pick up and drop off at their destination; friendly companions can accompany the senior to the doctor, buy groceries, and pick up medications or even run errands if they are unable to themselves. "Door through Door" requests the companion come into the home to help with outer clothing, secure the home and assist the client to the vehicle. When back at home, packages and groceries are put away and the client safe and sound before the companion leaves. Going Your Way is unique because of the special attention to the senior's needs while providing the safest and most professional

service available.

Going Your Way can be reached by calling Lori Newsom, the Director, at 543-1996.

Oral Health Tips For Seniors

Just because you are old doesn't mean that you're going to lose your teeth. According to the American Dental Hygienists' Association, recent surveys show that 90 percent of adults have, on average, 23.5 teeth. Almost a third of adults have all 28 teeth and 50 percent age 55 and older wear partial or complete dentures.

But whether caring for original teeth or dentures, seniors face a range of special oral concerns, including root decay and periodontal disease. You can keep your smile healthy by following a routine of proper oral care and making regular visits to your registered dental hygienist and dentist.

Many seniors have trouble manipulating a toothbrush because of arthritis or limited use of their hands. They should try adapting the toothbrush for easy use by inserting the handle into a rubber ball or sponge hair curler, or glue the toothbrush handle into a bicycle grip. Toothbrush handles can be lengthened with a piece of wood or plastic such as a ruler, ice cream bar stick or tongue depressor.

For those who can't use a manual toothbrush, an electric toothbrush may be easier to use. Numerous studies confirm that electric brushes are excellent plaque removing devices and are extremely effective in stimulating gums.

Dentures - full or partial - should be brushed daily with a soft toothbrush or denture cleaning brush, using a commercially prepared denture powder or paste, hand soap, or baking soda. Dentures should be brushed inside and outside, and rinsed with cool water.

When not in use, dentures should be covered with water or a denture cleaning solution to prevent drying.

This oral health tip comes from Oral Health Awareness Colorado!, a coalition of federal, state and community organizations that developed the state's first formal oral health plan aimed at improving the general health of Colorado residents.

For more information about oral health, go to the website www.beasmartmouth.com

BEER

from page 11.

doors, and there are stuffed gators with dog heads, stuffed fish with gator heads, and walls inlaid with broken pieces of plates and tiles. The gift shop carries books like "The Compleat Cockroach." Early cell phones mounted on door jambs fascinate teenagers, according to Preble, who is also a talented artist.

While browsing, I came across an old Claire Veaux fortune-telling machine that reminded me of the one in the Tom Hanks movie "Big," and I even tried my hand on an Aztec pinball machine from the 1940s, scoring only a meager 82,920 points.

So where does Preble get all these outlandish displays?

"People bring me stuff all the time," he says with a smile.

Meanwhile in nearby Covington, visitors will find several good restaurants, among them Ristorante del Porto, named the best Italian restaurant in the New Or-

leans area by the New Orleans Times-Picayune.

Other notable hangouts include the St. Johns Coffee House, Columbia Street Tap Room and Heiner Brau micro brewery, while A.J. Smith's Sons, a venerable general store and museum, displays such necessities as a kerosene dispenser, wagon wheels and dugout canoe.

Covington, too, has just built a new Trailhead Plaza for the bikers and hikers on the Tammany Trace.

Back in Abita, a good way to end the day is to order its eponymous Abita Sampler at the Brew Pub. You'll get six small glasses filled with different hometown brews, among them the Purple Haze, Turbodog and Andy Gator. It goes well with a hamburger topped with English cheese. Information: St. Tammany Parish Tourist Commission, (800) 634-9443 or www.louisiananorthshore.com.

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Charlene Dengler: "Turning Back The Hands Of Time"

by Charlene Dengler

Tempest fugit, as the Latin saying goes, "time flies". That is certainly true of 2008 and, as senior citizens, very true in our own lives. For me, the mid-century mark arrived far too quickly and although the second half of my life promises a bright future the sheer numbers of chronological age sound overwhelming! Along with the increase in years comes various forms of decrease in our bodies. Decreasing ability to do what we used to, decreasing hours of solid, restful sleep, decreasing management of the digestive and eliminative processes, decreasing metabolism and ability to maintain muscle mass...shall I go on? Yes, with chronological increase gerontologists have identified several biomarkers of aging, some of which I just listed. However, as an optimist I want to focus on longevity and restoring some aspects of younger living that may make the second half of our lives, even better than the

first half has been.

One of the most frustrating aspects of aging for those who have led an active lifestyle is that as we age our metabolism slows and we lose muscle mass. From our thirties onward we lose about 5% per decade. Coupled with a naturally slowing metabolism it creates a situation where almost anyone will start to put on pounds, and those pounds being actual "fat", not lean muscle. Even those with faster metabolisms, due to genetics or very active lifestyles will begin to exchange muscle for fat with aging, if very calculated precautions are not taken. Women on the average will gain 11 pounds going through menopause if steps aren't implemented to stave off the onslaught of excess baggage. The reality is the deck is stacked against us aging baby boomers unless we take a different approach to our lifestyles.

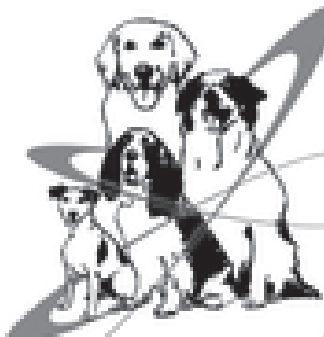
So how can we grow older gracefully without "growing" in size as well?

One key principle for optimal health is to develop a grazing approach to eating, not going more than 4 or 5 hours between eating. Grazing is eating smaller portions of a good balance of protein, carbohydrates and fat more frequently throughout the day. Beginning with breakfast, which should be consumed within an hour or so after arising, you should continue to eat throughout the day every 4 to 5 hours. This helps to keep your metabolism higher and doesn't allow your body to shift into starvation mode. Each smaller meal or snack should contain some form of lean protein, and portion control is very important. Unless extremely active, for example working out more than an hour a day in a vigorous manner, the aging body does not use fuel as efficiently as when it was a younger machine. The amount of fuel taken in should equal the amount of energy expended or pounds will manage to pile on. Another reason to eat smaller amounts more frequently is to keep blood

sugar more stable. By avoiding spikes in your blood sugar your energy level will remain more constant, your appetite will be more in control and your mood will be more even keel. In addition to all those benefits, you may be able to prevent type II diabetes, which is the third leading cause of death in America.

Current recommendations for exercise is an hour per day of some type of activity, that can be divided into short increments as long as it adds up to an hour. To keep metabolism up and pounds off it is crucial that some form of weight resistance or weight lifting be a part of that exercise at least three days a week. By building lean muscle, or at minimum maintaining what you still have, you will burn calories at a faster rate even when not physically being active. A pound of lean muscle burns seven times the calories that a pound of fat does. Besides, lean muscle is what gives your body shape and contour and allows your clothes to fit better. The effects of the exercise may not always be revealed on the scale since muscle actually weighs more than fat, but you will notice the difference in the way your clothes look on your body. As always, it is recommended that you check with your doctor before embarking on an exercise routine, and while you're at it take your measurements, body fat and BMI readings as well. Monitoring your progress and enjoying your successes are strong motivators for continuing a healthy habit for life. Well, what are you waiting for? Days, weeks and months continue to propel us forward but only you, by your proactive choices can turn back the hands of time.

Charlene Dengler is a former registered nurse who has also been a model, a nutrition consultant, a fitness instructor and an educational consultant. Her main focus is a natural approach to health and wellness with an emphasis on assisting others in finding the correct pathway to their optimum vitality. She can be reached at 719-250-0683.



Bad Dog Or Medical Condition?

Vets say changes in a dog's behavior could be the result of separation anxiety.

(NAPSI)-If your dog has soiled your new carpet, attacked the door molding or shredded your favorite pair of shoes, he has likely been in the doghouse--figuratively.

But this behavior may not be a case of a good dog gone bad. It could be separation anxiety, an underdiagnosed and under-treated condition in which animals become so upset by their owner's departure they resort to what is considered bad behavior to cope with the situation. It is estimated that up to 17 percent of all dogs in the U.S. may show signs of separation anxiety.

Separation anxiety is usually triggered when the owner leaves or shortly after. Because dogs are historically pack animals, the dog views the family as its pack and experiences distress when separated from that family. That stress leads to problem behaviors, including:

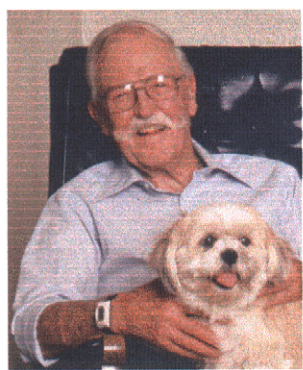
- Excessive barking, whining, howling
- Destruction, chewing, clawing or digging
- Urinary or bowel accidents indoors
- Depression/inactivity
- Constant pacing, circling
- Excessive licking, drooling.

Separation anxiety is a treatable condition. New medications have been introduced recently to help ease the pain of separation anxiety for dogs and their owners. Most veterinarians choose to use a combination of medication and behavior modification training, which offers the best chance of success in managing separation anxiety.

If your dog's "bad behavior" sounds more like separation anxiety, talk to your veterinarian for diagnosis and treatment. After all, wouldn't it be nice to know that your "bad" dog isn't so bad after all, just misunderstood?

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Authorized by the committee to elect Debbie Rose. Printed by volunteers.

Stroke Survivors Support Group Give Comfort To All!

Ed. Note: Stroke Survivors of Pueblo is having a celebration on Tuesday, May 13, 2008, 2pm-4pm at the Joseph H. Edwards Senior Center (SRDA Cafeteria at 230 N. Union Ave. Call Chuck at 583-8498 or Terri at 584-4677 for details by May 9th.

by Charles M. (Chuck) Couchman, Founder & President

Stroke Survivors Support Groups of Pueblo is a non-profit organization dedicated to helping, educating and supporting stroke survivors, people with aphasia and their caregivers (families and friends) and to informing the general public about strokes and aphasia.

For stroke survivors and our caregivers, it is important to know that we are not alone. We come together to share experiences and hope, and to encourage each other to work actively at self-improvement. We realize that self respect and humor are vital tools for recovery.

Stroke occurs when the flow of blood (and oxygen) to the brain, is interrupted, either by a blockage or a hemorrhage (Bleeding). A person who has suffered a stroke has experienced brain damage, but is not brain dead. The effects of a stroke depend on which areas of the brain has been damaged. They can range from total paralysis on one side of the body; loss of vision; loss of speech, understanding, thinking or memory; or nothing at all.

If a stroke survivor has suffered one or more of the symptoms one or more of the symptoms mentioned above, it is possible to recover through therapy and pure determination. As mentioned earlier, we encourage each other to work actively at self-improvement. Thus we can once become productive members of society. In the meantime, we do the best we can with what we have.

Aphasia, (a communication disorder, most commonly caused by stroke), can affect one or all forms of communicating. It is important to realize, if you lose the ability to communication in one form, other options are available; if you cannot speak, you may be able to type, use gestures or write.

And again, you may be able to improve your speech by therapy and hard work. Many people think because someone can't talk, they don't understand. This is one of the most common misconceptions about aphasia and in most cases is not true.

Today, if one experiences a stroke (brain attack) and gets diagnosed and treated within three hours, it is possible to lessen the effects. That is why the term "brain attack" is used, because it tells people that it is a medical emergency that must be treated immediately.

So if you experience any of these warning signs:

- Difficulty speaking or understanding
- Numbness, weakness or paralysis of the face or limbs
- Sudden blurred or decreased vision in one or both eyes
- Dizziness or loss of balance; sudden unexplained headache.

GET TO THE EMERGENCY ROOM IMMEDIATELY

There are many causes or risk factors for stroke including high blood pressure, stress, smoking and heart disease. Many strokes can be prevented by taking the proper steps (keeping your blood pressure under control and stop smoking for instance.)

Stroke is a devastating condition that affects the entire family. "Stroke Survivors" will help you cope during recovery. We have three stroke/aphasia support groups in Pueblo County that meet monthly. No fees are charged (donations are accepted). We can also have a meeting or awareness presentation at your business, school, etc., (to tell you if you are at risk for stroke, and to further educate you about stroke and aphasia).

For more information contact: Chuck Couchman, (719-583-8498).



Stroke Survivors Care Group are picture here during a field trip to Parkview's Rehabilitation Center.

Weird News

from page 4.

tells time, he told a Reuters reporter, but only a "truly discerning customer" can buy one that doesn't.

-- Progressive Mullahs: The Iranian government, treating addicts as people who need help rather than as criminals, agreed in April to install vending machines offering inexpensive syringes (at about 5 cents each) in five city welfare shelters in order to keep addicts from sharing needles and spreading AIDS and hepatitis. Iran blames its festering drug problem on its common border with opium-producing Afghanistan.

-- Women Certainly Are Different From Men: Sara Tucholsky, all 5-foot-2 of her, marshaled her strength for her first-ever fence-clearing home run in April, which would have given her Western Oregon University softball team the lead against favored Central Washington, except that she tore a ligament rounding first base. Since she was unable to move, by rule she (actually, a pinch-runner) would have had to remain at first base instead of circling the bases, but two Central Washington players picked Tucholsky up and carried her around the

bases to allow her to get credit for the home run. "You deserve it," one opponent said. "You hit it over the fence." Kindness hurt; Central Washington lost, 4-2, and was eliminated from the playoffs.

Inexplicable

-- In April, according to police in Fort Pierce, Fla., Amity Joy Doss, 24, grabbed a young McDonald's employee by her shirt to emphasize her dissatisfaction with service and demanded to the manager that she be fired. A call was made to police, and Doss wandered outside, climbed a tree, hung upside down by bended knee for a while, then descended and lay down on the hood of her car before re-entering the restaurant and asking if the girl had been fired yet. She was arrested on several charges.

-- A 2007 decision of New York City's Civil Service Commission reinstated a police officer even though NYPD has ruled him unfit for duty, in large part because he admitted to a "fear of dead people," which the department had thought would make his job difficult. (However, in March 2008, a New York City judge overturned the commission ruling.)

-- Angelique Vandenberg, 28, was arrested in May in Sheboygan, Wis., and charged with felony child abuse after her 8-year-old daughter reported that Vandenberg had intentionally shot her in the leg with a BB gun, leaving her unable to walk without difficulty, in order to win a \$1 bet with her boyfriend. (Police said alcohol was involved.)

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

(1) A high-ranking official in Britain's prison guards union said in a radio interview in April that the jails are so understaffed and poorly managed that in one (Everthorpe Prison, East Yorkshire), drug dealers actually put up ladders at night and come over the walls in order to sell drugs, and inmates routinely comment that drugs are easier to get inside than on the street. (2) The British government in January acknowledged that inmates in 2007 had been awarded the equivalent of over \$250,000 in education "maintenance" grants, intended to provide such expenses as room and board for recipients of education loans. (The ministers said they would soon close that loophole.)

Fetishes on Parade

(1) CNN TV personality Richard Quest was arrested in New York City's Central Park after curfew in April, with drugs in his pocket and a rope around his neck tied to his genitals, according to a New York Post report (which had no explanation of the purpose of the rope).

(2) Firefighters responding to a burning house in Crystal Lake, Ill., in April were told by three people fleeing that another man was in the basement, chained by the neck to a post. When rescued, the man denied that anything was wrong. Said the deputy police chief, "We're not really sure what everyone's relationship in this is," and consequently no one was charged.

Least Competent Criminals

-- Poor Ride-Management Plans: (1) Two teenagers were arrested in March and charged with highway shooting sprees near Waynesboro and Charlottesville, Va., that shut down Interstate 64 for six hours. Surveillance video suggested the perps got away in a 1974 AMC Gremlin, and the only one in the area belongs to the 19-year-old. (2) Three men were arrested in New Orleans in February and charged with possession of almost two pounds of marijuana after police were called to a car on fire, which they said started when the men stashed their dope under the hood, and it overheated.

-- Recurring Themes: (1) Mr. Cash Burch, 24, was arrested in Waterloo, Iowa, in April after he broke into a truck and tried to start it but apparently ran down the battery doing so, which triggered a theft-prevention device that locked the doors, trapping him inside, where he was waiting when police arrived. (2) Justin MacGilfrey, 19, was arrested in February for the attempted robbery of a Circle K convenience store in Daytona Beach, Fla. The clerk had chased him from the store when he realized that MacGilfrey's only "weapon" was a pretend gun he made using his finger and thumb.

Visit Chuck Shepherd daily at <http://NewsoftheWeird.blogspot.com> or www.NewsoftheWeird.com. Send your Weird News to WeirdNewsTips@yahoo.com or P.O. Box 18737, Tampa, FL 33679.

GOT PAIN???! BACKS, KNEES, FEET?

Q: I get a sore back now and again, and I've spent a lot of money trying many so-called, "solutions," without success. Often, I have wondered if there was anything I can do to get long lasting relief. My chiropractor fixes me for a few days but before long I'm right back where I started. I feel that surgery should be a last resort. Now, I'm wondering if those **GOOD FEET ARCH SUPPORTS** I've been hearing about really work.

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When Old Is New, Think Cast-Iron Cookware

by Brete Harrison

Cookware today comes in all sizes, shapes and materials, from space-age alloys to traditional cast iron. In the 21st century, cast-iron pots and pans may sound like something only Grandma would use, but old-fashioned as they are, for many experienced home cooks and professional chefs, nothing is better.

Their consistent heat conduction, easy clean-up, and low maintenance and cost make cast-iron pans a good choice for a lifetime of culinary enjoyment. They are also a boon to the health-conscious, as a well-seasoned or -cured cast-iron pan is the original fat-free cooking tool.

Just as aluminum, copper, stainless and the like are varied in size, so is cast iron. With a range generally from 6 inches to 12 inches for skillets, various-sized griddles and deep Dutch ovens, each has a purpose and can be used both on the stovetop and in the oven.

While you may start out with just one cast-iron skillet, perhaps a 10- or 12-incher, it will not take long for you to build an assorted collection.

SUCCESS TIPS:

-- Good sources for acquiring a cast-iron pot and pan collection for your kitchen are second-hand stores or thrift

shops. Gems from these sources are often better than new -- the years of seasoned service are a virtue and the price is a bargain.

-- Cleaning is important for cast iron. Wash with kitchen detergent after each use, but do not soak or place in the dishwasher. After rinsing, thoroughly dry pan and provide touch-up seasoning by placing on a warm burner and applying a light coat of oil, shortening or lard, wiping clean with the burner off.

-- Testing a skillet for cooking temperature, droplets of water should bounce or hop on the surface; too hot, they will disappear, too cool, they will just sit there.

-- To season a skillet (or re-season if the surface has been damaged): After rinsing with soap and water, wipe the surface clean and let dry. Then apply a light coat of vegetable oil, shortening or lard; place in the oven for 30 to 60 minutes upside down on a cookie sheet at 350 degrees. Turn off oven, let cool and, depending on the surface condition, repeat the process several times to improve the seasoning bond.

Whether for breakfast, brunch or dinner, all-in-one-skillet meals are the ultimate for comfort food and cooking

convenience. This recipe was inspired by traditional San Francisco diner cuisine, often found down on the wharves and docks. Ground beef browned quickly in a skillet with onion and mushrooms, then scrambled with spinach and eggs, brings together an enticing mix of kitchen scents and tastes. Serve with a crusty sourdough loaf and a robust California zinfandel or pinot noir for a special repast.

OLD JOE'S SPECIAL

- 1 1/2 tablespoons extra-virgin olive oil
- 1 pound ground beef, crumbled
- 1 large onion, finely chopped
- 1 clove garlic, minced or pressed
- 1/4 pound white and brown mushrooms, sliced
- 1 teaspoon salt
- 1/8 teaspoon each pepper and dried oregano
- Pinch ground nutmeg
- 2 cups coarsely chopped fresh spinach
- 3 eggs
- Grated Parmesan cheese

1. In a large cast-iron skillet over medium-high heat, heat olive oil and brown ground beef well.

2. Add onion, garlic and mushrooms; reduce heat and continue cooking, stirring occasionally, until onion is soft.



Too many choices can be bewildering, particularly when choosing the right kitchen cookware. With the wide array of styles and materials now available, traditional cast iron can provide a versatile, low-cost solution to your cookware needs.

photo: Copyright 2008, LS Media, LLC

3. Stir in salt, pepper, oregano, nutmeg and spinach; cook for about 5 minutes longer, stirring several times, until spinach is limp.

4. Reduce heat to low and break eggs over meat mixture. Quickly stir just until eggs begin to set. Serve immediately; sprinkle cheese over each serving to taste.

Serves 3 to 4.

FREMONT/CUSTER County Menus

Penrose(372-0892) - Canon City(275-5524)
Florence(784-6493) - Silvercliffe (783-9508)

FLORENCE

100 Railroad St. - Florence Tu-Thur-Fri

JUNE 3: HUNGARIAN GOULASH, California Vegetable Medley, Chopped Spinach with Malt Vinegar, Banana

JUNE 5: BAKED HAM WITH RAISIN SAUCE, Candied Sweet Potatoes, Green Bean Amandine, Cranberry Mold.

JUNE 6: TUNA NOODLE CASSEROLE, Mixed Vegetables, Sliced Zucchini Squash, Sliced Peaches.

JUNE 10: ROAST BEEF, Mashed Potatoes with Gravy, Green Bean Amandine, Apricot Peach Compote, French Bread/marg.

JUNE 12: TURKEY POT PIE, Cut Broccoli, Tossed Salad/French Drsg., Apricot Pineapple Compote, Biscuit.

JUNE 13: HAMBURGER/CATSUP/MUSTARD/ONION, Sliced Tomato on Lettuce, Baked Beans, Potato Salad, Apricots.

JUNE 17: SALISBURY STEAK, Whipped Potatoes/Gravy, California Vegetable Medley, Seasoned Greens, Sliced Peaches.

JUNE 19: HONEY BBQ CHICKEN, Oven Browned Potatoes, Chopped Spinach, Diced Pears.

JUNE 20: ENCHILADA PIE, Tomato/Let., Sliced Yellow Squash, Mixed Fruit.

JUNE 24: TAHITIAN CHICKEN, Brown Rice, Green Bean Amandine, Fruit Salad.

JUNE 26: CHILI RELLENO CASSE-ROLE, Parslied Carrots, Tossed Vegetable Salad with Lemon.

JUNE 27: CHICKEN A LA KING, Whipped Potatoes, Tossed Salad with Lite Dressing, Orange, Apricot Halves.

SALIDA MENU

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

JUNE 3: CHICKEN RICE SOUP, Wheat Crackers, Open Face BBQ Beef On a Bun, Creamy Coleslaw, Almond Peaches.

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

JUNE 6: BAKED PORK CHOP WITH COUNTRY STYLE GRAVY, Whipped Potatoes, Hot Bean Casserole, Fruit Salad, Cinnamon Applesauce.

JUNE 10: CHICKEN NOODLE SOUP, Wheat Crackers, Chopped Spinach/Malt Vinegar, Sliced Yellow Squash, Orange.

JUNE 12: TURKEY POT PIE, Tossed Salad, Orange Juice, Apple.

JUNE 13: BBQ BEEF BRISKET, Ranch Style Beans, Carrifruit Salad, Honeydew Cilantro Lime Salad.

JUNE 17: SWISS BROCCOLI PASTA, Mixed Vegetables, Sliced Peaches, Plums, Sweet Potato Roll with Margarine.

JUNE 19: TACO SALAD WITH SALSA, Tomato & Lettuce Garnish, Strawberry Applesauce, Tropical Fruit, Cornbread with Margarine.

JUNE 20: OVEN FRIED CHICKEN, Spinach Mandarin Orange Salad, Potato Salad, Peaches, Cornbread with

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JUNE 24: SLOPPY JOE ON A BUN, Scalloped Potatoes, Peas and Carrots, Apple.

JUNE 26: SCALLOPED POTATO & HAM, Chopped Spinach, Hard Boiled Egg, Perfection Salad, Apple.

JUNE 27: LEMON BAKED FISH, Tartar Sauce & Lemon, Rice Pilaf, Green Beans with Mushrooms, Fruit Salad.

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JUNE 2: BEEF BARLEY SOUP, Wheat Crackers, Sesame Broccoli, Apricot Pineapple Compote, Apple.

JUNE 3: CHILI RELLENO CASSE-ROLE, Parslied Carrots, Tossed Vegetable Salad with Lemon.

JUNE 5: FRENCH DIP SANDWICH WITH AU JUS, Oven Browned Potatoes, Mixed Vegetables, Strawberry Applesauce.

JUNE 9: CREAM OF POTATO SOUP, Tuna Salad Wrap with shredded, Lettuce and Tomato, Hard Boiled Egg, Grapefruit Half.

JUNE 10: SLOPPY JOE ON A BUN, Scalloped Potatoes, Broccoli and Carrots, Apple.

JUNE 12: BAKED PORK CHOP WITH COUNTRY STYLE GRAVY, Whipped Potatoes, Hot Bean Casserole, Fruit Salad, Cinnamon Applesauce.

JUNE 16: TURKEY SANDWICH With Provolone Cheese & Mustard, Sliced Tomato On Lettuce, Orange, Waldorf Salad.

JUNE 17: AMERICAN LASAGNA, Her-

bed Green Beans, Seasoned Cabbage Shredded Green Salad with Italian Dressing, Banana.

JUNE 19: ROAST BEEF, Mashed Potatoes with Gravy, Green Bean Amandine, Apricot Peach Compote, French Bread/marg.

JUNE 23: ITALIAN SAUSAGE WITH MARINARA SAUCE AND SPAGHETTI, Squash, Tossed Salad, Pizzelle ~ Pears.

JUNE 24: BRATWURST ON A BUN With Sauerkraut, Mustard & Onion, Pickled Beets, Sliced Peaches.

JUNE 26: HONEY BBQ CHICKEN, Oven Browned Potatoes, Chopped Spinach, Diced Pears.

JUNE 30: LEMON BAKED FISH, Tartar Sauce & Lemon, Scalloped Potatoes, Chopped Spinach with Malt Vinegar, Banana.

GOLDEN AGE CENTER

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

JUNE 2: PUEBLO BEEF STEW, Wheat Crackers, Sliced Yellow Squash, Apple, Cornbread with Margarine.

JUNE 4: TURKEY SALAD ON A BED OF LETTUCE WITH TOMATO, Steamed Brown Rice, California Vegetable Medley, Raisin Applesauce.

JUNE 6: ROAST BEEF, Mashed Potatoes with Gravy, Green Bean Amandine, Apricot Peach Compote, French Bread with Margarine.

JUNE 9: ROAST CHICKEN WITH MUSHROOM SAUCE, Steamed Brown, Rice, Cauliflower Broccoli Mix, Apple Pear Salad.

JUNE 11: ENCHILADA PIE, Sliced Tomato on Lettuce, Sliced Yellow Squash, Mixed Fruit.

JUNE 13: LEMON BAKED FISH, Tartar Sauce & Lemon, Rice Pilaf, Green Beans with Mushrooms, Fruit Salad.

JUNE 16: HONEY BBQ CHICKEN, Scalloped Potatoes, Mexicali Corn, Creamy Cole Slaw, Grapes.

JUNE 18: CHILI CON CARNE, Whole Wheat Crackers, Sliced Yellow Squash, Pineapple Mandarin Orange Compote, Cornbread with Margarine.

JUNE 20: CORNED BEEF SANDWICH ON HOAGIE WITH MUSTARD, SWISS CHEESE SLICE & ONION, Green Beans with Tomatoes, Creamy Coleslaw, Sliced Peaches.

JUNE 23: TUNA MACARONI SALAD, Cool Cucumber Salad, Orange Juice Gelatin, Salad with Banana, Peaches, Cheddar Drop Biscuit.

JUNE 25: SWISS STEAK WITH MUSHROOM SAUCE, Whipped Potatoes, Seasoned Greens, Tropical Fruit.

JUNE 27: HOT TURKEY SANDWICH, Whipped Potatoes, Asparagus Amandine, Pineapple Mandarin Orange Compote.

JUNE 30: BRATWURST ON A BUN With Sauerkraut, Mustard & Onion, Pickled Beets, Sliced Peaches.

PENROSE CENTER

1405 Broadway-Penrose (Tues/Thur)

JUNE 3: BRATWURST ON A BUN With Sauerkraut, Mustard & Onion, Pickled Beets, Sliced Peaches.

JUNE 5: BAKED PORK CHOP WITH COUNTRY GRAVY, Whipped Potatoes, Hot Bean Casserole, Fruit Salad, Cinnamon Applesauce.

JUNE 10: BEEF STROGANOFF, Orange Spiced Carrots, Ruby Beet Salad, Mixed Fruit.

JUNE 12: TACO SALAD WITH SALSA, Tomato & Lettuce Garnish, Strawberry, Applesauce, Tropical Fruit, Cornbread with Margarine.

JUNE 17: CREAM OF POTATO SOUP, Tuna Salad Wrap with shredded Lettuce and Tomato, Hard Boiled Egg, Grapefruit Half.

JUNE 19: BBQ BEEF BRISKET, Ranch Style Beans, Carrifruit Salad, Honeydew Cilantro Lime Salad.

JUNE 24: CALIFORNIA VEGGIE BAKE, Spinach Salad with Egg & Italian Dressing, Pears, Citrus Cup, Oatmeal Raisin Cookie.

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

ALL MEALS SERVED WITH MILK

(Coffee or Tea optional). Most meals served with bread and margarine.

Fishing Derby: Cañon Lodge Hosting Fishing Derby

Canon Lodge Care Center/Canon City, Colorado hosts Fishing Derby for National Nursing Home Week

National Nursing Home Week is a busy week for most Nursing Homes across the nation. The week begins each year on Mother's Day and ends the following Saturday. The Nursing Homes provide a wide variety of activities and usually set a theme for each day.

This year, Canon Lodge Care Center a Life Care Center of America facility provided many recreational opportunities to their residents. The week began with a brunch on Mother's Day for residents and their families and friends. Other events included a BBQ for the Western Day theme and Old Country Music, Hawaiian Day consisted of a luau,

limbo contest, and crafts, Vegas Day was a thriller for the residents, MDT as Elvis performed for the residents and gave out scarves while he sang to the residents. Each resident also had their photo taken with "Elvis" and had it autographed. Later on Vegas Day the residents joined other local facilities in a Bingo Bonanza. Sports Day consisted of baseball and Wii sports.

The biggest day was the Fishing Derby Canon Lodge hosted in which the local facilities were invited to attend. Katie Broughton, Admissions and Marketing Director of Canon Lodge started setting up the derby in September of 2007. The Colorado Department of Wildlife assisted with the derby by stocking the pond at centennial Park in Canon City with trout, provided fishing equipment and volunteers to assist residents during the derby. There were 23 residents from Canon Lodge that attended. The derby began at 9:00 am and ended at 2:00pm. Each resident that fished caught at least one fish, some caught 3 or four. Prizes



were given out for different categories, Biggest Fish, First Fish, Most fish and a Hard Luck prize. Each prize-winner received a new fishing rod and a framed certificate and each resident that attended from all the facilities received a participant certificate. "The day went very well", says Broughton. "There were very few tangles."

Broughton set the derby up after the Canon Lodge residents went fishing in September of 2007 and unfortunately, they came back empty-handed. "Many of our residents love to fish, even those that have never fished in their life went and caught something. The smiles on their faces and the laughter was worth a million words. By providing choices for the residents about what type of activities they would like to participate in, helps to give them a better quality of life, their input is encouraged. They have the right and need to be involved in their own lives and by letting them choose



what they would like to do, will make them feel like they do have some control in their lives." The Canon Lodge Department Supervisors, C.N.A.s, and other staff members went along to provide a helping hand. "It was a very busy week for everyone and it was well worth it. Our residents are great and they deserve their dignity, right to choose and happiness. Anything we can do to give our residents the best quality of life, we are going to do it" Broughton said. Even though the fishing derby is over, Canon Lodge plans to take the residents fishing to other areas more this summer. Katie Broughton plans to set up the Fishing Derby again next year with hopes for even more participation.

For more information about Canon Lodge Care Center, contact Katie Broughton at (719) 275-4106 or e-mail katie_broughton@lcca.com



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For those of you who came to the 2008 Southern Colorado Life Festival on May 9, you were treated to one fine day-long event. For those of you who couldn't make it, you shouldn't miss it ever again.

The festive atmosphere was marked with some 1,500 people in attendance throughout the day. Over 150 free prizes were given away not only from the booth personnel but in the form of BINGO prizes from Womack's at Cripple Creek.

Congrats to Kathilee Champlin, Director. Along side this article is a collage of pictures from the event.



From top left clockwise: Presenting of the colors, Margaret Selvage and then Hazel Runge part of the 100 year-olds that were feted by Senior Beacon at the luncheon, some of the throng of people participating in a health screening and a table honoring centenarians from Villa Pueblo and Life Care Center sponsored by Senior Beacon.

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Reeling "Living To The Fullest"

by Film Critic Betty Jo Tucker, Pueblo

LIVING TO THE FULLEST

Dance the tango with Antonio Banderas. Sing a duet with Debbie Reynolds. Have lunch with Johnny Depp. After watching "The Bucket List," I've decided to jot down the things I'd like to do before kicking the bucket, and those three wishes immediately came to mind. However, I realize it will be more difficult for me to satisfy my desires than it was for the two main characters in this touching dramedy. Played brilliantly by Morgan Freeman and Jack Nicholson, our heroes are terminally ill patients who use the immense resources available to one of them as they attempt to do all the activities on their bucket lists, including traveling to exotic places and skydiving. It's a simple plot, but the veteran stars work their acting magic and make the film more entertaining than I expected. Because of its theme, "The Bucket List" could've been a downer, but it ends up being inspirational and upbeat instead, mostly due to lively performances

by Nicholson and Freeman.

More odd couple than best buddies when they first meet each other in a hospital room, Carter (Freeman) and Edward (Nicholson) share one thing in common: time on their hands to consider the past and how they want to spend their limited future. Carter, who's spent the past 46 years as an auto mechanic, feels a sense of loss over dreams he wasn't able to make come true because of family responsibilities. In contrast, Edward, a corporate billionaire, was always too busy making money to concern himself much with family or friends. Because of their different personality types, Carter and Edward are like fire and ice. Cool and dignified on the surface, Carter can still get the best of the demanding, hot-tempered Edward when he puts his mind to it. As the two get to know each other, admiration and respect grows between them -- and they begin to learn things about themselves as a result of their sometimes ruthless give-and-take interac-

tions. It's Carter, once a philosophy student, who brings up the "bucket list" idea, but it's mega-wealthy Edward who makes their bravura escapades possible. So what if doctors and everyone else advise against it? These two guys decide to embark on the greatest adventure of their lives. And viewers are treated not only to beautiful scenes from all over the globe but also to exciting action scenes -- generally with some humor thrown in for good measure.

Because Oscar-winners Freeman and Nicholson co-star here, it's no surprise the performances stand out as the movie's most important element. Nicholson has the flashier role, the type he's done so well many times before. But in this movie, his character goes through significant changes, and Nicholson makes us believe them all -- even the most sensitive moments. Freeman plays the more difficult part -- one requiring considerable subtlety in many scenes. Dignified to the max, he must also give Carter a bit of a frivolous side as well as let his anger bubble up to the surface when called for. Needless to say, Freeman is more than up to the task. "The Bucket List," available June 10 on DVD, does more than entertain us. It's a dramatic reminder of the important things in life. (Released by Warner Bros. and rated "PG-13" for language, including a sexual reference.)

• THE MUMMY: TOMB OF THE DRAGON EMPEROR (August 8)

• THE SISTER-HOOD OF THE TRAVELING PANTS 2 (August 8)

• PUNISHER: WAR ZONE (September 12)

• MADASGAS-CAR 2: THE CRATE ESCAPE (October 7)

• SAW 5 (October 24)

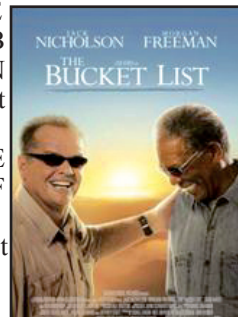
• QUANTUM OF SOLACE, the next James Bond movie (November 7)

• HARRY POTTER AND THE HALF-BLOOD PRINCE (November 21)

Why is Hollywood so dependent on this type of movie? Clearly, it's because these films make big bucks at the box office. "Shrek 2" earned 400 million domestically and "Pirates of the Caribbean: At World's End" raked in close to one billion dollars worldwide.

Are sequels ever better than -- or even as good as -- the first film? Not often. I don't believe it's possible to match the originality and creativity of movies like "Raiders of the Lost Ark" and "Star Wars." What's the best sequel ever made? I think it's "Spider-Man 2," but "National Treasure: Book of Secrets" (released on DVD May 20) also impressed me. The worst one? It has to be "Seed of Chucky," from the "Child's Play" horror franchise. But whether a sequel is excellent or not, if I'm hooked by the characters in the original film, I'll follow them to the very end of their adventures. I just can't help it -- like many other movie fans, I suffer from a bad case of sequelitis.

Read Betty Jo's movie reviews at www.ReelTalkReviews.com. Autographed copies of her books, *CONFESSIONS OF A MOVIE ADDICT* and *SUSAN SARANDON: A TRUE MAVERICK*, are available in Pueblo at Barnes & Noble.



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SEQUELITIS

Are moviegoers bombarded with too many sequels? Sometimes I think the movie business would collapse if it weren't for follow-up films in such popular franchises as "Star Wars," "Batman," "Pirates of the Caribbean," "Indiana Jones" and "Shrek." For example, take a look at this release schedule for upcoming sequels in 2008:

• THE INCREDIBLE HULK (June 13)

• HELLBOY II: THE GOLDEN ARMY (July 11)

• THE DARK KNIGHT, the new Batman film (July 18)

• THE X-FILES: I WANT TO BELIEVE (July 25)



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