

page 2 ..... Opinion  
 page 4 & 20.....Weird News  
 page 5.....Health  
 page 8.....Light for the Journey  
 page 11.....Finances

**Coming Up**  
**MERRY CHRISTMAS TO ALL!!!**  
**BE SAFE - BE HEALTHY!!!**

page 12.....SRDA Menu page  
 page 14.....Senior Safety  
 page 15.....Travel  
 page 22.....Fremont/Custer Menu  
 page 24.....Social Security & You



# Senior Beacon

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

Dec., 2007 Vol. 26: No. 5 Established Aug., 1982 305 Consecutive Months!

## Steps To Make Holidays Fun For Those In Care

by Lisa M. Petsche

How do you include, in seasonal celebrations, a relative who has entered a retirement home or nursing home during the past year? The following suggestions can make the holidays meaningful while keeping stress manageable for the whole family.

Set realistic expectations and be prepared to modify traditions.

Include your relative in preparations to the best of his ability. Contributing in even small ways --- such as signing cards or helping to select gifts from a catalog --- will make him feel valued and create a feeling of partnership.

Reminisce about past holidays to help your relative get into the spirit of the season. Share special memories, bring in photo albums or favorite music, read aloud a favorite holiday story, or watch home movies or a classic holiday film.

Plan ahead and space out activities as much as possible, scheduling quiet days in between eventful ones.

### At nursing and retirement homes:

Give staff at least a day's notice when you'd like to ensure your relative is up and ready for a special visit or other event.

Visit when you are not rushed for time.

Bring children or grandchildren with you. (Ensure adult supervision at all times for youngsters.)

Decorate your relative's room using window clings, children's artwork, garland or a miniature Christmas tree.

Bring in greeting cards received to share with your relative, and leave some with him.

Bring homemade treats and take-out coffee or a thermal carafe of tea, and enjoy a holiday snack together. Consider supplying enough sweets for your relative to share with roommates or staff if he wishes. Do check with nursing staff regarding dietary restrictions before you bring in anything.

Review the activities calendar to learn about scheduled holiday events --- such as bazaars and visiting choirs --- and attend some of them with your relative.

Offer to accompany family members planning a first-time visit, to ease their anxiety.

Join your relative for dinner. Most facilities offer a midday meal with all the traditional holiday trimmings, and sell tickets to relatives and friends who would like to join residents. Another option is to hold a celebration in the family dining room or other private space that's available for booking; inquire about catering service.

### On outings:

Before deciding to bring your relative home for a visit, determine his environmental needs --- addressing accessibility and safety issues --- as well

as his care needs for the time period you have in mind. Run ideas by staff to see if they have concerns or suggestions. Even overnight visits may be feasible with assistance from family, friends or a privately contracted personal support worker.

If feasible, take your relative home for an afternoon so he can participate in (or simply observe, depending on his abilities) holiday preparations such as baking, decorating or gift wrapping.

If your home isn't accessible, take your relative out to the mall for gift shopping and lunch. Book accessible transportation if necessary. If he can get in and out of a car, take him out one evening for a holiday light tour.

Ensure any destination is accessible, including its washroom facilities. If family members' homes aren't accessible, choose a restaurant or banquet hall that meets everyone's needs.

Book accessible transportation well in advance, since use peaks during the holidays. Consider celebrating with your relative on a day other than December 25th to increase the likelihood that the service will be able to accommodate him.

Give staff plenty of notice of the date and pickup and estimated return times for your relative. This allows them sufficient time to make adjustments with food services and preparations with the pharmacy, as well as obtain a temporary leave of absence (TLA) order from the doctor.

Prepare relatives and friends who haven't seen your relative in a while for any changes in his appearance, abilities or behavior.

Ensure your relative has appropriate clothing on hand, as well as warm outerwear. Let staff know what you would like him to wear for an event if he's unable to communicate this.

Take along any necessary medical equipment, supplies and medications.

Videotape or photograph events your relative is unable to attend.

*Lisa M. Petsche is a clinical social worker and freelance writer specializing in health and elder care issues.*

## Medicare Announces Changes For 2008



Denver, Co. Medicare beneficiaries are again facing decisions about selecting a prescription drug benefit. Prices have increased, formularies have changed, and low income seniors who were insured with Humana and/or AARP are facing a monthly premium or termination.

Medicare beneficiaries will also see significant increases the Part A deductible which will increase to \$1024 per benefit period for hospitalizations and the Part B deductible will increase to \$135. Nursing home co-pays for days 21-100 will be \$128 per day. In addition, the Part B premium will increase to \$96.40 for individuals whose net income is less than \$82,000 in 2007.

In 2008, the standard Part D benefit includes a \$275 deductible which is paid by the individual. Individuals have to pay 75% of the next \$2510 in prescription drug charges to the pharmacy.

After the beneficiary pays approximately \$875 in a deductible and the co-pays and the prescription drug plan pays approximately \$2510, the individual reaches the coverage gap (or the doughnut hole). In the coverage gap, the beneficiary is responsible for 100% of the cost of the prescriptions for the next \$4050. Individuals whose prescription drug costs are more than \$5726.25 will pay 5% of the cost, while the plan will pay 95%.

More than 18,000 low income seniors in Colorado who receive "Extra Help" who were automatically enrolled in a Humana or AARP prescription drug plan in 2006 or 2007 are being re-assigned to a new plan, regardless of the drugs that will be covered under the new plan in 2008.

Low income seniors receiving "Extra Help" who are automatically re-assigned to a new plan for 2008 have the right to sign up for the plan of their choice if another plan is determined to better meet their needs. To find the best plan, the current medications should be reviewed using the plan finder at [www.medicare.gov](http://www.medicare.gov). Co-payments for full benefit individuals receiving Medicare/Medicaid range from \$1.05 to \$5.60.

For the most part, the Medicare Part D stand-alone plans have increased their premiums and changed their formularies. Monthly premiums range from \$15.60 covering only about 78% of the prescription drugs most frequently used by seniors to \$95.30 for a plan that covers 99% of the drugs.

Some Part D companies offer the standard benefit, while others offer some coverage for generics through the gap, charge variable co-payments and deductibles depending on the plan.

For those individuals who are looking to change from a Medicare Supplement or another Medicare Advantage, there are three primary types of plans that are being marketed in Colorado. These are traditional HMO plans, Private-Fee-For-Service, and Special Needs Plans.

For the most part, the traditional HMO plans have maintained a stable pricing structure for premiums and co-pays for 2008. Seniors who purchase a traditional HMO should ask about the deductibles for hospital stays, the co-payments for nursing home stays, diagnostic radiology services, ambulance services, emergency rooms, and outpatient procedures such as chemotherapy. Traditional HMOs, which have networks of providers, are strong on preventive services and offer reasonable prices for co-pays for office visits and lab expenses.

Another type of Medicare Advantage Plan is the Private-Fee-For-Service plan. Known as PFFS, these plans traditionally have low co-payments for office visits and prescription drugs. Plans often have limited coverage in addition to the basic Medicare coverage for such things as deductibles, excess charges and other out-of-pocket expenses. PFFS do not have a network. Any hospital or doctor who is willing to work with the plan can accept the insurance coverage.

Special Needs Plans, the third type of Medicare Advantage Plan, are usually targeted to help individuals enrolled in Medicare and Medicaid who are low income to manage chronic conditions, institutional placements in nursing homes, or mental health diagnoses. These plans have a network of physicians, hospitals, nursing homes, and home care agencies. Individuals receive special services to manage their situations. Often co-payments and deductibles are waived, although the individual may be charged a monthly premium.

Individuals who need assistance with enrollment in a Part D or Medicare Advantage Plan or have questions about Medicare can call 303-333-3482 or visit [www.medicare.gov](http://www.medicare.gov). Eileen Doherty, MS is the Executive Director of Senior Answers and Services and the Colorado Gerontological Society, 3006 East Colfax, Denver CO 80206. She has more than 30 years of experience in education and training, clinical practice, research, and public policy in gerontology. You may reach her at 303-333-3482 or [Doherty001@att.net](mailto:Doherty001@att.net).



Pueblo City Council Vice-President Barbara Vidmar presented a proclamation to brothers Tom and Ivan Reyes, respectively, designating November 13 as "Wear Something Purple Day," in honor of individuals who have Alzheimer's, and their families, at a recent reception at the Alzheimer's Association office. November was National Alzheimer's Disease Awareness Month.

# Just One Guy's Opinion

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



## No Embryos (Unborn Babies) Required

Throughout lifetimes, perhaps every person whoever walked the face of the earth's lifetime, patience is the one virtue that we can all look back upon and say, "If only I had been more patient!" then this or that would have worked out differently. I've rarely heard of anyone who lashed out impatiently being happy about the end result of their actions.

Now comes the scientific proof that we can now make stem cells from our own skin cells and not have to have the moral debate (personally there is no debate, it is infanticide pure and simple as is abortion) over whether to grow "embryos" and then destroy them so as use their stem cells to cure everything. Of course, to my knowledge embryonic stem cells or stem cells from any source have ever been proven to "cure" anything, anywhere so far!

Of course there are still scientists and others who are skeptical of this new breakthrough and the major reason why they are that way is for one simple reason; money! Yep, these particular nay-sayers have convoluted reasons why this embryonic stem cell approach is flawed, etc., but it comes down to the fact that if embryonic stem cell research is not needed then their funding dries up. It's that simple.

Huzzah for President Bush for holding his ground and not running with the lemmings of impatience who hammered at him unceasingly for not giving into their demands of slaughtering the most innocent among us for the sake of our own vanity. I wonder if the same will be true as the Iraq situation clears up as it seems to be?

## Mrs. Clinton

It seems like Mrs. Clinton has been President for the past 15 years, hasn't she? And now she wants at least four more years and then four more years after that! Wasn't she co-president with Bill from 1992 - 2000? Hasn't she been in the news the last eight years on a daily basis about her being or going to be President? Haven't we read hundreds of thousands of fawning words about Mrs. Clinton's various ideas and how the country ought to be run since 2000? My goodness, how long does she need to be on the public's stage? She's no Franklin Delano Roosevelt although she has told us that she channels with his wife Eleanor. Is this the best the Democrat Party has? Is it really Mrs. Clinton or nothing? What's wrong with the Democrat Party? What has she accomplished in her public life?

I have many friends in New York. Many of them love her but when I ask them why they love her and what has she done for them and New York State they never can give me any examples. For that matter what has any of the Democrat front-runners accomplished. Barack Obama is a first-time Senator and John Edwards was a Senator for six years and wasn't able to win a second term. Why do the Democrats have no one else? There are plenty of them who have done more than the three front-runners. Where are they? What's become of the donkey party? Are these really the cream of their political crop? Egad!

Well, Mrs Clinton was a co-president. So, we have a track record as to what

she might be counted on to do I suppose if you can ever get her to answer a question straightforwardly. Before 1994, when Newt Gingrich and the neo-conservatives swept into office and buggard their plans, the Clinton's wanted to run deficits of \$100,000,000 a year. That's ONE TRILLION DOLLARS over 10 years. Thank goodness the American public stopped them. The new House and Senate stopped that nonsense cold and in the meantime turned the economy around and took care of the debacle that was our welfare system. Okay, so that's one thing she did. She went along with Bill and his ONE TRILLION DOLLARS of deficit spending over 10 years. And now she is endorsing Charlie Rangel's tax scheme of fleecing all of us of a TRILLION DOLLARS during her reign as President.

Let's go to foreign policy. Mrs. Clinton actually sat down with that stooge Yaser Arafat and his wife Suah (now remember Arafat had squirreled away Two Billion Dollars in foreign banks when he died while his followers lived in squalor and grinding suicide bombing - ah what a grand leader and Nobel Peace Prize winner). She actually made her way over to Mrs. Arafat and bussed her in front of the whole world, thumbing her nose to the rest of the democratic and western world. Let's not forget that the Clintons looked the other way the entire eight years they were in office when it came to the threat from Bin Laden and his merry men (and women) turning his back on jailing the mastermind of 911, not once, but three times!!!! Okay, so we do have a track record on her foreign policy.

Let's look at the domestic front. Mrs. Clinton wanted to change our health system so we can have universal health insurance. She doesn't and didn't care what this feeble plan would do to our health system and way of life. She doesn't care that you and me public will have to wait in lines and for months for necessary tests to see just exactly what is wrong with us as happens all over the world that have gone to a socialist government universal health care plan (see Canada, France, England - all, by the way, are trying to scale back their particular forms of socialized medicine because they are unworkable). But the kicker is, Mrs. Clinton would never be subject to such a plan for herself and it would be guessed, her family and friends. Can you see Mrs. Clinton waiting for six months for a mammography or Bill waiting for a CT scan for his faulty heart? So we do know what she wants after all.

As was stated earlier Mrs. Clinton has come out in favor of a ONE TRILLION DOLLAR tax increase for America. She has said she would TAKE the profits from the oil companies and do with them what she would! Does she expect to be a dictator? Does she want to be the Hugo Chavez of America? Those profits aren't her's for the taking. What kind of mind thinks that way?

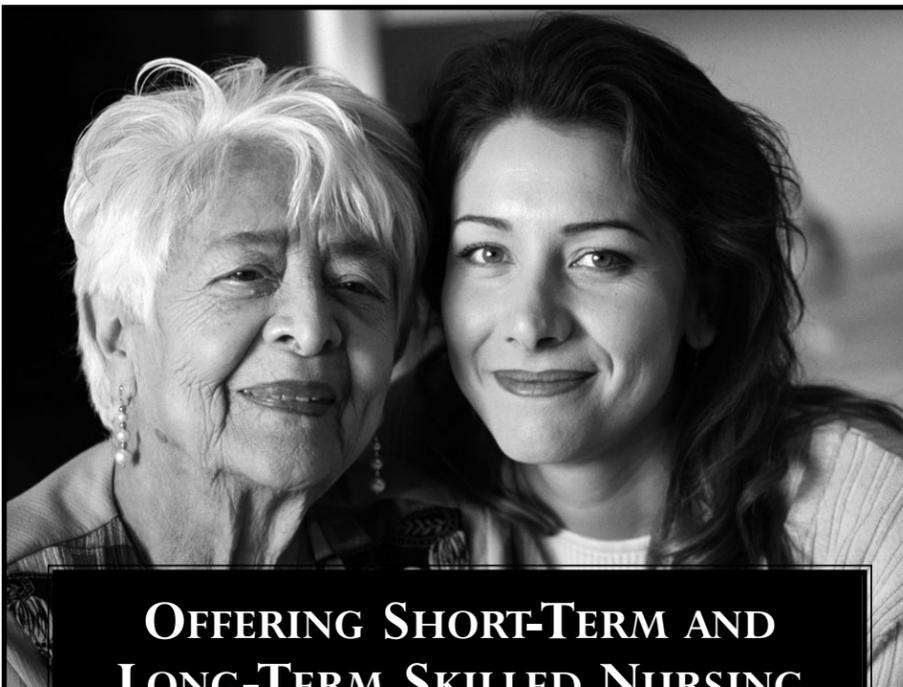
Okay, remember all the criminals Bill and Mrs. Clinton pardoned on his last day in office. Her brother brokered these pardons through Mrs. Clinton who now says she had no idea what was going on. That's her *modus operandi*. When she gets caught doing something dubious she feigns "no knowledge." This, from the "smartest woman in the land?" Oh yeah, and guess who is now contributing to her run for President? Yep, those very same criminals that her husband pardoned and her own brother brokered into over \$100,000 of profit for himself.

And please don't forget all the "funny-money" she and Bill collected from Buddhist Monks for the '96 campaign and all the Chinese connections in both the '92 & '96 campaigns. Gee, just recently a Mr. Hsu gave her campaign over \$850,000 much of it funneled through Asian workers in California who gave \$2,000 or \$3,000 each when they made little more than minimum wage. She claims, "the smartest women in the land," she has no knowledge of all this.

She uses her unceasing work in Arkansas for the betterment of their educational system as an accomplishment while she was first lady to Bill's Governorship. Sorry, but when the Clintons left the state, Arkansas was ranked 49th in education of the 50 states! Now there is a reason to vote for her.

You know, I'm not wrapped up in my side winning so badly that I will hold my nose, close my eyes and somehow vote for Mrs. Clinton and her husband. And if you don't like what I have to say about Mrs. Clinton please stay on point and don't give me platitudes or that I'm unfair. Give me your facts to refute what I have said. She is a bad candidate and she has bad ideas, unworkable ideas that run contrary to what America has always been about ladies and gents. Most of my readers are from the "Can Do" generation and many of you lost loved ones in the Greatest War. I don't believe for a minute that those brave men and women who gave their all for this country and its values would be happy to know they gave their lives so that Mrs. Clinton and her myriads of socialist ideas could easily make the U.S. unrecognizable to them. I believe they would have thought that they wasted their lives if that is the direction we eventually go toward in a Mrs. Clinton Presidency.

So I guess she does have a track record and it's pretty ugly. Godspeed!



## OFFERING SHORT-TERM AND LONG-TERM SKILLED NURSING AND REHABILITATION CARE

- 24-Hour Skilled Nursing Care
- Physical, Occupational and Speech Therapies
- Skilled Services
- Respite Care
- Memory/Alzheimer's Care
- IV Therapy and Other Specializations
- Activities and Social Events
- Medicare and Medicaid Certified
- Insurance Accepted

Skyline Ridge Nursing & Rehabilitation Center

A FIVE STAR QUALITY CARE FACILITY

515 Fairview Ave. • Canon City, CO 81212

719-275-0665



## Senior Beacon

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

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

### MAILING ADDRESS

Beacon Publishing/Senior Beacon -- website: [www.seniorbeacon.info](http://www.seniorbeacon.info)

Mailing Address: P.O. Box 7215 -Pueblo West, CO 81007-0215

Ph: 719-647-1300 Fax: 719-647-1305 E-mail: [news@seniorbeacon.info](mailto:news@seniorbeacon.info)

Publisher/Sales/Production.....James R. Grasso

Sales.... Jan McLaughlin, James R. Grasso

Contributing writers.. B. J. Tucker, Universal Press Syndicate,

Mature Market Editorial Services, Jan McLaughlin

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

Copyright© 2007-Beacon Publishing

# ON THE RIGHT:

# “CRIME? PUNISHMENT?”

by William F. Buckley



**CRIME? PUNISHMENT?**  
A perplexed citizen in Greenwich, Conn., writes to his local newspaper saying that the anti-abortion movement suffers from the absence of a comprehensive position on the practice. He believes that the Catholic bishops, working en banc, have a responsibility to declare publicly that the church is not asking for any law that would make abortion a criminal offense: “Would it not be advisable for Catholic bishops to make it clear that they are not urging criminal penalties for abortion? This would assist them in their efforts to persuade Catholics and others for their moral position. And allow Catholic politicians to take such a position so long as they do not advocate in favor of abortion from a moral standpoint.”

The problem with this is that laws prohibiting behavior but failing to punish offenders lack the indispensable leg that gives solidity to a three-legged stool. Such laws are like playthings for surrealist painters, whose license to depict unreality is not questioned. The result is a kind of moral confusion that inhibits meticulous thought.

Loose yourself from the prison bars of syllogistic thought by citing the obvious difficulties:

1. Most abortion opponents persuasively argue the question on the understanding that abortion is a weighty matter. One begins, then, by insisting that it is not to be spoken of as a mere traffic offense.

2. Even if *Roe v. Wade* were overturned, no one (well, practically no one) is prepared to recommend a punishment approaching the gravity of the offense. If abortion were once again a crime, but practitioners did not face heavy penalties, then you have emasculated the sanctions you are willing to invoke in pursuit of the law. So -- the woman goes free and unharmed, the doctor also goes free but, in some communities at least, there are sanctions out there that prompt him not to advertise himself as the corner abortionist.

3. Laws that seek enforcement have to appeal to moral consciences. If they don't, the enforcement becomes formalistic -- and, eventually, the law becomes a dead letter. The dilemma of Prohibition is illustrative. The law was

there, indeed it was flagrantly there in the form of a constitutional amendment that forbade the sale of liquor. The community would endorse law enforcement that closed down bars and even imprisoned the occasional smuggler. But Prohibition never reached the authority of true taboo. Nobody objected if, at the wedding party, you came upon a little champagne.

Now the courts confront shadings and equivocations. Pro-abortion groups sued to force anti-abortion groups to stop running “Wanted” posters of “Deadly Doctors” on their Web sites after one of those doctors was shot and killed. The courts are asked why the abortion protesters can't plead the First Amendment. And a candidate's position on abortion becomes an important item in his political dossier. This is reflected in the latest figures on the voting public. Thirty-four percent of voters think abortion should be generally available, 39 percent believe that restrictions on abortion should be tightened, and 25 percent believe abortion should not be permitted at all.

Divorce has been the rounds.

Early in the lifetime of modern readers, one could not get a divorce from a spouse unwilling to dissolve the marriage in many states, and in some states, such as New York, divorce was difficult even if both spouses were willing. Now divorces are relatively easy, and where there is no contention between the parties, they approach simple clerical exercises, in the direction of “I divorce you, I divorce you, I divorce you,” which is all the ritual required under Muslim law for a husband to end a marriage.

We are far away from a society that attaches zero importance to granting the protection of the law to the unborn fetus. But both sides in this argument could contribute to peaceful democratic exchange by saying what it is they would not do if in power.

# The Writer's Art: “Unraveling A Raveled Sleeve”

by James Kilpatrick

A hundred curious readers have written to ask the same probing question: Is a worn sleeve raveled or unraveled? Old copy editors never go hungry. They constantly dine *prix fixe*.

Actually, only two readers have inquired, but I wanted to catch your inattentive eye. Muriel Evans of Seattle and Gloria Williams of Buffalo wrote to the same effect, and both quoted the same line from “Macbeth” to make their point. In that gory tragedy the guilty hero yearns for “innocent sleep, sleep that knits up the ravell'd sleeve of care.” (Bill Shakespeare was a terrible speller.) Does one ravel a sleeve or unravel a sleeve?

The usual dictionaries are no help. They all define “ravel” in part as “unravel,” and vice versa. In some contexts, to ravel is to “disentangle, make clear, undo.” Other times, to unravel means the same thing. In practice, The Washington Post reported a year ago that the Philadelphia Eagles' season “came completely unraveled.” Two years ago, The New York Times revealed that certain government secrets “did not take long to unravel.” The editors of U.S. Law Week reported that a smuggling scheme “unraveled.”

It's a puzzlement. The choice between “ravel” and “unravel” is bound to confront a writer every day -- perhaps twice or three times a day. The two verbs are defined identically. My advice is simply to use the one that sounds right in context. If Shakespeare could do that, so can you.

The advice covers an extensive field. At random, we have a choice of rights that are either inalienable or unalienable, of arguments that are inarguable or unarguable, and positions that are either in- or undisputable. A course of action may be either infeasible or unfeasible.

You will be pleased to learn, if you did not already know it, that “unsicker” in Scotland means “unsafe, insecure.” The big Oxford Unabridged lists “unseldom,” meaning “often” or “not infrequently.” We may either untrust or distrust a person. There is a verb, “to unthink,” dating from the mid-20th century, with overtones of both Alice's Wonderland and Huxley's Brave New World. An unk-unk is “an unknown person or thing.” Old logophiles should never be left alone with an Oxford Unabridged. Onward!

We're talking verbs today. Will Felts of James Island, S.C., cites to an

Associated Press story in September. A Pentagon spokesman said the administration believes that at this point, the United States “should continue to try and deal with the Iranian threat of nuclear stand-off.” Reader Felts asks, should “try and” properly be “try to”?

In his magisterial “Modern American Usage,” Professor Bryan Garner brushes off “try and” as a casualism, i.e., a characteristic of speech that reflects “either freedom from inhibition or an utter lack of solemnity.” Such expressions may add “a relaxed freshness.” On the other hand, they may seem “inappropriately unbuttoned.” As examples, he offers “burbs” for “suburbs,” “limo” for “limousine” and “Vegas” for Las Vegas.

The sages of Springfield devote 3 1/2 columns to “try and.” Evidently the topic has occupied language mavens at least since Henry Fowler eyed it ambivalently in 1917. Fowler said that “try and” carries a shade of meaning that justifies its existence for purposes of exhortation. It implies encouragement. Thus, the conjunctive “try and stay sober!” carries a wallop beyond the gentle infinitive, “try to stay sober.”

Continuing this fascinating dissertation, Merriam & Webster cite to

such hallowed figures as Jane Austen, who promised a friend in 1813 that she would “try and write” of something beyond valiant ladies. Thackeray used “try and” in 1846, George Eliot in 1861, Henry Adams in 1863, Mark Twain in 1876, F. Scott Fitzgerald in 1925, and my ideal E.B. White in 1936. From all this evidence, we may try and find all the authority we need. Carry on!

## SEEMS LIKE A SONG YOU'VE HEARD BEFORE

A writer for The Washington Post was commenting on the famous Glass House of architect Philip Johnson: “Even at the level of its mechanical system,” he wrote, “the two-house dyad seems like a metaphor.”

In The New York Times, the greatly gifted Gail Collins ducked away from a tough topic: “I would love to give you all the arguments about the virtues of the Law of the Sea Treaty, but it seems like a cruel thing to do.”

Three weeks ago another writer for the Times, Carol Vogel, covered an auction of high-priced paintings. They were the work of “masters like Matisse, Signac and Pissarro.”

In Time magazine, reporter Bill Saporito wrote about Wal-Mart: Most of its worst-performing stores were located “in big coastal cities like Boston and Los Angeles.” The chain's marketing strategy “is better suited to developing economies like Mexico, Brazil and China than to mature markets like the U.S. and Japan.”

Like, like, like! Properly employed, it's a lovable little word. The compliant Polonius saw a cloud “like” a weasel. Hamlet mourned his father: “I shall not look upon his like again.” Martial confessed an irrational prejudice: “I do not like you, Sabidius!” Whether as noun, verb, adjective, adverb or preposition, “like” functions like a good Scout knife. We may use it anywhere.

More to the point, “like” gets dragooned into service where it ought to be excused. Even from the pen of Gail Collins, things shouldn't “seem like.” Things simply seem.

It's as a conjunction that “like” is most widely abused. Nine times out of 10, “such as” would better serve a writer's purpose. In the Horrid Examples just cited, we're not learning about masters like Matisse or cities like Boston or economies like Mexico's or markets

SEE “SAME” PAGE 3.

*put on your red shoes*

# Dance with Spirit

February 23, 2008  
11 a.m. - 2 p.m. • Pueblo Mall



## Day of Dance

FOR HEALTH

The red shoe is our symbol to take action for your heart!

dance demonstrations  
health screenings  
education

dayofdance.org

Your Health  
Your Hospital



**parkview**  
MEDICAL CENTER  
[www.parkviewmc.org](http://www.parkviewmc.org)

Good health is just a dance away - for all ages!

# news of the weird

COMPILED BY CHUCK SHEPHERD  
FOR SENIOR BEACON



**LEAD STORY**

As an alternative to burial, cremation is no longer green enough, say environmentalists, because it releases smoke and mercury, and thus the industry is considering "promession," in which the body is frozen in liquid nitrogen to minus-320 degrees (F) and then shaken until it disintegrates into powder. For green burials, the United States has at least six cemeteries that require biodegradable casings and for bodies to be free of embalming chemicals. The Forever Fernwood cemetery in Mill Valley, Calif., goes even further, according to an October Los Angeles Times story, banning grave markers, but, said the owner, "We issue the family a Google map with the GPS coordinates" so they can find their loved one. **Ed Note: My Lord this is NUTZ!!**

**Fine Points of the Law**

(1) The Wisconsin Supreme Court ruled in October that attorney Michael Inglimo did not violate a state regulation that bars a lawyer from having sex "with a current client": Inglimo had sex with a client's girlfriend during a three-way session, but according to the judges, the regulation bans only direct sex with the client. (However, the court suspended Inglimo's license based on other grounds.) (2) Philadelphia Municipal Judge Teresa Carr Deni outraged women's activists and the local bar association in October when she dismissed rape charges against four men who had sex with a prostitute at gunpoint. Because the woman had initially agreed to a business proposition, said the judge, the men should properly be charged with "armed robbery" for "theft of services." Said Deni, "She consented, and she didn't get paid."

**The Entrepreneurial Spirit!**

-- (1) A price war broke out in November among chain stores in Britain, with Tesco, Sainsbury's and Asda vying for the cheap-drunk customers, and at

press time, Asda was leading by offering a low-end lager in multipacks for the equivalent of 46 cents a pint, which is less than colas or bottled water. (2) For those Britons who drink in pubs but miss the atmosphere as it was before smoking bans (for example, who may be disoriented by "new" smells that are no longer masked by cigarette smoke), the company Dale Air has introduced, in aerosol cans, a fragrance that it says mimics the musty, ashtray-based scent so familiar to veteran pub-goers.

-- Bahadur Chand Gupta bought an old Airbus 300 and now offers weekly sessions in Delhi in which any of the 1 billion Indians who have never flown before can sit on a genuine (though disabled) airliner, listen to pilot announcements ("We are about to begin our descent into Delhi"), and be served by flight attendants. Said one customer (who paid the equivalent of about \$4), "I see planes passing all day long over my roof. I had to try out the experience."

**Science on the Cutting Edge**

-- Babies Out of Order: (1) Amelia Spence, 29, gave birth in Glasgow, Scotland, in October to two babies, one just minutes before the other, but they were not twins. The apparently super-fertile Spence, though on contraceptive pills, conceived twice in a three-week period with eggs from successive monthly cycles ("superfetation"). (2) In Cary, N.C., a woman gave birth to twins early in the morning of Nov. 4, one at 1:32 a.m. and the other 34 minutes later, at 1:06 a.m. (after Daylight-Saving Time ended).

-- Doctors at Mackay Base Hospital in Australia saved the life of a 24-year-old Italian tourist in August after he had ingested a large amount of poisonous ethylene glycol (found in antifreeze), perhaps in an attempted suicide. The antidote, pharmaceutical-grade alcohol,

was in short supply at the hospital, but doctors improvised by setting up a gastric drip and feeding him vodka at the rate of three standard drinks an hour for three days. He made a full recovery, according to an October report in Melbourne's The Age.

-- University of Maastricht (Netherlands) researcher David Levy told the Web site LiveScience.com in October that he believes robots will be so highly developed by the middle of this century that a few people will even begin to marry them: "Once you have a story like, 'I had sex with a robot, and it was great!' appear someplace like Cosmo(politan) magazine, I'd expect many people to jump on the bandwagon." (Georgia Tech researcher Ronald Arkin added that perhaps robotic children could be used to satisfy pedophiles enough to keep them away from human children.)

**Injudicious Judges**

-- Pennsylvania Superior Court judge Michael Thomas Joyce, 58, was indicted in August for fraud in connection with \$440,000 he received after his car was nudged (at 5 mph) in a 2001 accident. Joyce claimed that he was in such neck and back pain as to be prevented from certain activities such as holding a coffee cup, but prosecutors said he not only played golf frequently after that but went scuba diving, renewed his scuba instructor's license, went inline skating, and went through private pilot training and licensing (50 flights).

**Least Competent People**

In November, Britain's new weather-themed Cool Cash lottery game was canceled after one day because too many players failed to understand the rules. Each card had a visible temperature and a temperature to be scratched off, and the purchaser would win if the scratched-off temperature was "lower" than the visible one. Officials said they had received "dozens" of complaints from players who could not understand why, for example, minus-5 is not a lower temperature than minus-6.

**Recurring Themes**

(1) Once again, someone found a suspected live explosive on his property, put it in his car, and took it to the local police station (this time, a hand grenade, in Devon, England, in November). (For

the record, emergency personnel would rather be told about an explosive than have it brought into their building.) (2) Once again, a motorist casually traveling on a highway had his vehicle crushed by an airborne cow (this time, near Manson, Wash., in November). The 600-pound cow had fallen off a cliff, totaling the minivan but not injuring the driver, who was quoted in an Associated Press dispatch saying repeatedly, "I don't believe this."

**Feuds**

(1) The Catholic archbishop overseeing a convent near Bari, Italy, closed it down in August after the mother superior was attacked and beaten by her two nuns, who were angry at her authoritarian ways. (2) Ex-parishioner Angel Llavano, who had left a phone message for Father Luis Alfredo Rios criticizing one of his homilies, filed a defamation of character lawsuit in September after Father Rios retaliated by denouncing him in front of the Crystal Lake, Ill., congregation. Asked Rios (perhaps rhetorically), "Should we send (Llavano) to hell or to another parish?"

**Signs Of The Times - Baby Style**

The Modern Mother: Style- and environment-conscious Canadian mothers insist on cloth diapers, especially designer labels of flannel, fleece or wool-knit, according to a November report in Toronto's Globe and Mail. Handmade embroidered diapers (perhaps in tie-dye or camouflage) are priced at up to \$80 each (and some babies get to wear them only just after taking care of business in an ordinary diaper). And, in London, mothers can take babies for workouts, as several gyms recently reacted to warnings about childhood obesity by creating programs to shape up kids as young as 10 months (teaching galloping, "monkey jumps" and forward rolls), and in February, one gym will begin accepting 4-month-olds.

**Cultural Diversity**

-- In October, Italy's economic minister, noting that a third of all men over 30 still live with their parents and that rental housing markets are depressed, proposed a tax break worth the equivalent of about \$1,400 for each man in his 20s who will finally leave Momma's house. (A week earlier in Sicily, one mother publicly turned her adult son over to the

SEE 'WIRED' PAGE 20.

**Little Caesars®**

**HOT-N-READY**

**All Day - Every Day Large Pepperoni Pizza**

<b>PUEBLO</b>
1175 S. Prairie (In Sunset Plaza) • 564-9611
1801 Santa Fe Dr. (Aspen & Santa Fe) • 543-3400
1230 Bonforte (In Belmont Shopping Center) • 544-4500
4104A Outlook Blvd. (Between Albertson's & Lowe's) • 544-7701
<b>PUEBLO WEST</b>
74 North McCulloch Blvd. (By Super Wal-Mart)
547-8828
<b>LAMAR</b>
1203 S. Main St. (Next to Corner Liquor)
336-8777
<b>CANON CITY</b>
1520 Royal Gorge Blvd. (Next to Cañon City Tire)
275-2748
<b>LA JUNTA</b>
7 Conley Rd. (By Super Wal-Mart)
383-2700

**LARGE PEPPERONI PIZZA**

**\$5.55** plus tax  
carryout only

**Yesterday's soldiers.....**

**.....Today's HEROES**

**Bruce McCandless**

**Colorado State Veterans Nursing Home**

- Spacious rooms with spectacular mountain views
- Skilled nursing and rehabilitation
- Financial benefits to qualifying veterans
- Special Care Alzheimer's Unit
- Private pay and Medicaid welcome
- All-inclusive daily rate.

Call today for a free information packet (800) 283-2668

**0903 Moore Drive Florence, CO 81226**

# For A Healthier You



## Simple Steps Make Your Home Safer For Guests

by Lisa Petsch

Did you know that falls are the primary cause of injury and hospitalization for older adults, and that half of those injured do not regain their former level of independence?

Health- and age-related changes that contribute to falls include arthritis, decreased sensation in the feet (known as peripheral neuropathy), loss of strength, visual impairment, balance problems and the use of certain medications.

Hazardous conditions in home environments are the other major cause of potentially serious spills.

If guests to your home this holiday season will include frail relatives, extra planning and preparations are advisable, to help ensure their safety.

### Planning ahead

Before extending an invitation, determine if senior relatives have any special needs or limitations. Then go through your home and the surrounding property to check for potential problem areas. Consider the following:

- Is parking available close to the entrance? Are the driveway and walkways level and in good condition?

- Are entrances and interior doorways wide enough to accommodate a walker or wheelchair? If a prospective guest uses one, find out the width of it and measure to be sure.

- Are all areas of your home that guests will need to access - entrance, living room or family room, bathroom, dining area if there's going to be a meal, and sleeping area if they're staying overnight - on one level? If not, are prospective

guests able to navigate stairs? If entrance steps are the only barrier, look into renting a portable ramp from a medical supply store.

- Are porch steps and interior stairways in good repair, and do they have a non-skid surface? Are steps evenly spaced and moderate in height? Are there handrails - preferably on both sides - and are they secure? (Ideally, rails should project past the top and bottom steps.)

- Is there adequate lighting throughout your home, including in closets, hallways and stairwells? (If necessary, get battery-powered dome lights that easily attach to the wall.) What about at entrances and along outdoor paths?

- If your home can't accommodate an older relative's needs, take him or her out to a restaurant that's accessible. If you're organizing a family gathering that includes him or her, consider another member's home, a restaurant with a private dining room or a community hall, depending on the size of the guest list.

### Preparing your home

- Ensure outdoor walkways are clear of clutter and debris. Be prepared with the necessary supplies for clearing snow and ice.

- Replace burnt-out light bulbs, indoors and out. Consider using higher wattage bulbs in place of low-watt ones.

- Remove clutter in rooms, hallways and stairwells. If necessary, rearrange furnishings so guests can move within rooms freely and easily. Relocate excess pieces to a spare room.

- Put away furnishings on casters. Also remove items that might pose a tripping hazard, such as footstools and floor plants.

- Ensure walkways are clear of electrical and telephone cords.

- Don't allow decorations to block doorways or pathways through rooms. Be prepared to scale down decorating if necessary - for example, by using a tabletop tree instead of a full-size one.

- Collect pet toys and stash them away. Do the same with grandchildren's toys, unless your guests will include youngsters, in which case keep all toys in the corner of one room.

- Ensure throw rugs and scatter mats have a non-skid backing. Better yet, remove them, since they're one of the most common causes of falls.

- Have non-skid slipper socks available if you wish guests to remove footwear at the door. Be aware, though, that some older folks may need to keep their shoes on to ensure proper support.

### During the visit

- Keep lights on in all areas guests might need to access, both inside and outside.

- Keep pets - especially high-energy kittens or puppies - in an area separate from the entertaining zone, so they don't startle guests. Bear in mind that sleeping cats and dogs are also a tripping hazard.

- Reserve for senior guests chairs that have arms and are high and firm.

- Be cautious about serving alcohol, which can impair balance.

- If a guest experiences a dizzy spell, have him or her immediately sit down until it passes, and rise slowly when



they're ready to stand.

Lisa M. Petsche is a medical social worker and a freelance writer specializing in health and elder care issues.

## Where Are They Now?

by Marshall Jay Kaplan

### Carla Laemmle

Although her name may not ring a bell, Carla Laemmle is one of the last surviving actresses of the silent film era, as well as, the classic film, Dracula. Her story is an interesting one - after all, she holds a place in movie history! So, sit back, enjoy the popcorn and the life of Carla Laemmle.

Carla Laemmle was born on October 20, 1909 in Chicago, Illinois. Her uncle was Carl Laemmle, the pioneer movie mogul who founded Universal pictures. As a young girl, Carla studied dance, focusing on ballet and moved to Universal City, California when she was eleven. Carla reminisces, 'Growing up on the studio lot was a magical time in my life. I loved living in that fantasy world'.

At age sixteen, Carla appeared in the classic Lon Chaney silent film, The Phantom of the Opera (1925), as a Prima Ballerina. Her experience in the film helped land her professional ballet jobs on stages across the United States for the next five years. Her uncle Carl was so impressed with Carla's dancing that he placed her under contract. Once again, Carla found herself performing in yet two more classic films - Uncle Tom's Cabin (1927) and The Broadway Melody (1929). The latter earned the Academy Award for Best Picture. It is interesting to note that the star of this film, Anita Page, is still very much alive today (this author had highlighted her career in an earlier column).

The best was still to come for Carla, as she had a pivotal role in the classic horror film, Dracula (1931, with Bela Lugosi). Carla was cast as a meek secretary who speaks the first lines of dialogue in the film. Talk about being part of Hollywood history!

By the mid-1930's, Carla began a relationship with writer/director, Ray Cannon. Carla appeared on stage in plays that Ray wrote and directed. By the 1950's, she began taking on more administrative duties for Ray, as she explains, 'In 1953, Ray wrote, How To Fish the Pacific Coast. I helped type the book and do the research. Today, it is considered to be the fisherman's bible!' Over the next twelve years, the pair worked closely and traveled extensively through Baja California's waterways, writing the book, the Sea of Cortez (1965). Today, the book is considered to be a collector's item.

Carla somewhat retired to the quiet life in the 1970's and 1980's. By the 1990's, horror fans 'found' Carla and she became a frequent guest of honor at horror conventions. Today, she has published a new book focusing on many of Ray's writings. She is also writing her autobiography. In 2001, she appeared in the film, The Vampire Hunter's Club, playing the role of what else? The Elder Vampire.

Carla sums things up, 'Little did I dream that years into the future I would become something of a cult figure!' Carla, you have definitely maintained the mark of the vampire, and of Hollywood itself.



### Reflexology

Helping you put your best foot forward!

Wendie Stauffer, Reflexologist  
Golden Flower Health Clinic  
251 S Santa Fe, Pueblo, CO 81019  
719-542-9210  
Home Visits available

## ASSISTED LIVING FREMONT HOME CARE, INC.

- Private Rooms for Medicaid & Private Pay
- Home Cooked Food
- Beauty Shop on Site
- Activities
- Transportation
- Free Basic Cable
- 24/7 Security
- Some pets may be allowed

**CALL TODAY  
269-9300**

Construction is in Progress on Our New Facility

[www.fremonthomecare.com](http://www.fremonthomecare.com)  
1815 Elm Ave. • Cañon City

## Big D Superfoods

Your Friendly Independent Supermarket Nearby & Neighborly

Featuring:

- \* Fast Friendly Check Out
- \* Butcher Cut Meats
- \* Fresh Produce
- \* In Store Bakery
- \* Hot French Bread
- \* In Store Deli
- \* Fried Chicken
- \* Salads
- \* Competitive Prices

**Big D Superfoods**  
100 E. Main St. - Florence, CO - 719-784-3066

# Fashion: Looooking Gooood!

by Patricia McLaughlin - Mature Market Media Services

## PERILS OF HOLIDAY SHOPPING, HO-HO

Be warned: Christmas shopping is a metaphorical mine-field this year. You can go broke, get trampled, get lead poisoning, get arrested, fail in your sworn duty to the consumer economy fa-la-la, or go nuts from the endless repetition of rum-pum-pum-pums. So stay safe out there, America! (And Merry Christmas.)

Remember when Christmas shopping was all twinkly lights and jolly department store Santas and joyous carols and helpful salesclerks and complimentary gift-wrapping and magical evergreen-scented Christmas villages full of dancing snowmen and hard-working papier-mache elves and chugging electric trains? Or was that just in the movies?

It hasn't been so much fun in recent years -- what with road rage in the Target parking lot, not a single open register in housewares, endless wait lists for Tickle-Me-Elmo, hapless shoppers trampled in the frenzy to get to the Black Friday door-buster specials, ads designed to make you feel like Scrooge if you spend less on your loved ones than Donald Trump would. And this time around it could be worse -- scarier, more confounding, no fun at all and longer than ever before.

This year, our neighborhood CVS was already stocked with many shelves of brightly foil-wrapped chocolate Santas on the day after Halloween. And lots of the big box stores started Black Friday a whole day early, on the Thursday before -- i.e., what we used to call Thanksgiving -- even before the turkey was in the oven. But what do you expect, given that the 2008 presidential campaign started sometime last spring. We're lucky the foil-wrapped Santas didn't show up on the fifth of July.

Then there's the overhanging cloud of economic gloom. Endless prophecies of doom as the subprime lending debacle grows. Baleful

predictions of the worst holiday shopping season in years (for stores, not shoppers). Weird gyrations of the Dow. Worried minute-by-minute reports on holiday spending. The not-so-subtle implication here is that you, the American shopper, are falling down on the job: If you don't charge up your credit cards to the limit, you'll have no one to blame but yourself for the coming depression.

Then there's lead. Millions of toys that turned out to contain lead have been recalled, but what about the ones that haven't? In case you haven't been paying attention, lead poisoning can kill kids or cause severe mental retardation. It can leave them with IQ deficits, learning disabilities, behavioral problems, stunted or slowed growth, kidney damage, impaired hearing, etc. It's also associated with juvenile delinquency and rising high-school dropout rates.

It's not just in toys, either. Recently, The New York Times reported that some jewelry labeled lead-free at Kmart had turned out to be loaded with the stuff. The charm dangling from a necklace Karla Johnson bought for her year-and-a-half-old daughter at a Kmart in Indianapolis, for instance, turned out to contain lead at a ratio of 520,000 parts per million -- that's more than 50 percent lead, nearly 900 times worse than the threshold level the Consumer Product Safety Commission considers unsafe. (Mrs. Johnson, manager of the Lead-Safe and Healthy Homes Program of the Marion County Health Department, happened to take the program's new \$35,000 X-ray fluorescent analyzer home to practice using it and, "on a whim," aimed it at her baby daughter's new necklace.)

Here's the Alice-in-Wonderland part: A spokesman announced that "Kmart believes these products are safe" -- even the 52 percent lead charm? -- but "out of an abundance of caution and to avoid customer confusion, we're going to pull all jewelry products that are labeled lead free."

Wait a sec. What about the jewelry that isn't labeled lead-free? Are



Like so many things, Christmas shopping isn't what it used to be, thanks to lead-based toys and jewelry, economic worries and overeager store detectives, among many other factors. Illustration: Patricia McLaughlin

we supposed to assume that jewelry that says it's lead-free may have lead in it, but jewelry that doesn't say it's lead-free probably is? Or does the jewelry that doesn't say it's lead-free probably also have lead in it, but because it doesn't say it doesn't, you can't sue anybody if a kid swallows it and is poisoned, so Kmart doesn't have to worry?

Then there's crime. Sure, you hear the occasional horror story about somebody who gets mugged by a thug in the parking lot at the mall. But what if it's the store that mugs you?

In August, Wall Street Journal editor Laura Landro was seized and detained by security personnel at a Kmart in the Hamptons because she'd put a pair of size-9 orange flip-flops she wanted to buy in the wrong box. The sandals she wanted were supposed to cost \$24.50 -- though she couldn't have known that, since there was no price on them. The box she put them into was intended for a pair that cost \$16.50. She was accused of price switching to save the \$8 difference.

Though she and two other family members had just spent more than \$800 in the store, her "stunned protestations and explanations were summarily dismissed," her "driver's license and credit card were temporarily confiscated," she was detained for an hour in a windowless room in the back of the store, was told to "expect a civil notice of a fine by mail," and was warned never to set foot in the store again. They took away the orange flip-flops, too.

Let this be a lesson to you: Never put anything in a box it isn't in

to begin with. And be aware: In some understaffed big-box stores, "security may outnumber sales help."

(For more advice on how to avoid being misapprehended as a criminal by store security, check out: <http://online.wsj.com/article/SB119023423230332821.html?mod=Personal-Journal>)

For all I know, it's pure coincidence that these last two anecdotes involve the same retailer. But I have to say: If I ran Kmart, I'd immediately ask Martha Stewart for some advice on rethinking customer relations. Way back, Kmart execs famously (and foolishly) blew off Martha's advice that they should start selling all-cotton sheets. She was right about that. And I bet she could also tell them that, when jewelry advertised as lead-free turns out to be 52 percent lead, it's a mistake to claim it's nonetheless "safe." I bet she'd also tell them that, when a Wall Street Journal editor who just spent hundreds of dollars in your store tells the security staff she didn't mean to put a pair of unmarked \$24.50 flip-flops in a \$16.50 box in order to cheat them out of a measly \$8, it might be wise to give her the benefit of the doubt. Surely the customer is sometimes right -- or, at least, innocent?

Meanwhile, remember: If you aren't at least flat-broke (and preferably heavily in debt) by midnight on December 24, the terrorists win.

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

## "What A Great Place To Live"

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.



Our Wellness Program is unique in that we work with each resident to give them the best lifestyle that they are able to have.

Please plan a tour soon to Life Care Center of Pueblo, 2118 Chatalet Lane. You are also invited to just drop by, view LCCP at your convenience, or phone 719-564-2000. Someone will be very happy to assist you.



### WELLNESS PROGRAM

- Relaxation Room • Tai Chi Classes
- Massage Therapy • Fun Activities: Fishing Trips, Pumpkin Patch visit, State Fair Day, Senior Fair Day, day trips, more
- Restorative Aides and staff are trained to keep each resident at their optimal level of functioning.
- Dietitian • Extended Meal Service

### Just Some Of Our Many Amenities

- 24-Hour Fully Skilled Nursing Services
- Indoor/Outdoor Recreational Areas
- Individual Heat/Cool Unit In Each Room
- Private & Semi-Private Rooms Only
- Low Traffic Area • Private Dining Area
- Large, Comfortable Rooms • Cable Available
- Mini-Mall including: Unique library, gift shop, ice cream parlor & beauty shop
- Beautiful Patio Areas • State-of-the-Art Bathing Equipment

## Life Care Center of Pueblo

2118 Chatalet Lane - Pueblo, CO 81005 719-564-2000

## Senior Homecare By Angels®

Serving Southern Colorado

- Up to 24 Hour Care
- Meal Preparation
- Transportation
- Errands/Shopping
- Hygiene Assistance
- Light Housekeeping
- No Lengthy Contracts

America's Choice in Homecare

## Visiting Angels®

LIVING ASSISTANCE SERVICES  
418 W. 12th St. Pueblo, CO 81003

# 719-543-4220 or 866-572-6435

[www.homecarebyangels.net](http://www.homecarebyangels.net)

# Covering The Courts: "Feeling Sorry For Exxon"

by James Kilpatrick

By the time I was halfway through "Beowulf," I began to feel a little sorry for the dragon. I was 12. Now I am considerably older. I've been reading Case No. 07-276 in the Supreme Court, and I'm feeling a little sorry for ExxonMobil Corp. The thing is, even dragons have their good sides.

You will have correctly surmised that the pending case involves Exxon's responsibility for a major accident off the coast of Alaska in March 1989. The story was widely reported at the time. It has stayed intermittently in the news ever since. The best account of the underlying incident appears in a brief from the Washington Legal Foundation:

"The Exxon Valdez ran aground in Prince William Sound on the night of March 24, 1989. The immediate cause of the grounding is not in dispute. As the ship was leaving Valdez harbor, Joseph Hazelwood (the ship's captain) explained to Gregory Cousins (the officer on watch) a maneuver that would be required to avoid ice detected in the ship's path. In violation of Exxon's written policy regarding operation of Exxon vessels, Hazelwood then left the ship's bridge and went to his cabin, leaving Cousins and a helmsman alone on the bridge.

"Cousins failed to steer the ship away from a reef, and the ship ran aground, spilling several hundred thousand barrels of oil into the Sound. Hazelwood had a history of alcoholism (a history of which Exxon was aware), and there was evidence at trial that he

was drinking heavily on the night of the grounding."

Call it a calamity, a disaster, or a major misfortune, the spill was a terrible blow to both the region and the company. Exxon never sought to evade or minimize its responsibility. Over the past 18 years it has spent \$2.1 billion in cleaning up the mess; it has paid private claims amounting to \$300 million; and it has agreed to pay another \$900 million for damages it caused to environmental resources.

The pending argument in the Supreme Court involves an insult added to the injury: Last March the 9th U.S. Circuit ordered the company to pay another \$2.5 (BEGIN ITAL) billion (END ITAL) in punitive damages. Circuit Judges Mary M. Schroeder and Andrew J. Kleinfeld defended the unprecedented award: Granted, the company's conduct was "not intentional." The disastrous spill was "not willful." There are "several mitigating facts." And yes, Exxon "promptly took steps to ameliorate the damage it has caused."

Even so, "Exxon's reckless misconduct in placing a known repulsed alcoholic in command of a supertanker, loaded with millions of barrels of oil, to navigate the pristine and resource abundant waters of Prince William Sound was reckless and warrants severe sanctions."

With that rebuke, the two judges reduced a District Court award of \$4.5 billion to the now-contested \$2.5 billion. Judge James R. Browning, dissenting, would have awarded the plaintiffs the

whole shebang.

Unless the Supreme Court overturns that verdict, four plaintiff seafood companies, two plaintiff marine enterprises and seven named individual plaintiffs -- plus their eager-beaver lawyers -- will be made filthy rich. As Exxon's own lawyers complain, it is "by far the largest award of punitive damage ever affirmed by a federal appellate court." King Croesus should have had such counsel.

Wholly apart from its preposterous award of punitive damages, the case raises important questions of maritime law. Exxon's counsel argue in their brief that this arcane field of law is governed by congressional statute -- and Congress has never authorized the award of punitive damages in such cases. Constitutional questions also arise under the rubric of "due process." Here, punitive liability was imposed upon the shipowner for the misconduct of the vessel's master -- misconduct that was "contrary to the shipowner's policy and hostile to its vital interests."

In their brief to the high court, Exxon's counsel cite to a Supreme Court opinion by Justice Joseph Story in 1818. The case involved an American merchant schooner with the lovely name of The Amiable Nancy. The ship and its crew were subjected to "gross and wanton outrage" by the crew of an American privateer. The marauders inflicted inexcusable damage, but the owners themselves, "having neither directed, nor countenanced, nor participated in the slightest degree" in the boarding and plundering, could not be held accountable.

With that unanimous opinion, the high court reduced the lower court's judgment of \$6,827.60 to \$774.21. That precedent sounds just about right for Exxon.

## SPECIALTY PLATES BUT NOT 4-U

The Oklahoma license plate case seems likely to fizzle out before it ignites in the Supreme Court. This would be a pity, for the case raises some lovely questions of law. Moreover, the record speaks revealingly of what matters most to at least one species of the genus Homo sapiens.

For the record, plaintiffs Harold E. Hill and others are appealing from a probably moot opinion of the 10th U.S. Circuit. That opinion, handed down last March, appears to have been effectively vacated by the Oklahoma legislature. The plaintiffs are now free to buy "family planning" plates as soon as they turn out 500 prepaid applications for the privilege. There appears to be nothing left to argue about.

Even so, the case offers the high court an opportunity to address recurring questions of tax law and legislative

privilege. Every state permits its motorists to buy specialty or "vanity" license plates. The pending case arose five years ago when the Oklahoma legislature authorized the manufacture and sale of a \$35 plate bearing the message, "Choose Life," or as an alternative, "Adoption Creates Families."

Proceeds from these sales were to be apportioned statewide for the promotion of the adoption of unwanted children. Specifically, no organization could share in the license sales if it were "involved or associated with any abortion activities, including counseling for or referrals to abortion activities, including counseling for or referrals to abortion clinics, providing medical-abortion related procedures, or pro-abortion advertising."

Advocates of "planned parenthood" naturally were offended. Few of them are passionately in favor of abortion as a solution to every unwanted pregnancy, but they accept abortion as a last resort after efforts at counseling and adoption have failed. They sought legislative relief. Their efforts failed. They pleaded the First Amendment. No one listened.

Gov. Brad Henry gave the plaintiffs no help. In his subsequent brief in the Supreme Court, he says: "The state has in no way attempted to silence petitioners from any speech related activity. They are still free to place their viewpoint on any bumper stickers they desire. Indeed, they could paint their entire car with slogans and/or viewpoint speech if they so desired. The state is merely advocating a particular viewpoint which its current political electorate have determined to be favored."

Thus rebuffed by politicians, the petitioners turned seriously to the courts. They lost at every level. Finally, last March, Judge Neil Gorsuch spoke for a panel of the 10th Circuit: "We have no qualms finding in this case that the primary purpose of the special license plate scheme is revenue rather than regulation and thus that it qualifies as a 'tax.'" From that opinion Harold Hill and his co-plaintiffs now seek a hearing in the high court.

It will be surprising if the Supremes decide to venture into this briar patch. We will know in a week or two. Meanwhile, students of American anthropology could find a treasure trove in the appendix to this lawsuit. It appears that Oklahoma has issued special license plates not only for Choose Life, but also for an amazing variety of petitioners.

The list begins with special plates for Round and Square Dancers, Balloonists, Certified Public Accountants, Bicyclists, Electric Linemen and Retired Officers of the Highway Patrol.

Members of the Masonic Order have a plate. So, too, with the Shriners, Knights of Columbus, Jaycees, Kiwanis

SEE "PLATES" PAGE 21.



# TTS

Est. 1974



## Bulova

G0977  
"Pennington"

## Tick Tock Shop

**Complete Watch and Clock Sales and Service**

- Service on all makes of watches and clocks
- Free in-shop Estimates • Free layaway

7 North Circle Drive • Colorado Springs, CO 80909

**719-475-8585**

**M-F 9:00 – 5:30 Sat 9:00 – 3:30**



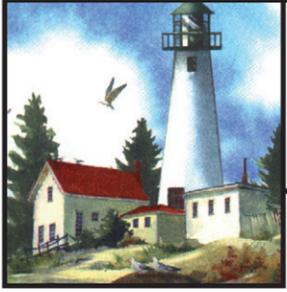
## PUEBLO WEST HARDWARE

**Get Your Home Ready For Winter. See Us Today!**

- Caulking & Weather Stripping Materials • Sprinkler Parts • Tools
- Lawn & Garden • Nails • Screws • Rental Equipment • Hardware
- Bug Sprays • Rodent Control • Cooler/A.C. Products
- Flooring Products • Weed Killer • Hard-To-Find Items

Open: Mon. - Fri. 7:30am-5:30pm Sat 8:00am - 5:00pm  
**CLOSED ON SUNDAYS**

222 S. McCulloch Blvd - Pueblo West  
**547-0608** (ask about our senior discount)



# "Light For The Journey"

By Jan McLaughlin - Director of Prayer Warriors For Prisoners



## From The Desk Of Jan McLaughlin

*"Chaplain, Could you send me a birthday card? My family won't."*

This simple request from death row is not an uncommon one. Prisoners long to know SOMEONE cares about them. Getting a Birthday card, a Christmas card or any day of the year card can fill a prisoner with hope and peace, but let me take that a step further with you. A card that share's God's love for a prisoner can change the course of his or her ETERNITY!

Thousands wait to hear the Good News.

Now, imagine yourself, a volunteer, walking the hall between cells. Out of darkness and oppression you see eyes of men and women void of light staring back with intense hopelessness. Prisoners across the country are asking, "Is there hope for me?"

The answer is clear... "God has appeared.... He was beautiful.... We killed Him.... He rose... His Spirit is alive and eternal... He needs a new body for His earth purposes... You're it!"\*

God is using willing volunteers as His ambassadors to reach lost souls with the message of hope through Jesus

Christ. Listen to what some of the prisoners are saying who are receiving cards with special messages about the hope and promises of Jesus Christ... John was stunned someone who didn't know him would care enough to send a card. "Before I got your card and letter, no one ever showed me love without strings attached." Steven was thrilled with a volunteer's letter to him and said, "I sent your letter to my mother so she could know how awesome God is."

And, it's not just the prisoners who are being transformed! Listen to what some others have said about ministering to those in prison... One chaplain realized, "Support in prayer is INVALUABLE in this warfare!" A volunteer said in amazement, "I never dreamed God would use me to affect someone so profoundly!" I believe we all have the ability to affect someone profoundly, including YOU!

Prayers of God's children, financial gifts and encouragement make a tremendous difference in hundreds of lives. PWFP is reaching thousands of

## Meet Prof. Shoelace

Ian Fieggen's Web site and book about shoelaces (unlike most instruction manuals) are miracles of clarity. How else would you know the optimal lace length for your walking shoes is 39.7 inches?

What possesses a person to write a whole book about shoelaces?

Monomania was my first guess, but Ian Fieggen claims he isn't a shoelace obsessive. He says he only started his shoelace Web site -- <http://www.fieggen.com/shoelace/> -- because he "could see that there was a real need," he says. "No one else had added anything much to the Internet" -- about shoelaces, he presumably means -- "either because they didn't have the required illustration skills or because there simply wasn't any money in it. I was happy to do so simply for the sake of contributing something worthwhile to the community."

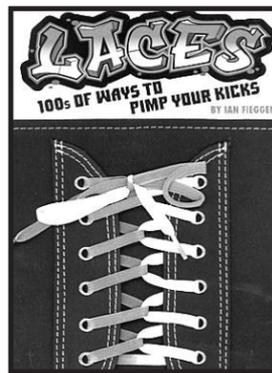
Fieggen's Web site shows you 33 different ways to lace your shoes, 15 different ways to tie them, eight ways to make your own aglets (the little tubular plastic tips that tend to crack and come off), how to compute the length of lace required to lace up a particular shoe, what to do about slipping laces, how to correct asymmetrical knots, how to prevent your shoelaces from digging into your tender insteps, and much, much, much more about shoelaces than the average person probably has any desire to know.

Now Fieggen's Web site is also a book: "Laces: 100s of Ways to Pimp Your Kicks." And, though I hesitate to say so, I suspect it's that rare phenomenon, a thing

perfect of its kind. The design is brilliant. The foldover cover looks a lot like the front of a black Chuck Taylor low-top, with two canvas flaps each equipped with six working eyelets, so you can practice the 33 different ways of lacing your shoes. You can make your laces look like stars, train tracks, lightning bolts, lattice-work, spiderwebs, checkerboards. You can ladder-lace them the way paratroopers do to keep their boots nice and tight. You can lace them with two different colors of laces at once for even more gorgeous effects.

Even better, the cover folds over any left-hand page, and the individual lacing diagrams appear only on right-hand pages, so there's no annoying flipping back and forth while you're practicing -- with the practice laces provided in a plastic envelope at the back of the book.

And better yet, the diagrams are



The cover of Professor Shoelace's new book invites you to practice the lacing styles lucidly diagrammed inside. Author Ian Fieggen claims there are two trillion different ways to lace up the average shoe with six pairs of eyelets, but the book edits it down to the 33 he judges to be most useful and/or decorative.

SEE "SHOELACE" PAGE 10.

opportunities available in the prison mission field. Many Christians are discovering how God wants to use them to reach lost men and women in prison with a simple card or prayer.

Prisoners are finding Jesus in the Freedom Walk newsletter published by Prayer Warriors For Prisoners. Through testimonies of other prisoners in the Freedom Walk they find hope. It is a powerful evangelistic tool that reaches prisoners across the country and abroad and they continually request more of them.

My heart rejoices at the response of God's willing children who hear and follow the call to carry His message of love and redemption to people behind bars. Their love and obedience as proactive volunteers and prayer warriors is making an eternal difference in thousands of lives. They are bringing hope to people who have no hope.

It is my prayer that you experience the abundant hope and LIFE this Christmas season that Jesus Christ came to give. I appreciate your encouragement and comments about Light For The Journey. I will be eternally grateful to Jim Grasso and his precious family for allowing me this vehicle, The Senior Beacon, to express my joy in Jesus Christ, the risen King! God's richest blessings to you, Jim, your family and all your faithful readers!

Yours in Christ, because of His boundless grace,

Jan McLaughlin

Jan McLaughlin is the director of Prayer Warriors for Prisoners and may be reached by e-mail, [akingskidinco@msn.com](mailto:akingskidinco@msn.com) or phone 719-275-6971.

**Mr. Ed's Family Restaurant**  
1201 ROYAL GORGE BLVD.  
CANON CITY, CO - 275- 5833  
CARRY OUT ORDERS ARE WELCOMED  
**FULL MENU**  
Enjoy our Homemade Pastries and Home Cooked Meals - SALAD BAR  
- Chicken Is Our Specialty -  
**OPEN 7 DAYS A WEEK**  
Mon-Tues 6am-2pm  
Wed-Sun 6am - 8pm

**FRONTIER FEEDS**  
HOURS  
WEEKDAYS 8:00-5:30  
SAT. 8:00-3:00

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

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

**Gracious Home Environment**

- Assisted Living Home • Private Pay • Medicaid Certified • State Licensed • Double Occupancy • Private Rooms • One Energy-Efficient Apartment • Medicare Certified • Respite Care • No Hidden Fees • Laundry & Meals Included • In-Home Activities • Large Open Deck with Views

523 Cokedale - Pueblo West 719-566-1189 Tammy & Marty Redmond - owners/operators

**Tammy & Marty's Cozy Adult Care Home**  
Licensed for just 8 residents, giving you a more family-oriented caregiving experience!

**PRIME REALTY**

**GREAT CORNER LOT LOCATION** with deck in back and most landscaping done. This charming home has been loved and cared for. Bonus room upstairs has a closet and has been used as a bedroom in the past. Each of two sheds in the rear are large enough for a car. Motivated seller will consider all reasonable offers. Call Lynn at Prime Realty, 784-6100 or 250-4531.

# Grandparenting: ..... "Grandparent Wars"

## GRANDPARENT WARS

**Dear Grandparenting:** My grandson Chip's other set of grandparents are considerably younger than ourselves. I suppose you could call them Baby Boomers. When Chip visits them at their new retirement village, he wears whatever he pleases. It's fine and dandy if he shows up wearing blue jeans that look like they haven't been washed in two weeks.

But that's not the way we operate at our retirement community. We have a dress code, and it's enforced. Men and women are not allowed in our dining

area without proper attire. Blue jeans are never allowed.

Unfortunately, this caused a ruckus last week when Chip brought his other grandparents by our place for a surprise visit after they finished running errands. All three of them walked into our dining area during Sunday lunch wearing blue jeans! Someone complained, and management asked them to leave. I don't want any hard feelings, so I called up the other grandparents later and invited them over, but they said they were busy and no thanks. What now? Frances

O., Philadelphia, PA

**Dear Frances:** Your story is not unique; rifts at retirement communities have been reported between the more traditional elderly generation, and younger residents with more active lifestyles like Baby Boomers, who tend to be more casual and outspoken. Clashes occur over food, dress codes, and issues like enhanced exercise rooms and technology-enabling infrastructures - amenities most older residents neither want to use or pay for.

As to how to mend the fences,

how about inviting Chip and the younger grandparents out to lunch, at a place of their choosing? There's nothing like breaking bread together to patch things up.

## REMARK OF THE MONTH

Don from Easton, MD was explaining the concept of getting into bad habits to his grandson Donnie, when Donnie blurted out: "My worst habit is my brother Tony. I've had him five years now!"

# SOUTHERN COLORADO COMMUNITY BLOOD DRIVE - DEC.

by Julie Scott - Bon Fils - 1-800-365-0006 press 0 then ext. 2873

## CALENDAR LISTINGS

### ALAMOSA COMMUNITY

Alamosa Community Blood Drive, Wednesday, Dec. 26 from 11:30 a.m. to 4:30 p.m.

Located at the LDS Church, 927 Weber Drive, Alamosa. For more information or to schedule an appointment please contact Bonfils' Appointment Center at (800)365-0006 ext. 2 or [www.bonfils.org](http://www.bonfils.org) Participating donors will receive a cozy Bonfils Blood Center long-sleeved t-shirt.

### BEULAH COMMUNITY

Beulah Community Blood Drive, Saturday, Dec. 29 from 9 to 11:30 a.m.

**NEW LOCATION:** Donations inside Bonfils' mobile bus located at Stompin' Grounds Café, 8913 Grand Ave., Beulah. For more information or to schedule an appointment please contact B.J. Hiatt at (719) 458-3407. Participating donors will receive a cozy Bonfils Blood Center long-sleeved t-shirt.

### BUENA VISTA COMMUNITY

Buena Vista Community Blood Drive, Thursday, Dec. 6 from noon to 4:30 p.m. Located at the LDS, 611 Arizona St., Buena Vista. For more information or to schedule an appointment please contact Susan Miller at (719) 395-2935

### FLORENCE COMMUNITY

St. Benedicts Church Community Blood Drive, Sunday, Dec. 9 from 8:30 to 11:30 a.m.

Donations inside Bonfils' mobile bus located at 619 W. 2nd St., Florence. For more information or to schedule an appointment please contact Barb Straight at (719) 784-4874.

### FOWLER COMMUNITY

Fowler Community Blood Drive, Wednesday, Dec. 27 from 2 to 6 p.m. Located at Fowler Elementary School, 601 West Grant Ave, Fowler. For more information or to schedule an appointment please call Bonfils' Appointment Center at (800) 365-0006 opt. 2 or [www.bonfils.org](http://www.bonfils.org) Participating donors will receive a cozy Bonfils Blood Center long-sleeved t-shirt.

### LA GREE'S COMMUNITY

La Gree's Community Blood Drive, Sunday, Dec. 16 from 11 a.m. to 2 p.m. Located

at the 27050 E. Highway 50. For more information or to schedule an appointment please contact Bonfils' Appointment Center at (800) 365-0006 opt. 2 or [www.bonfils.org](http://www.bonfils.org) Participating donors will receive a cozy Bonfils Blood Center long-sleeved t-shirt.

### LA JUNTA COMMUNITY

La Junta Community Blood Drive, Wednesday, Dec. 5 from noon to 4:30 p.m. Donations inside Bonfils' bus located at the Arkansas Valley Medical Center, 1100 Carson, La Junta. For more information or to schedule an appointment please contact Carolyn Stuzman at (719) 384-5261

### PENROSE COMMUNITY

Penrose Community Blood Drive, Thursday, Dec. 27 from 3 to 5 p.m. Donations inside Bonfils' mobile bus located at 210 Broadway, Penrose. For more information or to schedule an appointment please contact Bonfils' Appointment Center at (800) 365-0006 opt. 2 or [www.bonfils.org](http://www.bonfils.org) Participating donors will receive a cozy Bonfils Blood Center long-sleeved t-shirt.

### WESTCLIFFE COMMUNITY

Wet Mountain Rotary of Westcliffe Community Blood Drive, Wednesday, Dec. 12 from 11:30 a.m. to 4:30 p.m. Located at Cliff Lanes, 25 Main St., Westcliffe. For more information or to schedule an appointment please contact Bonfils' Appointment Center at (800) 365-0006 opt. 2 or [www.bonfils.org](http://www.bonfils.org)

## DETAILS:

This holiday season, it could be you who saves a life. In less than an hour you have the potential to save as many as three lives by donating whole blood. By giving blood, you'll help Bonfils Blood Center maintain a state of blood supply readiness, while meeting the needs of Colorado's patients.

Blood donors are able to donate up to six times per year. So, whether you're a first-time or a 10-gallon donor, mark your calendar to give blood and save a life.

Bonfils Blood Center provides blood and blood products to more than 200 hospitals and healthcare facilities throughout Colorado. Bonfils needs 4,350 people to donate blood every week to meet the needs of the community and be prepared for any unforeseen events.

For more information about Bonfils Blood Center, please visit [www.bonfils.org](http://www.bonfils.org) or call (303) 363-2300 or (800) 365-0006.

# Shopping for a new Medicare health plan?

## Are these items on your list?

- ✓ Low monthly plan premiums
- ✓ Medicare Part D prescription drug coverage included
- ✓ RightSource<sup>sm</sup> mail-order pharmacy - Save even more on prescriptions
- ✓ SilverSneakers Fitness or SilverSneakers Steps Program - many include Fitness center membership
- ✓ Smoking cessation program - new for 2008
- ✓ Humana Active Outlook<sup>sm</sup> wellness program
- ✓ Emergency coverage at home or when you travel
- ✓ Humana's been serving people with Medicare for over 20 years
- ✓ And more!

## Let's talk!

To learn about  
**Humana Gold Choice<sup>®</sup>**  
or to find an informational  
session near you,  
Call Today:

**1-800-336-6764**

**TTY 1-877-833-4486**

8 a.m. to 8 p.m., 7 days a week

**HUMANA**  
Guidance when you need it most

- Group health
- Medicare
- Individual health
- Dental and Life

Proud Sponsor of the  
**GRANDOLEOPRY**

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 who continues to pay Medicare applicable premiums if not otherwise paid for under Medicaid or by another third party. Copayments, service area and benefit limitations may apply. A sales representative will be present with information and applications. A Medicare Advantage Private Fee-for-Service plan works differently than a Medicare supplement plan. Your doctor or hospital must agree to accept the plan's terms and conditions prior to providing healthcare services to you, with the exception of emergencies. If your doctor or hospital does not agree to accept our payment terms and conditions, they may not provide healthcare services to you, except in emergencies. Providers can find the plan's terms and conditions on our website at: [http://apps.humana.com/MedPlans\\_Provider/PFFSTermsAndConditions.pdf](http://apps.humana.com/MedPlans_Provider/PFFSTermsAndConditions.pdf)

# Ann Coulter: "Musharraf: The Tolstoy Of The Zulus"

If Republicans end up with a divided convention between Mitt Romney and Rudy Giuliani, I say we pick Gen. Pervez Musharraf.

Musharraf has declared emergency rule in Pakistan, shut down the media and sent Supreme Court justices home. What's not to like about a guy who orders policemen to beat up lawyers? I bet he has a good plan on illegal immigration, too.

The entire history of Pakistan is this: There are lots of crazy people living there, they have nuclear weapons, and any Pakistani leader who prevents the crazies from getting the nukes is George Washington, Thomas Jefferson and James Madison all rolled into one.

We didn't hear much about Musharraf -- save for B. Hussein Obama's threat to bomb Pakistan without informing Musharraf -- until the last few weeks.

## Shoelace

from page 8.

so clear as to be instantly comprehensible. Truly, if you've ever agonized over inscrutable diagrams that purport to show you how your new snap-together floor tiles are meant to snap together, or how you're supposed to assemble your "some assembly required" barbecue grill, you will be astonished by the limpid clarity of Fieggen's diagrams -- and then angry.

Unless it's just me: The lucidity of his diagrams, and the clarity of the accompanying instructions, left me seething with envy. I'd like to send his book -- along with a scathing note -- to whoever wrote the enigmatic 160-page manual that came with my digital camera. Not to forget the person who wrote the directions for my combination printer-fax-phone (so incomprehensible I had to give up and buy a new one). Also, the author of the instructions for programming our new flat-screen TV. And several more writers of crucial but utterly confounding manuals.

It seems somehow unfair that there exist such clear, simple instructions for lacing your shoes 33 different ways -- something I have no desire to do -- when the instructions for doing things I desperately need to be able to do (fax from the computer, switch the camera to close-up mode, access the extra hard drive from the laptop, persuade the TV to recognize the DVR) make no sense at all.

I was a little dubious, initially, about Fieggen's formulas for calculating proper shoelace length, which require you to measure both the horizontal and verti-

Musharraf has been a crucial ally of ours since Sept. 12, 2001. His loyal friendship to the United States while governing a country that is loyal to al-Qaida might prove dispiriting to the terrorists. So, until recently, the media mostly confined stories about Musharraf to page A-18.

Now, with the surge in Iraq working, Democrats are completely demoralized. Al-Qaida was counting on them. (We know the surge in Iraq is working because it is no longer front page news.)

In a tape released in early September, Osama bin Laden bitterly complained, "You elected the Democratic Party for this purpose" -- of ending the war in Iraq -- "but the Democrats haven't made a move worth mentioning."

It isn't enough for the media to drop all mentions of the surge or to subsidize ads denouncing Gen. David Petraeus as "General Betray Us." (He IS betraying

cal distances between eyelets, and also to remember what the square root symbol means, and how to interpret parentheses in equations. Fieggen unapologetically admits that the formulas "are WAY more complex than most people would imagine!"

But they do work -- and they provided me with the first opportunity in recent memory to use the square-root function on my calculator. (Or you can go to his Web site, which will do the calculating for you.)

It's worth doing, one way or the other. I'm usually baffled when it comes to picking a length. I'm in the store, the shoes that need laces are at home, and how am I supposed to remember how many eyelets they have? Even if you can remember, Fieggen says the standard recommendations (of, say, 40-inch laces for shoes with 6 or 7 sets of eyelets) are woefully imprecise. Using his calculator, I was able to determine that the optimal length of lace for my walking shoes, which had been making do with disreputable-looking, way-too-long, way-too-thick old bootlaces, is 39.7 inches. Not that the CVS around the corner had a pair of 39.7-inch laces -- or a pair of 40-inch laces, either, so I tried both 45-inch laces. They turned out to be almost as ridiculously too-long as the ones I was using, while the 36-inch laces, which escape from the top two sets of lugs when you put the shoes on, work fine once they're tied.

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

liberals by winning the war for America, the enemy of liberals.) They need to stir up trouble for the U.S. someplace else in the world.

On Sept. 20, Osama bin Laden cued liberals by issuing another tape demanding Musharraf's ouster. The Democrats and the media quickly followed suit.

Weeks later, The New York Times editorial page called on "masses of Pakistanis" to participate in "peaceful demonstrations" against Musharraf, which would be like calling on masses of Pakistanis to engage in daily bathing (The New York Times editorial page being the most effective way to communicate with the Pakistani masses). Most of the editorial was a mash note to that troublesome woman Benazir Bhutto for demanding democracy in the land of the deranged.

Media darling Bhutto returned to Pakistan after fleeing the country following her conviction for corruption as prime minister. Her conviction was later overturned by the corrupt Pakistani Supreme Court, leaving me to ponder, which is worse: being convicted of corruption in a Pakistani court or being exonerated of corruption in a Pakistani court? She was again convicted in a Swiss court of money laundering.

The media adore Bhutto because she went to Harvard and Oxford, which I consider two more strikes against her. A degree from Harvard is prima facie evidence that she's on the side of the terrorists. I note that Bhutto demonstrates her own deep commitment to democracy by giving herself the title "chairperson for life" of the Pakistan Peoples Party.

Liberals hysterically opposed our imposing a democracy on Iraq and despise Nouri al-Maliki, the democratically elected leader of Iraq. Say, has Maliki ever been convicted in a Swiss court of money laundering?

Compared to Pakistan, imposing democracy in Iraq is like imposing democracy in Darien, Conn. But in Iraq, liberals prefer an anti-American dictator, like Saddam Hussein. Only in Pakistan do liberals yearn for pure democracy.

You wouldn't know it to read the headlines, but Musharraf has not staged a military coup. In fact, he was re-elected -- in a landslide -- just weeks ago under Pakistan's own parliamentary system.

But the Pakistani Supreme Court, like our own Supreme Court, believes it is above the president and refused to acknowledge Musharraf's election on the grounds that he is disqualified because he is still wearing a military uniform. That's when Musharraf sent them home.

Musharraf's election was certainly more legitimate than that of Syrian president Bashar Assad (with whom every leading Democrat has had a photo-op)

or Iranian president Mahmoud Ahmadinejad (adjunct professor at Columbia University) or Venezuelan president Hugo Chavez (loon).

Where were the headlines like this week's Economist's ("Time's up, Mr. Musharraf") about those lovable rogues? They hate America, so they can stay.

The last time liberals were this enthusiastic about popular rule in some Third World country was in 1979, when they were gushing about Ayatollah Ruhollah Khomeini in Iran. Professor Richard Falk of Princeton University assured liberals in a 1979 New York Times op-ed that the "depiction of Khomeini as fanatical, reactionary, and the bearer of crude prejudices seems certainly and happily false."

I'm no clock-watcher, but it's been 28 years; I don't think Falk is going to be issuing an apology.

Falk cheerfully concluded that the fanatical Muslim leaders in Iran "may yet provide us with a desperately needed model of humane government for a Third World country."

And just look at all the wonderful things Khomeini did for Iran!

How might popular rule turn out in Pakistan? As Saul Bellow rhetorically said of multiculturalism, "Who is the Tolstoy of the Zulus?"

Pakistan is a country where local Islamic courts order women to be raped as punishment for the crimes of their male relatives. Among the Islamists' bill of particulars against Musharraf is the fact that he has promoted the Women's Protection Bill, which would punish rape, rather than using it as a device for social control.

According to The Boston Globe, the most common form of homosexuality in Pakistan -- punishable by death -- is pederasty.

Pakistan doesn't need Adlai Stevenson right now. It needs Mustafa Kemal Ataturk to impose military rule and drag a country of Islamic savages into the 19th century, as Ataturk did in Turkey. Pakistan's Ataturk is Gen. Musharraf.

To try to force democracy on the differing "I hate America" factions in Pakistan at this stage would be worse than Jimmy Carter's abandonment of the Shah in 1979. It would result in what former assistant secretary of state Edward Djerejian called: "one man, one vote, one time."

The difference is: Instead of scimitars, this den of al-Qaida-supporting pederasts will have nukes.



**HAVENS FAMILY CLINIC**

**Walk-Ins Welcome**

**Comprehensive Primary Care**

for the Whole Family

- Accepting New Patients Daily
- 24-48 Hour Turn-Around for Appointment
- Sport Physicals
- Professional, Confident Providers
- Medicare Friendly
- Convenient Location & Easy Access
- Most Major Insurance Welcome
- We Make House Calls

*Providing High Quality Compassionate Care  
In Your Time Of Need!*

109 Latigo Lane, Suite C - Cañon City, CO

**719-276-3211**




**Minnequa Medicenter...**

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

- Compassionate 24-hour nursing care
- Daily in-house physical, occupational & speech therapies
- Daily life-enhancing programs
- Intergenerational activities with our on-site children's Day Care
- All female secured Alzheimer's unit with all female staff
- Monthly community events
- Hospice/Palliative care
- Free medical transportation
- One block W. of Lake on Elko & California



- On-Site Child Day Care
- Secured Alzheimer's Unit
  - Balance Master
  - Resident Pet Program

**Medicare/Medicaid, Managed Care and VA contracted.**

For additional information/directions please call:  
**719-561-1300** and ask for **Niki Garcia**, Admissions Manager

# Finances: Create Wealth

## Is Senior Care The "New Employer Challenge"

### Companies, Employees Search for Senior-Care Resources

When Marian Colton of Brick, NJ, was asked about the difference Home Instead CAREGivers have made in her life and that of her mother, Colton responded, "I'm so relaxed, refreshed, and rejuvenated since mom has CAREGivers coming in. I don't have to run down to her house as often, and I can go to work not worrying that I might have to take a full day off to take mom to a one-hour doctor's appointment!"

Colton was the Grand-Prize winner in the inaugural "Give a Caregiver a Break" essay contest, co-sponsored in 2006 by Home Instead Senior Care and Caring Today magazine. Her award? \$5,000 worth of in-home care for her mother, which is being provided by Andrea and Tim Carney's Home Instead Senior Care franchise in Lakewood, NJ.

Given that Colton previously had spent years balancing family caregiving responsibilities with her career, it's no surprise she said, "The Grand-Prize award is proving to be just that—GRAND!"

More than likely, Colton often felt she was very much alone in her efforts in providing care not only to her mother, but also to Joey, her adult Down's syndrome brother, who died in December 2005—doing all this while she also worked full time as a teacher's assistant. However,

statistics indicate that senior-care issues are beginning to play a prominent role in the lives of many working Americans.

For example, a 2006 MetLife Mature Market Institute study entitled The MetLife Caregiving Cost Study: Productivity Losses to U.S. Businesses revealed that the vast majority of family caregivers (79 percent) are providing care to someone over the age of 50. And nearly 60 percent of those caring for a senior adult are employed—most of them full-time.1

Statistics from a report prepared with information collected through Home Instead Senior Care's Web site [www.caregiverstress.com](http://www.caregiverstress.com) help tell this story on a somewhat more personal level. More than three-fourths (76 percent) of the 8,000 family caregivers who took the company's stress test reported their aging loved one's needs are overwhelming. Not surprisingly, then, 53 percent of the family caregivers who completed this test said their caregiving responsibilities were taking a toll on their professional lives.

Moreover, according to the U.S. Census Bureau, by 2030, almost one in five Americans (some 72 million people) will be 65 or older. This situation likely will exacerbate the already significant senior-care challenges being experienced by younger, working adults in the U.S.—many of them members of the so-called Sandwich Generation, who are caring not

only for aging relatives, but also for their own children.2

In short, the MetLife Caregiving Cost Study indicates the country's senior population is increasing dramatically and so, too, are the resultant costs to employers. In fact, the estimated price tag for employers with full-time employees who are caregivers of seniors amounts to \$33.6 billion—a total that includes absenteeism; replacement of employees; elder-care crises; unpaid leave; workday interruptions (including inattentiveness to work—sometimes referred to as "presenteeism"); and staff members switching from full-time to part-time job status.3

However, the good news here is that these issues are prompting employers to search for solutions to those caregiving challenges that make it difficult for employees to keep up with their work responsibilities. According to the Society for Human Resource Management (SHRM), about 26 percent of U.S. companies currently offer some elder-care benefits—a figure that has been steadily increasing in recent years.4

And it's likely that workers will welcome this new employer-provided assistance enthusiastically. For instance, a recent report entitled the Evercare Study of Caregivers in Decline indicated that 51 percent of participants in this study—all of whom were family caregivers—believed they would benefit from guidance on identifying and arranging support or respite services.5

Among these caregiving resources are companies like Work Options Group, a third-party liaison and Business Relationships partner of the Home Instead Senior Care system. This company links employees of more than 100 companies with a network of in-home agencies, nanny agencies, and childcare centers that provide back-up care both for seniors and children.

"Let's say, for example, your mother needs in-home assistance during her recovery from hip surgery—but you need to be at work and can't provide this short-term care. In this situation, you could contact our 24-hour call center to request backup care through Work Options Group," said Heather Hope, public relations manager for the company. "We'll tap into our nationwide network of provider partners, research the availability of a caregiver in your area, and act as the liaison to schedule the care your mother needs."

Work Options Group serves as a referral provider to owner Dean Price's Boulder, CO, Home Instead Senior Care franchise. He said the emergence of liaison companies like Work Options Group, and of caregiving resources like the Home Instead Senior Care network, represents evolving attitudes in the corporate world about employees' personal lives. "I think

things are changing and it's because of businesspeople who want to make a difference," he said.

Hope agrees; in fact, she feels that companies like hers have helped effect this societal change. "At Work Options Group, we're trying to educate employers that elder care is a concern. Caregiving is a universal issue that can involve a loved one of any age, and employers need to understand that," she said. "They should realize that assisting their employees with caregiving concerns can be mutually very beneficial: the employee appreciates working for a concerned employer, and the employer benefits from having a focused, productive employee."

For example, Boulder resident Francie Sinton faced an emergent senior-care situation with her aging mother—the type of challenge that many working Americans know all too well. Fortunately, however, First National Bank of Colorado, her employer and a Work Options Group client, was ready to help Sinton meet this family caregiving challenge.

"My mom is 84 years old and had been ill for a year," Sinton said. "Last year, she fell and broke her shoulder and got to the point where she needed more assistance." So Sinton and her husband moved her mother into their home, at which point Sinton used the bank's backup-care benefit to arrange for her mother to receive care from Price's franchise.

"Depending on my schedule, Home Instead CAREGivers come two to three days a week to help mom get her breakfast and morning medications; assist her with breathing treatments; and help me do little chores around the house," Sinton said. "They're really flexible and try to schedule the same CAREGivers each week."

Sinton said the company benefit has been a life-saver for her. "It makes it a lot easier for me to do my job and not be worried about whether mom's doing O.K.," she said. "It gives me peace of mind."

Price likewise appreciates the relief his franchise has been able to provide to Sinton, her husband, and her mother. "We're constantly getting calls from people like Francie—people who are trying to balance family caregiving responsibilities with other personal commitments, and with their professional lives," he said. "So I'm proud to own a Home Instead Senior Care business that can help these people and their employers address pressing senior-care issues."

Sources: 1. Online at <http://www.metlife.com/WPSAssets13551774261164052327V1FCaregiverCostStudy.pdf>. 2. Online at [www.census.gov](http://www.census.gov). 3. Online at [www.shrm.org](http://www.shrm.org). 4. Online at <http://evercarehealthplans.com/index.jsp>.

## Senior Beacon Is FREE On The Internet



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

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

AND

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

## 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.

**A:** Based on Clinical Studies and rave reports from our customers themselves, **GOOD FEET ARCH SUPPORTS** are extremely effective! Skeptics have become enthusiastic fans from the moment they try them.

Your feet (about two percent of your body mass) support the other 98% of your body's weight. And if your feet are out of whack, you'll feel it in your back, knees, neck, and of course, your feet themselves. **GOOD FEET ARCH SUPPORTS** get your feet and your body into proper alignment and posture. It's that simple!

When you visit **The GOOD FEET STORE**, a trained representative will take a **COMPLEMENTARY** footprint to demonstrate just how our supports work. There is no obligation to buy but, chances are, we have what you need. In about half an hour you'll be walking out the door with your new arch supports on your feet and a smile on your face.

Don't be fooled. There is only one arch support store, **The GOOD FEET STORE**. Imitation is the sincerest form of flattery but, it has no place in your shoes.

## THE GOOD FEET STORE

**In PUEBLO: 4602 N. Elizabeth St. - Ste 150 (719)404-0740**  
**In Colo. Spgs: 5327 N. Academy Blvd. (719)599-9033**

-ADVERTISEMENT-

## Are You or Your Parents at Least 62 Years Old?

**And do they have at least 50% equity in their home? And for as long as they live in their home, would they like to have extra tax free money every month and never need to make a house payment?**

**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 an Authorized and Insured Plan by the Federal Government just for seniors like you.**

## SENIORS NEVER HAVE TO PAY THE MONEY BACK...

**As long as one of them lives in the home.**

**We are your Pueblo County Reverse Mortgage Professionals. We come to you, so you are always in control. Let us meet you and your children to help you determine if this is right for you!**

**Central Mortgage Masters, LLC in Pueblo 719-252-3610**



# Cooking From A to Z: Cookbook Nook Just For You

by Peter D. Franklin

Two highly acclaimed Italian chefs, one in London and the other in Chicago, have each crafted an impressive cookbook well worth your time and money.

Money is mentioned because "Made in Italy: Food & Stories" by Giorgio Locatelli (Ecco, \$60) is pricey and a weighty 624 pages. Still, it is about 3 cents per page less than "Fantastico!: Little Italian Plates and Antipasti From Rick Tramonto's Kitchen" by Rick Tramonto with Mary Goodbody (Broadway, \$35).

The sheer size of "Made in Italy" is reminiscent of one of the bibles of Italian cooking, Luigi Carnacina's "Great Italian Cooking," published in English in 1968. However, what Locatelli brings to the table in addition to an impressive array of traditional dishes is a series of essays on the foods of Italy, their proper preparation, and his life as a chef, beginning at the family's Michelin-star restaurant in northern Italy. His restaurant in London has earned the same accolade.

While the book appears daunting, the recipes are not necessarily so. Many are simple classics that are easily duplicated. Others, such as Fried Stuffed Sardines, require some finesse, but the author has included color photographs to show how the dish should be prepared.

Locatelli begins with a variety of starters, then runs through soups, risotto dishes, pasta, of course, fish, meat and more than three dozen desserts. In most cases, the preparation is for four persons.

"Made in Italy" deserves to be on every cook's shelf. It also would make a lovely gift this holiday season for that special cook in your life.

Raised in a large Italian family in Rochester, N.Y., the author of "Fantastico!" is the proprietor of a four-star restaurant in Chicago. This self-taught chef explores a wide variety of small plates "designed to offer old, authentic flavors and new, exciting ones."

Many are familiar with crostini -- small toasts with fresh and flavorful toppings -- and antipasti, served before the pasta dish. But Tramonto also intro-

duces readers to the likes of assagio, crudo, bocconcini and cicchetti. All are tasty morsels to be enjoyed prior to the main meal -- at a cocktail party, for instance. In the main, they are quick and easy to prepare, with the possible exception of the antipasto dishes. If you are turned off by the sight of baby octopus, skip over the color photograph on page 198.

"Fantastico!" is nicely designed and easy to use. The author has included in each chapter tips on wine to be served and a list of sources for hard-to-find ingredients. Creative cooks will enjoy this presentation.

The onions for this salad may be prepared a day ahead, which improves the flavor. "It is important that they be quite soft, not crunchy," says the author of "Made in Italy."

## GREEN BEAN SALAD WITH ROASTED RED ONION AND PARMESAN

2 large red onions  
1 1/2 cups red wine vinegar  
1 tablespoon sugar  
1/3 cup plus 1 tablespoon extra-virgin olive oil  
Salt and pepper  
8 to 9 ounces fine green beans  
2 tablespoons freshly grated parmesan, plus extra for shavings  
3 tablespoons shallot vinaigrette (see below)

Small bunch of chives, chopped  
Preheat the oven to 425 degrees. Leave their skins on and wrap the onions in foil and bake in the oven for about 1 hour, until soft.

While the onions are cooking, put the vinegar into a small pan and boil until reduced by about 1/3. Remove from the heat, stir in the sugar until dissolved, then stir in the extra-virgin olive oil to make a vinaigrette.

When the onions are cooked, unwrap them and peel off the skin. While they are still warm, cut them in half, separate the layers and season with salt and pepper, then put them into the vinaigrette.

Blanch the green beans in plenty of boiling salted water for about 5 min-



utes, then drain. Place in a bowl, sprinkle with the grated parmesan and season with salt and pepper. Toss with the shallot vinaigrette and sprinkle the chives over.

Arrange the onion layers on your serving plates. Place the beans on top and shave some more parmesan on top.

Makes 4 servings.

## SHALLOT VINAIGRETTE

2 banana shallots or 4 ordinary shallots  
Salt and pepper  
1/3 cup red wine vinegar  
2/3 cup extra-virgin olive oil

Finely chop shallots, then put them in a bowl and season with salt and pepper.

Add the vinegar and leave to stand for 30 minutes.

Whisk in the oil and use right away.

Makes about 1 cup.

This Venetian-style sandwich is a tasty treat from "Fantastico!"

## SHRIMP SALAD CICCETTI

1/2 pound peeled, cooked shrimp, diced (about 2 cups)

1/2 cup homemade or store-bought mayonnaise

1/4 cup finely diced celery

2 tablespoons finely diced red onion

1/2 teaspoon fresh lemon juice  
1 tablespoon Dijon mustard  
1 tablespoon finely chopped fresh flat-leaf parsley

1 tablespoon finely chopped fresh tarragon

1 teaspoon grated lemon zest

1/2 teaspoon cayenne

Kosher salt and cracked black pepper

4 (3- to 4-inch-long) crusty Italian rolls or lengths of baguette

1/4 cup chiffonade (finely shredded) romaine lettuce

In a bowl, mix the shrimp, mayonnaise, celery, onion, lemon juice, mustard, parsley, tarragon, lemon zest and cayenne. Season to taste with salt and black pepper.

Split the rolls horizontally. Mound 2 to 3 tablespoons of the shrimp mixture on the bottom half of each roll. Top with romaine and the other half of each roll. Cut the sandwiches in half.

Wrap each sandwich tightly with wax paper. They are messy and the waxed paper will make them easier to serve and to eat. Serve at room temperature.

Makes 4 servings

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

**DECEMBER 3:** BBQ Chicken, mashed potatoes, zucchini, pickled beets, wheat bread/marg., cranberry mold.

**DECEMBER 4:** Stuffed Bell Pepper, noodles, mixed veggies, creamy coleslaw, wheat bread/marg., applesauce cake.

**DECEMBER 5:** Hot Turkey Sandwich, mashed potatoes, peas, carrot raisin salad, chilled apricots.

**DECEMBER 6:** Tomato Swiss Steak, spanish rice, basil green beans, mixed green salad/ranch drsg., chilled plums.

**DECEMBER 7:** Baked Glazed Ham, cranberry sauce, orange glazed potatoes, cabbage, wheat bread/marg., fruit blend juice.

**DECEMBER 10:** Roast Beef/Gravy, mashed potatoes, carrots, three bean salad, wheat bread/marg., raspberry sherbet.

**DECEMBER 11:** Beef Chop Suey/Rice, mixed veggies, wheat bread/marg., diced pears, sugar cookie.

**DECEMBER 12:** Green Pepper Steak, mashed potatoes, broccoli, pickled beets, wheat bread/marg., orange.

**DECEMBER 13:** Turkey Tetrizzini, basil green beans, mixed green salad/Italian drsg., wheat bread/marg., strawberries/bananas.

**DECEMBER 14:** Breaded Fish/Tartar Sauce, confetti rice, acorn squash, ambrosia, wheat bread/marg., fruit cocktail.



Check out our "50 & Free" checking account. It offers competitive interest rates on collected balances of \$2,500 or more, and comes with great benefits!

- FREE Bank Stock Checks
- FREE Photocopies
- FREE Notary Service
- NO FEE American Express Travelers Checks
- FREE Visa Check Card with ATM access\*
- FREE Safe Deposit Rental\*\* (no key deposit required)

An opening deposit of \$100.00 required.  
\*Upon approval.  
\*\*For one year, as available.



**DECEMBER 17:** Beef Stew, saltine crackers, peas, wheat bread/marg., lime fruit gelatin.

**DECEMBER 18:** BBQ Meatballs, parslid potatoes, California blend,

wheat bread/marg., fruit cocktail, oatmeal cookie.

**DECEMBER 19:** Roast Pork Loin, orange glazed sweet potatoes, zucchini, wheat bread/marg., orange juice.



**PUEBLO DOWNTOWN**  
(719) 545-1834  
301 W. 5th Street  
81003

**PUEBLO DOWNTOWN MOTOR BANK**  
(719) 585-2382  
325 W. 6th Street  
81003

**PUEBLO SOUTH**  
(719) 585-2355  
1217 S. Pueblo Blvd  
81005

**PUEBLO NORTH**  
(719) 585-2350  
2127 Jerry Murphy Road  
81001

**CANON CITY**  
(719) 269-9100  
1401 Main Street  
81212

All Drive-Up locations are open Mon.-Fri. 7am-7pm; Sat. 8am-5pm

**LOCAL PEOPLE MAKING LOCAL DECISIONS**

**DECEMBER 20:** Chili Con Carne, veggie salad medley, cornbread/marg., diced peaches.

**DECEMBER 21:** Roast Beef/Gravy, mashed potatoes, peas, wheat bread/marg., blush pear dessert.

**DECEMBER 24:** BBQ Chicken, au gratin potatoes, California blend, carrot raisin salad, wheat bread/marg., apricots/graham cracker.

**DECEMBER 25:** Closed - Christmas

**DECEMBER 26:** BBQ Beef Sandwich, baked beans, mixed green salad/ranch drsg., diced peaches.

**DECEMBER 27:** Pinto Beans/Ham, cornbread/marg., peas, orange.

**DECEMBER 28:** Chicken cacciatore, linguini, broccoli, wheat bread/marg., PA upside down cake.

**DECEMBER 31:** Country Style Steak, mashed potatoes/gravy, acorn squash, wheat bread/marg., banana.

**JANUARY 1:** Closed - New Year!

**JANUARY 2:** Chicken A La King, biscuit/marg., broccoli, mixed green salad/Italian, PA tidbits.

**JANUARY 3:** Beef Tips/Gravy, mashed potatoes, stewed tomatoes, wheat bread/marg., orange pear gelatin.

**JANUARY 4:** Roast Turkey/Gravy, mashed potatoes, basil green beans, cranberry sauce, wheat bread/marg., peach cobbler.

**2% MILK With ALL Meals!**

# White Interiors: As Soothing As A Snowy Christmas

by Claire Whitcomb

There are those who dream of a white Christmas -- and those who dream of a kind of white that never melts: the pale beauty of white interiors.

A color that symbolizes peace, calm and sophistication, white has influenced everything from 16th-century Palladian villas to 1930s Hollywood sets. The reason is simple.

"It invites in light, tranquility and space," explains British style maven Stephanie Hoppen, author of "White on

White: Creating Elegant Rooms With Shades of White" (Cico, \$20).

Not only that, white is impervious to decorating trends.

"It never goes in and out of fashion," says Hoppen, who has designed with white for years. "It is timelessly classic and stylish."

White has another talent that many people overlook. It is great camouflage.

With a can of white paint, you can make a marriage out of mismatched

chairs. You can transform a hand-me-down dresser or add sparkle to an old mirror frame.

Invest in white slipcovers and you'll find yourself even further along the road toward a sophisticated, pulled-together look.

By removing wood tones and competing color from the design equation, white unifies, simplifies -- and forgives. Somehow the homely becomes regal.

But just what is white? It is a word that applies to hundreds of hues. As Atlanta Bartlett and Karena Callen point out in "At Home With White" (Ryland, Peters and Small, \$27.50), the hues that qualify as white range from "the soft, peachy white of a voluptuous rose and the delicate, almost translucent lemon white of a cabbage white butterfly to the bluish white of freshly fallen snow."

It is almost impossible, they say, "to find a white that isn't tinged with another color."

This effect is just what makes decorating with white so interesting. Some of the best white rooms have 30 shades in a range of tone and textures. There may be cream for the walls, dove white for the trim, pearly gray for a lamp



*White unifies a kitchen furnished with flea-market finds, including a table set on wheels and old cabinets hung on the walls. Under-the-counter curtains continue the white theme, adding softness and texture.*

photo: Polly Wreford

base, parchment for the shade and on and on.

A little knowledge of science comes in handy at this point. When light bounces off different surfaces, it alters our perception of hue and tone.

That is why fabrics in the exact same shade of white -- such as flat cotton, satin damask and fluffy terrycloth -- can appear to be different colors, say Bartlett and Callen.

That's also why painting each wall of your rooms a slightly different shade of white can replicate the effect of sunlight.

Here's how. Start with the wall that catches the most sun and paint it a very clean, very light white. Opposite is the darkest wall; it should be a cool, darker white. For the other two walls, pick in-between shades of white. The effect will be very, very subtle, but it will make your rooms feel like they have lighting that's rich and alive.

If you use your rooms mostly at night, you'll want to choose your whites with the lights on. Incandescent light adds a yellowish cast, and halogen is fairly clean and neutral.

What about color? Go ahead and add red-checked pillows to your bed, set a pair of turquoise chairs in the living room and put a slate gray coffee table in front of a cool blue-gray sofa. White rooms look great with splashes of color. The trick is to keep it simple and controlled and avoid all the confusion that comes from multihued clutter.

As the pictures in "White on White" and "At Home With White" show, the more you pare down your white scheme, the more beautiful it is.

Which doesn't mean you should forego accessories. Just choose them carefully. In the cold and frosty winter months, you might want to use creamy white candles, sparkling silver and shimmering crystal. Or follow Hoppen's cue and make sure winter rooms display plenty of cut glass.

"One way that I like to use it in abundance," she says, "is to collect droplets from old chandeliers and mass them in a glass dish."

Whether you set out bowls of white shells or silvery costume jewelry, white will simplify both your decorating and your life. What the black dress is to fashion, white is to decorating. It makes whatever you own look better.

\*\*

\*\*

CAPTION AND CREDIT

(NOTE: These photos are for ONE-TIME use ONLY. Primary Color Home photos, with the proper credits, are to be run ONLY with Primary Color stories. Conversion to black and white is OK.)

DS:

## Inflammatory Bowel Disease Sufferers

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

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

**Join "Never Alone Foundation, Inc."**

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



# Now Sterling has more options than ever!

## Introducing NEW Medicare Advantage Health and Prescription Drug plans for 2008

Two great health plans.

**Monthly Premiums as low as \$15\***

Two health plans that include **Part D prescription drug coverage** starting at **\$28\*** per month.

Two prescription drug plans including one with coverage through the "gap".

Call today to register for a seminar in your area or for an appointment with a local agent.

Toll-free: **1-866-217-3666**

TTY: **1-888-858-8567**

## STERLING HEALTH PLANS

Real People. Wise Choices.®

Underwritten by Sterling Life Insurance Company

### Upcoming Seminars

Tuesdays, December 4, 11 & 18 - 10:00 am & 2:00 pm

Sterling Health Plans

4575 Hilton Parkway, Suite 101, Colorado Springs, CO

*Refreshments will be provided!*

Sterling Life Insurance Company is a Medicare Advantage organization contracting with the federal government. Anyone entitled to Medicare Part A and enrolled in Medicare Part B may apply. You must continue to pay your Medicare Part B premium. A Medicare Advantage Private Fee For Service Plan works differently than a Medicare Supplement plan. Your doctor or hospital must agree to accept the plan's terms and conditions prior to providing healthcare services to you, with exception of emergencies. If your doctor or hospital does not agree to accept our payment terms and conditions, they may not provide healthcare services to you, except in emergencies. Providers can find the plan's terms and conditions on our website at [www.sterlingplans.com](http://www.sterlingplans.com). \*Limitations and/or cost sharing apply. Call the numbers above for accommodation of persons with special needs at sales meetings. A licensed agent will be on hand with information and applications.

Available through your Sterling Agent:  
Health, Life, Prescription Drug, Long Term Care and  
Critical Condition or Cancer Plans.

H5006\_6608(9/07)



# SENIOR SAFETY

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



## “BBB Warns Of A Possible Upcoming Fraud

by Katie Carroll - BBB

Imagine winning a sweepstakes you didn't enter and then being told “not to tell anyone!”

Your Better Business Bureaus in Colorado and east-central Wyoming have received a number of calls this week from out-of-state consumers inquiring about a sweepstakes using a phony Fort Collins address. It turns out the sweepstakes is originating out of Toronto, Canada.

The sweepstakes check for \$2,394 looks real and even carries the name of a bona fide bank, which has issued its own advisory on its Web site. Recipients are asked to cash the check and return a portion of the funds to cover taxes and handling fees.

How do you determine if a sweepstakes is phony? In this case, red flags are many. The check and official notice of winning comes from an address that does not exist.

Another red flag, the letter urges the recipient to call immediately for further instructions on sending a money gram in order to receive the winnings -- and to “not tell anyone.”

So what's wrong with this picture? Plenty, according to Your BBB:

- Foreign sweepstakes and lotteries are illegal in the United States.
- If you didn't enter, you can't be a winner.

- Real lotteries don't ask you to pay a fee. If you have to write a check to win a lottery prize, it's a scam. Never, ever send any money for “processing fees” or share any other financial information in order to claim a prize.

Start With Trust. Visit [bbb.org](http://bbb.org) or call 719-636-1155 of 1-866-206-1094 for more information about consumer scams.

### BBB Wise Giving Alliance Has Advice For California Wildfire Relief Effort Donors

Many Americans want to help the thousands of Southern Californians displaced by the wildfires and the most common way people across the country can do this is by making donations to the many relief agencies and charities already at work.

However, as with every natural disaster, there are some unscrupulous people who will attempt to take advantage of the public's eagerness to help victims. The BBB Wise Giving Alliance

**Rick Roth from Thornton's Wheelchairs Plus would like to wish everyone a happy holiday and great New Year from he and everyone at his store. Check out the ad below and give Rick or his staff a call concerning any of your wheelchair or durable medical goods needs. Thornton's Wheelchairs Plus has been a fixture of southern Colorado's medical community for decades and their reputation for service takes a back seat to none. They are proud to sponsor this page.**

offers the following advice for donors to ensure their donations go to trustworthy relief efforts:

- Before making a contribution, go to [www.bbb.org/charity](http://www.bbb.org/charity) to obtain detailed evaluative reports on many of the relief organizations providing assistance.

- Be wary of charities that are reluctant to answer reasonable questions about their operations, finances and programs.

- Do not hesitate to ask for written information that describes the charity's program(s) and finances such as the charity's latest annual report and financial statements.

- Find out what the charity intends to do with any excess contributions remaining after they have fully funded the disaster relief activities mentioned in solicitations.

- Do not give cash. Checks or money orders should be made out to the name of the charitable organization, not to the individual collecting the donation.

- Keep an eye out for fake charities that imitate the name and style of well-known organizations in order to confuse people and potentially steal personal information such as credit card numbers.

- Don't give in to excessive pressure for on-the-spot donations. Be wary

of any request to send a “runner” to pick up your contribution.

- Think twice about donating to any charity that is inexperienced in carrying out relief efforts but is suddenly soliciting for aid for southern California. Although well intentioned, such organizations may not have the ability to quickly deliver aid to those in need.

- Be wary of appeals that are long on emotion, but short on describing what the charity will do to address the needs of victims and their families.

- Do not give your credit card number or other personal information to a telephone solicitor or in response to an e-mail solicitation.

- To help ensure your contribution is tax deductible, donations should be made to charitable organizations that are tax exempt under section 501(c)(3) of the Internal Revenue Code. Go to IRS Publication 78 on [www.irs.gov](http://www.irs.gov) for a current list of all organizations eligible to receive contributions deductible as charitable gifts.

For more information on the BBB Wise Giving Alliance and to view more than one thousand BBB Wise Giving Reports™ on charities across the nation go to [www.bbb.org/charity](http://www.bbb.org/charity).

**Start With Trust**

**Senior Beacon Special**  
2 eggs, choice of Meat, & Toast  
**\$2.95 w/ coupon**

**CAÑON COFFEE CAFÉ**  
1520 ROYAL GORGE BLVD  
CANON CITY, CO 276-5348

**564-5333**  
1951 Lake Ave.  
Pueblo, CO 81004

\*Medicare Approved If Qualified\*

We Accept Major Credit Cards

**10% Cash Off Your Purchase**

**Scooters, Lift Chair or Power Chairs**

**564-5333**

1951 Lake Ave.  
Pueblo, CO 81004

Not Valid With Other Offers Expires 1/10/08

**15% Off All bathroom safety & home health care equipment**

**564-5333**

1951 Lake Ave.  
Pueblo, CO 81004

Not Valid With Other Offers Expires 1/10/08

**Get Premiums When You Make a Donation to “Never Alone Foundation” for Southeastern CO Inflammatory Bowel Disease (Crohn's, Colitis, & Others)**

**Beacon Publishing-P. O. Box 7215 Pueblo West, CO 81007-0215**

**Make Checks Payable To “Never Alone Foundation”**

**OPEN MON - SUN**  
8am to 8pm

**URGENT CARE**  
from **southerncoloradoclinic**

3937 Ivywood Pueblo, CO 553-0111

**COMPREHENSIVE CARE**

- Board Certified Family Physicians
- Comprehensive Diagnostic Equipment
- Specialty Consultation Available

**URGENT MEDICAL CONDITIONS**

- Broken Bones or Sprains
- Lacerations
- Injuries (slip & fall, sports, household, etc.)

3676 Parker Blvd Pueblo, CO 553-2208

**COMMON ILLNESSES**

- Influenza & Vomiting
- Fever & Diarrhea
- Colds, Earaches, Sore Throats, etc.

**ADDITIONAL SERVICES**

- Department of Transportation Exams (Physicals)
- Sports, Work or School Physicals

**INSURANCE & PAYMENT**

- We accept Most Major Insurance & Health Plans (Please bring your current insurance card & appropriate co-pays!)
- We Bill Insurance Directly - No Delay or Hassle
- Cash, Check, Visa, MC & Discover

**JUST WALK IN • NO APPOINTMENT NECESSARY!**

**Two Convenient Locations To Serve You**

# Traveling: There's Nothing Like A Holiday!

## Coral Gables Enjoys A Special Kind Of Panache

by Jay Clarke

CORAL GABLES, Fla. - William Jennings Bryan, the golden orator who once ran for president, hawked real estate lots here in the 1920s at this city's famous Venetian Pool, a onetime rock quarry turned Italian-style public pool. Guests as diverse as Al Capone, the Duke of Windsor and Gen. Dwight D. Eisenhower stayed in the tower suite of the landmark Biltmore Hotel. During Prohibition, bootlegger boats smuggled booze from the Bahamas into homes fronting Coral Gables canals.

Those are some of the highlights of the past that give this affluent suburb of Miami a special panache. But Coral

Gables doesn't bask in the glories and foibles of yesteryear.

Today, unlike most suburbs, this city is not simply a bedroom community. It plays a major role in the area. Del Monte has a major presence here, and Bacardi will move its headquarters into town next year, joining 175 other multinational companies with regional headquarters in Coral Gables.

It's the home of the University of Miami, a major educational institution. And though its population is only about 41,000, the city also is home to 14 foreign consulates and more than 140 restaurants featuring cuisines ranging from French and Spanish to Peruvian and Nicaraguan. Toney boutiques line the palm-lined four blocks of downtown's Miracle Mile.

Most of all, Coral Gables is a quiet community of upscale homes whose residents cherish the city's beauty and exclusivity. Zoning regulations are stiff here -- houses must have tile roofs, you cannot keep a truck, RV or boat trailer in your driveway, you can paint your house only in colors approved by the city, and you need a permit to cut down a tree in your yard. Business areas are clearly

segregated.

On the other hand, Coral Gables police, fire and waste collection services are excellent, and the city's strict regulations keep the value of homes at a high level. It would be difficult to find a residence here that sells for less than \$600,000, and many are priced in the millions of dollars.

All of this gives the city a definite sense of identity.

"You feel you know where you are," says Mayor Don Slesnick. "I grew up in Miami, and I can feel the difference as soon as I cross the line (into Coral Gables)."

Known as the City Beautiful, Coral Gables was one of the nation's first planned cities. In the 1920s, founder George Merrick envisioned the city setting within a park, so every residential street has pink sidewalks and a grassy swale planted with oaks, palms, banyans and other trees.

The city also ranks high on Greater Miami's list of tourist attractions. Bus tours regularly swing through the Gables, showing off its mostly Mediterranean architecture, elaborate

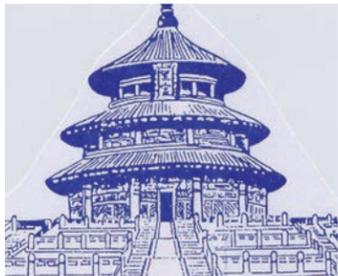


Coral Gables' Venetian Pool, where William Jennings Bryan hawked real estate lots in the 1920s, is a stop on most area bus tours. photo: Jay Clarke

rock-walled city entrances, impressive Spanish-style City Hall, the historic Venetian pool and a real oddity -- a faux lighthouse six miles from the sea.

The city's most famous landmark, though, is the Biltmore Hotel, built in the 1920s. Its 315-foot tower, a replica of Seville's Giralda Tower, is still the highest point in the city and will SEE "PANACHE" PAGE 16.

### CITY BUFFET Seniors Special



### FREE BUFFET

Purchase one buffet at regular price, receive 2nd senior buffet FREE!

Private Meeting Rooms-No Extra Charge  
We use 100% Vegetable Oil-NO M.S.G.

**275-1114**

3103 U.S. Hwy. 50 Cañon City, CO  
Near WalMart

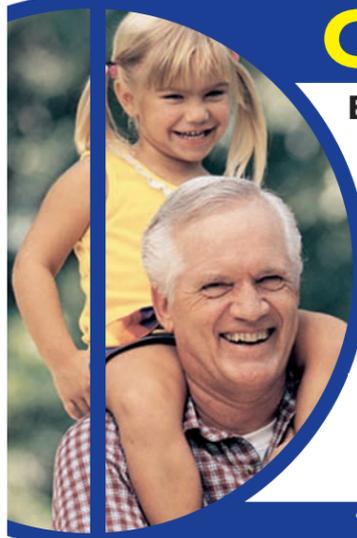
Open Seven Days A Week

ONE COUPON PER TWO

CUSTOMERS MUST BE 60 & UP-  
MUST PROVIDE PROOF OF AGE.

Not Valid With Any Other Offer!  
Offer Expires: 12/30/07

## GRANDPARENTS



Enjoy hearing your grandchildren again!

Do you hear your wife, but do not understand?  
Does your husband always have to repeat himself?  
Does it sound like your grandchildren mumble?

Call today for a no-charge, comprehensive hearing evaluation from an experienced, caring professional.

Miracle Ear Sears  
Hearing Aid Centers  
"Pueblo Mall Inside Sears"

3201 Dillon Drive - Pueblo, CO 81008

584-2347

The Hearing Aid Center America Trusts®



\$15.00

GAS CARD

We will pay for your trip for a comprehensive hearing test\*.

\*Must have a third party present during test. code B1 ex: 12/31/07



New technological breakthrough...  
**The DigiTech® Open-Ear Nano**  
"Virtually Invisible Hearing Help"



For a Limited Time Only!  
**\$1595**  
Price Each With Trade

AMAZING FEATURES & BENEFITS OF THESE "FACTORY DIRECT" DEVICES:

- ◆ No more plugged feeling!
- ◆ Own voice sounds natural!
- ◆ Improved speech-in-noise function!
- ◆ Patented Digital Audio Chemistry!
- ◆ 14 Bands/3 Compression Channels!
- ◆ FREE future software upgrades!
- ◆ Longest battery life on market!
- ◆ EASY FINANCING OAC!

Call Today!  
**676-3277**



**FACTORY DIRECT**

Nationwide Sales & Service

DigiTech® Hearing Aids

Manufacturing & Sales Center:

DigiCare® Hearing Research  
6685 165 @I-25  
Colorado City, CO  
(Next to Max's)

[www.digicare.org](http://www.digicare.org)  
" #1 Consumer Hearing Health Website "

## Quail Ridge at Liberty Point

RETIREMENT LIVING AT ITS BEST



Great Location - Poppy & Linden  
**PUEBLO WEST**

• No outside maintenance

Just enjoy your life - 6 available Floor Plans



Re/Max  
Pueblo West  
19 E. AbarrDr.  
Pueblo West,  
CO 81007

Marketed by:

Dave Anderson, CRS - 719-250-1506  
Judy Tatsch, CRS - 719-251-6423  
Bonita Quenzer, CRP - 719-320-6932

# MINOR PREPARATIONS REALLY DO HELP SELL A HOME

by Bill LaHay

The current real estate market, painful as it might be for homeowners who have to sell now, is a wake-up call and a great learning opportunity for the rest of us.

When buyer demand and prices climb incessantly, it's tempting for sellers to get a little careless about the condition of a home. Marginal properties seem to sell fine, so there's not much incentive to invest more time or money on remodeling upgrades that aren't essential and may in fact be undone by a new owner.

But when the market slows and the inventory of available houses accumulates, would-be buyers quickly realize their leverage and get picky, shunning properties that would have seemed perfectly acceptable in a "normal" market. Some homes still sell quickly, though, and it's often because they reflect the right balance of quality, features and realized potential.

There will always be a market for the odd fixer-upper at a bargain price, but for the many people for whom time is as precious a commodity as money, the phrase "needs some TLC" will send them looking elsewhere for something more livable.

Other than timing a decision to sell, there's little that any individual homeowner can do about larger trends in the real estate market, so don't spend your energy there. Instead, try to treat every decision about changes and upgrades to your home the way a potential buyer might see it, even if it will be years before you even think about selling.

This doesn't mean you that shouldn't suit yourself when it comes to remodeling. It means that a home should stay appealing throughout its lifetime so you won't have a last-minute scramble to undo excesses or errors that will turn buyers away.

Expect the routine work that's always required just before marketing a home -- thorough cleaning, freshening up the paint, light landscaping and perhaps hiring a professional stager to tweak the decor.

In the meantime, years of smart decisions can help ensure that these minor preparations will be enough to sell your home even when the buying is slow. Here are some of the basics:

-- Keep up with routine maintenance. Whatever your style preferences or those of a potential buyer, a solid and healthy home is the ultimate attraction. You might get a mix of love-it and hate-it responses to your rustic hickory kitchen cabinets or the glass tile in the master bath, but no sane buyer will welcome a worn-out roof, antiquated plumbing or a furnace that gasps and rattles.

-- Take care of the little things. Over time, every house gathers its share of quirks and small scars that occupants learn to live with. The door latch sticks, a light switch goes bad, a window pane breaks and gets secured with duct tape. These are all very minor problems, but they can accumulate until there's a lot of work to be done.

Worse still, anything that suggests neglect or a cheap fix sends the message -- correct or not -- that other larger problems have been similarly addressed or ignored.

-- Don't leave the residue from prior repairs. You might know that the leak stopped after you got the roof shingles replaced, but the water stains on the ceiling or walls still look ominous to a prospective buyer who has only your word to rely on. Repair and repaint the plaster or wallboard, and refinish the wood trim if it's been discolored.

-- Keep quality levels consistent. There's no sense splurging on high-end kitchen appliances if you pair them with dingy cabinetry or beat-up countertops. The odd pricey feature will serve only to emphasize the poor relative quality of other amenities. Balance your remodeling budget so the improvements look like a well-planned package rather than a piecemeal fix.

-- Don't over-personalize the home. This is another difficult balancing act, because we all want our homes to reflect who we are. Still, gutting two bedrooms to create a personal Star Wars



*A simple but efficient layout, affordable and attractive laminate cabinetry, and a flood of daylight through the windows give this kitchen a powerful emotional appeal for current occupants and future buyers. Photo courtesy of Thomasville Cabinetry*

memorabilia museum will not impress most would-be owners.

Unless you're upgrading with additional square footage, more storage space, better traffic flow or other "generic" improvements, leave the structural stuff alone. Install all the display cases you want and paint wild colors to your heart's content, but be prepared to undo those changes before selling.

-- Create one or more "wow" features. Even with every practical concern handled, your home needs something to stand out from the crowd. A large bank of windows can allow a dramatic view or simply flood a room with daylight. Detailed millwork and some custom built-ins add an upscale air. A breakfast nook or window seat becomes a powerful symbol of the comfort and safety we naturally seek in our homes. These features all can contribute to a home's emotional appeal.

-- Create something for everyone.

Most homes are purchased by couples or families, and that can mean a longer or more diverse list of must-haves when they go house-hunting. Think about placing an ad for your home. What features and amenities can you claim? Gourmet kitchens, family rooms, home offices, workshops, gardens, outdoor living areas and sports courts are sure to generate interest.

These guidelines won't guarantee the quick or profitable sale of your home, but they will almost certainly encourage potential buyers to see it as a front-runner rather than a forgettable also-ran.

Better still, it will make the place that much better to live in, so at least make some of the improvements while you still have time to enjoy them.

## Panache

from page 15.

remain so by law. The elegant Biltmore has a vaulted lobby with a star-studded ceiling, an 18-hole golf course, tennis courts and America's largest hotel pool -- an L-shaped facility bigger than two Olympic pools.

Coral Gables also is home to several important preserves. Matheson Hammock Park has a swimming lagoon and beach on Biscayne Bay, a marina and forest trails. Fairchild Tropical Botanic Garden's collection of palms and cycads is world-renowned, and the Montgomery Botanical Center has extensive collections for research.

While the city has two legitimate theaters and many art galleries, having the University of Miami in its borders gives the Gables an added source of cultural activities. Theater buffs can enjoy plays at the Jerry Herman Ring Theatre (Herman attended UM), art lovers stream to the prestigious Lowe Art Museum on campus, and the Frost School of Music schedules regular concerts in several disciplines.

The school's baseball team, several times the national champion, plays at Mark Light Field here, and the football Hurricanes practice on campus fields.

Information: City of Coral Gables, (305) 446-6800 or [www.coralgables.com](http://www.coralgables.com). Coral Gables Chamber of Commerce, (305) 446-1657 or [www.coralgableschamber.org](http://www.coralgableschamber.org).

Columnist Jay Clarke is a resident of Coral Gables, Fla.

If you fell  
right now,  
how would you  
call for help?



Make Living Alone Safer, 24 Hours a Day

Help at  
the press  
of a button!



And Call.....

**SRDA LIFELINE**

**719-545-1212**

The #1 Medical Alert trusted by  
doctors, hospitals and  
professional caregivers.



**LIFELINE**

Christmas Special  
FREE INSTALLATION  
Ex: 1/15/08



# Senior Community Update



## STROKE SURVIVORS NEWS

Parkview Medical Center and "Stroke Survivors Support Groups of Pueblo" are having a stroke/aphasia support group meeting in Trinidad at the State Nursing Home, 409 S. Benedicta Ave. Trinidad, CO at 2:00PM Wednesday, December 5, 2007.

All stroke survivors and their families and friends, in Trinidad, Walsenburg, Aguilar and surrounding areas, are welcome to attend. For more information call: Terri Tibbs, 584-4677; or Chuck Couchman, 583-8498.

## VOLUNTEERS OF ALL AGES NEEDED

Our community depends on the graciousness and commitment of our fellow citizens to pitch in and help when and where help is needed. There are many areas and programs needing help. Check and see where you would fit. Call Gloria Valdez, SRDA, The Pueblo Volunteer Center, 545-8900 for more details.

- Delivering Meals on Wheels to homebound seniors.
- Helping in various departments at St. Mary Corwin Medical Center
- Helping with Habituate for Humanity doing many things from getting the food, clerical and warehouse work to building a house.
- VITA is now looking for volunteers to be trained. Once trained, volunteers will be filling out tax returns for low-income families and individuals in January.

There are many more areas, just give Gloria a call and she'll tell you all about them.

Volunteer today, everyone benefits: you, the people you help, the agency and your community.

## WHAT CAN YOU DO ABOUT OSTEOARTHRITIS?

Today, more than 10 million Americans suffer from osteoarthritis of the knee, making it the most common form of arthritis in the U.S.

When the cushioning layers of cartilage within the joint are worn down, the bones begin to rub against each other. This leads to swelling and increased stiffness, and many daily activities become painful and difficult. But what can you do to protect your joints, reduce the symptoms, and support your doctor's treatment?

With assistance from some of the world's leading knee experts, the American Arthritis Society has compiled some useful and practical tips for self-care, and made them available on the

Society's website. Each tip is interesting and easy to follow. These and many more suggestions regarding osteoarthritis can now be viewed online at: [www.americanarthritis.org](http://www.americanarthritis.org).

## OWLS MEETING

"The Older, Wiser, Livelier Seniors (OWLS) meet on the third Wednesday of each month at various area restaurants for an evening of fine dining and socialization. For location and reservations, please contact Jack Briggs at [Jack.Briggs@comcast.net](mailto:Jack.Briggs@comcast.net) or call him at 546-6189."

## SRDA SEVEN FALLS TRIP

December 15, 2007. Leaving SRDA @ 4:15 PM. Returning at 8:00 PM - \$20.00. RESERVATIONS DUE BY DECEMBER 7TH. Call for info 545-8900, Ext. 133. or go to 2nd floor desk.

Snack bar will be open so bring extra money.

## 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

We want to keep you healthy! Come check us out and let us check you out. Free blood pressure, blood sugar, oxygen screening and more.

**McHarg Park - Avondale**, 409 Second Street - Monday, December 10th 9:00-11:30 am.

**Vail Hotel**, 217 S. Grand - Tuesday, December 10th & January 8th 9:00-10:30 am

**Hyde Park Community Center**, 2135 W. 16th - Tuesday, December 11th & January 8th 1:00-2:30 pm.

**Joseph Edwards Senior Center (SRDA)**, 230 S. Union - Wed., December 12th & January 9th 9:45-Noon.

**Mineral Palace**, 1414 N Santa Fe Av Pueblo, CO 81003 - Thursday, December 13th & January 10th 9:00 - 11:30.

**Memorial Recreation Center** - Pueblo

West, 230 E. George Drive - Thursday, December 13th & January 10th. \*Note new time - 8:15-10:30 am

**Park Hill Christian Church**, 1401 E. 7th Street - Monday, December 17th 10:00-Noon.

**Minnequa Park Apts.**, 1400 E. Orman Ave. - Tuesday, December 18th 9:00-11:30 am.

**Mesa Towers Apt.**, 260 Lamar - Wed., December 19th 9:00 - 11:30 am.

**Ogden Apartments**, 2140 Ogden - Thurs., December 20th 9:00-10:30 am.

**Fulton Heights Community Center**, 1331 Santa Rosa - Thursday, December 20th 1:00-2:30 pm.

**\*All locations are open to the general public for these clinics. Please call Pueblo StepUp @ 557-5886 if you have any questions.**

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.

Arthritis Foundation Exercise Program, Tai Chi from the Arthritis Foundation, Tai Chi II, Tai Chi I.

## Feel Great in 2008! New Tai Chi classes starting January 1st!

## S.R.D.A. DECEMBER CALENDAR

**Dec. 3:** 9:00 Beg. Computer; 10:00 SST, 1:00 FGP Luncheon

**Dec. 4:** 8:30 Coupon Cutters; 9:15 Chair Aerobics

**Dec. 5:** 8:00 Staff Meeting; 8:30 Painting, 9:00 Maj Jong; 9:00 Beg. Computer, 11:00 Painting; 12:00 Bridge; 2:00 Line Dancing

**Dec. 6:** 9:15 Chair Aerobics; 10:00 Vision Support Group; 1:30 AARP Board Meeting

**Dec. 7:** 9:00 Recreation Task Force; 9:00 Oil Painting; 10:00 SST; 1:00 CHRISTMAS PARTY

**Dec. 10:** 9:00 Beg. Computer; 9:00 Quilting Club; 10:00 SST; 11:00 Board of Directors; 1:00 AARP

**Dec. 11:** 8:30 Coupon Cutters; 9:15 Chair Aerobics; 11:30 Alzheimers Group; 1:30 Parkinson's Group; 2:00 Stroke Survivors

**Dec. 12:** 9:00 Beg. Computer; 9:00 Painting; 10:00 SST; 11:00 Painting; 1:00 Water Color.

**Dec. 13:** 9:15 Chair Aerobics

**Dec. 14:** 8:00 United Way Health Way; 9:00 Oil Painting; 10:00 SST; 12:00 Bridge.

**Dec. 17:** 9:00 Intermediate Computer; 10:00 SST; 11:00 Board of Directors

**Dec. 18:** 8:30 Coupon Cutters; 9:15 Chair Aerobics; 10:00 Continuum of Care; 3:00 211 Publicity Com.

**Dec. 19:** 8:00 Staff Meeting; 8:30 Painting; 9:00 Intermediate Computer; 10:00 SST; 11:00 Painting; 1:00 Water Color; 2:00 Line Dancing; 3:30 RSVP Advisory Council

**Dec. 20:** 9:15 Chair Aerobics

**Dec. 21:** 9:00 Oil Painting; 10:00 SST; 12:00 Bridge

**Dec. 24:** 9:00 Intermediate Computer; 10:00 SST; 2:00 Line Dancing

**Dec. 25:** We are closed Christmas Day

## MERRY CHRISTMAS FROM EVERYONE AT S.R.D.A.

**Dec. 26:** 9:00 Intermediate Computer; 8:30 Painting; 10:00 SST; 11:00 Painting; 1:00 Water Color

**Dec. 27:** 8:00 Birthday Cake; 9:15 Chair Aerobics

**Dec. 28:** 9:00 Oil Painting; 10:00 SST; 1:30 Yuletide Social

**Dec. 31:** 9:00 Beg. Computer, 10:00 SST; 2:00 Line Dancing

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

## PUEBLO HEALTH EXPO

The 2nd annual Pueblo Health Expo will be January 26, 2008, at the Pueblo Convention Center from 8am-1pm. This event is free to Pueblo County residents of all ages and will feature numerous exhibits related to physical activity, healthy food choices, disease prevention, safety, recreation and overall wellbeing.

The first 500 participants will have an opportunity to take advantage of free health screenings, including blood pressure, pulse, oximetry, lung function, vision, blood sugar (requires a one-hour fast), cardio step test, grip strength & flexibility, body mass index, stress management & depression, community resources & women's health issues and "Ask a Medical Expert." New this year will be a Kids Korner that will include booths and demonstrations specifically targeted to youth about living healthy lifestyles.

For additional information contact 583-4518 or [www.activepueblo.net](http://www.activepueblo.net).

## ELECTRICRITTERS AT THE PUEBLO ZOO.

Electricritters at the Pueblo Zoo is open on the following nights from 5:00-8:30pm with gates closing at 8:00pm: Dec. 1, 2, 7, 8, 9, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 26, 27, 28, 29, 30.

Admission costa are: \$5.00 for adults, \$3 for children and kids under 2 are free.

Visit the Candy Cane Cafe, Gift Shop and more after your trip. Call 561-1452 for all the info.

## FACES OF CF&I STORY RECEPTION

The Bessemer Historical Society will hold the second annual 'Faces of CF&I - CF&I at Play' fundraising dinner on Saturday, January 19, 2008.

We are featuring personal stories and photos of activities at the Steel YMCA, the Fin and Feather Club and the Minnequa Club.

Persons with stories and photos to share are asked to come to a free reception on Thursday, November 8th from 4:30 to 7:30 p.m. in the Community Room at the Steelworks Museum of Industry and Culture, 215 Canal Street. Take I25 exit 97A. Turn left on E. Abriendo Ave., then left at the former CF&I Administration building (with silver dome). The museum is at the end of the parking lot next to the interstate.

Museum staff and volunteers will be on hand to take down the stories, and scan photos. Light refreshments will be served.

In the event that someone wants to share memories, but are not able to attend the reception, they are asked to contact the Society at 719-564-9086 to make other arrangements.

**IF YOU'RE PLANNING TO MOVE, PLAN ON CALLING US.**

- Residential • Commercial
- Free Estimates • Insured and Bonded
- Packing Supplies and Services
- Senior Citizen Discount

**719-543-9000**



**TWO MEN AND A TRUCK®**

"Movers Who Care."

4043 Club Manor Dr. • Pueblo, CO 81008

# SENIOR CLASSIFIEDS

**STOP WAITING ON LONG LISTS** for nursing home or assisted living. Try us one month or just for day-care 24/7 live-ins with private rooms. Respite care available also. 30 years experience. Hurry, only one room left for you. 719-542-3496. #0108 **MOBILE SIX CEMETERY PLOTS** Imperial Gardens Hill crest Section, \$950.00 each. Call Ken at (719)649-2478 or (719)946-5214. #0108

**SEWING ALTERATIONS: THE 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. #0108

**CAREGIVER/COMPANION** Private care part-time. Have experience with recommendation letters. Just moved into town. South area. Call Carmen, 564-2157. #0108

**MOBILE HOMES FOR RENT** in quiet rural retirement park. Cotopaxi - 30 miles west of Canon City. \$350 - \$500 per month sewer/water included. 719-539-2623. #1207

**24/7 LOVING SENIOR CARE IN CHRISTIAN HOME.** 30 YEARS EXPERIENCE. SPACE FOR ONLY ONE CLIENT LEFT. HURRY! CALL NOW! 719-542-3496. #0108

**PERMANENTS, \$30:** Shampoo & Set, \$10; Wigs styled, \$12. Open Wed.-Sat. **CURL CORNER** 2318 Thatcher. 544-9160. #108

**DONATE TO PUEBLO'S OWN "NEVER ALONE FOUNDATION."** Looking for a great charity to support? Inflammatory Bowel Disease (Crohn's & Colitis and others) is a particularly nasty disease that robs the afflicted of quality of life. It hits every age group hard and with no mercy. Please send donations to "Never Alone Foundation" c/o Beacon Publishing, P.O. Box 7215 - Pueblo West, CO 81007-0215. Your donation will allow us to help southern Colorado patients and their families cope with these dread diseases.

## 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.

**PERSONAL CARE PROVIDER.** Days, nights or weekends. Will do light housekeeping and run errands. First Aid, CPR, Medical Certified. Excellent references. Melinda, 671-4316. #1207

**ROOM FOR RENT!** Includes cable avail., utilities, laundry. \$290/mo plus deposit. 719-542-2775. Ask for Tom. #1207

**1986 FORD VAN** with handicap ramp. \$1,000; Motorized wheelchair, \$500.00. Call 719-275-3242 after 6:00pm or leave message. #1207

**JET #3** Ultra-motorized chair, stylish design. 23" width seat. \$2,000. 719-560-0136 or 719-564-2871. #1207

**I'M ACTIVE-YOUNG 74!** Petite, red/green/honest. Non smoker/drugs. Honest. Loving, down-to-earth. Variety of interests. Searching for same in a man middle 60's - middle 70's. Call 719-276-0978. #1207

**FOR SALE:** Pronto Mobility Chair. Excellent Condition - Black Leather. Less than a year old. Paid \$3,900. Asking \$3,500. Please call at 719-543-0217. #1207

**2221 S. PRAIRIE #152,** Oasis Mobile park, 55 plus Community, Nice 3 bed 2 bath Mobile \$19,900, lot rent is \$358.59 AND;

**2221 S. PRAIRIE #67,** Oasis Mobile park, 55 plus Community, Well cared

for 2 bed 1 bath Mobile only \$9,900, lot rent is \$358.59. Call Jim Valdez, Re/Max of Pueblo, 585-8722. #1107

**STAIR GLIDE:** 300lb limit. Six or 7 stairs. YOU MOVE! \$1500. appraised by Thornton Wheelchairs Plus. Call Roberta, 566-3715. #1107

**FOR SALE:** Antique tables - oak 36" x 48"; coffee table 18" x 36"; stored extender leaf 18" x 36" plus base 36" x 48." IBM selectric typewriter. Call 545-0900. #1007

**PERSONAL CARE PROVIDER.** Experienced! Quality care. Companionship and Dependable. Available day or night. Full-time or part-time. Call Connie, 543-7853. #1007

**HOUSECLEANING.** Three-Hour Minimum. \$10 per hour with you supplying the cleaning goods. Near a bust stop. Carolyn, 719-561-8682. #1007

**CEMETERY PLOT:** Roselawn. Currently \$1,060.00, will take \$800.00. Higher Ground. Call Betty, 544-8714. #1007

**NURSE CAN PROVIDE** Daily or weekly care, medication set-up, assist with meals. Activities for daily living. 30 years experience. References. Kathy, 719-315-2805. #1207

**STORED IN - BELMONT SELF-STORAGE.** Nice bedroom suite - near new regular mattress. Light brown 4-tiered filing cabinet - seldom used. Only \$95.00 total. 719-546-0239. #1007

**GOOD CONDITION.** 40 years of Time Magazines - complete, in storage - better than computerized! Make

Offer & enjoy history in your library. Call Lynn 544-8325. #1007

**FOR SALE:** New 48" Round Table & Chairs. Fits 4 chairs. Smoked glass top. MUST SEE! Call 564-2157. #0907

**SPECIAL GOVERNMENT PROGRAM,** ZERO DOWN, NO MONEY OUT OF YOUR POCKET!!!! If you own land or family will give you land. Bad credit okay. 719-544-4165. #0807

**NEWLY RENOVATED** Northside Pueblo home for rent. One bedroom, 1 bath, small pets okay. \$350/mo. and electric and gas plus deposit. Call Seth at 970-980-8153. #0907

**PERSONAL CARE PROVIDER/HOME CARE** 20 yrs. Experience. Quality Care, Companionship, and Dependable. Available Day or Night Fulltime or Part Time. call Connie, 242-4144. #0907

**GOT LAND? 0 Down, 0 Closing costs** if you own land or have family land! Guaranteed approval. Bad Credit, O.K. LAND DOES YOUR GOOD CREDIT!! 719-545-0945. #0807

**LANDSCAPE DESIGN SERVICES.** Professional, thoughtful designs - specializing in landscape renovations. Well oversee installation too. Call Christine at 607-339-1124 for a free consultation. #0907

**NURSE AVAILABLE** to assist you in your home. Doctor's appointments, shopping, errands - please call 565-0445 Days. #0807

**PERSONAL CARE PROVIDER,** CNA, EMT Training. 20 years experience. Kind, gracious, domestic tasks, medical reminders, companionship. Prompt, alert, ethical, well-behaved. Call Sherry 545-3146. #0807

**ARIZONA HIGHWAYS** Magazines for sale! Various dates from 1951 to 1998. 35 Issues. Make a reasonable offer. Call 545-8886. #0807

**IMPERIAL GARDENS.** Chapel of the Angels. Glass front. Companion niche. Only \$3,000. Phone (303) 333-6686. #0807

**HONESTY.** C.N.A. Housekeeping, home care, help with shopping. Windows, some cleaning, companionship. Reasonable - \$8.00 Call 542-0577. Teresa/Donnie. #0707.

**BOOKS WANTED.** I pay cash for good books and estate libraries. Call Jim at 719-634-2367. #0907



**Life Care Center of Pueblo**

and



**SpringBridge**  
Physical Rehab & Wellness Center

Providing Outpatient Physical, Occupational and Speech Therapies for all ages.

**2118 Chatalet Lane, Suite A**  
**(719) 564-3739**

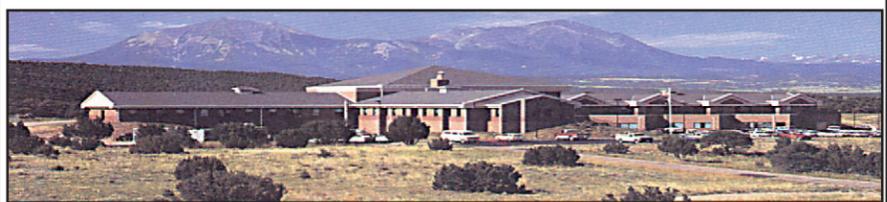
Private Entrance with Private Treatment Area

Home of the successful Anodyne therapy

**Call today for more information**

## Are you a Vet, a Vet's Spouse or a Vet's Widow?

You are eligible for Nursing Home Care.....



**COLORADO STATE VETERANS NURSING HOME**  
WALSENBURG, COLORADO

- Bright, Comfortable and Modern Facility • Caring, Professional Staff
- Floor-to-ceiling picture windows offer beautiful views
- Special Care Unit (SCU) providing services for Alzheimer's, Dementias, Huntington's and Parkinson's
- Physical Therapy, Occupational Therapy and Speech Therapy included in daily rate.
- Our nursing home is physically connected to Spanish Peaks Health Center, a community hospital.
- Dialysis Center/Specialty Clinics available on campus
- Affordable daily rate and an all-inclusive pricing policy that eliminates additional charges
- VA benefits for those who qualify • Colorado residency not required
- Private Pay and Medicaid Residents welcome

**Call Today For A**  
**FREE Video/CD Information Packet**  
**1-800-645-8387**

# Energy Efficiency Tips Saving Cents/Saving Enviro!

by *Debbie Rose-San Isabel Electric Board Member*

From all indications, your electric bill will be going up this winter due to higher fuel costs and the need for additional power plants and transmission lines. In an average home nation wide, heating and cooling amount for 56% of your home energy cost with water heating at 16%, refrigeration at 5% and remaining appliances and lighting at 23%. By eliminating wasted energy around the house means money for you. The following are some suggestions that will help you to manage your energy use and reduce costs.

First look for leaks. If you can see daylight coming through cracks and holes, you are losing heat. Air leaks are found around electrical outlets, switch

plates, window frames, baseboards, pipes, weather stripping, fireplace dampers, attic hatches and wall mounted air conditioners. Make sure to plug and caulk identified cracks and holes including areas around pipes entering home.

Lower the temperature on hot water heaters to 115-120 degrees. Drain a quart of water from the heater every three months to remove sediment. Take short showers, using a low flow showerhead, instead of baths. Turn warm or hot water on and off, do not let the water run in the sink for long periods of time.

To use your heating more effi-

ciency replace furnace filters monthly and clean out warm air registers. Install a programmable thermostat that will adjust the temperature according to your schedule. During the heating season, keep the drapes or shades on your south facing windows open during the day, allowing sunlight to enter. Be sure to close drapes at night to prevent chill from the cold windows.

Appliances will be more efficient if you take care of them. Make sure the outside dryer vent door closes when the dryer is not in use. This requires cleaning away the lint accumulation periodically. Vacuuming out the coils on your refriger-

ator, along with checking the seals when the door closes will help you to be more energy efficient.

Changing regular light bulbs to compact fluorescents will save energy and money over the life of the bulbs. Remember to turn off lights when you are not in the room and try to take advantage of the natural light when possible.

These are only a few ideas to help you become energy efficient in your home. For other ideas, check out the U.S. Department of Energy's website, [www.energy.gov/yourhome.htm](http://www.energy.gov/yourhome.htm).

## LEAP PROGRAM PROVIDES HOME HEATING ASSISTANCE

Contact: **Scott Barnette, LEAP Director - 303.861.0325**

DENVER – November 2007 – As Coloradans prepare to face another bitter cold winter, local utility companies are predicting that heating bills will double this year due to an increased price for natural gas. For those struggling to pay their heating bills, help is available through the Colorado Department of Human Services Low-income Energy Assistance Program (LEAP).

LEAP provides cash assistance to help families and individuals pay winter home heating costs. The program pays the highest benefits to those with the highest heating bills and lowest incomes by family size. Applicant income cannot exceed 185 percent of the federal poverty index, which equals a maximum income of \$3,184 per month before taxes for a household of four people. The anticipated average LEAP benefit for 2007-2008 is approximately \$316 per family.

According to the Colorado Department of Human Services, in 2006-2007 approximately 93,000 Colorado households received LEAP payment

assistance, giving them much needed warmth.

“LEAP plays an important role in helping all Colorado families keep their homes warm during the cold winter months,” said Scott Barnette, LEAP director. “With the price of heating bills expected to increase this year, families will need assistance meeting these costs more than ever.”

To qualify for LEAP, applicants must be responsible for paying heating costs, either to a utility company or to a landlord as part of rent. Applicants must also be permanent legal residents of the United States and Colorado or have household members that are U.S. citizens.

Recent Colorado legislation now requires LEAP applicants to provide a copy of valid identification and a completed affidavit indicating that they are lawfully present in the United States with their program applications. Currently, the following valid forms of identification are accepted.

1. A Colorado driver's license or Colorado identification card; or,
2. A United States military card or military dependant's card; or,
3. A United States merchant mariner card; or,
4. A Native American tribal document. or,
5. Appropriate INS documenta-

tion.

As defined by the Colorado Department of Revenue, other forms of identification may be required as well. For more information on lawful presence requirements, contact the DOR or visit their web site located at <http://www.revenue.state.co.us/main/home.asp>

LEAP applications are accepted from November 1 to April 30 of each year. Potential program applicants can apply several ways:

1. Call 1-866-HEAT-HELP (1-866-432-8435) to have an application mailed to your home.
2. LEAP applications are available at every county department of social/human services across the state.
3. LEAP applications can also be downloaded from the program's Web site at <http://www.cdhs.state.co.us/leap/apply.htm>. Applicants may then fax, mail or deliver a completed application to their appropriate county office.
4. Many community agencies throughout the state also stock LEAP applications.

For more information about LEAP, please call 1-866-HEAT-HELP (1-866-432-8435) or visit [www.cdhs.state.co.us/leap/index.htm](http://www.cdhs.state.co.us/leap/index.htm) <<http://www.cdhs.state.co.us/leap/index.htm>> to view the most current program application requirements.

### Pueblo Senior Safety Triad

Safety for seniors is our goal

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

### Senior Helpline

**583-6611**

## Your Trusted Source of Companionship and Home Care for Seniors



Being able to live at home can be one of the most important comforts in a senior's life. Our carefully selected CAREGivers™ help make that possible, with a wide range of non-medical services, welcome companionship and a ready smile. At Home Instead Senior Care, we treat each senior as we would a member of our own family.

**Home Instead**  
SENIOR CARE

*With a little help from a friend.*

#### WE PROVIDE

- Wide variety of services, including meal preparation, light housekeeping medication reminders, shopping, errands and incidental transportation.
- Bonded, insured CAREGivers who complete a stringent background check.
- Short-notice staffing, including 24-hour, long-term and weekends.
- Regular quality control checks to ensure prepared responsive care.

Call for a free, no-obligation appointment  
**Pueblo: 719-545-0293**  
**Canon City 719-545-0293**  
**Toll Free 866-945-0293**

[homeinstead.com](http://homeinstead.com)

Each Home Instead Senior Care franchise office is independently owned & operated.

### Belmont Lodge Health Care Center

### Now Provides Outpatient Therapy

Our experienced Rehab Team provides Physical, Occupational and Speech Therapies

- Free transportation to and from appointments for those who are not able to drive themselves
- We accept Medicare, most insurance and private pay

For information, please call 562-7200 and ask for the Rehab Department

#### Reasons to seek Outpatient Therapy

- Recovery from Surgery (including Hip/Knee Replacement)
  - Falling at Home
  - Sports Injuries
  - Stroke & Cardiac Rehabilitation
  - Motor Vehicle Accident



### Belmont Lodge Health Care Center

Ask for Judy!!  
Near East High

1601 Constitution Rd  
Pueblo, CO 81001 **719-562-7200**

# MORE WEIRD NEWS

from page 4.

police for staying out too late, and also took away his house keys and cut off his allowance. The son, who immediately complained that the allowance was too small, anyway, is 61 years old.)

-- The normal daily tension between India and Pakistan arises in many forms, but one nightly ceremony on the border at Wagah crossing is particularly odd (described by a Los Angeles Times reporter in September as part pomp, part macho posturing, and part Monty Python's Ministry of Silly Walks). Uniformed guards from both countries march toward each other in their inexplicably complicated headgear, "glower fiercely through their mustaches" and puff themselves up, eyeball to eyeball, in a show of confidence for their respective countrymen. However, they then meekly shake hands and close the border for the night.

-- Residents of small fishing villages in northern Newfoundland have for centuries been "mumming" at Christmastime, in rituals described in an October academic journal article by University of Missouri-Columbia researchers. People disguise themselves,

go to neighbors' houses and threaten violence, at which point the neighbor must guess the visitor's identity, and, if all goes well, refuse to be scared. Supposedly, the ritual induces trust by both parties, as the visitors show their good hearts by failing to actually beat anyone up, and the host shows trust by his courage and passivity. Mumming, the researchers conclude, continues today only on a "small scale."

## Latest Religious Messages

-- "This is a college education that I can use," said sophomore Emily Felts, 19, as she praised the homemaking curriculum of the Southwestern Baptist Theological Seminary in Fort Worth, Texas (which leads to a Bachelor of Arts in Humanities). Men and women may be equal, the school says, but they have different roles, and for women, that includes "how to set tables, sew buttons and sustain lively dinnertime conversation," or how to use the Internet to track grocery coupons, according to an October dispatch in the Los Angeles Times. Felts said she enjoys the work (except vacuuming), but it "doesn't matter what I think. It matters what the Bible says."

-- In November, Catholic priests in Ireland and Northern Ireland complained about their respective governments' proposals to lower the presumed-impaired blood-alcohol level for drivers from .08 to .05, which they say is unfair. Because of a priest shortage, current priests expect to be driving great distances to conduct Masses this Christmas season, and since they are obliged to drink any leftover sacramental wine from each Mass, they fear inevitably approaching, or exceeding, the blood-alcohol threshold.

## Questionable Judgments

-- In October, Patty Cooper, 50, accused her landlord (the Central Vermont Community Land Trust) of failing to "accommodate" her disability under the

federal Americans with Disabilities Act when it barred her "service horse" from living in her apartment. Cooper uses a wheelchair because of a brittle-bones disorder and says the miniature horse (100 pounds, 32 inches tall) not only pulls the chair but cheers her up. A trust spokesman said keeping rats out of the hay bales would be difficult enough, but he doubted Cooper's assurance that the horse could be easily housebroken.

-- In November, a California administrative judge sided with state dental authorities and suspended Dr. Mark Anderson's license, following complaints by female patients that he had massaged their chests to treat a jaw disorder. Anderson's lawyer, citing alleged dental journal articles, had asserted that jaw pain was related not only to pectoral muscles but even calf muscles. (In November, Anderson was also indicted for sexual battery against patients.)

-- The head teacher of Sandhurst Junior School in south London apologized in October because a professional photographer had arranged, for his own convenience, an unfortunate group photo of the school's 100-plus students. The photographer, trying to keep from having to re-set his reflector screens, lined up the kids from the lightest-skinned on the left, gradually over to the darkest-skinned on the right. Said the head teacher, "We can see that this was an error of judgment."

-- Also Questionable: (1) Japanese adults push their children to save more, but few are buying the piggy bank introduced by the TOMY Co. in November, because, if not fed with savings for a period of time, the bank just explodes, scattering the contents. (2) In September, three young men in a dinghy on a canal in Australia's Gold Coast region stood up to moon a group of people but lost their balance and fell in, with two recovering quickly, but the

third was chopped in the face by the then-circling dinghy's outboard propeller and was in serious condition.

## Least Competent Criminals

In Monticello, N.Y., Steven King, 40, was indicted in October as a result of a traffic stop, for allegedly doing nearly every single thing wrong: intoxicated, driving in oncoming-traffic lanes, with an open beer container, not wearing a seat belt, driving an uninsured car, with expired safety inspection sticker, with license plates belonging to another car, and with his 2-year-old daughter-passenger neither in a car seat nor belted in.

## Recurring Themes

Something About Dentists: Hard-core federal income-tax resisters are frequently in the news, but a recent spate of them involved dentists. In October, Ed Brown and his dentist-wife, Elaine, were arrested after a nine-month standoff with federal marshals in Plainfield, N.H., where they had holed up, vowing to die before paying the federal government any of Elaine's \$1.9 million in unreported income. In October, dentist Nancy Montgomery-Ware was convicted on two counts of tax evasion in Tampa, Fla., still believing that the federal government has no authority over her taxes or her practice, based on her research finding that there's no such thing as a "U.S. citizen." In October, Slidell, La., dentist Louis Genard was a U.S. citizen, though he renounced, but was nonetheless found guilty on three tax-evasion counts after a court was unimpressed that he had become an "ambassador of heaven" who is exempt from federal taxation.

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

**Get Great Premiums When  
You Donate To  
Never Alone Foundation, Inc.  
c/o Robin Lynn Grasso  
Beacon Publishing  
P. O. Box 7215  
Pueblo West, CO 81007-0215  
Make Checks Payable To  
Never Alone Foundation, Inc**

(Crohns & Colitis Support)

**Call 719-647-1300 for more  
information on the premiums.**



**YOUR WARMTH.  
OUR HEAT.**

At Xcel Energy, we care as much about keeping your toes warm as we do about keeping your bill low. With almost half your energy bill going toward heating your home, even small changes like using a programmable thermostat and lowering its setting, adding insulation, weather-stripping and caulking can add up to big savings. For more tips on saving money this winter, call 1-800-895-4999 and ask for our *60 Simple Ways* brochure. Or visit [xcelenergy.com](http://xcelenergy.com).

Your Life. Our Energy.

 **Xcel Energy**<sup>®</sup>

[xcelenergy.com](http://xcelenergy.com)

# Felt Refined

by Patricia McLaughlin

Miriam Carter's airy nuno felt jacket is light years beyond a '50s poodle skirt, plus it's way prettier than some overpriced, factory-made, mass-marketed, logo-emblazoned designer piece.

Miriam Carter is a fourth-generation felt maker.

Seems un-American, no? In the Old World, sure, people did the same thing their parents did, and their grandparents before them. Gepetto, for instance, was probably an eighth-generation Tuscan whittler of wooden toys and bored out of his mind or he would never have started with that deceitful puppet. But this is America, where, to paraphrase John Adams, you work as a felt-maker so your children can run a nice hat company, so their children can leverage it into a global, vertically integrated conglomerate that controls everything from Australian sheep ranches to Chinese hat factories to multinational chains of ritzy shops selling designer-logo-emblazoned accessories, so their children can explore the anthropological implications of millinery traditions among the nomadic peoples of eighth-century Kyrgyzstan in some Ivy League grad school. (And play the violin on the side.)

But here's Miriam Carter still making felt four generations later -- and startlingly, luminously beautiful felt at that. If your idea of wearable felt is stuck somewhere between Dwight Eisenhower's inaugural homburg and late 1950s

poodle skirts, you should see her glowing, deceptively fragile-looking jacket of silk chiffon hand-felted with merino wool roving and hand-dyed many subtly different shades of apricot. Its texture and lightness and translucency make rose petals look coarse by comparison.

Turns out Carter, whose work is on view at the Philadelphia Museum of Art Crafts Show this weekend (Nov. 8-11), didn't learn feltmaking as a little girl at her granny's knee in some Gepettoesque vine-covered gingerbread cottage. And her first feltmaking ancestor (that she knows about, anyway) didn't start out to make felt, but to fix pianos in late-19th-century New York. This great-great uncle, Hugo Dolge, only got into felt because the Steinway company wouldn't sell him any, so he moved to upstate New York and started a felt factory to make his own -- and, while he was at it, founded a utopian community. Carter thinks at least one of his sons worked there, qualifying as the second generation to make felt, before the senior Dolge moved the business to California. Her father, Dolge's great nephew, was a textile designer and managed woolen mills; his first and last jobs were in felt mills. On the side, he'd bring yarns home from work and handweave them into shawls and things to try out design ideas.

Carter's mother was a couture seamstress who had a fabric store for awhile, so Carter grew up thinking of "fabric stores as the equivalent of candy



Feltmaker Miriam Carter's luminous jacket of hand-felted, hand-dyed merino wool and silk. photo: courtesy of Miriam Carter.

stores," and taking it for granted that cloth was something to play with, not just something to keep you warm.

Even with her father telling her fiber art and craft was in her blood, she went her own way, getting into theater and puppet-making instead. It was only when her dad was waiting for a heart transplant, and she was looking to spend more time with him, that she offered to help out by marketing some of the shawls he'd woven over the years. She might've started weaving herself, except for the wet blanket who told her there were already way too many handweavers in the world. Which -- along with the facts that not all that many people were making artisanal felt at the time, and that Carter has a large head and can never find hats that fit -- is how she and her father came to collaborate on their first line of handmade felt hats.

Her father got his transplant and lived eight more years. For six, the two of them made hats together -- classic felt hats that can take on quite different shapes depending on whether you push the hat back from your face like a halo, or set it at an angle like a beret, or pull it down over your eyes for shade.

Meanwhile, feltmaking heated up. In the Philadelphia show alone, there are four other craftsmen using different felting techniques, and there's all sorts of experimentation percolating. From the start, Carter had been looking for ways to make "a beautiful, fine felt." Lately, she's been working with a range of techniques called "nuno." The name comes from the Japanese word for cloth, and from a Japanese textile design company of the same name known for integrating traditional Japanese textile craft techniques with

computer-aided design, and for combining "incompatible" yarns and fibers to create distinctive textures.

Classically, you make felt by layering carded but unspun wool, then subjecting it to moisture, pressure, heat and friction (and sometimes soap or some other alkaline agent) to persuade the natural hooks and scales on the individual woolen fibers to lock together. (That's what happens when you ruin a wool sweater by mistakenly washing it in hot water in a washing machine.)

Carter's apricot jacket begins with five pieces -- left front, right front, back, and two sleeves cut from thin, fine open-weave silk chiffon. She layers ribbons of fluffy merino wool roving above and beneath the surface of the silk, and works them until the wool fibers on one side penetrate the silk membrane and hook into the wool fibers on the other side. In the process, both the wool and the silk shrink, but by somewhat different amounts, which adds to the texture of the finished piece. After they're felted and shrunk, Carter dyes the five pieces in an acid dye bath, and only then stitches them together.

The result looks fragile: Light shines through in places, the way you can see light through a fine porcelain teacup. But the washing and shrinking give the fabric strength. Carter says she had a friend test-drive one of her jackets at a dance this summer: The friend danced all night and the jacket held up just fine. Mostly she custom-makes them to size. She says it takes "a good eight hours" to make one, and a jacket sells for \$450.

No, I can't afford one either. But if I could, it would seem like a bargain, given that you can spend five times as much for a mass-produced piece with some dead Frenchman's label in it. Nothing against dead Frenchmen, may they rest in peace, but which would you rather pay for: a dead man's name with a lot of expensive advertising behind it, or a live person's ideas, imagination and skill, and her sensuous delight -- visible, palpable, contagious -- in color and texture and line and shape?

# Plates

from page 7.

ans, Rotarians and the Benevolent Protective Order of Elks. Under the Oklahoma law, "any person wishing to demonstrate support for the National Association for the Advancement of Colored People" may purchase a special license. So, too, with the National Rifle Association, Ducks Unlimited, the Oklahoma Mustang Club and the Order of the Eastern Star.

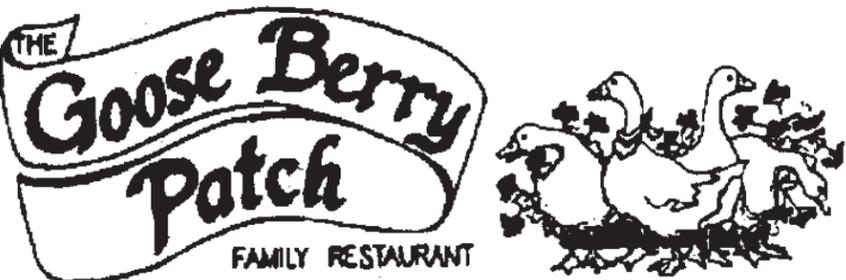
Oklahoma will sell you a special plate on proof of membership in Alpha Kappa Alpha, Delta Sigma Theta, Omega Psi Phi, Alpha Phi Alpha, Kappa Alpha Psi, Zeta Phi Beta, Sigma Gamma Rho and the Four-H Club.

There are plates for Lions, Future Farmers, Girl Scouts, Boy Scouts and members of the Oklahoma Quarter Horse

Association. If you support the zoo or the Oklahoma Aquarium, there's a plate for you. There's a plate for friends of art education. Publicly an Oklahoma motorist may fight breast cancer, support the Safe Kids Association, and whoop it up for the Northern Cherokee Association and the Pride of Broken Arrow Marching Band.

Under the circumstances, it's no wonder the folks at Planned Parenthood felt left out. The Supreme Court may not hear their case, but in Oklahoma their cause may go motoring on. (how?? and we never mention tax law or legislative privilege)

(Letters to Mr. Kilpatrick should be sent in care of this newspaper, or by e-mail to kilpatjj(at)aol.com.)



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

**COME ON OVER THE RIVER & THROUGH THE WOODS"**

**"Christmas In The Country"**

**Buffet - Salad Bar Burger - Steaks - Seafood**

**Homemade Pies - Jams - Candy**

**Holiday Parties - Gift Certificates**

**NEW Christmas Gift Shop**

**Wednesday - Saturday: 11:30am - 8:00pm**

**Sundays: 8:00am - 7:30pm**

**Closed Mondays & Tuesdays**

Serving home-cooking for over 20 years!

Family Friendly - Parties Big & Small

Senior Discounts!

**BELMONT SQUARE APARTMENTS**

**NOW PRE-LEASING!**

**"Look & Lease Special"**

**Amenities include:**

- ELEVATORS
- Sparkling seasonal lap pool,
- Remodeled clubhouse
- On-Site laundry facilities
- Well maintained property with on site maintenance
- Walk to schools/shopping/mall - On Bus line

Conveniently located to I-25 at 2020 Jerry Murphy Rd - Pueblo, CO

**Call Amanda for specials!**

**545-2236, or email**

**belmontsquareapt@comcast.net**

**May The Clouds Never Burst And The Son Always Find You!**

# Scrambled Eggs-Pertise Italian Or Mexican Style

by Annette Gooch

Even if you can't boil an egg (which, it turns out, isn't as easy as it's cracked up to be), you very likely can scramble one. Armed with that one fundamental skill and a willingness to experiment by adding other ingredients to the mix, you're on your way to developing a solid repertoire of fine-tasting scrambled egg specialties.

Start by cracking the eggs. To lessen the chances of shattering the shell or breaking the yolk, tap the midsection of the egg against a clean, hard, angled surface such as the edge of a heavy bowl or mug. Use just enough force to crack the shell. Should an eggshell resist cracking, tap it against the dull blade of a table knife.

Unless you plan to add salty ingredients to the eggs during the cooking process, season them at this point, using about 1/4 teaspoon salt and a pinch of pepper for every three eggs in the bowl. To lighten the texture of the eggs as they cook, add a tablespoon of water, milk or half-and-half for every three eggs. Briskly beat in these additions, using a fork or whisk, until the yolks and whites are well-blended.

To a frying pan over at low or moderate heat, add about 1 1/2 tablespoons butter or mild-flavored cooking oil for every three eggs. If you plan to add onion, green or red pepper, or other ingredients that require some cooking, you can cook them in the butter in the same pan in

which you will be scrambling the eggs. Just remember to reduce the heat before adding the beaten eggs.

If the eggs will be scrambled by themselves, add them to the pan when the butter or oil is hot and fragrant. Slowly stir the mixture with a wooden spoon or paddle. As the eggs begin to set, lift the cooked portions so the uncooked parts can flow underneath. Cook until the eggs are set and done to your taste. If you wish to add grated cheese or chopped fresh herbs, wait until the eggs are very nearly cooked.

**SUCCESS TIP:**

-- According to the U.S. Department of Agriculture's Food Safety and Inspection Service, scrambled eggs should be firm -- not runny -- when served to reduce the risk of food-borne illness caused by Salmonella Enteritidis bacteria.

Lightly sauteed onion, tomato and mild green chilies go into this tasty scramble. Serve it with toast or spoon it into warm tortillas and wrap them as you would a burrito.

**MEXICAN-STYLE SCRAMBLED EGGS**

- 3 tablespoons butter or oil
- 1 large tomato, peeled and chopped, or 1/2 cup canned diced tomato
- 3 tablespoons finely chopped onion
- 3 canned mild green chilies, seeded and chopped
- 6 eggs, lightly beaten
- Avocado slices, for garnish

Salsa (optional)

1. Melt butter in a skillet over medium heat; saute tomato, onion and chilies until onion is soft.

2. Add eggs and scramble, cooking until set. Garnish with avocado slices and serve at once, passing salsa, if used, at the table.

Serves 4.

reen pepper and tomato go into this satisfying main dish for brunch or supper.

**ITALIAN SCRAMBLED EGGS WITH SAUSAGE AND VEGETABLES**

- 2 tablespoons butter
- 1 tablespoon olive oil
- 1 medium potato, cut in 1/2-inch cubes
- 1/2 pound mild or spicy Italian sausage links
- 1 small onion, thinly sliced and separated into rings
- 1/4 cup finely chopped green bell pepper
- 8 eggs
- 2 tablespoons half-and-half or milk
- 1/2 teaspoon salt
- 1/8 teaspoon dried oregano
- 1 ripe tomato, seeded and chopped, or 1/2 cup canned diced tomato
- Warm toasted Italian bread, buttered, if desired
- 1/4 cup grated Parmesan cheese
- Chopped parsley, for garnish

1. Heat butter and olive oil in a large frying pan. Add potato and begin cooking over medium heat, stirring occasionally. Meanwhile, remove



Fresh avocado garnishes a skillet of eggs scrambled with onion, tomato and mild green chilies. photo: Lifestyle Media Group.

sausage casings and crumble meat. Add to frying pan, cooking and stirring until lightly browned. Add onion and green pepper, cooking and stirring occasionally just until onions are limp and potatoes are tender (approximately 8 to 10 minutes total).

2. In a bowl, beat eggs with half-and-half, salt and oregano until well-combined. Add tomato and egg mixture, all at once, to sausage mixture. Reduce heat to low and cook, stirring lightly as eggs begin to thicken, until eggs are creamy and set.

3. Arrange one or two slices of hot toasted Italian bread on each serving plate. Spoon some of the egg mixture over the toasted bread, and sprinkle with cheese and parsley. Serve at once.

Serves 4 to 6.

## FREMONT/CUSTER County Menus

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

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

- DECEMBER 4:** SWISS STEAK W/ MUSHROOM SAUCE, Whipped Potatoes, Greens, Orange & Dinner Roll/marg.
- DECEMBER 6:** HAMBURGER WITH CATSUP, MUSTARD & ONION, Sliced Tomato on Lettuce, Baked Beans, Potato Salad & Pears.
- DECEMBER 11:** BAKED HAM WITH RAISIN SAUCE, Candied Sweet Potatoes, Green Bean Amandine, Cranberry Mold.
- DECEMBER 13:** CHICKEN FAJITA, Tomato, Lettuce Garnish, Cilantro Rice, Cooked Cabbage with Red Pepper, Grapes
- DECEMBER 18:** BBQ BEEF BRISKET, Ranch Style Beans, Carrifruit Salad, Raisin Nut Cup.
- DECEMBER 20:** MEATLOAF W/ BROWN GRAVY, Cheesy Potatoes, Green Beans, Pineapple Tidbits.
- DECEMBER 25:** Christmas Day Holiday
- DECEMBER 27:** TURKEY TETRAZINI, Italian Green Beans, Cottage Cheese Peach Salad, Strawberry Applesauce.

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

- DECEMBER 4:** SPINACH LASAGNA, Tossed Vegetable Salad, Seasoned Green Beans, Tangerine.
- DECEMBER 6:** SPLIT PEA SOUP, Hamburger on a bun with Catsup, Mustard & Onion, Creamy Coleslaw, Banana.
- DECEMBER 7:** TURKEY TETRAZINI, Italian Green Beans, Cottage Cheese Peach Salad, Strawberry Applesauce.
- DECEMBER 11:** CHILI RELLENO CASSEROLE, Parslied Carrots, Tossed Vegetable Salad with Lemon.
- DECEMBER 13:** SCALLOPED POTATOES WITH HAM, Chopped Spinach, Succotash, Apple.
- DECEMBER 14:** LENTIL BLACK SOUP, Egg salad Sandwich on Wheat Bread, Sliced Tomato on Lettuce, Banana.
- DECEMBER 18:** TUNA SALAD ON A BED OF LETTUCE w/SLICED TOMATO, Pasta Salad, Orange Juice - 4oz, Peaches.
- DECEMBER 20:** CHILI CON CARNE, Whole Wheat Crackers, Sliced Yellow Squash, Pineapple Mandarin Orange Compote & Cornbread.
- DECEMBER 21:** BAKED HAM WITH RAISIN SAUCE, Candied Sweet Potatoes, Green Bean Amandine, Cranberry Mold.
- DECEMBER 25:** Christmas Day Holiday.
- DECEMBER 27:** HUNGARIAN GOULASH, California Vegetable Medley, Chopped Spinach with Malt Vinegar, Banana.
- DECEMBER 28:** BAKED POTATO, Broccoli Cheese Sauce, Tossed Salad w/ Dressing, Plum, Fruit Cocktail.



**Come Visit Us At Our New Location at 121 S. 5th St. In Cañon City**

**Argus Home Care, Inc.**

---

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

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

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

**FLORENCE**  
100 Railroad St. - Florence Tu-Thur-Fri

- DECEMBER 4:** BEEF STEW, Wheat Crackers, Whole Kernel Corn, Herbed Green Beans, Diced Pears.
- DECEMBER 6:** SALISBURY STEAK, Whipped Potatoes with Gravy, California Vegetable Medley, Greens, PA tidbits.
- DECEMBER 7:** BRATWURST/BUN With Sauerkraut, Mustard & Onion, Pickled Beets, Sliced Peaches.
- DECEMBER 11:** SPLIT PEA SOUP, Hamburger on a bun with Catsup, Mustard & Onion, Creamy Coleslaw, Banana.
- DECEMBER 13:** CHICKEN CACCIA-TORE, Whipped Potatoes, Chopped Spinach, Banana.
- DECEMBER 14:** TUNA NOODLE CASSEROLE, Italian Green Beans, PA Tidbits.
- DECEMBER 18:** SMOTHERED CHICKEN, Cornbread Stuffing, Cauliflower & Broccoli Mix, Applesauce Waldorf Salad.
- DECEMBER 20:** TURKEY TETRAZINI, Italian Green Beans, Cottage Cheese Peach Salad, Strawberry Applesauce.
- DECEMBER 21:** HUNGARIAN GOULASH, California Vegetable Medley, Green Peas, Pineapple Tidbits.
- DECEMBER 25:** Christmas Day Holiday
- DECEMBER 27:** CHICKEN NOODLES, Green Beans, Baked Acorn Squash, Apricot Pineapple Compote.
- DECEMBER 28:** BEEF & SWEET PEPPERS, Steamed Brown Rice, California Vegetable Medley, Pear Halves.

**CUSTER SENIOR CTR.**  
call 719-783-9508 for reservations before 9:30am - M-Tu-Thur - Noon Meal

- DECEMBER 3:** SPLIT PEA SOUP, Hamburger on a bun with Catsup, Mustard &

- Onion, Creamy Coleslaw, Banana.
- DECEMBER 4:** HONEY BBQ CHICKEN, Oven Browned Potatoes, Chopped Spinach, Diced Pears.
- DECEMBER 6:** KIELBASA, Parsley Buttered New Potatoes, Mixed Vegetables, Baked Acorn Squash, Pineapple.
- DECEMBER 10:** WHITE CHILI W/ CHICKEN, Whole Wheat Crackers, Carrot & Celery Sticks, Cooked Cabbage with Red Pepper, Pear Halves.
- DECEMBER 11:** STUFFED PEPPERS, Oven-Browned Potatoes, Italian Blend Vegetables, Sliced Peaches, Cookie.
- DECEMBER 13:** LEMON BAKED FISH Tartar Sauce & Lemon, Rice Pilaf, Green Beans with Mushrooms, Fruit Salad.
- DECEMBER 17:** BEEF BARLEY SOUP, Wheat Crackers, Sesame Broccoli, Apricot Pineapple Compote, Apple.
- DECEMBER 18:** DIJON CHICKEN, Steamed Brown Rice w/Parsley, Chopped Spinach, Orange.
- DECEMBER 20:** BAKED HAM W/RAISIN SAUCE, Candied Sweet Potatoes, Green Bean Amandine, Cranberry Mold.
- DECEMBER 24:** Christmas Eve Holiday
- DECEMBER 25:** Christmas Day Holiday
- DECEMBER 27:** BEEF STEW w/Wheat Crackers, Whole Kernel Corn, Herbed Green Beans, Diced Pears.
- DECEMBER 31:** SUBMARINE SANDWICH WITH SALAD DRESSING, Sliced Tomato on Lettuce, Macaroni Salad, Fruit Cocktail, Oatmeal Raisin Cookie.

**GOLDEN AGE CENTER**  
728 N. Main St.-Canon City M-W-F

- DECEMBER 3:** SALISBURY STEAK, Whipped Potatoes with Gravy, California,

- Vegetable Medley, Greens & Nectarine.
- DECEMBER 5:** HUNGARIAN GOULASH, California Vegetable Medley, Green Peas, Pineapple Tidbits.
- DECEMBER 7:** TACO SALAD WITH SALSA Tomato & Lettuce Garnish, Strawberry Applesauce, Orange & Cornbread.
- DECEMBER 10:** CHILI CON CARNE, Whole Wheat Crackers, Sliced Yellow Squash, Pineapple Mandarin Orange Compote & Cornbread.
- DECEMBER 12:** SLOPPY JOE ON A BUN, Scalloped Potatoes, Peas/Carrots, Apple or Peach.
- DECEMBER 14:** LEMON BAKED FISH Tartar Sauce & Lemon, Rice Pilaf, Green Beans with Mushrooms, Fruit Salad.
- DECEMBER 17:** HAM/BEANS, Cut Broccoli, Parslied Carrots, Orange Juice-4oz, Cornbread with Margarine.
- DECEMBER 19:** BEEF STROGANOFF, Orange Spiced Carrots, Ruby Beef Salad, Tropical Fruit.
- DECEMBER 21:** BAKED HAM W/ RAISIN SAUCE, Candied Sweet Potatoes, Green Bean Amandine, Cranberry Mold.
- DECEMBER 24:** Christmas Eve Holiday
- DECEMBER 26:** PASTA PRIMAVERA, Spinach Salad with Egg & Lite Italian Dressing, Apple Pear Salad w/Almonds, Plum & Garlic Bread.
- DECEMBER 28:** HAMBURGER WITH CATSUP, MUSTARD & ONION, Sliced Tomato on Lettuce, Baked Beans & Potato Salad, Apple.

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

# Counter Culture: Ever Hear Of Probiotics?

by Sandra Gordon

In this age of antibacterial soap, overprescription of antibiotics and the fear of foodborne illnesses from the likes of salmonella and E. coli, bacteria don't exactly have a healthy reputation. Still, probiotic bacteria, which are linked to improving the health of the digestive tract, are separating from the pack.

Scan the shelves and the refrigerated section of your local health-food store and you're likely to spot pills, powders and liquid supplements proclaiming probiotic ingredients. They're showing up in supermarkets, too. Dannon's Activia and Stonyfield Farm yogurt contains probiotic bacteria, as does General Mills Yoplait Yo-Plus, a dairy drink. What exactly are probiotics and what can they do for you? To find out, we asked several pros for their insight into these beneficial bugs.

**Q: What are probiotics?**

**A:** They're live "friendly" bacteria that commonly inhabit the large intestine (colon) as part of its microflora and aid in digestion and the normal functioning of your gut, says Manfred Kroger, Ph.D., professor emeritus of food science at Pennsylvania State University. Now, however, probiotic bacteria are being grown in labs and added to foods or sold as dietary supplements.

**Q: Why would I want to eat them?**

**A:** The beneficial bacteria in your colon can become depleted in several ways. If you're taking antibiotics, suffering from diarrhea, undergoing a course of chemotherapy or if you've consumed contaminated food, the harmful bacterial (that also reside naturally in your gut) can wind up outnumbering the good. (A bout of diarrhea is a sure sign of this imbalance in your intestinal bacteria, says Kroger.) Several studies in adults and infants now suggest that probiotics may offer some relief. Consuming probiotic bacteria can help to re-establish and nurture

the colon's beneficial bacteria.

Some probiotic manufacturers claim that consuming probiotic bacteria may improve your overall immunity to illness and reduce the risk of certain cancers and heart disease, but the research in these areas is so far inconclusive. Also, some health-care professionals recommend using probiotics (both orally and topically) as part of a treatment for vaginal yeast infections.

**Q: Are there different kinds of probiotics?**

**A:** Yes--and some are more potent than others. To benefit from probiotic bacteria, you need to consume varieties that can survive the long haul to your colon. First stop is the stomach. There, about 90 percent of the bacteria you ingest--good or bad--are killed by the stomach's hydrochloric acid, which has a pH akin to toilet-bowl cleaner and naturally helps to break down food. The 10 percent of bacteria that withstand this harsh environment must then survive the bile acids of the duodenum and navigate through 15 yards of small intestine before finally settling into the nooks and crannies of the colon, where they multiply and get to work. Lactic-acid bacteria, specifically *Lactobacillus acidophilus*, *Lactobacillus reuteri*, *Lactobacillus casei*, *Lactobacillus rhamnosus* and bifido-bacterium, have been shown to survive this journey, says Mary Ellen Sanders, Ph.D., president of Dairy and Food Culture Technologies in Centennial, CO. These are the ones most commonly purchased.

**Q: What else should I look for when comparing probiotic products?**

**A:** Check labels for the type and amount of each probiotic they contain, because even if you buy a product with the right bacteria, there's no guarantee that it contains enough of them to meet your expectations. "For probiotic bacteria to have an effect, we like to see about 107 or 108 (10 million to 100 million) live bacteria per gram," says Joe O'Donnell, Ph.D., executive director of the California Dairy Research Foundation in Davis, California. And that's on the date you buy a product, not at the date it's manufactured. As soon as a probiotic product is manufactured, the bacteria begin to die, though cold temperatures hamper the process (see below).

The labels on most containers of yogurt don't list their levels of bacteria, though many supplement labels do. How-

ever, because they aren't strictly regulated by the Food and Drug Administration, "supplements don't always live up to the counts they claim to have on the label," Sanders says. Your best bet is to contact the manufacturer. "They should be able to tell you what level of bacteria you can expect at the expiration date of the product," O'Donnell says. The most reputable manufacturers also have data to back up their numbers and can tell you what strains of bacteria are in their products.

**Q: Since probiotics are living bacteria, do they need to be stored in any special way to keep them alive and potent?**

**A:** "They need a cold environment--the colder the better, even frozen," says O'Donnell. So make sure any probiotic foods and supplements you buy are refrigerated in the store, and choose products with the most distant expiration date. After buying them, don't let them sit in the hot sun in the back of your car; bring them home immediately and stash them in the refrigerator or freezer. Buy a small supply and try to consume them within a week or so.

**Q: Does the "Live & Active Cultures" seal on yogurt mean that it's a probiotic?**

**A:** No. The seal, issued by the National Yogurt Association, means that the yogurt contains the bacteria *Lactobacillus bulgaricus* and *Streptococcus thermophilus*, says Sanders. These "starter cultures" convert lactose--the main carbohydrate in milk--into lactic acid, which curdles milk protein into the custard-like consistency of yogurt. Starter cultures don't qualify as probiotic bacteria because they don't survive the trip to your colon. However, that doesn't mean they're simply a marketing gimmick. They have been shown to aid in the breakdown of lactose, making yogurt especially digestible, especially if you're lactose intolerant, Sanders says. However, many yogurts with the "Live and Active Cultures" seal also contain *Lactobacillus acidophilus*, which is a probiotic bacterium (because it makes it to your colon alive). Products containing *acidophilus* generally say so on their labels. For the most bacteria for your dollar, buy plain, not flavored, yogurt. The sugar content of flavored yogurt inhibits probiotic bacteria viability, according to Kroger.

**Q: So am I better off getting my probiotics through supplements rather than through food?**

**A:** On the contrary, says Sanders. Obtaining probiotics from yogurt may actually be a better idea. Compared to supplements, "probiotic dairy products

tend to have a shorter shelf life, which decreases the chances of the bacteria dying in product storage," she says. Food also helps neutralize stomach acid. Consequently the bacteria can more easily survive the passage through the stomach. And finally, "if you're consuming probiotics through foods like yogurt, you're also getting a complete package of nutrients such as calcium, protein and more," says Felicia Busch, R.D., the author of *New Nutrition: From Antioxidants to Zucchini*. However, if you can't tolerate dairy products, supplements are a viable way of getting probiotics, provided they are responsibly formulated.

**Q: Should I take probiotics all the time, or just when I'm sick?**

**A:** It depends on whom you ask. "I personally advocate eating foods that contain probiotics as a matter of course," says Kroger. It can do no harm, and it might do some good. Others recommend taking probiotics as extra health insurance if, for example, you're traveling to a foreign country (with foreign bacteria) or if you're lactose intolerant. In general, "if you're taking antibiotics or if you're having digestive problems, probiotics a good first choice as a way to reestablish the good bacteria in your gut," says Busch.

The recommended adult dosage for probiotic supplements is roughly five to ten billion bacteria per dose--check the label for the quantity your supplement contains. Taking them with food or milk renders them more effective by neutralizing stomach acid that might kill the bacteria. And if you're taking both antibiotic medication and probiotic supplements, make sure to take them several hours apart, advises Thomas Kruzel, N.D., associate professor at the National College of Naturopathic Medicine in Portland, Oregon. Otherwise, the antibiotics may "eat" some of the probiotics.

To find out whether your probiotic product is working, "see if you notice a physiological effect," suggests Sanders. Can you better digest dairy products? Did you survive a trip to India without a diarrhea incident? Are you responding better to your antibiotic medication? If not, try switching brands, buying a fresher supply or altering the time you take your probiotic.

Sandra Gordon - Journalist/author  
203-221-7632 [sgordon1@mindspring.com](mailto:sgordon1@mindspring.com), [www.sandrajgordon.com](http://www.sandrajgordon.com)  
[www.blogs.consumerreports.org/baby](http://www.blogs.consumerreports.org/baby)  
Most recent books:  
*Consumer Reports Best Baby Products*, 2007

**May The  
Clouds Never  
Burst And The  
Son Always  
Find You!**



**Westwind**  
CAMPUS OF CARE

**Three Distinct Programs on One Campus**



**Westwind Village**

- Subacute/Skilled Nursing Care
- Rehab & Respiratory Therapy
- Ventilator Care

Medicare & Medicaid Certified Private Pay & Insurance  
Welcome VA Contracted



**Horizon Heights**

- Skilled Nursing Care for Alzheimer's Disease & Related Disorders
- Secured Environment with Spacious Grounds
- Behavior Management Specialty

Medicare & Medicaid Certified Private Pay & Insurance  
Welcome VA Contracted



**Living Center & Casa de Vida**

- Assisted Living
- Single & Double Occupancy
- Residential & Assisted Living
- Affordable Monthly Rate Including Amenities

Medicaid Certified Private Pay & Insurance Welcome

**2515 Pitman Place • Pueblo, Colorado 81004**

**719-564-0550**

**Assisted Living**

**Belmont Senior Care**

*Senior Care Systems of Colorado, Inc.*

**"A Home-Like Assisted Living Community"**

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



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

**(719) 544-3999**

**3 Douglas Ct., Pueblo**  
[www.belmontseniorcare.com](http://www.belmontseniorcare.com)

**Adult Day Services & Respite Care also available!**

**Call Nichole Today for a Tour & Information Packet**

# Social Security & You

by Melinda Minor, District Manager - Pueblo



## SOCIAL SECURITY QUESTIONS AND ANSWERS

### RETIREMENT

#### Question:

I'm a retired worker. It looks like I underestimated when I reported my expected earnings to Social Security. Do I need to report this?

#### Answer:

Yes, if you are receiving reduced retirement benefits and you still work, you need to let us know if your earnings are going to be higher or lower than anticipated. Just call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778). Learn more about it by visiting our online publication, How Work Affects Your Benefits, at [www.socialsecurity.gov/pubs/10069.html](http://www.socialsecurity.gov/pubs/10069.html). Or you can call 1-800-772-1213 (TTY 1-800-325-0778) to request a free copy.

#### Question:

How many years do I need to work to make sure I'm eligible for Social Security retirement benefits?

#### Answer:

Everyone born in 1929 or later needs at least 40 credits to be eligible for retirement benefits. You can earn a maximum of four credits per year, so you will need to work at least 10 years to become eligible for retirement benefits. Each year the amount of earnings needed for a credit rises as average earnings levels rise. In 2007, you receive one credit for each \$1,000 of earnings, up to the maximum of four credits per year. For more information, visit Social Security's website at [www.socialsecurity.gov](http://www.socialsecurity.gov) or call Social Security's toll-free number, 1-800-772-1213 (TTY 1-800-325-0778).

### DISABILITY

#### Question:

My son was injured while in the military and he's now in a rehab center. It'll be a year before he's able to work again. Can he apply for disability benefits?

#### Answer:

Yes. In fact, military servicemen and women can receive expedited service whether they apply for Social Security disability benefits online or in person at the nearest Social Security office. People in the military can also apply for and receive disability benefits while getting military pay. The online site for disability applications from military personnel is [www.socialsecurity.gov/woundedwarriors](http://www.socialsecurity.gov/woundedwarriors). Disability applicants can also call 1-800-772-1213 (TTY 1-800-325-0778) to schedule an appointment at their local Social Security office.

#### Question:

I applied for disability benefits because of my back problems. The disability office sent me a letter saying I had to go back to the doctor for more tests. Do I have to pay for these tests?

#### Answer:

No. The state Disability Determination Service that decides your case may need additional medical information to evaluate how severe your disability is and how it limits your daily functioning. If needed information is not available from your current medical sources, they may ask you to go for a special examination. Your doctor or the medical facility where you have been treated is the preferred source to perform this examination, but it may be done by someone else. Social Security will pay for the examination. To learn more about Social Security disability benefits, visit our website on the subject at [www.socialsecurity.gov/dibplan](http://www.socialsecurity.gov/dibplan). Or call Social Security's toll-free number, 1-800-772-1213 (TTY 1-800-325-0778).

### SUPPLEMENTAL SECURITY INCOME (SSI)

#### Question:

I get Supplemental Security Income (SSI) and I started working as a telemarketer. I only make one or two hundred dollars a month. What's the best

way to report my wages to Social Security?

#### Answer:

Since your work will affect your SSI benefits, we strongly encourage monthly wage reporting as a way to make sure your monthly SSI payments are accurate and on time. Because it is your responsibility to report wages, not reporting them on time may result in you owing money to Social Security. Plan to submit your pay stubs each month. For more information, visit Social Security's website at [www.socialsecurity.gov/ssi](http://www.socialsecurity.gov/ssi) or call Social Security's toll-free number, 1-800-772-1213 (TTY 1-800-325-0778).

#### Question:

I get Supplemental Security Income (SSI) because I'm unable to work. My mom recently died and left me the money in her bank account. Will this extra money affect my SSI benefits? Will my SSI payments stop?

#### Answer:

The money inherited is considered income for the month you receive it and could make you ineligible for that month, depending on the amount of the inheritance. If you still have the money in the following month, it then becomes a part of your resources. An unmarried individual cannot have more than \$2,000 in resources and remain eligible for SSI. Call Social Security at 1-800-772-1213 (TTY 1-800-325-0778) and report the inheritance. They will tell you how your eligibility will be affected and what you might be able to do to remain eligible. For more information, visit Social Security's website at [www.socialsecurity.gov](http://www.socialsecurity.gov).

### MEDICARE

#### Question:

Is extra help for prescription drug coverage still available?

#### Answer:

Yes. Social Security has an easy-to-use online application that anyone — family members, friends and caregivers — can complete. You can find it at [www.socialsecurity.gov](http://www.socialsecurity.gov). To apply by phone or get an application, call Social Security at 1-800-772-1213 (TTY 1-800-325-0778) and ask for the Application for Help with Medicare Prescription Drug Plan Costs (SSA-1020). Or go to the nearest Social Security office. To learn more about the Medicare prescription drug plans, visit [www.medicare.gov](http://www.medicare.gov) or call 1-800-MEDICARE (1-800-633-4227; TTY 1-877-486-2048).

### WHATEVER YOUR JOB, SOCIAL SECURITY CAN HELP YOU DO IT

When you think of Social Secu-

urity, who do you think of? Older Americans who receive monthly benefit payments? Younger people with disabilities who aren't able to work and receive disability payments?

The fact is Social Security serves a number of different audiences. That's why we offer information by category on our website, [www.socialsecurity.gov](http://www.socialsecurity.gov).

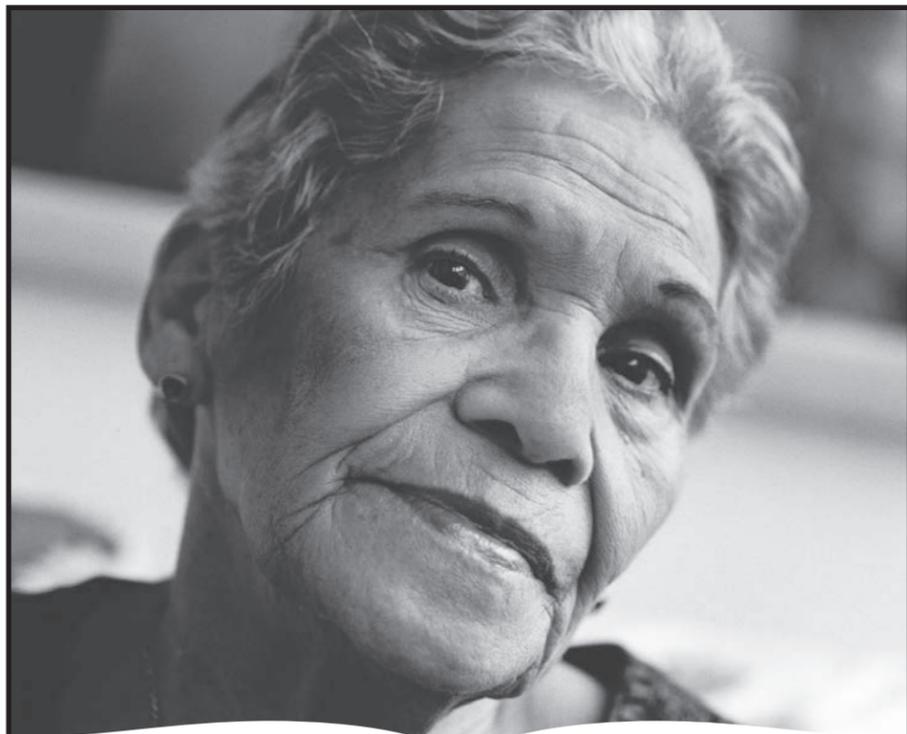
For example, if you are a financial planner, you can visit our page dedicated to your needs at [www.socialsecurity.gov/financialplanners](http://www.socialsecurity.gov/financialplanners). On this page, you'll find information about benefits; calculators that allow you to help your clients project their future benefit amounts; information about incomes that may offset Social Security benefits; and a link to the Social Security Statement page, where you can assist your clients in ordering a Statement -- a planning tool which details their earnings history and estimates their retirement benefit.

If you are a health or school professional, you may want to visit our Disability Programs page tailored to you at [www.socialsecurity.gov/disability/professionals](http://www.socialsecurity.gov/disability/professionals). This web portal explains the Social Security disability determination process, and how you may be asked to play a part in it. It tells about information we may request from you during a disability evaluation, and offers options on how you can submit the requested information to us — including the fastest and easiest way, through Electronic Records Express. Learn how to submit records electronically at [www.socialsecurity.gov/ere/index.html](http://www.socialsecurity.gov/ere/index.html).

Human resource managers will find a wealth of useful information on our website designed especially for their needs. Just go to [www.socialsecurity.gov/hrm](http://www.socialsecurity.gov/hrm) for everything you need to help you assist employees in planning for retirement and other life events.

If you are a teacher or school official, you may find it helpful to use our Schools page at [www.socialsecurity.gov/schools1.htm](http://www.socialsecurity.gov/schools1.htm). On this page, you can certify student attendance, obtain a teacher questionnaire, and learn more about students who apply for Social Security disability benefits.

Social Security interests a vast array of people. Learn more about Social Security by visiting our website at [www.socialsecurity.gov](http://www.socialsecurity.gov). Look for the "Information for" section in the right column. Or call us at 1-800-772-1213 (TTY 1-800-325-0778).



You don't just deserve better care,  
you deserve Evercare®.

To find out more information, please call Evercare at:

1-888-795-7975

TTY: 1-888-685-8480



EvercareHealthPlans.com

Evercare® Medicare Advantage plans are offered by United Healthcare Insurance Company, or one or more of its affiliated companies (including PacifiCare and Oxford licensed HMOs and insurance companies), Medicare Advantage organizations with a Medicare contract. Plan availability varies by county.

© 2007 United HealthCare Services, Inc.

E-060615-60 AC

## CONGRATULATIONS AND HAPPY 30TH BIRTHDAY!!

starpoint

partnering with  
individuals, families and  
the community  
enriching lives....  
realizing dreams



Contact Ron Hinkle today and find out how you can be  
a Starpoint Star! 719.269.2228

# Here's The Truth About Heart-Healthy Foods

by Sandra Gordon

When it comes to beating heart disease—public enemy number one—diet is your first line of defense. That's because what you and your family eat can strongly affect blood pressure and blood cholesterol positively or negatively, paving the way for artery-clogging plaque. A 'heart-healthy' diet low in saturated and trans fat and rich in fruits, vegetables, whole-grains and low-fat dairy products. Within that basic framework, however, some items may provide additional protection. Or can they? Here's food for thought on what's heart smart, what's not.

## Eggs Enriched with Omega-3s

**Secret Weapon:** Docosahexaenoic acid (DHA) and EPA (eicosapentenoic acid)—omega-3 fatty acids that may help reduce the risk of heart disease by reducing inflammation, a risk factor for heart attack, lower blood pressure slightly and the growth rate of the "bad" LDL cholesterol. One omega-3 enriched egg typically contains 50 to 150 mg of DHA and 2 mg of EPA. For that added bonus, expect to pay as much as \$1.50 more per dozen, compared to regular eggs, which contain 60 percent fewer omega-3s, on average.

**Try it/Buy it?** "Omega-3-enriched eggs aren't necessary for heart health," says Melissa Ohlson, R.D., nutrition project coordinator for preventive cardiology at the Cleveland Clinic in Cincinnati. Why? They contain little DHA and EPA, providing less than 1 percent of the American Heart Association's suggested intake of .5 to 1.8 grams of per day (500 to 1800 milligrams). And like regular eggs, they're also a significant source of cholesterol. One Egg Lands Best enriched egg, for example, provides 180 milligrams, which is more than half of the recommended

daily dietary cholesterol limit of 300 milligrams.

**Smart Switches:** If you're an egg lover, consider egg whites and commercially-prepared egg substitutes to keep your cholesterol intake low. For heart-healthy mega doses of omega-3s, consume at least two 3-ounce fish meals a week, such as salmon and albacore tuna. </P>

## Soy

**Secret Weapon:** Soy protein (think tofu, edamame, soy milk, soy smoothies) contains alpha-linolenic acid (ALA), an omega-3 fatty acid that converts to DHA and EPA in the body, and isoflavones, antioxidants that have been linked to a reduced risk of heart disease. "But soy's biggest benefit is that it displaces saturated fat in the diet," says Mikelle McCoin, R.D., senior nutrition director at the Gladstone Institute of Cardiovascular Disease in San Francisco. "If you're eating soy, you're probably not eating red meat."

**Try it/Buy it?** Definitely seek out soy. Because soy protein contains little to no artery-clogging saturated fat and cholesterol, increasing your intake while usurping high sat-fat foods, such as whole milk and red meat, can help lower LDL cholesterol in the blood. To get at least 25 grams of soy protein a day (recommended), go with whole soy foods, such as soy milk (7 grams of soy protein per cup), edamame (11 grams of soy protein per half cup), ? cup of roasted soy nuts (17 grams per one-fourth cup) or tofu (10 grams per half cup). Although there are products with isolated isoflavones on the market, McCoin doesn't recommend them since the degree to which isoflavones are cardio-protective solo isn't yet clear.

**Smart Switches:** Don't like soy? No problem. To downsize dietary saturated fat

and cholesterol, try to vegetarian meals regularly. Aim for one meatless meal per day for if you have high cholesterol or a family history of heart disease.

## Dark Chocolate

**Secret Weapon:** Proanthocyanidins—antioxidants in the flavonoid family that may help keep arteries clear, reduce the stickiness of blood platelets to reduce the risk of heart attack and lower blood pressure by improving blood vessel elasticity. In fact, a recent study in the Journal of the American College of Nutrition found that those who consumed 1.6 ounces of dark chocolate daily for two weeks experienced an eight-fold increase in the ability of their arteries to dilate, which improves blood flow to the heart, compared to those in the low-flavonoid chocolate group.

**Try it/Buy it?** Despite the promising research, "I wouldn't recommend eating chocolate regularly for heart health," says McCoin. That's because ounce per ounce, dark chocolate is calorie dense, which can contribute to weight gain if you consume it often, a major risk factor for heart disease.

**Smart Switches:** When you go the chocolate route occasionally (you're human, after all), "look for dark chocolate that has at least 70 percent cocoa," advises Mary B. Engler, Ph.D., a cardiovascular researcher at the University of California in San Francisco, such as Lindt Excellence. (Check the label.) More cocoa signals higher flavonoid content.

## Red Wine

**Secret Weapon:** Like dark chocolate, red wine is rich in proanthocyanidins. And, the alcohol (ethanol) red wine—or any alcoholic beverage contains—is also good for your heart. Studies have shown that consuming one to two drinks a day reduces the risk of heart disease by as

much as 50 percent. Alcohol raises HDL (the "good") cholesterol, which removes LDL cholesterol from artery walls.

**Try it/Buy it?** For heart health, there's no need to limit yourself to red wine. Still, if you imbibe, cut yourself off at one glass per day. (One drink equals 12-ounces of beer, a 4-ounce glass of wine, or a 1 1/2-ounce of 80-proof spirits.) Beyond that daily dose, alcohol can raise blood pressure to increase your risk of heart disease—and a host of other health problems.

**Smart Switches:** Don't drink? No problem. Studies suggest that drinking a one to two daily 8-ounce glasses of purple grape juice has similar heart-healthy benefits. "It enhances the body's production of nitric oxide, which relaxes and opens arteries, and helps prevent arteriosclerosis from forming," says David Bell, M.D., a cardiovascular researcher at the Indiana School of Medicine, in Fort Wayne.

## Tea

**Secret Weapon:** Like dark chocolate and red wine, green and black tea are a potent source of flavonoids, especially quercetin and Epigallocatechingallate (EGCG), which may relax blood vessels, prevent blood from clotting and prevent LDL cholesterol for oxidizing, a process that paves the way for artery-clogging plaque. One study showed that drinking three cups of tea a day reduced the risk of heart disease by 11 percent.

**Try it/Buy it?** Definitely consider adding tea to your repertoire if you don't drink it already. Studies have shown that tea drinkers generally lower death rates regardless of age, gender, smoking status, obesity, hypertension, diabetes or previous heart attack. "The more you drink, the lower your risk of heart disease," says McCoin.

**Smart Switches:** For the most benefit, opt for brewed green or black tea, which contains five to 10 times the flavonoids of instant tea.

## Grapeseed oil

**Secret Weapon:** A byproduct of wine production, this mild flavored oil is a decent source of antioxidant vitamins E and C and beta-carotene. One study showed that grapeseed oil may increase HDL cholesterol and lower LDL cholesterol by 13 percent and 7 percent, respectively. But research on this oil is scanty.

**Try it/Buy it?** Steer clear. "Grapeseed oil is a major source of omega-6 fatty acids, which may increase arterial inflammation, a risk factor for heart attack," says Fred Pescatore, M.D., author of The Hamptons Diet.

**Smart Switches:** Stick with canola oil and flaxseed oil, which contain heart-healthy ALA.

## Box: Heart-Check Mark Check-Up

For a quick way to spot heart-healthy products, look for the American Heart Association's red heart with the white check mark on product packages. Products displaying the heart-check mark must be low in saturated fat, cholesterol and sodium and contain at least 10 percent of the Daily Value of one or more of protein, vitamin A, vitamin C, calcium, iron or fiber. Still, keep tabs on calories by paying attention to portion sizes. "The heart-check logo doesn't mean you can overeat the product or think it's the magic bullet," cautions Wahida Karmally, RD, director of Nutrition at the Irving Center for Clinical Research at Columbia University Medical Center in New York City.

copyright Sandra Gordon  
Sandra Gordon  
Journalist/author  
203-221-7632  
sgordon1@mindspring.com  
www.sandrajgordon.com  
www.blogs.consumerreports.org/baby  
Most recent books:  
Consumer Reports Best Baby Products, 2007

## Same Old Song?

from page 3.

like Japan's. These are examples. "Like" doesn't work well in these constructions because the first, immediate understanding of "like" in context is as a comparative: Scott's love was "like a red, red rose." John Dos Passos wrote of "frail clouds like milkweed floss." The Yankees are like the Red Sox, only of course they weren't.

The editors of Merriam-Webster, in one of their permissive fits, take

a benign view of "like." They say, "There is no doubt that after 600 years of use, conjunctive 'like' is firmly established. It has been used by many prestigious literary figures of the past, though perhaps not in their most elevated works. In modern use it may be found in literature, journalism, and scholarly writing. While the present objection to it is perhaps more heated than rational, someone writing in a formal prose style may well prefer to use 'as, as if, such as' or an entirely different construction instead."

Bah! Humbug! On this point of usage, I am much more rational than heated. All I'm suggesting is that you writers think twice before committing to the slovenly "like" when a tidy "such as" may be easily employed. You may find a splendid example in the work of a stringer for The Washington Post. A few

weeks ago she wrote of Democratic electoral victories "in such places as Arlington County and Alexandria." Not "places like"! Places "such as"!

Two words often are better than one. Two weeks ago the Eugene (Ore.) Register Guard carried an item from the Associated Press that began, "The birth of a baby orca in Puget Sound this week makes the fourth calf born this year." Reader Phil Schnabel pounced: "Aren't all orcas born as babies?" Well, yes, the adjectival "baby" was redundant, but this was a B.R., that is, a Benign Redundancy. Only a heartless copy editor would kill it.

(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.)



**SENIOR GUESTS**  
These feature smaller portions

- \*Country Fried Steak..... \$6.39
- Senior Cheeseburger... \$5.49

Each Dinner Served With Your Choice of soup or salad!

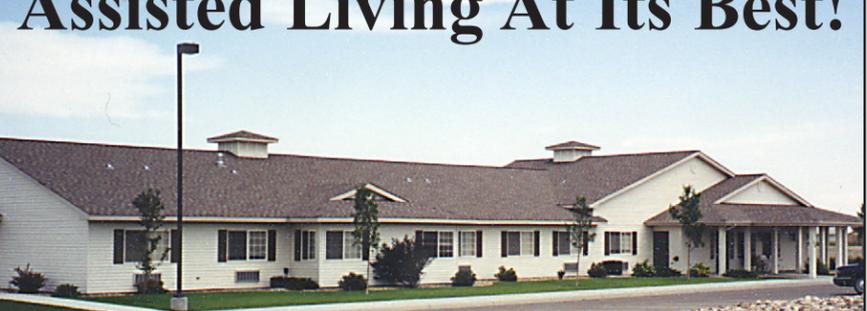
- Country Fried Steak..... \$6.49
- Liver & Onions..... \$6.49
- Chopped Steak Dinner.... \$6.49
- Pork Chop..... \$6.49
- Roast Turkey Dinner..... \$6.49
- Cod Dinner..... \$6.49
- Roast Beef Dinner..... \$6.49

**TWO SENIOR DINNERS**  
Just \$10.99

present ad - expires: 12/31/07

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

**Assisted Living At Its Best!**



*The Legacy Commons*

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

# AROMA THERAPY AND THE ELDERLY

Plant material has been used from the beginning of time to heal a wound, repel insects, heal an ailment or to season food. Perhaps it started when humans sitting around a fire noticed certain effects from a plant material they burned. They could breathe better or a headache went away. With experimentation teas were made and ointments created for many ailments. A healing medicine was discovered!

Aromatherapy is the use of essential oils extracted from plant material such as flowers, herbs, barks, leaves, roots, berries or fruits for the healing of

psychological and physical well-being of our conditions.

The oils enter the body through absorption and inhalation therapies such as massage or bath treatments.

The use of essential oils has been on the rise for several years now but have been in use for thousands of years from ancient Egypt to Rome. They were used to lubricate the skin, cleanse the air, heal the body and mind or simply to just smell good.

In the past few years there have been a number of clinical studies of the effects of these oils in the care of elders.

These studies demonstrated a significant impact on behavioral problems in patients with dementia with little side effects. One such study was aromatherapy in conjunction with massage on the elderly with dementia and depression.

Evidence was reported there was increased alertness, raised motivation, reduced levels of agitation, wandering and withdrawal. Many had improved sleeping patterns.

Some essential oils affect the nervous system and can even reduce blood pressure.

The relaxing and calming effects through massage, bath and inhalations therapies can help relieve stress, accumulated tensions and anxieties.

Blends have been prepared for dry cracked skin to bedsores. Use of these oil blends has shown improvement in physical conditions. One such study conducted in a manufacturing plant showed that when Peppermint oil was diffused into the air the workers were more alert and accidents were less.

Massage in itself is a relaxing experience but being used in conjunction with healing essential oils have shown through various studies worldwide that they indeed can have true healing effects.

In elder care with dementia and depression this can be an alternative or added therapy in their care as well as just to make them feel good!

Lavender essential oil for example is an antidepressive, antibacterial, astringent, analgesic, antispasmodic, anticonvulsive, antimicrobial, carminative, deodorant, diuretic, to name a few.

It is a natural sedative, relaxing and effective for physiological symptoms anxiety, mood swings, fear and paranoia. Often used for the treatment stress and depression. Lavender has a calming and mood lifting effect.

Do you remember the little lavender pillow Grandma used to make? One would put them by their own pillow for a good nights sleep.

The world is abundant with healing herbs and plants. From the start of mankind we have we have used these wonderful healing materials, perhaps it time we got back to that...

Submitted by *Wonderful Life Home Care and Assisted Living*

They can be reached at 970-593-8444.

## CROWDS GROW IN STYLISH GLASGOW

by Elliott Hester

Because the city is home to numerous bands and live concert venues, Time magazine called it "Europe's secret capital of music." It boasts hip new restaurants, a thriving arts scene, stunning Victorian architecture and enough rollicking pubs and clubs to satisfy party-hungry appetites.

Oh, yeah, and the men like to dress up in kilts.

Kilt-wearing blokes notwithstanding, Glasgow is a must-see destination. A one-time haven for shipbuilders and textile workers, this town of 600,000 has blossomed into a stylish city that even a hipster could love.

A number of boutique hotels have recently swung open their stylish doors. ABode Glasgow sports 60 guest rooms and a chef crowned with two Michelin stars. Instead of "standard" or "superior," rooms are categorized as "envious" or "fabulous."

At Oshi Spa inside the Park Inn Hotel -- across the street from the Glasgow Royal Concert Hall -- guests are pampered with a variety of treatments

from pedicures to aromatherapy.

I was surprised to learn that after London, Glasgow is the United Kingdom's second-most-popular shopping destination. That's old news to the thousands of shoppers I saw marching along Buchanan Street each day.

Buchanan Street is a bustling pedestrian shopping lane. Retailers rush to join storefronts for the likes of Hugo Boss and the new Apple Store. In fact, Buchanan Street rental fees rank seventh in the world behind New York's Fifth Avenue, London's New Bond Street, Champs Elysees in Paris and a few other stellar shopping haunts.

And yet there's a down-home feel to Glasgow's retail paradise. Somewhere between Russell & Bromley (shoes) and House of Fraser (department store), you'll see performance artists entertaining schoolkids and grandparents, business types, green-haired punkers and those quintessential Scottish men in kilts.

At night, an equally large and often inebriated crowd cruises Sauchiehall Street. Sauchiehall (pronounced Sa-key-hall) is a raucous gauntlet of pubs and



*Ashton Lane, Glasgow's hidden cobblestone walkway, is lined with friendly pubs .photo: Glasgow City Marketing Bureau*

nightclubs frequented by students from Glasgow's three universities.

Because I'm well past 25 years of age, I preferred to sip Guinness on

SEE "GLASGOW" PAGE 27.

### Villa Pueblo Senior Living Community

Centura Health.

I haven't lived an ordinary life.  
And I'm not starting now.

Villa Pueblo Senior Living Community  
719-545-5911  
1111 Bonforte Boulevard, Pueblo

Centura offers seven unique, engaging, extraordinary communities for seniors across Pueblo, Colorado Springs, Cañon City and the Denver Metro area. We understand that seniors and their families are looking for the right amount of care and the right amount of independence. So, we're happy to help you through the process and help you find the place that feels most like home. Visit us in person, by phone or online.

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

# Good Gardeners Wrap Up Their Christmas Wish Lists

by Marty Ross

It's easy to buy presents for a gardener, but it can be hard to fit them under a tree.

"I want a greenhouse for orchids," says Virginia Hayes, vice president of gardening at Smith and Hawken, the retail and mail-order gardening specialty company. Hayes says she's been

good all year -- and Santa, please just set up the greenhouse out in the garden.

Gardeners aren't hard to please, Hayes says, but they have a way of asking for presents that aren't necessarily appropriate for delivery in December. A truckload of well-aged horse manure may be a gardener's deepest desire, but it is hard to gift-wrap such a thing, and if the

weather outside is frightful, the compost delivery will have to wait until spring.

Don't let challenges like this slow you down. Garden shops are stocked like Santa's workshop with perfect gifts for the gardeners on your list.

Rebecca Brown has a birdbath on her list. Brown, buyer for the seven Bachman's garden shops in Minneapolis and St. Paul, reports that birdbaths with built-in solar heaters or fountains were hot sellers at Bachman's last summer. She knows she's not the only one who wants one for Christmas.

Birdhouses, bird feeders, bird decorations and accessories of all descriptions are just the thing to give gardeners in the dead of winter, she says. Birds fill your garden with life even when you're too busy or it's too cold for you to be out there yourself, and watching them through the windows makes the winter days pass more lightly.

Birdhouses these days are designed specifically for a specific kind of bird -- wrens and bluebirds prefer holes of different sizes -- and they all come in a terrific range of designs.

"They're fun, and you definitely need more than one," Brown says. This year, birdhouses that look like barns, cabins and country cottages are going to be the hot sellers, she says.

Smith and Hawken offers a fancy mahogany birdhouse with a copper roof for gardeners who prefer a more contemporary style and a blue ceramic birdhouse just right for anyone who appreciates nice pottery. Gardener's Supply Co., another mail-order specialist with garden gifts of all kinds, sells gourd birdhouses in bright fruit colors for a cottage garden.

Gardeners are notorious for buying presents for themselves, according to both Brown and Hayes, but even the gardener who has everything can always use another handsome watering can or a great-looking basket. A potting bench makes a spectacular gift, and a wheelbarrow or a garden cart will take a lot of strain off your mind and your favorite gardener's back.



*Gardeners aren't hard to shop for, but sometimes it's a challenge to wrap the presents. A potting bench, a birdhouse or an army of helpful garden gnomes will please the gardeners on your list. photo: www.smithandhawken.com.*

Bachman's and other garden shops around the country work with local artists to offer garden decorations that you can't find anywhere else. Ceramic garden ornaments, iron trellises and decorative stepping stones are even nicer if you know something about who made them and feel that you are supporting your community's craftspeople. Such decorations can contribute to a garden's sense of place, since they are made with local materials and express local aesthetic themes.

Garden decorations that glow in the dark are another hot item around the country. Glass garden spheres and hanging ornaments made with light-absorbing materials glow for several hours after dark and, properly placed here and there, give the garden a magical appearance.

"They're not so much for light as for atmosphere," Brown says. Gardener's Supply sells a broad selection of these decorations, which it calls "fairy dust balls."

Gardeners often confound their friends by wishing for the unattainable: They want more sun for the roses, less rain on the weekends and more time to enjoy their own backyards. These gifts are impossible to buy, but any gardener would appreciate a coupon good for a helping hand one Saturday morning in the garden or a packet of seeds inscribed with a promise to help plant them when the time is right.

If you're not a gardener but would like to please one, give a gift certificate big enough to buy a spring-flowering tree, a coupon redeemable for a day with a landscape designer, or a ticket to a gardening symposium. Such presents can seem abstract on Christmas Day, but a note describing the gift can be slipped into a pair of new garden gloves or another token, and the recipient can look forward to a little bit more Christmas cheer at the appropriate time.

The spirit of the holidays is nothing if not whimsical. Hayes started buying garden gnomes in France years ago, and colleagues have contributed to her collection. Now Smith and Hawken sells a group of gnomes, decked out with pointy red hats and ready to get to work in the garden.

And if it's too cold outside for garden work, there's no reason the gardener on your list couldn't keep her gnomes busy by the hearth for a month or so, waiting for spring.

For more information: Smith and Hawken, [www.smithandhawken.com](http://www.smithandhawken.com); Bachman's, [www.bachmans.com](http://www.bachmans.com); Gardener's Supply Co., [www.gardeners.com](http://www.gardeners.com).

## Glasgow Is THE Place!

from page 26.

Ashton Lane. Located in the West End, this cozy street is lined with pubs that cater to a less rambunctious crowd.

Rambunctious or not, the crowds are swelling in Glasgow. Since 2006, Glasgow's two international airports have attracted 30 new routes from Boston, Orlando, Toronto, Vancouver and a number of European cities.

Between visits to George Square in the heart of the city and guided tours of the University of Glasgow (Scotland's second-oldest), tourists come to admire the work of Charles Rennie Mackintosh.

Like Antoni Gaudi in Barcelona and Frank Lloyd Wright in Chicago, Mackintosh left an indelible mark on Glasgow. Born in 1868, the Scottish architect and interior designer favored smooth lines and geometric shapes over the ornate Victorian design of his time. Many of his innovative furniture designs are on permanent display at Kelvingrove Art Gallery and Museum, the most prominent museum in Glasgow and one of the finest in the United Kingdom.

Mackintosh's greatest architectural achievement, the Glasgow School of Art, is a stunning example of art nouveau design. The simple stone facade, expansive windows and wrought-iron gates helped pave the way for a new generation of designers and architects.

Glasgow-based bands like Franz Ferdinand and local supergroup The Reindeer Section play gigs at venerable venues such as King Tut's Wah Wah Hut, where the group Oasis was discovered. On any given night you can step into a

pub and hear live musicians playing everything from folk music to rock and soul. For these reasons, as well as the growing success of local record labels like Chemical Underground, Glasgow is often compared to Detroit during its Motown glory days.

And yet Glasgow is striving for more. A 12,500-seat Scottish National Arena is scheduled for completion in 2011. Scotland's largest hotel complex (a 300-room, four-star Holiday Inn) is currently under construction in the city center. And by 2014, the \$2.4 billion Glasgow Harbor development will have converted 130 acres of derelict property along the Clyde River into offices, bars and restaurants.

By 2014, however, Glasgow might be a mandatory stop on everyone's European travel itinerary. I'm happy to have visited before the crowds showed up.

### If You Go

From Jan. 16 to Feb. 3, 2008, Glasgow hosts the annual Celtic Connections, the premiere Celtic festival in the United Kingdom and one of the largest winter music festivals of its kind. For information, visit [www.celticconnections.com](http://www.celticconnections.com). For more information on Glasgow, visit the Greater Glasgow and Clyde Valley Tourist Board at [www.seeglasgow.com](http://www.seeglasgow.com).

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

## Seniors Look At This

You Need To Review What You Have For Health Insurance!!!



You Have November and December To Get Out Of A Bad Plan!

We Have Plans Which Have NO CO-PAYMENTS!

HOW HIGH ARE YOURS?

We Have Plans Which CAN NOT BE CANCELED!

CAN YOURS DROP YOU?

With Your Medicare and Our Supplemental, You Can Go To Docs and Hospitals ANYWHERE IN THE U.S.A.!

DOES YOURS LET YOU DO THAT?

THE MEDICARE F WILL GIVE YOU THESE ADVANTAGES. HOWEVER THOSE COMPANIES USING THE F PLAN WILL VARY ON PRICE.

LOOK AT OURS!! EXAMPLE:

65 YR OLD FEMALE...\$90.94 - 65 YR OLD MALE...\$104.50

70 YR OLD FEMALE...\$103.36 - 70 YR OLD MALE...\$118.80

Call 1-800-561-2842 - No Obligation

P.E.R.A. RETIREES SHOULD TAKE A HARD LOOK!

KEITH DEAN

DEAN INSURANCE SERVICES

1-800-561-2842

1-719-488-6824

# Reeling "A Tale Of Two Santas"

by Film Critic Betty Jo Tucker, Pueblo

## A TALE OF TWO SANTAS

Ho, ho, ho! Moviegoers have the opportunity to see two actors deliver their interpretations of Santa this month. Although released in November, "Fred Claus" will probably play on the big screen throughout December, and "The Santa Clause 3: The Escape Clause" is now available on DVD. In the former movie, Paul Giamatti plays the Jolly Old Elf, whereas the latter film features Tim Allen in his third outing as Santa/Scott Calvin.

Sibling rivalry raises its ugly head in "Fred Claus," a holiday treat co-starring Vince Vaughn as Santa's jealous older brother. More fun for parents than for young children, this new take on Santa's family life features some very funny scenes showing the boys' mother, who obviously never heard of Dr. Spock, violating important childrearing advice,

thereby setting the stage for the amusing chaos that ensues. Because this holiday comedy takes too long in getting to the colorful North Pole Christmas activity, it probably won't grab the interest of youngsters right away. But many adult viewers will be drawn in immediately by Vaughn's frenetic performance as a man with serious "brother" issues.

Lavishing parental attention on one child at the expense of another isn't beneficial to either youngster, but Fred (Vaughn) and Nicholas (Giamatti) have a mother (Kathy Bates) who just can't help herself. Throughout their lives, she constantly chides Fred for not being "more like Nicholas." And who can blame her? After all, Nicholas is so good, he's practically a saint -- while Fred has great difficulty controlling his bitterness toward his pudgy sibling. When the two grow up -- you guessed it -- Nicholas becomes Santa Claus, and Fred wants nothing at all to do with Christmas. Until this year, that is. What explains Fred's sudden interest in Nicholas' North Pole operation? Money, of course. Fred wants \$50,000 to close a certain deal, so he agrees to help his brother during the busy Christmas season.

Nicholas needs all the assistance he can get, for "the Board" has called in a Scrooge-like efficiency expert (Kevin Spacey) who wants to fire the elves and close down Santa's business. Unfortunately, Fred's unique brand of help backfires, causing everything to become extremely bleak indeed. Then, as we watch Fred try to make up for his mistakes, we can't help cheering him on.

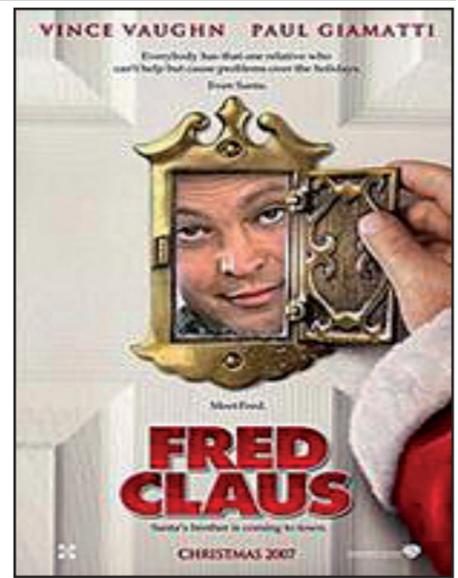
Besides Vaughn's excellent turn here, Giamatti comes across as a convincing Santa. Sometimes it's hard to understand his dialogue through the beard and moustache, but he looks quite lovable -- and we worry right along with him when things go wrong at the North Pole. As the villain, Spacey evokes our curiosity about why his character is so serious and mean. (When we find out, it's a delightful surprise!)

Although focusing on the dysfunctional relationship between Fred and Nicholas, "Fred Claus" boasts the traditional things children enjoy in holiday movies, including reindeer, elves, Santa's workshop and cheery Christmas music. There's also a fascinating "snow globe" which allows viewers to see who's being naughty or nice. Still, the highlight of the film shows Fred attending a "Siblings Anonymous" meeting. This depiction of several brothers seeking help is strictly for grown-ups -- and it's one of the funniest scenes of the year. (Released by Warner Bros. Pictures and rated "PG" for mild language and some rude humor.)

Rivalry also assumes a key role in "The Santa Clause 3." An envious Jack Frost, portrayed with smarmy gusto by Martin Short, wants to take over control of the North Pole operation from Allen's Santa. Unfortunately, despite Short's entertaining turn and the film's whimsical setting, this second sequel lacks the charm of the first two "Santa Clause" movies.

Allen's Santa has become worried about his pregnant wife who misses her parents, so he invites his in-laws to the North Pole for the holidays. He also extends an invitation to his own family. Santa has almost too much going on, so Jack Frost offers to help. Unknown to Santa, Frost harbors a secret plot that, if successful, would result in Scott/Santa evoking the escape clause and Frost himself becoming the new Santa.

With his devilishly amusing por-



trayal of Jack Frost, Martin Short provides the highlight of this second sequel. Short's frosty make-up, icicle-spiked hair and snow-streaked costume transform him into a wintry imp. He's especially watchable in a Las Vegas style musical number as he belts out "North Pole, North Pole" (instead of "New York, New York").

Actually, Martin Short turns out to be the only reason for adults to see this movie. The rest of the film may appeal to youngsters because of the colorful Toy Factory and Hall of Snow Globes scenes, but there's not much to laugh at here. Sadly, "The Santa Clause 3" fails to live up to the other films in this holiday franchise. Because I loved those movies so much, I'm disappointed this one put such a chill on my holiday spirit. (Released by Walt Disney Pictures and rated "G" as suitable for all audiences.)

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



**Lunch Special**  
deLITE Thin Crust  
Cheese Pizza - \$3.99  
11am-3pm

Ex: 12/30/07 just mention this ad  
310 N. 16th St. - Cañon City, CO  
276-0088

## Continuing to Exceed the Standard



Dian & Gerry J. Montgomery



Marvin F. Steward



In an effort to provide the finest service and resources, Montgomery & Steward Funeral Directors top priority was to expand our facility to continue to meet the needs of the families we serve. We believe we have achieved that goal.

We now offer a larger chapel and reception area, additional visitation rooms, handicap accessible restrooms and elevator, Kids' Kove, our children's play area, and a grief resource center.

Since 1922, our pledge has always been to provide quality care and personalized service to families of all faiths and ethnic origins. We promise to continue that tradition as long as our funeral home bears the names Montgomery & Steward.

If you haven't visited us yet, stop by today and we will be glad to give you a tour.



Member of International Order of the GOLDEN RULE

- Funeral Services
- Pre-need Plans
- Cremations
- Burial Planning
- Granite Monuments
- Bronze Memorials

Since 1922

# MONTGOMERY & STEWARD

Funeral Directors, Inc.

14th and Main Streets, Pueblo, Colorado 81003, (719) 542-1552  
Visit our web site: [www.montgomerysteward.com](http://www.montgomerysteward.com)

# Sharmar Village



Special Needs are Met by Special People



Sharmar Village Care Center & Chateau at Sharmar Village an Assisted Living Residence

- Specialized Alzheimer's and Dementia Care
- Secure Grounds
- Physical, Occupational and Speech Therapies
- Individualized Care Plans
- Skilled Nursing and Hospice Care
- Recreation and Community Outings
- 24-Hour Protective Oversight
- Secure Grounds
- Beautiful Apartments
- Walking Paths and Gazebo
- Kitchenette
- Emergency Call System
- Respite Care
- Day Program Available

1201 W. Abriendo Ave. • Pueblo, CO  
719-544-1173  
[www.contiumhealth.com](http://www.contiumhealth.com)

