

page 2 .....Opinion  
 page 4 .....Weird News  
 page 5.....Health  
 page 7.....Social Security & You  
 page 19.....Light for the Journey

**SeniorGuide 2010 Insert**  
**Peace - Health - Joy To All**  
**Macular Degeneration - P. 8**

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



# Senior Beacon

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

MAR., 2010 Vol. 28: No. 8 Established Aug., 1982 332 Consecutive Months!

## Seniors' Checks Shrink, \$1 COLA For 2011?

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

Alexandria, VA (February 8, 2010) The year is just getting started, but many seniors are reporting that their Social Security benefits are shrinking, says The Senior Citizens League (TSCL), one of the nation's largest nonpartisan seniors groups. In 2010, seniors and the disabled didn't get an annual cost-of-living adjustment (COLA) because inflation was too low. But Medicare premiums went up for millions of seniors, leaving them with shrinking Social Security checks. TSCL is conducting an online national survey

at [www.seniorsleague.org](http://www.seniorsleague.org) to learn more about the financial impact the situation is having on seniors and the disabled.

The situation isn't expected to improve next year, either. Government economists are saying that the chance of seniors getting a small boost to their benefits in 2011 is almost non-existent. In the latest budget and economic update, the Congressional Budget Office (CBO) predicted that the annual COLA for 2011 would be one-tenth of one percentage point, (0.1%). "That would boost monthly Social Security for people with average benefits of about \$1,000 by \$1," estimates Daniel O'Connell, Chairman of TSCL. "Not enough to prevent checks

from continuing to shrink again in 2011," he notes. TSCL is lobbying for an emergency COLA to protect beneficiaries' buying power and to help offset climbing Medicare premiums.

President Obama recently proposed a temporary \$250 payment for recipients of Social Security, Supplemental Security Income, and Veterans Benefits in his fiscal year 2011 budget, which starts October 1st, 2010. While TSCL supports all proposals that would help beneficiaries, "We feel there are better ways to provide this type of payment," O'Connell says. "A temporary increase in benefits, does little to protect vulnerable beneficiaries from a long-term loss of income," O'Connell notes.

A recent study for TSCL found that two years with no increase in benefits can have a very significant long-term impact on lifetime income. The study found that without a COLA that actually increases benefits, seniors or the disabled who started with a benefit of \$1,000 in 2009 would receive about \$17,471 less over a 20-year period due to the loss of the compounding effect of an average annual benefit increase of about 3%. The amount individuals would lose varies, depending on year of retirement and the monthly benefit they receive.

TSCL was the first seniors group to call on Congress to provide an emergency COLA in 2009, and strongly supports legislation that would provide an actual increase to benefits, like that provided by H.R. 3557, legislation introduced by U.S. Representative Walter Jones (NC). The

bill calls for an "average" COLA, which would equal about 3%, according to TSCL estimates. It would boost a \$1,000 check by \$30 per month-an additional \$360 in 2010. TSCL also supports legislation that would more fairly and accurately base the annual COLA on a

"seniors" CPI and guarantee that beneficiaries receive a minimum COLA of 3% every year - the "Guaranteed 3% COLA for Seniors Act" (H.R. 4193) introduced by U.S. Rep. Eliot Engel (NY).

"We urge seniors to participate in TSCL's annual Seniors Survey and let us know if your benefits are shrinking due to rising Medicare premiums," says O'Connell. Visit the TSCL website at [www.SeniorsLeague.org](http://www.SeniorsLeague.org) or send letters to: The Senior Citizens League, 909 N. Washington St. #300, Alexandria, VA 22314.

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



## Working/Pensioned Senior Workers May Need To Repay Tax Credit

Alexandria, VA (February 17, 2010) Confusing new tax rules, and an incorrectly administered tax credit, will cause major headaches for seniors who worked in 2009, who got a pension, or both, says The Senior Citizens League (TSCL), one of the nation's largest nonpartisan seniors groups. "An estimated 7 million seniors who received a little more money in their pay and/or pension checks due to the new 'Making Work Pay' tax credit may receive a smaller-than-expected refund, or even wind up owing something at tax time," states TSCL Chairman, Daniel O'Connell. For some, the tax surprise could be steep.

The Making Work Pay tax credit is normally worth up to \$400 for individuals and \$800 for married couples who work and have earned income, meaning wages, salaries, tips and other employee compensation. The tax credit was incorrectly applied to pensions, which do not qualify for the credit. Seniors who have pensions may need to repay the extra money they received in 2009 at tax time.

Complicating this year's tax season even further, recipients of Social Security, Supplemental Security Income, Railroad Retirement or Veterans benefits were also issued a one-time \$250 Economic Recovery Payment in 2009. "But people can't get both," O'Connell notes. If a recipient of the \$250 payment also worked, the Making Work Pay tax credit is reduced by the \$250 payment, leaving senior taxpayers with a lot less than they thought they were

SEE "MAKING" PAGE 3.

## Designated Beneficiary Law May Help Seniors

by Eileen Doherty

Denver, CO. Taking the time to do adequate estate planning for many seniors is seen as expensive and a task in which they do not wish to engage for various reasons. Estate planning includes executing such documents as a will; a medical power of attorney; a financial power of attorney; designating beneficiaries on life insurance policies and pension plans; funeral pre-planning; designating beneficiaries of a trust; and/or designation of individuals to have access to bank accounts and other financial investments. Many times this type of estate planning is delayed because seniors do not know who to designate or they fear the cost of paying for legal advice. Doing nothing sometimes is more expensive than doing something.

The State of Colorado has provided guidance for estate planning. For example, if an individual does not designate a medical power of attorney, the hospital or other health care institution can initiate a medical health care proxy. Similarly, if an individual dies without a will and has a very small estate (less than \$27,000), the state provides for the appointment of an affiant to settle the

estate.

Most recently the Colorado legislature enacted two statutes which prescribe the forms that are to be used to increase consistency among legal documents including changes to the financial power of attorney forms and the designated beneficiary agreement.

Effective January 1, 2010, individuals who execute a power of attorney are required to use the format that is included in the law, regardless if the form is drawn up by an attorney or by the individual. Individuals who have a power of attorney that was drawn up prior to the January 1, 2010 are grandfathered in and do not need to make any changes to existing documents.

Similarly, the Designated Beneficiary Agreement became effective on July 1, 2009. If the individual currently has any estate planning documents such as a will, medical power of attorney or a general power of attorney, those documents supersede the Designated Beneficiary Agreement.

If the individual has not done any estate planning, the Designated Beneficiary Agreement can provide access to a low-cost, tool for estate

planning. The Agreement provides the opportunity for two unmarried adults to designate one another as the person entitled to certain financial protections and decision-making powers in major life events. The Agreement is a contract between two unmarried individuals. If one individual marries or dies, the Agreement becomes invalid.

The Agreement allows two individuals to hold title to property jointly with the right of survivorship and to be designated as the beneficiary of a trust, a life insurance policy, a retirement or pension plan. The Agreement allows the beneficiary to be recognized as a dependent on a health insurance plan. It also provides the beneficiary with certain rights including: the right to file complaints in a nursing home, to be a proxy decision maker through a medical power of attorney, to withhold or withdraw medical treatment, to object to anatomical gifts, to sue for wrongful death, and to direct the disposition of the last remains. The Agreement also allows the beneficiary to inherit real or personal property if the other party dies without a will.

To be legal, the Agreement must follow the form that is prescribed in

the law. In addition, the form must be notarized and filed with the Clerk and Recorder in the county in which the individual resides. The filing fee is minimal. The Clerk and Recorder will issue two certified copies showing the date and time the office deemed the Agreement to be effective.

It is recommended that each party have a copy of the Agreement. Any third party such as a doctor or hospital that acts in good faith shall not be subject to civil liability or administrative discipline relying on the affirmation in the Agreement.

Individuals should consult with their legal counsel to determine if Designated Beneficiary Agreement can meet their estate planning needs. Individuals needing copies of this form or the power of attorney form, can call 303-333-3482.

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

# I'm Still Above Ground

by James R. Grasso, Chief Cook & Bottle Washer



## SeniorGuide 2010

Since 1989 it has been our pleasure to publish *SeniorGuide*. Many caregivers from the public and private sector came to us and asked if we could fill their need of having a thorough booklet that they could use to give to people that covered all Long Term Care availabilities in our area.

Since that time there are others who have joined the party this time of year. In fact, the senior community now has three such publications. We consider that achievement flattering and are happy that the senior community wins.

Anyway, we obliged the health community and the newest publication, *SeniorGuide 2010*, can be found inserted in this issue. Please save it for future use.

## Senior of the Year Nominations

May 2010 is Older Americans Month and citizens have the opportunity to

nominate and honor a very special senior citizen during the annual Senior Life Festival being held May 7, 2010 at the Colorado State Fair Grounds Events Center.

The Pueblo Area Agency on Aging and the Pueblo Advisory Council on Aging will honor an outstanding Pueblo County senior citizen who has made significant contributions to our community through volunteer services. The nominee must be 60 years of age or older.

Nominations forms are available through the Pueblo Area Agency on Aging 719-583-6120. Nominations will be accepted through March 5, 2010.

**Our Belmont Lodge Rehab Team can help you get back to the activities you enjoy!**

If you know you will require therapy after surgery or a hospital stay, include your nursing facility choice in your pre-planning.

- At Belmont Lodge, our aim is to meet your goal of returning home – with improved function and quality of life!
- Physical, Occupational, Speech Therapies by experienced staff.
- Private rooms - no extra charge - on separate rehab unit



**Belmont Lodge Health Care Center**  
 1601 Constitution Rd.  
 719-562-7200

2098255

## Some Words To Remember

• Budgets do not come from the White House. They come from Congress, and the party that controlled Congress since January 2007 is the Democrat Party.

• This administration has borrowed most of its anti-terror policies - i.e. detentions, enemy combatants, domestic wiretaps, military tribunals, the prison at Guantanamo Bay - from GWB. He has to be chuckling about this.

• I was against algore and his followers about man-made global warming before they even started their snake-oil salesmanship. If we have global warming then the earth should be heating up all over, not just in some places. That didn't make sense to me. Besides, the sun makes the earth cool and heat. Where we live here in Colorado thousands of years ago was an inland sea. I imagine we had global warming then because we no longer are under water here. Only thing is, to my knowledge, humans, if there were any at that time, couldn't have caused it. It was the natural progression of climate patterns influenced mainly by the sun.

Well, don't take my word for it, Phil Jones of East Anglia University in England, the place that all algore types used as their mecca for information on global warming, has admitted that the earth hasn't warmed since 1995 and the global warming hysteria was all a big hoax. I wonder why our media doesn't cover such things here. They are doing us a disservice. European news outlets are "on fire" with this revelation that has been backed by the United Nation's IPCC unit who were in charge of monitoring global warming world-wide. They agree with Mr. Jones.

• It's funny that this administration is now taking hold of the Iraq situation and telling all that they will be responsible for bringing our forces home. It's funny because these guys on the Left were always against the war. In fact, the esteemed Sen. Harry Reid (D), Nevada, infamously said in the summer of 2008, "This war is lost!" It's also interesting that BHO never has said anything about how we toppled a cruel dictator. He never has said anything about that importance of our presence in the Middle East. He has never said anything of our victory there. Isn't that why we fight wars? To win! "No War For Oil," Indeed!

• So now we're going to have government money used to build high-speed rail from Tampa to Orlando (about 90 miles). BHO is giving \$8 billion to jump start this project and be the showcase for 12 other regional projects. Of course, the cost for this will likely expand to \$10 billion or closer to \$12 billion and probably more once you figure in operating costs, right-of-way acquisition, litigation expenses and cost overruns. These are unnecessary make-work projects that will be no more than pay-offs to unions. Isn't there a better way to sustain unions than building railroads that will have to be propped up with taxpayer money just to keep them running?

• Back to global warming: Why do you suppose all these scientists signed off on the fraudulent claims of the enviros? Why wasn't this just a scientific endeavor using the scientific method to prove these claims? algore, "Played On Our Fears!"

• Had an interesting conversation with a man from Pueblo West recently telling me just how bad *Senior Beacon* is because it doesn't subscribe to his way of thinking politically, i.e. Big Government knows all. No examples to back up his claims on anything of course. He never made mention of any particular thing that I wrote, just ad hominum expressions like "how sorry he was that he picked up the paper in the first place." I told him to write an email to me at [srbeacon@gmail.com](mailto:srbeacon@gmail.com) or go to "Blog With Us" at [www.seniorbeacon.info](http://www.seniorbeacon.info) and rant away. He won't, I imagine. If I am to be "enlightened" isn't it his duty to do so?

Thank you Lord and Godspeed to all.

## Senior Life Festival

Colorado State Fair Grounds Events Center - Pueblo  
**May 7, 2010**

"An Expo of Services and Products for the 50+"

**ADMISSION - 1 Can of Food for Care & Share; \$1.00 Donation for Paws for Life**

- 9:15 Color Guard
- 9:30 Senior Safety at Home
- 10:00 Healthy Cooking by Villa Pueblo
- 10:30 Government Pre-Election Forum
- 11:15 BOCC & Pueblo City Council Older American Proclamation Act
- 11:30 Senior of The Year
- 11:45 Dinner Show & Dancing/Featuring Ted Trani and the Wasabi Band (First 80 Seniors Free)
- 12:30 Community Service Awards (Sister Nancy Crafton and John Pompi)
- 12:45 Entertainment (Special) Ice Cream and Cake Social
- 1:15 Miss Pueblo County Scholarship Pageant Entertainment
- 2:30 BINGO (MUST REGISTER TO PLAY)

Come early for lunch tickets!!!

FREE Arts & Craft Show

FREE parking

Grand Hall 8-2:30 p.m. \* Bingo 2:30-4:30 p.m. (must register to play 8:00-10:00)

Gold Sponsor

PUEBLO COUNTY COMMISSIONERS

Flowers by: Dawn's Creations

PRIMROSE LUNCHEON SPONSOR

KAISER PERMANENTE

Senior Advantage Argus Home Care

Senior Beacon

Life Festival is a Proud Sponsor of Meals on Wheels

Pet Adoption Fair 10:00 a.m. - 2:00 p.m.

Health Passport

AARP

Information: 719-634-2343

WEDGERS

WYNWOOD BROOKDALE SENIOR LIVING

Pueblo Area Council on Aging

Pueblo's Therapy Specialists

SpringBridge<sup>SM</sup> Physical Rehab & Wellness Center



Left to right: Juhn Gallegos Jr., Rehab Technician; Kim Zerfas, MA, CCC-SLP; Karen Senn, PT, MSW; Tim Gangel, MPT; Shirley Anne Aragon, MS, OTR; Lora Ramos, PTA; Paula Medina, Administrative Assisitant; Michela Caruso, COTA; Linda Reis, COTA; Aubree Adams, LPTA; Deborah Harms, OTR; Lorraine Polchak, PTA; Eddie Valdez, COTA

Jennifer Andrews, COTA and Romeo Oliva Jr., PT/Rehab Manager

Providing inpatient therapies through Life Care Center of Pueblo and outpatient therapy through SpringBridge Physical Rehab and Wellness Center

Life Care Center of Pueblo

2118 Chatalet Lane  
 564-2000  
[www.lcca.com](http://www.lcca.com)

# El Pueblo History Museum Presentations

## “Rock Art of the Picket Wire” Presentation by Anne Whitfield

On March 3, Wednesday, 7:00 p.m., Anne Whitfield will present, “Rock Art of the Picket Wire,” at the museum. Ms. Whitfield has a passion for American Indian rock art and has aided in the conservation of rock art sites for many years. Through her unique photography methods she has made numerous archaeological recordings of sites for the U.S. Forest Service, Bureau of Land Management, U. S. Park Service and the U.S. Military.

Her presentation will focus on her work in the Picket Wire or Purgatoire Canyon region. From 6:30 p.m. to 7:00 p.m., participants may tour the museum’s “Contested Lands: Photographs Around the Picket Wire”. Cost for the presentation is \$5, call the museum to register.

## Yucca Weaving Workshop by Maria Westy Bush

Discover what you can do with yucca. On March 13, Saturday, from 10:00 a.m. to 2:00 p.m., artist Maria Westy Bush will demonstrate the histori-

cal uses of yucca and then give a hands-on beginning weaving workshop. Students will receive a copy of her book, “Yucca The Amazing Desert Plant.” Cost is \$30, which includes supplies, call the museum to register.

## Creating Artistic Images of Early Pueblo – Spring Break Children’s Workshop by Starr Miller

March 22 through 26, Monday through Friday, from 9:30 a.m. to 11:30 a.m., children 9 years of age and older

will mix history and art together at the museum. Noted artist Starr Miller will teach a Spring Break workshop where children will learn local history as they create several pieces of art work and explore art techniques using pencil, watercolor and oil pastels. Cost is \$40 which includes supplies, or \$10 for only a day. Register before March 17.

To register for workshops or make reservations, call the museum at 583-0453. The museum is located at 301 North Union, Pueblo.

# State Implements Licensure Requirement for Home Care Agencies

by Eileen Doherty

For seniors who are struggling to continue living at home, having a caregiver who can perform household chores, run errands and offer companionship can be a lifesaver. All of these services are readily available from Home Care Agencies, as well as some skilled nursing care such as medication administration and physical therapy. As the idea of continuing to live in one’s own home is often more readily palatable than the concept of relocating to an assisted living or skilled nursing facility, the field of

home care has grown in popularity. And with assistance available both from Medicare and Medicaid as well as grant money under the Older Americans Act to provide assistance in the home, it has become an increasingly possible option for many seniors.

Providers accepting reimbursement from Medicare and Medicaid have always been required to undergo a certification procedure to be in compliance with the billing requirements for those programs. However the State of Colorado had

not previously placed any further reporting requirements on Home Care Agencies until 2008. This had allowed Home Care Agencies accepting only private pay to operate without any further levels of oversight.

However, in an effort to ensure that higher quality care is being provided to seniors receiving in home assistance, the State has recently passed rules that require Home Care Agencies to apply for licensure. In order to obtain licensure from the state, agencies must submit a letter of intent to practice, including whether they intend

to deliver homemaker services, or whether they also intend to provide health care. Upon receipt of this letter, the state conducts an inspection of the agency, including a review of the criminal backgrounds of all staff and compliance with required documentation. The State has also implemented a requirement that the agencies must provide appropriate education and training to all staff. Additional requirements include a disclosure of the employment relationship, intermediate enforcement standards, a plan of correction for any deficiencies, an occurrence reporting system, and liability insurance.

Home Care Agencies must also conduct a name based background check and a fingerprint background check for all staff, as well as provide a written explanation of consumers rights in English, Spanish, Russian and Vietnamese. The agency must also provide an agency disclosure form outlining the employer and employee relationships, including responsibility for workman’s compensation and taxes including Medicare, FICA, and State taxes. These practices are designed to improve consumer safety. Agencies are required to provide information on consumer rights and complaint procedures in the four most commonly utilized languages, promoting the ability of all elders to make informed decisions about their homemaker services.

The Colorado Department of Public Health and Environment is responsible for monitoring the Home Care Agencies performance, supervising compliance, conducting inspections, providing assistance in correction of deficiencies and enforcing sanctions, license revocation and fines if the deficiencies are not corrected. This will help ensure that the agencies remain in compliance with the licensure requirements, and will help to promote quality care.

A list of licensed Home Care Agencies is available at [www.healthfacilities.info](http://www.healthfacilities.info). If you have concerns about your Home Care Agency or to file a complaint, you may contact the Colorado Department of Public Health and Environment at (303) 692-2800, or the Colorado Gerontological Society at (303) 333-3482.

Eileen Doherty, MS, Executive Director Colorado Gerontological Society Senior Answers and Services, 3006 East Colfax Avenue, Denver CO 80206 ph. 303-333-3482; 303-333-9112 (fax) [doherty001@att.net](mailto:doherty001@att.net) [www.senioranswers.org](http://www.senioranswers.org)

# Making Work Pay

from page 1.

getting,” he observes. “The situation could be difficult for seniors who already spent their extra money trying to keep up with rapidly rising costs,” O’Connell says.

“There are already indications that seniors and beneficiaries are confused about their tax filing requirements,” O’Connell says. “Based on the mail TSCCL has received, some seniors either do not know or don’t remember if they have received the \$250 Economic Recovery Pay-

ment,” he says. “It came in the form of an extra benefit payment, and they may not have realized what it was for,” O’Connell explains.

Even though most workers already received the Making Work Pay tax credit in the form of higher paychecks, all taxpayers, seniors and younger workers, will need to file a new Schedule M in order to claim the credit. “Some seniors may not be aware of this requirement if their incomes are so low they aren’t normally required to file a return,” O’Connell

notes. The IRS says that early tax filing trends indicate that some working senior taxpayers who received the one-time \$250 payment are slowing down their tax refunds by not properly reporting the payment on their tax returns.

TSCCL offers these tips for working beneficiaries and those who receive pensions:

- \* Start your taxes now. Collect your tax paperwork.

- \* Confirm whether you received the \$250 Economic Recovery Payment. If you are uncertain, you can verify that information by contacting the appropriate agency before preparing and filing the tax return.

- \* Free tax help is available through the Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) sites in many communities. Check your local newspaper or call 1-800-906-9887 for more information. (Editors please insert info about free local tax assistance in your community here).

To learn more about whether you may need to repay a portion of your tax credit, and the amount of your potential tax liability, visit [www.SeniorsLeague.org](http://www.SeniorsLeague.org).



**CANON CLUB APARTMENTS**  
431 Macon Ave Canon City Co 81212  
TEL 719-275-0219 FAX 719-275-2457  
E-MAIL: [canon@kiermangement.com](mailto:canon@kiermangement.com)  
Colorado relay \*77  
TTY/TDD 1-800-659-2656  
VOICE 1-800-659-3656

### QUALIFICATIONS

- 62 Yeas of age or
- Medically certified disabled
- Non-resident caregivers are allowed
- Small pets allowed. Strict rules & deposit
- Canon Club features efficiency and one bedroom apartments



### APARTMENT FEATURES

- Low income, subsidized rent
- Secure Building
- Wheelchair accessible
- Air conditioners
- Light sunny apartments
- Utilities included (except phone/cable)
- Front and Back Patios

## Our Physicians Make a World of Difference

*Doctor's Day*  
**March 30th, 2010**

*Doctor's Day is the perfect time to thank and appreciate your doctor for keeping you healthy and happy.*

**Your Health  
Your Hospital**

### Thomas Jefferson

3rd. President, Democrat  
Term of Office: January 20, 1777 to  
January 20, 1781

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

# news of the world

COMPILED BY CHUCK SHEPHERD  
FOR SENIOR BEACON



**The Continuing Crisis**

-- The Importance of the Dictionary: (1) When Donald Williams was publicly sworn in as a judge in Ulster County, N.Y., on Jan. 2, offices were closed, and no one could find a Bible. Since holy books are not legally required, Williams took the oath with his hand on a dictionary.

-- "Texting" While Driving Is Not the Problem: (1) Briton Rachel Curtis, 23, was sentenced to 12 months in prison by Bristol Crown Court in October for leading police on a high-speed chase while injecting heroin. (2) Authorities in Scottsboro, Ala., in December arrested a man after a high-speed chase during which he allegedly had methamphetamine cooking in the front seat. (3) Long-haul trucker Thomas Wallace was charged with manslaughter in Buffalo, N.Y., in January after his rig struck a parked car, killing the occupant, while Wallace was distracted watching pornography on his laptop computer.

-- Too-Swift Justice: It is not unheard of for someone to commit a crime and then immediately surrender, usually for safety or for the comfort of a warm jail cell (such as Timmy Porter, 41, did in Anchorage, Alaska, in October immediately after robbing the First National Bank Alaska). However, Gerard Cellette Jr., 44, tried to be even more helpful. Knowing that he would soon be arrested (and probably convicted) for running a \$53 million Ponzi scheme in the Minneapolis area, he walked into a county judge's chambers in December and offered to begin serving time. The judge explained that Cellette would have to wait until charges were filed and a plea recorded.

-- Timing Is Everything: Guido Boldini (and his mother Constance Boldini) pleaded guilty last April to soliciting a hit man to take out Guido's ex-wife, Michelle Hudon, after a contentious child-custody battle in Keene, N.H. The "hit

man" was, of course, an undercover cop, and the son and mother are now serving a combined 12 to 35 years in prison. However, unknown to the Boldinis, Michelle Hudon had been diagnosed with cancer, and in September, she died.

**Bright Ideas**

-- An official in Shijiazhuang, China, told Agence France-Presse in December that the city's new "women only" parking lot was designed to meet females' "strong sense of color and different sense of distance." That is, the spaces are 3 feet wider than regular spaces and painted pink and purple. Also, attendants have been "trained" to "guide" women into parking spaces.

-- Lenoir County, N.C., sheriff's deputies raided a suspected marijuana farm in January and learned that the grow operation was all underground. The 60 live plants were being cultivated inside an abandoned school bus, which had been completely buried, using several backhoes, accessible by a tunnel and with a garage built on top of it.

**The Fragrance of Love**

First, farmer Dick Kleis of Zwingle in eastern Iowa, composing a birthday note to his wife, arranged more than 60 tons of manure in a pasture to spell out "Happy Birthday, Love You" in shorthand. Then, for Valentine's Day, farmer Bruce Andersland created a half-mile-wide, arrow-pierced heart from plowed manure at his farm near the town of Albert Lea, Minn. "Now I've got my valentine!" shouted wife Beth, when she first viewed the aerial image.

**Oops!**

Helmut Kichmeier, 27, a hypnotist "trainee" who appears as Hannibal Helmurto in Britain's Circus of Horrors, accidentally hypnotized himself in January as he was practicing in front of a mirror. (Being in such a trance helps him swallow swords on stage.) His wife called Kichmeier's mentor, Dr. Ray Rob-

erts, who, as a "voice of authority," was able to snap Kichmeier out of it over the phone.

**Fine Points of the Law**

Seattle-area resident Patricia Sylvester, on trial for vehicular assault in October, was declared "not guilty" by the jury, but her sense of relief quickly faded. Polling the jurors individually, the judge learned that the verdict was not unanimous, as required by law. He sent them back to deliberate further, and Sylvester was this time unanimously found "guilty" (although of a lesser charge).

**Least Competent Criminals**

Didn't Think Ahead: (1) Two men tied up employees at a recycling company in Chicago in December, intending to take away the ATM on the premises, which is normally used to pay people who bring in scrap metal. However, the two men fled empty-handed after realizing that they were not strong enough to carry the 250-pound machine out to their truck. (2) Lloyd Norris, 57, was arrested in Gwinnett County, Ga., in February and charged with mortgage fraud, after he tried to buy a house with "cash" consisting of a nonsensical \$225,000 "U.S. Treasury" promissory note, supposedly "certified" by Secretary Timothy Geithner. Norris had prepared \$1 billion worth of the documents on his computer and apparently assumed that banks would not look too closely at them.

**Silliness Of Testosterone**

(1) A 31-year-old man was stabbed in St. Cloud, Minn., in January. He told police that he and another man were approaching each other on a sidewalk, and when neither man gave way, the other man stabbed him. (2) Scott Elder, 22, was charged with shooting a 24-year-old man in Savannah, Ga., in October after an escalating argument that started when one of the two strangers sent a text message to a wrong number. One comment led to another, and the men agreed to meet in a downtown parking lot to settle things. (3) Lankward Harrington, 25, was walking past a gardener working on a lawn in Washington, D.C., in October 2006 when grass clippings blew onto his clothes. At his trial in October 2009, Harrington was convicted of murder for shooting the gardener four times in the face. Said Harrington, on the witness stand: "He got grass on me. (I) take pride in my appearance."

**Can't Possibly Be True**

-- Women's rights activists in Uganda finally got the attention of the Western press in December, when London's The Independent verified the plight of Jennipher Alupot, who periodically for seven years had been forced to breastfeed her husband's hunting dogs as she was nursing the couple's own children. Farm-

er Nathan Awoloi of Pallisa explained that his dogs needed to eat, and since he was forced to send Jennipher's family two milk cows in order to win her hand, he felt his demands were reasonable.

-- In January, the Justice Department's Inspector General released a long-anticipated report detailing the FBI's post-9/11 corner-cutting in obtaining individual Americans' phone records. Federal law permits such acquisition only with a "terrorism" subpoena ("National Security Letter") unless the FBI documents emergency ("exigent") circumstances to a telecom company. The Inspector General found that, from 2002-2006, the FBI had representatives of three telecom companies set up in the FBI unit so that agents could request phone records orally, without documentation, and in some cases merely by writing the requested phone numbers on Post-it Notes and sticking them on the telecom employees' workstations. Some of the acquired records were uploaded to the FBI's database.

**Unclear on the Concept**

-- In December, British Columbia's District of Sechelt Council approved a bylaw making it illegal for licensed dogs to chase squirrels, seagulls and other wild animals. The councillors added a defense of "provocation" but left it undefined, which might be especially problematic in instances in which the dog is the only witness to the alleged provocation.

**The Continuing Crisis**

-- In February, the Board of Trustees of Saugatuck Township, Mich., scheduled a May referendum asking voters for an increase in the property tax in order to cover unanticipated new expenses. The budget overrun was due to the mounting costs of defending lawsuits by people and companies complaining that the Township's property taxes are too high.

**Least Competent Criminals**

-- Poorly Conceived: (1) Travis Copeland, 19, bolting from a courtroom in Waukegan, Ill., in January, ran down a hallway and then lowered his shoulder and thrust himself at a window, intending to crash through it to freedom. Courthouse windows are bulletproof, and Copeland merely bounced off, staggered away and fell to the floor in pain. (2) Chamil Guadarrama, 30, was arrested in Springfield, Mass., in February after a store security guard spotted him with 75 bottles of lotion stuffed down his pant legs (which were tied off at the ankles), making him look like a nearly immobile Michelin Man. Said a cop: "(We) could not fit Mr. Guadarrama into the cruiser because ... he could not bend over."

**Little Caesars®**

**HOT-N-READY**

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

**\$5.99** plus tax, carryout only

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

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

**LAMAR**  
1209 S. Main St. (Next to Corner Liquor)  
336-8777

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

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

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

**URGENT CARE**  
from southerncoloradoclinic

**3937 Ivywood Pueblo, CO 553-0111**

**3676 Parker Blvd Pueblo, CO 553-2208**

**COMPREHENSIVE CARE**  
- Board Certified Family Physicians  
- Comprehensive Diagnostic Equipment  
- Specialty Consultation Available

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

**INSURANCE & PAYMENT**  
- We accept Most Major Insurance & Health Plans (Please bring your current insurance card & appropriate co-pays!)

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

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

**JUST WALK IN • NO APPOINTMENT NECESSARY!**  
**Two Convenient Locations To Serve You**

# For A Healthier You



## Indoor Workouts Work Well In Bad Weather

by Bobby Waldron

(NAPSI)-Don't let the weather or the cost of gym fees serve as an excuse to get out of shape.

There are many exercises you can do at home to keep yourself in top form--especially using basic exercise equipment such as weights, an exercise mat, exercise ball or my Belly Burner Belt®.

Here are a few tips to help:

- Watch exercise TV. Tune in to an exercise program and work out along-

side the experts. DVDs such as my "Blazing Abs" training are a great way to start your day and tone up your abs. Look for an exercise video created by a credentialed fitness professional.

- Start by raising your heart rate for at least 20 minutes and increase time and intensity from there.

- Clean the house. Intense housework can be a great aerobic exercise, especially if you upgrade the fat-burning potential by wearing a specially designed belt like the Belly Burner. Such belts are

designed to increase metabolic rate and speed up your body's calorie-burning process.

The belt can be worn under or over light clothes and worn during normal daily activities and exercises, from walking and jogging to biking.

It can double the calorie burn with any workout regimen and help burn off unwanted inches.

The belt allows you to supercharge the calorie-burning process and accelerate the fat-burning energy needed to lose belly fat and have firmer abs.

- To recover from holiday weight gain, change your diet. When you look at your plate, you should have 80 percent vegetables, 10 percent protein and 10 percent grain. What that means is you should have a lot of salads or smaller portions of meat and a lot more veggies.

- Functional training is easy to do from home and doesn't require any equipment; you can use your body's natural movements, such as sit/stand, push/pull and run/jump, to get a full workout.

When doing these exercises, you can use your couch, household objects or your own body weight, but you want to make sure to get the full range of movement in each exercise.

These exercises are great as they trigger the natural production of human growth hormone and are compound movements, so you get more out of each exercise.

The Belly Burner Belt is available at Walgreens, Sports Authority, Big 5, Rite Aid, CVS and Target and online at [www.thebellyburner.com](http://www.thebellyburner.com).

*Waldron is a top celebrity trainer working in Hollywood and has appeared on various talk and morning shows as a fitness expert.*





**SeniorGuide 2010**  
[www.seniorbeacon.info](http://www.seniorbeacon.info) or pick it up at  
 at St. Mary Corwin, Parkview Medical Center,  
 St. Thomas More Hospital  
 among other locations.  
 At the same website above come and  
 "Blog With Us!"

## FREMONT/CUSTER County Menus Penrose(372-3872) - Canon City(275-5524) Florence(784-6493) - Silvercliffe (783-9508)

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

- MAR. 2:** WHITE CHILI/CHICKEN, Wheat Crackers, Carrot/Celery Sticks, Cooked Cabbage/Red Pepper, Apple.
- MAR. 4:** BAKED HAM/RAISIN SAUCE, Candied Sweet Potatoes, Green Bean Amandine, Cranberry Mold.
- MAR. 5:** PORCUPINE MEATBALLS, Whipped Potatoes/Gravy, California Veggie Medley, Almond Peaches.
- MAR. 9:** CHICKEN NOODLE SOUP, Wheat Crackers, Chopped Spinach/Malt Vinegar, Sliced Yellow Squash, Orange.
- MAR. 11:** COMBO BURRITO, Let./Tom./Salsa, Green Beans, Cilantro Lime Rice, Sliced Peaches.
- MAR. 12:** TURKEY TETRAZINI, Italian Green Beans, Cottage Cheese Peach Salad, Strawberry Applesauce.
- MAR. 16:** VEGETABLE SOUP, Cold Roast Beef Sandwich/Wheat Bread with Must-Mayo Sliced Tom./Let., Waldorf Salad, Banana.
- MAR. 18:** HAM/BEANS, Cut Broccoli, Parslied Carrots, Orange Juice, Cornbread with Margarine.
- MAR. 19:** ROAST CHICKEN/BROTH, Scalloped Potatoes, Harvard Beets, Cinnamon Apples.
- MAR. 23:** TOMATO SOUP, Turkey/Wheat/Mustard/Salad Dressing, Green Beans, Tangerine, Almond Peaches.
- MAR. 25:** SPINACH LASAGNA, Tossed Veggie Salad, Green Beans, Tangerine.
- MAR. 26:** ROAST PORK, Whipped Potatoes/Gravy, Parslied Carrots, Strawberry Gelatin Salad, Dinner Roll with Margarine.
- MAR. 30:** CHILI CON CARNE, Wheat Crackers, Sliced Yellow Squash, Fresh Apple, Cornbread with Margarine.

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

- MAR. 1:** Taco Salad/Salsa, Tom/Let, garnish, strawberry applesauce, cornbread.
- MAR. 3:** Chicken Cacciatore, oven browned spuds, Italian veggies, peaches.
- MAR. 6:** Sweet/Sour Pork, steamed brown rice, California veggie medley, diced peaches.
- MAR. 8:** Enchilada Pie, sliced tom./let., sliced yellow squash, mixed fruit.
- MAR. 10:** Tomato Soup, turkey/wheat, green beans, tangerine.
- MAR. 12:** Crunchy Baked Fish, whipped potatoes, mixed veggies, pineapple mandarin compote.
- MAR. 15:** Scalloped Potatoes/Ham, chopped spinach, succotash, apple.
- MAR. 17:** Corned Beef/Broth, parsley buttered potatoes, season cabbage/carrots, rye bread.

\* KEEP THESE COUPONS \*

# BIG O TIRES

A Reputation You Can Ride On

<p style="text-align: center;"><b>BIG O TIRES</b></p> <p style="text-align: center; font-size: 1.5em;"><b>\$25 OFF</b></p> <p style="text-align: center; font-size: 0.8em;">Any Set of Big O Brand Tires <small>Must present coupon. Ex:4/15/10</small></p>	<p style="text-align: center;"><b>BIG O TIRES</b></p> <p style="text-align: center; font-size: 1.5em;"><b>10% OFF</b></p> <p style="text-align: center; font-size: 0.8em;">Any Brake Service <small>Must present coupon. Ex:4/15/10</small></p>
<p style="text-align: center;"><b>BIG O TIRES</b></p> <p style="text-align: center; font-size: 1.5em;"><b>FREE</b></p> <p style="text-align: center; font-size: 0.8em;">Rotation (\$20 Value) <small>Must present coupon. Ex:4/15/10</small></p>	<p style="text-align: center;"><b>BIG O TIRES</b></p> <p style="text-align: center; font-size: 1.5em;"><b>\$29.99</b></p> <p style="text-align: center; font-size: 0.8em;">Full Service Oil Change Special (Includes 5 qts.) <small>Must present coupon. Ex:4/15/10</small></p>

Taking Care Of Families!

719-269-8000

3030 E. Main St • Cañon City, CO

\* KEEP THESE COUPONS \*

- MAR. 19:** Beef/Broccoli Stir Fry, steamed brown rice, steamed carrots, pineapple.
- MAR. 22:** Swiss Steak/Mushroom Sauce, whipped spuds, green beans, waldorf salad.
- MAR. 24:** Spinach Lasagna, tossed veggie salad, tangerine.
- MAR. 26:** Sloppy Joe, oven browned spuds, peas/carrots, peach.
- MAR. 29:** Salmon Patties/Cream Sauce, brown rice/parsley, mixed veggies, tangerine.
- MAR. 31:** Chicken Fajita, tom./let., garnish, cilantro rice, cooked cabbage/red pepper, grapes.

### CUSTER SENIOR CTR. call 719-783-9508 for reservations before 9:30am - Mon&Thur - Noon Meal

- MAR. 1:** COMBO BURRITO/Chicken Green Chile, Tom./Let., and salsa, black beans/cilantro, diced pears.
- MAR. 2:** CHICKEN A LA KING, whipped potatoes, green peas, tossed salad/light ranch dressing, orange.
- MAR. 4:** CREAM OF POTATO SOUP, Roast Turkey/Gravy, Carrot- Raisin Salad Tropical Fruit.
- MAR. 8:** SCALLOPED POTATOES/HAM, Chopped Spinach, Mixed Vegetables, Apple.
- MAR. 9:** VEGGIE SOUP, Cold Roast Beef Sandwich/Wheat Bread/Mustard-Mayo Sliced Tom./Let., Waldorf Salad, Banana.
- MAR. 11:** CORNED BEEF/BROTH, Parsley Buttered New Potatoes, Seasoned

- Cabbage & Carrots, Rolled Shamrock Sugar Cookie, Rye Bread with Margarine.
- MAR. 15:** Crunchy Baked Fish, Whipped Potatoes, Mixed Vegetables, Pineapple Mandarin Orange Compote.
- MAR. 16:** ROAST CHICKEN/BROTH, Scalloped Potatoes, Harvard Beets, Cinnamon Apples.
- MAR. 18:** CHICKEN RICE SOUP, Wheat Crackers, Open Face BBQ Beef/Bun, Creamy Coleslaw, Almond Peaches
- MAR. 22:** TURKEY TETRAZINI, Italian Green Beans, Cottage Cheese Peach Salad, Strawberry Applesauce.
- MAR. 23:** ENCHILADA PIE, Sliced Tom./Let., Hubbard Squash, Mixed Fruit.
- MAR. 25:** TERIYAKI BEEF, Steamed Brown Rice, Chinese Vegetables, Spinach Mandarin Orange Salad/Sesame Vinaigrette Dressing.
- MAR. 29:** SALMON PATTIES/CREAM SAUCE, Steamed Brown Rice/Parsley, Mixed Veggies, Tangerine Raisin Nut Cup
- MAR. 30:** CHICKEN CORDON BLEU, Steamed Brown Rice, Seasoned Asparagus, Apricots.

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

- MAR. 2:** SALISBURY STEAK, Whipped Potatoes/Gravy, Italian Green Beans, Tropical Fruit.
- MAR. 4:** HUNGARIAN GOULASH, California Veggie Medley, Green Peas, Pineapple Tidbits.
- MAR. 5:** TUNA NOODLE CASSEROLE,

- Mixed Veggies, Sliced Zucchini Squash, Sliced Peaches.
- MAR. 9:** CHICKEN FRIED STEAK, Whipped Potatoes/Gravy, California Vegetable Medley, Raisin Nut Cup.
- MAR. 11:** SPAGHETTI/MEATSAUCE, Tossed Salad, Mixed Fruit, Orange Juice.
- MAR. 12:** BEEF/BROCCOLI STIRFRY, Steamed Brown Rice/Carrots, PA Tidbits.
- MAR. 16:** CORNED BEEF/BROTH, Parsley Buttered New Potatoes, Cabbage/Carrots, Rolled Shamrock Sugar Cookie, Rye Bread/Marg.
- MAR. 18:** CHICKEN/NOODLES, Seasoned Green Beans, Baked Acorn Squash, Apricot Pineapple Compote.
- MAR. 19:** SLOPPY JOE/BUN, Scalloped Potatoes, Peas and Carrots, Peach.
- MAR. 23:** WHITE CHILI/CHICKEN, Wheat Crackers, Carrot/Celery Sticks, Cooked Cabbage/Red Pepper, Apple.
- MAR. 25:** DIJON CHICKEN, Steamed Brown Rice/Parsley, Shredded Green Salad, Cut Broccoli, Strawberries.
- MAR. 26:** TATER TOT CASSEROLE, Tossed Salad/Italian Drsg., Squash, Vegetable Blend, Banana.
- MAR. 30:** CHILI CON CARNE, Whole Wheat Crackers, Sliced Yellow Squash, PA Mandarin Orange Compote, Cornbread

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

- MAR. 2:** CHICKEN RICE SOUP, Wheat Crackers, Open Face BBQ Beef/Bun, Creamy Coleslaw, Almond Peaches.
- MAR. 4:** CALIFORNIA VEGGIE BAKE, Spinach Salad/Egg/Italian Drsg., Pears, Citrus Cup, Oatmeal Raisin Cookie.
- MAR. 9:** ROAST PORK, Whipped Potatoes/Gravy, Parslied Carrots, Strawberry Gelatin Salad, Dinner Roll with Margarine.
- MAR. 11:** COMBO BURRITO/Chicken Green Chile, Tom./Let./Salsa, Black Beans/Cilantro, Diced pears.
- MAR. 16:** CORNED BEEF/BROTH, Parsley Buttered New Potatoes, Seasoned Cabbage/Carrots, Rolled Shamrock Sugar Cookie, Rye Bread with Margarine.
- MAR. 18:** TURKEY TETRAZINI, Italian Green Beans, Cottage Cheese Peach Salad, Strawberry Applesauce.
- MAR. 23:** CHILI CON CARNE, Whole Wheat Crackers, Cut Broccoli, Raisin Nut Cup, Apple.
- MAR. 25:** CHICKEN CORDON BLEU, Brown Rice, Asparagus, Apricots.
- MAR. 30:** CREAM OF POTATO SOUP, Tuna Salad Wrap/shredded Let./Tom., Hard Boiled Egg, Grapefruit Half.

**ALL MEALS SERVED WITH MILK (Coffee or Tea optional)  
Most meals served/bread/marg.**

# Fashion: Looooking Gooood!

## A Surprising Source For Self-Confidence

(NAPSI)-In a recent Beauty and Aging survey of women ages 40+, Fixodent found women who wear dentures place more importance on their smile than the average woman over 40, and the idea of getting dentures was a source of anxiety for most wearers before

they got dentures. Fixodent has created the Circle of Confidence, a unique network of experts, to provide confidence and give denture wearers a team to confide in as a person, not a patient. Dental expert Dr. Lawrence Brecht of the American College

of Prosthodontists; lifestyle and nutrition expert Elizabeth Somer, M.A., R.D.; and beauty expert Lois Joy Johnson will all offer insights to feeling confident with that new smile.



“So many of the patients I see, perhaps women more than men, are fearful of having to wear dentures,” said Dr. Brecht. “They are worried that the dentures may become loose and fall out at an embarrassing moment. This fear can be minimized by having dentures made by a dental specialist, such as a prosthodontist, and through the use of an appropriate denture adhesive.”

One of the main concerns of most of the women who participated in the survey, conducted by Wakefield, was that their dentures won't stay in place. In fact, most women who currently do not wear dentures said it would ease

their worries about getting dentures to know they would stay in place. More than one in six women said wearing dentures made them “a lot less likely to eat in public.” Since roughly 20 million women ages 40+ wear dentures, more than 3 million of them are living their lives in fear of something as simple as eating out with their friends.

The Circle of Confidence is part of [dentureliving.com](http://dentureliving.com). The site features expert tips and answers to a variety of questions and concerns such as “How will dentures affect the way I eat?” and “What beauty products will help me best accentuate my new smile?” There are also educational articles, helpful links and a message board where people with dentures can reach out to each other for support and advice on dental care, beauty and overall health.

### ORAL HEALTH TIPS TIP FOR SENIORS

#### OVERALL HEALTH: IT BEGINS WITH YOUR MOUTH

Your mouth is a window to your body's health. The state of your oral health can offer lots of clues about your overall health. Oral health and overall health are more connected than you may realize.

Your mouth is normally teeming with bacteria. Usually you can keep these bacteria under control with good oral health care, such as daily brushing and flossing.

Saliva also is a key defense against bacteria and viruses. It contains enzymes that destroy bacteria in different ways. But harmful bacteria can sometimes grow out of control and lead to periodontitis, a serious gum infection.

Here is a look at some of the diseases and conditions that may be linked to oral health:

- Cardiovascular disease. Research shows that several types of cardiovascular disease may be linked to oral health. These include heart disease, clogged arteries and stroke. Although in some research periodontal disease to be associated with heart disease, more studies are needed before the link can be confirmed with certainty.
- Diabetes. Diabetes increases your risk of gum disease, cavities, tooth loss, dry mouth and a variety of oral infections. Conversely, poor oral health can make your diabetes more difficult to control. Infections may cause your blood sugar to rise and require more insulin to keep it under control.
- Osteoporosis. The first stages of bone loss may show up in your teeth. Systemic loss of bone density in osteoporosis, including bone in the jaw, may create a condition where the bone supporting your teeth is increasingly susceptible to infectious destruction. Your dentist may be able to spot this on a routine clinical examination or with dental x-rays. If bone loss worsens, your dentist can suggest that you discuss the issue with your other health care providers.

What you can do about oral health:

If you didn't already have enough reason to take good care of your mouth, teeth and gums, the relationship between your oral health and your overall health provides even more. Resolve to practice good oral hygiene every day. You're making an investment in your overall health, not just for now, but for the future, too.

\* Source: Mayo Clinic

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

### Did You Know?

- (NAPSA)-The Military Order of the Purple Heart (MOPH) Scholarship Program provides financial assistance for college expenses through a competitive selection process. To learn more, visit [www.purpleheart.org](http://www.purpleheart.org).
- Karo Syrup and Argo Corn Starch offer two new delicious, healthful recipes that don't require self-denial. For more information and recipes, visit [www.karosyrup.com](http://www.karosyrup.com) and [www.argostarch.com](http://www.argostarch.com).
- You may be eligible for savings on medicines or even free medicines. Visit [TogetherRxAccess.com](http://TogetherRxAccess.com), [www.needymeds.org](http://www.needymeds.org) or [www.pparx.org](http://www.pparx.org) to learn more. Valuable health information for women is also at [www.womenshealth.gov](http://www.womenshealth.gov) or [www.healthywomen.org](http://www.healthywomen.org).
- The best-selling author of "You're Broke Because You Want to Be" and "It's Called Work for a Reason!" turns his attention to parenting in his new book, "Your Kids Are Your Own Fault," published by Gotham Books. For more information, visit [www.yourkidsareyourownfault.com](http://www.yourkidsareyourownfault.com).
- A delicious vegetable you can present to your kids is the sweet potato. Sweet potatoes and yams are naturally sweet yet very nutritious. To find a variety of free sweet potato recipes, visit the Louisiana Sweet Potato Commission's Web site, [www.sweetpotato.org](http://www.sweetpotato.org)
- One cup of easy-to-eat grapes from Chile provides 27 percent of your recommended daily dose of cold-battling vitamin C along with beneficial omega-6 fatty acids and antioxidants. You can learn more online at [www.chileanfreshfruit.com](http://www.chileanfreshfruit.com).

**BELMONT SENIOR CARE**  
*Pueblo's Premier Assisted Living*  
**In A Private Cul-De-Sac Setting**




• 23 Years of Excellent Service  
 • One (1) to Ten (10) Staff to Resident Ratio  
 24 Hours a Day, 7 Days a Week  
 • Private Bedrooms Available for All Residents  
 • Specialized Alzheimer's & Respite Care Also Available  
*"Belmont Senior Care is proud to provide quality care, respect, and dignity to those we serve."*  
**STOP BY AND SEE US TODAY!**  
**1-5 Douglas Ct., (719) 544-3999**  
 (located off of Jerry Murphy & Montebello)  
 Call Nichole Today for Tour & Information Packet.  
[www.belmontseniorcare.com](http://www.belmontseniorcare.com)  
*Belmont Senior Care is a local, private, non-profit corporation not affiliated with Belmont Lodge Nursing Home.*

**QUALITY CARE,  
Compassionate Touch**

Whether you need short-term rehabilitation or long-term residential care, Pueblo Care and Rehabilitation Center's interdisciplinary team offers the specialized healthcare services you deserve in a homelike environment.

Contact us today for more information.



**PUEBLO**  
 CARE & REHABILITATION CENTER  
*Caring is the Key in Life*

**(719) 564-1735**  
 2611 Jones Ave. • Pueblo, CO  
[www.sunbridgehealthcare.com](http://www.sunbridgehealthcare.com)

# Social Security & You

by Melinda Minor, District Manager - Pueblo



## RETIREMENT ESTIMATOR EVEN BETTER THAN BEFORE

Improvements to one of the most popular online services in government — the Retirement Estimator, located at [www.socialsecurity.gov/estimator](http://www.socialsecurity.gov/estimator) — allow more people than ever before to get a personalized and instant estimate of future Social Security retirement benefits. Since its launch last year, the Retirement Estimator has provided more than four million personalized estimates, and is one of the most highly rated online services in government.

The most recent customer satisfaction numbers are at an all-time high. The latest report from the American Customer Satisfaction Index for E-Government ranks the Retirement Estimator as the top service at 91 percent. It is followed closely by Social Security's online retirement application, with a 90 percent customer satisfaction rating and the Medicare Extra Help application, with an 87 percent rating. These three Social Security services are the top three online services in government.

You may be wondering: if the Retirement Estimator is the most popular online service in government, what can be done to

improve it?

One major improvement is that more people will be able to use it. Previously, people who had not yet filed for monthly Social Security benefits but who were already enrolled in Medicare were not able to take advantage of the service. Now they can. So if you have Medicare coverage but have delayed filing for your Social Security benefits and you would like to get an estimate of your future benefits, just visit [www.socialsecurity.gov/estimator](http://www.socialsecurity.gov/estimator).

Other improvements are coming soon. Next year, the Retirement Estimator will be the first online service available in Spanish.

Would you like to get an immediate and personalized estimate of your retirement benefits right now? Visit [www.socialsecurity.gov/estimator](http://www.socialsecurity.gov/estimator). To get an estimate, you'll need to enter your first and last name, date and place of birth, Social Security number, and mother's maiden name. If the information matches Social Security's records, the Retirement Estimator combines this information with the information that Social Security has on record, including your yearly earnings, to

provide a quick and reliable online benefit estimate.

While you're checking out the most popular online service in government, try out some of our other online services and information as well. You can find it all at [www.socialsecurity.gov](http://www.socialsecurity.gov).

## QUESTIONS AND ANSWERS

### GENERAL

#### Question:

Is it true that there won't be an increase in Social Security and Supplemental Security Income (SSI) payments in 2010? How was that decided?

#### Answer:

Monthly Social Security and Supplemental Security Income (SSI) benefits will not automatically increase in 2010. By law, benefits increase automatically each year only if there is an increase in the Bureau of Labor Statistics' Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) from the third quarter of the last year to the third quarter of the current year. This year there was no increase in the CPI-W from the third quarter of 2008 to the third quarter of 2009. However, President Obama has called on Congress to pass legislation extending an additional \$250 economic recovery payment to beneficiaries. To learn more, visit [www.socialsecurity.gov/cola](http://www.socialsecurity.gov/cola).

#### Question:

I got an email that says it's from Social Security, but I'm not so sure. They want me to send in my Social Security number, date of birth, and mother's maiden name for "verification." Did it really come from Social Security?

#### Answer:

No. Social Security will not send you an email asking you to give us your personal information, such as your

Social Security number, date of birth, or other private information. Beware of such scams — they're after your information so they can use it for their own benefit. When in doubt, or if you have any questions about correspondence you receive from Social Security, contact your local Social Security office or call us at 1-800-772-1213 (TTY 1-800-325-0778) to see whether we really

need any information from you.

### RETIREMENT

#### Question:

I'm reaching my full retirement age and am thinking about retiring in the first quarter of next year. When is the best time of year to apply for Social Security benefits?

#### Answer:

If you are planning to retire in early 2010, you can apply now and complete the process before the start of the busy holiday season. Your monthly payments will then begin on time in 2010. To apply, just go to [www.socialsecurity.gov/applytoretire](http://www.socialsecurity.gov/applytoretire). Applying online for retirement benefits from the convenience of your home or office is secure and can take as little as 15 minutes. It's so easy!

#### Question:

My wife and I live in Montana, but plan to spend the winter in Arizona. My wife will turn 62 while we are down south. Can she apply for benefits in Arizona, or do we have to wait until we get back home to apply for retirement at our local Social Security office?

#### Answer:

These days, you don't even have to be near a Social Security office to apply for benefits. Regardless of where you and your wife are living, you can apply for retirement benefits online at [www.socialsecurity.gov/applytoretire](http://www.socialsecurity.gov/applytoretire). It's so easy to do, and it can take as little as 15 minutes to complete and submit the application. If she prefers, your wife can file a retirement benefit application at any Social Security office — including the one closest to you in Arizona, or wherever you happen to be. You can also apply by phone by calling 1-800-772-1213 (TTY 1-800-325-0778).

### DISABILITY

#### Question:

I am about to apply for Social Security disability benefits. I have two children, ages nine and 12. If my application is approved, will they get benefits, too? Or do the children also have to be disabled to qualify for benefits on my record?

#### Answer:

If you qualify for Social Security disability benefits, your children may receive dependent's benefits based on your work record, even if they're not disabled themselves. As long as you receive benefits, their benefits will continue until they reach age 18, or until age 19 if they are still in high school. If your children are disabled, however, at the time that they reach age 18, they may be able to continue receiving benefits into adulthood. For more information, visit our website on disability benefits at [www.socialsecurity.gov/disability](http://www.socialsecurity.gov/disability).



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

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

Contact us at 404-0922.



**They're baaaaaack!**

**Dave & Dan  
in the Morning!**

Pueblo has it's own Radio Stations again!



## Classy Turnabout

- Customer Friendly
- Convenience in Shopping
- Convenient Location
- Save Up To 90% On Designer Labels
- Our Policies help insure a quality experience.

### Your Quality Consignment Shop

- Women's Clothing And Accessories
- Jewelry • Household Items • Furniture

#### Policies:

- All clothing/accessories must have been recently laundered or dry cleaned, pressed and on hangers.
- Seasonal Clothing Only, Please
- All household Items must be clean • All miscellaneous items, clean.
- Upholstered furniture must be recently cleaned.

**PAT GASH: Owner**  
420 S. McCulloch, Ste A  
Pueblo West, CO 81007  
719-671-7697

Open:  
Tues. - Fri. 10am-5pm  
Sat. until 1pm  
Closed Sun & Mon.

# Age-Related Macular Degeneration(AMD) Defined

**What is age-related macular degeneration?**

Age-related macular degeneration (AMD) is a disease associated with aging that gradually destroys sharp, central vision. Central vision is needed for seeing objects clearly and for common daily tasks such as reading and driving. AMD affects the macula, the part of the eye that allows you to see fine detail. AMD causes no pain.

In some cases, AMD advances so slowly that people notice little change in their vision. In others, the disease progresses faster and may lead to a loss of vision in both eyes. AMD is a leading

cause of vision loss in Americans 60 years of age and older.

AMD occurs in two forms: wet and dry.

**Where is the macula?**

The macula is located in the center of the retina, the light-sensitive tissue at the back of the eye. The retina instantly converts light, or an image, into electrical impulses. The retina then sends these impulses, or nerve signals, to the brain.

**What is wet AMD?**

Wet AMD occurs when abnormal blood vessels behind the retina start to grow under the macula. These new blood vessels tend to be very fragile and often leak blood and fluid. The blood and fluid raise the macula from its normal place at the back of the eye. Damage to the macula occurs rapidly.

With wet AMD, loss of central vision can occur quickly. Wet AMD is also known as advanced AMD. It does not have stages like dry AMD.

An early symptom of wet AMD is that straight lines appear wavy. If you notice this condition or other changes to your vision, contact your eye care professional at once. You need a comprehensive dilated eye exam.

**What is dry AMD?**

Dry AMD occurs when the light-sensitive cells in the macula slowly break down, gradually blurring central vision in the affected eye. As dry AMD gets worse, you may see a blurred spot in the center of your vision. Over time, as less of the macula functions, central vision is gradually lost in the affected eye.

The most common symptom of dry AMD is slightly blurred vision. You may have difficulty recognizing faces. You may need more light for reading and other tasks. Dry AMD generally affects both eyes, but vision can be lost in one eye while the other eye seems unaffected.

**Normal vision**

The same scene as viewed by a person with age-related macular degeneration

**Frequently Asked Questions about wet and dry AMD**

**Which is more common-the dry form or the wet form?**

The dry form is much more common. More than 85 percent of all people with intermediate and advanced AMD combined have the dry form.

However, if only advanced AMD is considered, about two-thirds of patients have the wet form. Because almost all vision loss comes from advanced AMD, the wet form leads to significantly more vision loss than the dry form.

**Can the dry form turn into the wet form?**

Yes. All people who have the wet form had the dry form first.

The dry form can advance and cause vision loss without turning into the wet form. The dry form also can suddenly turn into the wet form, even during early stage AMD. There is no way to tell if or when the dry form will turn into the wet form.

**The dry form has early and intermediate stages. Does the wet form have similar stages?**

No. The wet form is considered advanced AMD.

**Can advanced AMD be either the dry form or the wet form?**

Yes. Both the wet form and the advanced dry form are considered advanced AMD. Vision loss occurs with either form. In most cases, only advanced AMD can cause vision loss.

People who have advanced AMD in one eye are at especially high risk of developing advanced AMD in the other eye.

**Causes and Risk Factors**

**Who is at risk for AMD?**

The greatest risk factor is age. Although AMD may occur during middle age, studies show that people over age 60 are clearly at greater risk than other age groups. For instance, a large study found that people in middle-age have about a 2 percent risk of getting AMD, but this risk increased to nearly 30 percent in those over age 75.

Other risk factors include:

- Smoking. Smoking may increase the risk of AMD.

- Obesity. Research studies suggest a link between obesity and the progression of early and intermediate stage AMD to advanced AMD.

- Race. Whites are much more likely to lose vision from AMD than African Americans.

- Family history. Those with immediate family members who have AMD are at a higher risk of developing the disease.

- Gender. Women appear to be at greater risk than men.

Can my lifestyle make a difference? Your lifestyle can play a role in reducing your risk of developing AMD.

- Eat a healthy diet high in green leafy vegetables and fish.

- Don't smoke.
- Maintain normal blood pressure.

- Watch your weight.
- Exercise.

**Current Research**

**What research is being done?**

The National Eye Institute is conducting and supporting a number of studies to learn more about AMD. For example, scientists are:

- Studying the possibility of transplanting healthy cells into a diseased retina.

- Evaluating families with a history of AMD to understand genetic and hereditary factors that may cause the disease.

- Looking at certain anti-inflammatory treatments for the wet form of AMD.

This research should provide better ways to detect, treat, and prevent vision loss in people with AMD. This online resource guide provides information about macular degeneration. It answers questions about its causes and symptoms, and discusses diagnosis and types of treatment. It was adapted from Don't Lose Sight of Age-Related Macular Degeneration (NIH Publication No. 02-3462) and

Age-Related Macular Degeneration: What You Should Know (NIH Publication No. 03-2294). The National Eye Institute (NEI) is part of the National Institutes of Health (NIH) and is the Federal government's lead agency for vision research that leads to sight-saving treatments and plays a key role in reducing visual

impairment and blindness.  
National Eye Institute  
2020 Vision Place  
Bethesda, MD 20892-3655  
(301) 496-5248 - phone  
[www.nei.nih.gov](http://www.nei.nih.gov) - web site

**To schedule your next examination with Rocky Mountain Eye Center, please contact 719-545-1530 or 800-934-EYES (3937).**

**Seniors**  
60 years and older

**20% OFF**

**Lunch & Dinner Entrees**

**Monday-Friday**  
11 am - 5pm



**4610 N. Elizabeth**  
**545-8218**

Hours: Sun.-Wed. 11am-9pm  
Thurs.-Sat. 11am-10pm

**Turning 65?**  
Medicare made simple!

Call Bill Chapman  
**1-888-370-0970**  
or email: [bchapmaninco@aol.com](mailto:bchapmaninco@aol.com)



Live Secure. Be Secure.™

M0011\_080520AK01
SHEX08HM3068638\_000

## Simplify your move

**We understand the challenges of moving.**

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

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

**719-543-9000**  
[www.twomenandatruck.com](http://www.twomenandatruck.com)



**TWO MEN AND A TRUCK.**  
"Movers Who Care"

4029 Club Manor Drive Pueblo, CO 81008



Each franchise is independently owned and operated PUC # 53864 DOT # 997991

## Cooking Ideas

- (NAPSA)-Success Brown Rice lets you get the nutritional value of brown rice in 10 minutes, one-fourth the time of the long-cooking variety. You can find tips, nutritional information and brown rice recipes at [www.successrice.com](http://www.successrice.com) or (800) 226-9522.
- Get-togethers large and small can be enhanced in a tasteful way when you serve cheese and pears as an appetizer, dessert or side dish. You can find pear pointers, recipes and advice online at [www.usapears.org](http://www.usapears.org).
- Some bottled flavored teas have more than 100 calories per bottle. Freshly brewed tea, such as Salada's Pomegranate Berry Green Tea or Strawberry Green Tea, can be a zero-calorie, sugar-free beverage. Download recipes and suggestions for ways to "go green" at [www.UnbottleYourTea.com](http://www.UnbottleYourTea.com).

**CELEBRATE HISTORY**



Open 8-5:00 Mon-Fri



**Self-Publish Your Own Family History Book!**

Let us show you how!  
We can help with:

- Professional lay-out and design
- Reasonable printing prices
- Fast, Friendly, Knowledgeable Service!

**My Friend, The Printer Inc.**

**COPY & PRINT CENTER**

410 W. 5th St. - between Grand & Greenwood  
Call **542-FAST (3278)** or Fax 542-1557



See us for all your printing needs!

# Traveling: There's Nothing Like A Holiday!

## March 2010: Specialty Restaurants At Sea Spices Cruising

by David G. Molyneaux - *TheTravelMavens.com*

Every new cruise ship is equipped with at least one specialty restaurant. For a fee, these alternative evening dining rooms serve anything from top steaks or sushi to an elegant presentation of regional fare. But are they worth the price?

The basic answer is: Yes, at least

most of them. Cruise lines generally don't make a profit from your trip to the specialty restaurants. Chances are you'll get more than your money's worth, and a table for two can be a special romantic occasion.

Still, if your vacation budget is tight, there's no need to lay out an extra \$10-\$30 per person for dinner when food flows freely elsewhere on the ship. Besides, cruise lines say that fees charged in specialty restaurants are primarily to control the crowds, to restrain, for instance, half the ship from heading to the steakhouse every night. On most ships, you can order a steak in the main dining rooms, without a fee.

The value and style of specialty restaurants vary by cruise line.

Carnival, largest cruise line in the world, never has put much emphasis on alternative restaurants, while Norwegian (NCL) is building a whole ship, the Epic due in May, around restaurant choices.

Carnival says that its passengers like the line's tradition of singing waiters and main dining room antics, and that most passengers are not interested in dressing up and sitting through a long, lazy evening meal of two hours or more. Carnival has concentrated on improving its main dining menus, which are relatively simple with a quality among the best afloat.

Over the past decade, new Carnival ships have offered one specialty restaurant, a supper club with a dance floor and live music at \$30 per person. Alas, music often turned out too loud, the dance floor empty and tables went abegging. So in December (2009) Carnival quietly turned all of its supper clubs into steakhouses, moving the music out, covering the dance floor and reducing formality -- a jacket is recommended but not required of men.

"Specialty res-

taurants are a tough sell, especially if food downstairs is very good," said Beverly Shun, manager of the reservations-only steakhouse Chef's Art, which seats 120 on the top deck of the new Carnival Dream. "I do have some passengers who come every night. You get a \$70-\$80 dinner for \$30."

My dinner on the Carnival Dream in January was well worth an extra \$30 -- escargot on a bed of brioche; Caesar salad mixed tableside; two double lamb chops with roast potatoes and mushrooms, and a side of creamed spinach; Bailey's Irish Cream ice cream. I drank half a bottle of Sebastiani cabernet sauvignon (\$35), which I finished the next night at dinner downstairs in the main Crimson dining room.

One night in the Crimson, I ate a filet mignon -- at no fee -- that was the equal of a steakhouse steak.

That probably would not happen on a Royal Caribbean ship, where passengers may order a quality steak in the main dining room, but at a cost of \$14.95, as the steak comes from the ship's specialty restaurant, Chops Grille. The fee for a full meal at Chops Grille is \$25, but, then, most restaurants with an additional "e" in the name charge extra.

Royal Caribbean ships are not noted for their main dining room fare, but are praised for their Portofino specialty restaurant, where the \$20 fee is a small price to pay for a six-course Italian meal that ends with tiramisu. Royal Caribbean has added restaurants to the new Oasis of the Seas, but these have not yet been reviewed.

Among the mass-marketed ships



Mgr. Beverly Shun in Carnival Cruise Line's newest steakhouse, Chef's Art, on the top deck of the Carnival Dream, cruising the Caribbean out of Port Canaveral, Fla. Photo David G. Molyneaux, TheTravelMavens.com

-- cruise lines with the lowest rates -- Norwegian is king of the specialty restaurants, offering the most alternative eating places and the most choices as to what time you may eat dinner, late into the evening.

Norwegian ships have nearly a dozen restaurants, from a steakhouse to a French bistro, from Italian to Asian fusion. Some are included in the cruise fare. Others cost \$10-\$30 per person. As most passengers will try at least one or two of the restaurants that charge a fee, expect to budget an extra \$50 or so, per person, during a seven-night cruise. On the Norwegian Gem, I found the steakhouse experience to be similar to eating a steak in the main dining room. Better to save your fee money for Asian, French or Teppanyaki.

Specialties rise in expectation with the quality of the ship.

Among the premium lines -- specifically Celebrity, Holland America and Princess -- many passengers spend at least one night in the higher rated restaurants, such as Tamarind (\$15) on Holland America's Eurodam and Sabatini's (\$20), the signature restaurant on Princess ships. Celebrity has built its reputation on food in the main dining rooms and in specialty restaurants, such as Murano, Silk Harvest, the Tuscan Grille (\$25-\$35) and Blu (for spa passengers) on the new Solstice class ships. Budget at least an extra \$100 per person for eating on these ships.

The luxury vessels all sport specialty restaurants, some with fees and some without. Most expensive is the \$200 multi-course degustation menu, with wine, on Silversea Cruises, though the folks on Silversea, who are paying \$400 per person, per day, or more, probably are not too worried about their food budget.

David Molyneaux writes monthly about cruising. He is editor of *TheTravelMavens.com*

**CAÑON COFFEE CAFÉ**  
1520 ROYAL GORGE BLVD  
719 376 5348

**Now Serving**  
**BBQ**

**Andy's**  
Smokehouse BBQ  
If it ain't Andy's, it ain't BBQ

Thursday - RIB NITE  
Friday - FRIED CATFISH

**Specials Nightly!**  
Now Serving Dinner  
Wed, Thur, Fri, & Sat 'til 9:00

*Did you know...*

**THERE'S NEVER BEEN A BETTER TIME TO GO FACTORY DIRECT THAN TODAY!**

*At...*

**DigiCare® Hearing Research & Rehabilitation**  
6685 Hwy 165 @I-25, Colorado City, CO 81019  
"Just 20 minutes south of downtown Pueblo"

**Call Today!**  
**(719) 676-3277**

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

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

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

**Bronco Billy's CASINO**

- \* Senior Day Every Monday & Friday 8 AM to 6 PM!
- \* Double Points!
- \* Half Price Meal at Home Cafe!

**Craps & Roulette now Playing 24hrs!**

**Baja Billy's Restaurant & Cantina**

Open for lunch and dinner 5 days a week!  
Half Price Dining Wed - Fri 1-5 PM

Serving a good home cooked meal 24 hours a day.  
Enjoy 49¢ breakfasts & \$6.95 steak dinners daily!

**Cripple Creek's LUCKY Casino!**  
233 E Bennett Ave • Cripple Creek, CO  
719-689-2142 • 877-989-2142 • BroncoBillysCasino.com

**Blog With Us!**

Why not get on your computer and Blog With Us? You can wax poetic about any topic at all. We don't care. It's an open forum and the best part is no one interrupts you. But be prepared to be challenged and perhaps you might even change your mind or better yet, change someone else's mind. We hope to be posting new messages at least once a week or more and interacting with you.

So, go to [www.seniorbeacon.info](http://www.seniorbeacon.info) and click on the "Blog With Us" icon and tell us what you think. It's fun, it's easy and most of all it's free!

# Seniors: Did Your Medicare Premiums Go Up, But Your Social Security Payment Went Down?

by Shannon Benton

Alexandria, VA (January 26, 2010) Did your Medicare premiums go up, but your Social Security check go down this year? If so, how much less is your check, and how much higher are your expenses? One of the nation's largest nonpartisan seniors groups, The Senior Citizens League (TSC), is collecting responses to these questions in a nationwide survey now underway. The group plans to use survey responses and needs personal stories of how rising Medicare premiums and other costs are impacting seniors to make the case for Congress to enact an emergency COLA this year.

Some 51 million Social Security recipients didn't receive any annual cost-of-living (COLA) boost to their benefits in 2010. Millions of seniors and the disabled are making do with less - in many cases, a lot less - after covering rising Medicare premiums. The extent of the problem may have showed up in January for an estimated 7 million beneficiaries. That's when they got their first Social Security check of the year and discovered it's lower than the one they got last year.

"Inflation experienced by seniors was not zero in 2009 - senior costs most definitely went up," says Daniel O'Connell, Chairman of TSC. "Part D increases were particularly steep," he says. "In 2009 seniors' drug plan premiums alone rose about 25% on average. A national survey of drug plans also found that co-payments and co-insurance rose about 23% for preferred brand name drugs, and 40% for generics," he says. Those costs didn't show up at all in the Consumer Price Index (CPI) that the government uses to calculate the annual COLA, because the government uses a CPI that tracks the costs of younger workers who don't have to spend as much of their incomes on health care.

"The unfair calculation is causing seniors to lose thousands in Social Security income over their retirements. It also keeps the growth of benefits so low that they become increasing inadequate to cover Medicare premiums, the longer one lives in retirement," O'Connell says. A study for TSC finds that without a COLA in 2010, seniors who retired in 2009 with an average benefit of \$1,062 would receive about \$10,655 less over a 20-year retirement due to the loss of

the compounding effect of an average annual benefit increase of about 3%. The amount individuals would lose would vary, depending on year of retirement, and the monthly benefit they receive.

TSC was the first seniors group to call on Congress to provide an emergency COLA and is lobbying for legislation that would provide an emergency COLA like that provided by H.R. 3557, introduced by U.S. Representative Walter Jones (NC). The bill calls for an "average" COLA, which would equal about 3%, according to TSC estimates. It would boost average benefits of \$1,062 in 2009 by about \$31.90 per month-an additional \$382.80 in 2010. "We believe that an average COLA increase would help offset rising Medicare premiums and help protect the long-term growth in Social Security benefits that seniors and the disabled so greatly depend on to cover growing health-care costs," O'Connell says.

TSC also strongly supports legislation that would more fairly and accurately base the annual COLA on a "seniors" CPI and guarantee that beneficiaries receive a minimum COLA of 3% every

year - the "Guaranteed 3% COLA for Seniors Act" (H.R. 4193), introduced by U.S. Rep. Eliot Engel (NY). "We urge seniors to participate in TSC's annual Senior Survey and share your story," says O'Connell. Visit the TSC website at [www.SeniorsLeague.org](http://www.SeniorsLeague.org) or send letters to: The Senior Citizens League, 909 N. Washington St. #300, Alexandria, VA 22314.

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

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

## Arts Center: Take A Magic Carpet Ride To The Past!

(PUEBLO, COLO.) What is the mystery of the Sphinx? How have crayons evolved in the past 100 years? How were cowboys from the Old West immortalized in paintings, and what Native American

artifacts should be saved? Discover the answers to these and more questions by booking a magic carpet ride tour through the Now and Then exhibits in the Helen T. White galleries, and the Blast from the Past

exhibit in the Buell Children's Museum—all at the Sangre de Cristo Arts Center.

Newly designed winter experiential tours guide participants through the past to see Native American artifacts, Charles Russell paintings, the history of the toothbrush, the history of toys, Indonesian puppets, the experiential solar system and more! These tours are just the ticket for encouraging critical thinking skills in a fun environment.

Book a tour this February and enjoy a complimentary storyteller who will share the true tales of the Orphan Train or Homer's Grocery and Market. Both stories are focused on Pueblo.

Add a workshop in theater, clay, painting, fibers, sculpture, and more! Workshops can be tailored to meet your group's needs and are all lead by professional artists and artisans.

Pre-arranged tours are \$2 per person. Pueblo City Schools and D70 students are prepaid for tours at the Arts Center. Tours are open for groups of 10 or more including home school students, Red Hat Ladies, Girl and Boy Scouts, church groups, or grandparents enjoying an after-

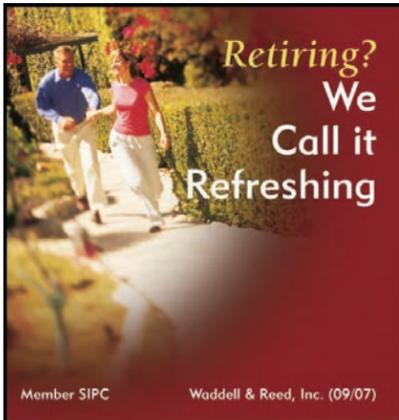


*Somerlid School children in Pueblo go on "A Magic Carpet Ride," a program at the Arts Center.*

noon with grandkids. Call Diane Pirraglia (583-6217) to reserve a trip to the past, for more information on standards or special workshops designed to meet your curriculum. Tour bookings end in May.

Please schedule tours at least two weeks in advance. All school tours address Colorado State Content Standards.

For more information, please call 719-295-7200; stop by the Arts Center located at 210 N. Santa Fe Ave., just off of I-25, exit 98b, or visit online at [www.sangredecristoarts.org](http://www.sangredecristoarts.org).



**Retiring?  
We  
Call it  
Refreshing**

**Investing. With a plan.**

**WADDELL & REED**  
Financial Advisors™

**Lorrie Mayes or Roger Esquibel**  
Financial Advisors  
200 W 1ST ST  
SUITE 305  
PUEBLO, CO 81003  
(877) 543-5504  
[lemayes@wradvisors.com](mailto:lemayes@wradvisors.com)  
[resquibel@wradvisors.com](mailto:resquibel@wradvisors.com)



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

**719-545-0293 or 866-945-0293**

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

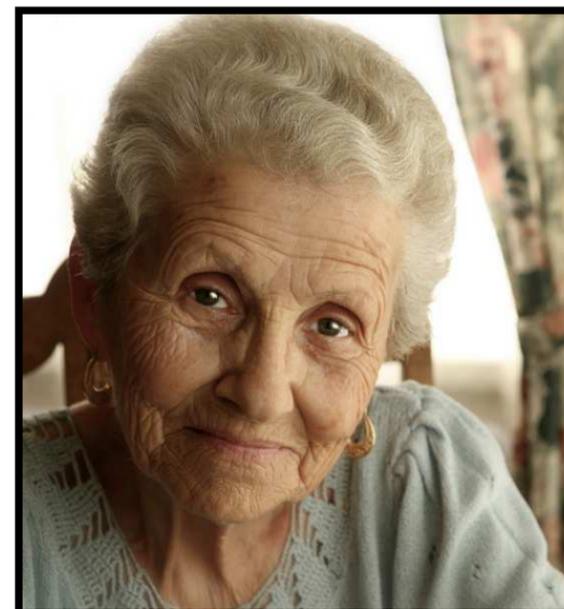
**Home Instead**  
SENIOR CARE®  
*To us, it's personal*

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

**719-545-0293 or 877-945-0293**

**[www.hisc530.digbro.com](http://www.hisc530.digbro.com)**

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



**ROCKY MOUNTAIN EYE CENTER**

**SEEING YOUR LIFE BETTER**

**27 Montebello Road • 719-545-1530**

**Pueblo • Cañon City • La Junta • Salida  
Alamosa • Trinidad • Raton, NM**

**1-800-934-EYES (3937) • [rockymountaineyecenter.com](http://rockymountaineyecenter.com)**

**MOST INSURANCE PLANS ACCEPTED • HABLAMOS ESPAÑOL  
VISA, MC and DISCOVER ACCEPTED**

# Plants With Personality: Coming To A Windowsill Near You

by Marty Ross

Houseplants have personalities, but you have to get to know them to figure out which ones are most compatible with the quirky, cosmopolitan and clever person you are.

Whether you prefer cacti or crotons, a well-chosen and properly placed houseplant brings a little more life to your living room. In a bedroom, in the kitchen, in the bathroom -- healthy plants make the whole house seem more like home.

"It's definitely true that plants have personalities just like we do," says Jennifer Nelis of the Florida Nursery, Growers and Landscape Association. "I even think individual plants have different personalities."

Nelis considers ferns and palms to be the most relaxed and easygoing plants for homes and offices. They suit people with laid-back personalities, she says, and help make others feel that way. Iviess are the classic, comfortable beauties of the houseplant world, Nelis says, just right for anyone with traditional tastes. Right now, she's crazy about sansevierias, sometimes called snake plants or mother-in-law's tongue. "I like that they are tall and reaching, and al-

ways looking up," she says.

David Liu, an interiorscaper and owner of Foliage Design Systems, based in Miami ([www.foliagedesign.com](http://www.foliagedesign.com)), helps bring nature -- and drama -- to business settings around the country.

The plants displayed in office buildings and commercial settings are often much larger than you'll ever see in a home, but you can still work on defining your look by studying the expensive arrays of plants in hotels, restaurants, airports and offices, Liu says, and borrow ideas to take home.

"If someone has a contemporary home, very neat and orderly, you want the plants to be the same -- maybe a narrow plant in a corner, in a stylish planter," Liu says. Sporty types identify with big, leafy ficus trees, he says; tall, branching dracaenas seem to suit artists and architects. "I'm not an expert psychoanalyst," Liu says, "but men are not usually saying 'I want a fern.'"

"People want plants to complete their interior design package," Liu says, "but they also understand the benefits of plants." Plants help improve the quality of the air indoors by actually removing volatile organic compounds such as formaldehyde and ammonia, which are found in paints and carpets. Plants soften the sharp edges of the architecture, help mark off interior spaces, make guests feel welcome, and generally create a sense of well-being.

Houseplants fit in naturally with people's interest in green lifestyles, says Bisser Georgiev of Hermann Engelmann

Greenhouses, near Orlando, which sells about 400 varieties of houseplants under the Exotic Angel brand ([www.exoticangel.com](http://www.exoticangel.com)) at Home Depot, Lowe's and other stores. Young people who may feel hesitant and unsure about full-scale backyard gardening can start working on their green thumbs with houseplants, which are both hip and easy, Georgiev says. They bring lots of texture and bold color to their surroundings without making a lot of demands: You don't have to make a big commitment, or even dig a hole.

Young professionals tend to like plants with some pop, Georgiev says, and purple is the color of the year among fashion-conscious customers. He recommends Fittonias because they are easy to grow and thrive in low light; the velvet plant (also called purple passion) for its rich, dark foliage; and the modern, minimalist sansevierias, always in style.

Alfredo Bergolla, who grows cacti and succulents for Costa Farms in Miami ([www.costafarms.com](http://www.costafarms.com)), one of the largest wholesale houseplant growers in Florida, says interest in succulents is the hottest trend in houseplants. They suit people who travel for a living and anyone else committed to a low-maintenance lifestyle, he says, as well as artistic types and collectors, who might put several stubby species together in a striking dish garden or arrange a chorus line of spiky succulents in pots along a bright windowsill. Succulents thrive with little water, which also makes them a good choice for "the entry-level person who hasn't gone much into plants, but is curious," Bergolla says.

When you're shopping for houseplants, read the labels and think about the light at home, then let your impulses lead you, says Mike Rimland, a grower and business development manager for Costa. "Usually something just attracts you -- a



The shapes of succulents are often quite architectural, and they complement each other strikingly in dish gardens. photo: Pam Crawford

shape, a color -- and that's why you buy it," Rimland says. Whatever you choose, you'll be bringing an agreeable group of quiet new friends into your life, and a lot of zip into your surroundings.

## PLANTS WITH PERSONALITY

Houseplants definitely have personalities. Some you'll love at first sight and some will seem a little more standoffish, but they will all grow on you. Jennifer Nelis, marketing director for the Florida Nursery, Growers and Landscape Association, came up with this list of houseplants and the personalities she feels they project:

- Orchids: unflappable elegance.
- Bromeliads: always at the center of attention.
- Ferns and palms: relaxed and easy to get along with.
- Anthuriums: very loving, with heart-shaped leaves and passionate red blooms.
- Spathiphyllum (peace lily): purity.
- Sansevieria (mother-in-law's tongue): straight to the point.
- Pothos: laid back.
- Dracaena: easy-going but efficient; perfect for distracted workaholics.
- Crotons: red-headed fireballs.
- Lipstick plant (basket vine): impulsive.
- Cryptanthus (earth star): stylishly modern.
- Ivy: traditional, gracefully conservative.

**kitchentune-up**

**Start Your New Year with a Fresh Kitchen!**

*Worn, Aging, Outdated Cabinets can be*

REFRESHED IN <b>1 DAY</b>	RESTORE OR RE-DOOR IN <b>2 DAYS</b>	RE-FACE OR REPLACE IN <b>3-5 DAYS</b>
---------------------------	-------------------------------------	---------------------------------------

\*Not all cabinets qualify

Call for details **719-647-1945**

Each franchise independently owned & operated

**kitchentuneup.com**

## We Want You!

### Veterans, Spouses, and Widows

*Please Visit or Call...We offer:*

- A Bright, & Comfortable Facility with panoramic views
- A Secure Special Care Unit (SCU)
- Physical, Occupational & Speech Therapy (included)
- Connected to Spanish Peaks Regional Health Center
- All-inclusive, affordable rates that eliminate added charges
- VA Benefits for those who qualify
- Colorado residency NOT required
- Private pay & Medicaid residents welcome

**23500 US HWY 160, Walsenburg, CO 81089**

Please Support Our Advertisers They're The Bulwark That Allows Us To Publish Every Month Since Since August of 1982.

## Chateau at Sharmar Village

"I toured other places, but none compared to the Chateau. I find living here a true blessing! They take care of everything."

**Fay Kastelic**  
Retired City Councilwoman & Educator

AN ASSISTED LIVING RESIDENCE

5 STAR LAWN CARE

PRE-EMERGENT,  
NON-LAWN WEED  
CONTROL SOIL  
STERILIZATION  
FREE ESTIMATES

543-7910



# 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: Two New Tools To Help Consumers

by Katie Carrol-Better Business Bureau

Your Better Business Bureau is now making its reliability reports available for download to mobile devices such as iPhones. All a consumer needs to do is go to <http://m.bbb.org> and download the application. They are then able to access the four million reports in the BBB's national database.

Reliability reports are the stock and trade of the BBB. These online listings contain a multitude of information about companies, including a letter grade rating of A+ through F. Now consumers can access this information when they are on the go. Even better, this new mobile device application is free.

A new browser called the "Accredited Business Locator" allows consumers to quickly see whether or not a company is an accredited business. When the search engine they are using (Google, Yahoo, Bing, etc.) produces a list of possibilities, those companies that are BBB accredited businesses are easily identified because they display the BBB accredited business seal. In one quick step, consumers can tell that a company, because they bear this seal, is reputable. Consumers can click on the seal to directly access the company's BBB reliability report.

The software is free to download and is powered by a company called Azigo, a leader in user-centric technologies. Go to <http://www.azigo.com/landing/bbb.html> and follow the prompts to download the software.

The BBB is offering these new services to protect consumers and, in the

case of the Azigo software, minimize the risk of online fraud.

### BBB Announces New Ethics Award

Ethics – a concept that harkens back to the days of Socrates and Aristotle - has taken on a heightened level of importance. Repeated revelations of well-publicized unethical activities from the political to business arena have resulted in public distrust of many sectors of our society.

Yet, southern Colorado has many wonderful, ethical companies. That's what has inspired the Better Business Bureau of Southern Colorado to team up with the University of Colorado at Colorado Springs (UCCS) College of Business to create an award called the GE Johnson Award for Marketplace Ethics. This newly-created award - sponsored by GE Johnson - will honor companies who have demonstrated an outstanding commitment to create and maintain a fair marketplace through ethical business practices.

All companies in the 25 counties served by the BBB of SC are eligible to apply including BBB accredited and non-accredited businesses.

The BBB of SC is accepting nominations through Friday, July 30 for the 2010 award. Anyone may nominate a company, even the business itself. Go to <http://southerncolorado.bbb.org/marketplace-ethics-award/> for details about the nomination process.

The College of Business at

The fine folks at Argus Home Care and Argus Alert Are Proud To Sponsor the *Senior Safety* page for all the loyal readers of *Senior Beacon*. Enjoy this month's page. John Dagnillo of Argus Home Care and Argus Alert invites you to drop by their offices in Pueblo or Cañon City or call them at the numbers in their ad below.

UCCS, which is committed to addressing ethics in its curriculum, will have its business students involved in the nomination process. The faculty believe the college's involvement in this process will provide students with practical experience in ethics and an understanding of the benefits of an ethical organization.

Criteria used for determining the recipients of the GE Johnson Award for Marketplace Ethics are the same as those used for years by BBBs across the nation for the BBB International Torch Awards for Marketplace Excellence. The specific

criterion is outlined on our Web site at [bbb.org](http://bbb.org).

Applications will be reviewed by a judging committee comprised of representatives from the BBB of SC's board of directors and members of the UCCS faculty.

The winners will be announced at the BBB's Excellence in Customer Service gala awards dinner on Friday, September 17 at the DoubleTree Hotel – World Arena.

Visit [bbb.org](http://bbb.org) for complete information.

## Peer Pressure Can Be Good For Your Health

(NAPSI)-There's good news, bad news and better news about fitness for older Americans.

The good news is that just as peer pressure can affect how you act when you're young, it can encourage adults to stick to their exercise regimen. That's important, since the Centers for Disease Control and Prevention says every week, older adults need at least:

- 150 minutes of moderate-intensity aerobic activity (brisk walking), 75 minutes of vigorous intensity aerobic activity (jogging or running) or a combination of both; and
- muscle-strengthening activities on two or more days that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms).

The bad news, according to an AARP survey, is that more than six in 10 adults aged 45 and older say they exercise less than they did five years ago.

The better news is that in order to encourage older Americans to live healthier lives, AARP provides free support to anyone interested in becoming a "Fitness Ambassador" by starting a walking program. Fitness Ambassadors are everyday people, such as retirees and others interested in health and fitness. One such is Cathy Nemerovski. While exercise has always been an integral part of her life, she didn't train to become a gym instructor until her 50s. A year ago, a broken foot forced her to re-evaluate her exercise regimen.

"I had just turned 60 and because of my injury, I had gotten a glimpse into what it would be like to be getting older and having your body change. So I decided I wanted to focus my teaching on seniors."

As a Fitness Ambassador, Nemerovski organizes weekly educational sessions and walks, and provides information, opportunities and incentive to older adults to get moving and healthy.

"I find if you're evolving as a person as you're doing something for others, you're on a journey together. My students give me way more than I give them. It's a wonderful experience."

Fitness Ambassadors get training and support from the Lifelong Fitness Alliance, an organization that seeks to bridge the gap between knowledge and action when it comes to fitness and healthy living. Lifelong Fitness Alliance staff are available to counsel Fitness Ambassadors about the progress, challenges and needs of their group.

"This gives me the perfect platform to help people," said Nemerovski. "I really enjoy inspiring people to make changes in their lives. Walking is something everyone can do."

If you want to make a personal commitment to improve fitness for midlife and older adults, contact [step@lifelongfitnessalliance.org](mailto:step@lifelongfitnessalliance.org) or call (650) 361-8282 for more information.



## Argus Home Care, Inc.

### Now Accepting New Patients

121 S. 5th St. Cañon City, CO 81212 (719) 275-1101	807 W. 4th St. Pueblo, CO 81003 (719) 543-2634
--	--

### ARGUS ALERT

- Complete care - from simple med-minders to full-emergency response
- Trained operators standing by 24-hours/day - talk to a real person whenever you need help
- Daily wellness check-in available for peace of mind

Call John Dagnillo for more information.  
**719-543-2634**

In Pueblo: 807 W. 4th St.  
 In Cañon City: 121 S. 5th St.  
 From the local team you already know and trust -  
 Argus Home Care & Argus Home Health!

- Argus Alert • Skilled Nursing
- Rehabilitation Services
- Personal Care Providers
- Homemakers Companions

## Drop By Our New Location

1439 Main St. Cañon City



- Compassionate Service
- Certified Care

**719-275-4315**

website: [fremontregionalhospice.com](http://fremontregionalhospice.com)

### Fremont Regional Hospice

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

## CARE - COMPASSION - COMFORT

# McClure House Transforms Into Queen Anne Tea House

by Al & Linda Ballard

William McClure built the McClure Hotel, "4th and Main Sts, Cañon City, CO in 1874 and then 831 Macon Avenue, a prison stone foundation, three-story Victorian built in 1889. The house was built for his wife, ten children. It had a real set of blue prints for construction. From that origination, the structure has been a dormitory for Cañon City's Dodd's College, a single family residence, room rentals and an apartment house.

The structure was renovated by Al and Linda Ballard, starting in 2002, ending December 10, 2007. It currently houses The Cañon City Queen Anne Tea House and Special Event Center. There are four themed tea rooms on the first floor, personal living quarters on the second floor and family, grandchildren quar-

ters on the third floor.

"We purchased the structure as our last remodel," said Linda, we had done works for others and it was time to create our own dream. The Denver natives moved from Westminster with one thing on their minds, create a "Fine Dining" Tea House where there is beauty, elegance, a sense of order, outstanding food, hospitality and encouragement. A place we can serve others.

"It is hard to believe we have been open for two years and served thousands of customers," said Al, "sometimes it has been a blur."

The Queen Anne is open Tuesday through Saturdays, however, "we have done special events, like weddings, on our days off, if we get enough advance notice," said Al.

Afternoon/Lunch Teas are served daily at 11am and 2 pm; cost is \$16.99 per person. "Our afternoon teas are full lunches, they include scones with Devonshire cream, jam, hot brewed loose leaf tea/over

40 choices, a full sandwich or quiche, finger foods, mini-desserts," Linda continued. "We don't want anyone going home hungry."

High/ Five course Dinner Teas are served daily at 6pm, cost is \$27.99-44.99 per person. "Our high teas are a dining experience that last a couple hours," said Al. We serve a variety of options, including the best marinated, grilled filet, rib-eye steaks, prime rib, Beef Wellington, chicken cordon bleu, salmon. "Everything is included in one price, including your dessert and a complimentary glass of champagne or wine," Al continued.

"We can guarantee a few things when you dine with us," Linda continued, "a memory and experience that you will share with others." The atmosphere is full of antiques, warmth, music and hospitality. "We do our best to make sure each customer feels like they are family," said Linda.

Full menu options, as well as



special events like Easter, Mother's Day Brunch, Father's Day Steak Fry, can be found at:

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

Baking and Cooking Demonstrations are held on the third Sunday of the month, 2pm, see website for event details.

Reservations required for all teas, and special events. Call or text to (719)275-5354 or email: [linda@thecanonicityqueenanne.com](mailto:linda@thecanonicityqueenanne.com)

**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)

## Getting Away To Enjoy Wine Country

(NAPSI)-Millions of people tour wineries each year, with wine tasting now a popular attraction at destinations around the world. In fact, the state of California welcomed 19.7 million visitors to its wineries in one year alone, according to WineBusiness.com.

With wine tourism on the rise, connoisseurs have identified one of the best spots to experience the bouquet and flavors of award-winning wines, in an area that you might not expect: Canada. Having received numerous international awards, the Okanagan Valley in southern British Columbia is home to a number of acclaimed wineries, producing what are considered some of the best wines in

the world.  
**A Taste of Elegance**

In 2010, wine lovers can experience a unique and exclusive wine tasting-themed vacation with Rocky Mountaineer, known for its acclaimed two-day, all-daylight-rail journeys offering exceptional service, spectacular scenery and a gourmet culinary experience. Visitors to Western Canada can embark on an exclusive eight-day/seven-night journey with the new GoldLeaf Themed Experiences--Wine Tasting tour. Wine enthusiasts travel onboard the Rocky Mountaineer from Vancouver into British Columbia's Interior region, where they disembark and tour some of the Okanagan Valley's top wineries. Onboard the train, guests have the opportunity to enjoy regionally sourced cuisine, expertly paired with local British Columbian wines-all as they enjoy panoramic views and the elegant surroundings of an exclusive GoldLeaf dome coach.

After experiencing the best of the wineries in the region, the train continues to Banff, Alberta, in the Rocky Moun-



tains, where guests are treated to a separate but no less stunning region of Western Canada. During the trip, rail travelers have ample free time to relax, enjoy area shopping or play a few rounds of golf. Travelers can even take a helicopter tour of the Canadian Rockies. But for many, the getaway is mainly about experiencing an exclusive rail journey while discovering some of the world's finest wines straight from the wineries that produce them.

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

**A Special Place To Celebrate Your Anniversary, Birthday, Special Event.**

**The Cañon City Queen Anne "Fine Dining" Tea House**  
 813 Macon Avenue - Cañon City, CO 81212  
 1 block north of main street, 1 block west of 9th Street  
**Reservations call (719) 275-5354, Text Messages**  
 email: [linda@thecanonicityqueenanne.com](mailto:linda@thecanonicityqueenanne.com)  
**Menu/Pricing - [www.thecanonicityqueenanne.com](http://www.thecanonicityqueenanne.com)**  
[www.canonicitycoloradoqueenanneteahouse.mobi](http://www.canonicitycoloradoqueenanneteahouse.mobi)

**Freedom is**  
*the personal attention our financial future deserves.*



**You need a partner** you can count on for retirement planning. That's why you want a CFS Registered Representative from Ent Investment Services\*. You'll enjoy personalized, one-on-one attention, and a plan tailored to your specific goals.

Guidance. Partnership. Service. Get the freedom to succeed.

**Learn more in person, online, or by phone.**

**Ent.com/Investments**  
**(719) 574-1100 ext. 6550 or**  
**800-525-9623 ext. 6550**

Ent is a community-chartered credit union

\*Our investing and financial services are provided by representatives who are registered through our broker/dealer, CUSO Financial Services, L.P. (CFS). Investment products and services offered through CFS are not NCUA/NCUSIF-insured, not guaranteed or obligations of the credit union, and may lose value. Ent is affiliated with CFS (Member FINRA/SIPC). Registered representatives are employees of Ent and registered through CFS.



© Ent Federal Credit Union, 2010 - Ent is a registered trademark of Ent Federal Credit Union.

## Did You Know

(NAPSA)-Both parents and kids may find music they enjoy on Radio Disney. The station is the No. 1 24-hour radio network devoted to kids, tweens and families, and its playlists include many of today's top performers. Visit [www.radiodisney.com](http://www.radiodisney.com).

• Cooking "en papillote" can be a quick way to whip up healthful, delicious meals. Just use Reynolds Parchment Paper to wrap food in packets that seal in flavor and let you cook with less fat. For recipes, visit [www.reynoldsparchment.com](http://www.reynoldsparchment.com).

• A free online questionnaire from Microsoft Hohm can help you manage home energy use. To get started, visit [www.microsoft-hohm.com](http://www.microsoft-hohm.com).

**Assisted Living At Its Best!**

**The Legacy Commons**  
 170 Dacona Drive, Pueblo West, CO 81007  
 719-547-2538

# Charlene Dengler: Sharing Equals Caring – Everyone Can Benefit

by Charlene Dengler

A new opportunity is about to come your way. By that, I mean that this column from here on will be an open forum of discussion questions generated by you, the readers. Over the past two years

I have received many encouraging comments, positive feedback and some probing questions. Thank you to the Sherrys, Annies, and Davids who have called or emailed.

## Retirees Look To Make Next Move

(NAPSI)-For a number of retirees, there may be an upside to a sluggish economy--many active adult communities have become more affordable.

In fact, analysts say that in some parts of the country, housing prices are the lowest they have been in five years, often with interest rates to match, plus cash incentives and offers of designer options at lower prices.

### Live Your Dream Now

Even if price is not a consideration, owning a home still presents a number of perks to retired Americans, including tax write-offs on the mortgage interest paid and the potential for long-term appreciation. There are also the less tangible, but often no less important benefits, such as the satisfaction of realizing a dream to move to a sunny climate and committing to a more leisurely lifestyle.

Steve Soriano, CFO of Robson Communities, Inc., says these are some of the reasons that have led retirees to seven Arizona and Texas locations. Each Robson active adult community offers activities such as championship golf, tennis, swim-

ming, community clubhouses and upscale restaurants along with luxury homes at increasingly affordable prices.

The SaddleBrooke community in Tucson, Arizona, for example, was voted one of the top 100 Best Master-Planned Communities by Where to Retire magazine. The neighborhood boasts luxury homes designed to blend into their natural surroundings and breathtaking views of the Santa Catalina Mountains. Similarly, the award-winning Robson Ranch in Denton, Texas, provides manicured greens, sparkling lakes and world-class amenities.

Each Robson community also offers social activities to help build bonds with new neighbors. For instance, residents of the Quail Creek community in Green Valley, Arizona, enjoy an arts and technology center, in addition to outdoor activities.

### Preferred Guest Program

The Robson communities have a Preferred Guest Program for potential residents. The program includes complimentary dinner at a community restaurant hosted by homeowners, golf, three nights in a furnished luxury home and more.

For many early baby boomers, moving to these communities and others like them represents the result of a lifetime of hard work and a reward they no longer wish to delay.

For more information or to learn about incentive plans, visit [www.robson.com/retire](http://www.robson.com/retire) or call (800) 732-9949.

the readers about what concerns them the most. At the risk of being repetitive regarding subject matter, I want to address questions that are on your mind. Remember in school when the teachers used to say, "There are no dumb questions." Or, "Someone else may have that very same question." Well, asking questions is a form of sharing that actually equates to caring. When a question is presented it may help another with the same or similar concern, and quite possibly spawn another whole avenue of discussion for exploration.

When you read the byline at the end of this article, the brief bio describes where my area of expertise lies. Note that my phone number and email address is also included there should you decide to contact me. My business is all about health and wellness from a natural, alternative approach to traditional medicine. For the last thirty-five years it has been my passion to assist others in finding positive, proactive pathways for bringing their health into balance. I do extensive research when necessary to find the answers that lead them on their way.

Your concerns or questions can remain anonymous if that is your desire, and all the readers can benefit from the answers that I will provide. Depending on the response from readers, I may do a more general informative addendum to the area of discussion and hopefully it will prove to be a blessing. If a question is of a sensitive nature it may not be answered in the paper, but will be answered directly in the same manner in which it is presented.

So bring it on! Either call or email me with your burning query. Any question related to health, wellness, nutrition, fitness or aging is welcomed. I am local, I am listening, I am loaded with answers and I am looking forward to hearing from you!

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

## Nature Center Seeks Environmental Heroes

Contacts: Bill McGurn (719-547-2245), Ross Vincent (719-561-3117)

The Nature and Raptor Center of Pueblo is soliciting nominations for awards to be presented at this year's annual Earth Day Dinner at the Sangre de Cristo Arts Center. All nominations must be received by 5pm on Friday, March 12, 2010.

Details about the awards and nomination forms can be obtained at [www.natureandraptor.org](http://www.natureandraptor.org) or at the Nature and Raptor Center Office and Bookstore located at 5200 Nature Center Road. Nomination forms can also be sent by mail or fax by calling (719) 549-2414

Nominations are sought for the Center's:

- Environmental Leader of the Year Award
- Environmental Educator of the Year Award
- Lifetime Environmental Achievement Award
- Joan Wolther Award (for service to the Nature Center)

"We're looking for people whose accomplishments are truly extraordinary," said Jay Zarr, President of the Center. "There are a lot of good people out there who are making really amazing things happen – far more than most of us realize. Those are the people we want to find and recognize," he said.

The Nature and Raptor Center is located on the banks of the Arkansas River, west of Pueblo Boulevard. It is a popular spot for outdoor recreation and environmental education for Puebloans and for many others, and it has served for more than three decades as a focal point for appreciation of the area's wildlife and natural heritage.

.....Jenny Kedward (719)582-0249



The signs are everywhere. One in every 154 Pueblo families are facing foreclosure.

**DON'T BE A SIGN OF THE TIMES**

If you are facing a possible foreclosure, find out what your options are. Call NeighborWorks® of Pueblo for free foreclosure mitigation counseling.

Support NeighborWorks® of Pueblo  
544-8078, ext. 102

## Incentive-Based Pricing ASSISTED LIVING

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

**Carefree Assisted Living & Retirement Living at its Best!**

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

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

**Friendship House**  
1020 N. 15th St. • Cañon City, CO 81212  
Manager: Cindy Warren  
719-275-7451

- and -

**Legacy Center, Inc.**  
1335 Bauer Ln. • Cañon City, CO 81212  
Manager: Tisha Darnell  
719-275-2917

## The Gooseberry Patch Restaurant

Presents Our 22nd Annual **EASTER BUFFET**

*Eggs, Ham, Bacon, Sausage, Pancakes, French Toast, Roast Pork, Roast Beef, Fried Chicken, Shrimp, Cod, Mashed Potatoes, Gravy, Yams, Corn, New Potatoes, Wild Rice, Stuffing, Green Beans And More.*

*Breads and Salad Bar*  
*Choice of Dessert*  
*Coffee, Tea or Lemonade*

**\$16.95 Adults Seniors \$14.95**  
**Kids 4-11 \$7.95 3 and under FREE**  
*Some Items May Change As The Day Progresses*

**Call For Reservation 719-372-3910**

**The Gooseberry Patch Restaurant**  
**660 State Highway 115 Penrose, CO 81240**  
**Goosepatch@AOL.COM**

# Coulter: Ahmadinejad: 'Yep, I'm Nuclear!'

by Ann Coulter

The only man causing President Obama more headaches than Joe Biden these days is Mahmoud Ahmadinejad (who, coincidentally, was right after Biden on Obama's short-list for V.P.).

Despite Obama's personal magnetism, the Iranian president persists in moving like gangbusters to build nuclear weapons, leading to Ahmadinejad's announcement last week that Iran is now a "nuclear state."

Gee, that's weird -- because I remember being told in December 2007 that all 16 U.S. intelligence agencies had concluded that Iran had ceased nuclear weapons development as of 2003.

At the time of that leak, many of us recalled that the U.S. has the worst intelligence-gathering operations in the world. The Czechs, the French, the Ital-

ians -- even the Iraqis (who were trained by the Soviets) -- all have better intelligence.

Burkina Faso has better intelligence -- and their director of intelligence is a witch doctor. The marketing division of Wal-Mart has more reliable intel than the U.S. government does.

After Watergate, the off-the-charts left-wing Congress gleefully set about dismantling this nation's intelligence operations on the theory that Watergate never would have happened if only there had been no CIA.

Ron Dellums, a typical Democrat of the time, who -- amazingly -- was a member of the House Select Committee on Intelligence and chairman of the House Armed Services Committee, famously declared in 1975: "We should totally dismantle every intelligence agency in this country piece by piece, brick by brick, nail by nail."

And so they did.

So now, our "spies" are prohibited from spying. The only job of a CIA officer these days is to read foreign newspapers and leak classified information to The New York Times. It's like a secret society of newspaper readers. The reason no one at the CIA saw 9/11 coming was that there wasn't anything about it in the Islamabad Post.

(On the plus side, at least we haven't had another break-in at the Watergate.)

CIA agents can't spy because that might require them to break laws in foreign countries. They are perfectly willing to break U.S. laws to leak to The New York Times, but not in order to acquire valuable intelligence.

So it was curious that after months of warnings from the Bush administration in 2007 that Iran was pursuing a nuclear weapons program, a National Intelligence Estimate on Iran was leaked, concluding that Iran had ceased its nuclear weapons program years earlier.

Republicans outside of the administration went ballistic over the suspicious timing and content of the Iran-Is-Peachy report. Even The New

York Times, of all places, ran a column by two outside experts on Iran's nuclear programs that ridiculed the NIE's conclusion.

Gary Milhollin of the Wisconsin Project on Nuclear Arms Control and Valerie Lincy of Iranwatch.org cited Iran's operation of 3,000 gas centrifuges at its plant at Natanz, as well as a heavy-water reactor being built at Arak, neither of which had any peaceful energy purpose. (If only there were something plentiful in Iran that could be used for energy!)

Weirdly, our intelligence agencies missed those nuclear operations. They were too busy reading an article in the Tehran Tattler, "Iran Now Loves Israel."

Ahadinejad was ecstatic, calling the NIE report "a declaration of the Iranian people's victory against the great powers."

The only people more triumphant than Ahmadinejad about the absurd conclusion of our vaunted "intelligence" agencies were liberals.

In Time magazine, Joe Klein gloated that the Iran report "appeared to shatter the last shreds of credibility of the White House's bomb-Iran brigade -- and especially that of Vice President Dick Cheney."

Liberal columnist Bill Press said, "No matter how badly Bush and Cheney wanted to carpet-bomb Iran, it's clear now that doing so would have been a tragic mistake."

Naturally, the most hysterical response came from MSNBC's Keith Olbermann. After donning his mother's housecoat, undergarments and fuzzy slippers, Keith brandished the NIE report, night after night, demanding that Bush apologize to the Iranians.

"Having accused Iran of doing something it had stopped doing more than four years ago," Olbermann thundered, "instead of apologizing or giving a diplomatic response of any kind, this president of the United States chuckled."

Olbermann ferociously defended innocent-as-a-lamb Mahmoud from

aspersions cast by the Bush administration, asking: "Could Mr. Bush make it any more of a mess ... in response to Iran's anger at being in some respects, at least, either overrated or smeared, his response officially chuckling, how is that going to help anything?"

Bush had "smeared" Iran!

Olbermann's Ed McMahon, the ever-obliging Howard Fineman of Newsweek, agreed, saying that the leaked intelligence showed that Bush "has zero credibility."

Olbermann's even creepier sidekick, androgynous Newsweek reporter Richard Wolffe, also agreed, saying American credibility "has suffered another serious blow."

Poor Iran!

Olbermann's most macho guest, Rachel Maddow, demanded to know -- with delightful originality -- "what the president knew and when he knew it." This was on account of Bush's having disparaged the good name of a messianic, Holocaust-denying nutcase, despite the existence of a cheery report on Iran produced by our useless intelligence agencies.

Olbermann, who knows everything that's on the Daily Kos and nothing else, called those who doubted the NIE report "liars" and repeatedly demanded an investigation into when Bush knew about the NIE's laughable report.

Even if you weren't aware that the U.S. has the worst intelligence in the world, and even if you didn't notice that the leak was timed perfectly to embarrass Bush, wouldn't any normal person be suspicious of a report concluding Ahmadinejad was behaving like a prince?

Not liberals. Our intelligence agencies concluded Iran had suspended its nuclear program in 2003, so Bush owed Ahmadinejad an apology.

Feb. 11, 2010: Ahmadinejad announces that Iran is now a nuclear power.

Thanks, liberals!





**SENIOR GUESTS**  
These feature smaller portions

**Country Fried Steak..... \$6.39**  
**1/4 lb Senior Cheeseburger..... \$5.49**

**All Dinners Served With Your Choice of soup or salad!**

**Country Fried Steak..... \$6.49**  
**Liver & Onions..... \$6.49**  
**Pork Chop Dinner..... \$6.49**  
**Chopped Steak Dinner.... \$6.49**  
**Roast Turkey Dinner..... \$6.49**  
**Cod Dinner..... \$6.49**  
**Roast Beef Dinner..... \$6.49**  
**Chicken Breast Dinner.... \$6.49**

**TWO SENIOR DINNERS**  
**Just \$11.99**

---

present ad - expires: 3/31/10  
**4137 N. Elizabeth St.**  
**Pueblo, CO - 545-3179**

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

**MAR. 1:** Chicken Cordon Bleu, Scandinavian Mixed Veggies, Cherry Fruit Jello, Wheat Bread/Marg, Chocolate Pudding.

**MAR. 2:** Sloppy Joe/Bun, Baked Beans, Tossed Salad/Ranch, Apricots.

**MAR. 3:** Chicken a la King/Biscuit, Green Beans, Tomato Cucumber Salad, Cherry Crisp Milk

**MAR. 4:** Porcupine Meatballs, Broccoli, Harvard Beets, Wheat Bread/Marg., Fruit Cocktail, Oatmeal Cookie.

**MAR. 5:** Breaded Fish/Tartar Sauce, Potatoes Au Gratin, Peas/Carrots, Cole Slaw, Wheat Bread/Marg., Strawberries/Pineapple.

**MAR. 8:** Beef Stew, Confetti Rice, Three Bean Salad, Wheat Bread/Marg., Apricots.

**MAR. 9:** Honey Mustard Chicken, Scalloped Potatoes, Italian Mixed Veggies, Wheat Bread/Marg., Fruit Cocktail.

**MAR. 10:** Tator Tot Casserole, Capri Mixed Veggies, Pea Salad, Wheat Bread/Marg., Strawberries/ Pineapple.

**MAR. 11:** Tomato Swiss Steak, Mashed Potatoes, Basil Green Beans, Cole Slaw, Wheat Bread/Marg., Peaches.

**MAR. 12:** Chili Relleno Casserole,

## ARGUS ALERT

- Complete care - from simple med-minders to full-emergency response
- Trained operators standing by 24-hours/day - talk to a real person whenever you need help
- Daily wellness check-in available for peace of mind

*Call John Dagnillo for more information.*  
**719-543-2634**

In Pueblo: 807 W. 4th St.  
In Cañon City: 121 S. 5th St.

*From the local team you already know and trust -  
Argus Home Care & Argus Home Health!*



Refried Beans, Stewed Tomatoes, Tossed Salad/Italian, Wheat Bread/Marg., Applesauce.

**MAR. 15:** Chili Con Carne, Cornbread Peas, Cukes/Onions, Fresh Apple.

**MAR. 16:** Hungarian Goulash/Noodles, Scandinavian Mixed Veggies, Wheat Bread/Marg., Lime Fruit Jello, Brownie.

**MAR. 17:** Roast Turkey, Mashed

Potatoes, California Blend Veggies, Cranberry Fluff, Wheat Bread/Marg., Spiced Plums.

**MAR. 18:** Stuffed Bell Peppers, Potatoes Au Gratin, Zucchini/Tomatoes, Wheat Bread/Marg., Pineapple Upside Down Cake.

**MAR. 19:** Macaroni/Cheese, Green Beans, Carrot Raisin Salad, Harvard Beets, Wheat Bread/Marg., Strawberries/Bananas.

**MAR. 22:** Pork Chow Mein/Rice, Mixed Veggies, Wheat Bread/Marg., Orange Carrot Jello, Tapioca Pudding.

**MAR. 23:** Roast Beef/Gravy Mashed Potatoes Zucchini/Tomatoes, Wheat Bread/Marg., Cherry Crisp.

**MAR. 24:** Enchilada Casserole, Mexican Corn, Tossed Salad/Ranch, Wheat Bread/Marg. Fruit Juice.

**MAR. 25:** Beef Stroganoff/Noodles, Harvard Beets, Cole Slaw, Wheat Bread/Marg., Fruit Cocktail.

**MAR. 26:** Breaded Fish/Tartar Sauce, Parslied Potatoes, Sugar Snap Peas, Carrot Raisin Salad, Wheat Bread/Marg., Peach Cobbler.

**MAR. 29:** Chicken Cacciatore, Linguini, Basil Green Beans, Wheat Bread/Marg., Pickled Beets, Butterscotch Pudding.

**MAR. 30:** Beans/Ham, Cornbread, Peas/Carrots, Tossed Salad/Ranch, Blush Pears.

**MAR. 31:** 3 Roast Pork Loin, Glazed Sweet Potatoes, Zucchini/Tomatoes, Wheat Bread/Marg., Applesauce, Chocolate Chip Cookie.

**2% MILK With ALL Meals!**

# Finances: Create And Keep Wealth

## Was There Really A "Lost Decade" In The Markets?

by Gary Neiens-Raymond James Financial

Some in the market have called this the "Lost Decade." Investors, who counted on the stock market surge of the 1980's and 1990's to continue, found out how things can change. Elsewhere, investors taught by recent history to rely on real estate returns found out quickly about stunning losses. Those investors inclined to find comfort in the often lower but historically consistent returns from banks found out even this formula was turned on its head. Nearly two hundred banks with assets of over \$550 billion have been closed since the financial crisis began with many more expected to fail.

All this is well known, but investors also know a lot of money was made during the "Lost Decade". Who would not have liked to own Apple stock (AAPL) for the "Lost Decade"? There were quite a few days in the year 2000 where the stock traded in the mid \$20's. However, if you'd been particularly clever,

you could have waited another three years and bought Apple shares for \$10. The shares currently trade in the \$200 range....no "Lost Decade" there.

There even seemed to be a growing debate amongst professionals about the validity of the long-term "buy and hold" axiom. When you consider a few examples it's easy to see the reason for debate.

If you invested \$10,000 in Pepsi in January of 1990, it would have grown to about \$57,000 today (+ 469%). Waiting until January of 2000 to invest the \$10,000 would have resulted today in Pepsi stock worth about \$17,000. Investing the same \$10,000 in Exxon (XOM) in January 2000 would see a long-term result today of almost \$17,000 too. DuPont (DD) though provided a different result. An investment of \$10,000 in January 2000 would see a current value of a bit over \$5,000. There are many other similar examples, some much worse. The roster of the decade's worst stock perform-

ers would not include DuPont but would include many unexpected entries: Intel, Microsoft, Citibank, AIG, Lucent, General Electric, etc.

Of course, one of the granddaddy stories of them all for supporting the long-term point of view was Wal-Mart. Investing \$10,000 in Wal-Mart in early 2000 would have likely resulted in an investment now valued at only about \$8,000. This is despite the fact the company sales have crossed the \$400 billion mark. Changing the parameters for long-term discussion and you get better results. Had you invested the same \$10,000 in Wal-Mart stock from its infancy (1972), you would have made \$13 million or so today. Feel free to call me if this outcome applies to you.

Warren Buffet once said, "Our favorite holding period is forever." Not everybody though, has enough money to hold forever and it seems to me, no one has enough time. So if you can't invest forever, perhaps in next months' issue,

some of my observations and forecasts from our award winning research department will be useful to you.

Needless to say, few things are tougher than thoughtful economic forecasts and we will endeavor to provide useful estimates.

It seems appropriate though, to now suggest that successful investing may involve being more flexible and nimble at this time than in many past historical periods and market cycles. Watching a business program or two each week may no longer get you acceptable investment results, because as Japan found out, one "Lost Decade" can turn into another "Lost Decade".

Good luck and good investing. Gary Neiens - Financial Consultant/Independent Advisor, Raymond James Financial Services, Inc. 310 S. Victoria Ave, Ste. G, Pueblo, CO 81003 Phone: 719-545-2900. E-mail: Gary.Neiens@RaymondJames.com Operation assistant: Julie.Cline@RaymondJames.com

## How To Minimize Estate Taxes & Stay Keep Sanity!

by Ron Phillips

It's official. The year to die is 2010. This year the estate tax is zero. You could have \$20 million and not pay a dime of estate taxes if your "will expired" in 2010.

What will the estate tax be next year? According to PuebloBizNews.info, the 2011 estate tax exemption will be \$1 million. Any assets you might leave over that exemption will have a flat 55% tax generously given to the government...the dreaded "death tax."

There are several strategies to potentially minimize your estate and to

make it easier to pay for the tax. Below are several general suggestions. Please always verify any ideas with licensed CPAs, attorneys and financial advisors. Some actions you take could be irrevocable.

### IDEA #1: GIFTING

This is a very common idea but I have some unique takes on this one.

You can give away \$13,000 to any person annually and that person does not have to pay gift taxes. We just minimized your estate and avoided gift tax. If you are married you can bump that up to \$26,000 a year.

Where this gets interesting is when you use a tax-deferred 529 college savings plan. These newer plans offer an accelerated five-year contribution. For example, if a married couple has a grandchild they want to fund college expenses for, this can add up quickly. They could put \$130,000 (\$26,000 times five years) into a 529 plan with a single contribution. If they had 3 grandchildren they could give up to \$390,000, moving it out of their estate. Sorry Uncle Sam.

Another gifting strategy is giving the \$13,000 in the form of a zero-coupon bond. This adds predetermined growth to the gift. For example, a \$25,000 (face-value) zero-coupon bond might only cost \$13,000. When the bond matures it will pay the \$25,000 face-value. So you have effectively given the \$13,000 plus the future growth, eliminating any additional

build-up in your estate.

### IDEA #2: DIRECT PAYMENTS

Another idea that is very similar to gifting is directly paying for a person's medical bills and/or their school tuition. According to FinWeb.com, this person does not even have to be a relative. Any amount for these two expenses is allowed. But it must be paid directly to the provider. Then the gift is out of the givers' taxable estate.

### IDEA #3: BUY LIFE INSURANCE

You can use life insurance proceeds as a way to help your loved ones pay a future estate tax bill. For example, a seventy-year old man believes he will have a taxable estate of \$1 million in the future. At the current 55% tax rate his bill would be \$550,000.

He buys a twenty-year, \$500,000 term-life policy that costs \$10,000 annually. Let's say he dies at age ninety. He paid roughly \$200,000 over the life of the policy (more funds out of his estate) and now his family has \$500,000 to offset the estimated estate tax. Voila...his taxes are taken care of. Better luck next time Uncle Sam.

Ron Phillips is an Independent Financial Advisor and a Pueblo, Colorado native. He and his wife are currently raising their two sons in Pueblo. Order a free copy of his book *Investing To Win* by calling (719) 545-6442 or emailing to [RonPhillips@RPAdvisor.com](mailto:RonPhillips@RPAdvisor.com).

## ARE YOUR INVESTMENTS PRODUCING INCOME?

Are you satisfied with your investment income?

Let's talk about strategies to produce income, that could build wealth while minimizing risks.

**Gary Neiens**

Financial Advisor / Investment Broker

**RAYMOND JAMES**  
FINANCIAL SERVICES, INC.

Individual solutions from independent advisors

310 S. Victoria Ave., Ste. G Pueblo, CO 81003

719-545-2900

[GaryNeiens@RaymondJames.com](mailto:GaryNeiens@RaymondJames.com)

May The Clouds  
Never Burst And  
The Son  
Always Find You!  
We Wish You  
Peace And Joy  
Always.

## 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, NAPS, Jan McLaughlin

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

Copyright © 2010-Beacon Publishing

## Minnequa Medicenter...

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

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



### Transitional Care Unit

offering: private rooms, flat screen TV, telephone, private dining

Medicare/Medicaid, Managed Care and VA contracted.

For additional information/directions please call:

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

# Senior Community Update



## KNIGHTS FISH FRY

Knights of Columbus #12020 will continue their annual Fish Fry fundraiser on Friday March 1, 8, 15 & 22 at the new St. Paul's Church, 1132 W. Oro Grande Dr. in Pueblo West. Healthy portions and plenty from which to choose. Hours are from 4-6:00pm. Cost is \$8 for adults and \$4 for children. Come and join us. Is good food for good causes and much fun. Bring the grandkids.

## STROKE SURVIVORS SUPPORT GROUP

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

Call Chuck at 583-8498 for all the information.

## PUEBLO WEST SENIORS

The Pueblo West Seniors get together for a luncheon on the second Tuesday of each month at 11:30am. They meet at the Memorial Recreation Center at 230 E. George Drive.

In March a Pictorial Tour with Prof. Ward McCann, following our regular monthly potluck luncheon.

To get to the center, two signs on Joe Martinez Blvd will alert you to Byrd Street, turn south on Byrd and east to 230 E George. Please bring your own table service. Coffee and tea will be provided.

For more information call Membership committee 647-8969 or 404-4413. For all the info on this Senior Citizen organization call Katherine at 647-8969 or Nan at 547-3944.

## CRANE FEST MARCH 12-14

The cranes have returned. Their haunting calls beckon to be heard. What do the cranes sound like to you? Come and enjoy the pleasure of the sights and

sounds of these marvelous creatures and the surrounding San Luis Valley.

For information and reservations call 719-852-3552 Mon-Thurs. 10am - 4pm. Deadline is March 9, 2010. Visit our website: [www.cranefest.com](http://www.cranefest.com)

## LOU GEHRIG'S DISEASE SUPPORT GROUP

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

## OWLS MEETING

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

## RIDE TO CHURCH?

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

## GENEALOGICAL SOCIETY

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

## SRDA CALENDAR

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

## LIVING WITH OSTEOARTHRITIS?

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

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

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

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

## TOASTMASTERS

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

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

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

Contact: Robert W. Johnson, 719-251-8841

## STEP-UP PROGRAM

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

## FREE TAX PREPARATION

Free Tax preparation: Joseph Edward Senior Center (SRDA) 230 N.

Union Avenue, Pueblo.

Begin Feb. 1, 2010, end Apr. 14, 2010

Monday to Thursday 9:30 AM to 2:00 PM

Friday 9:30 AM to 12 Noon  
Closed February 15, 2010

First come - First served. Sign up begins at 8:00 AM each day on second floor.

Papers required are: Social Security cards for each person to be listed on return, picture ID, Copy of 2008 tax return, copies of all income statements (W-2, interest, retirement, Social Security) statement of sale of stocks, if itemizing; total of all medical expenses, real estate taxes, mortgage statement.

## ALZHEIMER'S SUPPORT

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

## TEA PARTY NEWS

We meet the 3rd Thursday of each month at 6:00p.m. March's meeting is at the Pueblo Weisbrod Aircraft Museum 31001 Magnuson Avenue at the airport. Candidates forum is planned. Bring refreshments for yourself. For additional information, please visit: [socoteaparty.com](http://socoteaparty.com)

## COMMUNITY BLOOD DRIVES

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

## JOB SEEKERS

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

## WEED MANAGEMENT CLASS

Attend a Weed Management class on Tuesday, March 23, 2010 from 6-9 p.m. offered by CSU Extension/Pueblo County. Mechanical, biological and chemical control options will be covered. Cost is \$15 and pre-registration with payment must be received no later than Tuesday, March 16th.

For more information contact the CSU Extension office at 583-6566.

**Freedom is**

*having our reverse mortgage with an experienced team we really trust.*



## A Reverse Mortgage from Ent

can turn your home's equity into extra money for monthly expenses.

And, Ent has one of the most experienced, trusted reverse mortgage teams anywhere.

Is a reverse mortgage right for you? Contact our local reverse mortgage team today!

Ent is a community-chartered credit union  
Equal Opportunity Lender  
Federally insured by NCUA



Apply in person or by phone.

[Ent.com/Reverse](http://Ent.com/Reverse)

(719) 574-1100 ext. 5602

or 800-525-9623 ext. 5602

## ANTIQUQUE SHOW & SALE

PUEBLO, CO

STATE FAIRGROUND

CREATIVE ARTS BLDG

MARCH 13-14, 2010

SATURDAY 9:00-5:00 SUNDAY 10:00-4:00

**\*\*Glass Grinder on Duty, Bring in Chips for Repair\*\***

ANTIQUES, UNIQUES, PRIMITIVES, COLLECTIBLES

ANYTHING WORTH REMEMBERING CAN BE FOUND

**Food On Site Free Parking  
\$3 ADMISSION**

exit 97A off I-25, right on Central Ave., left on Northern, up approximately 10 blocks to Beulah, right on Beulah to the Fairgrounds - approximately 4 blocks up (on left side)

Jo Peterson 719-596-8839



# SENIOR CLASSIFIEDS

**"I FORGAVE MYSELF" CD:** 15 inspiring, humorous, breathtaking songs by spiritual songwriter. \$15 (including shipping). Check, Money Order: Eric Schneider, 1817 Carson Ave., La Junta, CO 81050. #0610

**ALTERATIONS/MENDING:** Reasonable prices. Quick turnaround. Have pincushion will travel. Call 719-225-0425. Let's talk and set an appointment. Thank you. #0510

**DUAL SPACE:** in military court of honor section. \$750.00. You pay transfer fee. 719-225-6671. #0510

**FOR SALE:** Timeshare. Stormy Point, Branson, MO. Sleeps four. Furnished, \$12,000. 719-583-2042; 248-5479. #0510

**"LOOK" - Caucasian man, 73,** seeks female live-in friend, companion. Woman should be past middle age. Man is in good health, good physically. Expects similar. Rural home, nice, not fancy. Has separate bedroom. Also has horses. Must be a U.S. citizen. Driver's license essential. This is a sincere effort. Being alone is no fun. If interested, call Bill - 719-406-5754. #0510

**GOLDEN GIRL; SENIOR FEMALE ROOMMATE WANTED!** Are You A Senior Lady having difficulty making ends meet??? Would you like to have 2010 be a better year for you? Are

you in Colorado or would you like to move to Colorado?

I, too, am a senior lady looking for a long-term SENIOR roommate to share expenses and household duties as well as to be a friend and companion. Please be "upbeat" and a "non-complainer"

I have a very lovely 3 bedroom, 2 bath mobile home located in Northpoint Estates on edge of Pueblo, West, Colorado. My home is spacious and ideal for sharing with the right older lady. Have a lovely front, covered, carpeted deck with a ramp and the community is quiet, safe, and well kept up. Mountain view front and back. Bedrooms and baths are on opposite sides of home so you have complete privacy. Your bedroom is very large, approximately 16 ft by 10ft. It was two bedrooms that I tore down the wall and made into one big bedroom. MUST be neat and clean. Would love it if you would like to buy into the home so we both have title to it.

If interested, call me at 832-274-1995 or email [casino7807@yahoo.com](mailto:casino7807@yahoo.com) and we can meet and visit and determine if we can be "roomy's" and assist each other in living out what they call the "Golden Years" Will supply pictures after contact. #0310

**FOUR GRAVE SPACES.** in Hillcrest section at Imperial Gardens. \$1500 plus transfer fee. Call (719)649-2478 or (719)946-5214. #0310

**WANTED!** Older golf putters, signed golf books and pictures, older golf tournament programs, pins, and badges. (719)687-1227. Masters golf items too. #0310

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

**WATKINS SINCE 1868:** Quality vanilla, black pepper, extracts and More! Free Catalog. Call Today! Dale Van Holland. 719-369-9023. #0310

**HOMECARE PROVIDER.** 30 years experience. Honest and dependable. Happy to help with daily needs, errands, shopping and appointments. Call Connie at 543-7853 or 214-0321. #0310

**JAZZY SELECT** power chair. Excellent condition. Used only once. One-

## 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.

year old. Call, Tony for price at home (719) 947-1142 or cell (719) 778-7481. #0310

**30 YEARS EXPERIENCE.** Qualified, caring, compassionate Caregiver will give good personal hygiene care. cook, light cleaning. Day & Night care. Call Diana, (719) 369-5758. #0310

**ONE BEDROOM SPACIOUS.** Southside complex. Rent - \$420 deposit - \$250 includes water, trash, parking, laundry room, close to bus stop and shopping. Rustic Villa (719) 564-8899. #0810

**EXPERIENCED HOME CARE** for your loved ones. I will assist you with your daily needs. Day or night! Call Martha at 719-566-9077. #0310

**PROFESSIONAL HOME CARE PROVIDER** with loving touch. Long-term references. Honest & Dependable. Debbie Rich, 569-3614. #0310

**BUSINESS OPPORTUNITY.** Multi-million dollar company offering

business opportunity to self-motivated person. No franchise fees or products. For details, call David or Glenda. 719-469-5779. #0410

**HOUSING CLEANNING** I will clean your house. Honest. Dependable. Senior Discounts. Sheri - 778-0466. #0210

**ANCIENT WWII VET** needs used portable oxygen concentrator or repair service. Phone 542-3032. #1109

**NO TIME.... USE MINE!** Can't get out? I will run your errand's in the cold. Call Virginia at 561-1384 or 214-6007. #1209

**CATNAPPER POWER CHAIR/RECLINER.** For those who need assistance to stand from a sitting position. Excellent condition. Battery back-up. \$250.00. Call 595-9938. #1209

**24/7 LOVING SENIOR CARE IN CHRISTIAN HOME.** 31 yrs. experience. SPACE FOR ONLY ONE CLIENT LEFT! Hurry! Call today - 719-542-3496. #1209

## BELMONT SQUARE APARTMENTS

### SPRING "MOVE-IN" SPECIAL

Bring This Ad & Tour Our Model & RECEIVE AN ADDITIONAL

### \$50 OFF

Look & Lease Same Day & Application Fee Is Waived!

#### ELEVATORS

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

2020 Jerry Murphy Rd - Pueblo, CO  
Call Ray for specials! 545-2236  
[belmontsquareapt@comcast.net](mailto:belmontsquareapt@comcast.net)

*Allowing you or your loved one to receive the care you need in the environment that they love.*

Non-Medical Services Provided

- Meal Preparation
- Errands/Shopping
- Light Housekeeping
- Assistance with personal needs
- Bathing/Hygiene
- Respite care for families
- Companionship



**Guardian In Home Services**  
803 W. 4th St. • Suite V - Pueblo, CO  
**719-583-7870**

## Probiotic Powerhouse

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

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

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

To learn more, visit the Web site at [www.stonyfield.com](http://www.stonyfield.com).

## Senior Homecare By Angels®

### Select Your Caregiver®

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



Pueblo **719-543-4220**

Canon City **719-276-2020**

America's Choice in Homecare.

**Visiting Angels**  
LIVING ASSISTANCE SERVICES

418 W. 12th St. Pueblo, CO 81003

[www.visitingangels.com/pueblo](http://www.visitingangels.com/pueblo)

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





# Reeling

## “A Fantastic Animated Film”

by Film Critic Betty Jo Tucker, Pueblo

### A Fantastic Animated Film

Most movie fans know when they've seen something special, and that's why I'm celebrating "Fantastic Mr. Fox," Wes Anderson's first animated film, which will be available on DVD March 23. What a clever, creative, entertaining and glorious movie it is! Taking us to a wonderful world we've never seen before on screen, Anderson and crew introduce us to quirky characters we can't help caring about -- even when they admit to being wild animals at heart. The movie's stop-motion animation, funny script and perfect voice talent blend together so seamlessly we want to cheer everyone involved in this gem, which turns out to be one of 2009's best films.

Based on Roald Dahl's book and adapted by Anderson and Noah Baumbach, "Fantastic Mr. Fox" tells the tail -- er tale -- of an adventurous fox (voiced by George Clooney) who decides to carry out one last theft from

the likes of farmers Boggis, Bunce and Bean. In the process, he angers his wife (voiced by Meryl Streep) and starts an all-out war between his animal friends and the three B's. A simple plot indeed, but the imaginative way it's presented here proves that filmmaker Anderson has found his niche.

In the midst of all the turmoil, "Fantastic Mr. Fox" also offers an amusing side story involving the rivalry between Mr. Fox's son Ash (voiced by Jason Schwartzman) and his nephew Kristofferson (voiced by Eric Anderson). Tiny Ash wants to be an athlete but is no match for his bigger, more talented cousin, especially when it comes to playing Whackbat, a complicated game that's all the rage among Mr. Fox's friends. How these two youngsters finally work out their relationship problems is great fun to watch

Among the other outstanding voice talents are Bill Murray (Badger), Willem Dafoe (Rat), Michael Gambon (Franklin Bean), Wallace Wolodarsky (Kylie), Owen Wilson (Coach Skip) and Wes Anderson himself (Weasel). They probably had a ball making this movie!

I've been a fan of the painstaking stop-motion animation technique ever since seeing "Chicken Run." In "Fantastic Mr. Fox," it's done even more brilliantly. My only worry about this animated film relates to the sophisticated nature of the dialogue. I think adults may enjoy the movie more than children. Still, there are

cute animals, dogs who love blueberries, and lots of Muppet-like explosions, so maybe that's enough for the kiddies.

Who will win the battle between the farmers and Mr. Fox & friends? Will Mr. Fox mend his ways and become a responsible family man? Will Mrs. Fox forgive her husband for his dangerous animal instincts? I don't want to give anything away -- but just know that whatever happens will be fantastic. (Released by 20th Century Fox and rated "PG" for action, smoking and slang humor.)

### Not So Fantastic

John Travolta and Robin Williams ham it up in "Old Dogs" (on DVD March 9), a screamingly bad comedy about two longtime pals who are not only best friends but also business partners. When Williams' character finds out he's the father of seven-year-old twins, both unmarried friends come unglued at the challenge of taking care of these youngsters while their mother has to leave them for a short time. A silly script and over-the-top performances by the entire cast make it hard to sit through Old Dogs without squirming in your seat most of the time.

As someone who has admired Travolta ("Hairspray") and Williams ("Man of the Year") in many of their films, I take no pleasure in panning their work here. They are fine performers who bring exceptional talent to the table. But "Old Dogs" requires so much unbelievable juvenile behavior from their characters, it's painful to watch these two veteran actors try to evoke laughter at the ridiculous things they're required to do. Only one situation emerges as truly funny to me in "Old Dogs." When the twins (the very cute Ella Blue Travolta and Conner Rayburn) accidentally mix up their father's prescription drugs, amus-

ing depth perception problems result -- aided by special effects, of course.

Playing a single mother who needs help, Kelly Preston (so great in "What a Girl Wants") seems way too bubbly in her interpretation of this role. The usually wonderful Rita Wilson ("Raise Your Voice"), portraying a hand model who suffers at the hands of one of the main characters, appears in only a couple of scenes and -- uncharacteristically -- overacts in each one. Seth Green (Scott Evil in the Austin Powers flicks), as an incompetent employee, adds little humor to the movie, but I do have to admit smiling at his gorilla serenade.

While applauding the emphasis in "Old Dogs" on the importance of family over business as well as its theme about never being too late to be a good father, I can't help feeling very disappointed by this comedy. Although the script may be most at fault, Travolta and Williams have been around long enough to know that when doing comedy, sometimes "less is more." (Released by Walt Disney Studios Pictures and rated "PG" for some mild rude humor.)

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



**Orchard Springs Dental Lab**  
orchardspringsdental.com Routed In Excellence

No Insurance, No Problem!

"Hollywood Teeth... Not Hollywood Prices"



**Dr. Kimra Hall**

Offering New  
Ultra Suction Denture

NEW HOURS

Evening and Saturday appointments available

547-2826



**Dr. Emily Batson**

318 Orchard Springs Drive • Pueblo West  
410 Macon Avenue • Cañon City

# MOUNTAIN VISTA RECOVERY AND REHAB UNIT

Center of Rehab Excellence



UNIVERSITY PARK  
CARE CENTER



945 DESERT FLOWER BOULEVARD  
PUEBLO, CO 81001

(719) 545-5321

ALL ON ONE CAMPUS!

"QUALITY PEOPLE CARING  
FOR QUALITY PEOPLE"

www.westwindcampus.com

Westwind  
Village

Skilled Nursing Facility

HorizOn  
Heights

ALZHEIMER'S NURSING FACILITY

The Living  
Center & Casa  
De Vida

ASSISTED  
LIVING

SKILLED NURSING

- Short-Term Rehabilitation
- Long Term Care
- Respite Care
- Ventilator Care
- Sub-Acute Care

ALZHEIMER'S CARE

- Skilled Nursing Care
- Secure Environment
- Small, Private Facility
- Individualized Activities

ASSISTED LIVING

- Medicaid Certified
- All Inclusive Private Rates
- Central Location
- Daily Activities



Westwind  
CAMPUS OF CARE

Stop in For a Tour Today!  
719-564-0550

2515 Pitman Place  
Pueblo, Colorado 81004