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Senior Beacon

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

OCT., 2009 Vol. 28: No. 3 Established Aug., 1982 327 Consecutive Months!

Social Security Cash Shortfall Next Year.....

.....Will IOUs Pay Your Bills?

Alexandria, VA (September 22, 2009) A new report from the Congressional Budget Office (CBO) predicts a cash shortfall in the revenues needed to pay the Social Security benefits of 51 million Americans next year. This would be the first Social Security cash crisis since

1983, and is sure to create new pressures on Congress to make major changes that would raise taxes and cut benefits, warns The Senior Citizens League (TSCL), one of the nation's largest nonpartisan seniors groups. The situation also is sure to prove incendiary among retirees already uneasy over proposals to cut Medicare and predictions that there will be no annual Social Security cost-of-living adjustment (COLA) next year.

According to the CBO's most recent budget and economic update, there will be a cash shortfall of \$10 billion in 2010, after recent forecasting in January that predicted a cash surplus of \$25 billion. The summer report also forecasts shortfalls in six out of the next 10 years. Climbing unemployment is curtailing the payroll taxes while enrollment is growing, as senior workers who lose their jobs turn to Social Security and Baby Boom-

ers retire.

"Beneficiaries need to know whether the government intends to continue paying their full benefits, and how that will be done," says Daniel O'Connell, Chairman of TSCL. Since 1983 Social Security has received more in revenues than required to pay benefits. By law, Social Security revenues not immediately needed to pay benefits are used to fund other govern-

SEE "SHORTFALL" PAGE 3.

RetireSafe To Senate: Stop Proposed Rationing

RETIRESAFE TO SENATE: STOP PROPOSED RATIONING OF HIGH-QUALITY HOSPITAL CARE - MEDICARE NEEDS MORE PHYSICIAN HOSPITALS!

Washington, DC (September 24, 2009) Today RetireSafe, representing 400,000 senior citizen supporters across America, called on the U.S. Senate, starting with the Senate Finance Committee, to stop the proposed rationing of high-quality hospital care to Medicare patients. "The health care reform bill now being considered in the Finance Committee would deny Medicare beneficiaries access to the best in hospital care by limiting the operation and growth of physician hospitals," charged RetireSafe President Thair

Phillips. For seniors seeking the finest in orthopedic or cardiac care, physician hospitals are an obvious first choice," Phillips said. "This outrage must not be allowed to stand, and Medicare beneficiaries must act now, before it's too late," he added.

"We need more of these outstanding facilities to serve the growing millions of older Americans on Medicare," Phillips emphasized. "Health care reform would deny our seniors access to new physician hospitals, and put the ones we now have out of business," he added. "Clearly the Finance Committee or the Senate should act to strike the physician hospital limitation language from the health care reform bill," Phillips

stressed.

He continued, "Physician hospitals offer the best in patient care, and rate far higher than most of the big chain and so-called 'community' hospitals they compete against. Study after study proves that the smaller physician hospitals provide a higher nurse-to-patient ratio, more physician control of hospital operations, and minimal patient disruption during recovery," Phillips noted.

"A recent (August 2009) Consumer Reports study involving more than one million hospital patients nationwide, ranked physician hospitals as the number one hospital in 19 states, and near the top in the other states in which they operate," he pointed out. "One federally mandated

quality study done by the Centers for Medicare and Medicaid Services (CMS) showed that patients rated physician hospitals 37 points higher than the national average, while another federal study of physician hospitals found the length of stay was anywhere from 17 percent to 31 percent shorter at specialty hospitals than at their community counterparts," Phillips stated. (More detailed information on hospital quality studies can be found in the "health" section at consumerreports.org or in the paper "Why America Needs More Physicians Hospitals" at seniorsforucures.org.) He concluded, "Responsible Senators must stand up for better care, and oppose the rationing of Medicare hospital benefits at physician hospitals."

New Choices For 2010 Medicare Supplement Insurance

Denver, CO. Buying health insurance can be one of the most confusing and frustrating events for individuals regardless of age. The task does not become easier as one qualifies for Medicare. For some individuals, it can be even more confusing. Most individuals who turn 65 are eligible for Medicare Part A and B. In addition, although voluntary, individuals should enroll in Part D as well.

Medicare Part A covers hospitalization, nursing home care, some home health care, and hospice care after the individual pays the deductible. Part B covers physician services, labs, x-rays, outpatient hospitalization, emergency room visits, ambulance trips, and durable medical equipment as well as many preventive services such as flu shots, mammograms, prostate screenings, cholesterol screenings, and more, however, Medicare Part A and B do not cover all of the costs. Part D covers prescription drugs.

After an individual has enrolled in Medicare, the beneficiary should select either a Medicare Advantage plan (Part C) or a Medicare Supplement to cover the deductibles, co-payments, and co-insurance that is not covered by Medicare.

According to the National Committee to Preserve Social Security and Medicare, approximately 20% of the population is enrolled in Medicare Advantage Plans. These plans usually offer lower monthly premiums but require co-pays for most office visits, hospital admissions and other procedures such



as out-patient hospital visits, cancer treatments, and emergency room visits. Medicare Advantage plans may also offer additional benefits such as vision and dental care.

Most importantly these plans often offer a coordinated care model in which the care is managed and unduplicated services are eliminated. Individuals who use a Medicare Advantage Plan usually (unless they enroll in a Private Fee For Service Plan) are required to use the services of the network. This can be an advantage for people who are having difficulty identifying a physician who accepts Medicare.

The findings of the National Committee indicate that 80% of Medicare beneficiaries are enrolled in original Medicare with a Medicare Supplement. Individuals usually purchase a Medicare Supplement to cover the costs not covered by Medicare for Parts A and B.

Medicare has recently announced some changes that will occur in June 1, 2010 for individuals who are either ini-

tially purchasing a Medicare Supplement or who are changing companies. To date, insurance companies have offered standardized plans A-L. All plans sold in Colorado offered the same benefits. For example, Plan F was the same regardless of the insurance company. The variation occurred with pricing and service.

Next year, insurance companies will no longer sell Plans E, H, I and J to beneficiaries new to Medicare. A slightly different version of plans A-D, F, K and L will continue to be sold, with the main change in these being the addition of Hospice co-insurance to the Part A, and the removal of preventive health care coverage from Plan F and In-Home Recovery from Plan D.

Also beginning June 1, 2010, insurance companies will have the option to begin offering two new standardized Medigap plans, M and N. Coverage for both of these plans will be similar to the new Plan D, with M having a 50% co-insurance for the Part A deductible and Plan N having a coinsurance of \$20 for a physician visit and \$50 for an outpatient emergency room visit. Individuals who have Plan F will continue to have the most comprehensive coverage of Part A and B deductibles, co-payments, and excess charges by the providers.

Medicare beneficiaries who are already enrolled in a Medigap plan will not see any changes in coverage. The current Medigap coverage will continue with the plan in which the individual is

currently enrolled. However individuals who want to change coverage have a guaranteed enrollment for the new Medigap plans. Current Medicare beneficiaries who choose to exercise their "Trial Right" for the Medicare Health Plan between now and June 1, 2010, and who have gone off Medigap will not be able to re-enroll in the original plan.

The Center for Medicare and Medicaid Services (CMS) will be mailing notices to Medicare beneficiaries regarding these changes. Individuals who receive a letter from Medicare explaining the new Medigap plans and enrollment rights and options who have questions can call 1-800-Medicare or 303-333-3482.

To learn about these and other changes, join us at Medicare Monday on November 16, from 9:30 am to 11:30 am at five locations in the Denver, Pueblo, Colorado Springs, and Grand Junction. Experts from Medicare will be available to share information and answer questions, as well as many of the health plans. For more information, 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.

I'm Still Above Ground

by James R. Grasso, Chief Cook & Bottle Washer



Simply Not True!

I received a call from one of our advertisers last month and she asked me a curious question. Apparently a lady (let's call her LW) berated her for running an advertisement in *Senior Beacon* because *Senior Beacon* doesn't allow any information of a political nature unless it's from a conservative source. LW also said that if she continued to advertise in the newspaper that LW would take her business elsewhere. I told her that LW's rant was unfounded and untrue. It is no secret that I adhere to conservative principles including most especially limited government. I welcome an open forum. Problem is, all I ever get are rants that have nothing to do with the subject matter. Very few responses, so far, have been well thought out points of view. They seem to be emotional ramblings with broad brushstrokes and all-encompassing generalizations calling me a bigot, a fascist and so on.

I do my very best to write with empirical data that is easily *fact-checkable* (if there is such a word) and then draw a conclusion. When I use specific quotes I give credit to the person I'm quoting. As for not allowing other streams of consciousness, that is a totally bogus claim. "*Blog With Us*" is available at www.seniorbeacon.info and anyone can say anything, within reason, and it gets published for the whole world to see. Our e-mail address is published for people with any comment on any subject as well as our phone number and fax machine. So everyone has ample avenues to vent their political frustrations without resorting to lies or half-truths and blackmail.

When and if I get a reasonable comment(s) from someone who doesn't throw nasty language and unsubstantiated "facts" at me I will always publish them as I have in the past.

This threat to an advertiser speaks to a deeper problem. It is the right for LW to complain and even to say she would withhold her business from the advertiser. But the mentality of LW to threaten because LW doesn't like someone's else's words written in a free society publication that has nothing to do with the advertiser and her business strikes me as something Jesse Jackson always did and that is shakedown businesses he didn't agree with into giving him and his causes money and in return the business wouldn't be harassed by like-minded Jackson supporters. It's a form of blackmail. Of course, it doesn't surprise me coming from the Liberal Left. Please don't bear false witness as it concerns *Senior Beacon*.

Here Is Something Interesting I Read

THE FIRST TIME?

For the first time in history, the Democratic Congress will not allow an increase in the social security COLA (cost of living adjustment).

In fact, The Henry J. Kaiser Family Foundation predicts there may not be any COLA for the next three years.

However, the per person monthly Medicare insurance premium will be increased from the 2009 premium of \$96.40 to \$104.20 in 2010 and to \$ 120.20 for the year 2011.

And here is something from Susan Johnson concerning a directive from the Better Business Bureau. "With the U.S. Census process beginning, the Better Business Bureau (BBB) advises people to be cooperative, but cautious, so as not to become a victim of fraud or identity theft. The first phase of the 2010 U.S. Census is under way as workers have begun verifying the addresses of households across the

country.

Eventually, more than 140,000 U.S. Census workers will count every person in the United States and will gather information about every person living at each address including name, age, gender, race, and other relevant data.

The big question is - how do you tell the difference between a U.S. Census worker and a con artist? BBB offers the following advice:

** If a U.S. Census worker knocks on your door, they will have a badge, a handheld device, a Census Bureau canvas bag, and a confidentiality notice. Ask to see their identification and their badge before answering their questions. However, you should never invite anyone you don't know into your home.

** Census workers are currently only knocking on doors to verify address information. Do not give your Social Security number, credit card or banking information to anyone, even if they claim they need it for the U.S. Census.

While the Census Bureau might ask for basic financial information, such as a salary range, the Census Bureau will not ask for Social Security, bank account, or credit card numbers nor will employees solicit donations.

Eventually, Census workers may contact you by telephone, mail, or in person at home. However, the Census Bureau will not contact you by Email, so be on the lookout for Email scams impersonating the Census.

Never click on a link or open any attachments in an Email that are supposedly from the U.S. Census Bureau.

For more advice on avoiding identity theft and fraud, visit www.bbb.org

For What It's Worth

I am taking much heat from many people who refuse to see that this administration and congress are taking our freedoms away. "You are fear-mongering" they say. When BHO says and I quote, "Cap and Trade will make electricity bills skyrocket," it isn't me who is saying this, it is BHO.

And when BHO tells us the healthcare bill will allow us to keep our doctors and our present insurance he is technically correct but in the bill it states that as soon as anything changes in our current health insurance (even a co-pay rise) we MUST join the government plan. These are not my words.

We are told that this healthcare bill won't break the bank but how are they going to insure 40 million more people and actually cut healthcare costs? Since you use healthcare when you are infirm, then how can they cut the costs of healthcare? The only logical conclusion is they will have to cut healthcare somewhere. That is a no brainer, isn't it? Guess who uses most of the healthcare in the United States? Yep, we seniors! Are you hearing me on this?

Finally, BHO wants to redistribute wealth so we are all equal. He has a czar he appointed that will make sure that bankers and by extension, anyone else they care to pummel, will have salaries and bonuses capped. Now isn't that special? Let's see, this country is made up of immigrants (more on that later) and the reason why these immigrants came to America was so they could have a better life for themselves, and most importantly, their children. America offers the opportunity for poor people to become rich and even allows a poor person like Bill Clinton to become president. If we take BHO at his word, he wants to take more and more from the achievers of America and give it to the people that don't achieve in effect taking away the achiever's reason to achieve. If this is accomplished, then everyone will be "equally" unachieving and there will be no hope of bettering your lot in life.

SEE "OP-ED" PAGE 19.

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RetireSafe Seniors' Health Care 'Bill Of Rights'

by **Thair Phillips - President RetireSafe**
RetireSafe calls the Seniors' Health Care Bill of Rights the Real Cure for Older Americans *
Washington, D.C. August 24, 2009 - RetireSafe applauds Michael

Steele, chairman of the Republican National Committee for outlining some crucial steps for health care to protect senior Americans. "We look at The Seniors' Health Care Bill of Rights, unveiled today, as an "emergency medical inter-

vention" that will help ensure that seniors will receive access to quality health care," stated Thair Phillips, RetireSafe President. RetireSafe is a bipartisan, grassroots senior advocacy organization based in Washington, D.C.

Safe's 400,000 plus supporters have been outraged at the proposed health care reform plan which would have senior citizens paying a steeper price and their treatment options reduced or rationed.

According to Phillips, Retire-

SEE "BILL" PAGE

Shortfall In Social Security The 'Real Deal' For Future

from page 1.

ment programs. The Treasury borrows the excess monies, issuing special non-marketable bonds that are IOUs to the Trust Funds. The IOUs also earn interest which is counted as income to the Trust Fund.

"But the bonds and the interest only represent authority for the government to pay benefits, not the real cash resources to do so," O'Connell explains. "TSCL's seniors are skeptical, frankly," he says. "They question whether their power companies and grocery stores will accept Social Security IOUs as payment," he wryly notes.

When Social Security's cash revenues become inadequate to pay benefits

in full, the Social Security Trust Fund will need to redeem the interest and then IOUs. In turn, the Treasury will need to provide cash from general revenues. But the cash can only come in three ways, through some combination of borrowing, increased taxes, or cutting benefits and other spending.

"There's absolutely no financial or historic precedent of the government funding Social Security benefits through long-term borrowing," notes O'Connell. Funding benefits from general revenues was considered during the Social Security financing crises in the 1970s and 1980s as an alternative to payroll tax increases, but Congress for the most part

has rejected general revenue financing for Social Security.

TSCL believes that it would be irresponsible for Congress to delay any longer the work needed to ensure Social Security's finances. "The longer we delay, the more we will pay," O'Connell says. However, TSCL says that Congress should avoid enacting changes that would negatively impact people who are already retired, or close to retirement, including proposals that would slow the growth of COLAs, and increase taxes on Social Security benefits," O'Connell says. "It's essential for seniors and those nearing retirement to stay informed and get involved in the process," O'Connell urges.

To learn more, please visit www.SeniorsLeague.org or call 1-800-333-8725 for more information.

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 or call 1-800-333-8725 for more information.

RetireSafe To America: Support The 'Access To Repair Parts Act'

RetireSafe Applauds Solution to Looming Car Company Parts Monopoly
WASHINGTON - Today RetireSafe, on behalf of its 400,000 senior citizen supporters, urged all Americans to join in support of the "Access to Repair Parts Act," as introduced by Rep. Zoe Lofgren (D-CA) and Senator Sheldon Whitehouse (D-RI). The Access to Repair Parts Act (H.R. 3059 and S. 1368, respectively) would guarantee that con-

sumers can continue to choose high-quality, low-cost alternative collision replacement parts when repairing their vehicles. This "repair clause" legislation preserves competition in the automotive replacement parts market, providing options for budget-conscious consumers and helping to keep businesses afloat in these tough economic times. For seniors on fixed incomes, this legislation is critical.

Aftermarket competition affords consumers a savings of up to \$1.5 billion each year. But recently, the car compa-

nies have obtained an increasing number of design patents on visible crash parts, attempting to block competitors from producing affordable alternatives. New research suggests that several characteristics of the crash parts market grant the car companies an unusual ability and an incentive to use design patents to raise prices and harm consumers. Again, this collision parts monopoly will fall most heavily on older Americans.

Increased costs for crash parts will lead insurance companies to declare more damaged vehicles as "total wrecks,"

which in turn may force insurers to add an estimated \$3 billion to consumers' premiums. With increased parts prices, customers of independent repair shops may skip necessary repairs, resulting in a loss of business for repair shops, and vehicles that are less than safe to drive, especially for seniors.

"RetireSafe is committed to supporting the 'Access to Repair Parts Act' and the protection it gives to consumers and the aftermarket industry," said Thair Phillips, RetireSafe President. "Without a permanent legislative change to design patent law, consumers are left at a clear disadvantage and the livelihood of the industry is jeopardized, putting senior citizens needing repairs at even greater risk," he stressed. "I urge every American to join us in this fight."

"Representative Lofgren and Senator Whitehouse both understand the serious need for competition in the automotive aftermarket, and the importance of that competition for hard-pressed consumers," Phillips continued. "RetireSafe has strongly urged every Member of Congress to work with them to enact this important legislation into law," he added. "We've spent billions of taxpayer dollars to bail out auto dealers and car companies," Phillips noted. Now it's time for all Americans to demand the passage of H.R. 3059 and S. 1368, The Access to Repair Parts Act, to help consumers," he concluded. "This is critical legislation for America's seniors."

RetireSafe is a grassroots organization representing more than 400,000 older Americans nationwide. Its mission is to preserve, protect and enhance the options and benefits of seniors and near-seniors.



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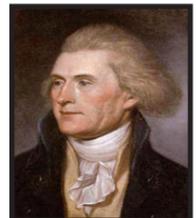
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news of the weird

COMPILED BY CHUCK SHEPHERD
FOR SENIOR BEACON



Cocaine Lounge?

What is believed to be the world's only commercial lounge openly serving cocaine operates in La Paz, Bolivia, though the owners of "Route 36" have to change locations from time to time, depending on the moods of the bribed authorities. An August dispatch in London's *The Guardian* reported that a nearly pure gram costs the equivalent of about \$14 (\$22 for "premium"), served by waiters in an empty CD case, with straws, but bar drinks are also available. Route 36 is well-known to backpacking tourists. Recalled one waiter, "We had some Australians; they stayed here for four days. (T)he only time they left was to go to the ATM."

Police Follies

-- Small Town: In Jericho, Ark., alleged harassment by cops got so bad, according to an Associated Press report, that the fire chief went to court twice in the same day in August to complain about speed traps. The chief's charge angered the seven officers attending the hearing, and a courtroom scuffle ensued, resulting in the chief's being shot in the back and hospitalized. WMC-TV reported that the shooter has not been charged but that an arrest warrant has been issued for the chief, who was then fired by the mayor. The police force has been disbanded by the Crittenden County sheriff, and all firefighters have resigned.

-- Big City: George Vera, who weighs nearly 600 pounds, was booked into jail in Houston in August and was in custody for more than 24 hours before he casually informed cops that they had missed finding the 9 mm handgun and two clips that were hidden in his rolls of fat.

The Entrepreneurial Spirit!

-- Questionable Business Model: In September, in downtown Longview, Wash., a 23-year-old man held up a sign offering to be kicked in the groin for \$5.

He made one sale before police, acting on a complaint, made him move on.

-- Fierce Competition: (1) Police in Broome, Australia, reported in September that a five-year feud between two rival camel-ride vendors in the Cable Beach resort area had erupted again, this time involving allegations of camel theft and tossed camel dung. (2) In July, as the legal brothel business declined precipitously in Germany, owners adopted such gimmicks as free shoe-polishing and discounts for retirees. However, when several brothels began offering flat-rate plans (based on restaurants' all-you-can-eat model), police cracked down, judging them as a little too excessive.

Science on the Cutting Edge

-- Sharron Thornton had been blinded nine years ago from a severe reaction to medication that caused her mucus membranes, including the eye's lens, to die and shed (and caused her also to lose hair, skin and nails, though the latter three grew back). In a revolutionary procedure, the Bascom Palmer Eye Institute at the University of Miami (Fla.) had the bright idea to shore up her eye with a piece of her tooth and jawbone (the cupid, or "eye tooth") so that a prosthetic lens could be implanted. That was only part of it: The tooth portion, with the implanted lens, had to be micro-sculpted and implanted first into Thornton's chest for access to nutrients. Thornton's vision is now 20/70 without eyeglasses.

-- Recent Inexplicable Side Effects of Brain Injury: (1) Malcolm Darby, 70, awoke from surgery following a stroke in Oakham, England, last year to find that he had near-perfect vision (after having worn eyeglasses since age 2) but later discovered that he no longer spoke or understood French. (2) A 37-year-old German woman, who had been treated for epileptic seizures in 2006, reported recently that among the side effects were occasional feelings that she had under-

gone a sex change and was a man.

-- Calvino Inman, 15, is not part of the gothic subculture at his high school in Rockwood, Tenn., but he would be a natural. He has an annoying case of what one ophthalmologist called "haemolacria," or bloody tears. The boy seems to bleed uncontrollably from the eyes, up to three times a day, according to a September ABC News report, but so far, specialists, employing ultrasound, an MRI, and a CT scan, are unable to determine the cause.

Bovine Madness

-- (1) Britain's National Farmers Union issued a general alert in August, after four fatal attacks on people by cows, that dogs should not be walked near grazing fields. "The cattle are interested in the dog, not the walker," said an official. (2) During a three-day period in August near the village of Lauterbrunnen, Switzerland, "dozens" of cows killed themselves by leaping off of a particular cliff. Officials discounted accidents as the cause since cows in the area generally become familiar with the dangers of cliffs.

Least Competent Criminals

-- Recurring Themes: (1) Broward County (Fla.) Sheriff's Office is looking for the man who robbed the Citi Trends store in Oakland Park in September and has released the surveillance video, showing the man removing his mask. However, the man continued trying to shield his face, using only his hands, but the video makes him appear to be playing peek-a-boo, according to a WFOR-TV report. (2) David Perticone, 46, was arrested in Severn, Md., in August and charged with stealing about \$25,000 worth of items from a woman's house just down the block. The woman discovered the items in Perticone's front yard, part of a yard sale he was conducting.

The Classic Middle Name (all-new!)

-- Charged recently with murder and awaiting trial: Michael Wayne Limley, St. Joseph, Mo. (August); Timothy Wayne Sanders, Suffolk, Va. (September); Marcus Wayne Barber, Port Arthur, Texas (September); Robert Wayne Howell, Longview, Texas (September); Barney Wayne Keizer, Salmo, British Columbia (September). Murder trial ordered: Bryan Wayne Hulsey, Glendale, Ariz. (charged in 2007, trial rescheduled for October 2010); Benjamin Wayne Holcroft, Goulburn, Australia (September); Billy Wayne Hall, Sparta, Mo. (trial site changed, September). Sentenced for murder: David Wayne Alexander, Pittsburgh (September); Benjamin Wayne Watta, Seal Beach, Calif. (January). Committed suicide after (according to police)

murdering his girlfriend: Jason Wayne Strickland, Gilbert, S.C. (August). Confessed to murder: Billy Wayne Wallace, Fort Worth, Texas (confessed to police in August in cold-case murders from 1986 and 1994 but had not yet been charged at press time).

A News of the Weird Classic (August 1998)

-- Golf Imitates Miniature Golf: In May 1998 at Beaver Brook Golf Course in Haydenville, Mass., Todd Obuchowski was credited with a hole-in-one on a par 3 hole after his tee shot went over the green and onto a highway, hit a passing Toyota driven by Nancy Bachand, ricocheted back to the green, and rolled into the cup. At least eight golfers witnessed the shot.

Compelling Explanations

-- Improbably Successful Pickup Line: In September, school officials in Australia's Queensland state said they were investigating an incident earlier in the year in which two teenagers had consensual sex that they recorded on a cell phone camera. The girl reportedly said she was convinced to lose her virginity out of fear that the world would soon end as a result of the scheduled re-start of the Large Hadron Collider near Geneva, Switzerland, later this year.

-- Police in Deer Lake, Newfoundland, decided in August not to press charges against three boys whom they had previously believed had harassed a young moose so badly that it had to be put down. A final piece of evidence against prosecution came from the father of one of the boys, who vouched that the three could not have committed such a crime since they had been busy at the time, vandalizing a nearby church.

-- Not My Fault: (1) A 60-year-old highway worker was injured when struck by motorist Catherine Stotts, 62, who was speeding down a blocked-off road construction lane near Willits, Calif., in July. The worker required hospitalization, but Stotts complained about receiving a traffic citation, telling officers that the man could have jumped out of the way faster. (2) Alexander Kabelis, 31, was arrested for slashing tires on almost 50 vehicles in Boulder, Colo., in May, but offered several explanations, including being overwhelmed by radiation from the nearby Rocky Flats nuclear facility and having been forced by his mother to wear braces on his teeth as a child.

-- What Century Is This? During the recent influence-peddling trial against Ottawa, Ontario, Mayor Larry O'Brien, local politician Lisa MacLeod, 34, gave

SEE "WEIRD" PAGE 21.

HOT-N-READY

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For A Healthier You



Putting Breaks On Early Rheumatoid Arthritis

According to a recent article published in the May/June issue of Arthritis Today, a new study suggests that a three week course of steroid injections given at the first signs of rheumatoid arthritis (RA) may prevent 1 in 10 people from progressing to RA for at least one year.

The earliest signs of rheumatoid arthritis (RA) are often pain, stiffness and swelling in two or more joints (also called polyarthritis) in the hand. RA occurs when the body's immune system attacks the joints and can lead to significant joint destruction and disability. It affects over 1.3 million people, including children, in the United States.

Polyarthritis is any type of arthritis which involves five or more joints, may be experienced at any age and is not

gender specific.

The Steroids in Very Early Arthritis (STIVEA) trial divided 265 people who had polyarthritis for less than 12 weeks into two groups, one that got steroid injections and one that got placebo shots.

At one year, 60 percent of those who did not get these injections and half of those who did had RA. Further, 10 percent of people in the placebo group were arthritis-free at one year, compared with 20 percent of people who received steroids.

"The earlier the treatment, the better the results. (This does) not apply to people who have already had their arthritis for more than 12 weeks," says investigator Deborah Symmons, MD and Susan Verstappen, PhD, of the Univer-

sity of Manchester in Manchester, United Kingdom.

About Arthritis

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

The Arthritis Foundation is the only nationwide, nonprofit health organization helping people take greater control of arthritis by leading efforts to prevent, control and cure arthritis and related diseases - the nation's most common cause



of disability. For more information, contact the Rocky Mountain Chapter, serving Colorado, Montana and Wyoming at 800-475-6447 or online at www.rockymountainarthritis.org

Ride the Rails: Senior Tickets Buy One, Get One Free

Just in time for fall foliage...ask a friend to ride the rails from La Veta and Alamosa on the Rio Grande Scenic Railroad. In October, buy one regularly priced senior ticket departing from Alamosa or La Veta and receive one senior ticket for free (senior pricing is for 60+).

With the changing of the leaves, fall is an ideal time to travel by train and visit eclectic Colorado towns along the historic route. Tucked away in the La Cuchara Valley below the twin Spanish Peaks, the tiny art town of La Veta may be one of the last, best undiscovered spots in Colorado. The trip traverses over historic La Veta pass-the highest point in which standard gauge crosses the Rockies.

On the other end of the tracks, located in south central Colorado and surrounded by the dramatic Sangre de Cristo and San Juan mountain ranges, Alamosa is the San Luis Valley's largest town and serves as its cultural and economic center. Central to attractions and recreation opportunities for all ages, Alamosa offers visitors a range of activities. The town's Main Street pubs, cafes, coffee shops and retail shops are just a short walk from the Rio Grande Scenic Railroad's depot.

Take a ride aboard the historic Rio Grande. Call 1-877-726-RAIL (7245) and ask our reservationist for the Golden Ticket for Seniors promotion. More information, including a daily departure schedule is available at www.riograndescenicrailroad.com.

New Physicians At Kaiser Permanente Pueblo North

COLORADO SPRINGS – Kaiser Permanente is pleased to introduce three physicians that will provide primary care services to Kaiser Permanente members at the new Pueblo North Medical Offices, 3670 Parker Boulevard, which is scheduled to open for clinical care on October 12, 2009. These physicians are members of the Colorado Permanente Medical Group (CPMG), the physician side of Kaiser Permanente.



Richard Stiphout, MD, is board certified in internal medicine and is a graduate of Case Western Reserve University Medical School, Cleveland, OH, with a graduate degree from University of California-Irvine. Prior to joining the Pueblo North Medical Offices, Dr. Stiphout was a primary care physician at the Kaiser Permanente East Medical Offices in Denver. He has been a member of the Colorado Permanente Medical Group since 1997.

Paul McCaffrey, DO, is board certified by the American Osteopathic Board of Family Practice with a certificate in geriatrics and is a graduate of the Philadelphia College of Osteopathic Medicine. He has served as medical director of Life Care of Pueblo, Pueblo Extended Care and Westwind Campus of Care in Pueblo and is also an assistant clinical professor with the University of Colorado School of Medicine. Prior to joining Kaiser Permanente and CPMG, Dr. McCaffrey was in private practice with Associates in Family Medicine, Pueblo.

Rebecca Nickell, DO, is board certified in family practice and is a graduate of the Oklahoma State University College of Osteopathic Medicine. She completed her internship and residency in family medicine with the Southern Colorado Family Medicine program. Prior to joining Kaiser Permanente and CPMG, she was a primary care physician with Touchstone Health in Pueblo. Dr. Nickell will begin seeing patients at the Pueblo North Medical Offices in February, 2010.

Kaiser Permanente members can make appointments with these physicians by calling Member Services at 1-888-681-7878 or the Kaiser Permanente Call Center at 1-800-218-1059, effective immediately.

The Pueblo North Medical Offices, Kaiser Permanente's first medical office in the Pueblo area, will offer primary care, lab, X-ray, and pharmacy services for all Kaiser Permanente members.

Kaiser Permanente's Grand Opening celebration will be held at the medical offices, 3670 Parker Boulevard in Pueblo, on Sunday, November 1, 2 p.m. to 5 p.m. The public is invited to attend to tour our offices and meet our staff.

About Kaiser Permanente Colorado

Kaiser Permanente Colorado is the state's largest nonprofit health plan, proudly working to improve the lives and health of Southern Colorado, Denver, and Boulder area residents for 40 years. Kaiser Permanente Colorado provides comprehensive health care services to 480,000 members through 20 medical offices and a network of affiliated hospitals and physicians. The health plan was recently named "Highest in Member Satisfaction" among Commercial Health Plans by J.D. Power and Associates for the second year in a row. It is also the top-ranked commercial and Medicare health plan in Colorado, according to U.S. News & World Report/National Committee for Quality Assurance. In 2008, Kaiser Permanente directed more than \$50 million to community benefit programs to improve the health of all Coloradans. For more Kaiser Permanente news, visit kp.org/newscenter.



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Understanding Cataracts



Normal vision



As viewed by a person with a cataract



The top lens is clear. The bottom lens shows clouding by cataract.

A cataract is a clouding of the lens in the eye that affects vision. Most cataracts are related to aging. Cataracts are very common in older people. By age 80, more than half of all Americans either have a cataract or have had cataract surgery.

Images and information courtesy of National Eye Institute, National Institutes of Health

Images and information courtesy of American Academy of Ophthalmology

Fashion: Looooking Gooood!

Insider's Guide To Updating Your Wardrobe On A Budget

(NAPSI)-Even though cutting costs is top of mind, you still need to dress to impress, especially at the office. No matter what your personal style, office culture or shopping preferences are, you can save time and create a polished look by putting some savvy shopping and style strategies into action.

- Broaden your horizons beyond department and specialty stores. Check out off-price retailers such as Ross Dress for Less that carry the same current styles and name brands as department and specialty stores at significant savings.

- No matter where you shop, a good rule of thumb is that the new merchandise (at full price) will be front and center when you enter the store, but there's always a sale or clearance rack. Keep your eyes open for these markdowns--they are often located toward the back of the store.

- Remember that it pays to make friends. Befriend the sales associate and discover shopping secrets, including delivery schedules, the typical markdown cycle, and specific seasonal merchandise.

- Keeping your closet organized, knowing what you already have that you can build on--this season and next--is also a smart shopping strategy.

- Often the best deals are found by buying clothes early or late in the season.

- As a general rule, when retailers are preparing for another season's inventory, they generally put old merchandise on sale to make room for new shipments. Take advantage of these deals by shopping at the end of the season.

- Always look ahead when mapping your shopping strategy, as off-price stores will often stock merchandise in advance of the season (e.g., you may find coats in August and swimsuits in March).

Beyond knowing where and

how to look for bargains, there are some smart style strategies you can employ by shopping to stretch your wardrobe and your budget.

- First, seek out investment pieces when they are deeply discounted--such as cashmere sweaters that you can wear year after year with anything from slacks and jeans to dresses, and trench coats that add a stylish flair to any outfit. Seek out neutrals, such as chocolate, charcoal, navy and basic black, that will stay true season after season.

- Second, never underestimate the power of accessories to change a look. Use current accessories such as a scarf or belt to freshen up classic pieces such as a basic sheath dress or blazer for the new season.

- The same principle holds true for jewelry. Costume jewelry, such as long necklaces layered together, can add a finished and posh look to your basic blazer, blouse or sweater.

- Lastly, look for ways to breathe

new life into your favorite pieces and extend them across seasons, for example:

- Take a summer dress into the office and into fall by pairing it with a jacket or cardigan, belt and opaque tights.

- For casual Fridays, match your favorite evening top with a long cardigan and straight leg jeans for a current look.

- Wide-leg khakis are not just appropriate for a weekend afternoon. Wear them with a blouse and heels for a trendy business look.

Getting smart on how to update your work clothes for less will help you look professional without breaking the bank. To learn more about Ross Dress for Less and find the nearest location, check out www.RossStores.com.



Cozy Seasonal Gift Giving That Doesn't Break The Bank

(NAPSI)-This holiday season, many people are finding ways to save by staying close to home and purchasing gifts that deliver all the comforts of home. With consumer spending down 3.1 percent, people are no longer buying expensive items such as cars and electronics, preferring simpler, more economical gifts and items for their own enjoyment.

Here are a few ideas for affordable gifts that sum up a warm, relaxing day at home--a comfy antidote for holiday madness:

- Make wintry days tastier with a basket of seasonal treats. Fill a small

basket with treats such as hot cider spices or hot chocolate mixes. Add popcorn kernels for popping, peppermint candies or gingerbread cookies. Top with a big bow.

- Share a heartwarming story. Books are relatively economical and are an enriching, entertaining gift. Share your favorite reads of the year or find books on a topic that interests the recipient. Curling up with a good book is a great way to spend a relaxing afternoon on the couch.

- Celebrate with the cinema of seasons past. DVDs of classic holiday movies can be an inexpensive gift or addition to gift baskets. Watching cheerful seasonal favorites is a fun, affordable way for the whole family to spend time together.

- Help loved ones stay warm and cozy with the gift of comfort. Gifts that help keep your loved ones warm are especially appreciated when the temperature drops. Knit a scarf or sweater.

- Or better yet, buy a deliciously soft pair of slippers to pamper the tired feet of those you love.

Dearfoams offers a variety of affordably stylish and comfortable slipper styles for men and women. From striped, slouchy boots to ballerina slippers to classic moccasins, there's a variety of casual,

cozy styles to choose from.

An added bonus is that toasty-warm feet often make it easier to turn the thermostat down and save on heating

bills.

For styles and information, visit www.dearfoams.com or call (800) 628-0322.

Fashion Bargains: Take 'Em To The Bank!

(NAPSI)-If you've been wondering what's new in fashion, here are two trends that budget-conscious fashionistas may welcome: new, lower prices overall and a sizing system that does not charge more for larger sizes.

Lower Prices

Any woman who has had to cut back on her spending lately may be pleasantly surprised the next time she shops for clothes.

Stores such as Fashion Bug now feature prices as much as \$5 or even \$10 lower than last year for the same or similar styles. Responding to the economy and in an effort to pass the savings on to customers, the store has revamped its business model and streamlined its operations.

As a result, the store's everyday prices are like sales prices at most other stores.

One thing it has not skimped on is design. The store now has an in-house fashion design team, led by veteran retail design diva Kady Dalrymple.

New designs focus on outfitting, including accessories to make it easier for busy women to build their wardrobes head to toe.

One Size Range

Virtually every store in America offers a separate size range and assortment for misses and plus. Fortunately, Fashion Bug, for example, is changing that.

Misses and plus customers now have a wider selection of styles in one size range from 6 to 30. And they never pay more for a larger size, a claim many other stores cannot make.

It's a welcome change for women who love to shop, making it easier to look stylish without breaking the bank. The store offers clothing for work, casual, active and dressy lifestyles.

For more information, visit fashionbug.com.



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by Melinda Minor, District Manager - Pueblo



SOCIAL SECURITY'S 800 NUMBER: A HISTORY OF SERVICE

Today, most adults in America carry a cell phone. If they don't, they probably have a landline phone at home. Although millions of people go online each year and take advantage of our convenient services at www.socialsecurity.gov, we still offer a full range of services over the telephone too.

That's an important thing to remember when you need to do business with Social Security. You can conduct many business transactions with our automated telephone services 24/7. Simply dial 1-800-772-1213. And by calling that same number, you can talk with a Social Security representative from 7 a.m. to 7 p.m., Monday to Friday.

Our toll-free 800 number service, which marked its 20th anniversary late last year, has now answered over a billion phone calls. Yes, that's billion with a 'b!' And this year alone Social Security will handle more than 60 million calls.

Our phones are busiest early in the week and early in the month, so if your business can wait, it's best to call at other times. Also, whenever you call, have your Social Security number handy.

Bilingual representatives are available to assist our non-English speaking members of the public.

Do you have a Social Security question or problem and cannot call during normal business hours? Recorded information and many automated services are available 24 hours a day — including weekends and holidays. Callers can use these automated services to report a change of address or telephone number, start or change direct deposit of benefits, request a proof of income letter or a replacement Medicare card, and order some of our most popular public information pamphlets.

Of course, if you have a computer, you may find that the information and services offered online are even more convenient at www.socialsecurity.gov. While you're online, you can read

more about our toll free phone service at www.socialsecurity.gov/pgm/services.htm.

But if you don't have a computer or prefer to do business over the phone, we invite you to call us. Social Security is never more than a phone call away: 1-800-772-1213 (TTY 1-800-325-0778).

QUESTIONS AND ANSWERS

GENERAL

Question:

How many Social Security numbers have been issued since the program started?

Answer:

Social Security celebrates its 74th anniversary on August 14th. Since numbers were first issued in November 1936, about 442 million numbers have been assigned. Want to learn more about the history of Social Security cards and numbers? Step back in time with a visit to our history page. Visit www.socialsecurity.gov/history/ssn/ssncards.html.

Question:

Can a widow receive Social Security benefits on her husband's record?

Answer:

Yes. When a person who has worked and paid Social Security taxes dies, certain members of the family may be eligible for survivors benefits. Social Security survivors benefits can be paid to:

- A widow or widower — full benefits at full retirement age, or reduced benefits as early as age 60;

- A disabled widow or widower — as early as age 50;

- A widow or widower at any age if he or she takes care of the deceased's child who is under age 16 or disabled, and the child gets Social Security benefits;

- Unmarried children under 18 (or up to age 19, if they are attending high school full time);

- Children at any age who were disabled before age 22 and remain disabled; and

- Dependent parents age 62 or older.

Even if you are divorced, you

may still qualify for survivors benefits. Learn more by visiting our benefit calculators at www.socialsecurity.gov/planners/benefitcalculators.htm.

RETIREMENT

Question:

How do I qualify for benefits as a divorced spouse?

Answer:

You can receive benefits as a divorced spouse on a former spouse's Social Security record if you:

- Were married to the former spouse for at least 10 years;
- Are age 62 or older;
- Are unmarried; and
- Are not entitled to a higher Social Security benefit on your own record.

In addition, the former spouse must be eligible to receive his or her own retirement or disability benefit. If the former spouse is eligible for a benefit, but has not yet applied for it, you can still receive a benefit if you meet the eligibility requirements and have been divorced from the former spouse for at least two years. Generally, we won't continue to pay benefits if you remarry someone other than your former spouse. Learn more, and determine what your benefit might be by visiting our online Benefit Calculators at www.socialsecurity.gov/planners/benefitcalculators.htm.

DISABILITY

Question:

I was disabled for a while several years ago. My health has since improved. Can I receive disability benefits for the time I was disabled?

Answer:

If you were disabled "several years ago," but are not disabled now, you probably can't get benefits at this point. Whether or not you are entitled to what we call a "closed period of disability" depends on:

- When you became disabled; and
- When you apply for Social Security disability benefits.

You may be entitled to a "closed period of disability" when medical evidence establishes you were unable to engage in substantial gainful work activity for a continuous period of 12 months, but by the time the disability decision is made, you have medically recovered. You must also meet the following requirements to be entitled to a closed period of disability:

- You must file an application within 14 months after the disability ended; or
- You must have filed an appli-

cation between 15 to 36 months after the disability ended and you must show that your failure or inability to file a timely application was due to your physical or mental condition.

If you meet the requirements for disability benefits, there is a five-month waiting period before your first monthly benefit can be paid. You can receive up to 12 months of retroactive benefits from the date you file an application with Social Security. Learn more about Social Security disability benefits at www.socialsecurity.gov/disability.

SUPPLEMENTAL SECURITY INCOME

Question:

What is Supplemental Security Income (SSI)?

Answer:

Supplemental Security Income (SSI) is a needs-based Federal income supplement program run by Social Security. SSI is funded by general tax revenues, not Social Security taxes. It is designed to help aged, blind and disabled people who have little or no income. SSI provides income to help meet a person's basic needs for food, clothing and shelter. For more information, read our publication called SSI at www.socialsecurity.gov/pubs/11000.html. You'll find further information on our website at www.socialsecurity.gov/ssi.

Question:

Can I get both Social Security benefits and Supplemental Security Income (SSI)?

Answer:

You may be able to receive SSI in addition to monthly Social Security benefits. But you only can get both if your Social Security benefit is low enough not to interfere with the SSI limit on income. The basic SSI payment is the same nationwide. In 2009, the SSI payment for an eligible individual is \$674 per month and \$1,011 per month for an eligible couple. However, some states add money to the basic payment, so the amount of SSI you may be able to receive also depends on where you live. If you receive Social Security, that income will reduce the amount of SSI you're able to receive. The more income you have, the less your SSI benefit will be. If your countable income is over the allowable limit, you cannot receive SSI benefits. Learn more about SSI income limits by visiting our online publication, SSI, at www.socialsecurity.gov/pubs/11000.html.

MEDICARE

Question:

It seems difficult to figure out what plan to get for Medicare prescription drug coverage. What is the easiest way to compare plans?

Answer:

The easiest way to get a handle on Medicare prescription drug plans is to use the Medicare Prescription Drug Plan Finder at www.medicare.gov. There you can find and compare plans in your area. Or, you may find it better to get personalized counseling about plans in your area by calling 1-800-MEDICARE (1-800-633-4227).



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.

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Psoriatic Arthritis Patients Responding To Drug

by Angie Hager - Arthritis Assn

According to a recent article published in the May/June issue of Arthritis Today, significantly more patients with moderate to severe psoriatic arthritis responded to an experimental biologic drug after 12 weeks than to a placebo. Psoriatic arthritis is a chronic disease characterized by inflammation of the skin (psoriasis) and joints (arthritis). Approximately 10% of patients who have psoriasis also develop an associated inflammation of their joints. Patients who have inflammatory arthritis and psoriasis are diagnosed as having psoriatic arthritis.

These results are of a phase-II

clinical trial of the monoclonal antibody ustekinumab, which works by neutralizing interleukins 12 and 23, two proteins that trigger inflammation. Ustekinumab is a naturally occurring protein that is important in regulating the immune

system and is also believed to play a role in immune-mediated inflammatory disorders.

Researchers randomly picked 146 people with psoriatic arthritis to receive either four weekly treatments

of ustekinumab or a placebo. After 12 weeks, 42 percent of participants in the treatment group and 14 percent of participants in the placebo group reported a reduction in pain, disability, disease activity and number of tender joints.

Golf And Arthritis

October 2009- According to a recent article published in the May/June issue of Arthritis Today, golf is a very adaptable sport that can be tailored to meet the physical capabilities of almost anyone. Playing golf can enhance the strength and mobility of the upper extremities, spine, hips and lower extremities, and can increase range of motion in the joints and how well each joint moves through its full capabilities. Golf can also help improve balance and coordination, all especially important to people with arthritis.

Lower-intensity exercises, such as walking on level ground or on a hilly golf course at a moderate pace, can provide health benefits for everyone, including weight loss and improving good cholesterol levels.

Equipment Modifications. Adaptation is the key to playing golf if a person has arthritis. Grips, shoes, balls and clubs can all be adjusted to fit a person's specific needs and abilities. Listed below are some helpful tips on how to adjust the game:

- Use a lower compression ball (for example, a 90 instead of a 100) so there is more "give" to the ball when hit.
- Use clubs with lightweight graphite shafts to help absorb shock better.
- Use a perimeter-weighted head on the club, also for better shock absorption.
- Build up the grip size on the clubs with athletic tape or a custom grip to help hold them more easily and reduce

stress and pain on the finger joints.

- Try wearing wrist braces and gloves on both hands to stabilize joints if arthritis is more prevalent in the hands.
- Wear comfortable walking shoes or spikeless golf shoes.

Preparing to Play.

Whether a veteran golfer or a beginner, consult a doctor or physical therapist before hitting the greens. An occupational therapist can provide advice about any special aids or adaptive tools. A good conditioning program is essential for all golfers, but especially if joints need extra protection. Proper conditioning can help maintain as much range of motion as possible in the joints and help reduce the chance of injury.

During the Game.

Once the game begins, there are other adaptations that can make a game more enjoyable and safer for the joints. When making modifications, remember that the most important part of playing the game is enjoying it and avoiding injury. Keep these suggestions in mind as the game continues:

- Always loosen up before the game. Begin by walking for a few minutes. Spend five to 10 minutes stretching, then take 10 to 15 swings on the practice range before the first tee. Start out by hitting higher lofted clubs (like a pitching wedge) and begin by swinging 50 percent to 75 percent.

• Use tees whenever hitting the ball, even on the practice range to avoid striking the ground and jarring joints.

• Keep the tension on the shaft consistent. Don't let arms become too rigid.

• If back pain is present, find a classic swing that is comfortable.

• Always brush through the grass to help hit the ball solidly and carry the momentum out to the target.

• Play from the 150-yard markers if there is a decline in energy. • Consider using energy-saving techniques, and take only the clubs used most frequently. Pull the golf bag instead of carrying it, or rent a motorized cart instead of walking.

About the Arthritis Foundation

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

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

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Did You Know?

- Some people claim they are "addicted" to caffeine, but experts say it is not really addictive. For more information, visit the International Food Information Council Foundation at www.foodinsight.org and search for "caffeine."
- Centrum Ultra and Centrum Silver Ultra are new multivitamins that have been specially formulated taking into account gender and age recommendations established by the Institute of Medicine along with the latest nutritional science. Visit www.centrum.com or call (877) CENTRUM.
- A recent study conducted by HealthCore, Inc. confirmed the improved outcomes and value demonstrated by Blue Distinction Centers for Cardiac Care for several procedures, when compared with other hospitals. For more information, visit www.bcbs.com/bluedistinction.

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Government's Inflation Measure Doesn't Add Up For Seniors

Alexandria, VA (September 8, 2009) Next January, the government is forecasting that 51 million Social Security recipients won't see any annual cost-of-living adjustment (COLA) in their monthly checks. In fact, inflation is so low that the Congressional Budget Office (CBO) says they won't see any COLA at all for the next two years.

But seniors are reporting that their costs are going up and many believe the government's inflation index is not accurately measuring those costs, says The Senior Citizens League (TSCL), one of the nation's largest nonpartisan seniors groups. "To prevent an erosion in the buying power of their benefits, seniors need an emergency COLA in 2010 and 2011," says TSCL chairman Daniel O'Connell.

In a recent survey conducted by TSCL, 79% of respondents said that their drug plans increased costs in 2009. "Those rising drug costs are just one example of seniors' expenses that aren't accurately reflected in the Consumer Price Index (CPI) used to calculate the COLA," O'Connell explains. In addition, 81 percent of people responding to TSCL's survey reported that their COLA for 2009 raised their monthly benefits by less than \$79, yet 75 percent said that their monthly expenses rose by more than \$80 over the

Bill Of Rights For Seniors

from page 3.

Phillips continued, "America's greatest generation is grateful to have the RNC Chairman join us in the battle to protect their rights in this debate. We are gratified that some of our nation's leaders have taken a stand to resuscitate, instead of debilitate, the health care plan for the elderly," he said.

RetireSafe agrees with the stand the RNC is taking to prohibit government from getting between seniors and their doctors. Phillips emphasized, "What seniors want and need is to maintain their valued relationship with their doctors, and to have the ability to make quality health care choices. They don't need nor want a health-care program that gives them far less power to control their own medical decisions," he stressed.

RetireSafe also applauds the RNC for opposing efforts to ration health care based on age. "The Administration's

'comparative effectiveness research' could lead to government boards rationing treatments based on age. This is an unfair sacrifice, and if the president's plan passes, they'll literally pay through the nose, teeth and every other body part as well," he said.

According to RetireSafe, the RNC contract is the shot in the arm that older Americans have needed since this debate started. "It's the 'code blue' for saving the nation's elderly from a proposed system which does not have their best interest at heart," concluded Phillips.

RetireSafe is a grassroots organization representing more than 400,000 older Americans nationwide. Its mission is to preserve, protect and enhance the options and benefits of seniors and near-seniors.

past year.

"Because Social Security benefits don't rise as fast as seniors' expenses, the buying power of their benefits is fast eroding," O'Connell notes. "According to our studies, Social Security benefits lost about 20 percent of their buying power over the past decade," O'Connell says.

No COLA for two years would make the situation far worse. More than 69% depend on Social Security for the majority of their income. "Seniors already are at risk for not having enough income to cover Medicare premiums and out-of-pocket costs, especially when they get into their late 70's and 80's," O'Connell points out.

A major problem is the way the government calculates the annual COLA. "It doesn't make sense," O'Connell contends. The annual increase is determined using a CPI that measures the market basket of younger workers rather than seniors or the disabled who make up the biggest portion of Social Security beneficiaries. But younger people don't spend as much on health care costs as seniors and the disabled, and those costs are rising several times faster than overall inflation. Thus, COLAs tend to rise more slowly than they otherwise would if the government were to more accurately measure how seniors spend their money.

"The federal government's measure of inflation is simply not adding up for seniors," says O'Connell. TSCL is calling on Congress to provide an emergency COLA for 2010 and 2011 to protect the buying power of Social Security beneficiaries. Providing an emergency COLA set high enough to offset rising Medicare premiums would prevent a reduction in Social Security for more than 6 million seniors at risk when the government automatically deducts the higher Medicare premiums from their checks.

TSCL also strongly supports using a seniors' CPI like the Consumer Price Index for the Elderly (CPI-E) to calculate the annual COLA. Research performed for TSCL has found that the CPI-E tends to increase about 10 percent faster than the CPI-W. Had the government used the CPI-E to calculate COLAs since its creation, a person who retired with a monthly benefit of \$676 in 1984 would have received about \$17,596 more in benefits during retirement. Today their monthly benefit would be \$1,554, rather than \$1,448 - \$106 higher.

TSCL is organizing a grassroots seniors effort to persuade Congress to provide a modest COLA and prevent reductions in Social Security benefits due to rising Medicare premiums. To learn more, please visit www.SeniorsLeague.org or call 1-800-333-8725 for more information.

Where Are They Now?

by Marshall Jay Kaplan

RICHARD BENJAMIN

Although movie and television fans remember Richard Benjamin as an actor, the seventy-one year old would rather be remembered as a director – an off-camera role that he continues to work at today.

Richard Benjamin was born in New York, New York on May 22, 1938. He attended the High School For Performing Arts and while at university, studied drama and acted in plays.

Moving to Los Angeles in his early twenties, Richard met actress Paula Prentiss. The two married on October 26, 1961. Although Paula's career took off first, rather than be jealous, he embraced her stardom and focused on building his own niche in Hollywood. It took eight years for Richard to start making a name for himself.

The decade of the late 1960's to the late 1970's was Richard's prime as an actor. During this period, he was nominated for countless awards, winning a Golden Globe Award for his role in *The Sunshine Boys* (with George Burns and Walter Matthau). His other film roles during this period included *Goodbye Columbus* (1969 and his breakout performance), *Catch-22* (1970), *Diary of a Mad Housewife* (1971) and *Westworld* (1973). The latter becoming a sci-fi classic, based on the Michael Crichton novel and co-starring Yul Brynner.

Prior to becoming a director, Benjamin made two entertaining comedies, *House Calls* (1978 with Glenda Jackson) and *Love at First Bite* (1979 with George Hamilton). In 1982, Richard decided to switch gears and focus on directing. His directorial debut was *My Favorite Year* (starring Peter O'Toole) – earning many awards and an Academy Award nomination for O'Toole. The new chapter in Benjamin's life was set and he



continued to direct successful films, that showed his range as both a dramatic and comedic director – similar to his range as an actor.

His films as a director include *Racing with the Moon* (1984), *City Heat* (1985), *The Money Pit* (1986 with Tom Hanks), *Little Nikita* (1988), *Mermaids* (1996 with Cher), *Made in America* (1995) and *Mrs. Winterbourne* (1996 with Shirley Maclaine).

In recent years, Richard has had an equal balance of acting and directing. Television audiences saw him recently on the hit TV series, *Pushing Daisies*, and he recently directed Judy Davis in *A Little Thing Called Murder*.

Richard has remained married to Paula Prentiss for 48 years and the couple have two grown children. They are both very proud of their 1967-1968 sitcom, *He and She*, which was ambitious and far ahead of its time. The two reside in a lovely home in Beverly Hills.

Does Richard Benjamin have any advice for up and coming directors? "You should only remake flops, not hits!" Well, Richard, your career and personal life has been anything but a flop.

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Tips To Stay Healthy During H1N1 Flu Activity

The Pueblo Public Health Director urges early vaccination for seasonal flu and following public health guidelines – such as frequent hand washing and staying home when one is sick to slow down spread of flu as a double-whammy of season flu and H1N1 flu is expected this fall.

“Get your seasonal flu vaccine as soon as possible,” stated Dr. Christine Nevin-Woods, Public Health Director of the Pueblo City-County Health Department. She added, “Vaccine for seasonal flu is now available in many places in Pueblo. I urge everyone to schedule an appointment now to get your seasonal flu vaccination. This is more important than ever.” Seasonal flu illness has not been detected in Pueblo.

Dr. Nevin-Woods urged calling your doctor or health care provider’s office first to schedule a flu shot. Doctors appreciate their clients getting their flu shot with them. Seasonal flu shot information is available by calling 2-1-1 (from a cell phone 719-583-6611).

Dr. Nevin-Woods explained “We face the unique challenge of H1N1 flu (Swine Flu) and seasonal flu this year. Vaccine for H1N1 flu will probably not be available until sometime in October and then it may be available in limited amounts.” Current high priority groups for the H1N1 flu vaccine include pregnant women, people who live with or care for children younger than 6 months of age, healthcare and emergency medical services personnel, persons between the ages of 6 months and 24 years old, and people ages of 25 through 64 years of age who are at higher risk for novel H1N1 because of chronic health disorders or compromised immune systems.

As of today, there have been three confirmed H1N1 flu cases that involve two schools within Pueblo City School District. Dr. Nevin-Woods stated, “We expected this to happen. We knew there was H1N1 flu in the community however it is now confirmed.” Dr. Nevin-Woods emphasized, “To control the spread of flu it is important that everyone stay

home when they are sick.” She described, “When you or your child are sick with a fever stay home 24 hours after the fever is no longer there without using fever reducing medications or medications containing fever reduction additives (Tylenol®, Advil®, Motrin® etc.). Do not use aspirin in children with flu symptoms.

Symptoms of H1N1 Flu

- Fever
- Chills
- Sore throat
- Cough
- Congestion
- Headache, body aches
- Fatigue
- Vomiting
- Diarrhea (especially in children)

H1N1 symptoms are the same as seasonal flu symptoms except for the gastrointestinal symptoms appear more often with H1N1.

Dr. Nevin-Woods encourages well children to attend school. The Health Department has been working with

schools on proper sanitation and ways to prevent spreading the flu. The schools are doing all they can to keep their students healthy and parents should not keep their kids home out of fear. One of the schools even has disinfectant wipes by the water fountains for use after drinking.

Dr. Nevin-Woods also encourages family preparedness now to prepare if your family shows flu-like symptoms in the future.

Family Preparedness Tips:

- Keep basics on-hand like food and water, medications and necessities to care for ill family members
- Prepare to keep your family functioning and supervised if you get sick
- Prepare for an emergency that might require staying at home a week or more

Ramona Chisman-Ewing
Executive Assistant
Pueblo City-County Health Department
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Long-Term Care: America’s Real Health Crisis

by Teresa Heinz and Jeffrey Lewis

(NAPSI)-Every morning, millions of American women wake to tough economic times with growing anxieties about how to care for their aging parents, their own families and their own retirement years. It’s mostly women who are responsible for the care of elderly relatives--seven out of every 10 adult children helping their parents are female, according to the Older Women’s League. And many of those women are single, divorced or widowed, shouldering the burden alone, living longer with fewer resources.

Long-term care is the real American health care crisis. The American people know it because they’re living it. Two-thirds of American seniors recognize the need to plan for long-term care, yet only 12 percent feel they’re adequately prepared. But it is a crisis that Congress avoids, focused instead on redesigning

our health care system to help the uninsured.

Meanwhile, it’s the women caregivers whose unpaid labor is helping Congress, by relieving budgetary pressures. In purely economic terms, researchers estimate the value of services that family caregivers provide at \$148 billion to \$188 billion a year, helping seniors enjoy the significant physical and emotional comfort of their own homes even when they can’t care for themselves.

Most Americans--because of social needs, disability, trauma or illness--will require long-term care services at some point in their lives. Focusing on those questions now not only helps bring you peace of mind, but it can also save you and your family from potentially devastating expenses later.

The Heinz Family Philanthropies has partnered with the Foundation for the Future of Aging in developing the “10

Questions to Answer” series (www.tenquestionstoanswer.org)--information to assist consumers and family caregivers who are planning for, choosing and managing long-term care. The series guides consumers in thinking about all the available long-term care options while focusing on quality of life.

Having a plan in place gives people and their families peace of mind while sparing them the emotional up-

heaval that comes from making decisions in the midst of a health crisis. With long-term care, there are no easy answers. Our goal is a simple one--provide information to help everyone understand that they are not alone.

Teresa Heinz is chairman of the Heinz Family Philanthropies; Jeffrey Lewis is president of the organization. To learn more, call (202) 393-1244.

Award For Improving Health

(NAPSI)-When someone in your community works hard to improve health or access to health care for everyone, he or she may be eligible for an award that can enhance their work.

If you know such a health hero, consider nominating him or her for the Robert Wood Johnson Foundation Community Health Leaders Award.

Each year, 10 unsung heroes are selected to receive the Community Health Leaders Award, which includes \$125,000, national recognition and opportunities to work with other leaders.

The winners, who overcame

daunting obstacles to improve health and health care in their communities, can share experiences and recommend changes in policies and practices to improve health and health care across the nation. The foundation is the nation’s largest health care philanthropy.

Recent award winners have helped low-income parents control their children’s asthma, increased awareness of health care services among uninsured taxi drivers and implemented statewide policies that improve people’s access to health care services.

Annual nominations are typically accepted from September through the first week of November.

For more information, visit www.communityhealthleaders.org.

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Traveling: There's Nothing Like A Holiday!

Forgiven In Steinbeck's Old Hometown!!

by Jay Clarke

SALINAS, Calif. -- While he was alive, this rural town reviled its most famous native son, author John Steinbeck. Townspeople hated his unflattering accounts of Salinas and its treatment of migrant workers. They burned his Pulitzer Prize-winning novel, "The Grapes of Wrath," on Main Street. They shuddered when he nosed around the Salinas Valley to get material for "East of Eden," his best-selling novel about the region.

"This isn't my country anymore. And it won't be until I am dead," the author wrote when such personal attacks prompted him to move east to New York City.

It was a prophetic statement. Today, Steinbeck, who died in 1968, is a revered figure here. A major museum, the National Steinbeck Center, brings many thousands of visitors to this agricultural hub 17 miles inland from Monterey and the Pacific Ocean. His one-time family home has become a restaurant that

proudly displays his artifacts and bears his name -- The Steinbeck House.

At the Steinbeck Center, the author's life and works are celebrated in many ways. Visitors can journey through seven themed galleries with attractions that include listening to stories on period telephones and viewing episodes of films made from Steinbeck's works -- "The Grapes of Wrath," "East of Eden," "Cannery Row," "Tortilla Flat," "Of Mice and Men" and others. Inside a boxcar, they can look at crates of lettuce, the region's prime product. They can crank up the engine of a real Model T truck, peer inside the pickup camper in which Steinbeck toured the country with his poodle Charley, and listen to excerpts from the book he wrote about that saga, "Travels With Charley." Admission is \$10.95 for adults, \$8.95 seniors/students/military, \$7.95 ages 13 to 17, \$5.95 ages 6 to 12.

Also part of the center is the Rabobank Agriculture Museum, showcasing Monterey County's people, history

and growth as one of America's greatest food-producing regions.

Known as the "Salad Bowl of the World," the Salinas Valley grows more than 80 percent of all the lettuce consumed in the nation. It also has become a major producer of wines and wine grapes, as well as dozens of truck crops.

That agricultural bounty also brings visitors to this 100-mile-long valley sandwiched between two mountain ranges. Some of them come to buy fresh vegetables, some to taste wines at valley wineries. And some come simply to enjoy the panorama of endless acres of lettuce, artichokes, broccoli, celery, strawberries, squash, tomatoes, asparagus and dozens of other crops.

A good way to get a compact sense of this agricultural region is to stop at The Farm, which is both an agricultural education facility and demonstration farm. Visitors can take a tour, do a bit of farm work themselves, and buy fresh organic fruits and vegetables picked the

same day. The tour costs \$8 ages 16-up, \$6 ages 2-15. More comprehensive custom tours also are offered.

Salinas Valley also is home to a number of large vineyards and excellent wineries, most with tasting rooms.

A little-known fact is that a substantial amount of wine grapes grown in the valley are shipped to Napa Valley so that wineries there can label their wine "Bottled in Napa."

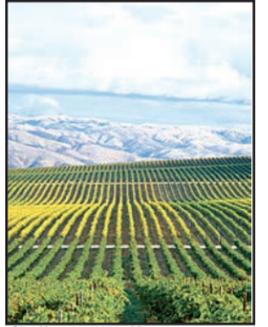
Standouts among wineries I have visited are Estancia, Jekel, Scheid, Chalone and Hahn (Smith & Hook). The latter offers a wonderful view of the valley. Kendall-Jackson has a huge winery in the valley, but does not allow visitation.

Aside from the Steinbeck Center, Salinas' festivals are major attractions for visitors. The biggest event is its annual California Rodeo in July. "Next year we hope to draw more than 50,000," Mayor Dennis Donohue said.

Other major annual events include the Air Show and the Steinbeck Festival, both held in August. And every Saturday year-around, visitors can poke around a diverse Farmers Market across the street from the Steinbeck Center.

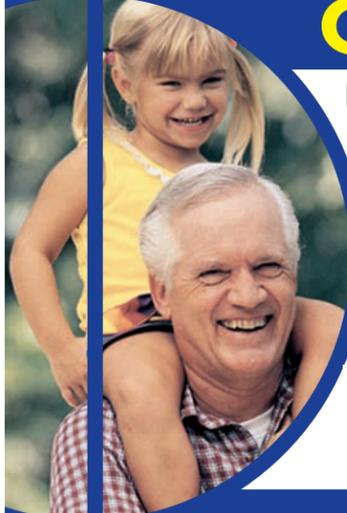
Old Town Salinas, the downtown district, is little changed in appearance from the days when Steinbeck lived there. Most of the buildings along Main Street date to the turn of the century; a

SEE "STEINBECK" PAGE 12.



Salinas Valley, an agricultural hub 17 miles inland from Monterey, Calif., is a major producer of wine and wine grapes. photo: David Gubernick/Monterey County CVB.

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H0630_09079 (04/08/2009)



Pueblo Cadets Show B-29 To "Rosie"

PUEBLO, COLORADO – Several Civil Air Patrol cadets from the Pueblo Eagles Composite Squadron met an important part of aviation history while giving tours of a B-29 Superfortress bomber: one of the World War II female assembly plant workers that was a prototype for the 1940s cultural icon "Rosie the Riveter."

Mary Ellen Salazar, 86, from Cheyenne, Wyoming, visited the Fred Weisbrod Aircraft Museum on August 15, while the Pueblo Historical Aircraft Society was hosting "open cockpit" tours of the B-29. Pueblo Eagles Composite Squadron cadets assist the society and the public by providing tours of the bomber's cockpit and educating the public about the Superfortress and its role in securing victory in the Pacific Ocean during World War II. Imagine the surprise of the Civil Air Patrol cadets to learn that Salazar may have as-



Cadet Airman First Class Cassia Brown shows Mrs. Mary Ellen Salazar (front right) the section of a B-29 Superfortress where tail gunners would access the rear guns in the bomber, as Cadet Airman First Class Caitlin King and Carol McAuliffe look on. Mrs. Salazar assembled tail gunner seats for the B-29 during World War II and is a real-life "Rosie the Riveter." Photo by Shad L. Brown

sembled the tail gunner seat on the same B-29 the cadets were showing her!

Salazar was one of the real-life women that formed the popular image of "Rosie the Riveter", an icon of the 1940s symbolizing women's contributions to the war effort. Salazar was responsible for riveting together seats that were eventually used in the B-29 bomber assembly lines, although she was unaware at the time what she was working on.

"It was always very secret, we never knew what we were working on," said Salazar, who worked in Torrance, California at the Doak Aircraft company during the years 1941 to 1943. Always curious about seeing a Superfortress, Salazar learned about the fully-restored B-29 in Pueblo and traveled with her family to see it. This was the first time Salazar had ever seen the bomber she helped to build almost seventy years ago, and said she was "amazed" at the sheer size of the B-29.

Salazar was extremely impressed with the knowledge that the cadets shared with her about the B-29 aircraft, as well as their professionalism while giving her an up-close tour of the Superfortress. "The cadets did a great job, very friendly!" she said. The cadets were equally impressed with this very active member of the "greatest generation", who climbed up into the cockpit with the much younger cadets and showed them her pin signifying her work on the assembly lines at Doak Aircraft. "She was an impressive lady! She came all the way from Wyoming to see the B-29, and I actually got to

meet someone who helped build this plane," said Cadet Airman First Class Cassia Brown.

While Salazar couldn't remember the exact dates of her work on the assembly lines, she still proudly remembers her wage, "\$1.65 per hour", which translates to a respectable \$23.88 per hour in 2008 dollars.

The B-29 at the Weisbrod Aircraft Museum, named "Peachy", is one of only 23 fully-restored bombers of its kind in the country. It was donated to the City of Pueblo in 1976 by the China Lake Naval Weapons Center. The aircraft is maintained by members of the Pueblo Historical Aircraft Society, and Civil Air Patrol cadets volunteer to escort visitors inside the bomber on a regular basis.

Civil Air Patrol, the official auxiliary of the U.S. Air Force, is a nonprofit organization with 57,000 members nationwide. CAP performs 90 percent of continental U.S. inland search and rescue missions as tasked by the Air Force Rescue Coordination Center and was credited by the AFRCC with saving 90 lives in fiscal year 2008. Its volunteers also perform homeland security, disaster relief and counterdrug missions at the request



Cadet Airman First Class Cassia Brown points out instrumentation on the B-29 Superfortress bomber to Mrs. Mary Ellen Salazar. Mrs. Salazar helped assemble pieces of the B-29 at the Doak Aircraft factory in Torrance, California from 1941 to 1943, and was touring the inside of "Peachy", one of only 23 fully-restored Superfortress bombers, which is housed at the Pueblo Weisbrod Aircraft Museum in Pueblo, Colorado. Photo by Shad L. Brown

of federal, state and local agencies. The members play a leading role in aerospace education and serve as mentors to more than 22,000 young people currently participating in CAP cadet programs. CAP has been performing missions for America for more than 67 years. For more information, visit www.gocivilairpatrol.com

SM Shad L. Brown
Public Affairs Officer
Pueblo Eagles Composite Squadron
(RMR-CO-179)
Colorado Wing, Civil Air Patrol
(719) 250-0887

Vision Loss? Reduce Falls In Home

How Seniors With Vision Loss Can Lessen The Risk Of Falling In Their Homes

(NAPSI)-Taking steps to prevent falls in the home can help keep seniors safe-particularly those with vision loss.

According to the Centers for Disease Control and Prevention, more than one-third of adults 65 and older fall each year in the U.S., making falls the leading cause of serious injury among older Americans. And people with visual impairments are almost twice as likely to fall as others.

Age-related eye conditions such as macular degeneration and glaucoma can alter depth perception, visual acuity, peripheral vision and susceptibility to glare, as well as the ability to adapt quickly from light to dark situations. These symptoms can leave people with vision problems at an increased risk of falling.

To help seniors with vision loss stay safe at home, the American Foundation for the Blind (AFB) and the University of

Tennessee Health Science Center Community Occupational Therapy Services Program created the video series "Preventing Falls by Adapting Your Home."

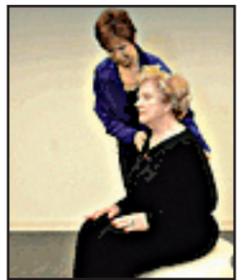
The eight videos in the series suggest simple and inexpensive changes that can be made around the home to dramatically lessen the chances of a dangerous fall and enhance a person's ability to live independently. The videos are also available on DVD in the AFB bookstore.

"Though vision problems increase your risk of falling, there are a number of things seniors can do to stay safe at home," said Judy Scott, director of the AFB Center on Vision Loss. "For example, regular exercise helps strength, flexibility and balance, and improving the lighting and reducing glare in your home makes it easier to see your surroundings."

Tips on preventing falls in and around the home include:

- Don't store the things you need in high places that would require a step stool to reach.
- Apply nonskid mats or appliques in bold, contrasting colors to the surface of the shower or tub.
- Install grab bars in the bathroom-especially if you have balance problems.
- Arrange your furniture so that there is a clear path for walking, and keep clutter out of walkways.
- Avoid using furniture on wheels.
- Add color-contrasting strips to steps and paint your banister a different color so that it stands out from the steps.
- Clap-on/clap-off lights in the living room and in your bedroom will keep you from having to get up from your chair to adjust light.
- Be certain that your home is well lit and that you have lighting in strategic places such as doorways and near stairs.
- Consider learning to use a cane to be more confident and safe.

You can learn more, view videos and access tips at www.afb.org/seniorsite/falls.



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Arts Center: Experience Art In Every Gallery!

(PUEBLO) –In addition to the Representing the West Art Exhibition & Sale, all of the Helen T. White Galleries' Fall Exhibitions revolve around a western theme. To compliment the exhibition Representing The West Art Show & Sale in its largest gallery space, the Sangre de Cristo Arts Center's Fall Exhibitions will



feature: International Watermedia XVI by the Pikes Peak Watercolor Society, Faces and Places: Selections from the King Collection of Western Art, Gene Kloss: An American

Treasure, Portraits of the Family Farmer in Southern Colorado: Peter Marchand Photography and Four Corners, Four Seasons, Four Direction by Susan Askey. The Fall Exhibitions run now through the middle of October.

Representing the West Art Exhibition & Sale -White Gallery | 9.24.09 – 10.24.09

Now in its seventh year, Representing the West is a national invitation-al exhibition that features art in a realist tradition. Among the artists included in the show are Kim Mackey, Teresa Vito, Michael Untiedt, Leon Loughridge, Eric Michaels, Kim English, and Nathan Solano. New artists include: Jo Gaston, Ginger Wellock, Keith Bond and Dave Thronson. Due to its popularity, we have

included sculpture for the second year. Sculptors include: Cammie Lundeen, Andi Mascarenas, Chris Hunt and Dan Glanz. The exhibit features 37 artists, 11 of whom are new to Representing the West. (For a full list artists, see below.)

International Watermedia XVI: Pikes Peak Watercolor Society - King Gallery / 2nd Floor Foyer Gallery | 8.15.09 – 10.17.09

The XVI International Watermedia exhibition, organized by the Pikes Peak Watercolor Society, strives to present a rich spectrum of original work by visionary watermedia artists. The exhibition was juried by Thomas J. Owen A.W.S. (American Watercolor Society), N.W.S. (National Watercolor Society)..

Faces and Places: Selections from the Francis King Collection of Western Art Hoag Gallery | 8.22.09 – 1.02.09

The King Collection of Western Art contains many great examples of portraits and landscapes. Faces and Places highlights some of the prize landscape and portrait pieces from our fabulous collection. Collection highlights include portraits by Bettina Steinke, landscapes by Joseph Hitchins, Charles Partridge Adams, E. Martin Hennings, and bronzes by Larry Heller and Rusty Phelps.

Gene Kloss: An American Treasure - Regional Gallery | 8.29.09 – 10.24.09

The artwork of Gene Kloss is a hidden treasure in the world of Southwestern art. Perhaps because she was a woman, perhaps because she was primarily a printmaker, perhaps because she was younger than many of the artists in the early Taos art colony, Gene Kloss is seldom mentioned when discussing the early Taos art colony.

She began painting and producing intaglio prints in the Taos area in the mid-1920s, and continued through the mid-1980s, yielding a body of work which is breathtaking in its scope and significance. For six decades Kloss documented the cultures of the Southwest through her art, from images of daily life to those of rarely seen ceremonies.

Portraits of the Family Farmer in Southern Colorado: Peter Marchand Photography - 3rd Floor Foyer Gallery | 8.29.09 – 10.24.09

This photo documentary project honors those who earn their livelihoods from the land, and whose success depends upon the health of the land. Marchand's focus is primarily on small or medium-scale agricultural operations that are based upon simple and efficient technologies (as opposed to 'industrial-

ized' agriculture) and sustainable land-use practices.

Four Corners, Four Seasons, Four Directions: Susan Askey - Boardroom | 8.29.09 – 10.24.09

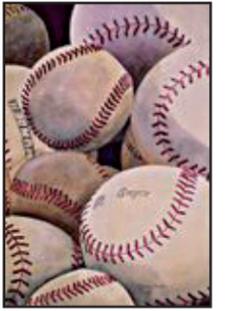
This exhibition presents the work of Susan Askey. Four Corners, Four Seasons, Four Directions offers watercolor collages, her latest creation.

Askey was born and raised in southern Colorado. She currently lives with her husband on a ranch southwest of Pueblo. Askey's affinity for the western United States and life in the west has nurtured her respect for the land and its history. Sacred symbols are seen throughout her work, which reflect respect for the environment, indigenous cultures, and spiritual enlightenment. Each element of her art has very special meaning. Orbs represent creation in a universal sense. They are the cosmic evolution of matter and all life. Circles reflect the cycle of life, death, and eternity. They evoke the constant, as well the ever-evolving world we live in. Bones represent perfect sculpture, at the same time they are both spiritual and sacred. Her work is reminiscent of Georgia O'Keefe.

For more information about the Representing the West Art Exhibition & Sale, or the Fall Exhibitions, please contact Karin Larkin, Curator of the Visual Arts at the Sangre de Cristo Arts Center, at 719-295-7216, or visit www.sdc-arts.org.

The Sangre de Cristo Arts Center is located at 210 N Santa Fe Avenue, just off of I-25, exit 98b. Galleries and Buell Children's Museum are open Tuesday-Saturday from 11 a.m. to 4p.m. Admission is \$4 for adults, \$3 for children, seniors, students and military. For more information call 719-295-7200 or visit us online at www.scd-arts.org. All proceeds benefit arts education programs.

photo credits: "Santa Fe Mountain" by Gene Kloss, "Play Ball" by Eleanor D. Baker (Pikes Peak Water Color Society), "Spring" by Susan Askey



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Local Companies Lauded For Excellent Service By BBB

by Katie Carrol - Better Business Bureau

The Better Business Bureau of Southern Colorado's Foundation has named the following four companies as recipients of the Excellence in Customer Service (EICS) Award:

- Champion Windows, Siding, Patio Rooms
- Endodontic Specialists of Colorado, P.C.
- Navakai Inc.
- The WireNut

After an in-depth examination, these companies were chosen by a team of independent evaluators to have superior customer service processes.

While the four companies listed above received an award, all companies participating in the EICS program are provided with an in-depth feedback report to help improve their existing customer service process.

Proceeds from EICS go to the

BBB's Foundation, which provides consumer education to teens, seniors, the military and local businesses. Money raised from this event are also used to award an annual scholarship to a high school senior in southern Colorado, who will be attending a college or university in the state of Colorado. This year's winner is Maria Johnson, a graduate of Lewis-Palmer High School. She is currently attending the Colorado School of Mines in Golden, Colorado.

BBB HONORS MILITARY SERVICE AND CUSTOMER SERVICE AT ITS EXCELLENCE IN CUSTOMER SERVICE EVENT

This year's Excellence in Customer Service award gala hosted by the Better Business Bureau of Southern Colorado has a new twist. Not only are companies that have demonstrated a commitment to outstanding customer service being recognized, but this year your BBB will honor those in service to our coun-

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.

try.

The BBB is encouraging local businesses to recognize military personnel by purchasing a corporate table and then donating it to our troops. The tickets will be distributed to Sergeant Majors from each military installation. They will make the selection of attendees.

The event, which was held Thursday, September 24 at the Double-Tree Hotel – World Arena, included an afternoon customer service seminar, silent auction, dinner and keynote address

by author and entertainer Ross Shafer.

VOLUNTEERS NEEDED! The Pueblo County Medical Reserve Corps is recruiting medical and non-medical volunteers to help answer "hotline" calls, prepare materials for possible mass vaccination clinics, and provide basic medical care if needed. Training provided. Apply now through October 30, 2009 by calling the Pueblo City-County Health Department at 719-583-4353 or visiting

Seniors Launch Campaign To Have Fair Say On Health Care Reform

Seniors Launch Campaign to Have a Fair Say on Health Care Reform RetireSafe appeals to president to listen, and to give and take...

Washington, D.C. Tuesday, September 15, 2009 . . . RetireSafe, a seniors' grassroots advocacy organization, is launching a campaign to amass the opinions of older Americans on health care reform in response to President Obama's

speech to Congress last week. In a letter today to President Obama, Thair Phillips, president of RetireSafe, says, "I am taking seriously the Presidents "open door" declaration of willingness to listen to someone with a serious proposal."

Phillips is asking for a meeting with the president's Office of Public Engagement to begin that process. Said Phillips, "I commit to being part of the solution and I feel the first step is to listen

to the president and to seniors."

The letter outlines RetireSafe's plans to work together in new ways to shape the future. Not only will the organization gather opinions, but they will report back the information, unedited, to the president, Congress and the public. Additionally, they will seek to unite and conquer rather than to divide and conquer over health care reform. Phillips said, "Loud rhetoric and hardening positions driven by partisan politics will not get any of us where we need to be." Phillips made a point of identifying unifying principles such as the president's support of tort reform, his commitment to addressing the Medicare Part D coverage gap, and his commitment to establishing true portability of coverage.

Citing the need for seniors to be heard and represented, he said, "There is no other group of Americans who are more respectful than seniors, but they also want to be heard. There are many seniors who voted for you but don't feel they are well represented by other senior organizations. We believe many of them

have found a home with us and we are proud of that."

Phillips outlined RetireSafe's goal to gather and report the information in a fair and accurate manner. He said, "RetireSafe is determined to ask fair, meaningful, open ended questions and will accurately and faithfully compile our findings, and follow-up on the answers we receive."

RetireSafe is a grassroots advocacy organization representing over 400,000 older Americans which have signed petitions to Congress, completed surveys, shared their stories and donated money to protect their benefits.

The full text of the letter is available at retiresafe.org.

Vicki Robb
Vicki Robb Communications
3200 Burgundy Road
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Colorado Bar Association Welcomes Your Questions

Question: What services are covered under Medicaid and how can I apply for it?

Answer:

In Colorado, Medicaid covers most necessary services, including hospital, nursing home, physician, prescriptions, medical supplies and equipment, skilled home care (nurse or Certified Nursing Assistant required), and assistance with transportation. In addition, non-skilled or personal in-home services are provided by Home and Community Based Services (HCBS) programs for specific groups, such as the elderly and people with developmental disabilities, mental illnesses, AIDS, or other chronic disabilities. While there is a co-payment for some services (\$.50 to \$10 or more in Colorado), Medicaid generally pays the en-

tire charge approved by the Medicaid program. Additionally, most nursing home recipients must pay all but \$50 per month of their income toward their care. Medicaid is the payor of last resort, so other insurance, including Medicare, must pay first.

Apply for Medicaid at your county Department of Social or Human Services. If you are receiving SSI, bring your SSI award letter. If you are eligible for SSI but are not receiving it, first go to your local Social Security office to apply for SSI. You can apply for OAP and Medicaid at the county Department of Social Services at the same time. Nursing home residents apply in the county in which the nursing home is located. You will need to be able

to verify income, resources, age, and disability, if any. You should bring the following documents with you:

- Proof of all income, including investment income, if any;
- Bank statements for all accounts;
- Copies of title or other proof of ownership of any real estate or other assets;
- Copies of life and health insurance policies;
- Proof of age, such as a birth certificate; and
- Medicare and Social Security cards.

While you may be asked to come back for another appointment with any

documentation that is lacking, you have a right to sign the first page of the application when you first come in. This serves as your application date. If you cannot travel to the office, a responsible person can apply on your behalf. Nursing home residents should tell the nursing home staff that they are applying for Medicaid. The law prohibits a nursing facility from requiring a third-party guarantee of payment.

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

PACE Hosts: Walk-ability & Bike-ability Challenges

Pueblo Active Community Environments (PACE) will host two Walkability Challenges and a Bikeability Challenge

East Side Walkability Challenge

• The free walk will highlight the history and diverse architecture of the East Side, as well as provide feedback for a new Fountain Creek Greenway park now in the planning process.

• Meet at Nicks Dairy Cream, 528 E. 8th Street, please park along Erie Avenue. - Tuesday, September 29 at 12:00 p.m. or Thursday, October 1 at 4:30 p.m.

Downtown - Future County Judicial Building Walkability Challenge

• The free walk will assess pedestrian issues that should be considered in the planning process for the Future County Judicial Building and connectivity to other downtown business areas.

• Meet at Lake Elizabeth Pavilion near Elizabeth and Union to start the walk.

Wednesday, October 7 at 12:00 p.m. or Thursday, October 8 at 4:30 p.m.

Bikeability Challenge - 8.7 mile bike ride around downtown

• Bring your bike and helmet to

tour designated bike routes and the River Trail.

• Meet at the Health Department, 101 W. 9th Street (corner of 9th & Santa Fe) for a short class on safe cycling in traffic, a map and survey sheet.

• Route begins and ends at the new Pueblo City-County Health Department, 101 W. 9th Street, the corner of 9th and Santa Fe Avenue.

Saturday, October 3 at 9:00 a.m.

Participants will have the opportunity to score the 'walkability' and 'bikeability' of the tours as they learn in-

teresting history and view a few unknown hidden jewels of Pueblo. The walks and bike ride are free and open to individuals, families, and groups. For more information call 719-583-4315 or visit www.pueblohealthdept.org to download the Walkability or Bikeability Checklist.

Sponsored by P.A.C.E. (Pueblo Active Community Environments) a community task force working to promote a walkable, bikeable, sustainable and active Pueblo community and LiveWell Pueblo, a program of the Pueblo City-County Health Department.

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.

Steinbeck

from page 11.

walking tour brochure is available. Art Walks with music, art, and stores open late are held on the first Fridays of the month.

New in the past year in Old Town is the Bankers Casino, where gamblers can play such card games as poker, blackjack and Texas Hold 'em (no slots or table games). Also new is a visitor center, Destination Salinas, which offers a "self-guided walking tour you can take using your cell phone."

And finally, a really unique overnight stay is offered by Salinas' Vision

Quest Ranch, home of Wild Things, which trains and houses lions, bears, tigers, baboons, birds and other animals. The animals appear in movies and commercials. One-hour day tours are offered (\$10 adult, \$8 ages 14-under), but overnight visitors stay in safari-style canvas-walled suites, perhaps lulled to sleep by the growls and roars of beasts in the nearby compounds (\$225-\$255 in summer, \$195-\$225 in winter). And in the morning, their breakfast is delivered by one of the four-legged residents..

Information: The City of Salinas, Calif., www.ci.salinas.ca.us. Click on the Visitors link.

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

OCT. 1: SRDA's Spicy Pork, Rice Pilaf, Peas/Carrots, Wheat Bread/Marg., Cantaloupe.

OCT. 2: Beef Tomato Mac, Basil Green Beans, Wheat Bread/Marg., Cinnamon Applesauce, Orange Juice

OCT. 5: Beef Pot Roast/Gravy, Mashed Potatoes, Acorn Squash, Wheat Bread/Marg., Applesauce.

OCT. 6: Macaroni/Cheese, Broccoli, Orange Carrot Jello, Wheat Bread/Marg., Strawberries/Pears.

OCT. 7: Baked Glazed Ham, Scalloped Potatoes, Peas/Onions, Wheat Bread/Marg., Chocolate Ice Cream.

OCT. 8: Porcupine Meatballs, Cauliflower, Wheat Bread/Marg., Lime Fruit Jello.

OCT. 9: Lasagna, Italian Mixed Vegetables, Cucumber/Onions, Wheat Bread/Marg., Apricots.

OCT. 12: Country Style Steak, Parslied Potatoes, Green Beans, Wheat Bread/Marg., Peaches.

OCT. 13: Meatloaf/Tomato Sauce, Parslied Noodles, Capri Mixed Veggies, Wheat Bread/Marg., Fruit

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OCT. 14: Pork Green Chile, Spanish Rice, Mexican Corn, Wheat Bread/Marg., Applesauce.

OCT. 15: Roast Beef/Gravy, Mashed Potatoes, Peas, Pickled Beets, Wheat Bread/Marg., Orange Juice.

OCT. 16: Chicken Cacciatore, Linguini, Italian Mixed Veggies,

Wheat Bread/Marg., PA Upside Down Cake.

OCT. 19: Burrito/Green Chile, Spanish Rice, Mexican Corn, Wheat Bread/Marg., Strawberries/Pineapple.

OCT. 20: Beef Tomato Mac, Carrots, Mixed Green Salad w/ Ranch drsg., Wheat Bread/Marg., Plums.

OCT. 21: Swedish Meatballs, Mashed Potatoes, Peas, Wheat Bread/Marg., Gingerbread/Lemon.

OCT. 22: Roast Turkey/Gravy, Parslied Potatoes, Scandinavian Veggies, Wheat Bread/Marg., Cranberry Orange Jello.

OCT. 23: BBQ Beef/Bun, Baked Beans, Creamy Cole Slaw, Ambrosia.

OCT. 26: Tomato Swiss Steak, Mashed Potatoes, Cabbage/Carrots, Wheat Bread/Marg., Lime Pear Jello, Plums.

OCT. 27: Chicken/Rice Casserole, Carrot Raisin Salad, Basil Green Beans, Wheat Bread/Marg., Cinnamon Rice Pudding.

OCT. 28: Roast Pork Loin, Glazed Sweet Potatoes, Zucchini/Tomatoes Wheat Bread/Marg., Applesauce.

OCT. 29: Sloppy Joe/Bun, Sugar Snap Peas, Cukes/Onions, Wheat Bread/Marg., Apricots.

OCT. 30: Breaded Fish/Lemon, Potatoes Au Gratin, Broccoli Wheat Bread/Marg., Strawberries/PA.

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Finances: Create And Keep Wealth

Five Sure-Fire Ways To Conquer Inflation

by Ron Phillips

In the last few quarters America has had deflation. We have been reeling from a tsunami-like financial meltdown. That has, in turn, popped the inflation bubble for the time being. Everyone around the globe is buying and using less "stuff" so inflation is in check. So what do we have to worry about it for?

Under normal circumstances the government has a policy of "encouraging" moderate inflation in the 3-5 percent annual range. Also, the government is printing a lot of money which could potentially heat up inflation.

So we always want to be ready to fight that specter of rising costs. Here are five ways to do that. Two are active investments. They take more time and expertise. The other three are passive and therefore easier to manage and maintain (music to my ears...and probably yours, too).

THE TWO ACTIVE WAYS TO CONQUER INFLATION

Real estate is a wonderful way to outpace rising expenses. Assuming you have property that has a positive cash flow you should do fine over time. The

income is the main return, for example, a 7% cash flow. Then add in 3-5% annual appreciation and you have defeated inflation.

Then we have business ownership. Let's say you sell widgets and make a 10% net profit. Then your costs go up. Now you raise the costs to your customers. You have effectively knocked out inflation again.

These are, of course, oversimplifications. As I said before, there is a lot of management and time involved with both real estate and business ownership.

THE THREE PASSIVE WAYS TO CONQUER INFLATION

My favorite ways to overcome inflation are the simplest. Keep doing what you are doing to earn income. Then invest into one or all of these areas.

The first vehicle is the stock market. Over the course of more than eight decades stocks have been the best way to passively beat both inflation and taxes. The historic return is over 10% annually. Even during The Great Depression and the current Great Recession the market has been the place to be.

The second vehicle is the mu-

nicipal bond market. I don't mention the other bond markets because municipals have that magic ingredient: tax advantage. They are federally tax-exempt and sometimes state tax-exempt. That makes them a little bit more powerful than even a Treasury bond or corporate bond.

The last tool in our belt is so obvious you may not have even thought of it. Save more. If the excesses of the past decade have taught us anything I hope it is to save more. Remember, just a year or two ago the US had a negative savings rate. Then it was barely a fraction of a percent. So combat inflation by saving 3-5 percent more and then invest that into

the other four areas.

Let's say you have a \$100,000 income and now you are saving an additional \$3-5 thousand annually. You are setting aside the rate of inflation and now this money is compounding, furthering your fight against this soon-to-be raging beast called inflation.

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.

On Your Toes!!

by Benjamin Marble, DPM, Pueblo Ankle & Foot Care

RESPECTING YOUR FEET

Women's and especially men's feet rarely get the respect they need. Men often resist going to the doctor when they are sick or in pain. But most foot conditions are treatable, and easier to treat, when diagnosed early.

Here are ten common ailments that men can get help for quickly and easily. These should be taken care of early before they spiral out of control and make a more involved treatment regimen necessary. Some of these conditions you may recall from prior "On Your Toes" articles.

Heel pain is often caused by tissue inflammation, but can also result from a broken bone, a tight Achilles tendon, a pinched nerve, or other problem. A qualified physician will know how to diagnose and treat the true cause of heel pain.

Ankle sprains always, always, always require a prompt visit to the doctor. Those who skip out on medical care are more likely to suffer repeated ankle sprains and then develop chronic ankle instability.

Big toe stiffness and pain develops slowly over time, as cartilage in the big toe joint wears down. This eventually leads to arthritis. The sooner this is diagnosed, the easier it is to treat.

Achilles tendonitis usually develops from a sudden increase in physical activity, such as when playing weekend sports. Chances of an Achilles tendon rupture can be reduced by treatment of the symptoms of Achilles tendonitis: pain and tenderness on the back of the foot or heel.

Ingrown toenails can pierce the skin, open the door for bacteria to enter

the body, and convince some individuals to perform dangerous "bathroom surgery." Few know that a doctor can perform a quick procedure that will end the pain and permanently cure an ingrown toenail. Excessively sweaty feet can lead to foot odor, embarrassment, and bacterial and fungal infections such as Athlete's foot. A qualified physician can prescribe several treatments.

Smelly feet are not only embarrassing, but may also point to a bacterial infection. Some bacteria actually eat away the top layer of the skin.

Athlete's foot produces itchy, dry, scaling skin that can crack, develop an open sore and become infected by dangerous bacteria, including Methicillin-resistant Staphylococcus aureus (MRSA). Athlete's foot doesn't affect only athletes, although this fungus thrives in damp areas such as swimming pools, showers and locker rooms.

Broken toes that aren't evaluated and treated by a qualified physician can lead to chronic pain, deformity, arthritis and problems walking, standing and wearing shoes.

Suspicious spots or lesions could be skin cancer, and should be evaluated by a foot and ankle surgeon. Melanoma does occur on the feet, regardless of sun exposure.

Benjamin Marble, DPM is a member of the American College of Foot and Ankle Surgeons and board qualified in foot and ankle surgery. He earned his podiatric medical degree from Dr. Scholl College of Podiatric Medicine. Dr. Marble practices with Dr. Schneider. Their phone number is 719-543-2476 and Web site is www.puebloankleandfoot.com.



Be Empowered By Free Financial Online Resources

by Lois Clarlock - ENT Bank

In these uncertain times, we need as many resources as possible to ensure the security of our nest egg. The stories are grim - life long workers losing their pensions due to staggering economic conditions, retirement dollars lost in a faulty stock market - its cause for alarm for many consumers, especially those within retirement age.

In an effort to strengthen consumer confidence, financial institutions have started to give power to the people. Once dry with company information and branch locations, credit unions and banks have started improving the value of online offerings on company websites by adding tools to help you reach your financial goals for today - and tomorrow. Websites are now rich and robust for consumers who want to get educated, involved and take charge.

New offerings, which are usually found on the educational tab of a financial institution's website, may include easy-to-use calculators and planning tools that help simplify the money management process and manage your financial goals - whether you are a senior approaching retirement or a couple planning for a baby. Within each life stage, specific strategies dealing with topics, like setting goals, identifying shortfalls and preparing for the unexpected are discussed.

Thinking of moving your monies to another retirement account? With IRA

selector tools consumers can learn about the types of IRAs and use the eligibility and basic comparison calculators to help decide which IRA is right for you. Most websites allow for immediate interaction -- you can complete a form that includes all the information needed to open your account and print the form so you hit the ground running once you arrive at a service center to open it.

With rising inflation, an increase in prescription drug costs and the anticipation of winter's high utility bills, many financial institutions are offering interactive programs to help monitor debt by managing expenses, creating a personalized budget and plan to pay-down debt. Services are completely anonymous and secure. After specific information is provided, consumers can be rewarded with summaries, budgeting suggestions and information about how to improve important elements like debt to income ratio, revolving debt ratio and credit scores.

Take advantage of online offerings. In today's financial environment, consumers need to be empowered -- the more you know, the better decisions you'll make. Online tools can help make money management and retirement planning easier with information and tools that are just a click away.

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



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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.

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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.

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Senior Community Update



MESA TOWER DANCES

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

LOU GEHRIG'S DISEASE SUPPORT GROUP

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

OWLS MEETING

The 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 546-1973 for details." Guests welcome and there is no charge.

SRDA OCTOBER CALENDAR

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

LIVING WITH OSTEOARTHRITIS?

Osteoarthritis does not only strike the knees, hips and hands. In an estimated one million Americans, it also affects the small, vulnerable joints of the neck, and can cause sudden attacks of severe pain that may radiate into the head and arms. But what can patients themselves do about this form of arthritis? How can they ease the pain, deal with the limitations it causes, and support their doctor's treatment? With the help of some of the world's leading spine specialists, the American Arthritis Society has compiled twelve practical tips for self-care that are effective and easy to follow. Please visit the Society's website at: www.americanarthritis.org.

AARP SCHEDULE OF ACTIVITIES FOR OCTOBER 2009

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

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

MEDICARE OPEN ENROLLMENT

Medicare open enrollment season is upon us and that means you may be receiving lots of mail from Medicare, Social Security, and plans.

In October, you should expect to receive your plan's Annual Notice of Change (ANOC), notices from any plans that are leaving the Medicare Program, the Medicare & You 2010 handbook, and ads for plans in your area.

In November, you should expect to receive reminder notices from Medicare about plans that are leaving the Medicare Program and information about rate changes from Social Security.

If you have Medicaid or get Extra Help paying for prescription drugs, watch for special notices from Medicare on grey, orange, blue or tan paper about plan or copayment changes.

Open enrollment for Medicare Part D begins on November 15. Plan coverage and costs can change yearly, so it's worth taking the time to compare to see if another plan better fits your needs and your budget.

The State Health Insurance Assistance Program (SHIP) can provide you information to help you choose a Medicare plan or make health insurance decisions. In addition, the counselors can provide general Medicare education. SHIP counselors serving Lake, Chaffee, Custer and Fremont Counties are available by calling 888-696-7213.

Also watch for upcoming education opportunities provided by SHIP in your communities.

Upper Arkansas Area Agency on Aging is the only agency authorized by the Division of Insurance to provide SHIP assistance in Lake, Chaffee, Custer and Fremont Counties.

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

McHarg Park Community Center - 409 Second Street Avondale, CO. Monday, October 5th; 9:00 - 11:30 am (date change due to Holiday)

Mineral Palace Tower - 1414 N. Santa Fe. Thursday, October 8th; 9 - 11:30 am

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

Vail Hotel - 217 S. Grand. Tuesday, October 13th; 9:00 - 10:30pm

Hyde Park Community Center - 2136 W. 16th St. Tuesday, October 13th; 1:00 - 2:30pm

Joseph Edwards Senior Center (SRDA) - 230 S. Union. Wednesday, October 14th; 9:45 - 12:00 pm

Ogden Apartments - 2140 Ogden. Thursday, October 15th; 9:00 - 10:30 am

Fulton Heights - 1331 Santa Rosa. Thursday, October 15th; 1:00 - 2:30 pm

Park Hill Christian Church Hall - 1404 E. 7th St. Monday, October 19th; 10:00 - 12:00 pm

Minnequa Park Apartments - 1400 E. Orman Ave. Tuesday, October 20th; 9:00 - 11:30 am.

Mesa Towers - 260 Lamar. Wednesday, October 21st; 9:00 - 11:30 am

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.

SPAGHETTI DINNER

There will be a spaghetti dinner at First United Methodist Church from 12:00 to 5:00 on October 11, 2009. Cost will be \$8.00 for adults and \$5.00 for children 12 and under. This is a money maker for the Pioneer Cemetery Association for the upkeep of the Old North Side Cemetery. All proceeds go for restoration of the cemetery. For more information please contact Marge Patterson at 561-1072 or email jtalbott1@comcast.net.

PEOPLE ON MEDICARE

People on medicare! It's nail-biting time again for Medicare consumers wanting to enroll or make changes in their prescription drug plans. The Annual enrollment period begins November 15 and ends December 31.

Starting October 1, - but not before! (emphasis added) - sales agents can and will target seniors to favor their plans. Dick Jackson from the state division of insurance will be speaking to medicare people on where the sales agents' marketing "boundaries" are. He will be making three presentations including: the golden age center in Cañon city on Monday, September 28, 2009 at 12:30 pm; Salida community center on September 29, 2009 at 12:45 pm and; leadville senior center on September 30 at 12:45 pm. The presentation will last approximately one hour and it's free. Call 1-877-610-3341 with your questions.

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.

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



- ACP state of the art equipment includes electrical stimulation, ultrasound, short-wave diathermy, omnicycle equipment & paraffin treatments
- These modalities have been successful in treating limited range of motion, pain, swelling, stiffness, weakness, spasticity, paralysis, & poor balance related to falls, arthritis, stroke, fractures, total joint replacements, amputations, Parkinson's & neuropathy
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Enhancing Lives & Smiles With Total Dental Solutions

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

SENIOR CLASSIFIEDS

TEO SPACES: in Veterans Court of Honor. Lot #221. \$750.00 plus transfer fee. Call at 719-647-0755. #1109

TOWNHOUSE FOR SALE: One level floorplan. Two bedrooms, 2 baths, walk-in closets, vaulted ceilings, fans in each room, AC, fenced in rear, \$170K. 350 Field Ave. Cañon City. 276-0243. #1109

SENIOR MALE seeks roommate to share large, furnished Pueblo West home. Lake view! Large deck, quiet, includes all utilities, direct t.v.. \$500 per month. (719)242-6465. #1109

SALE: Upright freezer. 20. cubic feet - slot machine- sing-a-long system - stereo & speakers - treadmill. 1714 Lynwood. Other items for sale. Call 569-2554. #1109

24/7 SENIOR HOME CARE: Your home or mine! Experienced, reliable, compassionate. Med. certified, CPR, First Aid. 671-4316. #1109

SENIOR LADY AVAILABLE to care for you at home. Meals, errands, appointments. Experienced and happy to help. Call 719-406-6718. #0909

STRICTLY MOBILE: Lawnmower/small engine repair done on-site! Certified, reliable, clean and friendly technician. Tune-ups, service and/or repairs on many brands of outdoor power equipment. Excellent references. Very reasonable. 719-994-7986. #0909

SHELBY'S MOBILE HAIR STUDIO. Perms - \$40: includes haircut and style. Will come to your home. Seniors & shut-ins only. For appointment call Sally at 719-565-7134. #1009

FOR SALE: Timeshare at Stormy Point Village, Branson, MO. List price is \$17,900, sell for \$11,400. Two bedroom (can sleep 6). Call 719-583-2042. braveday@sococo.net #0809

IF YOU NEED A PART-TIME CNA in your home. Call Diane, 544-2710. Experienced, reliable, references. #0909

EXPERIENCED PCP (PERSONAL CARE PROVIDER). References, Days. Local calls at 289-1120. Ask for Carol. #0809

CAREGIVER, Part time. Private Care. Have experience: Recommendation letters. Fix meals, Dr. appts., shopping. Southside. Feel free to call, 564-2157. #0709

HANDYMAN SERVICES: Painting, home repairs, tile, etc. FREE ESTIMATES! (719) 214-0563. #0709

FOR SALE: Mobility Power Chair! It Can Be Pushed. Like new! At cost it was \$3,000. Asking much less. Call 543-0217. #0709

NO TIME...? USE MINE!! Can't drive? Can't get out? I run errands. Call Virginia, 719-561-1384 or 719-214-6007. #0609

HOSPITAL BED, electric with mattress. \$400.00. 719-406-5400. #0609

FOR SALE: 1971 Mobile Home. 3 bedrooms, 1 bath, 4 sheds. Nice yard. 543-5607. #0609

HOME CARE: very reasonable rate. Honest, dependable. CNA Certified. 719-251-8539 or 719-251-6178. #0609

"SCOOP-IT" CANINE CLEANUP SERVICE. You'll never have to scoop poop again. Dependable, honest, weekly, bi-weekly or monthly service. Senior Discount! Call J.R. 250-4419. #0609

ALTERATIONS BY ABE & ROBYN CAMHL. Wedding gowns and formal wear. All types of clothing. Men and women. Forty years experience. Se Habla Espanol. 719-595-1231 or 719-250-9354. #1109

LOOKING FOR AN AVON REP?

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.

Call me today! Hailey Hollins, 719-547-3808 or www.youravon.com/ **WANTED: CERTAIN** 45rpm records and LP albums from the 1950s and 1960s. 566-7975. #1009

\$10! #0110

Did You Know

• *McWilliam's Wines, Australia's oldest and most awarded winemaking family, offers a host of tips and recipes for planning an elegant at-home tennis-viewing party. Visit www.mcwilliamswines.com for more information.*

• *ING Run For Something Better is meant to help kids learn that physical activity can be fun by providing free school-based running fitness programs that are capped off with thrilling race day events in some cities across the U.S. For more information, visit www.orangelaces.com.*

• *No need to waste time away from your guests (over 21 years old) mixing Sangria. The blend of aromatic herbs and spices in Martini & Rossi vermouth does all the work, adding all the flavor, while fresh fruits add a finishing touch. For recipes, visit www.martini.com.*

• *A recent study by the National Retail Federation found spending on electronics and computer equipment is expected to increase more than 10 percent this school year. Many parents are turning to Target stores and Target.com to make the most of their money.*

• *Third-party certification helps confirm that supplements contain the ingredients and quantities shown on the label without containing unlisted ingredients or potentially harmful levels of impurities. For more information, call (800) 673-8010 or visit nsfsport.com.*

• *Good news for do-it-yourselfers: A new tile adhesive, Bondera Tile-MatSet, can take much of the muss, fuss, stress and cost out of tiling. For more information, visit www.BonderaTileMatSet.com*



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Dennis Prather, Executive Director

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Manager: Cindy Warren
719-275-7451
- and -

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





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- ★ An all-inclusive, affordable pricing policy that eliminates additional charges

Please Come by Or Call!

We would like to share our lovely facility with you.

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



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Call today for an INFORMATION PACKET

1-800-645-8387

New Resource To Help Patients Managing High Blood Pressure

(NAPSI)-You could save your life by knowing your numbers--your blood pressure numbers, that is. Many people with high blood pressure may not know they have it because they feel fine and look normal. That is why it is known as a "silent killer."¹

High blood pressure is one of the most common conditions in the U.S., affecting roughly 1 in 3 adults.² In fact, as people age, the potential for their blood pressure to rise increases, so even those with normal blood pressure at age 55 have a 90 percent chance of having high blood pressure later in life.³

To help educate Americans about high blood pressure, the American College of Physicians (ACP), in partnership with the New Jersey based pharmaceutical company, Daiichi Sankyo, Inc. has created an informational guidebook and DVD called "Know Your Numbers: A Guide to Managing High Blood Pressure." You can pick up the guidebook and DVD at a doctor's office or download the guidebook at the ACP Web site at www.acponline.org/numbers.

Uncontrolled hypertension can cause permanent changes to blood vessels and the heart that may create serious problems elsewhere in the body.⁴ According to the National Institutes of Health, a

blood pressure lower than 140/90 mm Hg or lower than 130/80 mm Hg for certain high-risk groups is considered to be under control.⁵

"Measuring your blood pressure takes only a moment and is completely painless," said Dr. Patrick C. Alguire, FACP, ACP's director of education. "Everyone should know their numbers and get regular blood pressure checkups. Knowing your blood pressure could save your life."⁶

ACP member physicians can order the free guidebook by calling (800) 523-1546, extension 2600 or through ACP's Web site at acponline.org.

"As a leader in cardiovascular health, Daiichi Sankyo, Inc. is committed to offering up-to-date, comprehensive educational resources for people who are at increased risk for high blood pressure and cardiovascular disease," said Jonathan Jaffe, M.D., FACC, Senior Medical Director, Hypertension--Therapeutic Area Head, Medical Research and Strategy at Daiichi Sankyo, Inc. "Helping patients manage chronic diseases more effectively will benefit both patients and physicians."⁷

The guidebook's tips include:

- losing weight
- eating a healthy diet high in fruits and vegetables, and low in saturated fat, cholesterol and salt
- being physically active, and
- quitting smoking.⁷

In addition, many people with high blood pressure need at least two types of medicine to lower their blood pressure.⁸ Such medicines can delay the problems linked to hypertension. Patients should discuss a treatment regimen that includes diet, exercise and, if necessary, the proper medication.⁹

"As the guidebook and DVD show, there are many ways to effectively treat high blood pressure," said Dr. Alguire. "Almost everyone with hyperten-

sion can bring their numbers down with lifestyle changes, medicines or both."

1). American Heart Association. High Blood Pressure. Available at: <http://www.americanheart.org/presenter.jhtml?identifier=2114>. Accessed July 14, 2009.

2). American Heart Association. High Blood Pressure. Available at: <http://www.americanheart.org/presenter.jhtml?identifier=2114>. Accessed July 14, 2009.

3). National Heart, Lung and Blood Institute. Prevent and Control High Blood Pressure: Mission Possible. Available at: <http://hp2010.nhlbihin.net/mision/partner/midlife.pdf>. Accessed July 14, 2009.

4). National Heart, Lung and Blood Institute, High Blood Pressure Key Points. http://www.nhlbi.nih.gov/health/dci/Diseases/Hbp/HBP_Summary.html. Accessed July 14, 2009.

5). National High Blood Pressure Education Program, JNC 7: The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation and Treatment of High Blood Pressure, December, 2003, p. xiv.

6). American Heart Associa-

tion. High Blood Pressure. Available at: <http://www.americanheart.org/presenter.jhtml?identifier=2114>. Accessed July 14, 2009.

7). American College of Physicians. Know Your Numbers: A Guide To Managing High Blood Pressure. Available at: http://www.acponline.org/patients_families/products/brochures/hypertension.pdf. Accessed July 14, 2009.

8). National High Blood Pressure Education Program, JNC 7: The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation and Treatment of High Blood Pressure, December, 2003, p. 26.

9). American Heart Association. High Blood Pressure: What Can I Do. Available at: <http://www.americanheart.org/presenter.jhtml?identifier=2133>. Accessed July 30, 2009.



Op-Ed

from page 2.

Therefore, we will all be one big, happy family at the bottom of the rung of the ladder with our rulers (BHO wants to be President for life dontcha know - just ask Moammar Khadafy AND Hugo Chavez) running the show for us.

Is this what BHO meant when he stated that he was going to *fundamentally change America*?

One more item of interest to state. We have heard from the Left that anyone who dares speak against BHO is a racist. It got me to thinking. The fundamental reason for racism was that the founders of this country had slaves. It was dastardly business, owning a human being. Having slaves is historic and continues to take place at various places around the world to this day. But I digress a bit.

I wonder if anyone has ever done a study on just how many of the approximately 350 million of us who now live in the United States actually are progeny of slave owners? It can't be very high given the huge influx of immigrants that came here from 1890 throughout the first two or three decades of 1900. Add to the mix the various and sundry millions who wandered to our shores since, especially in the past thirty years, and it would seem that the vast majority of us don't have a racist bone in our body since we don't have a clue as to what owning someone is like. On the other side of the coin, there have been many millions of immigrants who are black that have come here in the last 150 years and they weren't slaves, just immigrants looking for a better life. I wonder what the percentages of black Americans are descendants of slaves? I'm sure it is much higher than my first question but it is a good question just the same.

I guess the point is we have to stop playing the race card. It seems that the Left cannot do so. I wonder why that is?

Godspeed!

Medicare Monday

Know Your Healthcare

An Information Forum Where Everyone is Invited

November 16, 2009

9:30 am to 11:30 am

- Medicare changes 2010
- Changes in prescription drug plans
- Health Plan information 2010
- Expert panel



Join Us by Calling and Making a Reservation:

719-547-2538

Location:

Wynwood of Pueblo
4723 Surfwood Lane
Pueblo, CO

Snacks and Refreshments Provided



Sponsored by The Colorado Gerontological Society
For More Information: 303.333.3482

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

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

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Dian & Gerry J. Montgomery



Marvin F. Steward

Continuing to Exceed the Standard



In an effort to provide the finest service and resources, Montgomery & Steward Funeral Directors' top priority was to expand our facility to continue to meet the needs of the families we serve. We believe we have achieved that goal.

We now offer a larger chapel and reception area, additional visitation rooms, handicap accessible restrooms and elevator, Kids' Kove (our children's play area) and a grief resource center.

Since 1922, our pledge has always been to provide quality care and personalized service to families of all faiths and ethnic origins. We promise to continue that tradition as long as our funeral home bears the names Montgomery & Steward.

If you haven't visited us yet, stop by today and we will be glad to give you a tour.



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- Pre-need Plans
- Cremations
- Burial Planning
- Granite Memorials
- Bronze Memorials



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Visit our web site: www.montgomerysteward.com

New Hip Replacement Technique Available In Denver

(NAPSI)-The number of hip replacement surgeries being performed in the United States has increased drastically over the last 10 years and is expected to continue growing due to the aging population. According to a study compiled with the American Academy of Orthopaedic Surgeons, total hip replacement procedures are expected to grow to 572,000 a year by 2030.

Early minimally invasive surgery (MIS), which has largely been defined by the size of the incision or the scar left after surgery, entailed performing the procedure through small incisions. Due to the complications it presented, such as bone fractures and increased blood loss, most surgeons have abandoned MIS procedures in favor of more traditional ones that provide desired results without the

elevated complications rate.

Now, patients have another option-Anterior Minimally Invasive Surgery, also known as the AMIS approach. The technique, which has long been used in Europe, is less invasive than common hip replacement surgeries, and results in less pain, need for medication, recovery time and physical therapy for patients.

Surgeons who perform the procedure make the single incision through the front side of the patient's hip rather than going through his or her back or side. Unlike conventional total hip replacement techniques that require detaching muscle from the back of the hip bone, AMIS does not require any muscle cuts, which allows patients to make a quicker recovery. Studies have also shown that avoiding muscle cutting enables the pa-

tient's natural anatomy to remain undisturbed following surgery.

Currently, there are six doctors in the United States who are certified to perform the AMIS procedure. Two of them, Dr. Robert Greenhow and Dr. Craig Loucks, are based in Denver and serve as an instrumental part of the opening of the first AMIS reference center in the United States. The reference center provides an opportunity for surgeons from around the world to complete the three training phases required for a surgeon to use the technique under the guidance of Dr. Greenhow and Dr. Loucks. The three phases include spending a day observing



live surgeries, practicing on cadavers and performing the procedure several times with one of the two doctors acting as a proctor.

In the last four years, more than 15,000 surgeries have been performed internationally utilizing the AMIS technique-approximately 200 of the surgeries have taken place in the United States.

For more information, visit www.medacta.com. To speak with a surgeon, contact Dr. Greenhow or Dr. Loucks of Peak Orthopedics and Spine at 303-699-7325.

Car Care Corner: *Planning In Advance Makes It Easier Than Ever To 'Go Over The River And Through The Woods'*

(NAPSI)-Along with the dewy daybreaks and colorful canopies of autumn come the hustle and bustle of back to school, the kickoff of the football season and, of course, the stress of holiday travel. By ensuring that your vehicle's systems are up to speed and you've connected the dots between points A and B, you don't have to let the cooler weather slow you down. Here are a few simple tips to help keep you and yours safe and sound, while taking the stress out of fall travel:

- Plan your route ahead of time. For longer trips, you should always share your travel itinerary with others. According to the American Red Cross, you should tell a friend or loved one where you're going, your planned route and when you an-

ticipate arriving. Travel-planning software such as Microsoft Streets & Trips helps you plot your course and determine your travel time based on driving habits and preferences. Once your trip is planned, you can e-mail your itinerary to friends or family for added security while you're on the road.

- Proper vehicle maintenance is key. A quick check of your vehicle's weather-sensitive systems will save you the headache of getting stuck on the shoulder of a snowy mountain pass. Check that fluids are at the proper levels and concentrations. A lack of coolant or windshield wiper fluid could throw a monkey wrench in your travel plans before you even hit the road.

- Wet roads mean longer stop-

ping distances. Whether you're driving the kids to soccer practice or cruising down the freeway to Grandma's house for Thanksgiving, rain, oily buildup and wet leaves on roadways greatly increase the amount of time required to stop. Make sure your tires have plenty of tread: According to the National Highway Traffic Safety Administration, that means no less than 1/16 inch. As a rule of thumb, you can measure this depth by placing a penny in the tread with Lincoln's head upside down and facing you. If you can see the top of Lincoln's head, you are ready for new tires. Also make sure your tires are filled to manufacturer specifications. Bald or improperly inflated tires are no match for a rainy freeway or soggy leaves on neighborhood streets.

- Pack plenty of supplies. Weather-related accidents and road closures can cause lengthy delays, turning your short trip into a tiring adventure. Prior to leaving, make sure your vehicle's emergency kit is stocked and you have plenty of water and snacks for your journey. Using trip-planning software, map out gas stations and convenience stores along the route to ensure that you and your passengers' "tanks" are always full.

For additional information about Microsoft Streets & Trips, please visit www.microsoft.com/streets/travel.

Bake To Help Beat Breast Cancer

(NAPSI)-Baking has always been a special way to share love and show support for someone you care about--now it can do even more.

By visiting the Bake for the Cure® recipe exchange on bakeforthecure.com, you can post a recipe that has special meaning to you or a loved one affected by breast cancer. Behind every recipe is a unique story of love, hope, courage and inspiration.

In addition, a new cookbook has been created to honor all those touched by breast cancer. By ordering "Bake for the Cure Cookbook: A Celebration of Love and Hope," you help support ACH Food Companies' partnership with Susan G. Komen for the Cure®. This year, ACH will donate over \$250,000 to Susan G. Komen for the Cure in the fight against breast cancer.

Baking a recipe such as this one from the book may help give hope to someone you know:

Goopy Chocolate Peanut Butter Bars

- Prep Time: 15 minutes
- Bake Time: 35 to 43 minutes
- Makes: 24 bars
- ¾ cup all-purpose flour
- ½ cup sugar
- ¼ cup Argo® or Kingsford's®

Corn Starch

- ½ cup butter or margarine
- 2 eggs
- ½ cup Karo® Light Corn Syrup
- ½ cup brown sugar
- ¼ cup creamy peanut butter
- 1 teaspoon vanilla extract
- ¼ teaspoon salt
- ½ cup flaked coconut
- ½ cup semi-sweet chocolate

chips

Combine flour, sugar and corn starch in a medium-size bowl. Cut in butter until mixture is crumbly. Press into a greased 13 x 9-inch pan. Bake in a preheated 350°F

oven for 15 to 18 minutes or until crust is lightly browned. Beat eggs, corn syrup, sugar, peanut butter, vanilla and salt in a medium mixing bowl. Stir in coconut and chocolate chips. Pour over crust. Return to oven. Bake an additional 20 to 25 minutes or until mixture is golden. Cool on wire rack and cut into bars.

The experts at ACH Food Companies, including Fleischmann's Yeast, Argo Corn Starch and Karo Corn Syrup, say no matter what the recipe, make sure you always:

- Measure dry ingredients in a dry ingredients measuring cup or spoon.
- Measure liquid ingredients in see-through measuring cups at eye level.
- Use a thermometer for precise temperatures.
- Follow each recipe exactly.
- Preheat the oven.
- Make sure your measuring

spoon is completely dry before dipping it into dried spices.

- Use light corn syrup when a delicately sweet flavor is desired, such as in fruit sauces and jams; dark corn syrup when you want a more robust flavor and color for baked goods. Karo Lite Syrup contains 33 percent fewer calories than regular light corn syrup and works well in most recipes.

- Use only half as much corn starch as you would flour for thickening. Corn starch lets colors and flavors come through instead of being covered up as with flour.

For a copy of the cookbook, send \$2 to Bake for the Cure Cookbook, P.O. Box 5012, Clinton, IA 52736-5012. Or visit the site www.bakeforthecure.com to find an order form. For information on breast cancer and more about Susan G. Komen for the Cure, go to www.komen.org or 1-877-GO-KOMEN.

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Weird News

from page 4.

seemingly important evidence for the prosecution. However, it was ruled of minimal value by Ontario Superior Court Justice Douglas Cunningham. The judge, 69, reasoned that since MacLeod, as a working woman with a long commute that leaves a husband and 4-year-old daughter at home, has "a number of rather significant things going on in her life" and must therefore be "distract(ed)" and thus a less reliable witness. One member of Parliament called Cunningham's ruling "pathetic."

Ironies

-- Undesirable Medical Specialty: Athena Sidlar, 28, was fired in August from her trainee job at the Allentown (Pa.) State Hospital after being accused of helping a mental patient swallow metal objects. Belatedly, hospital personnel discovered that Sidlar, herself, has a history of compulsive metal-swallowing.

-- To Fight Sin, One Must Know Sin: In April, the Arizona State Parks Board unanimously chose Renee Bahl, thought to be a dynamic, experienced professional, to be director of state parks. However, her employment record while an assistant parks director in California in 2001 included an incident in which she was disciplined for etching "Renee 2001" into the wall of one of the parks' historic adobe barns.

The Continuing Crisis

-- Two motorists inadvertently wound up in backyard swimming pools recently: In July, flat-bed truck driver Nicholas Sparks, 25, hauling two motorcycles and towing two trucks, learned that he could not also handle talking on

one cell phone while texting on another and accidentally crashed into a house in Lockport, N.Y., ending up with his truck and part of his cargo submerged. And in Mesa, Ariz., in June, a 27-year-old man who had rigged a short sword to his steering wheel (aimed at his chest) and driven into a brick wall in an effort to kill himself, failed in the attempt when an airbag inflated, causing him to lose control of the car, swerve into a nearby home and plunge into the pool.

-- Things You Thought Didn't Happen: (1) Several state law enforcement agencies raided a home in Shelton, Conn., in July, breaking up an alleged canary-fighting operation. (A neighbor called the raid "crazy": "I can't picture little canaries with razor blades taped to their feet.") (2) Convenience-store developer Michael Sesera might have thought he was merely following New Jersey protocol when he offered Hanover Mayor Ronald Francioli \$20,000 to intercede for him with zoning authorities (i.e., a bribe). However, Mayor Francioli actually called the police, and in August Sesera pleaded guilty.

Least Competent Criminals

Kevin Ollie, 17, and Damien Cole, 19, completely failed in their attempted street robbery in Milwaukee, Wis., in August, when they accosted a young man and woman. The male "victim" drew his own gun, shot Ollie fatally and held Cole for the police. Later, Cole, though not the shooter, was charged with Ollie's death under the state's "felony murder" rule, which makes felons responsible if anyone at the scene should die as a result of the crime. Cole could get 55 years in prison.

Updates

Two longtime News of the Weird ongoing sagas came to an end this summer. In August, the annual Gotmar festival in India's Madhya Pradesh state was finally banned, after "centuries" of tradition. Residents of two neighboring villages would come together once a year to bombard each other all day long with rocks (resulting in dozens of bloody injuries and, most years, deaths), but at the sundown cease-fire, both sides would bandage their wounded and celebrate with each other (only to do it all over a year later). And in July, H. Beatty Chadwick, 73, was finally released from a Pennsylvania jail after serving more than 14 years behind bars because a series of

judges believed they could thereby force him to admit that he was hiding marital assets from his 1995 divorce (which he always denied). Chadwick was the longest-serving incarcerated American who had not been charged with a crime.

A News of the Weird Classic (September 2000)

An August 2000 Wall Street Journal dispatch from Nuoro, Sardinia (Italy), described locals' love for "casu marzu" (rotten cheese), brown lumps of sheep dairy, crawling with maggots, a "viscous, pungent goo that burns the tongue" and whose "wiggling worms (often) jump straight toward the (diner's) eyes with ballistic precision." Though the cheese is banned by the government, a black market has pushed the price to double that for ordinary cheese. Some locals believe the live maggots provide authentication, in that only when the maggots die does the cheese become inedible.

Government in Action

-- Scared-y Cat Brits: (1) In June the Peterborough City Council ordered retirees who come together for weekly coffee at the public library to give up hot drinks, in case one accidentally spilled on a child. (2) In July the Dagenham Pool in Essex, citing (according to the manager) drowning risks, banned swimmers from doing "lengths" and forced them instead to swim "widths." (3) In June the Brighton and Hove City Council ordered nature-lover Hilaire Purbrick, 45, out of the cave that has been his residence for 16 years, citing its lack of a "fire exit."

-- In April, the Pelham (Mass.) Board of Selectmen notified residents that it proposed to "alter a (four-mile) portion of Amherst Road" and needed their co-operation. The board said the road, in service with exactly the same contour since 1822, must better conform to what Amherst Road looked like on an 1822 map. Thus, some property owners along the route were asked to cede some rights to the government to un-modernize the road.

The Police Department

-- Latest Domestic Disturbance Calls: (1) A couple fought with each other using water, mouthwash and powdered whey protein (Bremerton, Wash., July). (2) A wife repeatedly punched her husband and then, as officers arrived, pulled him inside the house by his ear (Niceville, Fla., August). (3) A 78-year-old woman kicked her husband in the groin several times recently because she believes he had an affair 35 years ago (Lynnwood, Wash., May).

-- Unclear on the Concept: San Antonio police chief William McManus announced in August an upgraded training program to teach his officers how to obey the law while off-duty. The department has had to fire 10 officers so far this year for law-breaking, and included in McManus' program is a personal talk to

each incoming cadet to stress that police officers must not commit crimes.

The Continuing Crisis

-- Elsie Poncher decided reluctantly in August to go back on a promise she had made to her late husband. Richard Poncher had purchased a crypt (for himself) just above the one in which the body of Marilyn Monroe rests in a Los Angeles memorial park, but Elsie now needs money and thus offered the crypt for sale in August, planning to move Richard to a less prominent place. Richard had been assured by Elsie that he could spend eternity lying face down "over Marilyn."

Ultra-Dangerous Activities:

(1) In May, a man in his 20s was killed in a fight at a community center in Calgary, Alberta, following a dominoes tournament. (2) Kenneth Reppke, 54, was charged with assault in Fraser, Mich., in July for allegedly smacking a woman in the head, knocking off her glasses, because she refused to sell him Boardwalk and Park Place in a Monopoly game. (3) Jason Keller, 40, was acquitted by a jury in San Francisco in June of hitting a fellow homeless man in the face with a skateboard. According to testimony, Keller had become angry during a discussion about particle physics.

People Different From Us

Geography professor Melanie Patton Renfrew, 54, was convicted in Burbank, Calif., in August of violating a judge's order to stop stalking KNBC-TV weatherman Fritz Coleman. Renfrew had badgered Coleman for two years, via e-mail and telephone calls, about his "error" in terminology, confusing "onshore" winds with "offshore" winds. Coleman, she insisted, needed to apologize. "Offshore" winds blow out to sea; "onshore" winds blow in.

Armed and Clumsy (All-New!)

More people who accidentally shot themselves recently: A 44-year-old man, shoving a shotgun down his pant leg after an argument with his girlfriend, blew his little toe off (Alameda, Calif., July). A 21-year-old man, stopping in an alley to urinate with a gun in his pocket, shot himself in the thigh (South Bend, Ind., July). A 26-year-old man, teaching gun safety to two people, was killed when he fired his supposedly unloaded gun at his own head (Phoenix, May).

A News of the Weird Classic (May 1996)

In March 1996, an 18-year-old dockworker at Roadway Express in Dallas was arrested at a local Western Union office and charged with forgery after trying to cash a check made out to his employer. The man produced a home-made photo ID that gave his name as Mr. "Roadway V. Express." After questioning him, the Western Union manager said, "OK, Mr. Express, I'll be right back (with the money)," but went into another room and called the police.

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At The Arts Center: 2009-2010 Center Stage Series

(PUEBLO) - The Sangre de Cristo Arts Center is proud to announce the 2009-2010 season of the Center Stage Performing Arts Series sponsored by the Gay and Lesbian Fund for Colorado, as well as generous individuals. The new season begins with its first performance on Sunday, October 4. Bringing five different, unique and fun performances to the Sangre de Cristo Arts Center Theater, this season is sure to be an audience pleaser!

To Kill a Mockingbird

Sunday, October 4, 2009 | 5:00 p.m. (note earlier performance time)

Harper Lee's Pulitzer-Prize winning novel *To Kill a Mockingbird* celebrates its 50th anniversary. The plot and characters are loosely based on the author's observations of her family and neighbors, as well as an event that occurred near her hometown of Maycomb, Ala., when she was only 10 years old. The novel is renowned for its warmth and humor, despite dealing with serious issues.

Colorado Ballet

Friday, November 6, 2009 | 7:30 p.m.

The Colorado Ballet, in its fourth season, is under the direction of Gil Boggs, Artistic Director. Boggs, whose career spans 21 years, was a former principal dancer with American Ballet Theatre in New York and has a very impressive history in the world of dance.

Colorado Ballet consists of 30

professional dancers from all over the world, including places such as France, Canada, Japan, Estonia, Russia, Cuba and the United States. The Company has 15 to 20 members of the Studio Company, which provides young dancers with training and performance opportunities as a start into a professional career in ballet.

The Colorado Ballet: All Pointes West begins with Lynne Taylor-Corbett's *Great Galloping Gottschalk*. Commissioned by Mikhail Baryshnikov for American Ballet Theatre, Taylor-Corbett choreographed the light-hearted and often humorous work to music by composer, Louis Moreau Gottschalk. Next on the program will be the third act *pas de deux* from Marius Petipa's *Sleeping Beauty* featuring the wedding *pas de deux*, followed by Dwight Rhoden's *Ave Maria*. The program will conclude with Agnes de Mille's iconic *Rodeo*, set to the Aaron Copland score.

The Best of MOMIX

Monday, February 1, 2010 | 7:30 p.m.

Known internationally for presenting work of exceptional inventiveness and physical beauty, MOMIX is a company of dancer-illusionists under the direction of Moses Pendleton, original director of Pilobolus. For 20 years, MOMIX has been celebrated for its ability to conjure up a world of surrealistic images using props, light, shadow, humor and the

human body.

MOMIX has performed throughout the United States, Canada, Portugal, Spain, Greece, Italy, France, Germany, Russia, Denmark, England, Austria, Ireland, Holland, Argentina, Mexico, Brazil, Chile, Japan, Taiwan, Singapore, Australia and New Zealand. The company is based in Washington, Connecticut.

The 5 Browns

Saturday, February 27, 2010 | 5:00 p.m. (note earlier performance time)

"One family, five pianos and 50 fingers add up to the biggest musical sensation in years," wrote the *New York Post* of *The 5 Browns*.

This musical family of piano virtuosos performs atmospheric classical and jazz-inspired piano music. A twenty-something group of siblings, *The 5 Browns* travel the world with their five grand pianos and perform complex five-piano arrangements that reveal a deep connection to the intent of the music. The quintet (Ryan, 20 years old; Melody, 21; Gregory, 23; Deondra, 25; and Desirae, 27) enjoyed their first wave of critical attention in February 2002 when *People* magazine dubbed them the "Fab Five" and at about the same time they were featured on *Oprah* and *60 Minutes*.

The Jimmy Dorsey Orchestra

Friday, April 23, 2010 | 7:30 p.m.

The Jimmy Dorsey Orchestra has continued performing successfully for decades and is still in great demand all over the world. The past success of the Orchestra was due to the leadership of Lee Castle, and more recently from 1990 through the new millennium, Jim Miller. Now under the direction of Bill Tole, The Jimmy Dorsey Orchestra has continued to bring joy, through music, to young and the "young at heart."

Experience a piece of American musical history with The Jimmy Dorsey Orchestra. This orchestra shares the iconic music of Jimmy Dorsey and the big band era. Come and celebrate these timeless classics through the identifiable, chart-topping sounds of Jimmy Dorsey's repertoire.

Single performance tickets are \$25 each for all performances and subject to availability. Season tickets are also available for \$110 for non-members or \$100 for Arts Center members. If you are unable to use your tickets, please donate them back to the Arts Center Box Office for re-use. This eliminates empty seats and gives others the chance to see these exceptional shows. The Arts Center is happy to accommodate all audience members with disabilities. For more information, or to purchase single or season tickets, call the Sangre de Cristo Arts Center Box Office at 295-7222, or visit www.sdc-arts.org.

FREMONT/CUSTER County Menus

Penrose(372-3872) - Canon City(275-5524)

Florence(784-6493) - Silvercliffe (783-9508)

FLORENCE

100 Railroad St. - Florence Tu-Thur-Fri

OCT. 1: CHICKEN & NOODLES, Green Beans, Baked Acorn Squash, Apricot Pineapple Compote.

OCT. 2: ENCHILADA PIE, Sliced Tom/Let, Sliced Yellow Squash, Mixed Fruit.

OCT. 6: SPAGHETTI/MEATSAUCE, Tossed Salad with Italian Dressing, Green Beans, Orange.

OCT. 8: SCALLOPED POTATOES/HAM, Spinach, Mixed Veggies, Apple.

OCT. 9: TATOR TOT CASSEROLE, Tossed Salad, Squash, Pears.

OCT. 13: COMBINATION BURRITO, Smothered with Chicken Green Chile/Tom/Let/Salsa, Black Beans/Cilantro, Diced pears.

OCT. 15: SWISS STEAK/MUSHROOM SAUCE, Whipped Potatoes, Seasoned Greens, Tropical Fruit.

OCT. 16: SLOPPY JOE/BUN, Scalloped Potatoes, Peas/Carrots, Peach.

OCT. 20: ROAST PORK, Whipped Potatoes/Gravy, Parslied Carrots, Strawberry Gelatin Salad, Dinner Roll/marg.

OCT. 22: DIJON CHICKEN, Brown Rice/Parsley, Chopped Spinach, Orange.

OCT. 23: TUNANOODLE CASSEROLE, Italian Green Beans, Pineapple Tidbits.

OCT. 27: PORCUPINE MEATBALLS, Whipped Potatoes/Gravy, California Vegetable Medley, Banana.

OCT. 29: CHILI CON CARNE, Whole Wheat Crackers, Sliced Yellow Squash, Pineapple Mandarin Orange Compote, Cornbread/marg.

OCT. 30: BRATWURST/BUN/Sauerkraut, Mustard/Onion, Pickled Beets, Sliced Peaches.

SALIDA MENU

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

OCT. 1: SWEET/SOUR CHICKEN, Steamed Brown Rice, Chinese Vegetables, Strawberry Applesauce.

OCT. 2: OVEN FRIED CHICKEN, Spinach Mandarin Orange Salad, Potato Salad, Peaches, Cornbread/marg.

OCT. 6: CHICKEN NOODLE SOUP, Wheat Crackers, Chopped Spinach/Malt Vinegar, Sliced Yellow Squash, Orange.

OCT. 8: HAMBURGER/CATSUP/MUSTARD/ONION, Sliced Tom/Let, Baked Beans, Potato Salad, Watermelon.

OCT. 9: ROAST PORK, Whipped Potatoes/Gravy, Parslied Carrots, Strawberry Gelatin Salad, Roll/marg.

OCT. 13: CREAM OF POTATO SOUP, Roast Turkey/Gravy, Carrot- Raisin Salad, Tropical Fruit.

OCT. 15: TUNA NOODLE CASSEROLE, Italian Green Beans, Pineapple Tidbits.

OCT. 16: MEATLOAF/Brown Gravy, Cheesy Potatoes, Green Beans, PA Tidbits

OCT. 20: PUEBLO BEEF STEW, Tossed Salad/Lite Italian Drsg., Squash, Banana.

OCT. 22: SPICY BEEF RICE CASSEROLE, Cut Broccoli, Sliced Yellow Squash, Pineapple Tidbits.

OCT. 23: LEMON BAKED FISH, Tartar Sauce/Lemon, Rice Pilaf, Green Beans/Mushrooms, Fruit Salad.

OCT. 27: CHILI CON CARNE, Whole Wheat Crackers, Cut Broccoli, Raisin Nut Cup, Apple.

OCT. 29: HONEY BBQ CHICKEN, Oven Browned Potatoes, Chopped Spinach, Diced Pears.

OCT. 30: SPAGHETTI/MEATSAUCE, Tossed Salad/Italian Drsg., Green Beans, Orange.

GOLDEN AGE CENTER

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

OCT. 2: Sloppy Joe/Bun, potatoes, broccoli/carrots, apple.

OCT. 5: Chicken Fried Steak/Gravy, garlic mashed potatoes, cut broccoli, apple.

OCT. 7: Meatloaf/Gravy, cheesy potatoes, green beans, pineapple tidbits.

OCT. 9: Turkey Pot Pie, cut broccoli/corn, tossed salad, apricot pineapple compote.

OCT. 12: NO MEAL

OCT. 14: Spaghetti/Meatsauce, tossed salad, green beans, orange.

OCT. 16: Lemon Baked Fish, scalloped

potatoes, chopped spinach/malt vinegar, banana.

OCT. 19: Scalloped Potatoes/Ham, chopped spinach salad, hard boiled egg, mixed veggies, peaches.

OCT. 21: Chili Con Carne, sliced yellow squash, pineapple orange compote, cornbread/marg.

OCT. 23: BIRTHDAY! Roast Beef, mashed potatoes/gravy, green bean amandine, apricot peach compote.

OCT. 26: Combination Burrito, chicken green chili, lettuce/tomato/salsa, black beans/cilantro, diced pears.

OCT. 28: Salmon Patties/Cream sauce, steamed brown rice, mixed veggies, tangerine/raisin nut.

OCT. 30: Split Pea Soup, hamburger/bun, creamy cole slaw, jell-o/banana.

PENROSE CENTER

1405 Broadway-Penrose (Tues/Thur)

OCT. 1: BAKED PORK CHOP/COUNTRY STYLE GRAVY, Whipped Potatoes, Hot Bean Casserole, Fruit Salad, Cinnamon Applesauce.

OCT. 6: TURKEY POT PIE, Cabbage, Italian Green Beans, Orange Juice.

OCT. 8: BEEF STROGANOFF, Orange Spiced Carrots, Ruby Beet Salad, Mixed Fruit.

OCT. 13: BEEF/SWEET PEPPERS, Steamed Brown Rice, Cut Broccoli, Raisin Applesauce.

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OCT. 15: CORNED BEEF/BROTH, Parsley Buttered New Potatoes, Cabbage/Carrots, Rolled Shamrock Sugar Cookie Rye Bread/marg.

OCT. 20: CHILI CON CARNE, Whole Wheat Crackers, Sliced Yellow Squash, Pineapple Mandarin Orange Compote, Cornbread/marg.

OCT. 22: LEMON BAKED FISH/Tartar Sauce/Lemon, Rice Pilaf, Green Beans/Mushrooms, Fruit Salad.

OCT. 27: COMBINATION BURRITO Let/Tom/Salsa, Green Beans, Cilantro Lime Rice, Sliced Peaches.

OCT. 29: CREAM OF POTATO SOUP, Tuna Salad Wrap/Let/Tom, Hard Boiled Egg, Grapefruit Half.

CUSTER SENIOR CTR.

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

OCT. 1: STUFFED PEPPERS, Whole Kernel Corn, Chopped Spinach/Malt Vinegar, Applesauce/Raisins.

OCT. 5: ROAST CHICKEN/MUSHROOM SAUCE, Brown Rice, Cauliflower Broccoli Mix, Apple Pear Salad.

OCT. 6: BAKED HAM/RAISIN SAUCE, Candied Sweet Potatoes, Green Bean Amandine, Cranberry Mold.

OCT. 8: CREAM OF POTATO SOUP, Tuna Salad Wrap/Let/Tom, Hard Boiled Egg, Grapefruit Half.

OCT. 12: HOLIDAY - No meal!

OCT. 13: ROAST BEEF SANDWICH, Wheat Bread, Roasted Garlic Mashed Potatoes, California Vegetable Medley, Con-fetti Slaw, Pineapple Tidbits.

OCT. 15: TURKEY TETRAZINI, Italian Green Beans, Cottage Cheese Peach Salad, Strawberry Applesauce.

OCT. 19: MEATLOAF/Brown Gravy, Cheesy Potatoes, Green Beans, PA Tidbits

OCT. 20: TAHITIAN CHICKEN, Brown Rice, Green Bean Amandine, Fruit Salad.

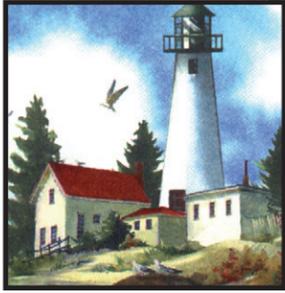
OCT. 22: ROAST PORK, Whipped Potatoes/Gravy, Parslied Carrots, Strawberry Gelatin Salad, Dinner Roll/marg.

OCT. 26: SWEDISH MEATBALL, Whipped Potatoes/Cream Gravy, Chopped Spinach, Mixed Fruit.

OCT. 27: CHICKEN/NOODLES, Green Beans, Baked Acorn Squash, Apricot Pineapple Compote.

OCT. 29: VEGETABLE SOUP, Cold Roast Beef Sandwich/Wheat Bread/Mustard/Mayo Sliced Tom/Let., Waldorf Salad, Banana.

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



“Light For The Journey”

By Jan McLaughlin - Director of Prayer Warriors For Prisoners



“MASKS TRICK OR TREAT ?”

Chuckling, I held the basket of assorted candies while a little princess, pirate, witch and two ghosts cavorted on the lawn. Amazingly, one night a year, my lawn is transformed into a gymnasium. Little goblins turn cartwheels, summersaults, twirl, dance and do jumping jacks. One group after another tries to outdo their friends and siblings as parents stand in the shadows trying to stifle their laughter. It becomes a comedy show and I love it.

Halloween is the devil’s holiday and he has been tricking humans to rebel against God since he pulled it off with Adam and Eve. I detest Halloween and what it stands for and try to avoid stores where clerks wear spooky costumes that frighten children. Even mellow masks repulse me because of the purpose of the “celebration” and the evil that is glorified. When I learned what was celebrated and the horrible things followers of satan do on October 31, many Halloween nights I turned off the lights and refused to answer the door. This was not because of fear but to prevent giving glory to the enemy. However, the Lord helped me realize He wants these children to have a REAL treat. He told me to tell them of His love and to give each a Christian tract along with

candy.

Masks conceal many things and are worn by the devil, people of the world and even Christians. Satan uses masks and presents himself as an angel of light even though he is full of darkness and is the father of lies. God gave him authority over the lives of humans until they receive Christ as Savior. The deceiver draws men into wicked and evil schemes, playing havoc with their lives and souls. He is out to destroy families, churches, and every institution established by God.

The devil can appear as an angel of light in false teachers, prophets and preachers among Christians. Please heed this warning. Airwaves are permeated with false teachings of these men and women who seek to lead astray followers of Christ and to line their own pockets. They prey on lonely, poor, desperate and sick people, making false promises of things they will receive if they will “plant the seed.” They remind the viewer their “seed” can be charged on a credit card. Is this God’s way? Listen! “But there were also false prophets among the people, just as there will be false teachers among you. They will secretly introduce destructive heresies, even denying the sovereign Lord who bought them—bringing swift destruction on themselves. Many will follow their shameful ways and will bring the way of truth into disrepute. In their greed these teachers will exploit you with stories they have made up” (2 Peter 2:1-3). “For they

mouth empty, boastful words and, by appealing to the lustful desires of sinful human nature, they entice people who are just escaping from those who live in error. They promise them freedom, while they themselves are slaves of depravity—for a man is a slave to whatever has mastered him” (2 Peter 2:18-20).

Another mask satan wears is that of a roaring lion as he seeks to devour his prey. But Jesus rendered him a failure and a public spectacle at the cross. He may roar but he has no teeth. He is powerless over Christians who stand on truth and resist him. Yet humans are defenseless if they have not accepted Jesus as their Lord and Savior.

Christians wear masks to hide emotions. When you greet someone, “How are you,” the answer is usually “I’m fine.” Sometimes, this is true but often this response is concealing because Christians don’t want others to think everything isn’t perfect in their lives. Dealing with financial crisis, a child on drugs, an alcoholic husband or the diagnosis of a serious illness, the mask of “I’m fine” seems the easiest reply even though dishonest. Happy masks hide pain. Contentment masks hide anger and bitterness. Tough masks hide weakness and fears. Innocent masks declare, “Who me?” “I didn’t do it!” “I never said that!”

The devil tricks his victims into thinking others will criticize or ostracize because their lives are imperfect. Don’t step in his trap. Someone will want to pray and come along side to walk with you through your trials. Pride often obstructs asking for prayer.

Another mask is the religious mask. “Of course I’m a Christian! I go to church!” “I’m Catholic!” “I’m Presbyterian!” “I’m Baptist!” “I’m Jehovah Witness!” “I was born an Episcopalian and I’ll die an Episcopalian!” These are often religious masks for those who doesn’t have a relationship with Jesus Christ. Salvation doesn’t come through any religion but only through a relationship with Jesus. Jesus said, “I am the Way, the Truth and the Life. No man comes to the Father but by me” (John 14:6).

Selfrighteous masks are prevalent in the church. This is the mask the Pharisee wore when he was with the Publican. “Thank God I’m not like other men!” Occasionally a letter from a prisoner states he or she refuses to go to church because sex offenders or homosexuals attend. This is similar to individuals on the outside who say, “I don’t go to church because it’s full of hypocrites.” This is no less than what the Pharisee said, “thank God I am not like them.” We are all sinners in need of a Savior. Jesus spent time with vile sinners. He was ridiculed and reviled for this

but His answer made it clear who the sinner was. “Jesus heard what they were saying, he told them, ‘Sick people need the doctor, not healthy ones! I haven’t come to tell good people to repent, but the bad ones’” (Mark 2:17) TLB. Jesus knew He could not help the religious self-righteous until they humbled themselves and admitted their need for a Savior and that their religion could not save them.

Mask wearing is hypocrisy. Pretending to be something we are not is an attempt to project a phony image of our real self.

Masks can be dangerous. Advertisements and commercials attempt to sell products to enhance looks, fashion, feelings and prestige. Fashion clothes, new cars and fancy homes are promoted for appearance and self image. The desire to make an impression causes some to fall into an over-spending trap. Satan whispers in ears, “Trick or treat!” as he offers the trap disguised as a treat enticing us with things we are convinced will make us happy. Jesus offers us life abundantly and we don’t have to do a trick for it. He is the TREAT!

When I was a child, “trick or treat” meant if the home owner didn’t produce a treat then little goblins pulled a trick such as soaping windows or putting yukky stuff on the door step. There is now a twist to it at my home. When trick-or-treaters knock on my door, I greet them with a basket of candy, Christian tracts and this question: “Is this trick or treat?” Giggling and bouncing, their little heads nod vigorously. Then they are taken aback, dumbfounded by my next statement. “Okay, if you want a treat, show me your trick.” They look at each other, totally puzzled. “Huh?” “That’s right! If you want a treat, you have to do a trick!

Do you have a trick?” Slowly they put down their bags, thinking of things they can do and the fun begins. They try to outdo each other with hilarious antics and tricks. Some sing songs or tell jokes. Others become horses galloping in circles and neighing at the top of their lungs. I don’t know who has more fun the children, the parents or me.

One thing for sure, my Halloween evenings have certainly changed. This is new to most of the children and they don’t forget it. Nor will they forget the house where they didn’t just receive candy for their bag but the opportunity to work for it and to hear that Jesus loves them. I include a tract for their parents too. Try this! It will be the most fun you have had on Halloween night since you were a child. We have the promise of SWEET rewards! “And if anyone gives even a cup of cold water to one of these little ones because he is my disciple, I tell you the truth, he will certainly not lose his reward” (Matt 10:42) NIV.

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Reeling

"Never Insult A Dinosaur!"

by Film Critic Betty Jo Tucker, Pueblo

NEVER INSULT A DINOSAUR

When meeting a dinosaur, remember to treat the creature with common courtesy. By all means, avoid saying anything hinting at the small size of the huge reptile's brain. Dr. Ron Marshall learns that crucial lesson and more in "Land of the Lost," available on DVD October 13. Portrayed hilariously by Will Ferrell, this disgraced scientist finds himself in a strange parallel universe after traveling through a space-time vortex. But he's not alone. An admiring research assistant -- played by

Anna Friel -- and a redneck survivalist -- portrayed by Danny McBride -- are also along for the wackiest adventure of their lives. It's a silly movie with ridiculous costumes and sets that almost match those in Ed Wood's "Plan 9 from Outer Space," one of the worst films ever made. And I loved it!

As usual, Ferrell ("Blades of Glory") gets into his outlandish character with every fiber of his being. He gives Dr. Marshall just the right combination of self-importance and cluelessness. When he says things like "Remember to point your toes" while directing his posse as they swing from ropes to escape a dangerous situation, I couldn't help bending over with laughter. I had the same reaction watching him sing "I Hope I Get It" (from "A Chorus Line") as he tries to retrieve his time travel invention after discovering it in a nest of dinosaur eggs about to hatch. And his running battle with television's Matt Lauer is absolutely hysterical.

Competition in the acting department comes from -- believe it or not -- Grumpy, a dinosaur who hates Dr. Marshall, and Chaka (Jorma Taccone), a monkey-man who joins the humans after they save him from execution by his peers. Grumpy seems very real indeed. We can see him think, re-act and rage at Dr. Marshall's insults. Chaka is hard to take at first, but he grows on you. He's especially appealing when he learns to belt out a rousing show tune. Friel (TV's "Pushing Daisies") and McBride ("Tropic Thunder") are also fun to watch as their characters suffer through many humorous crises caused by the oblivious Dr. Marshall.

Will the intrepid time travel-

ers ever find their way back home? It's hard to care. Because they're so funny in their new environment, we start thinking they belong there.

Directed by Brad Silberling ("Moonlight Mile") and based on the 1970s TV series of the same name, "Land of the Lost" asks viewers to take off their thinking caps and put on dunce hats. Comic rewards await for those who agree to do just that. However, I might simply be starved for humor. (Released by Universal Pictures and rated "PG-13" for crude and sexual content and for language including a drug reference.)

HALLOWEEN MOVIE QUIZ

Question: What is Dracula's favorite film?

Answer: "The Vampire Strikes Back"

Question: Which movie is the beautician's favorite scary film?

Answer: "The Texas Chainsaw Manicure"

Question: What is the Egyptologist's favorite motion picture?

Answer: "Mummy Dearest"

Question: What horror flick does the butcher like best?

Answer: "The Silence of the Lambs"

(Sorry, folks, I couldn't resist.)



Happy Halloween!

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

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