



Reeling

"Teacher Extraordinaire"

by Film Critic Betty Jo Tucker, Pueblo

What makes a great teacher? A passion for what he or she is teaching, of course. But a great teacher also cares as much for the students as the subject. In "Take the Lead," now available on DVD, Antonio Banderas's ballroom dance instructor exemplifies such a teacher. He inspires his students to be better human beings while motivating them to learn dances they would ordinarily avoid like the plague.

Banderas fits the role of Pierre Dulaine, a former professional dancer turned ballroom instructor, as if he were born to play it. Oozing old-school gentility and grace, he commands the screen with elegant body language and an intensity that draws us to him immediately. (In the interest of full disclosure, I admit to being an avid Banderas fan - so I might be a bit biased about his performance.)

After witnessing an act of violence by an inner-city high school student (Rob Brown), Dulaine decides to volunteer as a ballroom dance teacher at the school this student attends. When Dulaine makes his offer to no-nonsense Principal Augustine James (Alfre Woodard), she laughs and calls him a freak. However, because Augustine has no one to supervise detention that day, she lets Dulaine

try handling it, betting he won't return after meeting with the school's worst students. She's wrong.

Dulaine uses all his charm and skill to interest these hip-hopping teens in old-fashioned dances like the fox trot, waltz, rumba and tango. Remember, this was before the tremendous success of TV's "Dancing with the Stars," so Dulaine's task seemed an impossible dream to everyone but him. Watching this courtly gentleman win over the skeptical students, who refer to themselves as "rejects," should be required viewing for teacher training classes. "I don't see any rejects here," he tells them. "All I see is a room full of choices."

Through his dance instruction, Dulaine also imparts lessons about courtesy, respect, discipline, trust and self-esteem. But he learns something new himself - the exuberant current dance forms his students already know so well. And he's smart enough to incorporate these moves into his Dancing Classroom. As Dulaine works with his inner-city class, he gets to know each student and finds out how difficult their lives are. Some have survived a gang war; others are living with parents who suffer from substance abuse problems or worse.

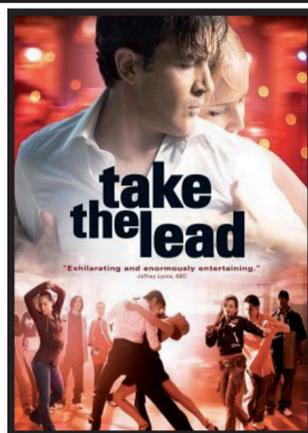
Yes, we've seen this story many times before in movies like "Coach Carter" and "Dangerous Minds" - but "Take the Lead" tells it with a flair all its own. Highlights include: a sexy tango featuring Banderas and a gorgeous dancer who "drops in" on Dulaine's class one day; a final dance competition where Dulaine's students strut their stuff; and poignant performances by Brown, Lauren Collins, and fascinating newcomer Yaya DaCosta as three intriguing members of Dulaine's class. However, perhaps because I'm a former teacher and dancer, I wish the film had concentrated even more on classroom dance scenes instead of interrupting its flow and pacing with so many clichéd sequences about the home life of characters played by Brown and DaCosta.

"Take the Lead" emerges as a wonderful fictionalized tribute to real-life Pierre Dulaine, the man responsible for introducing his popular Dancing Classrooms program into the New York City public schools. Last year's "Mad Hot Ballroom" documentary gave viewers a sense of how successful this program has become, and "Take the Lead" - with its marvelous Banderas performance - shows how one dedicated teacher can make a difference in this crazy world of ours. (Released by New Line Home Video and rated "PG-13" for thematic material, language and some violence.)

MORE MOVIE MUSICALS COMING?

Watching "Take the Lead" made me feel nostalgic for those great movie musicals Hollywood created back in the forties and fifties. Nowadays, fans of this film genre (like me) must wait longer and longer between releases of any kind of musical. But things may be looking up. "Dreamgirls," starring Beyoncé and Jamie Foxx, swings into multiplexes this December, and the multi-talented Hugh Jackman hopes to appear in at least six upcoming movie musicals.

Jackman's interest in musicals is no surprise to viewers lucky enough to catch him as Curly in the London stage



production of "Oklahoma!" or as the high-kicking host of the televised Tony Awards a couple of years ago. Jackman recently announced that he's planning on doing a remake of "Carousel" and has signed on with Disney for an update of "Guys & Dolls" as well as an original musical called "If You Could See Me Now." Other movie musicals under consideration by Jackman include "Sunset Boulevard," "The Boy from Oz" (in which he would reprise his Tony-winning role) and "The Full Monty."

The upcoming 2007 movie version of "Hairspray" is also something to look forward to. It boasts a wonderful cast including John Travolta, Michelle Pfeiffer, Billy Crystal and Amanda Bynes. I'm excited about seeing Travolta in a musical again, even though he's playing Edna Turnblad, a character who's a far cry from his teenage sensation in "Grease."

All this good news certainly cheers me up, and I hope it does the same for other fans of movie musicals who read the SENIOR BEACON.

Happy Viewing!

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

Senior Beacon

IF YOU ARE 50 OR OLDER YOU SHOULD READ IT!

September, 2006 Vol. 25: No. 2 Established Aug., 1982 290 Consecutive Months!

RAISING MONEY FOR CROHN'S & COLITIS RESEARCH

Senior Beacon/GolfNutz Sponsor Charity Golf Tourney

by James R. Grasso, Publisher

As all of you know there are myriad diseases out there. When considering the Senior Community, one thinks of Alzheimer's Disease, cancer, arthritis and heart disease as major medical problems.

But there is a disease that goes unnoticed yet is very prevalent in this population as well as throughout the age groups as our family unfortunately found out in January of 2000. The

disease is Colitis which reaches many elderly in one form or another.

Because our daughter Robin Lynn nearly lost her life to Ulcerative Colitis when she was 9 years-old it has been a huge part of our lives for the past 6-plus years. Colitis's partner in crime is Crohn's Disease. Both are inflammatory bowel diseases and when aggressive can be very problematic and life-threatening.

When Robin Lynn and her

mother, Jeanne, went to New York last June, they stopped by the headquarters of the Crohn's & Colitis Foundation of America (CCFA). After a tour and visit with Jessica Brubaker, the director there, Robin remembered *Senior Beacon* used to sponsor a golf tournament many years ago. She asked if we could do it again this time to raise money for CCFA Research "so no child or adult will have to face what I had to face ever again."

How do you say no to that? So, on October 14, 2006 *Senior Beacon* and the *GolfNutz* Golf League headed by Guy Hammerland of State Farm Insurance are presenting the Robin Lynn Grasso Charity Golf Scramble. It will be a shotgun start at 9:00am at Desert Hawk Golf Club in Pueblo West. All proceeds, every penny, will be donated to CCFA Research as per Robin's request.

This is probably one of the last charity golf tournaments of 2006 and because of same we know most of you have been playing and donating all season. With that in mind, we've kept the costs down. Entry fee is just \$55 per player and it includes 18 holes of golf, golf cart, lunch after the play, specialty prizes at the par 3's, a hole-



in-one contest, door-prizes and maybe an auction item or two. Keeping costs down is important so hole sponsorships are just \$60 and if you know anyone who might be interested in helping us out with a sponsorship please call us at 647-1300.

We want to fill up the tournament and are hoping that you can get three friends together and if you can't we'll find you a team. Just fill out the entry form (page 12) in this edition or call us at 647-1300. Kids, dogs (if they can putt), everyone is invited.

If winning is your reason for existence you can even bring along Tiger, Phil and Jack. We don't care who wins or what your score is. We want to have fun and raise money "so no child or adult will have to face" either of these horrid diseases. Won't you join us?

Godspeed!

Senior Fair In Canon City Sept. 9

by Susan Daggett
5th Annual Senior Fair In Fremont County Set for September 9

Free fair for seniors and their families on Saturday, September 9 - 9:00 am to noon at the Holy Cross Abbey Events Center in Canon City.

Hosted by Seniors Inc. and Progressive Care Center, the fair is free to the public and will feature businesses and organizations that provide services to older adults and their families in the area.

"We want people to come to the fair, have fun and learn about the services that make our community a great place to live. The historic Holly Cross Abbey is a beautiful place for the event", said Debbie Giem, Program Manager for Seniors Inc.

The fair is co-sponsored by KRLN News Radio 1400, Canon Lodge Care Center, Complete Home Health Care, Friendship House, Legacy Center, *Canon City Daily Record*, Premier Reverse Mortgage Group, Skyline Vision Clinic and SRDA Lifeline.

Other organizations and businesses that will be exhibiting at the



Last year's Fremont County Senior Fair was a rousing success.

fair include Friendly Visitors, Fremont Home Care, Inc., Home Instead Senior Care, Skyline Ridge Care Center, Southern Colorado Eye Associates, Humana, Parkview Medical Center, Haven's Clinic, Lincare, Fremont County Meals on Wheels, Argus Home Care, Visiting Angels, One Stop Retirement Shop, Hildebrand Home Care, Inc., Holt Funeral Home, ABC Home Health Care, Three Links Apartments, Fremont County Nursing Service, Stroke Survivors Support Group, John C. Fremont Library, Fremont Domestic Violence Task Force, Unique Health Services,

SEE 'FAIR' PAGE 23.

Pocket More Time

With a move to the patio homes at Quail Ridge you'll find that it is easy to rack up extra time. With house hold chores a thing of the past, there's plenty of opportunities to cue up some fun and excitement. At Quail Ridge life's a game...play it up!

237 E. Poppy Lane

Open Thursday through Sunday 12:00 - 4:00

Or by appointment • Located off Purcell in Pueblo West

patio homes to choose from

- No More Yard Maintenance
- No More Shoveling Snow
- No More Arranging for Trash Removal

"Gets It Done" is our Middle Name!

SRES CRE Bill Donahue • Karen Trujillo SRES

BillGetsItDone.com

240-3327 • 240-5523

PAR Salesperson of the Year 2005 RE/MAX Pueblo West, Inc.

Senior Homecare By Angels®

Serving Southern Colorado

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

America's Choice in Homecare

Visiting Angels

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

719-543-4220 or 866-572-6435

www.homecarebyangels.net

Inside This Edition

- page 2 Opinion
- page 4 Weird News
- page 6 Social Security & You
- page 7 Health
- page 8 Light for the Journey
- page 14 Travel
- page 16 Fremont/Custer Menus
- page 17 SRDA Menu
- page 18 Finances
- page 20 Community Update
- page 21 Senior Classified

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

PRSRST STD
U.S. Postage Pd
Pueblo, CO
Permit # 237

Just One Guy's Opinion

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



Join Us At The Golf Tournament

Oh boy, oh boy, oh boy. There is nothing like a golf tournament on a crisp and beautiful morning in October at Desert Hawk in Pueblo West. Besides the gorgeous skies and coolness of the air, the quiet and warming landscape as morning glides its way to midday and almost makes you forget what you are doing. But, when that clubhead smacks that little white ball and hurtles it into that vastness of blue it's majestic, beautiful experience.

When you combine that ethereal pleasure with the knowing that what you are doing may help to stamp out a dreaded disease or two, I would think it would put you on a plane that is not unlike that of heaven. At least here on earth. There is only goodness in this scenario.

So, I've painted the picture, now all you have to do is get three other players and sign up for the *Robin Lynn Grasso Charity Golf Scramble* to be played on October 14th at the aforementioned Desert Hawk Golf Club in Pueblo West. It's a 9:00 am shotgun start and we want to have a full complement of tee times. Every penny of the proceeds will be donated to the Crohn's & Colitis Foundation of America to be earmarked for research. See more on page 1.

Fill out the entry on page 12 or call us at 647-1300. Deadline is Sept. 30, 2006. Cost is just \$55 per player and just \$60 for a hole sponsorship.

Enviros Helping Big Oil

Yep! And you heard it here. How do I come to that conclusion you ask? Simple! Who is it that refuses to allow the United States to drill for oil in a small area in Alaska called ANWR? Enviros, their lobbies and the eager Democrats that accept their campaign money! Who is it that refuses to allow the United States to build refineries on our own land? Enviros, their lobbies and the eager Democrats that accept their campaign money! Finally, who is it that refuses to allow the United States to drill within 100 miles of our shores (where there are vast oil and gas resources)? Enviros, their lobbies and the eager Democrats that accept their campaign money!

The Congressmen and women who do the enviros' bidding and the enviros

Giving you more reasons to celebrate...

Diamond Club Member Account

- FREE Checks (Economy style checks, 1 box per order)
- FREE American Express Travelers Cheques
- FREE Photocopies (limits apply)
- FREE Notary Service
- 1/4% Interest above posted rate for 4yr CD

www.decibelcu.com



300 W. 5th St. 542-5276 • 3583 Spaulding Ave. 542-5276 • 1 Mt. Baldy, Rye, 489-3313

"Where Your Lifestyle Is Built Right In"

DOMEGA HOMES



Pueblo's #1 Home Builder
Only minutes from shopping, hospitals, golf and fishing!
Prices start at \$155,950
ALL ON ONE LEVEL
Model Open: Mon.-Fri. 8am - 5pm
Sat. & Sun. 11am - 5pm

Call Today - 719-566-8245

themselves are making Big Oil richer by the mere fact that they won't allow Big Oil to do any of the aforementioned things to ease our dependence on the oil producing countries. It's getting so bad that China and even Canada are helping Cuba (of all countries) drill for oil some 60 miles from their shores within eye range of Florida. When they hit that oil it is Cuba's to keep even if the oil is seeping from near our shores. And guess who gets to pay for it?

So, by stopping Big Oil from finding new sources of oil from our shores and stopping Big Oil from building refineries to ease some of the tightness in the oil market, the enviros are actually padding Big Oil's pockets because the law of supply and demand takes precedence. If the supply is low and the demand is great, the price goes up. Way to go enviros. And you blame Bush?

So, dear readers, next time you get ready to vote for a politician that doesn't want to drill or build to help our own country out of foreign dependence on oil by being self-sufficient, please pause and think again.

Guess What I Learned This Month?

The Brits, God love them, foiled some 20 or more murderers early last month from blowing up jets from American Airlines, Continental Airlines and United Airlines heading to Los Angeles, New York and Washington, DC. Guess old GWB won't get credit for this either. Hope someday someone will actually realize that these nasties mean to kill us. I had my first encounter with a rattlesnake in late July. It wasn't fun. At least, though, the rattlesnake warned me that he was willing to kill me to protect his space. The nasties have done the same. They've told us we are the Great Satan and they want to kill us. Why do we insist on not believing them? For all you who think that the nasties aren't well, nasty, I have a question: If you encountered a rattlesnake coiled, rattling and ready to strike would you continue to go about your business not heeding its threats?

It's gotten so bad in the oil business of America that even Cuba, with the help of China and Canada, is drilling for oil just 60 miles from our Florida coast. Now isn't that special?! When will the Left wake up to the fact that alternative and renewable energy isn't going to hack it in the short term (meaning most of our lifetimes) and let politicians know that it's time to stop playing around with our future. If we don't get the oil that is rightfully ours to get, then we will be at the mercy of a world that wants us on our knees. Some legacy for our children that all of you on the Left claim is the reason for doing the right thing in every other instance. For the children, indeed!

It is darn right bewildering the onslaught against GWB from all corners. Given the challenges this administration has faced without wilting is amazing. They say GWB is stupid and a puppet. They say GWB is a cowboy and does things unilaterally. Excuse me folks but a guy named Clinton in 1998 bombed Milosevic and Bosnia-Kosovo from 20,000 feet unmercilessly for 77 days destroying churches, schools, hospitals and infrastructure not to mention all the innocent people that died yet he never went to the Congress or the United Nations. There was no outcry that Clinton was a Hitler or Hussein or Pol Pot as Bush is pilloried by the Left about including Senators Kennedy, Biden and Schumer along with Reps. Pelosi, Dingel and Rangel who says he will quit if the Democrats don't get control of the House this year. If ever there was a battle cry in any election, "Let's retire Rangel!" should be a mantra from Republicans.

So the U.S. & GWB is doing it the Leftist way when it comes to North Korea and Iran. We didn't savor-rattle. We didn't threaten military action. We didn't invade or bomb. We did it the Left way. We let diplomacy prevail and what has been the outcome? Iran's Ahmadinejad and North Korean Kim Jong Il have both spit in the face of the world and we will need Divine intervention to stop nuclear blood from spilling in the not-to-distant future. Too bad the Left in our own country couldn't have politics stop at the shore of the United States. They have done us a disservice for which the world will pay a dear price. **Godspeed!**

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 \$15.00 for one 12-month period. Send your order to the mailing list below.

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

MAILING ADDRESS

Beacon Publishing/Senior Beacon -- website: www.seniorbeacon.info
 Mailing Address: P.O. Box 7215 -Pueblo West, CO 81007-0215
 Ph: 719-647-1300 Fax: 719-647-1305 E-mail: news@seniorbeacon.info
 Physical address 44 E. Spaulding - Pueblo West
 Publisher/Sales/Production.....James R. Grasso
 Sales.... Jan McLaughlin, James R. Grasso
 Contributing writers.. B. J. Tucker, Universal Press Syndicate, Mature Market Editorial Services, Jan McLaughlin

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

Copyright© 2006-Beacon Publishing

West Nile Virus Activity Up In Pueblo County

PUEBLO- The Pueblo City-County Health Department reported an increase in the number of mosquitoes testing positive for

West Nile virus in Pueblo County. The Health Department has confirmed mosquitoes positive with West Nile virus in the following zip code areas: 81022, 81005, 81004, and 81001. To date, two birds have tested positive for West Nile virus, both from the 81004 zip code area. No human case has been reported in the Pueblo County area to date.

"Although West Nile virus has been confirmed in select areas of Pueblo County, people in the entire Pueblo area need to protect themselves from the increased risk of West Nile virus, even late in the summer, and take precautions against mosquitoes by continuing to follow the Four D's," stated Dr. Chris Nevin-Woods, executive director of the Pueblo City County Health Department.

Four D's
DRAIN standing water around house weekly since it is where mosquitoes lay eggs, including: tires, cans, flower pots, clogged rain gutters, rain barrels, toys and puddles.

DUSK & DAWN are when mosquitoes that carry the virus are most active, so limit outdoor activities or take precautions to prevent mosquito bites.

DEET is an effective ingredient to look for in insect repellents. Always follow label instructions carefully.

DRESS in long sleeves and pants during dawn and dusk or in areas where mosquitoes are active.

The Health Department continues to kill

mosquito larvae in breeding areas. Spraying by the Health Department to reduce adult mosquitoes continues with efforts being concentrated in those areas with high mosquito counts as well as around schools and park areas.

Additional information about West Nile virus can be obtained by calling the toll-free Colorado Help Line, 1-877-462-2911, which is staffed by trained professionals from 7 a.m. to 11 p.m. on weekdays and operates on a re-

duced schedule on weekends and holidays. Information is available at www.FighttheBiteColorado.com. To report concerns about standing water call the Pueblo City-County Health Department (719) 583-4323 or visit www.pueblo-healthdept.org for more information. Sarah R. Bruestle, M.P.A. -Public Information Officer - Pueblo City-County Health Department, 151 Central Main Street, Pueblo, CO 81003 sarah.bruestle@co.pueblo.co.us

Senior Safari At Pueblo Zoo

Once again, the Pueblo Zoo will be celebrating senior citizens during the week of September 9-15, 2006. During the entire week, all seniors 65 + are admitted free to the Zoo. Senior Safari will be held on Wednesday, September 13th from 11:00 a.m. until 2:00 p.m. This special day is one of the Zoo's most heart-warming events of the year with music, educational animal close encounters, games, and refreshments. Care facilities and senior groups from all across southern Colorado come and enjoy this day dedicated to seniors. Volunteers from Target Distribution Center in Pueblo arrive early to assist seniors in wheelchairs during their tour of the Zoo. The Pueblo Zoo is wheelchair accessible and Zoo's hours for the month of



September are 9:00 a.m. to 4:00 p.m. Monday through Saturday and noon to 4:00 p.m. on Sunday.

FAIR

from page 1.

Area Agency on Aging, Sangre de Cristo Hospice, Bankers Life and Casualty Company, Natural Images, Senior Options & Services, Sentry Insurance and Good Will at Home..

Free health screenings including hearing, vision and blood pressure plus door prize drawings will be part of

the event.

Seniors Inc. is a nonprofit organization created in 1969 to promote independence and enrich the quality of life as we age. Seniors Inc. provide in-home care and support services in the Fremont County area. For more information call (719) 269 1524.

URGENT CARE
 from
southerncoloradoclinic

**Walk-In Service,
 No Appointment Necessary!**

**Monday thru Sunday
 8:00^{am} - 8:00^{pm}**

**3676 Parker Blvd. • Pueblo, CO
 719.553.2208
 1.800.234.1099**

www.scc.md

GOOD
CAFÉ
THYME

We're Very Vegetarian Friendly!
 Fresh Baked Pastries

**BUY ONE
 GET ONE 1/2 OFF**

Mon-Fri 7am-3pm • Sat 7am-2pm • 412 Main St. • 719-275-0222

SUZUKI

Best Warranty
 100,000 miles • No Deductible • Fully Transferable
GREAT Gas Mileage

ALL

Dodge Jeep CHRYSLER

Employee Prices Plus
 See Dealer for Details

To Many Trades...
 All Must Go!
AS IS Sale!!
Blowout Prices!!



Dodge Ram

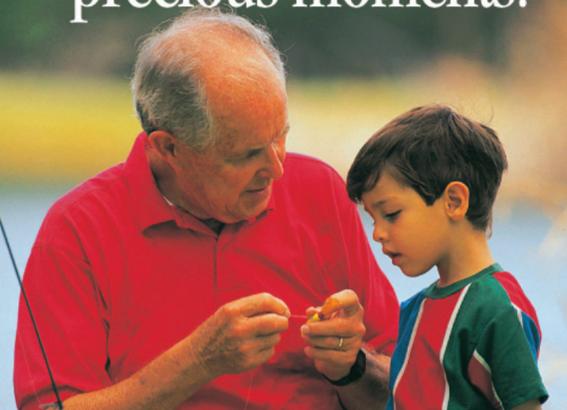


Chrysler 300

SERVING FREMONT COUNTY FOR OVER 50 YEARS
 STOP BY AND SEE WHY MORE PEOPLE ARE COMING TO
 CAÑON CITY AUTO PLAZA

3151 Hwy. 50 • Cañon City • 719-275-2329

Missing out on precious moments?



We'd like to help.

If you're having problems seeing, we'd like to help.
 Rocky Mountain Laser & Surgery Center specializes in cataract surgery.

Pueblo

27 Montebello Rd
 Pueblo, CO 81001
 (719) 545-1530
 1-800-934-3937

3954 Sandalwood Lane
 Pueblo, CO 81005
 (719) 561-2244

Rocky Mountain Eye Center
 in affiliation with
Rocky Mountain Laser & Surgery Center
Eye Surgery is All We Do.

www.rockymountaineyecenter.com

If You Can't Live With Less, Concentrate On Storage

by Claire Whitcomb

You're lucky if you have the Zenlike ability to live with less. But if you're struggling to find peace and calm amid junk mail, children's backpacks and gadgets that commandeer shelf and counter space, then you'll need all the support you can get.

Clutter is the bugaboo of modern life. Every time a birthday arrives or technology changes, new possessions arrive at your home, forcing the issue of where they should go.

Fortunately, solutions abound in two new books: "Organize It!" by Mervyn Kaufman (Filipacchi, \$18.95),

and "The Well-Organized Home" by British design writer and stylist Judith Wilson (Ryland Peters & Small, \$27.50). Here are some of their best tips.

-- Go on clutter patrol. Walk through your house as if you were a stranger, Kaufman says. Enter where your guests enter -- the front hall, the kitchen, the mudroom.

Then regard your possessions with a dispassionate eye. Forget that Aunt Clara gave you that floor lamp. Earmark everything that isn't used or doesn't enhance the style of your house. Send it up to the attic or off to eBay.

-- Identify clutter hot spots. There's a reason why newspapers and bills tend to languish on the kitchen table, and toys lie scattered on the living room floor. Your house is suffering from a lack of storage -- or storage that's awkward to use, Wilson says.

In the kitchen, add a basket or

a shelf for "in-use" papers. In the living room, devote a cupboard to children's games, workout equipment or whatever typically gets left on the rug.

-- Seek out dead zones. Maybe your house has a landing with space enough for a storage bench. Or perhaps your hallway has room for narrow shelves that can hold paperbacks and collectibles. Look around for dead zones and tap them for storage.

-- Know your chaos quotient. If you like rooms with a lived-in quality, "plan for casual, easy-access shelves and hooks," Wilson says. But if visual serenity is your goal, keep the detritus of daily life -- from running shoes to computers -- behind closed doors.

-- Go on a rotation diet. Instead of having everything you own out all the time, change your art and collectibles seasonally. If you build a narrow ledge over your sofa, you can display framed pictures by simply leaning them against the wall.

-- Be strategically neat. What do you really want organized -- pots, CDs, linens? "It's amazing how a customized shoe rack or neatly planned library can truly improve the quality of daily life," Wilson says.

-- Eliminate night-table clutter. Mount lighting on the wall behind your bed and skip bedside lamps, Kaufman says. Choose night tables that have cupboards or drawers so you can stow books, prescriptions and tissue boxes out of sight.

-- Camouflage storage. To make cupboards disappear, paint them the same color as your walls. If you're choosing wood or veneer, ask to see a large sample. "Highly decorative grain can look very dominant," Wilson advises.

-- Go floor to ceiling. Create an architectural wall of open shelves, Kaufman says. Feel free to hang paintings in front of your books or place so-



In this kitchen, glass shelves and chrome hardware make a collection of white dishes seem to float. When your possessions are this organized, it's easy to keep them neat.

photo: Steven Randazzo

fas and chairs next to the shelves that hold items you don't need to reach every day.

-- Plan for easy cleanup. "Even the best of us need to conceal mess in a hurry sometimes," Wilson points out. She advises quick-stash storage: an ottoman with hidden space inside, a basket tucked beneath a side table, or a coffee table with a shelf or drawer underneath.

-- One in, one out. Once you've taken all the above actions, keep in mind that you'll have to do them over again if you aren't ruthless about what you acquire. If you obtain something new, get rid of something you already own.

But the rewards of living with less can't be underestimated. A well-ordered house "goes a long way to encouraging relaxed living," Wilson asserts. "If the entire household knows where to find key items -- and, by definition, where to put them away -- a home runs on well-oiled wheels."

ON THE RIGHT: "TWO MINUTES TO MIDNIGHT"

by William F. Buckley

The threats and counterthreats mount, as also dazed questions that attempt to segregate loyalties. Some are saying that sectarian divisions are distractions and that they will soon give way as transcendent concerns assert themselves.

In Malaysia, Muslim leaders are meeting, an emergency gathering of the Organization of the Islamic Conference. They listened to the president of Indonesia, who remarked the deteriorating situation in the Middle East and rang in as one more man of influence talking about apocalyptic developments. "From (the existing situation) it will be just one stop away to that ultimate nightmare: a clash of civilizations."

Egypt's grand mufti, Sheikh Ali Gomaa, declares that supporting the guerrillas in Iraq is a "religious duty." Abdel Moneim Abul Fotouh, a member of the Muslim Brotherhood's General Guidance Council, had informed his flock that the United States' purpose in invading Iraq was to divide Muslims and that it was better to support a Hezbollah-Iranian agenda than an "American-Zionist" one.

U.S. analysts cannot expect to separate safely all the constituent factors involved in the Lebanon crisis. The challenge is to seek out salient considerations, and here, ironically, is one enunciated by Henry Kissinger, and a

second enunciated by the British historian who is engaged in writing a biography of Kissinger.

Sir Alistair Horne introduces his essay, published last Friday (Aug. 4) in London's Daily Telegraph, by reminding readers of his deeply informed background. He served as an intelligence officer in Palestine right after World War II; seven of his books have been translated into Hebrew by the Israeli Defense Force, and two of these were hailed by Ariel Sharon.

Horne proposes a nuclear-free zone for the Middle East, "running from the Mediterranean to the frontiers of nuclear Pakistan. This would require an internationally backed, total clampdown on Iranian nuclear development. At the same time, it would involve Israel's relinquishment -- or at least mottoballing -- of its nuclear capability. To protect Israeli interests, and assure its security, such a scheme would have to be backed by an American commitment to 'take out' instantly any Iranian, or other Middle Eastern, facility that threatened to cheat."

One day earlier, Henry Kissinger appeared on Charlie Rose's show. He said that the United States has a sovereign obligation to prevent Iran from consummating its nuclear-weapon enterprise. Asked to specify the means by which this might be accomplished, Kissinger retreated. This cannot be as-

cribed to cowardice or to a mind barren of ideas. Henry Kissinger doesn't have official duties these days, but he is, worldwide, the senior human being in international experience. He can't be expected, even for Charlie Rose, to divulge what it is he might have recommended to President Bush the day before. But we are entitled to assume that if he lists the proscription of nuclear weapon components for Iran as a responsibility of the superpower, he has in mind a program that might effect this.

A total freeze on Iran could be done and would have arresting consequences. But Horne suggests that general denuclearization may be an indispensable step in bringing this about.

"Of what realistic value is Israel's nuclear deterrent, anyway? It is impossible to think of any circumstance, bar a modern-day Masada, when Israel would use it without American backing; in which case, the U.S. would probably be the first to press the button." Skepticism about the usefulness of the bomb goes further. Consider the British deterrent: "Whom does it actually deter? The French? ... For tiny Israel, with its overstretched armed forces, the same economic arguments apply with even greater force. In the Middle East, certainly, Israel's nuclear arsenal has so far done nothing to deter terrorism over the years -- or even a conventional war."

SEE "BUCKLEY" PAGE 15.

The Writer's Art

Amo, Amas, Amot

by James J. Kilpatrick

AMO, AMAS, AMAT AND ALL THAT THERE

How about the noun "data." What's its number? Is it singular? Plural? If so, why so?

The Associated Press says, without equivocation, that "'data' is a plural noun that normally takes plural verbs and pronouns." Then the AP waffles: When "data" is treated as a unit, the data IS sound. When data are treated as individual items, the data ARE carefully collected.

All clear? We're talking today about familiar English words that stay tangled in their foreign roots. A huge number of them date from the Romans 2,500 years ago, another substantial number from the ancient Greeks. They're all mixed in with contemporary foreign phrases.

Backing away from the AP, The New York Times treats the plural noun "data" as a singular noun that's been mugged. Your dear old high school Latin teacher may cringe at "The data IS persuasive," but that's the way the soufflé falls. The noun has become "acceptable" as a singular term for information, e.g., "The data 'was' persuasive." When "data" is hired to define

a collection of some kind, the Times' style manual says, "the noun can still be plural," e.g., "The data 'arrive' from bookstores nationwide." All clear? The Times' entry concludes with a gratuitous sneer at the singular "datum," a word "both stilted and deservedly obscure."

The lexicographer Bryan Garner, my favorite contemporary authority on these matters, has all but yielded the field. These days, he agrees, "datum" is "likely to sound pretentious." My advice is to rely absolutely on your ear. It will tell you when the data is and when the data are. There isn't any iron-bound rule.

On many other classic words the rules are more prescriptive than permissive, e.g., one phenomenon, two phenomena; one criterion, two criteria; one bacterium, two bacteria; one addendum, two addenda; one male alumnus, one female alumnae. An "agenda" hasn't been a plural noun for years. As for the media, bless us, we are forever plural.

Sixty years of editing copy -- my own copy and other writers' copy -- have taught me a lesson for writers of all ages everywhere. Let me pass it along: Unless you are confident of your mastery of a foreign language, don't trot it out in public. Instead of providing that "soupon" of sophistication, that lovely little "aperou" of wit, you are likely to wind up with scrambled "oeufs" on your "figure." (Among the other hazards of foreign quotation is the typesetting problem that accompanies the diacritical mark. Without their

SEE "WRITER'S" PAGE 5.

WHY NOT CALL ONE OF OUR ADVERTISERS AND THANK THEM FOR THEIR SUPPORT OF SENIOR BEACON

Valerie's Furniture Gallery
Home Decor & Gifts
Rustic Log Furniture
Upholstered & Unfinished Furniture

12 MONTHS SAME AS CASH
DOES NOT INCLUDE SALES ITEMS

20% OFF any \$200 Purchase!

602 Main Cañon City 719-269-3039

Independent Apartment Living

Three Links

Smoke-Free, Secure Building
For Qualifying Seniors
62 & Over or
Permanently Disabled



- HUD Section B, Subsidized Housing
- Rent Based on Income
- Two Blocks From Doctors and Hospital

719-269-9134

1300 North 15th Street
Canon City, CO 81212



A.G. EDWARDS.
FULLY INVESTED IN OUR CLIENTS.

SAM AND ROSA HAVE RETIRED. THEY ARE LIVING OFF THEIR IRA. THEY HAVE A RETIREMENT PLAN.

Sam and Rosa are retired and living comfortably on IRA distributions. Years ago they developed an IRA investment strategy as part of an overall approach for retirement. So even now in retirement Sam and Rosa know exactly what they need to do to maintain their lifestyle. How comfortable will your retirement be?

Call me today for a free distribution analysis.
MICAH SAMPSON, AAMS
Financial Consultant
200 W. "B" St. - Ste 120
Pueblo, CO 81003
micahsampson@agedwards.com
719-296-8657

In serving you, we generally act as a broker-dealer but may act as an investment advisor for certain accounts for which we are appointed as investment advisor, and our obligations will vary with the role we play. Unless we otherwise specifically indicate in writing, we are acting only as a broker-dealer. Please consult "Important Information About Your Relationship With A.G. Edwards" on agedwards.com/disclosures for a discussion of the differences between our brokerage and advisory services.

Member SIPC • 2006 A.G. Edwards & Sons, Inc.

Antique Show and Sale
Pueblo Colorado State Fair
Grounds Creative Arts Building
October 7-8, 2006
SATURDAY 9:00am - 5:00pm SUNDAY 10:00am - 4:00pm

Glass Grinder on Duty - Bring in Chips for Repair
Food ON SITE by CHOO CHOO CHARLIE
Free Parking

\$3 ADMISSION - PRESENT THIS AD FOR \$1 OFF ADMISSION
info: Jo Peterson 719-506-9930 jopete4@aol.com

Fall into Wellness
a Senior Event

*NOTE: CHANGE OF DATE
EVENT IS ON OCT. 6

Attention AGEWISE Members and all seniors in Southeastern Colorado!

Visit Parkview Medical Center on Friday, October 6, 2006
8:30 to 11:00 a.m.

Parkview's main lobby - Grand Ave. entrance
Call (719) 584-4760 for more information.

Use this visit to learn more about joining the AGEWISE Senior Membership, becoming a volunteer at Parkview, or receive insurance counseling. Learn more on other senior related topics including: stroke, sleep disorders, cancer, cardiac care, diabetes and wound care, and the Medical Passport (electronic storage of medical history).

Stop by for a blood pressure check and a coupon for a complimentary lipid profile and diabetes screen (to be scheduled at a later date).

Your Health
Your Hospital
parkview
MEDICAL CENTER

Cañon Lodge
Care Center

In-House Therapy

24-Hour Skilled Nursing Care
Assisted Living - Respite
In & Out Patient Rehab Available
"We Make You Feel You Are At Home"

275-4106
905 Harding Ave Canon City, CO

news of the weird

COMPILED BY CHUCK SHEPHERD FOR 'YOUR' SENIOR BEACON



Government in Action

-- Budget-Busting: (1) While New York state grapples with a serious budget shortfall, the speaker of the state assembly works at a law firm that trolls for "victims" of injuries at state parks, with a suggestive Internet-page list of accidents that might lead to lawsuits against the state. (In August, after the New York Post exposed the page, the law firm withdrew it.) (2) In July, just after New Jersey's governor and legislature resolved a government-closing stalemate over spending in that heavily taxed state, the government announced it would reinstate its discontinued policy of paying for "erectile dysfunction" drugs for Medicaid recipients.

-- Beijing News reported in July that the city intends to assign tracking numbers to every single cabbage, carrot and pea pod in preparation for the 2008 Olympics, to identify their origins to improve food safety. Five thousand tons of vegetables may be eaten dur-

ing the Olympics, and Chinese farming has been criticized by Greenpeace for using banned pesticides and other soil pollutants.

Police Blotter

-- Least Competent Cops: Four New York City police were called to an apartment house in July in the Bronx concerning a landlord-tenant dispute, but were distracted by a teenager in the hallway smoking marijuana and started to chase him, when a pit bull attacked the officers. The toll, 26 bullets later: one dead dog, one bitten officer, three other officers wounded by each other's gunshots.

Are We Safe?

(1) Undercover investigators for the Government Accountability Office reported in July that they were able to purchase, on the open market from Pentagon contractors, surplus body armor, mounts for shoulder-fired missiles, and missile radar test devices. (Nearly 2,700 "sensitive" military items had

been bought by 79 other buyers.) (2) An FBI computer consultant, who said he was frustrated by bureaucratic delays in obtaining legitimate access to certain bureau files, was able to hack into the files surreptitiously via the FBI director's secret password, which the consultant figured out using software found on the Internet. (3) Indiana state homeland security officials told Vermillion County officials in July to stop using the special emergency-only highway message boards to advertise their charity fish fries and spaghetti dinners.

The Classic Middle Name (all new)

Arrested recently and awaiting trial for murder: John Wayne Lewis, 59 (McAlester, Okla., June); Kenneth Wayne Beck, 34 (Warren County, Mo., June); Timothy Wayne Coalsen, 44 (Senoia, Ga., July); Charles Wayne Thomas Jr., 22 (Dallas, July); Ira Wayne Cloniger (Washington, Va., July); John Wayne Thomson, 46 (arrested in Victorville, Calif., on a Washington warrant, August). Pleaded guilty to murder: Michael Wayne Nelson, 23 (Palatka, Fla., August). Executed for murder: Darrell Wayne "Gator" Ferguson, 28 (Dayton, Ohio, August). Committed suicide after escaping from a halfway house: convicted murderer David Wayne Nelson, 42 (Anchorage, Alaska, June).

Obsessions

Huang Chunyi, 94, of Taiwan, told a reporter from China Daily in May that the secret to his longevity is that he likes to look at photographs of pretty women every day, and he showed off his collection of 100,000 that he has amassed from newspapers and magazines over the last 20 years. His favorites are Cameron Diaz, Penelope Cruz and Chinese model Chiling Lin.

"I hope these scrapbooks will become family heirlooms," he said, "so that my

grandchildren can get a look at them."

Life's Cheap in Florida

(1) Eduardo Gonzalez, 18, was arrested and charged as the one who shot an Orlando, Fla., man to death in March for spilling beer on him in a bar. In August, the price of life went down even further when, according to police, Gonzalez put out hit contracts on five witnesses to the original shooting, which would have brought the total to six dead over one spilled beer, except (as is often the case) the "hit man" was an undercover cop. (2) A 34-year-old man was killed in Hollywood, Fla., in June after refusing to pay \$80 for a \$78 towing bill (he demanded \$2 change, which the driver did not have), then jumping on the truck to challenge the driver and eventually falling underneath it to his death.

By the Way, What Stories Have Been No-Longer-Weirded? (IV)

Eighty such themes have occurred so frequently that they have been "retired from circulation" since News of the Weird began publishing in 1988, and for the next few months, they'll be reviewed here.

Too many pranksters nowadays kidnap school or business mascots (like inflatable Ronald McDonalds) and vandalize them or hold them for ransom. Some libraries do have policies to have patrons arrested for long-overdue library books. The incidence of fires increases as smokers hooked up to an oxygen supply simply must feed their habit. And gasoline thieves who work at night need to check the tank somehow to see how full it is, and all they brought with them are matches or a lighter. These stories used to be weird, but let's face it: no longer.

(Visit Chuck Shepherd daily at <http://NewsoftheWeird.blogspot.com> or www.NewsoftheWeird.com.

STARPOINT ANNOUNCES CASINO NIGHT

August 28, 2006 - Starpoint is proud to announce its 3rd Annual Casino Night fundraiser to be held on September 30, 2006 at the Holy Cross Abbey from 7pm to 11pm. Dinner, silent auction, casino games, and "Deja Bluz" will entertain throughout the evening. All tickets are \$45 and can be purchased prior to the event at 601 Greenwood Avenue, Canon City, Colorado - or at the door. All proceeds go 100% to the benefit of the Starpoint Foundation. To order tickets or for further information, please call 719.275.1616.

Special thank you to our sponsors: Canon National Bank, Fremont National Bank, Sunflower Bank, Sunflower Insurance, Daily Record and KRLN. *Starpoint...Enriching lives & Realizing dreams*

Do you suffer from ringing of the ears?

Pueblo- Ringing, buzzing, crickets, frying sounds, sirens in the night. These and other bothersome noises are heard constantly by millions of Americans, according to the American Tinnitus Association.

DigiCare® Hearing Health Network is now utilizing a multi-disciplinary approach to assist those with hearing loss and tinnitus. This program is available DigiCare® Hearing Research & Rehabilitation, 6685 Highway 165 @ I-25, Colorado City (across from Day's Inn). Free private consultations available by calling (719)676-3277.

"As a result of ongoing advances, many hearing impaired people enjoy positive outcomes utilizing wide-band digital hearing aids, auditory rehabilitation counseling, and collaboration with area professionals," said Glenys A. Chartrand, OTR, occupational therapist and director of the program.



-ADVERTISEMENT-

SENIOR CLASSIFIEDS

DOUBLE SPACE WITH LAWN CRYPT. Veterans Court of Honor. Imperial Memorial Gardens. Current cost is \$2,055. Will sell for \$1500. Call (719) 561-3563. #1006

HEARING AID USERS! Listen to television and radio clearly by using the "T" (telephone switch on your aids. No more relying on closed captioning. FREE DEMONSTRATION -Your Hearing Solutions (719) 647-9138. #1006

TWO CEMETERY PLOTS, located in Hillcrest Garden of Imperial Gardens. \$1400 EACH. CALL 719-948-9476. #1006

IMPERIAL GARDENS - SINGING TOWER Two lots with vaults. \$3195.00 (save \$1100). Lot #384. Call (719) 542-8940. #1006

1989 FORD ECONOLINE 350 WHEELCHAIR VAN, high profile, hydraulic lift, new tires/brakes, holds 3 wheelchairs. Ideal for Senior trans-

port or individual owner. \$1800.00 phone: 719-276-2204. - Canon City. #1006

POSITION WANTED - MEDICAL Recently retired RN, BS, who misses nursing, seeks PT position in clinic, office or hospice. 34 years experience. ACLS certified. Caring, dependable, organized, with great PR skills. Experienced in multiple areas, most recently as infusion clinic charge. Excellent references. No benefits needed and salary negotiable. Call Verna, (719) 545-9913(h) or (719) 252-2157. Can e-mail me at GH4274647@msn.com. #1006

FAMILIES OF VETERANS may purchase two cemetery lots in "Veteran's Court of Honor," Imperial Gardens. \$750.00 each. Call 545-3215. #1006

VOLUNTEER NEEDED for outpatient therapy clinic. Free fitness membership included! Get fit and

PLAN FOR YOUR LIFE'S NEXT MOVE
"As an active 50+ adult myself, I understand the ever-changing needs of our generation. Whether you are seeking a vacation home, would like to down-size or prefer a townhome, I can help you find the home that will make living easier and more enjoyable."

Call: (719) 275-5717
 or (719) 269-2838
 Fax: (719) 275-9716

1025 Royal Gorge Blvd.
 Canon City, CO 81212
 269-2838

Century 21




FRESH PRODUCE ARRIVING DAILY!

Olathe Sweet Corn
 Peaches & Cream Corn
 Fresh Green Beans
 Fresh Grand Junction Tomatoes
 Palisade Peaches Are Here!
 Rocky Ford Cantaloupe & Watermelon

H & H FARMS

0318 County Rd 11A - 784-3982
 Look for the blue building - Open 7 days a week

- Cabbage
- Chiles
- Watermelon
- Local Honey
- Beets
- New Potatoes
- Pickling Cucumbers
- Salsa
- Jams
- Flavored Peanut Butter

Argus Home Care, Inc.

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

103 N. 10th Canon City, CO 81212 (719) 275-1101

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

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.

have fun for free! Contact us at (719) 553-2209. #1006

DOUBLE CRYPT. Imperial Memorial Gardens - Pueblo. Located in the Pieta Mausoleum - Section B, Level 4 #34F. Call 303-410-8487. #1006

FOR SALE BY OWNER: Perfect retirement home. Historic location. Elizabeth St. Low maintenance. Convenient location. Call 583-2516. #1006

Permanent Residence Only! #1006

JAZZY POWER WHEELCHAIR gel seat, extra footrest, two gel batteries. Originally \$5000, asking \$1500. Used very little. 719-547-3073. #1006

HOUSECLEANING I will clean your home. Very reliable. Years of experience. Shari, 214-4335 or 545-1137. #1006

THREE LOTS - Singing Towers Imperial Memorial Gardens. Two lots \$2200. (save \$600), single lot \$1900 with vault (save \$300). 719-676-3663. #1006

ALTERNATIVE TO NURSING HOME. 16 years experience. 24 hour live in my home - TLC. Excellent food, care, reference, all types of care. 719-545-1448. #1006

OUT OF STATE OWNER needs to sell 2 cemetery lots at Imperial Memorial Gardens. \$1125 each. 544-6129. #1006

RASCAL SCOOTER. Excellent condition. Used only 10 hours of driving. New batteries included. Original price, \$3,078. SELLING FOR \$1,900. (719)481-4038. #1006

SENIORS 55 AND OLDER we have part time assignments. Call 545-8900, ask for the Senior aide program. #1006

FOR SALE Six cemetery lots. Catholic section Pueblo Via Crucis. Section 80,81. \$1150 each. Call Paul Laub 405-659-3637. #1006

LOW VISION Telesensory Atlas

600. for reading ability to see pictures. 20" CCTV monitor. Easy to use levers. One color lever - One magnifying lever. On and off switch. \$900.00 Call 719-544-9915. #1006

CUSTOM SEWING AND Alterations. Reasonable rates and friendly service. Free pick-up and delivery. Call Michele at 544-3379. #1006

HELP US HELP OTHERS There's never been a better time to reach out to those in need. We're seeking quality people who wish to make a difference by helping seniors in their homes. No Phone Calls Please. We are located at 503 N. Main St. #110LL #1206

IS LIFE PASSING YOU BY?! Don't let your family legacy slip away! Pass it on before it's too late! Local author Lori Burner will help you put your memories into words for your children and grandchildren. Call Lori at 647-0991 or 250-0144 for the info. #1206

COMPANION/CAREGIVER available Monday-Friday. 30 plus years experience. References. Call Sally, 544-1491. #0606

ALZHEIMER'S

from page 17.

They found that, on the basis of serving size, fresh apples (organic is best) have some of the highest levels of the antioxidant Quercetin, which they said may be one of the best food choices for fighting Alzheimer's. Other foods containing high levels of Quercetin include onions and berries, particularly blueberries and cranberries. (Research additional antioxidants.)

Note: The protection against Alzheimer's using food product is currently theoretical and genetics and environment are also believed to play a role in the disease. With that said, antioxidants have been associated with increasing numbers of potential health benefits.

The jury may still be out on exactly how diet affects our health, but it seems sensible to eat antioxidant-rich foods regardless. The likelihood they are boosting our immune system is significant; why not go for it? Always check with your physician to be sure any food you are eating is compatible with medications you might be taking. Happy, healthy eating! Apple anyone?

SENIOR SAFARI

September 13 11 am to 2 pm
 at the Pueblo Zoo

Music, Refreshments, Games
 Animal Close Encounters

Free Admission for seniors 65+ during Senior Week - Sept. 9-15



Little Caesars

HOT-N-READY

All Day - Every Day
 Large Pepperoni Pizza

\$5.00 plus tax carryout only

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

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

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

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

Senior Community Update

OLDER, WISER, LIVELIER, SENIORS

Join the OWLS. We're a HOOT! Bridge: Party Bridge 547 1822. Duplicate Bridge 562-0937. Christian Singles (PW): 547-9787. Creative Writing 547-0250 or 583-2885. Creature Comforts 671-2030 or 543-4750. Day Trips 547-8181. Dominoes 543-6926. Dream Appreciation 583-2885. Fine Dining 546-6189. Genealogical Society 545-6326. Theater...Music 545-2803. Movies 543-6657.

OVER THE HILL GANG

Don't Think of Us as Being Over the Hill.. Think of Us as Picking Up Speed!

Camping 545 3787
Cycling 545 3787
Fishing 545 2803 or 647 6479
Hiking 545 3787 or 547 8181
Riverwalking 545 3787
Trail Cleaning 545 3787
Call Caroline Luellen 545 3787

EVENING IMMUNIZATION CLINICS FOR WORKING PARENTS HOSTED BY THE HEALTH DEPARTMENT

You work hard to show your child you love them. You keep them safe from strangers, cars, and bad accidents. But are you protecting them from things you can't see like germs and life threatening diseases?

All children should be fully immunized by the age of two. The

Pueblo City-County Health Department (151 Central Main Street) is holding evening immunization clinics August 16, 30 and September 13 from 4:00 pm - 7:00 pm. Bring your shot records. Shots are low cost or free. Appointments preferred and Walk-ins accepted.

Your child may qualify for FREE or low cost immunization. For questions or to make an appointment call (719) 583 - 4380.

LOVE them * PROTECT them * IMMUNIZE them. PUEBLO HEALTH DIRECTOR COMMENTS ON VIRUS FOUND IN SWANS IN MICHIGAN

Pueblo - Routine surveillance of birds by the U.S. Department of Agriculture in the United States, found swans in Michigan to have an avian flu virus strain. This is not the same strain of the virus causing illness in birds in Asia.

The Pueblo City-County Health Department is aware of this recent finding. "This is not the deadly strain of the virus, H5N1, and the virus's appearance in wild bird poses no threat to human health at this time," stressed Dr. Christine Nevin-Woods.

There is currently no confirmation of bird or human cases of Avian Flu in the United States. According to the United States Department of Agriculture the swans showed no signs

of sickness and there were no signs of disease in birds around them. Bird and other mammals are known to carry flu viruses that circulate and pose no threat to humans. The U.S. Department of Agriculture is continually monitoring for flu strains in birds and other mammals that pose a threat to humans.

Dr. Nevin-Woods encourages everyone to stay informed about bird flu by reading the paper, watching the news and listening to the radio for the

latest updates for any public health matter. She also encourages everyone to take time to prepare themselves and their family for any disaster by stockpiling food, water, medications for a minimum of two weeks supply and putting together a care giving kit. Additional information about pandemic flu and emergency preparedness can be found on the Pueblo City-County Health Department's website www.pueblohealthdept.org or at the Health Department.

STEPUP WELLNESS CLINIC

Monday, September 11, McHarg Park Community Center - Avondale, 9-11:30 a.m.

Tuesday, September 12, Vail Hotel - 217 S. Grand, 9-10:30 a.m.

And Hyde Park Community Center - 2136 W. 16th St., 1-2:30 p.m.

Wednesday, September 13, SRDA / Joseph Edwards Ctr. - 230 N. Union, 9:45 - noon

Thursday, September 14, Mineral Palace Towers - 1414 N. Santa Fe, 9-11:30 a.m.

And Memorial Rec. Ctr. - 230 E. George, Pueblo West, 8:45 - 10:45 a.m.

Monday, September 18, Park Hill Christian Church - 1404 E. 7th St., 10 - noon

Tuesday, September 19, Minnequa Park Apts. - 1400 E. Orman, 9-11:30 a.m.

Wednesday, September 20, Mesa Towers - 260 Lamar, 9-11:30 a.m.

Thursday, September 21, Ogden Apartments - 2401 Ogden, 9-10:30 a.m.

VILLA PUEBLO ADDS MUCH NEEDED "TERRACE" ROOMS PUEBLO, COLO. (August 15, 2006) - Villa Pueblo Senior Living Community unveiled 10 new assisted living rooms on August 18 at Villa Pueblo. Named "Terrace Assisted Living," the new rooms are the result of a recent remodel of Villa Pueblo, and can accommodate up to 14 residents. Currently, Villa Pueblo offers 30 assisted living rooms, 135 independent living apartments and 60 skilled nursing beds.

SALVATION ARMY

The Pueblo Corps of the Salvation Army will host a full picnic meal from 3 p.m. until 5 p.m. on Labor Day, Monday, September 4, 2006 in the Corps building at 520 W. 13th Street, Pueblo.

In order to provide some Special Meals on some Special Days this summer, for the less fortunate, and those alone on these holidays, the Pueblo Salvation Army Corps is having "Special Summer Holiday Dinners" on the two biggest Holidays of the Summer: Independence Day and Labor Day.

Captain Samuel Rodriguez, Commanding Officer of the Pueblo Corps, says "Volunteers will be preparing, cooking and serving full picnic meals to anyone wishing to join us to have some good food, some fun and some entertainment. Everyone is welcome to attend, and the public is invited. We want everyone to have a special place to go on this Holiday."

For Information call 543-3656 or 542-6670.

SRDA NEWS

Friday, SEP 29: SRDA Cripple Creek Trip. \$15 includes transportation from SRDA, a half-price lunch and \$5 cash coupon at Bronco Billy's Casino. For information or sign-up, call SRDA Recreation at 545-8900, ext. 133. Open to ages 50+.

TEAMS FORMING FOR ORCHARD OF HOPE'S FIRST ANNUAL PUEBLO WALK FOR HOPE

Pueblo, Colorado, August 16 - Teams are now being formed for the Orchard of Hope's Walk for Hope. The Walk for Hope is a fundraiser benefiting Pueblo County cancer patients. It will take place on Saturday, October 7, 2006, at Mineral Palace Park in Pueblo. Registration will begin at 8:30 am; the Cancer Champions' Lap to start the Walk will begin at 10:00 am, and the closing ceremony and balloon remembrance will begin at about 4:00 pm. Teams will consist of 4 - 10 people and can be formed by corporations, clubs, neighbors, faith centers, or schools.

The Honorary Chairman for the Walk for Hope is Dr. Joel Ohlsen, retiring director of cancer services at St. Mary-Corwin Cancer Center. Sponsors include St. Mary-Corwin Medical Center, Johnny Carino's Restaurant, Country Buffet, Texas Roadhouse, Cactus Flower Restaurant, Alpha Rho Theta chapter of Phi Theta Kappa, and Joci Jewelers and Budweiser.

For additional information about forming a team, corporate sponsorship, or volunteering at the Walk for Hope, call 544-7171 or see www.orchardofhope.org.

ABOUT THE ORCHARD OF HOPE - The Orchard of Hope Foundation is a non-profit 501(c)3 organization whose mission is to provide financial and emotional assistance to local cancer patients currently in treatment. The Orchard of Hope Foundation promises to distribute all monies in the county where they are donated.

DINING WITH DIABETES

Learn to better manage your diabetes by increasing your knowledge about healthy food choices and the importance of daily exercise.

Class 1: Background Info and Idaho Plate Method Tuesday August 29, 2006 2:00 p.m. - 4:00 p.m.

Class 2: To Carb or Not to Carb Thursday, August 31, 2006 2:00 p.m. - 4:00 p.m.

Class 3: Heart Healthy Dining and Exercise Thursday, September 7, 2006 2:00 p.m. - 4:00 p.m.

Class 4: At Least 5-A-Day and Food Safety Tuesday, September 12, 2006 2:00 p.m. - 4:00 p.m.

LOCATION: First United Methodist Church 310 W. 11th Pueblo, CO 81003 Room: Booth Hall

TO REGISTER, CALL: Julie Kuhn (719) 583-4311 Steps to a Healthier Pueblo Pueblo-City County Health Department Instructors: Sheila Schlecht-Berry, MS-Colorado State University-Extension and Julie Kuhn, HE-Steps to a Healthier Pueblo.

Covering The Courts: "Compassion On Fifth Avenue"

by James J. Kilpatrick

The church views its overnight guests as God's children, fallen upon hard times. The city sees them as a bunch of bums who hang around all night and frighten the tourists away.

The city of New York wants to protect its vagrant citizens in its way - preferably far away. The Presbyterian Church at 55th Street and Fifth Avenue

wants to do good in its way, that is, part-time, in small numbers. For the past six years the public-spirited combatants have been arguing about protecting the undesirables. Last month they wound up in the U.S. Supreme Court on the city's petition to get the matter settled.

The story began 20 years ago, when the church began operating an interior shelter for a handful of home-

less men. One thing led to another, as things so often do, and in February 1999 the church expanded its modest enterprise: It began to operate a second sanctuary outside, on a strip of church-owned property extending into a public sidewalk. It would be "a kind of creche scene," said the pastor, "telling the world that the poor and homeless are welcome and not forgotten in the midst of a world that is deeply concerned with prosperity."

In its petition to the high court, the city explains that it tried to accommodate the efforts of the church to expand its ministry outside. For the better part of two years, a period of discovery ensued. It revealed "an ongoing pattern of anti-social behavior occurring at the overnight encampment on the church steps.

"The church acknowledged having had problems with individuals in its overnight encampment -- panhandling, playing loud music, engaging in disruptive behavior and using foul language. According to the church, such problems occur approximately once a week. Despite the frequency of these incidents, the church provides no security or supervision for the individuals in the encampment.

"A representative of the church also acknowledged sanitation problems on the steps of the church resulting from the lack of toilet facilities. If one of the homeless individuals in the outdoor encampment has bathroom needs, that person must either find an all-night toilet or use a small bottle or can which is then emptied. The church representative stated further that if bottles and cans will not suffice, what 'homeless people do is they use newspaper and they fold it up ... and they go put it in the trash.'"

Church wardens cleaned the premises every day, but sporadic complaints continued of littering and panhandling. There was one report of a woman soliciting as a prostitute. Thousands of fastidious shoppers had come to town. Tensions mounted.

Just before Christmas in 2001, city authorities ran out of patience and

sought to evict the sidewalk tenants -- in the middle of the night. Lawyers for the church went to court. They want to balance God and mammon. The city wants to throw the bums out, but in a nice way. Finally, four months ago the U.S. Court of Appeals for the 2nd Circuit entered a permanent injunction directing the city to leave the mendicants alone. The freeloaders are still there, and the city still wants them moved to a much safer, more sanitary, obviously healthier and practically invisible location somewhere else.

In its parting per curiam shot, the circuit court affirmed an injunction against the city. The order will prevent the cops from "dispersing or arresting any person who shall be sleeping or otherwise lawfully occupying" church property. Police of course may arrest lawbreakers on church premises. Church wardens may evict unwanted guests. In times of ice and snow, even resident vagrants may be forcibly removed to a safer, warmer, more distant accommodation.

The Circuit Court was not impressed by the city's argument that the church habitat has become a public nuisance. The city has provided "no medical evidence that the conduct endangers or injures anyone's health." Indeed, the city provided no medical evidence that the homeless people who spent the night on church property constituted a health risk to themselves or to the public at large."

To the church, its hospitality is a protected religious activity. To the city, the church's practice of having homeless people sleep outdoors, exposed to the elements, without toilet facilities and personal security, "cannot constitute religious ministry in any meaningful sense." To describe the nightly encampments in terms of "compassion" or "hospitality" is "simply an abuse of English usage."

I come down in the middle of this case. The Fifth Avenue church may have a duty to the homeless. The people of New York have a few rights as well.

Writer's Art

from page 3.

cedillas, those sexy nouns look half undressed.)

If you want to quote foreign, you ought to spell foreign. It is a rule! Five years ago the outgoing president of the South Carolina Medical Association failed to observe the rule. He thought to end his valedictory editorial by quoting the state's Latin motto, "Dum Spiro Spero." (While I breathe, I hope.) Sad to say, it came out "Dum Spiro Spreo," which sounded like a vegetable oil or a one-time vice president.

"In a sense," wrote columnist George Will, "the sturm and drang

about this contest ..." The rule on German nouns is to capitalize the burly fellows. That goes for Zeitzeige and Schadenfreude, too.

If you are tempted to quote French phrases, I have some advice for you: Lie down until the impulse goes away. A snack by any other name is not usefully an "amuse-gueule." Not everyone has met a "roman a clef" or punctuated it properly either. If you absolutely must speak of "hoi polloi", do not speak of "the" hoi polloi. In sum, dear friends, stick with English unless you know an unmlaut from a virgule, and back again. Viola! (STET!)

Presented by

Seniors Inc. *a new slant on aging*

Progressive Care Center

Centura Health.

5th Annual

Fremont County

Senior Fair

September 9, 2006

9:00 a.m. - 12 noon

Holy Cross Abbey/Events Center

Benedict Room

2951 E. Highway 50

Cañon City

For more information call 719/269-1524

Media Sponsors:

KRLN

The Senior Beacon

Co-Sponsored by:

Canon Lodge Care Center

Complete Home Health Care

Friendship House

Legacy Center

Premier Reverse Mortgage Group

Progressive Care Center

Skyline Vision Clinic

SRDA Lifeline

For seniors and their families to learn about the many programs and services that make our community a good place to live and grow older!

- FREE admission
- FREE prize drawings!
- FREE health screenings

ASSISTED LIVING

FREMONT HOME CARE, INC.

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

CALL TODAY

269-9300

Construction starts soon on our new facility

www.fremomhomecare.com

1815 Elm Ave. • Cañon City

PUEBLO WEST HARDWARE

FALL PROJECTS? - COME SEE US!!

- Sprinkler Parts • Tools • Lawn & Garden • Nails • Screws
- Rental Equipment • Hardware • Bug Sprays
- Rodent Control • Cooler/A.C. Products • Flooring Products

We carry Penofin Brand Penetrating Oil Finish!

Open: Mon. - Sat. 8am - 6pm Sunday 8am - 2pm

222 S. McCulloch Blvd - Pueblo West

547-0608 (ask about our senior discount)

THE Goose Berry Patch

FAMILY RESTAURANT

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

THE PLACE TO EAT IN FREMONT COUNTY

SUNDAYS 8:00am - 11:30am

Ya'll Come To A Pancake Breakfast Like Grandma Used To Make!!

PLUS YOU'LL GET

Ham, Bacon, Sausage, Corned Beef Hash,

Chicken Fried Steak, Breakfast Burrito Fixins', Green Chili,

Scrambled Eggs, Potatoes, French Toast, Homemade Biscuits

& Sausage Gravy, Waffle Bar, Fruits & Pastries.

Just \$6.95 - \$5.95 Seniors

Serving home-cooking for over 20 years!

Family Friendly - Parties Big & Small

Other Senior Discounts!

Social Security & You

by Melinda Minor - Manager, Social Security Administration Office - Pueblo

QUESTIONS AND ANSWERS

GENERAL

Question:

I recently read in a local newspaper article that there are now about 300 million Americans. With so many people, is Social Security running out of numbers?

Answer:

More than 435 million SSNs have been issued thus far, and about 5.5 million new numbers are issued each year. The current numbering system will provide enough new numbers for several generations into the future. For more information about the Social Security number and card, visit the Social Security website at www.socialsecurity.gov. Or you can call Social Security's toll-free number at 1-800-772-1213 (TTY 1-800-325-0778) and ask for the publication, Your Social Security Number and Card.

Question:

I work long hours and haven't been able to visit my local Social Security office. I wondered if there are ways to do business with Social Security on nights or weekends?

Answer:

Generally speaking, Social Security's normal office hours for conducting public business are Monday through Friday. However, most Social Security business today also can be conducted either on the Internet or over the phone. The website at www.socialsecurity.gov lets visitors apply for benefits, use retirement planners, change address, sign up for direct deposit and much more. Information is available online 24 hours a day. Most online services are available weekdays from 5 a.m. to 1 a.m., Saturday from 5 a.m. to 11 p.m., and Sunday from 8 a.m. to 11:30 p.m. The Social Security

toll-free number at 1-800-772-1213 (TTY 1-800-325-0778) has representatives available from 7 a.m. to 7 p.m. on business days. And Social Security also has automated telephone options which can allow callers to transact business by phone 24 hours a day.

RETIREMENT

Question:

I worked as a teacher for 27 years in a school system that had its own pension plan and that did not require staff to pay Social Security taxes. But I also worked during the summer months for all those years at a job covered by Social Security. Can the Windfall Elimination Provision (WEP) eliminate all of the monthly Social Security benefit I should be entitled to?

Answer:

No. While Social Security benefits are usually lower because of WEP, they are never totally eliminated. For example, this year the maximum reduction under WEP is \$313 per month, and the reduction is often less (the average reduction is \$198). For more information, visit the Social Security website at www.socialsecurity.gov/pubs/10045.html. Or you can call Social Security's toll-free number at 1-800-772-1213 (TTY 1-800-325-0778) and ask for the publication, Windfall Elimination Provision.

SURVIVORS

Question:

When a Social Security beneficiary dies, does the funeral home notify Social Security or is notification the responsibility of the family?

Answer:

Many funeral directors voluntarily provide death information directly to Social Security. But family members of a deceased individual still have the legal responsibility to notify Social Security. For information on what to do when a beneficiary dies, visit the Social Security website at www.socialsecurity.gov/pubs/deathbenefits.htm. Or you can call Social Security's toll-free number at 1-800-772-1213 (TTY 1-800-325-0778) and ask for the publication, Survivors Benefits.

DISABILITY

Question:

Last month my husband, who receives Social Security disability benefits, was convicted of a felony and sentenced to prison. Will my 13-year-old daughter and I continue to receive Social Security benefits?

Answer:

Yes. Social Security benefits are suspended if an otherwise eligible person is confined in a jail, prison or other penal institution for more than 30 continuous days due to conviction for a crime. But eligible family members can continue to receive benefits. For more information, visit the Social Security website at www.socialsecurity.gov. Or you can call Social Security's toll-free number at 1-800-772-1213 (TTY 1-800-325-0778) and ask for the publication, What Prisoners Should Know About Social Security.

Question:

What is the average monthly Social Security disability benefit payment, and does it rise every year with the cost-of-living?

Answer:

The average monthly Social Security disability payment for an insured worker is now \$943, and the monthly benefit payment for a disabled worker and a spouse and one or more children is about \$1,575. The payment amounts do increase each year, based on the increase in the Consumer Price Index. All Social Security (and Supplemental Security Income) beneficiaries received a 4.1 percent increase in 2006. For more information, visit the Social Security website at www.socialsecurity.gov. Or you can call Social Security's toll-free number at 1-800-772-1213 (TTY 1-800-325-0778) and ask for the Social Security fact sheet, Update 2006.

For more information, you can visit the Social Security website at www.socialsecurity.gov/applyfordisability. Or you can call 1-800-772-1213 (TTY 1-800-325-0778) and ask for the publication, Supplemental Security Income.

Grape Salad

from page 16.

naise

1 to 2 teaspoons honey (optional)
1/2 cup seedless red or green grapes
1 tablespoon lemon juice
1/4 slivered almonds, plus more for garnish
1/4 teaspoon each celery seed and salt
1/8 teaspoon freshly ground black or white pepper

1. Wash cabbage and turn back several rows of outer leaves. With a paring knife, cut stem at base of leaves to release center of cabbage, leaving outer leaves attached to stem to form a bowl. Drain outer leaves.

2. Shred center of cabbage, place in mixing bowl, and fold in yogurt, mayonnaise, honey (if used), grapes, lemon juice, the 1/4 cup slivered almonds, celery seed, salt and pepper. Chill.

3. Serve slaw in cabbage bowl. Sprinkle with additional slivered al-

monds, if desired.

Serves 4 to 6.

Orange juice and zest balance the sweetness of the grapes in this salad while tart red apples provide crunchiness and color. If you prefer, substitute firm red-skinned pears.

ORANGE-YOGURT DRESSING

1/3 cup each plain yogurt and mayonnaise
1 tablespoon each brown sugar and grated orange zest
1/8 teaspoon ground nutmeg

In a small bowl, mix yogurt, mayonnaise, sugar, orange rind and nutmeg until smooth.

Makes about 2/3 cup.

For a different take on traditional Waldorf salad, try it with a tangy curried dressing. For the freshest flavor, serve this salad within two hours of the time you prepare it.

GREEN APPLE-GRAPE SALAD

Juice of half a lemon

5 cups diced green apples (unpeeled), cored and stemmed
1 1/2 cups plain, nonfat yogurt
1 tablespoon mayonnaise
1 teaspoon curry powder
1/2 cup currants or raisins
1/4 cup diced celery
1/4 teaspoon celery seed
1 tablespoon frozen apple juice or orange juice concentrate
1 teaspoon lemon juice
Salt and pepper, to taste
1 cup halved seedless red or green grapes
Lettuce leaves, for lining bowl or platter

water, add lemon juice. Slice applies directly into the lemon juice mixture to prevent their oxidizing (turning brown); set aside.

2. Combine yogurt, mayonnaise, curry powder, currants, celery, celery seed, juice concentrate and lemon juice; add salt and pepper to taste.

3. Drain apples thoroughly; place in large bowl. Add yogurt mixture and toss to coat apple pieces well; add grapes, tossing lightly to mix. Spoon over a bed of lettuce and serve at once or cover and chill for up to 2 hours before serving.

Serves 6

1. To a medium bowl of ice

ON YOUR TOES

by Charles E. Schneider, M.D.

WALKING

In warmer weather we are all interested in getting into the fresh air and getting a little bit of exercise. Whether you choose walking or something more strenuous, here are a few tips to remember.

Walking should be started gradually in keeping with your own abilities. Gradually increase distance and time. Walk the same distance (whether it's a quarter block or a mile) for several days before you increase the distance. Never overextend.

Exercise for the feet can be simple and not strenuous and can even be done while seated. Exercise helps relax your muscles and build good muscle tone so you can continue to walk comfortably.

Arthritis more commonly affects the feet. Simple foot exercises will help

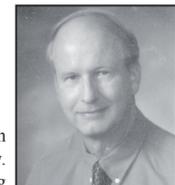
keep good motion and flexibility. Try the following exercises:

- While seated with both feet flat together on the floor, raise both heels, keeping them up and count to 10.

- While seated, lift one foot off the floor, rotate it in a circular pattern moving right to left with the toes initiating the movement. Repeat twice and alternate feet. This is particularly good for promoting flexibility in the ankles.

- With your shoes off, or while wearing loose slippers, sit down with both feet together, raise your toes, wiggle them and lower them. Repeat five times with each foot.

If you have any questions or comments contact Dr. Charles E. Schneider, 1619 N. Greenwood, Pueblo, 710-543-2476.



HAVENS FAMILY CLINIC

A Senior Friendly Clinic

Comprehensive Primary Care

for the Whole Family

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

Providing High Quality Compassionate Care In Your Time Of Need!

109 Latigo Lane, Suite C - Canon City, CO

719-276-3211

bnssteers@msn.com
719-276-3220
112 South 5th St.
Canon City, CO 81212

Steers Real Estate
Bob & Susan and the whole Steers team, would like you to know that when hire them you are getting experience, courtesy and results. Realtors who work for YOU!!!

FULL BASEMENT & RV HOOKUPS
Over 2500 sf of living area in this wonderful, elegant home. Back entry was used as a home office for many years - could be again or it could be that 4th bedroom for your grandchildren. Oversized 3 car garage and workshop and 3 car carport and full RV hookup and dump station. Honesty and Integrity are the benchmarks of our company! Come visit

Steers Real Estate - \$224,900.00

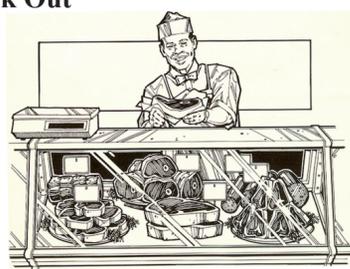
Big D Superfoods

Your Friendly Independent Supermarket

Nearby and Neighborly

Featuring:

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



Big D Superfoods

100 E. Main St. - Florence, CO

719-784-3066

Cañon City's Senior Center
Enhancing the Quality of Life for those over 50 in our community.
728 Main St. Cañon City, CO 81212
719-275-5177 Fax 719-275-7146

Halouska Funeral Home LLC
We are now open in Fowler and ready to serve you and your family. Family owned and operated funeral home, we offer affordable and personalized funeral and cremation services and monuments. Pre-planning service is also available. Our goal is to serve every family with dignity, care and respect, no matter what type of service you choose. We will honor all pre-arranged funeral or cremation contracts. Questions or needs? Call us or stop by our facility. We are located at 321 Main Street in Fowler and our number is 719-263-4448. Also visit our website at www.halouskafuneralhome.com Edward M. Halouska

321 Main Street, Fowler, CO 81039
263-4448

Improve Performance!!!
Dramatically improve your mileage!!!
Roll back the old-odometer!!!
That's Right! YOUR first mode of transportation are YOUR FEET!
Aside from your heart, your feet are arguably the hardest working part of your body. Unlike your car, however, you cannot trade your feet in for next year's model. You are stuck with them. What was the cost of your last repair bill at the car shop, or your last fill-up or oil change? In your lifetime, aside from your shoes and clipping toenails, how much time and money have you invested in your feet?
When your car is out of alignment, it can pull to one side, wear out tires more quickly or unevenly and cause shimmys, shakes and creaks. Does any of this sound familiar? And isn't it nice when you get your car fixed and it runs smoothly. Don't you feel good about doing something good for your car?
Well, you guessed it! Your feet, when out of alignment, can cause similar effects in your body and shoes. And when you are wearing GOOD FEET ARCH SUPPORTS you will feel good about doing something good for your feet and body. GOOD FEET ARCH SUPPORTS put your feet back into alignment and effect your entire body. Isn't it time that YOU were running in tip-top shape?
It's time for a tune-up, don't you think?
Come in to THE GOOD FEET STORE for a complementary footprint and fitting to see for yourself what the BEST ARCH SUPPORTS IN THE WORLD can do for you and your feet. You will be glad you did!
Don't be misled. There is only one original Arch Support Store

THE GOOD FEET STORE
In PUEBLO: 4602 N. Elizabeth St. - Ste 150 (719)404-0740
In Colo. Spgs: 5327 N. Academy Blvd. (719)599-9033
-ADVERTISEMENT-

Like Golf?
Go To Page 12 of this edition, get your best 4-some and sign up NOW for the Robin Lynn Grasso Charity Golf Tournament to raise money for the Crohn's & Colitis Foundation Of America's Research Center. A Great Cause AND Great Fun!

Minnequa Medicenter 2701 California St. Pueblo, CO 81004

Centrally Located providing Top Quality Skilled Care, including:

- Comprehensive Physical, Occupational & Speech Therapies.
- Peritoneal and Colostomy Care
- Dietary Education and Meal Planning
- Wound Care Program
- IV & Tracheostomy Management
- Free Transportation to Medical Appointments

Medicare/Medicaid, Managed Care and VA contracted. For additional information/directions please call: 719-561-1300 and ask for Niki Garcia, Admissions Manager

Finances: Wealth Creation

Planning For Generations And Minimize Taxes Now

by Brian Nielson

When I tell people that I do either "so you do will's?" or "I don't have any estate to plan for." The reality is that everyone has an estate even if it

NEW TAX LAW CHANGES
 These new tax law changes could affect your estate planning or that of someone you know. The law relates to IRA distributions.
 The Pension Protection Act (PPA) was signed by the President on August 17, 2006, allowing individuals older than 70 1/2 to make tax-free roll-over distributions from either traditional or Roth IRA's up to \$100,000.
 In order to take advantage of this new law, the donation must be made directly to a qualified public charity and the donation must be completed by January 1, 2008. Excluded from this law are private foundations, donor-advised funds and supporting organizations.
 In effect, the new law does not affect the donor's adjusted gross income (AGI) on his/her personal tax return nor is the amount subject to both income and estate taxes.
 If you need more information, you can call Kathy McHugh - PCC Foundation at 719-549-3314 or your tax advisor.

Do you suspect a hearing loss?

It may just be earwax! See for yourself with a FREE Video Otoloscopic Inspection.
 Your hearing problem may be nothing more than excess earwax. Find out with the miniature Video Otoloscope camera. It's simple, safe, and lets our Miracle-Ear representative look inside your ear canal while showing you the whole process on a color monitor.

You'll also receive a FREE Hearing Test with your Video Otoloscopic Inspection.
 The result of this FREE hearing test, together with the results of your Video Otoloscopic Inspection, will provide you with a more complete picture of your hearing needs. Then you and your Miracle-Ear representative can discuss the best course of action needed to help you address your hearing difficulty.

Call today for your FREE Video Otoloscopic Inspection.

SEARS 584-2347
 Hearing Aid Centers or (800) 418-5260

3201 Dillon Drive Pueblo, CO  PUEBLO MALL

Are you a Vet, a Vet's Spouse or a Vet's Widow?
 You are eligible for Nursing Home Care.....



COLORADO STATE VETERANS NURSING HOME
 WALSBERG, COLORADO

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

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

is only a care of themselves. There are many changes currently taking place within the laws which affect all elements of estate planning. Those elements include planning for personal disability, planning for what happens at the time of your death, and planning for what happens after your death. At each of those times there may be taxes, or other governmental regulations which factor in to the plan. This article is the first and an introduction to a series of articles which will appear exclusively in *Senior Beacon* over the next many months. If you have a question about something in the articles please contact me at pubs@bsnpllc.com.

Recent events, some well reported, some not, have led to major changes in planning options. But first, what do we mean by estate planning? At its core, estate planning is about doing what you can to increase the chances of things going the way you want when you are no longer able to do them yourself. Really we are doing two types of planning. First, we are planning for your assets. Second, and much more importantly, we are planning for your health care.

While it is a fact that each of us, at some point, will leave this life; statistically, it is more likely that a person will become disabled in given year than that they will die. Therefore the next article will address disability planning; specifically, what documents and other planning options are available for you. Following that, we will discuss titling assets. There are many common myths about how you should title property to avoid probate. Colorado has a new tool that allows more people to avoid probate, with relatively little expense. Please note that Colorado's Probate process is not as scary or expensive as many other states; however, many people do choose to not go through the process.

After we talk about titling, we will discuss planning for death; specifically that short period of time right after you pass away. Colorado recently modified the law on who can make certain decisions for you. Not everyone wants to do this planning, which is understandable. Many others feel strongly about how they want things to go at their death, and if this is you, you want to know that you have properly planned so they do.

Finally, we will talk about planning for after you are gone. There are things that you can do in your planning for generations to follow to make sure that taxes are minimized, values are passed on, and your estate goes where you want it to. I look forward to sharing more with you. If you have general questions, again please email me at pubs@bsnpllc.com. I may be able to address them in an article. Of course, I can't give specific legal advice through a column; if that is what you need, feel free to call me at 719-647-9761.

Brian Nielson is the founding member of Brian S. Nielson, PLLC which provides Compassionate and Comprehensive Planning for Individuals, Families, & Businesses. He spends a great deal of time staying current on planning options and belongs to and teaches for national organizations focused on Estate Planning. He has agreed to provide useful information to Senior Beacon Readers.

Ed. Note: As you know, Senior Beacon makes every effort to have local professionals contribute their expertise by giving them a forum to do so. We are fortunate that Mr. Brian Nielson has carved out some time in his busy schedule to share his knowledge with us over the next several months.

Don't Wait 'til it is too late to Plan Your Estate

Estate Planning is just about what happens to your property when you die. Even if you don't have a lot of assets, or you are sure that your assets will go where you want them to, you should *have a plan for your disability*— who will make health care decisions and who will make sure your bills are paid. Just *telling someone what you want is NOT ENOUGH*. You must be sure that your wishes are expressed in writing (often times in a Power of Attorney) so that your 'someone' will have the power to do what they need to do to care for you.




BRIAN S. NIELSON, PLLC
 ATTORNEY & COUNSELOR AT LAW

"Compassionate and Comprehensive Planning for Individuals, Families, and Businesses."

For a free consultation, please call:
719-647-9761

For A Healthier You

Age Related Macular Degeneration Explained

by Dr. Kent Zocchi, Retinal Specialist - Rocky Mountain Eye Center

Age Related Macular Degeneration (ARMD) is an eye condition that damages the central vision. It usually affects those over 50 years of age. As many as 2% of those over 50 have this condition; but in the 75 and over age group, as many as 25% will have it. The central vision is the best vision that is used for reading, recognizing faces, and driving. If this part of the vision is damaged, reading and driving can become difficult or impossible. This disease rarely damages the peripheral or side vision. The peripheral vision is used to avoid bumping into objects and to notice when someone or something is nearby, but it is not good enough to use for reading or driving.

ARMD damages the macula, which is the center part of the retina. The retina is the inside layer of the eye. It is the light sensitive layer of the eye and acts like the film of a camera. The macula is the center of the retina where the vision is best.

Most people with ARMD will not know they have the disease until they have an eye exam, since early in the disease there are few, if any, symptoms. In the early stages, there might be some dimming of the vision or some mild blurring. In more advanced cases, dark spots can develop in the central vision. Letters might be missing when reading or straight lines can look distorted, wavy, or crooked. ARMD seems to run in families, so heredity and genetics might play a role. Smoking and poor nutrition probably worsen the damage.

There are two forms of ARMD; wet and dry. In dry ARMD there is no bleeding, fluid leaking, or scar tissue forming. Dry ARMD usually damages the vision slowly. About 90% of patients with ARMD will have the dry form. Most

people with dry ARMD will have good vision for many years; but some will have difficulty reading or driving, and smaller number will lose significant amounts of vision.

The wet type is present when growing blood vessels, bleeding, fluid leaking, and scar tissue is forming. This is the more severe type and usually causes significant vision loss. Almost always the vision will become blurry with waviness and distortion. This can occur quickly over only a few days or weeks. About 10% of people with ARMD will have this form, and without treatment most will lose much of their central vision.

A dilated eye exam is the best way to check for ARMD. The earliest signs are yellow spots in the macula called drusen. These are areas of damage. Some people will develop drusen as a normal part of aging; therefore having drusen does not always mean you have ARMD. The presence of multiple drusen or large drusen usually indicates ARMD.

For dry ARMD, vitamins seem to help slow the worsening in some patients. Only those with moderate to severe disease were helped according to a medical study called the Age Related Eye Disease Study (AREDS). It has not been determined whether vitamins help those with only mild disease, nor is it known whether they help to prevent the disease. Always contact your doctor before starting vitamins as they can affect other medications. Smoking definitely worsens ARMD. A high-fat diet may also make the condition worse. There are treatments for wet ARMD. These can help to slow the worsening and sometimes improve the vision. Laser treatments to burn the growing abnormal blood vessels help in some cases. A newer laser called photodynamic therapy (PDT) requires injecting a medication into a vein in the arm and then using a laser to stop the growing of blood vessels. Treatment is repeated approximately every 3 months. After treatment, you must avoid the sunlight for a few

days to avoid skin burns. Treatments continue until the blood vessels stop growing. Sometimes a steroid injection into or around the eye is also given at the time of the treatment.

Macugen and Lucentis are new medications that treat wet ARMD. Both of these medications are injected directly into the eye. Treatments must be repeated about every 4-6 weeks. The injection is done as an office procedure, and most patients have only mild discomfort. There is a small risk of infection, bleeding, retinal detachment, or vision loss with these injections.

Regular eye exams and notifying your eye doctor immediately of changes in your vision such as rapidly decreasing, wavy, or distorted vision can help reduce the chances of vision loss from ARMD.



Oral Health Tips From New High

In this edition of Oral Health Tips For Seniors, we will examine two frequently asked questions regarding seniors' oral health. Information is provided by the American Dental Association.

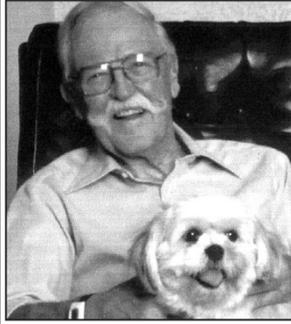
Q: Should adults be concerned about cavities?
A: Many think that tooth decay, or cavities, are a childhood problem. However, adults of all ages can have cavities, too. The causes of tooth decay are the same for everyone, regardless of age. Cavities result when the bacteria in plaque feed on the sugars and starches in our diet to produce acids that can cause tooth decay. The decay problem does change as we grow older. Adults are more likely to have decay around older filings. Decay of the tooth root is also common among older adults. Root decay occurs when the gums recede, exposing the softer root surface, which decays more easily than tooth enamel.

Dry mouth is another cause of tooth decay in adults. It occurs when the supply of saliva is greatly reduced and is generally caused by numerous medications adults take. Saliva is needed to lubricate the mouth, wash foods away and neutralize the acids produced by plaque. Allowed to continue, dry mouth can lead to rampant tooth decay. If you have that problem, talk to your dentist or physician.

Q: At my age, why should I bother with oral hygiene, such as brushing and flossing?
A: Especially as we grow older, it becomes even more important to thoroughly brush and floss your natural teeth to keep them in good condition. Plaque, the bacteria that causes tooth decay and gum disease, can build up quickly on the teeth of older adults, particularly when they neglect oral hygiene. This can increase your risk for tooth decay and gum disease. A few simple steps can help you maintain good oral health throughout your life. Brush your teeth twice a day with fluoride toothpaste, and clean between your teeth daily with floss or interdental cleaners. And, be sure to see your dentist regularly for exams and professional teeth cleaning.

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

Get Peace of Mind with SRDA LIFELINE



Immediate Help at the press of a button!

Help Elders Live Safely and Confidently With the Leading Personal Response Service

LOCAL, AFFORDABLE SERVICE SINCE 1990!

Call Today
719 - 545-1212

Sharmar Village
 1201 W. Abriendo Avenue - Pueblo

- Sharmar Village Care Center: A Skilled Nursing Facility offering specialized care and programs that provide quality solutions for the special needs of the elderly.
- Chateau at Sharmar Village: An elegant Assisted Living Residence with an array of services and amenities for quality living
- Chateau Connections Day Program: A wonderful program Monday - Friday from 7:00 - 6:00pm that offers a full day of activities, fun and enjoyment for our loved ones living at home or with caregivers..

Sharmar Village Care Center "The Chateau" at Sharmar Village

"Special Needs Are Met by Special People"

719-544-1173



"Light For The Journey"

By Jan McLaughlin - Director of Prayer Warriors For Prisoners



"THE PRICE OF UNSHAKABLE FAITH - TRACIE'S STORY"

It was New Year's Eve. The church was packed. Several people gave testimony of healing miracles, changed lives and restored family relationships. My daughter, Tracie, hobbled onto the platform in the cumbersome leg brace she had worn for two months. Everyone sat, breathlessly straining to hear the words of the tiny nine year old. "I don't know why God wants me to wear this brace," she began, "but I know this: Romans 8:28 says that nothing comes into my life unless God allows it and He will use it for good." Then she quoted the verse. "And we know that in all

things God works for the good of those who love him, who have been called according to his purpose." Everyone was moved by the incredible testimony of this little girl, bravely bearing her infirmity and joyfully praising her Lord Jesus. There was not a dry eye in the church.

As I listened, vivid memories of the last few months played through my mind. Tracie had developed an unexplainable limp. Since she had no related pain, we concluded she was faking the limp for attention. I began to observe, however, that even when no one was watching, her limp was persistent and progressively worse. I took her to an orthopedic physician. X-rays revealed the small ball in Tracie's hip joint mashed flat instead of round. This, the orthopedic surgeon said, was due to lack of blood flow to the joint and somberly pronounced, "Your daughter has Leggs Perthes Disease. I can't promise healing but there are two solutions which can possibly reverse the problem. I can do surgery and she would be in a cast from her waist to her foot for a year or we can put her in a brace to get the weight off her leg. This would give the joint a chance to recover and heal. If we do nothing, she will remain crippled for life."

I remember feeling heartache and fear for Tracie and even self pity. How much more would this little girl have to go through. She was born without a thyroid gland causing many physical complications including an enlarged heart. She underwent surgery at six years old for a kidney and bladder problem and nearly died with a flu type virus when she was eight. "How much more, Lord?" I pleaded.

Just thinking of Tracie going through another major surgery made me shudder. We decided to try the brace. The closest place to have one made was in Denver. The week before Tracie's appointment, a friend invited us to attend a healing service. We went with great expectation and Tracie went forward to receive prayer for healing. She left the platform professing to be healed and I

wanted to believe she was. I am convinced miraculous healing still happens and God has not stopped performing miracles. He does them in His time and His way and not everyone is instantly healed. Therefore, I wanted to be certain of Tracie's healing before we canceled her appointment.

The doctor was perplexed and slightly offended when I requested another X-ray of Tracie's hip before taking her to get the brace. "You may think I'm crazy," I said with enthusiasm, "But I'm a Christian and I took her to a healing service last week and want to be sure she still needs the brace before we go any further." Reluctantly, he X-rayed her hip but it revealed no change in the hip socket ball which caused her limp.

The following Sunday in church, I told my friend Tracie was not healed. She became very angry at God. "But *Susan," I said, "God has a purpose in this. We're supposed to praise Him in all things and this is one of those things. I don't understand it but I am going to praise Him and watch how He will use this to His glory and Tracie's good." I was reading a little book by Merlin Caruthers, "Prison To Praise." It is one of few books, outside the Bible, that has so powerfully impacted my life and my walk with Christ. I didn't know what God had planned through this trial but His word promised it would be GOOD! Tracie and I stood on that promise.

My youngest son, Kasey, went to Denver with Tracie and me to the prosthesis clinic. We arrived over an hour early and it was two hours before the technician could see her. The children found reading material and I found the coffee pot. A Spanish American gentleman sat in the waiting room waiting for repairs to his prosthesis. His leg below the knee was missing. I passed him on the way to the coffee pot. Greeting him, I inquired, "May I get you a cup of coffee?" He looked stunned. "Where are you from?" he demanded. Smiling, I said, "I'm from Cañon City." His answer surprised me and I couldn't help laughing. "Well! I KNEW you couldn't be from Denver! No one from Denver would get me a cup of coffee!" "Oh, sir," I said, still chuckling, "It's not because I'm from Cañon City! I'm a Christian and I just wanted to be kind to you." I gave him the coffee, sat next to him and began telling him about my relationship with Jesus. At one point, I said, "Manuel, the Bible reads in Isaiah, You will hear a voice behind you saying, This is the way. Walk ye in it! It's so wonderful to hear God's voice saying, 'go here' or 'go there' and to know it is His voice

directing me." He looked at me and after a moment of silence, asked pleadingly, "How can I get what you've got?" My heart burst with joy at this open door to share the love and light of Christ with Manuel. For two hours, we talked. Manuel had been a member of a church from infancy but long ago stopped attending because he believed many of the teachings were false. He said he didn't understand the Bible and it was very difficult to read. I could relate because as a baby Christian, I struggled with the same problem until I was given a Living Bible. I remembered seeing a used book store close by and asked Kasey to see if they had a Living Bible. He returned with a fairly new copy and gave it to Manuel who was elated. Manuel didn't become a Christian that day but I kept in touch with him for a several years. He received Jesus as his Lord and Savior shortly after our encounter and was baptized soon after that. Through the mail, I disciplined him and witnessed incredible growth as he wrote about the remarkable things God

SEE "LIGHT" PAGE 9.

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

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

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

PRIME REALTY

MOUNTAIN PROPERTY
 3-4 BDRMS, 3 BTHS;
 MANUFACTURED ON WALK OUT BASEMENT; 2 CAR GARAGE AND 5 ACRES IN BIG HORN RANCH. NEEDS WORK, BUT PRICE REFLECTS THAT \$84,900 CALL ALINDA FOR MORE INFO, (719)784-6100.

YOUR HEARING SOLUTIONS

- New Digital Hearing Aids starting at \$499 each.
- Repairs starting at \$49 each aid Batteries For All Brands

420 S. McCulloch Ste C
 Pueblo West, CO 81007
 719-647-9138

Hey, LOOK!!!

Hop on board for fun & sightseeing

CHRISTMAS IN BRANSON
 Motorcoach Tours

October 29 - Nov. 4, 2006
 Call now to reserve your space!

719-275-1995
 1-866-375-1995

Ideal Travel
 Canon City

NEW HORIZON THRIFT STORE

- Clothing • Used Furniture
- Appliances • Inspirational Books

Our mission is to provide Christ-Centered nurture for children and families in need.

We Need Quality Donations Of Used Clothing, Furniture and Other Items.

Open Monday - Saturday 9am - 5:30pm

- Donations only accepted during business hours.

310 Main St. Canon City 276-2672

"Help Us Help Others"

What's Happening At Big Daddy's Diner?

TWO BIT TUESDAY
 Buy Any Hamburger At The Regular Price and Receive a Second Burger Of Equal or Lesser Price For Two Bits (25 cents) When Each Person Purchases A Beverage.

NEW SENIOR MENU
 Specially made and planned for our customers 55 and over. Experience Diner Cuisine And Ambiance All Over Again. Choose from a light breakfast, gourmet breakfast, hot cakes, spaghettis dinner, popcorn shrimp and more at special prices.

IT PAYS TO AGE
 Come In On Your Birthday or Anniversary And Receive A 1% Discount For Each Year Of Your Age Or Each Year Of Your Marriage (with proper ID)

FREQUENT DINER CARD
 Ask about obtaining a card and every 10th meal is on us!
 420 Royal Gorge Blvd. -Canon City, CO
 (719) 276-8468

Big Daddy's Diner

An Apple A Day Helps Keep Alzheimer's Away?

by Patricia L. Polk

Like the familiar adage "you are what you eat," I certainly cannot disagree with this theory. It not only makes sense, but more research than ever confirms that what we put into our bodies affects our health. Although I'm no expert by any means, I have had occasion to apply these findings to myself because of a myriad of health problems. Consequently, I can say that after exploring different avenues of "how to be healthier," including changing my eating habits, I

have experienced improved health.

The dreaded malady, Alzheimer's, has taken the life from friends and relatives, so I've looked into preventative measures. Alzheimer's affects an estimated 4.5 million people in the United States alone, according to the National Institute on Aging.

Alzheimer's is dementia in its chronic form and it primarily assaults the elderly, with severe memory loss and eventual death. Characterized by overproduction of a protein, beta-amyloid, that accumulates in the brain of its victims, this protein is thought to produce free radicals (oxidants) appearing to cause cumulative damage to brain cells (according to some researchers).

Though there is no known cure, there seems not to be any particular solid cause either. Many researchers, however, are increasingly optimistic that dietary intervention

may help reduce the risk of developing the disease. The use of antioxidant-rich foods can play a large role in the prevention or remission.

So what exactly are antioxidants and what's their function in helping the body keep healthy? Simply stated, antioxidants are natural compounds that help protect and detoxify the body from harmful free radicals. Their part in disease prevention is very beneficial.

Free radicals are not so fundamentally described, so in essence, they are atoms or groups of atoms that can cause damage to cells, impairing the immune system and leading to infections and various degenerative diseases. Although free radicals are present in the body in small amounts, it's when excessive free radical formation damages cells and tissues. Free radicals can multiply from exposure to radiation (sun or x-rays),

environmental pollutants, unhealthy eating habits, and any number of other sources.

So where do we get antioxidants and what role do they play in the hurdle with Alzheimer's? Let's begin with the innocent-looking apple...not so innocent. It packs a whopping, potent antioxidant, Quercetin, which appears to protect brain cells against oxidative stress (a tissue damaging process associated with Alzheimer's and other neurodegenerative disorders). An article caught my eye (source is American Chemical Society) which told of a study conducted by researchers at Cornell University. They discovered that by increasing one's intake of antioxidant-rich foods, through dietary intervention, the risk of developing Alzheimer's and similar diseases may be reduced.

SEE 'ALZHEIMER'S' PAGE 21.

AARP

Please Visit the
AARP
 Information
 Center at its New
 Location in Sunset
 Plaza
 1117 S. Prairie - Pueblo

OPEN
 10:00 am - 3:00 pm
 (Mon.-Sat.)
CLOSED SUNDAYS
 We Are Looking
 For Volunteers

For more info call
(719) 543-8876

Gracious Home Environment

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

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

T & M Tammy & Marty's Cozy Adult Care Home
 Licensed for just 8 residents, giving you a more family-oriented caregiving experience!

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

SEPT. 1: Salisbury Steak/Gravy, mashed potatoes, cauliflower, carrot raisin salad, wheat bread/marg., chocolate pudding.

SEPT. 4: Chicken ala King, Noodles, peas, pickled beets, wheat bread/marg., Peach.

SEPT. 5: Stuffed Pepper, mashed potatoes, green beans, wheat bread/marg., lemon pear gelatin.

SEPT. 6: Roast Beef/Gravy, mashed potatoes, cabbage, three bean salad, wheat bread/marg., sugar cookie.

SEPT. 7: Meatloaf/Tomato Sauce, mashed potatoes, zucchini, wheat bread/marg., watermelon.

SEPT. 8: Turkey Tetrazinni, PA glazed carrots, creamy cuke salad, wheat bread/marg., cherry crisp.

SEPT. 11: Country Style Steak, mashed potatoes/gravy, mixed veggies, wheat bread/marg., strawberry/pineapple.

SEPT. 12: Spaghetti/Meat Sauce, green beans, let/tom salad/ranch drsg., wheat bread/marg., fruit pudding.

SEPT. 13: Sweet/Sour Pork/Rice, broccoli, wheat bread/marg., chocolate chip cookie.

SEPT. 14: Porcupine Meatballs/Tomato Sauce, mashed potatoes, spinach, wheat bread/marg., raspberry sherbet.

SEPT. 15: Beef Tips/Gravy, parsleyed potatoes, stewed tomatoes, cabbage apple slaw, wheat bread/marg.

SEPT. 19: BBQ Meatballs, prslied potatoes, broccoli, wheat bread/marg., PA tidbits.

SEPT. 22: Chicken Tahitian/Rice, green beans, wheat bread/marg., pear/blueberry dessert.

SEPT. 25: Pinto Beans/Ham, cornbread, pickled beets, cranberry mold.

SEPT. 26: Beef Chop Suey/Rice, peas, carrot raisin salad, wheat bread/marg., PA tidbits.

SEPT. 27: Roast Turkey/Gravy, mashed potatoes, green beans, wheat bread/marg., cherry crisp.

SEPT. 28: Mac/Cheese, broccoli, claremont salad, wheat bread/marg., applesauce cake.

SEPT. 29: Beef Stroganoff/Noodles, zucchini, pickled beets, wheat bread/marg.

OCT. 2: Spaghetti/Meatsauce, seasoned green beans, creamy cucumber salad, wheat bread/marg., chocolate pudding.

OCT. 3: Hot Turkey Sandwich, seasoned peas/carrots, mashed potatoes, green salad/Italian drsg., wheat bread/marg., oatmeal cookie.

OCT. 4: Mexican Bean Stew, seasoned California Blend, wheat bread/marg., cantaloupe.

When Was The Last Time Somebody Said,
 "Sorry, Kiddo, But I'm Going To Have To See Some ID.?"

Maturity definitely has its rewards. Need proof?

Check out our "50 & Free" checking account, it offers competitive interest rates on collected balances of \$3,000 or more, and it comes with great products and services.

Plus, Over fifty? Then cash in on a great deal! Sign up now for "50 & Free."

PB&T.
 We're your kind of bank.
 719-545-1934
 1-800-345-4PBT
 www.pbandt.com

Pueblo Bank & Trust
 SINCE 1889

An opening deposit of \$100 is required. Current rates subject to change without notice. *Loan approval. **For one year, as available.

Providing Business Services to Colorado Since 1889
 Pueblo Colorado Springs Denver Boulder Canon City Salida

2% MILK With ALL Meals!

Grape Salads Are Abundantly Refreshing Aren't They?

by Annette Gooch

Even if grapes lacked their natural beauty of form and color, their thirst-quenching succulence and flavor alone would make them a fitting symbol for abundance. The simplest and possibly the best treatment for fresh table grapes calls for plucking them,

one plump specimen at a time, from a well-shaped cluster, popping them into the mouth, and gently crushing them between the teeth. What could be more refreshing?

Still, grapes have other good uses in sauces and as garnishes for poultry and fish, in desserts, and in

salads, where they complement apples and other fruits as well as nuts and vegetables.

To store grapes, place the unwashed clusters in an airtight plastic bag and store them in the coldest part of the refrigerator. Kept this way, they will store reasonable well for up to a week, although their quality will begin to decline within three days. Wash grapes just before using them and allow them to drain thoroughly before serving them or adding to other dishes.

SUCCESS TIP:

-- If there's no opportunity to taste grapes before buying them, look to the depth and richness of the fruit's color -- red, green, yellow, purple or black -- is the next best indicator of ripeness and flavor.

The delicacy of fresh grapes are a pleasing contrast to crisp cabbage



Grapes, a traditional symbol of abundance, grace this handsome arrangement of fresh fruit. photo: Lifestyle Media Group

and crunchy almonds. If only seeded grapes are available, halve them lengthwise and scoop out the seeds with the tip of a knife blade or a small spoon.

GRAPE-ALMOND SLAW

1 medium head (2 1/2 pounds) green cabbage, with outer leaves

1/4 cup each plain yogurt and mayon-
SEE "GRAPES" PAGE 19.



Elect
Francis Williams
Fremont County Clerk & Recorder
Common Sense, Integrity and Responsible Leadership

Francis193@aol.com

Paid for by Francis Weaver

FREMONT/CUSTER County Menus

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

CUSTER SENIOR CTR
Call 719-783-9508 for reservations before 9:30am Mon, Tues & Thurs-Noon Meal

Sept. 5: Scalloped Potatoes/Ham, Chopped Spinach, Hard Boiled Egg, Perfection Salad, Apple.

Sept. 7: Beef Stroganoff, Orange Spiced Carrots, Ruby Beet Salad, Mixed Fruit.

Sept. 11: Hot Turkey Sandwich, Whipped Potatoes, Asparagus Amandine, Pineapple Mandarin Orange Compote.

Sept. 12: Beef & Sweet Peppers, Steamed Brown Rice, Orange Spiced Carrots, Grapefruit Half

Sept. 14: Chicken Rice Soup, Wheat Crackers, BBQ Beef on a Bun, Creamy Cole Slaw, Almond Peaches.

Sept. 18: Swiss Broccoli Pasta, 5-way Vegetables, Sliced Peaches, Plum, Sweet Potato Roll.

Sept. 19: Chicken Fried Steak w/Country Gravy, Roasted Garlic Mashed Potatoes, Cauliflower Broccoli Mix, Apple, Drop Biscuit.

Sept. 21: Cream of Asparagus Soup, Roast Turkey w/Gravy, Cinnamon Applesauce, Carrot Raisin Salad, Dinner Roll.

Sept. 25: Combination Burrito, Smothered w/Chicken, Green Chili, Lettuce & Tomato & Salsa, Black Beans w/Cilantro, Diced Pears.

Sept. 26: Teriyaki Chicken, Steamed Brown Rice, Spinach Mandarin Orange Salad, Tropical Fruit Salad.

Sept. 28: Swiss Steak w/Mushroom Sauce, Whipped Potatoes, Seasoned Greens, Cantaloupe, Dinner Roll.

Potato Roll.

Sept. 26: Chicken Cacciatore, Whipped Potatoes, Chopped Spinach, Banana.

Sept. 28: Beef & Sweet Peppers, Steamed Brown Rice, Orange Spiced Carrots, Grapefruit Half.

Sept. 29: Smothered Chicken, Cornbread Stuffing, Cauliflower Broccoli Mix, Applesauce Waldorf Salad.

Sept. 1: Teriyaki Chicken, Steamed Brown Rice, Spinach Mandarin Orange Salad.

Sept. 2: Salmon Patties with Cream Sauce, Steamed Brown Rice, Mixed Vegetables, Tangerine, Raisin Nut Cup.

Sept. 4: Hungarian Goulash, California Vegetable Medley, Spinach w/Malt Vinegar, Banana.

Sept. 5: Swiss Steak w/Mushroom Sauce, Whipped Potatoes, Seasoned Greens, Cantaloupe.

Sept. 7: Chicken Cordon Bleu, Rice Pilaf, Seasoned Asparagus, Apricots.

Sept. 8: Bratwurst on a Bun, Sauerkraut, Mustard & Onion, Pickled Beets, Sliced Peaches.

Sept. 9: Hot Turkey Sandwich, Whipped Potatoes, Asparagus Amandine, Pineapple Mandarin Orange Compote.

Sept. 14: Fish Creole, Cheesy Potatoes, Squash & Onions, Sliced Peaches.

Sept. 15: Scalloped Potatoes & Ham, Chopped Spinach, Hard Boiled Egg, Perfection Salad, Apple.

Sept. 19: Chicken Rice Soup, Wheat Crackers, BBQ Beef on a Bun, Creamy Cole Slaw, Almond Peaches.

Sept. 21: Beef Stroganoff, Orange Spiced Carrots, Ruby Beet Salad, Mixed Fruit.

Sept. 22: Swiss Broccoli Pasta, 5-way Vegetables, Sliced Peaches, Plum, Sweet Potato Roll.

Sept. 13: Smothered Chicken, Cornbread Stuffing, Cauliflower Broccoli Mix, Applesauce Waldorf Salad.

Sept. 15: Swiss Broccoli Pasta, 5-way Vegetables, Sliced Peaches, Plum, Sweet Potato Roll.

Sept. 18: Combination Burrito, Smothered w/Chicken, Green Chili, Lettuce & Tomato & Salsa, Black Beans w/Cilantro, Diced

Pears.

Sept. 20: Bratwurst on a Bun, Sauerkraut, Mustard & Onion, Pickled Beets, Sliced Peaches

Sept. 22: Hot Turkey Sandwich, Whipped Potatoes, Asparagus Amandine, Pineapple Mandarin Orange Compote.

Sept. 25: Chicken Fried Steak w/ Country Gravy, Garlic Mashed Potatoes, Cauliflower Broccoli Mix, Apple ~ Drop Biscuit.

Sept. 27: Chicken Rice Soup, Wheat Crackers, BBQ Beef on a Bun, Creamy Cole Slaw, Almond Peaches

Sauce, Steamed Brown Rice, Mixed Vegetables, Tangerine Raisin Nut Cup.

Sept. 21: Chicken Cordon Bleu, Rice Pilaf, Seasoned Asparagus, Apricots.

Sept. 26: Scalloped Potatoes & Ham, Chopped Spinach, Hard Boiled Egg, Perfection Salad, Apple.

Sept. 28: Cream of Asparagus Soup, Roast Turkey w/Gravy, Cinnamon Applesauce, Carrot Raisin Salad, Dinner Roll.

Sept. 1: Swiss Steak w/Mushroom Sauce, Whipped Potatoes, Seasoned Greens, Cantaloupe ~ Dinner Roll.

Sept. 5: Scalloped Potatoes & Ham, Chopped Spinach, Hard Boiled Egg, Perfection Salad, Apple.

Sept. 7: Chicken Rice Soup, Wheat Crackers, BBQ Beef on a Bun, Creamy Cole Slaw, Almond Peaches.

Sept. 8: Salmon Patties with Cream Sauce, Steamed Brown Rice, Mixed Vegetables, Tangerine, Raisin Nut Cup.

Sept. 12: Hungarian Goulash, California Vegetable Medley, Spinach w/Malt Vinegar, Banana.

Sept. 14: Swiss Broccoli Pasta, 5-way Vegetables, Sliced Peaches, Plums, Sweet Potato Roll.

Sept. 15: Chicken Cordon Bleu, Rice Pilaf, Seasoned Asparagus, Apricots.

Sept. 19: Beef Stroganoff, Orange Spiced Carrots, Ruby Beet Salad, Mixed Fruit.

Sept. 21: Hot Turkey Sandwich, Whipped Potatoes, Asparagus Amandine, Pineapple Mandarin Orange Compote.

Sept. 22: Bratwurst on a Bun, Sauerkraut, Mustard & Onion, Pickled Beets, Sliced Peaches.

Sept. 26: Beef & Sweet Peppers, Steamed Brown Rice, Orange Spiced Carrots, Grapefruit Half.

Sept. 28: Combination Burrito, Smothered w/Chicken, Green Chili, Lettuce & Tomato & Salsa, Black Beans w/Cilantro, Diced Pears.

Sept. 29: Chicken Fried Steak w/Country Gravy, Roasted Garlic Mashed Potatoes, Cauliflower Broccoli Mix, Apple ~ Drop Biscuit.

FLORENCE CENTER
100 Railroad St. - Florence Tue/Th/Fri

Sept. 1: Hungarian Goulash, California Vegetable Medley, Spinach w/Malt Vinegar, Banana.

Sept. 5: Swiss Steak w/Mushroom Sauce, Whipped Potatoes, Seasoned Greens, Cantaloupe.

Sept. 7: Chicken Cordon Bleu, Rice Pilaf, Seasoned Asparagus, Apricots.

Sept. 8: Bratwurst on a Bun, Sauerkraut, Mustard & Onion, Pickled Beets, Sliced Peaches.

Sept. 9: Hot Turkey Sandwich, Whipped Potatoes, Asparagus Amandine, Pineapple Mandarin Orange Compote.

Sept. 14: Fish Creole, Cheesy Potatoes, Squash & Onions, Sliced Peaches.

Sept. 15: Scalloped Potatoes & Ham, Chopped Spinach, Hard Boiled Egg, Perfection Salad, Apple.

Sept. 19: Chicken Rice Soup, Wheat Crackers, BBQ Beef on a Bun, Creamy Cole Slaw, Almond Peaches.

Sept. 21: Beef Stroganoff, Orange Spiced Carrots, Ruby Beet Salad, Mixed Fruit.

Tropical Fruit Salad.

Sept. 4: Hungarian Goulash, California Vegetable Medley, Spinach w/Malt Vinegar, Banana.

Sept. 6: Scalloped Potatoes & Ham, Chopped Spinach, Hard Boiled Egg, Perfection Salad, Apple.

Sept. 8: Swiss Steak w/Mushroom Sauce, Whipped Potatoes, Seasoned Greens, Cantaloupe, Dinner Roll.

Sept. 11: Beef & Sweet Peppers, Steamed Brown Rice, Orange Spiced Carrots, Grapefruit Half.

Sept. 13: Smothered Chicken, Cornbread Stuffing, Cauliflower Broccoli Mix, Applesauce Waldorf Salad.

Sept. 15: Swiss Broccoli Pasta, 5-way Vegetables, Sliced Peaches, Plum, Sweet Potato Roll.

Sept. 18: Combination Burrito, Smothered w/Chicken, Green Chili, Lettuce & Tomato & Salsa, Black Beans w/Cilantro, Diced

Sept. 29: Salmon Patties with Cream Sauce, Steamed Brown Rice, Mixed Vegetables, Tangerine, Raisin Nut Cup.

Sept. 5: Hungarian Goulash, California Vegetable Medley, Spinach w/Malt Vinegar, Banana.

Sept. 7: Chicken Rice Soup, Wheat Crackers, BBQ Beef on a Bun, Creamy Cole Slaw, Almond Peaches.

Sept. 12: Chicken Fried Steak w/Country Gravy, Roasted Garlic Mashed Potatoes, Cauliflower Broccoli Mix, Apple, Drop Biscuit.

Sept. 14: Teriyaki Chicken, Steamed Brown Rice, Spinach Mandarin Orange Salad, Tropical Fruit Salad.

Sept. 19: Salmon Patties with Cream

SALIDA CENTER
(Tues/Thur/Fri) - 539-3341

Sept. 1: Swiss Steak w/Mushroom Sauce, Whipped Potatoes, Seasoned Greens, Cantaloupe ~ Dinner Roll.

Sept. 5: Scalloped Potatoes & Ham, Chopped Spinach, Hard Boiled Egg, Perfection Salad, Apple.

Sept. 7: Chicken Rice Soup, Wheat Crackers, BBQ Beef on a Bun, Creamy Cole Slaw, Almond Peaches.

Sept. 8: Salmon Patties with Cream Sauce, Steamed Brown Rice, Mixed Vegetables, Tangerine, Raisin Nut Cup.

Sept. 12: Hungarian Goulash, California Vegetable Medley, Spinach w/Malt Vinegar, Banana.

Sept. 14: Swiss Broccoli Pasta, 5-way Vegetables, Sliced Peaches, Plums, Sweet Potato Roll.

Sept. 15: Chicken Cordon Bleu, Rice Pilaf, Seasoned Asparagus, Apricots.

Sept. 19: Beef Stroganoff, Orange Spiced Carrots, Ruby Beet Salad, Mixed Fruit.

Sept. 21: Hot Turkey Sandwich, Whipped Potatoes, Asparagus Amandine, Pineapple Mandarin Orange Compote.

Sept. 22: Bratwurst on a Bun, Sauerkraut, Mustard & Onion, Pickled Beets, Sliced Peaches.

Sept. 26: Beef & Sweet Peppers, Steamed Brown Rice, Orange Spiced Carrots, Grapefruit Half.

Sept. 28: Combination Burrito, Smothered w/Chicken, Green Chili, Lettuce & Tomato & Salsa, Black Beans w/Cilantro, Diced Pears.

Sept. 29: Chicken Fried Steak w/Country Gravy, Roasted Garlic Mashed Potatoes, Cauliflower Broccoli Mix, Apple ~ Drop Biscuit.

Sept. 1: Swiss Steak w/Mushroom Sauce, Whipped Potatoes, Seasoned Greens, Cantaloupe ~ Dinner Roll.

Sept. 5: Scalloped Potatoes & Ham, Chopped Spinach, Hard Boiled Egg, Perfection Salad, Apple.

Sept. 7: Chicken Rice Soup, Wheat Crackers, BBQ Beef on a Bun, Creamy Cole Slaw, Almond Peaches.

Sept. 12: Chicken Fried Steak w/Country Gravy, Roasted Garlic Mashed Potatoes, Cauliflower Broccoli Mix, Apple, Drop Biscuit.

Sept. 14: Teriyaki Chicken, Steamed Brown Rice, Spinach Mandarin Orange Salad, Tropical Fruit Salad.

Grandparenting: "Tumbling Off Pedestal"

HOW ONE GRANDFATHER TUMBLED OFF THE PEDESTAL

Dear Grandparenting: I was not amused to hear what our granddaughter, Nancy, 14, discovered during her recent visit. We usually sit and talk, but when friends dropped by, we let Nancy use my husband's computer in our spare bedroom.

We later heard from Nancy's father, who's our son, that she inadvertently discovered that someone had been viewing pornography on the Internet. That "someone" could only be my husband. I'm no prude, and while I don't approve of what my husband had been

doing, I can't viciously condemn him either. Many husbands have done far worse than just oggling. And we're all entitled to some privacy in our lives.

Our son tried to make his father feel better by saying it's nothing different than what plenty of other people routinely do on the Internet, but my husband is still mortified. The problem is how to patch things up with Nancy.

He's afraid she'll forever regard him as the proverbial, perverted "dirty old man."

My husband claims he's the victim of a "double standard." If Nancy had learned that her school chums were doing what my husband did, she might not have even blinked. But he's lost all of her respect. Any suggestions on how to improve relations with Nancy? -- Granny, Piqua, Ohio.

Dear Granny: Yes, there is a double standard. The great gift of grandparenting is to be exalted in the eyes of your grandchildren.

Sorry, but there's no quick fix. Given time, Nancy should acquire a fuller understanding of human wants and needs, and hopefully will come

around. Your husband is quite right on one point. To date, Internet sites exuding the greatest commercial appeal involve sex, and gambling.

While we hope this incident has taught your husband the error of his ways, you could also hire a computer technician to block future viewing of websites containing such objectionable content.

Grand Remark

I recently e-mailed our grandson, Danny, 7: "I'm going back to school to learn how to work a computer. Maybe you can tell me how to do things so I don't look like a dummy!"

His remarkable answer: "There's a computer program, 'Type to Learn,' where there's this typing thing called 'Windshield Typers.' If you type right all the time you'll get a picture. The

one I remember is the Wright Brothers.

"Pay attention in class. Always listen to the teacher and not lie. You should go to the bathroom at home before class. If the course is too hard just stay with it and just sweat. You'll like doing stuff and you may have a little fun. If other people make fun of you, say 'That's right. I'm old.' Love, Danny."

-- Wayne L. Golladay, Gettysburg, Pa. Dee and Tom, married more than 50 years, have eight grandchildren. Together with Key, they welcome questions, suggestions and Grand Remarks of the Week. Send to 830 W. 40th St., Ste. 304, Baltimore, MD 21211, or grandparenting@aol.com.



LIGHT FOR THE JOURNEY

FROM PAGE 8.

was teaching him. He was learning arranged this Divine appointment from the beginning of time and if Tracie had been healed at the healing service we would have missed the appointment with Manuel. His salvation was only one of the promised "GOOD" things that came out of that particular trial.

When Tracie ended her little speech that New Year's Eve, the church erupted with applause and cheering. She was dearly loved and respected by our church family. She amazed everyone in her acceptance of this "thorn" for a sea-zealous about the message of Romans 8:28 and many hearts were affected and changed by the power of this little girl's testimony of God's grace.

After a year of wearing the horrible cumbersome brace, Tracie was pronounced healed by the physician no longer walked with a limp. That very week, largely because of Tracie's testimony, her grandmother accepted Jesus Christ as Savior and was pronounced healed and delivered from the power of

sin and death by God the Father. Tracie's grandmother, like many others, believed good works would get her to heaven. She had been baptized and had a church membership and her confidence was in these "tickets to heaven." But Tracie's testimony and witness shook my mother's faith in works and opened her eyes to her need for a relationship with Jesus Christ. John 8:32 reads the truth will set you free. Tracie was thrilled with her grandmother's profession of faith in Jesus and it strengthened her own faith in God's promises. This was just one more way God brought good out of her disease. When God promises that ALL things work together for good for those who love God and are called according to His purpose, He really means it. ALL things!

* Name has been changed
© 2006 Jan McLaughlin All rights reserved
Jan McLaughlin is the director of Prayer Warriors for Prisoners and may be reached by e-mail, akingskidinco@juno.com or phone 719-275-6971

ATTN: SENIORS
62 Years Of Age Or Older
Considering a Reverse Mortgage?
If you are considering a reverse mortgage or would like additional information, call **VIRGINIA BERRY, CSA.**
Over 9 years of experience in reverse mortgage lending.

866-260-6713

- Pay Off Existing Mortgage
- Pay Off Credit Cards And Medical Bills
- Add Extra Income To Help Make Ends Meet
- Title Always Remains In Your Name.....

Safe FHA/HUD Insured
Government Loans Call Today

Belmont Lodge Health Care Center
Now Provides Outpatient Therapy!

Our experienced Rehab Team provides Physical, Occupational and Speech Therapies

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

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

Reasons to Seek Outpatient Therapy

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

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

Assisted Living
Belmont Senior Care
Senior Care Systems of Colorado, Inc.

"A Home-Like Assisted Living Community"

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

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

(719) 544-3999
3 Douglas Ct., Pueblo
www.belmontseniorcare.com

Adult Day Services & Respite Care also available!

Call Julie Today for a Tour & Information Packet

ALL MEALS SERVED WITH MILK (Coffee or Tea optional). All breads served with margarine.

New Merck Pamphlet Brings Cancer Into Focus

by Katie Behnke

There are an estimated 10 million Americans alive today who've had a diagnosis of cancer at some point in their lives. No doubt once they first heard that diagnosis, most sought information to help them understand their condition and treatment options.

The latest issue of Your Health Now, a consumer magazine enhanced by information and insights from The Merck Manuals, the world's most widely used medical reference, is dedicated to cancer care and contains stories that provide a comprehensive look at cancer by the numbers:

- Three words that will change your life: You Have Cancer
- Three people who were saved by early detection
- Four inspiring first-person stories of cancer survivors
- Seven risk factors you should be aware of
- Ten signs of cancer in pets
- Twelve key questions to ask your doctor after your diagnosis
- Fourteen screening tests that can save your life
- Forty-Five medical, clinical, nutritional, financial and other resources for you and your family

Every day, people, along with their physicians, are expected to make sophisticated healthcare decisions. That's why Your Health Now puts sometimes confusing health issues into perspective for patients.

Feature articles include:

"Fighting Back, Forging Ahead" – Discover how cancer is becoming a conquerable disease. Guest editor Eugene Frenkel, M.D., Professor of Internal Medicine, University of Texas Southwestern Medical Center, reveals the advances in prevention, early detection, and even supportive care that are helping people live longer. He also provides help for evaluating "cures" in the headlines.

"Screening Saved My Life" – Detecting cancer early can make a major difference. In this article, read about the stories of three people who went in

for a routine screening, discovered they had cancer, and emerged from the diagnosis with a new purpose and perspective.

"Where Does Cancer Come From?" – Is it the air we breathe, the food we eat, the work we do, or do we just blame bad genes? Here's a look at the risk factors for cancer, and what you can do to help reduce these risks.

"Next Steps" – After a cancer diagnosis, what's next? Our comprehensive resource guide will help you cut through the confusion and take control of cancer care. This article includes everything from questions to ask your health care team to more than 40 respected sources for support and information.

"Testing 1-2-3" – A simple screening for cancer could save your life. Here's a guide to recommended

tests and when to have them. Your Health Now is a new consumer health magazine enhanced by information and insights from The Merck Manuals, the world's most widely used medical reference books. Merck is providing Your Health Now as a free information resource to help people stay informed about health issues. Like The Merck Manuals, Your Health Now provides up-to-date, easy-to-read, unbiased health information, reviewed by an independent advisory board of medical and health professionals. Your Health Now contains no product promotion or advertising.

To view the latest issue of Your Health Now and other Merck health information for patients, please visit www.YourHealthNow.com.

Question: Are We Really What We Eat?

We've all heard the expression, "You are what you eat." Another take on that statement would be, "The health of your mouth depends on what you eat." Therefore, it is important that we know what foods have a negative effect on the health of our mouths.

Like the rest of your body, your mouth depends on overall good nutrition to stay healthy. Our mouths are highly sensitive to poor nutrition, which can lead to premature tooth loss, serious gum disease and bad breath.

The decaying process begins when fermentable carbohydrates combine with bacteria in our mouths to form acids that eventually destroy teeth. These fermentable carbohydrates include

sugary foods, such as cookies, cakes, soft drinks and candy. Also included in this category are bread, crackers, bananas and breakfast cereals.

Certain bacteria on your teeth use sugars from these foods and produce acids. These acids dissolve minerals inside the enamel crystals of your teeth in a process called demineralization. Teeth also regain minerals in a natural process called remineralization. Dental decay begins inside the enamel crystals when minerals are being lost faster than they are being regained.

People who sip soft drinks or sweetened coffee throughout the day, or who eat many small sweet or carbohydrate snacks provide a sugar source for the bacteria to produce acid almost

constantly. And since acid damage is cumulative, decay is more likely. Studies have shown that those who eat sweets between meals have more decay than those who eat the same amount of sweets with their meals.

The good news is that some foods are actually protective because they increase saliva flow and neutralize the acids produced by bacteria. Aged cheese eaten immediately after food helps buffer the acid that causes decay.

The U.S. Department of Health and Human Services provides us with guidelines for good nutrition. They include:

- *A variety of grains daily, especially whole grains.
- *A variety of fruits and vegetables daily.
- *A diet low in saturated fat and cholesterol.
- *Moderate your intake of sugars
- *Prepare foods with less salt
- *Drink alcoholic beverages in moderation.
- *Be physically active.

If you snack, choose foods that are not fermentable carbohydrates. Best choices are cheese, chicken or other meats, nuts or milk. Moderate choices are firm fruits such as apples and pears, and vegetables. Worst choices are candy, cookies, crackers, bread, muffins, potato chips, French fries, pretzels, bananas, raisins and other dried fruits.

Limit the amount of soft drinks or other sugar-containing drinks, including coffee or tea with added sugar, cocoa and lemonade. Best drink choices include unsweetened tea, milk and water, especially fluoridated water.

And, of course, brush your teeth after eating to remove the plaque bacteria that create the destructive acids. If you cannot brush after every meal, brush at least twice a day and floss at least once a day.

Healthy eating is important for your mouth's sake, as well as your overall health.

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

Villa Pueblo: Married Couples Celebrate 312 Years

by Erika Saurwein

Villa Pueblo Senior Living Community celebrated 312 years of marriage on Thursday, August 3. Five couples at the independent living center are celebrating 60 or more years of marriage. Residents Bill and Dorothy Rupp were the guests of honor at the event, celebrating their 70th Wedding Anniversary on that day. More than 50 friends and family members of the honored couples were present for the event.

Bill/Dorothy Rupp, 70 Yrs

Bill and Dorothy Rupp were married at St. Mary's Church in Ellis, Kansas on August 3, 1936. The couple lived in Hays, Kansas for a few years before heading west. After two years in Denver, the couple moved to Pueblo, where Bill owned Pueblo Aluminum and Brass Foundry and Dorothy kept the books. They have lived in Pueblo ever since. The Rupp's have seven grandchildren, 17 great-grandchildren and three great-great-grandchildren.

Duane and Lynn Strachen, 60 Yrs

Duane and Lynn Strachen were married on June 20, 1946. The couple met on maneuvers in Oregon

during World War II. Shortly thereafter, Duane was sent to the Pacific, and Lynn was sent to Europe. They both returned and were married in Oklahoma City in 1946. The following year, the Strachen's moved to Pueblo when Duane was appointed director of the Centennial High School Band. He retired as head of School District 60's music education department. Lynn worked as a nurse for the City-County Health Department. They have three sons.

Gardner/Betty Champlin, 61 Yrs (Not present at the event)

Gardner and Betty Champlin were married on December 23, 1945. The couple met in college where Gardner was a pre-med student at Harvard University, and Betty attended a nearby women's college. The couple lived in Rapid City, South Dakota before moving to Denver. Gardner had a pediatrics residency in Denver, and eventually joined a practice in Pueblo.

Jasper/Connie Genova, 60 Yrs

Pueblo natives Jasper and Connie were married on June 15, 1946. Connie met Jasper in front of Pueblo's Saving and Loan, and Connie invited



Clockwise from top Left: Bill & Dorothy Rupp, Duane & Lynn Strachen, Jasper & Connie Genova and Chris & Dorothy Christiansen.

him to a party. In about three months time, they dated and were married. After returning from four years overseas in the Army, Jasper worked at the Pueblo Depot for several years. Connie worked as a teacher's aide at the Jefferson Grade School. The couple has a son, Charles.

Chris/Dorothy Christiansen, 61 Yrs

Chris and Dorothy Christiansen were married on May 17, 1945. Natives

of Michigan, Chris and Dorothy met at a dance. World War II separated the couple for some time, but five days after he received his Army commission in May 1945, they were married. After retirement from the military, Chris worked for 20 years as director of conferences and institutes at the University of Colorado. The couple moved to Pueblo in 1993 to be near their daughter, one of their three children.

"Extreme Kids" Let's Families Participate Together

from page 14.

mately extreme sports like whitewater kayaking and rock climbing?

For starters, answers Graham, precisely because you and your kids can participate together. As opposed to traditional team sports where parents are gen-

erally relegated to the sidelines, in most outdoor sports, it's a family affair. Everybody plays.

Additionally, Graham argues, outdoor sports offer a greater measure of self-reliance than comes from most team sports and forces kids to think for them-

selves and develop a healthy respect for danger — something they don't get by kicking a ball around or playing video games.

When it comes time to hand his kids the car keys — the most dangerous thing most of us will ever do for our kids — Graham is confident his boys will have "good heads on their shoulders," he says.

"As your kids get older," he says, "the time just seems to go by faster

and faster. There's something about doing these sports with them that really slows things down. It's a way of making the most of our time together before we have to let them go."

IF YOU GO

"Extreme Kids: How to Connect With Your Children Through Today's Extreme (and Not So Extreme) Outdoor Sports" is published by Wilderness Press in Berkeley, Calif.; (800) 443-7227 or mail@wildernesspress.com

Buckley

from page 3.

Henry Kissinger said to Charlie Rose that he thought it a responsibility of the United States to extract from the regime in Tehran a description of what kind of security would satisfy Iran, in the absence of nuclear power. What could be guaranteed to Iran, as to Israel, that would induce them to consider life without the superbomb?

This is very difficult to answer. Some nations that have the bomb want it

in order to ... be a nuclear power. Apart from that, it's hard to visualize a means of satisfying Iran that it can be forever secure from -- whom? Pakistan? Turkmenistan? And what could persuade Israel to jettison its nuclear bomb? Short of conversion of the Muslims to other gods?

But the sheer suggestion of such movable considerations stimulates thoughts we can divulge next time to Charlie Rose.

CANON CLUB APARTMENTS
AFFORDABLE SENIOR HOUSING

- Low Income Housing
- Close To Downtown
- Laundry & Community Rooms
- Efficiency & 1 Bedroom Apartments

275-0219

431 Macon St. Canon City, CO

VOTE!

Experience - Knowledge
Patricia A. McFarland
Fremont County Treasurer/Public Trustee

Republican Candidate

Committee to Elect Patricia A. McFarland, Dana Payne, Treasurer

WE'RE MOVERS NOT SHAKERS.

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

719-543-9000

TWO MEN AND A TRUCK.
"Movers Who Care."
4043 Club Manor Dr. • Pueblo, CO 81008

Assisted Living At Its Best!

The Legacy Commons

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

Are YOU on the right TRACK?

Our track programs are designed to support your specific fitness goals. All include a three-month membership, and most importantly, elements that monitor and support your specific goals and that are overseen by a health professional.

- Heart Track**
Designed for members with heart disease, those who have many risk factors for heart disease, or those who want a heart healthy fitness program.
- Back Track**
Designed for members who suffer from low back issues or form members who would like to prevent future back problems.
- Trim Track**
Designed for members who are interested in a sound program of exercise and diet to reduce weight sensibly.

The path to better health is seldom traveled alone. We're here to help.

Physical fitness is about more than just pumping iron. It's about good health - no matter your age. And it's about finding the right people who understand your health issues and are committed to helping you meet your goals for overall wellness. At St. Thomas More Health & Fitness Center, our staff includes certified cardiac therapists, athletic trainers and personal trainers. Whether you are on a recovery plan from an illness, or just want to feel stronger and have more energy, we can help.

From our members:
"...I have tried several years to lose weight & this is the 1st time I have really succeeded & I feel its due to Sue's knowledge caring & dedication, & Sara's help with the diet." ST 2/06
"The stretching program has been the most helpful. I have a minor disc bulge in L-5. I'm now working on strengthening. This program is just what I needed and I have no pain. I am getting stronger and in better shape." B.W. 11/05

St. Thomas More Health & Fitness Center
269-8790
715 S. 9th St. Canon City

Centura Health.

Colorado Springs McClave

Racine's
LOCKSMITHING & SECURITY

Emergency (Medical)
Alerts We now offer Alerts with GPS tracking for Peace of Mind wherever you travel.

1-800-925-5007
Serving all of Southern Colorado
802 W. 1st St - La Junta
www.keyalarms.com

Securing your world since 1980!

Cheraw Canon City Pueblo

Traveling: There's Nothing Like A Holiday!

ADVENTURING: Taking Kids To Extremes

by Patrick Joseph

When his oldest son, Taylor, turned 5, Scott Graham got the idea of taking him snow camping. That is, they would celebrate the little boy's birthday by snowshoeing into the woods, digging a cave in a snow bank, and spending a long, frigid night sleeping inside.

The Durango, Colo.-based author begins his new book, "Extreme Kids" (Wilderness Press, \$16.95), with the story of their trip. Under normal circumstances, there is nothing especially extreme about a cave in a snow bank, and spending a long, frigid night sleeping inside. It can be a cold and claustrophobic experience to be sure, but it

hardly gets the adrenaline pumping.

With a youngster along, however, the dynamics change. It's one thing to put yourself through a night of voluntary suffering in the name of adventure. It's another thing entirely to subject your child to it.

Realizing the potential for things to turn out badly, Graham planned the snow camping adventure carefully. He dug the cave in daylight, then returned again with his son at nightfall. He brought along plenty of extra insulation for assured warmth. And, perhaps most important, the cave was close enough to the car that a hasty retreat was possible if it came to that.

It didn't. Nudging his son awake after a long night in the cold confines of the cave, Graham reports that, "The wide-eyed look of pride and accomplishment that swept across Taylor's face ... was as gratifying as anything I'd experienced to that point as a parent."

That night, he continues, became the yardstick against which all subsequent adventures with his wife and two boys would be measured.

For both father and son, in other words, it was the experience of a lifetime.

But was it extreme? Thankfully, Graham takes pains to define the word in a way that has less to do with its modish X-Games associations and more to do with subjective experience. If it seems extreme to you and your kids, then it is.

"The word is everywhere today and, so, it seemed unavoidable. But the book is partly a refutation of the whole culture of 'extreme,'" he says. "At the same time, it's also an owning-up to the risks involved in outdoor sports."

Surely, one of the greatest re-



"Extreme Kids" tells how to connect with your children through extreme sports like whitewater kayaking and other less-intense outdoor activities.

photo: c. Jackson Kayak/Wilderness Press

wards of parenthood is the opportunity to teach your children what you know and to experience with them the things you enjoy. But the potential rewards come with a heavy burden of responsibility if the things you enjoy happen to be inherently dangerous.

In "Extreme Kids," Graham doesn't shy away from this conundrum. While his book is primarily a how-to manual, with useful information on everything from gear to outfitters and destinations, broken down sport by sport, it also pays ample attention up-front to the question of why.

Why pursue outdoor adventure with your kids at all — especially legiti-

SEE "EXTREME" PAGE 15.

IT'S RAINING CATS AND DOGS!
DURING HOBBS
ANNUAL INVENTORY REDUCTION SALE!

LAMINATE FLOORING
 A popular choice! Durable, easy-to-install, and easy to care for too! Beautiful woodgrains.
 Reg. \$2⁶⁵ sf.
AS LOW AS \$120 sf.

SOME QUANTITIES LIMITED!

SHEET VINYL
 12' and 16' widths. No wax surface in a variety of tile and stone looks.
AS LOW AS \$499 sy.
 Values up to \$15⁹⁵ sy.

CERAMIC FLOOR TILE
 13" x 13" size, will enhance any room in your home!
AS LOW AS 99¢ sf.
 Values up to \$2²⁵ sf.

CARPETING
 Your choice of a variety of styles, from Berbers to Textures. Roll ends and one-of-a-kinds.
AS LOW AS \$599 sy.
 Values up to \$21⁷⁵ sy.

OUTDOOR CARPET
 For your porch, patio, deck or RV.
 12' wide, in a nice selection of colors!
AS LOW AS \$499 sy.
 Values up to \$8⁹⁵ sy.

HURRY IN FOR BEST SELECTION!
Linoleum, Tile & Carpet

(719) 542-2212 • 346 S. Santa Fe Ave.
 Mon.-Fri 8:30 - 5:30 Sat. 8:30 - 4:00

Won't You Help Us Raise Money To Help Battle Crohns & Colitis

(Every penny donated to the Crohns & Colitis Foundation of America)



POSTAGE STAMPS FROM A PRIVATE 70 YEAR OLD COLLECTION.

Specially hand-picked just for you. Each stamp has been valued at 20 cents. 100 used postage stamps from selected eras including pre-canceled, foreign, seldom seen U.S. postage stamps all in good to excellent condition. What a great and unusual gift for your grandchildren!!!

Just \$19.95 delivered

For a limited time get a bundle of 100 postmarked one to ten-cent stamps absolutely free with every order (a \$20 value). CALL TODAY! Won't You Help Robin Lynn Grasso Raise Money To Help Battle Crohns & Colitis, learn a little about the history of stamps yourself and invest in the future.

U. C. King Stamp Company

Make check/money order payable to CCEA and send to Beacon Publishing, P.O. Box 7215 - Pueblo West, CO 81007

Call 406-4539 for info!

Your Trusted Source of Companionship and Home Care for Seniors.



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



With a little help from a friend.

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

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

Each Home Instead Senior Care franchise is independently owned and operated.

homeinstead.com



SENIOR SAFETY

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



Marketplace ABCs: It's Back-To-School Time Again!

by Katie Carroll, Better Business Bureau

As the school year begins, the Better Business Bureau of Southern Colorado is encouraging parents to join their kids and boost their learning skills when it comes to being savvy consumers.

Here are the BBB of SC's "marketplace ABCs."

Ask for All details relevant to the sale. This is particularly important when shopping online. Before agreeing to purchase a product or service, you should:

- Know the physical location and phone number of the merchant.
- Read the refund and return policy.
- Have any warranty or guarantee details in writing.
- Be familiar with delivery/shipping costs and time schedules.
- Feel comfortable that the merchant is reliable and not the subject of consumer complaints.

Be able to trust that any information you submit to complete the sale transaction will be treated with the proper care.

Be your own best protector. Be leery of high pressure, "too good to be true" sales claims.

- Say "no" if you do not believe

you have received satisfactory answers to your questions. Legitimate businesses will not insist on immediate sales and are happy to provide you with the information you need to make a wise purchasing decision.

• Read before you sign anything to make sure you understand it and to make sure it matches what the salesperson told you.

• Get every sales promise in writing.

Carefully check out businesses and all offers before signing anything.

• Do your homework before paying any money up front.

• Don't release any personal or financial information (this includes your Social Security number, mother's maiden name, credit card or bank account number and other personal data) without knowing exactly how it will be used and protected.

When in doubt, always check it out. The BBB of SC has reports on more than 23,000 companies in southern Colorado. Our Web site has a link to our national site that has reports on more than two million businesses and charities. Go to www.bbb.org to get information about a company before you buy.

"It's just good business."

SCNB
 Southern Colorado National Bank

Decisions Centered in Southern Colorado, Solutions Centered on You!

SCNB's Board of Directors

Walt Basset, Jr., Tom Cone, Keith Varner, Barb Vidmar, Michael Pugh, Jim Hadley

The decision makers that are here to help you.

SCNB
 Southern Colorado National Bank

Where every customer is important.

3595 Spaulding Avenue, Pueblo
 7 Spaulding Avenue, Pueblo West

719-253-BANK (2265) • www.scnbanks.com

The fine folks at the two locations of **Southern Colorado National Bank** are proud to be the sponsors of this month's **Senior Safety** feature. Visit either bank at 3595 Spaulding off of Pueblo Blvd near Highway 50 W or 7 E. Spaulding in Pueblo West and see for yourself what personal service in banking really should be.

Beware Gas Savings Devices

With gas prices continuing to rise, fuel enhancers may seem to be the solution, but recent studies suggest such devices could be more harmful than helpful.

Consumers should be aware of devices that allegedly "boost mileage by an extra six miles per gallon," "improve fuel economy up to 26 percent," or "approved by the Federal Government." For the most part, they are without merit.

The Environmental Protection Agency (EPA), has tested more than 100 supposed gas-saving devices — including mixture "enhancers" and fuel line magnets, and found that very few, if any, improve gas mileage. Some "gas-saving" devices may actually damage a car's engine or increase exhaust emissions.

For more information about conserving gas, go to www.epa.gov/otaq/consumer.htm or www.fueleconomy.gov.

The Better Business Bureau of Southern Colorado recommends the following tips to improve gas mileage:

- Buy only the octane level of

gas you need. Check your owner's manual to determine what octane your car needs.

• Stay within posted speed limits. Gas mileage decreases rapidly at speeds above 60 miles per hour.

• You can improve gas mileage up to five percent around town if you avoid jerky starts and stops.

• Use overdrive gears and cruise controls when appropriate on highways. Keep windows closed when traveling at highway speeds. Open windows reduce your mileage by 10 percent.

• Avoid rough roads. Dirt or gravel can rob you of up to 30 percent of your gas mileage.

• Remove excess weight from the trunk. An extra 100 pounds can reduce a typical car's fuel economy by up to two percent.

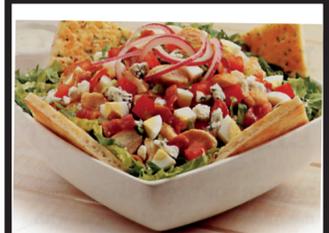
• Tune the engine, inflate and align the tires, change the oil on schedule, and check and replace air filters regularly. Replacing clogged air filters can increase gas mileage up to 10 percent.

"It's just good business."

New Fraud Uses Phone To Entrap

A new fraud called "Vishing," has emerged in the past month. People are phoned at random by an automated

telephone system and informed that their credit card has been used illegally. This is a spin-off of a fraud called "Phishing," whereby a con artist sends an e-mail to a potential victim pretending to represent someone else.



NEW FLATBREAD CHOPPED SALADS

\$2.00 Off
 any Salad or Regular Sandwich Combo

Offer expires 10/31/06
 Not Good With Any Other Offers
 Hours 10 AM to 10 PM Daily
WE DELIVER!

2147 Fremont Drive
 Canon City, CO 81212
 275-4558

Victims are told to dial a fake 800 number, which connects them to a service requesting the victim provide their credit card number information or bank account number. The criminals are free to use this information in any way they choose.

This is one of the most advanced scams because it uses something called VoIP, which stand for, voice over internet protocol. VoIP technology allows con artists to disguise his/her phone number, leading victims to believe the phone call is from a legitimate financial institution.

The Better Business Bureau of Southern Colorado strongly recommends that consumers do not give out any financial information by phone or e-mail unless the consumer initiates the transaction with the organization or business.

"It's just good business."

Emphasis On Tanning Can Mean Much Sorrow

by Patricia McLaughlin

We don't let tobacco companies sell cigarettes to kids. So why do we let tanning salons sell them skin damage?

Ultraviolet light is a known carcinogen. Indoor tanning with high-powered sunlamps increases cancer risk. Nobody wants cancer.

Discussion over? Nope. "The dermatologists have been trying to link indoor tanning to skin cancer for 20 years, and there is no proof," John Overstreet told The New York Times recently. As executive director of the Indoor Tanning Association, he's paid to say so.

Remember how, for the longest time, at least according to the folks at the American Tobacco Institute, there was no proof that smoking caused cancer? People smoked, and they got can-

cer, sure -- but maybe they would've got it anyway. Who really knew?

According to the Times story, the World Health Organization, the American Medical Association and the American Academy of Dermatology all agree that indoor tanning is a health hazard on a par with smoking cigarettes, and argue that it shouldn't be available to minors. Since 2003, 19 states have passed laws that restrict (to some extent) the access of children and teenagers to tanning salons.

Why only 19? And why only to some extent?

Maybe because the U.S. indoor tanning industry racks up \$5 billion a year. The folks who collect that money have naturally grown attached to it, and they'd just as soon keep the cash rolling in. Five billion dollars can pay for a lot of talk by high-priced lobbyists about how wonderful indoor tanning is and how maybe it won't kill you after all, and how terrible it is that these heavy-handed, red-tape-happy local governments want to keep kids out of tanning salons.

Lobbyists have a legendary affinity for style: In the 1980s, the corridors of the House and Senate office buildings were nicknamed Gucci Gulch in tribute to the shoes worn by lobbyists who hung out there hoping

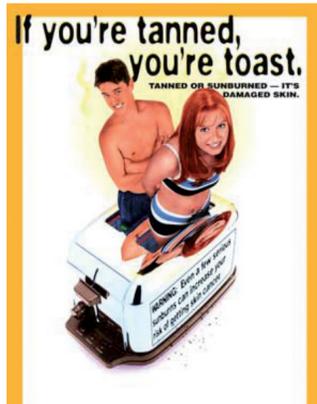
to buttonhole congresspersons and influence legislation. Maybe they truly sympathize with people willing to risk their skin to look a certain way -- i.e., tan. Maybe that explains the passion so many of these expensively shod and tailored mouthpieces bring to their defense of the God-given rights of other people's 14-year-old daughters to the pursuit of the perfect tan. Well, that and the \$5 billion.

But what accounts for the customers? Who in her right mind is going to fork over \$19.99 a month -- or more -- for the privilege of repeatedly exposing her tender, irreplaceable skin to a known carcinogen? (Not to mention that ultraviolet light is also the prime creator of lines, wrinkles, crows' feet, sags, bags, wattles, age spots, etc.)

On any given day, according to the AAD, around a million Americans visit a tanning salon; each year, 30 million of us pay to damage our skin with ultraviolet lamps. More than 70 percent are female; 2.3 million are teenagers.

They want to be beautiful. Last year, a poll by the AAD found that 92 percent of those surveyed understood that getting a tan from the sun is dangerous, but 65 percent thought they looked better when they had a tan. Many women go to tanning salons because they think, thanks to cleverly worded advertising by the industry, that it's safer than getting a tan the old-fashioned way. In fact, it's just as dangerous and damaging -- maybe more, since nobody wears sunscreen in a tanning booth.

I asked Dr. Shelley Sekula-



The Centers for Disease Control warns young people about the dangers of tanning.

Gibbs to explain why tanning salons attract so many teenage girls. A former president of the Texas Dermatological Association, she had campaigned to keep anyone under 18 out of tanning salons in Texas; the legislature finally agreed to bar children under 13.

She thinks girls tan because they aspire to be perfect -- or, anyway, to look perfect. They think that "if they're tanned, their imperfections are concealed," she said, "whether it's a little spider vein or skin irregularities or cellulite or a pimple." She said she advises her young patients to use the kind of sunless tanner that comes in a tube or bottle instead of using sunlamps. "You get the coverage and the desired concealment, but you won't pay the long-term price."

Dutch Chair Among Icons Of Any Garden

by Marty Ross

The crisp lines of Gerrit Rietveld's "red and blue chair," designed in 1918 and now in the collection of the Museum of Modern Art, have inspired a new generation of sturdy and comfortable garden chairs perfectly suited to life among the roses.

The sharp design of the Rietveld chair was adapted slightly for use in the public garden at Innisfree, in Millbrook, N.Y., in the 1960s. That design was picked up by the workshop at Wave Hill garden, in the Bronx, about 20 years ago.

It quickly became one of Wave Hill's hallmarks. Dozens of them have found their places around the beautiful old garden overlooking the Hudson River. Visitors claim them -- for a few hours at a time -- for their own, moving them to their favorite spots and arrang-

ing them in conversational groups on the lawn.

"The chair is Modern with a capital 'M,' but because of its simplicity, it is also a timeless design," says Suzy Brown, director of visitor services at Wave Hill. The chair's form, somewhere between upright and reclining, "is just a really lovely way to situate yourself," Brown says. "It works if you want to read the newspaper or shut your eyes and take a nap."

Rietveld's original chair, intended for use indoors, was made with a single bright red plank for a back, a blue seat and black supporting braces with sunny yellow spots on the ends. New chairs manufactured according to Rietveld's design by an Italian company sell for about \$800.

Even a miniature version, 6 inches tall for truly enthusiastic collectors, costs \$200. Wave Hill's garden version of the chair sells for \$180 plus shipping, and do-it-yourself plans are available for \$10 to \$20.

The design is so popular that Wave Hill sells the chairs in two sizes, for adults and children. A slightly different version of the chair can be found on the grounds of Chanticleer garden in Wayne, Pa., and at the Scott Arboretum of Swarthmore College.

The chair was also altered slightly for Lewis Ginter Botanical Garden in Richmond, Va. The design may never be quite as ubiquitous as the classic Adirondack garden chair, but its place in the landscape seems assured.

Dan Benarcik, a horticulturist at Chanticleer, fell for the chair when he visited Wave Hill years ago. He bought the plans but found himself struggling with them, so he decided to make a few changes to simplify the construction of the chair.

"I'm one of those people who have to do things differently," he says. His version relies on standard-sized lumber -- he prefers red cedar -- and uses stainless steel screws. He also made a few design changes, shortening the seat slightly. Benarcik teaches

popular workshops in which students make his version of the Rietveld-style chair in about three hours.

Purists will argue that it's not right to tinker with the design of a great icon of the Dutch "de Stijl" movement, Benarcik says, but the changes are scarcely noticeable, and they make the chair more durable for outdoor use and more comfortable to sit in.

The well-known Adirondack chair, in its many forms and adaptations, is itself a modification of the Westport chair, designed by Thomas Lee in Stony Sides, N.Y., in about 1900.

"I love Adirondack styles, and there are lots of wonderful variations," Benarcik says. He collects versions of the Adirondack chair and sometimes salvages old garden chairs and makes patterns from them to preserve homemade designs.

Making your own garden furniture is like growing plants from seed, Benarcik says. It is deeply satisfying, even if your first efforts aren't very successful. The challenging design of the Rietveld chair, or the plans for any garden carpentry project, shouldn't stop you from trying.

"You should have seen some of my first pieces," Benarcik says. "I'm more enthusiastic than talented."

Don't be afraid to mix styles in your own garden, Benarcik says. At Chanticleer, several of the gardeners have made different chairs, and each has its own character. At home, Benarcik has a Rietveld chair and a modified Westport chair in his front yard.

Think of these beautiful chairs as sculptures you can sit in. Rietveld and other "de Stijl" designers wanted their work to help people focus more clearly on their domestic surroundings. Almost a century later, his design is helping bring gardens, great and small, into sharp focus.

(Marty Ross is a garden writer in Kansas City, Mo.)

SOURCES: TAKE A SEAT

-- Wave Hill (www.wavehill.org) sells Rietveld-style garden chairs in two sizes, for adults and children



The Wave Hill chair, an adaptation of Gerrit Rietveld's "red and blue chair," designed in 1918, fits comfortably into gardens of all kinds. At Wave Hill, a public garden in the Bronx, N.Y., it has become a favorite of visitors. photo: Wave Hill

(\$180 plus shipping), and plans for its version of the chair, which was adapted from Rietveld's design in the 1960s (\$10).

-- Another version of the chair is available from www.thegardenchair.com (\$239 plus shipping).

-- Dan Benarcik sells his plans for a Rietveld-style chair, adapted from Wave Hill's plans. He teaches workshops in which students make their own chairs. Workshops have also been held at the Scott Arboretum at Swarthmore College (www.scottarboretum.org), and one is planned for this fall at Brookside Gardens in Silver Spring, Md. (www.mc-mncppc.org/parks/brookside/). For a copy of Benarcik's plans, send \$20 and a self-addressed, stamped envelope to Garden Chair, P.O. Box 7494, Wilmington, DE 19803.

-- Rietveld's "red and blue chair" is now made in Italy and is available from several sources in the United States, including Gibraltar Furniture (<http://gibraltar.stores.yahoo.net/gethgiar.html>). Design Within Reach sells a miniature version (www.dwr.com/productdetail.cfm?id=0561).

Why Not Donate To Crohn's & Colitis Research c/o Robin Lynn Grasso Beacon Publishing
P. O. Box 7215
Pueblo West, CO 81007-0215
Make Checks Payable To CCFA.
(Crohns & Colitis Foundation of America)

Golfers! You're Invited!
Senior Beacon & the GolfNutz Golf League Are Sponsoring the **FIRST EVER Robin Lynn Grasso Charity Golf Tournament**
Four-Person Scramble
Saturday, Oct. 14, 2006
9:00am Shotgun Start
Desert Hawk Golf Course
To Raise Money for the Crohn's & Colitis Foundation of America (CCFA)

EVERY PENNY OF THE PROCEEDS GOES DIRECTLY TO CCFA'S RESEARCH CENTER



Proud To Be Independent
At Montgomery & Steward Funeral Directors, we're proud to be independent -- just like you. We're owned and operated by lifetime Puebloans -- not by any of the giant funeral home chains. This means we only answer to the families we serve, not to outside stockholders.

Your independence allows you to select which funeral home you will call at the time of need, or when considering a pre-need plan. That same independence allows you to choose a local funeral home where you know your wishes will be followed to the letter.

You'll be pleased to know that you have the freedom to change your pre-need plan from a funeral home chain to Pueblo's funeral home -- Montgomery & Steward. We honor funeral plans made with other funeral homes. Just call us and we'll be happy to explain your options and handle the details for you.

Since 1922, we've worked hard to make a positive difference in the Pueblo Community by providing service and care for families of all faiths and ethnic origins.

Please call us today. We never use high pressure sales tactics. We'll be happy to answer your questions and discuss your options at your convenience at our funeral home or in the privacy of your home.

Marvin F. Steward

Member of the GOLDEN RULE

Member of the NATIONAL SELECTED #1000

Since 1922 MONTGOMERY & STEWARD Funeral Directors, Inc.

- Funeral Services
- Pre-need Plans
- Cremations
- Burial Planning
- Granite Monuments
- Bronze Memorials

14th and Main Streets, Pueblo, Colorado 81003, (719) 542-1552
Visit our web site: www.montgomerysteward.com

Country Kitchen

SENIOR GUESTS
These feature smaller portions
*Country Fried Steak..... \$5.89
Senior Cheeseburger..... \$4.99
Each Dinner Served With Your Choice of soup or salad!
Country Fried Steak..... \$5.99
Liver & Onions..... \$5.99
Choppe Steak Dinner..... \$5.99
Pork Chop..... \$5.99
Roast Turkey Dinner..... \$5.99
Cod Dinner..... \$5.99
Roast Beef Dinner..... \$5.99

TWO SENIOR DINNERS Just \$10.99

present ad - expires: 8/30/06
4137 N. Elizabeth St. Pueblo, CO - 545-3179
Major Credit Cards Accepted
COUPON-COUPON-COUPON

Yesterday's soldiers..... Today's HEROES

Bruce McCandless
Colorado State Veterans Nursing Home

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

Call today for a free information packet (800) 283-2668
0903 Moore Drive Florence, CO 81226

Dave Anderson, CRS
Certified Residential Specialist
Your Seniors' Real Estate Specialist

CHECK THIS OUT! → **LAKE PUEBLO CAM.COM**

Dave is your Seniors Real Estate Specialist, call him for all your real estate needs. Go to **(lakepueblacam.com)** for live pictures of Lake Pueblo and current weather. Call Dave at 547-1708 or 250-1506.

723 Kalispel \$ 91,900 2 bed-rooms, 2 baths, fenced yard, car port, sunroom!!!
36197 Daniel Rd \$206,900 4 bdrm, 2 car garage, 3 ba. On the Mesa. . MLS#R96677A

Dave Anderson, GRI, CRS, SRES
RE/MAX Pueblo West, Inc. RE/MAX Pueblo West, Inc.

Just \$55.00 per player includes:

- 18-holes of golf • golf cart • Lunch after the event • Door Prizes
- Special prizes for 1st place finishers commemorating the event
- Hole-In-One Chance (Castaways Getaway) • Many Surprises
- Prize for the person who hits it closest-to-the pin on each par 3
- Don't Miss This Tournament!

Pick Your Own Team - Bring Arnie & Jack & Tiger If You Want Because We Don't Care Who Wins Or By How Much - This Is A Fun Tournament With Lots Of Prizes And The Real Winners Will Be Those Afflicted With Crohn's or Colitis.

Hurry! Deadline Is Sept. 23, 2006 and we do have a cut-off number. I'd Love To Play and Here's My Foursome:

1. _____ 2. _____
3. _____ 4. _____
I Don't Have A Foursome But Would Love To Play: _____

Phone Number Please _____
Make checks payable to: Beacon Publishing
Send: P.O. Box 7215 - Pueblo West, CO 81007-0215