

# Reeling "Holiday Film Preview"

by Film Critic Betty Jo Tucker, Pueblo

**WAY TO GO, PENGUINS!** Nothing can stop the penguin mania sweeping our nation. It started in 2005 with that wonderful MARCH OF THE PENGUINS documentary and gained considerable momentum when the animated HAPPY FEET danced into our multiplexes last November. This month, a DVD release called FARCE

OF THE PENGUINS will probably encourage even further interest in what may husband calls "the best-dressed creatures of the animal world." Evidently, irreverent comedian Bob Saget is smart enough to realize the allure of penguin power. His FARCE OF THE PENGUINS spoofs the Oscar-winning MARCH OF THE PENGUINS. But this time, instead of Morgan Freeman's velvet-toned narration, the story is narrated by the equally easy-on-the-ear Samuel L. Jackson. Saget, who wrote and directed this satire, has combined real penguin footage with such voice talent as Christina Applegate, Lewis Black, Tracy Morgan, Mo'Nique and many other well-known celebrities. "A heartfelt 'thank you' goes out to all my comedic friends who were kind enough to get on board to help me expose the seedy, sordid, sex-slaved world that is penguin life," says Saget.

Although FARCE OF THE PENGUINS is definitely NOT for the entire family, HAPPY FEET reaches the inner child in all of us. It tells the story of Mumble, an Emperor Penguin who can't sing like the rest of the birds. He has a terrible voice, but he's a terrific tap dancer -- which makes him an outcast. While the rest of the penguins find their "heart songs," Mumble's feet express his love and joy in ways his vocal chords cannot. Little do any of the penguins know that Mumble and his tap-dancing talent might end up saving them all.

Mumble's mother (voiced by Nicole Kidman) thinks what her son does with his feet is "kinda cute," but his father (voiced by Hugh Jackman) insists he should try to fit in and stop his hippy-hop nonsense because "It ain't penguin!" As Mumble (voiced by Elijah Wood) grows up, he starts having feelings for Gloria, an expert singer (voiced sensationally by Brittany Murphy) -- but he finds it difficult to get close to her because his vocalizing efforts are so ugly.

Who knows? Perhaps, as HAPPY FEET suggests, tap dancing might one day save the world. (HAPPY FEET, released by Warner Bros. Pictures, is rated PG for mild peril and rude humor.)

This just in: more news about penguin mania: SURF'S UP, splashing onto our big screens this summer, will star -- you guessed it -- a surfing penguin. I can't help wondering what's next. PENGUINS IN SPACE? LORD OF THE PENGUINS? B R O K E B A C K PENGUINS? Consider yourself warned.

Williams with a Spanish accent) and a group of smaller penguins from a different tribe who really like his dancing and want to help him win Gloria over. As a sort of grand gesture, Ramon gives it his all in a rousing ventriloquist rendition of "My Way."

Sadly, these efforts backfire, but Mumble's new friends also decide to assist him in his mission to find out why the penguins are so short on fish, their source of food. This is when the film takes on a darker tone as Mumble, Ramon and friends go on a long, dangerous journey to find out about the "aliens" (humans, of course) who are responsible for the penguins' food problem. Warning: this part of the movie might be too disturbing for very young children.

Although I'm impressed with the dazzling look of HAPPY FEET and the way it explores important issues relating to tolerance, diversity and ecology, what I enjoyed most about the film was its spectacular singing and dancing sequences. As the world's most avid fan of movie musicals (you can look it up), I became enchanted with the variety of songs in this film and those cute tapping feet. When I got home, I even put on my old tap shoes and did a few lively time steps myself.

Things start to look up for Mumble when he meets Ramon (voiced by Robin Williams with a Spanish accent) and a group of smaller penguins from a different tribe who really like his dancing and want to help him win Gloria over. As a sort of grand gesture, Ramon gives it his all in a rousing ventriloquist rendition of "My Way."

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Read Betty Jo's movie reviews at [www.reeltalkreviews.com](http://www.reeltalkreviews.com). Autographed copies of her two books, CONFESSIONS OF A MOVIE ADDICT and SUSAN SARANDON: A TRUE MAVERICK are available in Pueblo at Barnes & Noble Booksellers and Waldenbooks.

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# Senior Beacon

IF YOU ARE 50 OR OLDER YOU SHOULD READ IT!  
January, 2007 Vol. 25: No. 6 Established Aug., 1982 294 Consecutive Months!

## Did You Know January Is Glaucoma Awareness Month!

by Sid Smith - Rocky Mountain Eye Care - Southern Colorado

You may know someone who has glaucoma. Maybe it runs in your family. Perhaps you have glaucoma. But what is glaucoma, exactly?

Glaucoma is a leading cause of blindness in the United States. It is preventable, but once vision is lost from glaucoma it usually can not be restored. Modern tests can detect glaucoma at even earlier stages, before vision is lost. Eye doctors have therefore focused new attention on this blinding disease. Research is helping us understand more about the underlying causes of glaucoma, and how to treat it.

In fact, glaucoma is not actually one disease, but a group of similar diseases. In all types of glaucoma, the fluid pressure inside the eye (the "intraocular pressure") is higher than the eye can tolerate. Not all people with glaucoma have high eye pressure. Some people's eyes are just more easily damaged by pressure. In any case, when the pressure in the eye is higher than the eye can stand, the optic nerve can be damaged. Since the optic nerve carries the signal of vision from the eye to the brain, damage to it causes loss of vision.

Early in glaucoma, the nerve damage is not bad enough to cause any

vision changes. The first vision affected by glaucoma is typically side vision, or peripheral vision. It is very difficult for people to tell when their peripheral vision is affected. Most people first recognize the symptoms of glaucoma when it begins to affect their central vision. Unfortunately, once glaucoma has begun to change central vision, the treatment is more difficult. Useful vision can not always be saved at this point. Fortunately, eye doctors can detect glaucoma in the earlier stages during your routine dilated eye examinations, and start treating the disease before vision is affected.

Glaucoma is not related to diet, exercise, or lifestyle factors, like some other health problems. As a result, there are no lifestyle modifications to help prevent glaucoma. Glaucoma is an aging process, and becomes more common as people get older. Not everyone gets glaucoma with age, however, and some people may simply be at more risk. This is probably because of their genetic and physical makeup, things we can not control. Simply put, most glaucoma is due to a combination of aging and bad luck. The risk of developing glaucoma can run in families, and people whose family members have had glaucoma should be checked by an eye doctor more frequently. People

who have ever had an eye injury are also at higher risk for glaucoma, and should be checked every year. Even people with no family history of glaucoma are at risk. Regular screenings are recommended for all adults every year or two.

To check for glaucoma, ophthalmologists measure the eye pressure in both eyes, and dilate both eyes with drops. After the eyes are dilated, the optic nerve can be seen. Certain changes in the optic nerve can indicate glaucoma. Sometimes the nerve can appear cupped out, as if a piece was missing from the middle of the nerve. Other times, a notch or bleeding is visible at the edge of the nerve. These and other things are clues to glaucoma.

In addition to eye examinations, there are now several tests for glaucoma. One, called a visual field test, uses a machine to help map out peripheral vision. The visual field test is a good way to tell how much vision a person with glaucoma has already lost, and how much they have left. Visual field machines have been around for a while, but newer machines are faster and more accurate. An even newer group of tests measure the nerve directly for damage. These machines, called nerve fiber analyzers, can tell how much of the nerve has been lost from glaucoma. These are

good tests because they can pick up glaucoma before it affects vision. That way, treatment can be started early, to prevent any loss of vision.

Treatments for glaucoma include glaucoma eye drops, laser treatment, and glaucoma surgery. Eye drops work by lowering the pressure in the eye. They must be taken every day to keep the pressure down. Fortunately, modern eye drops are safe and well tolerated. People with serious glaucoma can require more than one eye drop, and not all glaucoma can be controlled just with eye drops. Laser treatment is another option for some patients, and even eye surgery may be needed to keep severe glaucoma under control.

With the newest glaucoma tests, people at risk for glaucoma can be detected earlier. Although there is no ultimate cure for glaucoma, modern treatment and public awareness help keep most people from going blind from glaucoma.



Eric Blom.

## Pueblo Health Expo Caters To Your Well-Being

by Jillian Maes

The New Year is bringing a new event to the Pueblo community! It is the first event of this magnitude with emphasis in health, nutrition, fitness, recreation, safety and overall well being, being presented to the residents of the Pueblo area. The 2007 Pueblo Health Expo will be held on Saturday, January 27, 2007 from 8 am to 3 pm at the Pueblo Convention Center. Numerous community agencies and organizations throughout Pueblo have partnered together to present this comprehensive health fair.

It is anticipated that 500-1,000 participants will be in attendance for the day-long event. Health screenings, vision screenings and fitness assessments will be provided at no cost to the community including: Blood Pressure, Pulse Oximetry, Lung Function, Vision, Blood Sugar, Cardio Step Test, Grip Strength & Flexibility, Body Mass Index, Stress Management & Depression, Community Resources & Women's Health Issues and Ask a Medical Expert. These screenings will be provided for the first 500 people who register that day. People

who wish to partake in the screenings will need to fast for at least one hour prior to the screenings for an accurate blood glucose result, and are recommended to wear comfortable clothing.

There will also be cooking and fitness demonstrations, as well as presenters speaking on healthy lifestyle topics, including John Register, a former Para-Olympian, now a motivational speaker. A host of vendor booths will also promote various services and products available in our community to increase active and healthy lifestyles.

People of all ages in Pueblo and surrounding communities are invited to actively participate in the first Pueblo Health Expo by taking advantage of the free health screenings and abundance of health information. Get active... live healthy!

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For more information, please call 549-4518.

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## Senior Life Festival Needs Nominees

The Senior Life Festival would like to recognize Grandparents at our annual Senior Celebration in May of 2007. Nominations are needed for Grandparent of the Year for 2007.

Please submit a written letter of nomination explaining why your grandparent is special. The contest is open to all Southern Colorado residents. Please print your nomination, and send to Bernadette Santistevan P.O. Box 3807 Pueblo, CO 81005. They are due by Feb. 28th 2007.

Please submit your nomination with the following heading:  
Why my Grandfather/Grandmother should be recognized as Grandparent of the year. Please include Grandparents name, address, and phone number and include your name, address and phone number. The winner will be recognized at our annual Senior Life Festival. We have a selection committee that will read the nominations and select the Grandparent of the year. We will only select one grandparent. We are hoping that they will be able to attend the Festival to receive in person, this award.

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# Just One Guy's Opinion

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



## Happy New Year - 2007 Is Here!

What's in a year? Looking back and/or looking forward seems to be non-productive... it's the now that's important for as we all know all too well that our next breath could very well be our last. So, with that said, let's bid adieu to 2006 and aloha (great word aloha, it means hello and goodbye, just like ciao) to 2007.

We've changed the front page a little bit as you may have noticed but our focus is still the same: To inform and entertain as well as we know how. Now well into our 25th year, it seems that we have done some things right.

The old saw "the more things change, the more things stay the same" is certainly apropos. We live, we die, we laugh, we cry, we worry, we rejoice, we work, we play. Some of us are rich, some poor, we conform, we rebel, some heavy, some thin, some black, some white, some brown, some yellow, some evil, most not.

But in the final analysis what do we have? The age old question, "Why are we here?" For what purpose is this "veil of tears?" The spiritual among us would say it is for a higher purpose of serving God and humanity and you know what, most of us do just that. Some of us turn from spirituality and think man is our salvation through government with no God involved at all and there are far too many of us who are in that category. Finally, some of us (not nearly enough for sure) don't really think at all, taking each day as its own and dealing with what may come our way.

The purpose of this stream of consciousness is to wish you all a New Year 2007 filled with courage to face the bad things, persistence to overcome life's daily puzzles and generosity of spirit to help our fellow travelers for our stay is short and our window of opportunity closes at any instant. Be open to the caresses of life, or lack thereof, so when the good times and the bad times come as you know they will, you can embrace the graces that have been given you. Laugh and pray dear readers and be thankful for the place we live and the times we share.

## Meals On Wheels Needs Drivers

If you are able won't you call 545-8900 and tell them you'd like to help out with the Meals on Wheels Program by volunteering to deliver meals to Pueblo's frailest citizens. Believe it, you'll be glad you did, especially when you see the smiles on the recipient's face when he/she comes to the door. Do it!!!

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## Good Riddance Kofi! Can You Take The United Nations With You?

The last hurrah as it were from the lips of Kofi Annan, the Secretary General of the U.N. for the past what seems like an eternity, were arrows shot at the United States. This is the guy who presided over the worst obscenities that man can do to man. Let's see, where will I start? Oh yes, Kofi, where were you when the Hutus slaughtered the Tutsis or was it the other way around in Uganda? Why weren't you doing something with your power as the helmsman of the U.N.? And how about the genocide in Darfur Kofi, what did you do about that? I'm just getting started. How about your actions in regard to the Food-for-Oil scheme perpetrated under your watch by Saddam Hussein, your son and so many others willing to do anything to get that almighty buck? And the two I like best Kofi is the Food-for-Sex that's still going on in Africa with your wonderful U.N. humanitarians handing out food to families that let them have their way with their young daughters so the family doesn't starve to death, while your peacekeepers on the Israeli-Lebanon border watch as Hezbollah decimates Lebanon further fomenting hatred for the Jewish state and devastating a once very Christian Lebanon into some Roman holiday as if Hezbollah were the lions.

You, sir, have no credence to sling arrows at the United States. You sir disgrace the human race by enabling every manner of evil that could possibly be perpetrated upon mankind. Go and take the U.N. with you!

## Lib Dems Lied And Centrists Died

Ah, the American people have spoken and now we have a new course of action. Every chairperson of every committee that the House and Senate now control is a died-in-the-wool liberal. It seems absurd, especially since the Dems ran and got their power back because of centrists who are called blue-dog Democrats. What a slap in the face but expect more of the same.

Nancy Pelosi, the first woman Speaker of the House, has appointed none of those blue-dogs to places of power sending a very clear message to the newly-elected. I guess you could say the blue-dogs are, or will be, whipped pups. The United States has decidedly tipped severely Left and we will probably be tested just as severely. The liberal media got their way. Negativity sells and they played it to the hilt. The Dems got their power back by blocking most everything GWB and his party tried to do to make America a better place. It's funny in a sad way. *We the people* wanted change so desperately that we voted for the very people that caused most of the country's disarray, mostly trumped-up by the way. Their concerted inaction and obfuscation on most issues hamstringing anything constructive that might have been accomplished just because they didn't want GWB or his party to get credit. It was absurd to listen to them wail that the last Congress was "do-nothing" when they were the very reason that it did nothing!

Wait and watch for I may be wrong but those blue-dogs will be forced to heel to the whims of the "out-there" Left who now controls the power. One could easily say in a matter of a few weeks into the next session of Congress when the "moderate blue-dogs" won't be able to bark because the establishment Dems (who trumpeted the blue-dogs' bona fides as conservative Dems so as to regain their power) that Dem Libs Lied And Centrists Died!

I wonder aloud where that puts the Salazar brothers of Colorado? Their pedigree could easily be construed as blue-dog.

## Global Warming Hysteria

Nothing yet has convinced me that even if we are responsible (a dubious claim made by power-mongers who get their riches by fear-mongering) for the alleged "global warming" that it is a bad thing.

First of all, Al Gore is global warming's chief mouthpiece. This, in itself, is a reason to believe the dubious nature of the fear of global warming although he did invent the Internet. Secondly, so wouldn't it be good for the environment if the earth got a little warmer? Just think of all the fossil fuels we wouldn't burn or use to keep us warm. If the seas rose some, we could solve that problem with de-salination. *SEE "OPINION" PAGE 5.*

## 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](http://www.seniorbeacon.info)  
 Mailing Address: P.O. Box 7215 -Pueblo West, CO 81007-0215  
 Ph: 719-647-1300 Fax: 719-647-1305 E-mail: [news@seniorbeacon.info](mailto:news@seniorbeacon.info)  
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# Fashion: Looooking Gooood!

by Patricia McLaughlin - Mature Market Media Services

## (Imaginary) Revenge Of The Badass Baby Boomers

New way to sell pants to aging male boomers: Fictional exemplars Pete and Red respond to everyday annoyances with satisfying displays of gratuitous violence.

Meet Pete and Red.

They're a couple of -- to put it politely -- total yahoos whose mission is "making things right" in the world and, along the way, explaining the virtues of Haggar slacks to their fellow baby boomers. They're middle-aged, middle-class suburban homeowners with expanding middles, hairlines starting to recede, a strong sense of what's wrong with the world today and no doubts about how to fix it.

In their first four 30-second crusades (aka TV commercials), Pete and Red take on Pete's mopey teenage son who'd rather shoot perfunctory hoops in the driveway than wash the family car, the scuzzy boyfriends of Red's teenage daughter who've become permanently attached to the living room sofa, a couple more teenage boys who make the mistake of driving through the neighborhood with their car stereo blasting rap music, and a youngish neighbor, a Wall Street hotshot who blabs on a cell phone as his dog poops on Red's lawn.

See a theme beginning to emerge here? Pesky young males rising to challenge the hegemony of the old lion who thinks he should be King of the Jungle forever?

Apparently, as the folks at Miami ad agency Crispin Porter + Bogusky see it, what sticks in the craw of the male baby boomer is the lackadaisical, entitled, boorish attitude of males of the younger generation. (Plus, most likely, the fact that they don't have wives to deal with, kids to support, mortgages to pay, 9-to-5 jobs to endure, lawns to mow, driveways to shovel, etc.)

Unlike the boomers they're meant to appeal to, Pete and Red don't just fume and grind their teeth and talk about the parlous state of the younger

generation. They do things about it. They're latter-day Lone Rangers, making the world safe for boomer guys who'd like a little respect at home and a little peace and quiet in the neighborhood. Their tactic of choice: gratuitous violence.

Pete orders his gormless hoop-shooting son to wash the car and, when the kid is slow to comply, pitches a soapy, sopping-wet sponge into his solar plexus. Red tosses his daughter's scuzzy boyfriends out the window one after another. (If it's your house, he notes helpfully, it's wise to open the window first.) He shows the boys with the way-too-loud car stereo the error of their ways by reaching into the car and "adjusting the volume" with a crowbar. He picks up the poop left on his lawn with a garden trowel and slaps it into the outstretched palm off the startled dog owner.

So: Boomers are old enough to want peace and quiet, but not to have outgrown their "Animal House" fantasies?

Though gratuitous, the violence is never pointless. Each new assault illustrates a useful feature of the product: When, in the process of beaming his kid with the sponge, Pete splashes Red's nice new Haggar shirt, he tells him not to worry: Haggar's shrink-resistant fabric really keeps its shape. If you get it wet, you just chuck it in the dryer. And, with Haggar's no-iron fabric, you can wash the car for hours (or watch your kid do it) and still look sharp. The boyfriend toss shows how Haggar's flexible "do-it-to-it" waistband facilitates maximum range of motion. Red produces the crowbar for the complimentary automotive stereoectomy from one of the "bigger, unrippable" pockets in his Haggar khakis; he says you could put a whole toilet kit in one. And, because the "unbustable seams" in his guaranteed-for-life Haggar pants hold tight when he bends over, he says, he could "pick up dog crap 'til the cows come home."

Once upon a time, ads for clothes told you about the clothes: The rivets on Levi's jeans kept the pockets attached even when a '49er overfilled them with gold nuggets. Then somewhere in the 1970s or the '80s, lifestyle advertising

took over: Instead of praising the virtues of the clothes themselves, ads identified them with an "aspirational" style of life -- lush, elegant, expensive -- that customers probably couldn't afford but wished they could: Buy the polo shirt embroidered with Polo's little polo pony, and you'd be that much closer to living like the horsey patricians in the big white-columned house in the picture. Buy the \$29 Victoria's Secret yoga pants, and you'd have something in common with gorgeous Victoria's Secret supermodel Gisele Bundchen.

According to the conventional wisdom then, showing clothes on people who looked like the people the clothes were actually meant for would be a turnoff. A middle-aged guy doesn't want to buy clothes meant for some boring middle-aged customer. Advertising has conditioned him to believe he's entitled to more than just the pants: He expects a flash of romance, a shimmering aura of wonderfulness, an implicit promise that buying these pants will magically transform his world and grant his secret wish. Haggar's old ads invited him to identify with a 20-something male model with movie-star looks, a sleek convertible from one of the "bigger, unrippable" pockets in his Haggar khakis; he says you could put a whole toilet kit in one. And, because the "unbustable seams" in his guaranteed-for-life Haggar pants hold tight when he bends over, he says, he could "pick up dog crap 'til the cows come home."

The Pete and Red ads go halfway back to the old days, when you sold a man a pair of pants by telling him how well the pants were made: unbustable seams, unbreakable buttons, unjammable zippers, unwrinklable fabric, all guaranteed for the life of the owner. (Actuarially less of a stretch, I can't help noticing, when you're selling your pants to boomers than it would be if you were selling them to 20-year-olds.) But these ads also enshrine the transformational promise -- only, instead of identifying with a 25-year-old hunk in a hot car with a cool girlfriend, the boomer in need of pants is invited to identify with a couple of chest-pounding



Pete and Red are regular guys with beer bellies, driveways, plastic lawn chairs, irritating teenagers -- and no compunction about trashing a too-loud car stereo or tossing a daughter's boyfriend out a window. photo: Haggar Clothing

yahoos who, probably like him, have beer bellies, mortgages, plastic lawn chairs and irritating teenagers -- but no compunction at all about responding to the annoyances of everyday life as if they were living in a spaghetti Western instead of a leafy American suburb. Bam! Boom! Kapow!

It's meant to be funny, but I flinched when Pete nailed his kid with the sponge and Red eviscerated somebody else's kid's car stereo with his crowbar. I flashed to news stories about child abuse, road rage, nice guys who "snap," regular citizens who totally lose it and start shooting. Yikes, is the typical male baby boomer really such a cauldron of frustration, hostility and male competitiveness? On the other hand, anybody who's ever felt similar anarchic impulses -- which has to be pretty much everybody -- might find a certain catharsis in watching Pete and Red do "what the Haggar man would only fantasize doing," as a Haggar marketing exec carefully noted in the press release.

Time will tell whether tough talk about big pockets and unbustable seams interwoven with the fantasy of boomers running amuck sells pants better than the old handsome-young-hunk-with-hot-car-and-cool-girlfriend fantasy. Either way, it's all about wish fulfillment: It's just a question of which wish proves more fulfilling.

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# The Year Was 1906

from the Internet via Mary Ann Graziano - thanks and a tip of the cap!

THE YEAR 1906  
This will boggle your mind, I know it did mine! The year is 1906. One hundred years ago. What a difference a century makes!

- Here are some of the U.S. statistics for the Year 1906:
  - The average life expectancy in the U.S. was 47 years old.
  - Only 14 percent of the homes in the U.S. had a bathtub.
  - Only 8 percent of the homes had a telephone.
  - A three-minute call from Denver to New York City cost \$11.
  - There were only 8,000 cars in the U.S.
  - Only 144 miles of paved roads.
  - The maximum speed limit in most cities was 10 mph.
  - Alabama, Mississippi, Iowa, and Tennessee were each more heavily populated than California.
  - With a mere 1.4 million people, California was only the 21st most populated state in the Union.

- The tallest structure in the world was the Eiffel Tower!
- The average wage in the U.S. was 22 Cents per hour.
- The average U.S. worker made between \$200 and \$400 per year.
- A competent accountant could expect to earn \$2000 per year, a dentist made \$2,500 per year, a veterinarian \$1,500 per year, and a mechanical engineer about \$5,000 per year.
- More than 95 percent of all births in the U.S. took place at HOME.
- Ninety percent of all U.S. doctors had NO COLLEGE EDUCATION! Instead, they attended so-called medical schools, many of which were condemned in the press AND the government as "substandard."
- Sugar cost four cents a pound.
- Eggs were fourteen cents a dozen.
- Coffee was fifteen cents a pound.
- Most women only washed their hair once a month, and used borax or egg yolks for shampoo.
- Canada passed a law that prohibited poor people from entering in to their

country for any reason. Five leading causes of death in the U.S. were:

1. Pneumonia and influenza
2. Tuberculosis
3. Diarrhea
4. Heart disease
5. Stroke



The American flag had 45 stars.

Arizona, Oklahoma, New Mexico, Hawaii, and Alaska hadn't been admitted to the Union yet.

The population of Las Vegas, Nevada, was only 30!!!!

Crossword puzzles, canned beer, and ice tea hadn't been invented.

There was no Mother's Day or Father's Day.

Two out of every 10 U.S. adults couldn't read or write.

Only 6 percent of all Americans had graduated from high school.

Marijuana, heroin, and morphine were all available over the counter at the local corner drugstores. Back

then pharmacists said, "Heroin clears the complexion, gives buoyancy to the mind, regulates the stomach and bowels, and is, in fact, a perfect guardian of health." (Shocking? DUH!)

There were about 230 reported Murders in the ENTIRE U.S.A.!

Just Try to imagine...what it may be like in another 100 years !!!!!!! IT STAGGERS THE MIND !!!!!!!!

# Covering The Courts: Here's One For The Cops!!

by James J. Kilpatrick

First the good news: The Supreme Court will hear argument early next year in the sad case of a 19-year-old who tried to outrun some Georgia cops and wound up a paraplegic.

Put another way, it's the sad case of a police officer who tried his best to protect the motoring public and wound up as the losing defendant in a federal lawsuit.

The case at hand is the appeal of Deputy Sheriff Timothy Scott from a remarkably bad opinion of the U.S. Court of Appeals for the 11th Circuit. The facts of the case were not seriously in dispute: On a night in March 2001, Scott joined other officers in a high-speed pursuit of young Victor Harris. What should have been a simple, uncomplicated arrest for speeding turned into a nine-mile chase at speeds exceeding 100 miles an hour.

In an effort to abort the chase before Harris killed someone, Deputy Scott attempted what is known to police as a "precision intervention maneuver." At a point on Route 74 in Fayette County, when the chase had slowed and no traffic was in sight, Scott lightly bumped the fleeing vehicle. Harris lost control, went

over an embankment and suffered serious injuries -- injuries he might have avoided simply by pulling over at an officer's lawful command.

Harris brought suit in federal court against Scott and the county, charging that the officer had violated his Fourth Amendment right to be free from unreasonable search and seizure. Judge Rosemary Barkett, writing four years later from the quiet detachment of her chambers, minimized the whole incident. Prior to the chase, she noted, Harris posed no imminent threat to anyone. "There were alternatives for a later arrest."

Judge Barkett's opinion, joined by Judges Stanley F. Birch and Emmett Cox, struck me as bad law and worse justice. One has to feel sorry for a 19-year-old paraplegic, but he brought his misery on himself. We'll see in the spring if the Supreme Court sides with a good cop or with a reckless boy.

So much for the good news from the high court. The bad news is that two weeks ago the justices let themselves become embroiled once more in the muddy morass of abortion law. Justice Clarence Thomas was out sick, but the other eight listened patiently to two

hours of oral argument, first in "Gonzales v. Carhart" and then in "Gonzales v. Planned Parenthood Federation." In these companion cases, Solicitor General Paul D. Clement sought dutifully to defend the indefensible. Thus he urged the court to uphold the Partial-Birth Abortion Ban Act of 2003.

In the name of the Founding Fathers, this question has to be asked: How did a woman's womb get to be an instrument of commerce among the several states? Am I missing something here? Should the Erie Canal and the Vaginal Canal be taught on the same page of Con Law 101?

Contending lawyers were not arguing case law. They were urging the high court to distinguish "dilation and extraction" from "dilation and evacuation." O Marbury! O Madison! What ever became of the old distinction between state and federal jurisdiction?

Seriously, it is hornbook law that Congress has no legislative powers beyond the powers delegated to it "by the Constitution." You may search the Constitution by night and day -- search until your eyes rebel and your fingers bleed! -- and you will not find a single line

that even remotely authorized Congress to pass the act in question.

Yes, this unreconstructed states' righter is well aware that apologists for unrestrained federal power cite to the Commerce Clause. Somehow the congressional power to regulate interstate commerce has morphed into a power to decree that partial-birth abortion, as Clement eloquently contends, is "never medically indicated to preserve the health of the mother." The challenged act is based upon "findings" that Congress had no proper business ever looking for.

Fourteen years ago the high court split like a dropped pumpkin in the seminal abortion case of "Planned Parenthood v. Casey." Six years ago it surpassed that 5-4 explosion with Justice Breyer's opinion in the Nebraska case of "Stenberg v. Carhart." Justice Scalia, dissenting, asked rhetorically if the text of the Constitution has anything to say about abortion. Then he answered his own question: "It obviously does not."

That should have been the last word -- but it wasn't the last word then, and this month's two cases won't be a bit better.

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# ON THE RIGHT: "MINIMUM WAGE'S PHONY WORLD" by William F. Buckley

Nancy Pelosi, the new speaker of the House, has told us that she will call up as maybe the very first order of business increasing the minimum wage. Here are the relevant facts:

The federal minimum wage, enacted in 1938, was last raised in 1997. From that point on, with certain exceptions, you could not lawfully hire someone to work without paying him or her at least \$5.15 per hour. Paying that much would yield \$206 per week, or \$10,712 per year. A different federal agency defines poverty as annual earnings of \$9,827 or less for a single person. The mathematics of the above informs us that the existing federal minimum wage barely keeps a single worker out of poverty.

Of course, many states and localities have enacted higher minimum wages than the federal one. In San Francisco, you need to pay a worker \$8.50 an hour; in New York state, \$6.75; in Wisconsin, \$5.70.

We learn that 60 percent of minimum-wage earners -- two-thirds of

them women -- are working in restaurants and bars; 73 percent, by the way, are white, and 70 percent have high-school diplomas. Nearly 60 percent work part time.

Now we can leech from these figures several observations:

(1) It can be very difficult to tell what a minimum wage worker is actually making. Many of those who work in restaurants and bars receive tips; then again, the minimum wage is substantially lower for people in that situation.

(2) A high-school diploma will not in and of itself give the worker merchandisable skills o'erleaping the minimum wage.

(3) Since there are part-time workers who receive only the minimum wage, a moment's reflection makes it obvious that they receive, by whatever means, income that makes life possible.

Now on the matter of what to do about it, we should begin by acknowledging that any argument for circumventing the market wage

is sophistry. The market will tell you, even in San Francisco, what you need to pay in order to hire an hour's labor. But sophistry is sometimes in order. We do not allow child labor -- except in certain circumstances: Peter Pan, at the neighborhood theater, is allowed to work even if he is only 12 years old.

Monopolies are not permitted to set prices. The idea is that in a free society, you must not tolerate any restriction in production. But again, sophistry is permitted, because labor unions, in many fields of endeavor, practice exactly that -- a monopoly on the price of labor. What do we do about that? Exactly what we do about waiters who don't list their tips: We ignore it.

We learn that one individual American last year received compensation of \$1.5 billion. This leads us indignantly to our blackboard, where we learn that the average chief executive officer earns 1,100 times what a minimum-wage worker earns. What some Americans are being paid every year is describable only as: disgusting. But that disgust is

irrelevant in informing us what the minimum wage ought to be. The one has no bearing on the other.

We are bent on violating free-market allocations. Doing this is not theologically sinful, but it is wise to know what it is that we are doing, and to know that the consequence of taking such liberties is to undermine the price mechanism by which free societies prosper.

Milton Friedman taught that "the substitution of contract arrangements for status arrangements was the first step toward the freeing of the serfs in the Middle Ages." He cautioned against set prices. "The high rate of unemployment among teenagers, and especially black teenagers, is both a scandal and a serious source of social unrest. Yet it is largely a result of minimum-wage laws." Those laws are "one of the most, if not the most, anti-black laws on the statute books."

Professor Friedman is no longer here to testify, but his work is available -- even in San Francisco.

## The Writer's Art

# Plural, Of Course, Except When Its Singular

by James J. Kilpatrick

One of the great things about English is that it's not Latin. If we're speaking or writing in Latin, it's still "veni, vidi, vici" and Caesar's Gaul will always be divided into "partes tres." English, on the other hand, is constantly growing, not merely in vocabulary but also in the forms of prose composition. Today's example is that friendly old pronoun, "none."

In one form or another, "none" has been around since the 12th century. It always has taken both singular and plural verbs. Webster's Dictionary of English Usage offers a dozen examples from the Very Best Authors. But at least in my nonage as a reporter, "none" was always singular, and don't you forget it.

The old order changeth, et cetera, et cetera. Over the past three years, my random eye has picked up only a single example of "none is" or "none has." The example popped up

in a news item in March 2004 about a break-in at Monticello, Jefferson's home near Charlottesville, Va. The Washington Post reported: "Authorities said that nothing was stolen and that none of the third president's belongings "was" damaged."

Against that ha'penny worth of bread, we find an intolerable deal of sack. At the venerable New York Times, the rule is to "make 'none' plural except when emphasizing the idea of 'not one' or 'no one' -- and then consider using those phrases instead." Obedient to that command, Times writers and editors tell us about some foreign movies: "None of the films have been rated." About new diets: "None of the techniques have been approved as safe." About lackluster television shows last spring: "None of these new entries were monster hits."

Is my impression on target? Have we seen the last of "none is" and "none has"? Evidence of current usage

would find me, as always, gratefully yours.

In the same absorbing area of grammatical agreement, let us ponder a few Horrid Examples:

-- From an editorial in The New York Times: "Five months in government has failed to educate Hamas in the reality of the world the Palestinians live in."

-- From the comic strip "Judge Parker": "Seven years of marriage has softened him up."

What's going on here? Has the revered Old Order, in which subject and predicate agreed in number, really yielded to "months has" and "years has"?

I'm sorry -- truth is, I'm not very sorry -- to keep citing to the Times. Is "seems like" a redundancy? My first city editor, 65 years ago, profoundly thought so. The Times' Verlyn Klinkenborg wrote about a heavy snow in April long ago: "It seemed like a

betrayal at the time."

The Times' A.O. Scott wrote about paying \$10 to see a movie: "At first glance, it seems like a pretty good deal."

The trouble with "like" in this construction is that "like" invites the reader to anticipate a simile, e.g., the snow is going to fall "like dandruff." Well, probably not like dandruff; more like a shower of petals from a white rose. Wouldn't it be better -- tidier, neater, compacter -- to write simply that the snow "seemed a betrayal" and the 10-buck ticket "seemed a good deal"?

Consider another idiomatic construction, from an editorial in the Augusta (Ga.) Chronicle urging support for some civic project: "Here's 1,000 reasons why." And from a Christmas column in Vero Beach, Fla.: "Here's some gift ideas ..." Trouble is, that "here are" in these sentences sounds tebbly formal, old chap, and "here're" is a contraction that does not yet exist. English is not an orderly language. Who would have it otherwise?

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

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**High blood pressure.** Single most important risk factor. Have it checked - if it's 140/90 or above it's high. Talk with your doctor about how to control it.

**Tobacco use.** Don't smoke or use tobacco.

**Diabetes mellitus.** Although is treatable, having diabetes increases your risk of stroke.

**Carotid or other artery disease.** A carotid artery damaged by a fatty buildup of plaque inside the artery wall may become blocked by a blood clot, causing a stroke.

**TIAS.** Transient ischemic attacks (TIAS) are "mini strokes" that produce stroke-like symptoms but no lasting effects.

**Atrial Fibrillation or other heart disease.** In atrial fibrillation the heart's upper chambers quiver rather than beating effectively. This causes the blood to pool and clot, increasing the risk of stroke.

**High blood cholesterol.** Increases the risk of clogged arteries.

**Physical inactivity and obesity.** Can increase your risk of cardiovascular disease.

**Excessive alcohol intake.** More than one drink per day for women or two drinks per day for men raises blood pressure.

**Illegal drug use.** Intravenous drug abuse carries a high risk of stroke.

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G r a n a d a S w i n k



# news of the weird

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**LEAD STORY**

Christian stand-up comedian Brad Stine says his muscular GodMen revivals are a reaction to the "wussification" of the Promise Keepers movement and encourage spiritual men to "cowboy-up" and "thank God for testosterone!" According to a December Los Angeles Times report, GodMen celebrates traditional male excesses, such as cussing, raucousness and sexuality. Added a Stine associate, "(F)or heaven's sake, don't ask the guys (as Promise Keepers does) to take the hand of the guys next to them." "Do not think Sunday morning worship. Think Saturday afternoon tailgate." Back to "Onward Christian Soldiers" rather than Jesus love songs. And tell your wife the rules, Stine says: "Learn to work the toilet seat. (If it's up, put it down."

**The Entrepreneurial Spirit!**

-- The Oklahoma City company Skulls Unlimited International is, it claims, the world's leading supplier of bones -- cleaning and polishing human and animal heads by picking off the tissue by hand and then using dermestid beetles to eat what's left. Said owner Jay Villemarette, on the greasiness of the human head: "I am not exaggerating. It is nasty." But, said an employee, you get used to the work: "I've been waist-deep in a dead hippopotamus, and I'd rather do that than change diapers."

-- Cutting-Edge Invention: On display at the World Dairy Expo in Madison, Wis., in October was a \$250,000, self-service milking machine (introduced in Europe in 2005) in which the cow wanders in, and lasers and video cameras guide the rubber cups to her teats, with a computer directing the actual milking.

**Leading Economic Indicators**

An appeals court in Florida finally applied the brakes to the so-called "contingency fee multiplier" available under state law for lawyers who assist mistreated insurance customers. In extraordinary cases, a lawyer is permitted to recover up to 2 1/2 times the customary fee, which supposedly helps customers with smaller claims to find legal representation. However, the court said the fee is being granted too routinely, and in one October case, a client won his \$1,315 claim while his lawyer got \$193,750.

**Bright Ideas**

-- A Georgetown University student, whose dad bought him a \$2.4 million off-campus house and who wants his eight best friends to live (and party) with him, ran up against a Washington, D.C., zoning law permitting no more than six unrelated people per house. In October, after researching the issue, the students filed papers declaring themselves a "church" (The Apostles of O'Neill, after owner Brian O'Neill) because churches are allowed to house up to 15 unrelated people. O'Neill's dad supports the students, as judged from his testy response to a Washington Post inquiry: "Who says they aren't a (real) religion?"

-- Surgeon Michael Koenig of Cologne, Germany, who said he was cheated out of thousands of dollars in fees by women who failed to pay for their breast enlargements, said in October that he had no photos of the women but did have photos of their new chests, and he gave them to the police, hoping they would somehow help in finding the women.

**Family Values**

-- Christine Marmolejo, 39, of

Downers Grove, Ill., pleaded guilty in October to a plot in which she had her 14-year-old son plant marijuana and prescription drugs in the backpack of another boy to embarrass that boy's mother, with whom Marmolejo had been feuding for years. Marmolejo's son eventually confessed, and now Marmolejo faces an enhanced penalty since she involved a 14-year-old in drug possession.

-- New-Age Punishments: Rosewood Elementary School (Rock Hill, S.C.) teacher Daniel Johns was investigated in October for having his students line up and stomp the feet of a classmate, as punishment for the kid's own foot-stomping. (No criminal charges were filed.) And in a non-classroom incident, Alcorn State University professor Festus Oguhebe was sentenced in Jackson, Miss., in November to two years in prison for disciplining his 11-year-old son by tying his hands and then covering him with ants (which Oguhebe said was a traditional punishment in his native Nigeria).

**Least Competent Criminals**

(1) The man who stole the safe from a Runza restaurant in Omaha, Neb., in October was forced to abandon it in the middle of a street when he realized his getaway plan (dragging it through town from the back of his car) attracted attention that he had somehow not anticipated. (He fled empty-handed.) (2) Federal inmate Brandon Sample won his appeal in November and is entitled to have on computer disks the public records he requested (rather than the paper copies the Bureau of Prisons was offering). However, Sample still lacks a computer to read them on, and the appeals court ruled that he has no legal right to one.

**Recurring Themes**

Still More Texas Justice: Death-row inmate Daniel Acker's court-appointed lawyer, 26-year veteran Toby Wilkinson, filed a writ of habeas corpus for his client in 2003 that consisted largely of verbatim text from an earlier letter that Acker himself had written to the judges, including this passage: "I'm just about out of carbon paper. As soon as I get some more typing supplies I have about 30 more errors I wanted (noted) in my appeal." (Wilkinson was paid \$22,270 for "writing" the writ.) However, in November 2006, the Texas Court of Criminal Appeals denied the writ, satisfied that it raised no issues not resolved in Acker's 2000 trial.

**The Right to Go Through Life Never Being Offended**

(1) Last summer, a British Passport Office in Sheffield turned down the application for Hannah Edwards, 5, because her mother had submitted a photograph showing Hannah from the neck up, as prescribed, but wearing a sunsuit that left her shoulders bare. The Passport Office said that Hannah's exposed skin might be offensive in a Muslim country. (That decision was later overruled, according to a report in London's Daily Telegraph.) (2) Also in Britain, the Robert Walters employment agency notified its offices in October that the words "vibrant," "dynamic," "ambitious," "energetic," "experienced" and 17 others must not be used in recruiting ads, lest the company risk lawsuits for age discrimination.

**Christmas Madness:**

(1) In November, the upscale New York City menswear and accessories store Jack Spade removed from its holiday catalog a \$40 frog-dissection kit (with a real carcass) after numerous queries from people wondering what in the world the store was thinking. (2) A holiday party for inmates at Britain's Peterborough Jail promised a fun time with Xbox and PlayStation, along with cash gifts of 5 pounds each (about US\$9), which is greater than the value of the candy boxes the jail will give its guards for Christmas. (3) Police in Rock Hill, S.C., put a 12-year-old boy under arrest at the insistence of his mother after he had defied her and opened his Christmas gift three weeks early.

**I Know My Rights!**

The North Carolina Court of Appeals overturned the cocaine-possession conviction of Timothy Stone in September, ruling that a search of his person was unconstitutional even though he had given police permission. The judges agreed with Stone that when he consented, he never expected that the search would include the officers holding out the waistband of his sweatpants and shining a flashlight on his genitals (which is where he happened to be hiding a small container of cocaine).

**Unintended Consequences**

(1) The "Berkeley Pit" in Butte, Mont., is the nation's largest environmental-disaster site, with 40 billion gallons of highly toxic coppermine waste that the federal government has long feared too expensive to clean up. However, Montana Tech researchers, writing in the Journal of Organic Chemistry in July, have found more than 160 types of "extremophiles" (organisms that thrive in toxicity) in the pit and have demonstrated that some are effective against lung and ovarian cancers. (2) Kimberly Baker, 22, sought child support in Warrensburg, Va., in October from the father of her daughter. However, when officials realized that the father, now 16, would have been 13 when the child was conceived, that made him a rape victim under state law, and thus, they arrested Baker.

**Compelling Explanations**

-- Ricardo Meana, 81, was charged with attempted murder in November in Sun City, Fla., when his 82-year-old wife, who has Alzheimer's, was found inside a van in a store's parking lot struggling with the plastic bag over her head. Police were called, but Meana seemed unconcerned and even nonchalantly resumed shopping, saying that he often put the bags on when his wife felt sick, so that she would not vomit on herself.

-- Not Our Fault: In 2002, Jeffrey Klein and Brett Birdwell, both 17 at the time, trespassed onto a railroad yard in Lancaster, Pa., and climbed atop a boxcar to see what the view was like, but were severely burned by a 12,500-volt line on the roof and thus sued Amtrak and Norfolk Southern railroads for not having done enough to prevent them from trespassing. In October, a federal jury awarded the two men a total of about \$12 million in compensatory damages plus \$12 million in punitive damages.

**Names in the News**

SEE "WIRED" PAGE 5.

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(719) 531-0961 or e-mail me [thepolak@att.net](mailto:thepolak@att.net) #1106

**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

**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](mailto: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

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

**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

**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

**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 all the info. #1206.

**COMPANION/CAREGIVER** available Monday-Friday. 44 years experience. References. Call Sally, 544-1350. #0107

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

**CANON CITY**  
1820 Royal Gorge Blvd. (Next to Canon City Tire)  
275-2748

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



# Senior Community Update

## SRDA ACTIVITIES

Line Dancing--Mon and Wed. 9-10 am; Wed. 1:30-4:30pm  
 Tai Chi--Tues and Thrus 1-2 pm  
 Senior Strength Training (SST)-MWF 10-11 am  
 Acrylic Painting ---Weds. 8:30-10:30am; 10:30-12:30pm  
 Water Color-- Painting Weds. 1pm - 3pm  
 Bridge---Wednesdays and Fridays at NOON  
 Mah Jong---Wednesdays at noon  
 Beginning and Intermediate Computers--Mon and Wed 9-11am  
 Chair Aerobics---Tuesday and Friday 9-10 am  
 Oil Painting--- Fridays 9-1:30pm  
 Drawing (New Class!!!)---Thursdays 9-11am; 11:00am to 1:00 pm  
 Bingo --- Tuesday, January 9th at 3pm  
 Pinochle---Thursdays at NOON  
 Scrabble---Thursdays at NOON  
 Vision support Group---Thursday, January 4th 10am-12pm  
 Quilting Club---Monday, January 8th 9am-11:30 am  
 Stroke Survivor's Group---Tuesday, January 9th 2-4 pm  
 Parkinson's support Group---Tuesday, January 9th 1:30pm-3:30 pm  
 Knit and Chat Club---Tuesday, January 9th 1-3 pm  
 Coupon Cutters---Tuesdays 8:30 to NOON  
 By dolls and Things---Thursday January, 11 12-3pm  
 Presentation by Ruben Archuleta, "So this is Retirement?" Thursday, January 18th 1:30pm to 3:30pm  
**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.

## JANUARY WELLNESS CLINICS

Pueblo StepUp  
 Monday, Jan 8-McHarg Community Center, 409 2nd St., Avondale 9-11:30 a.m.  
 Tuesday, Jan 9-Vail Hotel, 217 S. Grand, 9-10:30 a.m.  
 AND  
 Hyde Park Community Center, 2136 W. 16th 1-2:30 p.m.  
 Wednesday, Jan 10-Joseph Edwards, 230 N. Union 9:45 - noon  
 Thursday, Jan 11-Mineral Palace Towers, 1414 N. Santa Fe 9-11:30 a.m.  
 AND  
 Pueblo West Clinic-Memorial Rec. Ctr., 230 E. George 8:45 - 10:45 a.m.  
 Monday, Jan 15-Park Hill Christian Church, 1404 E. 7th St. 10 - noon  
 Tuesday, Jan 16-Minnequa Apts., 1400 E. Orman 9-11:30 a.m.  
 Wednesday, Jan 17-Mesa Towers, 260 Lamar 9-11:30 a.m.

Thursday, Jan 18-Ogden Apartments, 2401 Ogden 9-10:30 a.m.  
 AND  
 Fulton Heights Community Center, 1330 Santa Rosa (Salt Creek) 1-2:30 p.m.  
**RENT REBATE ASSISTANCE**  
 (see attached) will be scheduled at 1:00 PM to 3:30 PM  
 Mineral Palace Tower - 1414 N. Santa Fe - Tuesday, Jan. 16, 2007  
 Minnequa Park Apts. - 1400 E. Orman Ave. - Friday, Jan. 19, 2007  
 Mesa Tower Apts. - 260 Lamar Street - Monday, Jan. 22, 2007  
 Vail Apts. - 217 S. Grand - Wednesday, Jan. 24, 2007

## WHAT CAN YOU DO ABOUT OSTEoarthritis?

Every year, hundreds of thousands of Americans who suffer from osteoarthritis must undergo hip replacement surgery.

When all other options for treating severe osteoarthritis of the hip have been exhausted, artificial hip joints offer a solution with a high rate of success. But how can you prepare for this major operation, and what can you do afterwards, to protect the new joint and keep it intact for years to come?

In the newest issue of "Arthritis Info," the American Arthritis Society offers a number of practical tips from some of the world's leading experts. Written in everyday English and clearly illustrated, "Arthritis Info" contains interesting information for everyone who has osteoarthritis. For a free sample issue of "Arthritis Info," write to: American Arthritis Society, 28 State Street, Suite 1100, Boston, MA 02109 (please include a 39-cent stamp for return postage - no

envelope is necessary. Thank you.)  
**10 COLORADO GRANDPARENTS EACH WIN \$5,000 IN ESSAY CONTEST AWARD FROM COLLEGEINVEST WILL HELP GRANDCHILDREN ATTEND COLLEGE**  
 CollegeInvest, Colorado's not-for-profit higher education financing resource, has awarded \$5,000 each to 10 grandparents in an essay contest that asked them to describe their dreams for their grandchildren.

750 Colorado grandparents entered the statewide contest. Entrants submitted an essay answering the question: "What are your hopes or dreams for your grandchild(ren) and how would a college education help make that possible?"  
 A total of 10 winners were selected from around Colorado. The awards come in the form of college savings plan accounts from CollegeInvest, which is a division of the Colorado Department of Higher Education. When the grandchildren are ready for college, they can use the money in these accounts for college expenses including tuition, fees, room and board, or even textbooks at any eligible public or private college, university or vocational school nationwide.

"The entrants wrote powerful essays about how much they value their grandchildren and how important higher education will be to their future," said Jennifer Robinson of CollegeInvest. "Grandparents serve as important role models for their grandchildren. They also can be a resource as families start planning for college costs. The 10 winners certainly have made major contribution to their grandchildren's future education."

Contributions to a CollegeInvest savings account - known as "529 plans" -- are Colorado income tax deductible and grow free of federal and state taxes. Because these college savings plans offer unique gift tax and estate planning benefits, they offer an excellent way for Coloradans to invest in their children and grandchildren's futures. They are also a great holiday gift alternative.

The winners of the scholarships are:

- Barbara Higgason of Kirk
- Karen Morgan of Boulder
- Caroline McKinney-Boulder
- Jane Scherrer of Aurora
- Larry Meredith of Gunnison
- Louise Eaton of Dove Creek
- Beth Thatcher of Boone
- Nick/Mary Rusovick -Pueblo
- Jackie Day-Colorado Springs
- Carol Tomlin of Loveland.

For more information about how to open a 529 college savings plan go to [www.collegeinvest.org](http://www.collegeinvest.org) or call 1-800-COLLEGE.

## CALL FOR NOMINATIONS

The 22nd Annual Celebration of Nightingale Nursing Awards for Excellence in Human Caring Saturday, May 12, 2007.

The Colorado Nurses Foundation statewide selection committee encourages your nominations of candidates for the 22nd Annual Nightingale Awards. The Nightingale Awards were founded in 1985 to recognize excellence in human caring by Colorado registered nurses.

Nomination forms can be found in our area at 719-544-7833 or toll-free 866-330-7100 or online at: [info@secahec.org](mailto:info@secahec.org)

# Seniors Citizens Are Eligible For Tax/Rent Rebates

by Eileen Doherty

Denver, CO. Low income seniors often find themselves needing additional cash to pay the water bill, the phone bill, or to fix something that is broken, but there just isn't enough cash. The Property Tax/Rent/Heat Rebate program may be able to provide some much needed cash.

Individuals who are age 65 on December 31, 2006 and whose annual income is less than \$11,000 for a single person (\$14,700 for a couple) may be eligible for a property tax/rent rebate up to \$600. Disabled individuals and surviving spouses who are at least 58 years of age on December 31, 2006 are also eligible.

Individuals are also eligible for up to \$160 in a heat rebate if heating costs (excluding electricity, unless it is the primary source of heat) are paid in addition to rent or property taxes. Individuals who live in subsidized housing and/or who do not pay heating costs are not eligible for the rebate.

To qualify individuals need to complete the PTC104. Individuals must have maintained residency in Colorado for the entire year. To prove residency, the individual must submit a valid Colorado Driver's license or Identification Card and a

## OPINION

from page 2.  
 tion plants and pump that water to parched places in the United States and grow food that could feed the world. Come to think of it, why don't we get ahead of this "global warming" and start doing that right now instead of wasting money on this alarmist rhetoric coming from algore and his minions. Just think of the environmental savings we would accrue by not having algore spewing and using all those fossil fuels to hopscotch the world with his drivrel and carbon dioxide footprint.

## Tenth Anniversary of Life Festival

from the director of the Senior Life Festival & Health Fair, Kathilee Champlin  
 I can't believe that this is our 10th Anniversary of the Senior Life Festival in Pueblo.

This year, 2007, we have added the "Grandparent of the Year" award to go along with the "Senior of the Year" award.

The 2007 edition of the Senior Life Festival & Health Fair will feature retired "Denver Broncos" who will lead us in exercises and eat lunch with us at our annual senior luncheon. We had over 3,000 seniors come to our show last year which made us the largest senior show in Southern Colorado and the best attended "no-charge-for-admission" show in the State of Colorado. Our commitment to the senior community is shared with our sponsors who are Parkview Medical Center, AARP, Centura Health, Humana, Pueblo County Commissioners, Senior Beacon, and Pueblo Regent, et al.

## TheGuide'07 Coming In February

Next month, February 2007, marks a consecutive year streak of publishing a Long Term Care Information Guide for the senior community that started back in 1989. TheGuide'07 will be inserted in the February edition of Senior Beacon. Advertisers, readers, caregivers, agencies and discharge planners be on the lookout. Godspeed!

## Senior Beacon Is FREE

### On The Internet

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



*Senior Beacon is also available at approximately 100 locations throughout Pueblo & Fremont Counties also at no charge!*  
**To follow are a few locations for you to pick-up Senior Beacon:**  
 • K-Mart (N) & (S) in Pueblo • Grocery Warehouse • Pueblo West P.O. • Colorado City/Rye P.O. • King Soopers (S) • Albertson's • Wal-Mart (N) & (S) in Pueblo/Canon City  
 • Most Little Caesar's Pizza locations • Capt. D's • Golden Corral  
 • Pueblo Mall (S & W entrances) • Burger King (S) & Canon City • Canon City - Walden Books • Big D Superfoods-Florence  
 • Pueblo Memorial Airport • Country Kitchen • Southwest Grill  
 • Parkview Medical Center • St. Mary-Corwin Medical Center  
 • St. Thomas More Medical Center • Penrose Senior Center  
 • Golden Age Center - Canon City • Florence Senior Center  
 • Southern Colorado Clinic • St. Mary-Corwin Medical Building  
 • All Nursing Homes (Pueblo) • Big R Store • SRDA  
 • Senior Housing Centers and much more

AND  
 If you'd like *Senior Beacon* delivered by mail each and every month just contact us at 719-647-1300 or check out how to subscribe by looking on the website>>>

copy of the lease and/or proof that taxes have been paid. Individuals must also sign an affidavit proving lawful presence in the United States.

To complete the form individuals will need the amount of rent or taxes paid, the amount of utilities (excluding electricity, unless it is the primary source of heat), and annual income for 2006.

Payment is made in four monthly installments after April 15, 2007 if the form is received by the Colorado Department of Revenue by March 10, 2007. Depending on the date the form is filed after March 10, 2007, the payment will be processed and paid according to a schedule through out the year. Individuals have until December 31, 2008 to file for the 2006 rebate.

Individuals who have not filed for the 2005 may do so until December 31, 2007.

Individuals who are eligible for these rebates may also be eligible for LEAP to assist with utility payments, the Medicare Savings Program to help with cost of Medicare Part B premiums and co-payments, "Extra Help" to help with the cost of prescription drugs, Food Stamps to help with food costs, and Old Age Pension for a monthly grant award. All of these programs have different income and resource requirements.

Individuals who own their own home and have lived there for 10 years or more should apply for the Property Tax Exemption program prior to July 1, 2007 for a reduction in property taxes in 2008 (individuals who have filed previously do not need to re-apply).

Forms may be obtained by calling 303-238-3278 or 303-333-3482 or at <http://www.revenue.state.co.us/PDF/06104ptcfill.pdf>. Senior Answers and Services has volunteers who can help to complete the forms or file income taxes. For assistance, call 303-333-3482.

Eileen Doherty, M.S. is the Executive Director of Senior Answers and Services and the Colorado Gerontological Society. She has 30 years of experience in gerontology in administration, research, training and education & clinical practice. She can be reached at 303-333-3482 or at [doherty001@att.net](mailto:doherty001@att.net).

## Weird News

from page 4.  
 Pleading guilty to manslaughter as sort of a "custodian of history," wrote the Post. (A more conventional fetishist, Masashi Kamata, 28, was arrested in Nagoya, Japan, in October after police found about 5,000 pairs of used girls' and boys' shoes at a rented warehouse. "I was enjoying their smell," he said, according to Maimichi Daily News.)

**More Things to Worry About**  
 (1) With dozens of puzzled beachcombers witnessing, a cow marched into the surf off the coast of Queensland in Australia in November and swam out as far as 300 yards for four hours (returning to shore twice but venturing out again) before drowning from swallowing water. (2) In October in Vancouver, Wash., a Doberman pinscher named Victoria jumped on an electric stove and accidentally nudged a switch that started a fire in her apartment, resulting in about \$100,000 damage. It was the second time this year that Victoria had jumped on the stove and started a fire, but the first one did much less damage.

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# Lidia's Italian Table: Apples, Apples, Apples!!!

by Lidia Matticchio Bastianich

This is one of my favorite seasons. The ingredients are so wonderful -- apples, pumpkins, squash, mushrooms and truffles. Many families celebrate the season by going apple picking and then heading home to create mouth-watering recipes using the treasures that they picked together.

One of my favorite apple recipes is an apple custard tart. It's a great recipe for getting young children involved. They can help you with the dough. And of course, the biggest treat will be when they help you eat it warm out of the oven with some vanilla ice cream on the side.

Tutti a tavola a mangiare!  
**CROSTATA DI MELE ALLA CREMA**  
 (Apple-Custard Tart)  
 Pastry for 1 (10-inch) tart shell (recipe below)  
 2 medium Granny Smith apples  
 2 eggs

1/4 cup sugar  
 1 cup heavy cream  
 1/2 teaspoon vanilla extract  
 1/4 cup smooth apricot jam  
 3 tablespoons hot water

Preheat the oven to 350 degrees.

On a floured surface, roll out the dough to a thickness of 1/8 inch. (Allow the dough to soften slightly if it is too cold to work easily.) Transfer the rolled dough to a 10-inch tart pan with a removable bottom. Prick the bottom of the tart freely with a fork. Trim off any excess or overhang, crimp the border with the tines of a fork, and put shell in the freezer for 10 minutes. Bake shell for 30 minutes and cool before filling.

Meanwhile, peel and core the apples and slice each into 16 thin wedges. Beat the eggs and sugar together. Add the cream and vanilla extract, and mix well until the sugar is completely dissolved. Spread 2 tablespoons of the

apricot jam inside the tart shell and arrange the apple slices over it in two concentric, overlapping circles. Transfer the tart to a baking sheet and pour the custard mixture over the apples. Return the tart to the oven and bake until the apples are tender and the custard is set, about 40 minutes.

Allow the tart to cool on a rack while melting the remaining apricot jam in 3 tablespoons of hot water. Brush the jam mixture over the surface of the tart. Serve either at room temperature or lightly chilled.

**TART SHELL**

4 1/2 cups flour  
 1 1/2 cups sugar  
 2 teaspoons baking powder  
 1 pinch salt  
 3 eggs, beaten  
 3 sticks (3/4 pound) unsalted butter, softened  
 1/4 teaspoon almond extract

In a large bowl, combine the



*Autumn apple-picking is an activity the whole family can get involved in, and that includes baking and eating Apple-Custard Tart warm from the oven. photo: Lantech Studios*

Divide the dough into three equal portions, roll each into a ball and flatten to form thick disks. Wrap separately in plastic wrap and refrigerate until firm, or freeze for later use.

Yields 3 (10-inch) tart shells.

## FREMONT/CUSTER County Menus

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

**CUSTER SENIOR CTR**

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

**JAN.1:** HOLIDAY-No meal served  
**JAN. 2:** ROAST TURKEY WITH GRAVY, Cornbread Stuffing, Cauliflower Broccoli Mix w/Cheese Sauce, Cranberry Mold, Pumpkin Bar.  
**JAN. 4:** BEEF STROGANOFF, Orange Spiced Carrots, Ruby Beet Salad, Mixed Fruit  
**JAN. 8:** PUEBLO BEEF STEW, Sliced Yellow Squash, Apple, Cornbread with margarine.  
**JAN. 9:** ORIENTALPEPPERCHICKEN, Steamed Brown Rice, Cut Broccoli, Pineapple Tidbits.  
**JAN. 11:** SALMON PATTIES with Cream Sauce, Steamed Brown Rice, Mixed Vegetables, Tangerine ~ Raisin Nut Cup  
**JAN. 15:** HOLIDAY-No meal served  
**JAN. 16:** COMBINATION BURRITO w/ Chicken Green Chili, Lettuce & Tomato & Salsa, Black Beans w/Cilantro, Diced Peas.  
**JAN. 18:** BRATWURST ON A BUN, Sauerkraut, Mustard & Onion, Pickled Beets, Sliced Peaches.  
**JAN. 22:** VEGETABLE SOUP, Tuna Salad on Lettuce w/Tomato, Baked Acorn Squash, Almond Peaches ~ Pear.  
**JAN. 23:** CHICKEN RICE SOUP, BBQ Beef on a Bun, Creamy Cole Slaw, Almond Peaches.  
**JAN. 25:** SWISS STEAK w/Mushroom Sauce, Whipped Potatoes, Seasoned Greens, Plums  
**JAN. 29:** BEEF BARLEY SOUP, Wheat Crackers, Sesame Broccoli, Apricot Pineapple Compote Apple  
**JAN. 30:** HONEY BBQ CHICKEN, Oven Browned Potatoes, Chopped Spinach, Diced Peas.

**FLORENCE CENTER**

100 Railroad St. - Florence Tue/Th/Fri

**JAN. 2:** CHILI CON CARNE, Whole Wheat Crackers, Sliced Yellow Squash, Pineapple Mandarin Orange Compote, Cornbread.  
**JAN. 4:** TAHITIAN CHICKEN, Steamed Brown Rice, Green Beans Amandine, Fruit Salad.  
**JAN. 5:** CHICKEN CORDON BLEU, Rice Pilaf, Seasoned Asparagus, Apricots  
**JAN. 9:** WHITE CHILI WITH CHICKEN, Whole Wheat Crackers, Carrot and Celery Sticks, Cooked Cabbage with Red Pepper Pear Halves.  
**JAN. 11:** BAKED PORK CHOP W/ COUNTRY GRAVY, Whipped Potatoes, Hot Bean Casserole, Fruit Salad, Cinnamon Applesauce.  
**JAN.12:** VEAL.PARMESAN & TOMATO SAUCE, Spaghetti, Italian Green Beans, Spiced Plums, French Bread.  
**JAN. 16:** VEGETABLE SOUP, Wheat Crackers, Tuna Salad on Lettuce w/ Tomato, Baked Acorn Squash, Almond Peaches, Fresh Pear.

## Yesterday's soldiers.....

# .....Today's HEROES



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**JAN. 18:** CORNED BEEF, Parsley Buttered Potatoes, Seasoned Cabbage & Carrots, Shamrock Sugar Cookie.  
**JAN. 19:** SPAGHETTI WITH MEAT SAUCE, Tossed Salad w/Italian, Seasoned Green Beans, Orange.  
**JAN. 23:** BEEF STEW, Wheat Crackers, Whole Kernel Corn, Herbed Green Beans Diced Peas.  
**JAN. 25:** PORK CHOW MEIN, Steamed Brown Rice, Cooked Cabbage w/Red Pepper, Banana, Fortune Cookie.  
**JAN. 26:** BRATWURST ON A BUN, Sauerkraut, Mustard, & Onion, Pickled Beets, Sliced Peaches.  
**JAN. 30:** BEEF BARLEY SOUP, Wheat Crackers, Sesame Broccoli, Apricot Pineapple Compote, Apple.  
**JAN. 31:** Beef & Broccoli Stir Fry w/ Rice, Steamed Carrots, Pineapple Tidbits.

**GOLDEN AGE CENTER**

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

**JAN. 1:** Holiday-No meal served  
**JAN. 3:** PUEBLO BEEF STEW, Tossed Salad w/Italian Dressing, Baked Acorn Squash, Banana.  
**JAN. 5:** CHICKEN FAJITAS, Tomato & Lettuce Garnish, Cilantro Rice, Cooked Cabbage w/Red Pepper, Banana Bread.  
**JAN.8:** POTATO SOUP WITH TUNA SALAD WRAP, Shredded Lettuce & Tomato, Hard Boiled Egg, Grapefruit Half.  
**JAN 11:** HAM AND BEANS, Cut Broccoli, Parslied Carrots, Orange Juice Cornbread.

**JAN. 12:** MEATLOAF , Brown Gravy, Cheesy Potatoes, Seasoned Green Beans Pineapple Tidbits.  
**JAN. 15:** Holiday-No meal served  
**JAN. 17:** ITALIAN SAUSAGE W/ MARINARA SAUCE, Spaghetti, Baked Acorn Squash, Tossed Salad, Pizzelle and Fresh Pear.  
**JAN. 11:** MEATLOAF, Brown Gravy, Cheesy Potatoes, Seasoned Green Beans, Pineapple Tidbits.  
**JAN. 12:** CHILI CON CARNE, Whole Wheat Crackers, Cut Broccoli, Raisin Nut Cup, Apple.  
**JAN. 4:** SCALLOPED POTATOES & HAM, Chopped Spinach, Hard Boiled Egg, Perfection Salad, Apple.  
**JAN. 5:** HOT BEEF SANDWICH, Garlic Mashed Potatoes, California Vegetable Medley, Confetti Slaw, Pineapple Tidbits.  
**JAN. 9:** CHICKEN NOODLE SOUP, Wheat Crackers, Chopped Spinach w/Malt Vinegar, Sliced Yellow Squash, Orange.  
**JAN. 11:** MEATLOAF, Brown Gravy, Cheesy Potatoes, Seasoned Green Beans, Pineapple Tidbits.  
**JAN. 12:** ROAST PORK , Whipped Potatoes w/Gravy, Parslied Carrots, Strawberry Gelatin Salad, Dinner Roll.  
**JAN. 16:** BEEF STEW, Wheat Crackers, Whole Kernel Corn, Herbed Green Beans, Diced Peas.  
**JAN. 18:** BRATWURST ON A BUN, Sauerkraut, Mustard & Onion, Pickled Beets, Sliced Peaches.  
**JAN. 19:** HONEY BBQ CHICKEN, Oven Browned Potatoes, Chopped Spinach, Diced Peas.  
**JAN. 23:** WHITE CHILI WITH CHICKEN, Wheat Crackers, Carrot & Celery Sticks, Cooked Cabbage w/Red Pepper, Apple.  
**JAN. 25:** HUNGARIAN GOULASH, California Vegetable Medley, Spinach w/ Malt Vinegar, Banana.  
**JAN. 26:** LEMON BAKED FISH, Tartar Sauce, Scalloped Potatoes, Spinach w/ Malt Vinegar, Banana.  
**JAN. 30:** POTATO SOUP WITH TUNA SALAD WRAP, Shredded Lettuce & Tomato, Hard Boiled Egg, Grapefruit Half.

**PENROSE CENTER**

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**JAN. 2:** POTATO SOUP WITH TUNA SALAD WRAP, Shredded Lettuce & Tomato, Hard Boiled Egg, Grapefruit Half.  
**JAN. 4:** BAKED PORK CHOP W/ COUNTRY GRAVY, Whipped Potatoes,

Hot Bean Casserole, Fruit Salad and Cinnamon Applesauce.  
**JAN. 9:** CHICKEN RICE SOUP, Wheat Crackers, BBQ Beef on a Bun, Creamy Cole Slaw and Almond Peaches.  
**JAN. 11:** HAM AND BEANS, Cut Broccoli, Parslied Carrots, Orange Juice and Cornbread.  
**JAN. 16:** PUEBLO BEEF STEW, Tossed Salad w/Italian Dressing, Baked Acorn Squash, Banana.  
**JAN. 18:** CHICKEN FAJITAS, Tomato & Lettuce Garnish, Cilantro Rice, Cooked Cabbage w/Red Pepper, Banana Bread.  
**JAN. 23:** BEEF BARLEY SOUP, Wheat Crackers, Sesame Broccoli, Apricot Pineapple Compote, Apple.  
**JAN. 25:** ITALIAN SAUSAGE W/ MARINARA SAUCE, Spaghetti, Baked Acorn Squash, Tossed Salad, Pizzelle and Fresh Pear.  
**JAN. 30:** MEATLOAF Brown Gravy, Cheesy Potatoes, Seasoned Green Beans, Pineapple Tidbits.

**SALIDA CENTER**

(Tues/Thur/Fri) - 539-3341

**JAN. 2:** CHILI CON CARNE, Whole Wheat Crackers, Cut Broccoli, Raisin Nut Cup, Apple.  
**JAN. 4:** SCALLOPED POTATOES & HAM, Chopped Spinach, Hard Boiled Egg, Perfection Salad, Apple.  
**JAN. 5:** HOT BEEF SANDWICH, Garlic Mashed Potatoes, California Vegetable Medley, Confetti Slaw, Pineapple Tidbits.  
**JAN. 9:** CHICKEN NOODLE SOUP, Wheat Crackers, Chopped Spinach w/Malt Vinegar, Sliced Yellow Squash, Orange.  
**JAN. 11:** MEATLOAF, Brown Gravy, Cheesy Potatoes, Seasoned Green Beans, Pineapple Tidbits.  
**JAN. 12:** ROAST PORK , Whipped Potatoes w/Gravy, Parslied Carrots, Strawberry Gelatin Salad, Dinner Roll.  
**JAN. 16:** BEEF STEW, Wheat Crackers, Whole Kernel Corn, Herbed Green Beans, Diced Peas.  
**JAN. 18:** BRATWURST ON A BUN, Sauerkraut, Mustard & Onion, Pickled Beets, Sliced Peaches.  
**JAN. 19:** HONEY BBQ CHICKEN, Oven Browned Potatoes, Chopped Spinach, Diced Peas.  
**JAN. 23:** WHITE CHILI WITH CHICKEN, Wheat Crackers, Carrot & Celery Sticks, Cooked Cabbage w/Red Pepper, Apple.  
**JAN. 25:** HUNGARIAN GOULASH, California Vegetable Medley, Spinach w/ Malt Vinegar, Banana.  
**JAN. 26:** LEMON BAKED FISH, Tartar Sauce, Scalloped Potatoes, Spinach w/ Malt Vinegar, Banana.  
**JAN. 30:** POTATO SOUP WITH TUNA SALAD WRAP, Shredded Lettuce & Tomato, Hard Boiled Egg, Grapefruit Half.

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

# Warm Up Chilly Days With Chili Con Carne

by Annette Gooch

In the traditional cuisine of Mexico, chili peppers (chiles) are eaten daily in cooking sauces or as garnishes and condiments. Yet the most popular "chili" consumed in the United States has no real counterpart in authentic Mexican cooking. Meat stewed with chili peppers (chile carne) and served with beans (frijoles) was a mainstay of early ranch-style and chuck-wagon cookery along the U.S. border with Mexico. Variations on "chili," the original border food, remain a standard at diners and cafes all over the nation.

**SUCCESS TIP:**  
 To develop optimum flavor in chili, cool it slightly after cooking and store, covered, in a shallow container in the refrigerator for 8 to 48 hours before reheating over low heat.

The flavors of cumin, dried red chile pepper and tequila, a Mexican liquor distilled from the agave cactus, flavor this meaty main dish. If you wish, substitute white wine or chicken broth for the tequila. For an informal supper, serve the chili directly from the skillet in which it was cooked, passing a basket of warm tortillas or rolls to accompany the chili.

**ALL-MEAT CHILI**

1/2 pound mild Italian sausage links  
 1 pound ground turkey or veal, crumbled  
 1 orange  
 1 medium onion, finely chopped  
 1 red or green bell pepper, seeded and chopped  
 1 clove garlic, minced or pressed  
 1 teaspoon each salt and paprika

1/2 teaspoon ground cumin  
 1/8 teaspoon ground cloves  
 1 small dried hot red chile, crushed  
 1 can (approximately 16 ounces) tomatoes  
 1/4 cup tomato paste  
 1/2 cup tequila  
 Sour cream, cilantro sprigs and avocado slices for garnish

1. Remove any casings from sausages; crumble meat into a large, deep, heavy frying pan. Cook over medium-high heat, stirring often, until lightly browned. Mix in ground turkey and cook until it begins to brown. Meanwhile, grate zest and squeeze juice from orange; reserve.

2. To sausage and turkey, add onion and bell pepper. Cook over medium heat, stirring often, until onion is soft and lightly browned. Mix in garlic, salt, paprika, cumin, cloves and chile. Stir in orange zest and juice, tomatoes (coarsely chopped) plus their juices, tomato paste and tequila. Bring to a boil, cover, reduce heat and simmer about 1 hour.

3. If chili is too thin for your taste, uncover and cook over medium-low heat, stirring occasionally, until thickened to your liking. Taste; adjust seasoning if needed.

4. Serve garnished with sour cream, cilantro and avocado slices. Serves 4.

A bountiful pot (or chafing dish) of hearty chili with an assortment of condiments makes for relaxed entertaining. This version contains no beans, but a large bowl of Mexican-style pinto or black beans makes a satisfying accompaniment for diners

to add to their chili bowls. Cubes of boneless beef or veal can be substituted for the lamb.

**CHAFING DISH CHILI CON CARNE**

3 tablespoons olive oil  
 3 to 3 1/2 pounds boneless lamb shoulder cut in 1 1/2-inch cubes  
 4 medium onions, sliced  
 5 cloves garlic, sliced  
 1 red or green bell pepper, sliced  
 1 (28-ounce) can plum tomatoes, drained and diced  
 1 tablespoon cumin seed, lightly toasted until fragrant in a hot ungreased skillet

2 tablespoons dried oregano  
 1 tablespoon salt  
 1 tablespoon red hot-pepper flakes  
 1 teaspoon cayenne pepper  
 1 teaspoon ground cinnamon  
 6 cups water  
 6 green onions, diced  
 1 (approximately 6-ounce) can pickled jalapeno chiles, sliced

1 1/2 cups sour cream  
 2 cups grated jack cheese  
 Prepared salsa and tortilla chips (optional)

1. In a Dutch oven over medium heat, place 1 1/2 tablespoons of the oil. Add one-fourth of the cubed meat and stir while browning on all sides (about 4 minutes). Remove meat with a slotted spoon to a serving dish and reserve. Add 1 more tablespoon oil and another fourth of the cubed meat, browning all sides and stirring to prevent sticking. Repeat, without adding more oil, until all the meat is browned.



*Red bell pepper, hot red chile, canned tomatoes and tomato paste give this all-meat chili its appetizing color. photo: Lifestyle Media Group*

2. Return all the browned meat to pan and add remaining oil. Stir in onions and garlic; cook until translucent (4 to 5 minutes). Stir in bell peppers, tomatoes, toasted cumin seed, oregano, salt, hot-pepper flakes, cayenne, cinnamon and the water.

3. Bring to a boil, reduce heat to simmer, and cook slowly until meat is fully tender (approximately 2 to 2 1/2 hours).

4. If chili was refrigerated after cooking, reheat in Dutch oven. To serve for buffet-style service, transfer to a crock pot or chafing dish and hold over low heat. Accompany chili with small serving dishes of diced green onions, pickled jalapenos, sour cream, grated cheese and prepared salsa. Serve tortilla chips in a festive basket or larger bowl.

Serves 8 to 10.  
*Red bell pepper, hot red chile, canned tomatoes and tomato paste give this all-meat chili its appetizing color. photo: Lifestyle Media Group*

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**JAN 1:**Happy New Year!

**JAN. 2:** Meatload/Tomato Sauce, parslied noodles, mixed veggies, wheat bread/marg., cran-mold.

**JAN. 3:** Hot Turkey Sandwich, mashed potatoes, green beans, gingerbread/lemon.

**JAN. 4:** Tomato Swiss Steak, confetti rice, corn, wheat bread/marg., chilled plums.

**JAN. 5:** Baked Glazed Ham, cranberry sauce, orange glazed sweet potatoes, carrots, wheat bread/marg., orange juice.

**JAN. 8:** Sausage, seasoned cabbage, mashed potatoes, three bean salad, wheat bread/marg., cinnamon applesauce.

**JAN. 9:** Enchilada Casserole, green beans, garden salad/ranch drsg., wheat bread/marg., pineapple tidbits.  
**JAN. 10:** Green Pepper Steak, mashed potatoes, broccoli, pickled beets, wheat bread/marg., orange.

**JAN. 11:** Turkey Tetrizzini, carrots, hot biscuit/marg., banana cake.  
**JAN. 12:** Beef Stroganoff, over Noodles, peas, pineapple slaw, wheat bread/marg., fruit cocktail.

**JAN. 15:** Spaghetti/Meatsauce, green beans, lime carrot gelatin, wheat bread/marg., chocolate pudding.  
**JAN. 16:** Roast Pork Loin, orange

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marg., lime fruit gelatin.  
**JAN. 23:** BBQ Beef Sandwich, baked beans, mixed green salad/ranch drsg., diced peaches.  
**JAN. 24:** Pinto Beans/Ham, cornbread, carrots, margerine pat, orange.  
**JAN. 25:** Chicken Cacciatore, linguini, broccoli, wheat bread/marg., pineapple upside down cake.  
**JAN. 26:** Country Style Steak, mashed potatoes, broccoli, wheat bread/marg., banana.  
**JAN. 29:** BBQ Meatballs, parslied potatoes, california blend, wheat bread/marg., fruit cocktail.  
**JAN. 30:** Roast Turkey/Gravy, mashed potatoes, green beans, pickled beets, wheat bread/marg., pineapple tidbits.  
**JAN. 31:** Beef Tips/Gravy, mashed potatoes, stewed tomatoes, creamy coleslaw, wheat bread/marg., chocolate pudding.  
**FEB. 1:** Chicken A La King/Biscuit, broccoli/marg., peach cobbler.  
**FEB. 2:** Sweet/Sour Pork over Rice, corn, wheat bread/marg., gingerbread with lemon.

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# Finances: Wealth Creation

## Prevent Identity Theft: Protect Yourself From Fraud

by Robert Valentine

**Preventing Identity Theft**  
Limiting exposure of your personal information is the best way to protect yourself from fraud.

For the sixth consecutive year, identity theft surpassed construction, credit card and debt collection fraud as the most prevalent form of consumer fraud, according to the Federal Trade Commission, which received 255,000 identity theft complaints last year.

Many consumers associate identity theft with email solicitations and computer firewall breaches, but checks, credit cards and Social Security numbers remain targets as well. To protect yourself from becoming a victim, follow these tips to prevent identity theft.

**Checks:**  
- Use your initials and last name when ordering printed checks. A check forger won't know how you sign your checks, but your bank will.

- Do not have your home phone number or Social Security number printed on your checks. Use your work phone number. Use a post office box or work address instead of your home address.

- Order new checks from your bank and pick them up at the bank, rather than having them sent to your home mailbox.

**Credit cards:**  
- When paying credit card bills, write only the last four digits of the account number in the check memo line.

- Do not sign the back of your credit card. Instead write, "Photo ID required."

- Photocopy both sides of your driver's license, credit cards and other important contents of your wallet. In the event it is stolen, you'll know exactly what is missing.

- Keep a list of your credit card numbers and their toll-free customer service numbers so you can cancel cards quickly if lost or stolen. Keep the list in a safe place in your home, not in your wallet.

**Social Security Number**

- Do not carry your Social Security card in your wallet. Memorize the number and put the original card in a safe place.

- If you believe your Social Security number has been compromised, contact

the Social Security Administration fraud line 800-269-0271.

**PINs and Passwords**  
- Do not write your PIN on the back of the card or on anything else in your wallet.

- Use different PINs for each debit and credit card. If you have too many to remember, consider reducing the number of cards you carry in your wallet.

- Do not use easily available information, like your birth date, phone number or part of your Social Security number, for PINs and passwords.

**Mail and Trash**  
- Use post office collection boxes for outgoing mail, rather than your home mail box.

- Shred any trash that may contain personal information, including charge receipts, credit applications, insurance forms, medical statements, checks and bank statements, expired credit and debit cards and direct mail credit offers.

- You can opt not to receive direct mail credit offers by calling 888-567-8688.

- If your wallet is stolen, you should immediately:

- File a police report to document the theft and the wallet contents.

- Contact one of the national credit reporting organizations (listed below) to have a fraud alert placed on your name and Social Security number. The organization you contact is required to contact the other two.

- If the thief's purchases initiate a credit check, the credit reporting organization can alert the merchant.

- Placing a fraud alert entitles you to free copies of your credit reports.

--->Equifax 800-525-6285  
--->Experian 888-397-3742  
--->Trans Union 800-680-7289

- Close all accounts for missing credit cards. Check your credit reports for accounts opened fraudulently.

- File a complaint with the Federal Trade Commission, which maintains a database of identity theft cases, online at [www.consumer.gov/idtheft](http://www.consumer.gov/idtheft).

This database assists law enforcement agencies and helps the FTC learn more about identity theft. Notify your bank if your wallet contained a checkbook or debit/ATM cards.

**Intellectual Property**  
Writings, art works, inventions and even ideas can be protected now and for the future.

Among its many influences on modern culture, the Internet has provided a virtually unfettered outlet for writers, artists, musicians, inventions and ideas. Today more than ever, an individual's creative contributions can take on lives of their own, generating wealth in ways and from ideas the author or inventor never imagined. Such intellectual property has value under the law and should be included in an estate plan to protect heirs' rights to preserve those creations and any related financial gains.

John Steinbeck's works provide a case in point. In 2006, a U.S. district judge in New York granted publishing rights for 10 Steinbeck works to son Thomas Steinbeck and granddaughter Blake Smyle, who had cancelled rights to the works held by a publisher and the children of Steinbeck's third and last wife, Elaine, among others. Thomas Steinbeck is the author's son by his second wife. The granddaughter is the child of the couple's second son, John Steinbeck IV. The convoluted family relationships – first wife, second wife and children, third wife and step-children – illustrates the need for specific instructions in the estate plan and related documents such as a will for who will receive the rights and responsibilities for the intellectual property.

What if, however, the value of the property hasn't been determined – or possibly even imagined – at the creator's death? Author Robert E. Howard committed suicide in 1936 at age 30 – 46 years before Arnold Swarzenegger brought Howard's character Conan the Barbarian to life on screen. Prior to his death, Howard's works had only been published in Weird Tales and similar pulp fiction magazines. Paperbacks didn't appear until the 1960s, followed by comic books in the '70s and the film in 1982. Howard's father, his only surviving relative, could not have foreseen the popularity the works would garner in the decades following his son's death.

Intellectual property, defined by law as expressions of ideas and knowledge, falls into two categories: works protected by copyright, such as writings, music and visual art, and those protected by patents, including processes, machines, designs for manufactured items, software and internet applications and food products. Copyright protection begins at the moment of creation, with no action needed by the creator, and lasts 70 to 120 years, depending on the date of creation. Patent protection requires an application and approval from the U.S. Patent & Trademark Office and lasts 14 or 20 years from the date of application, depending on the type of patent.

Both types of protection can be transferred during the creator's lifetime or at death by a will or probate. Patent owners may transfer the ownership of the patent or grant licensing rights through a written document. Copyright transfers require a written document for exclusive rights but not for nonexclusive rights. Additionally, special copyright rules apply for works created under a contractor employment of another party, with ownership of the copyright usually residing with the creator unless otherwise specified in writing. If the creator sells the work itself, he usually retains the rights to the idea itself.

If that sounds complicated, you're right. That's why legal and estate professionals often recommend that individuals who anticipate bequeathing intellectual property rights name a qualified expert in the area (music, art, writing, etc.) to manage those issues. An entrepreneur whose intellectual property may be tied to his business should seek tax advice on transferring those rights to his heirs. Determining the value of these assets can be difficult, so professional help will be needed in that area as well.

Individuals often think only of tangible assets – real estate, securities and other personal property – in creating a financial plan. Those whose work touches on copyright or patent issues should include detailed plans for those assets as well.

# For A Healthier You

## A Caregiver's Support System

by Katherine Luck

Today there are over 44.4 million adults in this country serving as unpaid caregivers, usually for family members or other loved ones. Without a strong support system, providing care can be physically, as well as emotionally, exhausting. If you are a caregiver, or may become one down the road, there is a wide variety of assistance, much of it free, that you can add to your caregiver support system.

**Our Aging America**

According to a recent survey by the National Alliance for Caregiving and AARP, nearly 80% of care recipients in the U.S. are adults over the age of fifty. With the average yearly cost of a private room in a nursing home running \$70,080, more than half continue to live in their own homes. If you find yourself caring for your spouse or parent at home, your support system should include:

**Hands-on help.**

Enlist the assistance of other family members or friends so you can take regular breaks from your caregiving duties. You can hire a part-time

professional caregiver to take over for you—however, in-home nursing care averages \$21 per hour in the Seattle area. If this isn't an option for your family, respite care is often available by contacting the Washington State Family Caregiver Support Program through our state's Department of Social and Health Services.

**Peer support.**

Sometimes a little moral support from others in the same situation makes a world of difference. Caregiver support groups are held in many senior centers, family support centers, and even on the internet.

**When The Grandkids Come To Stay... And Stay**

There are 4.5 million children growing up in their grandparents' homes today—a 30% increase in the past sixteen years. As a result, there are currently eight times more children living with their grandparents than in foster homes. If you decide to take your grandchildren in, be sure to arrange for:

**A connection with the schools.**

Many schools have Family

Support Workers who can help you access community resources that will make your new family's adjustment easier. It is also vital that your grandchild's teacher be aware of their new situation so that they can be sensitive to any changes in your grandchild's academic performance and emotional well-being.

**Activities for the grandkids.**

Free and low cost after-school programs available through your child's school, local community centers, even your neighborhood library, will keep your grandchild busy and give you a much-needed break.

**When The Unexpected Happens**

Sometimes life takes an unforeseen turn, and the person we thought would be taking care of us as we age becomes the one who needs care. When an adult child becomes disabled, our instinct as a parent often leads us to become their full-time caregiver. If you decide to go this route, build a support system for both of you that includes:

**Emotional support.**

Both you and your child are likely to undergo a great deal of emo-

tional conflict about their unanticipated return to the nest, as well as their disability. Finding a support group for parents of disabled adults, and helping your child gain access to a support group for their disability, will help reduce stress for both of you.

**A plan for the future.**

Many of our local senior centers have programs which will help you prepare a will, so that you can be sure that your child will continue to be cared for in the future.

**Caring For The Caregiver**

No matter how you come to be a caregiver, you must remember to take care of an extremely important person first and foremost: yourself. Taking on too many duties without support brings the risk of emotional burn-out, illness, injury and depression. Remember: there's nothing wrong with asking for, and accepting, the help you need.

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Bothell, WA 98012

425-482-2546

Email: [katherineluck@gmail.com](mailto:katherineluck@gmail.com)

## Mold: Protect Yourself From These Dangerous Substances

by Dena Stevens

Do you understand what mold is, how to deal with it, do you know of properly trained people to mitigate it? In some areas of the country Mold addendums are becoming as common as Lead Paint addendums in real estate. Don't assume where you live isn't effected by these problems. Always consult a professional on this matter.

If you walk into a vacant or even occupied building and notice an odd smell, leave. Chemicals, pollutants, molds have odors. Don't endanger your health by assuming nothing is wrong. Someone who is trained to mitigate mold will often refuse to enter a building with out a respirator if they know there is a possibility of danger.

This information does surprise many people because this part of the country is considered dry and humidity is low. Call your local county health department for more details. In Pueblo call 719 583-4323

**From the Environmental Protection Agency**

**What is Mold**

Molds produce tiny spores to reproduce. Mold spores waft through the indoor and outdoor air continually. When

mold spores land on a damp spot indoors, they may begin growing and digesting whatever they are growing on in order to survive. There are molds that can grow on wood, paper, carpet, and foods. When excessive moisture or water accumulates indoors, mold growth will often occur, particularly if the moisture problem remains undiscovered or un-addressed. There is no practical way to eliminate all mold spores in the indoor environment; the way to control indoor mold growth is to control moisture.

**Basic Mold Cleanup**

The key to mold control is moisture control. It is important to dry water damaged areas and items within 24-48 hours to prevent mold growth. If mold is a problem in your home, clean up the mold and get rid of the excess water or moisture. Fix leaky plumbing or other sources of water. Wash mold off hard surfaces with detergent and water, and dry completely. Absorbent materials (such as ceiling tiles & carpet) that become moldy may have to be replaced.

**Ten Things You Should Know About Mold**

Potential health effects and symptoms associated with mold exposures include allergic reactions, asthma,

and other respiratory complaints.

There is no practical way to eliminate all mold and mold spores in the indoor environment; the way to control indoor mold growth is to control moisture.

If mold is a problem in your home or school, you must clean up the mold and eliminate sources of moisture.

Fix the source of the water problem or leak to prevent mold growth.

Reduce indoor humidity (to 30-60%) to decrease mold growth by: venting bathrooms, dryers, and other moisture-generating sources to the outside; using air conditioners and de-humidifiers; increasing ventilation; and using exhaust fans whenever cooking, dishwashing, and cleaning.

Clean and dry any damp or wet building materials and furnishings within 24-48 hours to prevent mold growth.

Clean mold off hard surfaces with water and detergent, and dry completely. Absorbent materials such as ceiling tiles, that are moldy, may need to be replaced.

Prevent condensation: Reduce the potential for condensation on cold surfaces (i.e., windows, piping, exterior walls, roof, or floors) by adding insulation.

In areas where there is a perpetual moisture problem, do not install carpeting (i.e., by drinking fountains, by classroom sinks, or on concrete floors with leaks or frequent condensation).

Molds can be found almost anywhere; they can grow on virtually any substance,

providing moisture is present. There are molds that can grow on wood, paper, carpet, and foods.

**Mold and the Insurance Industry from the Insurance Information Institute.**

Concern about the consequences of mold contamination has become one of today's top subjects. The implications of the emerging mold issue for insurance and the economy are serious.

From the insurance perspective, damage from mold, like rust, rot and mildew is specifically excluded in standard homeowners and commercial property policies. Mold contamination is covered under these policies only if it is the result of a covered peril. For example, the costs of cleaning up mold caused by water from a burst pipe are covered under the policy because water damage from a burst pipe is a covered peril.

But mold caused by water from excessive humidity, leaks, condensation or flooding is a maintenance issue for the property owner, like termite or mildew prevention, and is not covered by the policy. Most people routinely clean up mold before it grows large enough to become a hazard. Caught early, mold usually can be removed by a thorough cleaning with bleach and water.

Dena Stevens  
Realtor / ECOBROKER / CSP

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**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.



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# "Light For The Journey"

By Jan McLaughlin - Director of Prayer Warriors For Prisoners

## "READY OR NOT...ANOTHER YEAR...ANOTHER CHAPTER..."

Thumbing through my old journals at the end of each year has become a tradition. I love it. Memories flood my mind and hours slip away. Reading these entries are like stepping into a time machine, transporting me back to where I was sitting on a rock by a river or high above a lake among aspen trees, in a cozy cabin, in my camper or in front of a blazing fire in my living room. Laughing and sometimes crying, the journals bring the past to the present as bygone conversations and encounters with strangers and loved ones waft through my mind, and ring in my ears.

So vividly these old journals evoke memories faces of loved ones that

it seems possible to reach out and caress a cheek or wipe a tear. Time does slip away. Years pass quickly. Too quickly. Over the past few years, several precious family members and friends have gone home to be with Jesus. Although there is peace in knowing they are with Him, we are never prepared for the loss, some of which were expected and some without warning.

Too often, there is an attitude of complacency concerning death... other deaths, that is. However, when it is close to home...when the diagnosis of cancer is about me...the story appears in an entirely different light. Stark reality often produces an element of fear which clouds the thinking and dampens faith. Depression can set in like a vacuum and soon every other member of the family is infected by it. Regardless of the out-

come, our world is rocked and we are often left groping for answers. I don't know any answers. I just know the statistics are fairly clear! One out of every one person is going to die! According to God's word, "... It is appointed unto men once to die, and after this, judgment..." (Hebrews 9:27 ASV). For a Christian, "... to be absent from the body, is to be present with the Lord" (II Cor. 5:8). Shouldn't such a thought produce rejoicing if we are ready for death? Therefore, it behooves us to BE READY!

Pastor David Hocking once said, "Why is it that when a Christian has cancer or serious heart problem or any other life threatening illness, we run to every source possible and spend thousands upon thousands of dollars for healing? Why do we try so hard to avoid going to the place where we fervently claim we want to be?"

There is the story about the wealthy merchant in Bagdad who sent his servant to the market place to make a purchase. The servant was making his way through the market when he happened upon Lady Death. She had such a strange look on her face, the servant fled in terror and raced home. Breathless, he ran to the merchant, "Master! Master! I must use your swiftest horse to go to Samara... NOW!" The merchant was puzzled, "But why must you go to Samara right now?" White with fear, the servant cried, "Oh, Master, I ran into Lady Death in the market place and she had such a terrible look on her face I was terrified and I have to flee to Samara." The merchant, seeing his servant in torment, relented, "Well, if you must! Take the fastest horse and be gone." The servant bolted away and the horse was soon galloping toward Samara in a cloud of dust.

Shortly after the servant left, the merchant went to the market place where he also encountered Lady Death. Greeting her, he inquired, "Why did you frighten my servant so?" "Oh, Sir!" she proclaimed. "I did not mean to frighten your servant but I was stunned to see him here in Bagdad because... you see... I have an appointment with him tonight in Samara."

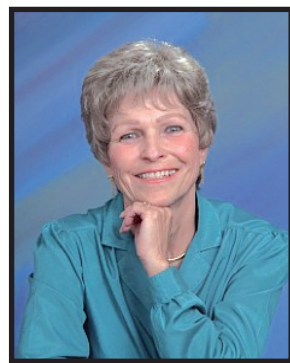
One thing we can be sure of: Our days are numbered and God knows the day and hour He will take each of us home. The Psalmist said, "All the days

ordained for me were written in your book before one of them came to be" (Ps. 139:16 NIV). "Teach us to number our days and recognize how few they are; help us to spend them as we should" (Ps. 90:12 TLB).

Everyone has an appointment with Lady Death! It may be in Samara, the grocery store, hospital, on a highway or in our own back yard. Our days ARE numbered and, READY OR NOT...like another year...another chapter, that day WILL arrive. Ask yourself the big question: AM I READY? In the December Light For The Journey article, "A Tale of Two Men," Sonny clearly articulated two choices. You can face death head on with grace and peace and the assurance of life hereafter with Christ or you can run in fear and fury. Have you embraced the Savior who died that you might have abundant life today and grace and peace for that day you pass from this life? Or have you rejected His offer of eternal life and a home with Him in heaven? Is your name written in the Lamb's Book of Life? "If anyone's name was not found written in the book of life, he was thrown into the lake of fire" (Rev 20:14 15 NIV). Our only hope and solid assurance of eternal life is in Christ Jesus, our Lord. It can't be found in good works or any other way. "Jesus answered, 'I am the way and the truth and the life. No one comes to the Father except through me'" (John 14:6 7 NIV).

God made BEING READY so simple! "For if you tell others with your own mouth that Jesus Christ is your Lord and believe in your own heart that God has raised him from the dead, you will be saved. For it is by believing in his heart that a man becomes right with God; and with his mouth he tells others of his faith, confirming his salvation. For the Scriptures tell us that no one who believes in Christ will ever be disappointed" (Rom 10:9 11 TLB). "But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name" (John 1:12 KJV).

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



# Grandparenting: ..... "The Gift"

Dear Grandparenting: My son Kevin has a new wife and two new stepdaughters. I don't want to play Grinch for our first Christmas together, but these kids are the most spoiled little creatures to ever come down the pike.

I was flabbergasted when I took them shopping for back-to-school clothes. They walked down every aisle like little prima donnas, saying "I want this one," or "That's a gross color," or "I need that!" And never a peep of thanks.

Kevin blames it on his wife's first marriage, with both parents competing to buy the affection of their daughters. While he agrees it's obnoxious, he says he'll deal with it later after the girls feel more secure in their new family.

I don't want to rock the boat, but it goes against my spirit of giving to lavish more gifts on two little princesses with an abundance of everything -- and a big-time sense of entitlement. -- Disgruntled, Gettysburg, Pa.

Dear Disgruntled: Buy just one present, to be used by the two of them jointly, the gift of learning to share. You'll be the wise grandparent who helps steer grandchildren toward the long-term joy of fellowship, and away from the short-term thrill of instant gratification.

One of the most interesting, intriguing and industrious grandparents we've met in 20 years of writing this weekly column is Susan Davenport, 90, who lives alone in a log cabin built for her on a 2,100 acre farm in Prospect, Ky.

Last year her family tried to persuade her to forsake driving, but she asserted

her independence and kept her car. She was later impressed when learning how a nearby senior had a similar problem, but "pacified" her family by coming up with a "counting" method of navigation while driving.

After leaving home she counts 22 and then turns right, counts 15 to turn left, and counts 8 and turns right to reach her favorite destination.

Mrs. Davenport's son, the Rev. Stephen Davenport, of Glyndon, Md., explains, "My dear mother quickly came up with her own solution to driving, which she insists is 'even safer.' In short runs near home she only makes right-hand turns, for she can't turn her neck fully to the left. She only turns left at red lights, where she doesn't have to twist her neck!"

His mother added, with a sparkle in her eyes that defied age, "After all, I've been driving 74 years!"

The family closely monitors their matriarch, as she flies about the country to visit her five children and 15 grands - and soon, a first "great." We'll keep you posted.

## PROMISES TO KEEP

Once upon a time, we were allowed to stay up late on New Year's Eve. Now, we're forced to.

Yes, everything changes, New Year's Eve plans too. In our youth, we resolved to bid adieu to the passing year in some seriously festive method. In middle age, we resolved to make it a night to remember, and ring in the New Year in very high style? even black tie optional. Now, we resolve to tout loudly the virtues of moderation, and extract promises from our kids and grandkids that they won't misbehave, and will shepherd those who may have.

America's annual orgy of promise-making is now upon us. Foreign commentators have observed that the U.S. is a nation possessed by the concept of self-improvement, and New Year's Day is the traditional time when many of us? armed with our New Year resolutions? set forth to better ourselves. Each New Year's Day gives us another chance to get it right.

Some are not so upbeat about the

New Year. An optimist stays up to see the New Year come in, while a pessimist stays up to make sure it leaves!

Many of us, according to those who study such things, have common goals for the year ahead. We resolve to A) lose weight and shape up, B) stay on budget and/or reduce debt, C) spend more quality time with family and friends, D) quit smoking or drinking, or E) climb out of a work or school rut. Others avoid resolutions. Maybe they've seen too many good intentions become a new start on the same old habits.

As for us, we resolve to take better care of ourselves, so we can stick around to enjoy our grandchildren. And we promise to remember in our prayers the several million grandparents who are the primary caregivers for their grandchildren, and hope they receive all necessary services and benefits.

## Grand Remark of the Week

Dear Grandparenting: While my girlfriends and I were talking the other day, we used the phrase "man's best friend." My granddaughter Hannah and two of her friends were listening. They took turns weighing in with their ideas on the subject.

"I think man's best friend is a TV set," said Hannah.

"I think it's a bed," said one friend. "No, it's the refrigerator," piped in another. Bev Johnson, Frederick, Md.

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. Tel: (410) 828-6529.

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# Where Are They Now?

by Marshall Jay Kaplan  
The Shaggy Dog

With the recent remake of the film, The Shaggy Dog (starring Tim Allen), this author wondered whatever happened to the stars of Disney's original 1959 feature film, Well, it's time to unLEASH the whereabouts of Kevin Corcoran, Tim Considine and Tommy Kirk -- all Disney stars of the 1950's and 1960's.



Tommy Kirk was born on December 10, 1941 in Louisville, Kentucky. At the age of thirteen, he was discovered in a stage play and put under contract by Walt Disney Productions and cast in The Hardy Boys serial for The Mickey Mouse Club (1955-1956). His success on the show led to a string of successful Disney films (often playing Kevin Corcoran's older brother). These films included Old Yeller (1957), The Shaggy Dog (1959), Swiss Family Robinson (1960), The Absent Minded Professor (1964) and The Misadventures of Merlin Jones (1965).

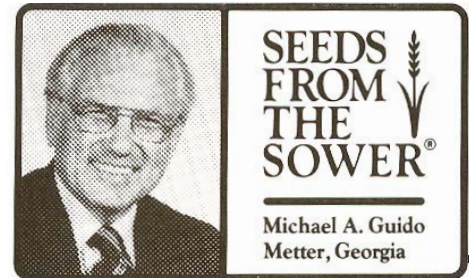
In 1963, Disney execs realized that Tommy was gay, and in turn, did not renew his contract, as it was against the studio's image. Kirk resented this, "In the 1960's, all of my social life was underground gay. It was my OWN life. I kept it separate from work." Nonetheless, the contract was dropped and Kirk went to another studio, co-starring in a slew of 'Beach Party' movies of the 1960's opposite Frankie Avalon and Annette Funicello. By the late 1960's, his career was in a slump and Kirk turned to alcohol and drugs. After nearly ten years, Tommy turned his life around. He became clean and sober and opened up a carpet and upholstery cleaning business which proved to be extremely successful -- he still operates this business today. Over the past six years, just for fun, he appeared in a few small roles in low budget films, Tommy Kirk currently resides in the Los Angeles area.

Kevin Corcoran, who was best known to Disney fans as 'Moochie' was born on June 10, 1949. His siblings were already well known actors in film and television (older sister, Noreen starred on the John Forsythe TV series, Bachelor Father). Since he was already part of an established acting clan, connections in the industry were already made and by the age of four, Kevin was already appearing in films such as The Glenn Miller Story (1953). Walt Disney loved Kevin's looks -- you know, the kind of pudgy kid always looking to 'moochie' food from somebody? And so, 'Moochie' was born, Whether it be in the Disney Spin and Marty series or in films, with 'Moochie' in their title, Kevin always played the same sort of character -- the younger, in-the-way brother.

Kevin continued in family-friendly films until 1968. Somewhat out of the show business limelight, Kevin led a normal life. He was always intrigued with the behind the scenes action, and so, in the late 1970's he returned to the 'business', this time as assistant producer. Since that time, Kevin has co-produced and assisted-directed numerous television shows such as, Quantum Leap, Murder She Wrote and Baywatch. He continues to work behind the camera and resides in Northridge, California.

Tim Considine was born on December 13, 1940 in Los Angeles, California. He is the grandson of Alex Pantages -- who formed the famed Pantages Theatre in Hollywood. As part of a theatrical family, Considine began acting in films and television as a young teenager.

In 1955, Considine was put under contract with Disney Productions. The brush-cut teen was cast on The Hardy Boys and the Spin & Marty series, alongside Tommy Kirk. During this time, Considine was also appearing in non-related Disney films and TV shows, diversifying himself as an actor. Eventually, Tim won a lead role in the classic TV sitcom, My Three Sons (1960), and left Disney. The success of the show led to other notable TV appearances and films (such as Patton, 1970). As a young adult, Considine went behind the camera as a TV writer and director. Eventually, Tim embraced his love of auto racing and is now a well known and respected sports photographer and auto racing expert and author who currently lives in Los Angeles.



SEEDS FROM THE SOWER  
Michael A. Guido Metter, Georgia

## Why Be Good? Performance Is Most Important!

A friend asked, "Why be good?"

"Try these three reasons," came the answer.

First, because you must look in. You must have self-respect. It comes to you when you are alone, when you realize that, knowing the Savior, you've received Him; knowing the truth, you've spoken it; knowing what's right, you've done it.

Second, because others are looking on. For good or for bad, your influence has its effect on others.

Third, because the Lord's looking down. He demands an account of the past and an improvement of the present.

Be good and you'll be glad!

A man asked, "Do you sell fire insurance?"

"Yes," answered an agent. "May I help you?"

"My boss threatens to fire me," he said, "and I want to protect myself."

The best protection isn't found in a policy, but in a performance.

The Living Bible says, "Obey your masters; be eager to give them your very best. Serve them as you would Christ."

"Don't work hard only when your master is watching, and then shirk when he isn't looking; work hard and with gladness all the time, as though working for Christ, doing the will of God with all your hearts."

"Remember, the Lord will pay you for each good thing you do."

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## On The Right:

by William F. Buckley Jr.

By the time this dispatch is read, Pope Benedict XVI will be in Turkey and, inevitably, adding to the confusion in that part of the world. Motley groups and associations and ad-hockers have gathered to protest his visit, and most of them attribute their grievances to the speech he gave in September at the University of Regensburg.

That speech was held to be as inflammatory as the Danish cartoons that silenced half of Europe for fear of being associated with humorous treatments of the Quran. The pope does not discuss problems as grist for cartoons. Benedict XVI, we are frequently reminded, is a mature intellect and as such earns the rigorous attention paid to what he says, though less than rigorous attention is paid to what he preaches.

What he did at Regensburg was to quote a learned 14th-century Byzantine emperor who cautioned Islam against any doctrines that scorned reason, inasmuch as reason mediates dogma.

It was in one part surprising that the pope provoked such a storm by saying something so eminently defensible. What was more surprising was the emergence of a new figure on the throne of St. Peter. Cardinal Ratzinger was bemoaned, when he

was elected pope, on the grounds that he had been, as cardinal, a full-time keeper of the eternal flame, and presumably would officiate as pope without sufficient diplomatic reserves.

Quite the opposite happened. In the three or four days after making the speech, the pope took every opportunity to stress not what had been the message of Regensburg, but the pain it had evidently caused adherents to the Islamic faith. And this theme he picked up again when he set out for Turkey. He was telling the world that his devotion to Muslims was such as to cause him terrible pain at any thought of having offended them by the use of language that appeared scornful or reproachful.

Now there were underlayers of disruption of a political character. When the pope was cardinal, he cautioned against admitting Turkey into the European Union. His reasoning was straightforward: that Turkey, a Muslim nation, was part of a different culture from that of Christian Europe. That theme had been picked up, most directly by the former president of France, Valery Giscard d'Estaing, and years have gone by without the admission of Turkey, although the reason generally given for the delay is ongoing tension between Turkey and Greece over Cyprus.

## "Will The Pope Figure It Out?"

This has annoyed some Muslims, and outraged others, and here was an opportunity to add, on top of the resentments caused by the Regensburg speech, lingering resentments over the political rejection.

It isn't as simple as prescribing admission into the European Union as a poultice and, finally, a cure. That is because many Muslims, while resenting the articulation of differences between Western and Eastern culture on matters such as marriage, sex and alcohol, are proud that such differences exist and defend the maintenance of them. In Turkey itself there have been several attempts to overthrow the secular state and restore Islamic law.

Should Turkey think of itself as facing East? Or West? The Ottoman Empire was, up until its dissolution, held to be an adversary of the West in its constitution. Is that still the case

with modern Turkey, never mind that hard secularism was adopted almost a century ago?

What is happening in that part of the world has to do with the evolution of Islam, and nobody can persuasively contend that Islamic passions to conquer and to rule are dead. And in that part of the world, attachments form under very ancient dispensations, so that the Shiites and the Sunnis, and then the Kurds and Hezbollah, crowd about, expressing their resentments and tossing interecine tribal, nationalist and credal elements into the stew.

There are those who hope that Pope Benedict will confront the maelstrom with dignity and with the strength that issues from his own faith. Or would that make too many people mad?

## ON YOUR TOES

by Charles E. Schneider, M.D.  
BUNIONS

One foot condition which causes many complaints from patients is bunions. If you are one of these people you are immediately agreeing with me. Bunions hurt and cause pain with or without shoes, standing or sitting, raining or snowing and can be a BOTHER!

What exactly is a bunion? It is an enlargement of bone in the joints at the base of the big toe. An overgrowth of bone at the head of the metatarsal develops. The patient with flat feet will more commonly have bunions develop; however it is not limited to patients with flat feet. This causes poor bone structure, muscle imbalance, joint abnormalities and inflammation.

What happens to you is pain, swelling, skin irritation, difficulty finding shoes that fit and frequently further foot problems result from this condition. Wearing wide shoes and protective pads which when worn in your shoes can control abnormal motion and compensate for bone structure. Cortisone injections can give some relief, but surgery is often required to correct bunion formation.

Although often confused with a bunion, a condition often associated with bunions is degenerative disease. Bunions, left untreated, can increase wear and tear in the joint of the big toe, break down the cartilage, and pave the

way for degenerative diseases such as arthritis.

Osteoarthritis is the breakdown of joint cartilage from normal aging; rheumatoid arthritis involves other parts of the body as well. Pain and stiffness are symptoms of both. The treatment for degenerative disease would be the removal of any bunion and then the degenerated joint removed and possibly replaced with a plastic implant.

The surgical procedures vary according to the type of bunion. The procedure may be done under local anesthesia. This means an injection is given only in the area where the surgery will occur. This makes the procedure itself painless and the patient is fully conscious throughout the surgery doone under a general anesthetic.

Although walking will be limited immediately after surgery, the patient may be in a splint or a wooden surgical shoe during recovery. The recovery rate is dependent on the type of bunion and the overall health of the patient. Most important, a patient has the option to have surgery and be free of the pain associated with bunions.

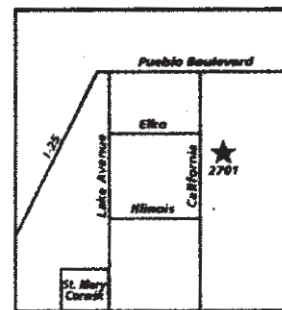
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## Covering The Courts: Ginsburg In The News!

by James J. Kilpatrick

Let us suppose, to be supposing, that an enterprising pornographer decides to seek a new market for his dirty pictures. He surmises, correctly, that law students have minds as dirty as the minds of, say, journalism students. So he puts together a law review filled with photographs of nekkid ladies.

Nothing novel here, you say? Ah, but in some of these dirty pictures, the body may be the body of Rosie l'Amour, the famed ecdysiast, but the face is the face of Supreme Court Justice Ruth Bader Ginsburg. The

prospect boggles the mind.

As a commercial venture, such an enterprise seems unlikely, but it provides a hypothetical example for Debra Laws in her case against Sony Music Entertainment Inc. The facts are not seriously in dispute.

Debra Laws is a professional vocalist and recording artist. In 1979 she entered into a recording agreement with Elektra Records. Two years later, Elektra released a recording of her song, "Very Special." The ballad must have been at least a modest success, for 20 years later at least some people

were still humming or whistling the tune.

In November 2002, an offer came to Elektra: Sony Music wanted permission to use a small "sample" of Laws' "Very Special" in an album it was about to record. The sample amounted to a 10-second segment at the beginning of the album and shorter snippets here and there. Elektra agreed. The album would carry an inconspicuous credit line acknowledging the words of Debra Laws, but there would be no share in royalties and no cash on the line.

That was born "All I Have," performed by recording artists Jennifer Lopez and LL Cool J. It turned into a huge commercial success. At one point in 2003 it was the No. 1 song in the United States. The recording has netted the producers more than \$40 million.

So much money! And all Laws got was this lousy credit line? In February 2003, she sued Sony in California's state courts, charging the producer with misappropriation of her name and voice. The action soon shifted to U.S. District Court, where Sony moved successfully for summary judgment. A panel of the 9th U.S. Circuit unanimously affirmed. Now Laws seeks Supreme Court review.

For most lawyers, readers and newspaper reporters, copyright law is unknown territory. This case

arises under the Copyright Clause in the Constitution's Article I, Section 8. It protects authors and inventors from infringement of their "writings and discoveries," and by extension, infringement of a singer's songs. From this grant of power has grown the forest of statutory law now embedded in Title 17 of the U.S. Code. That is where Ms. Lopez's "All I Have" has landed.

Back to the 9th Circuit: Writing for the panel, Judge Jay S. Bybee ruled for Sony all the way. Judges Jerome Farris and Ferdinand F. Fernandez concurred. A decisive precedent, the panel agreed, may be found in a suit brought by Nancy Sinatra 40 years ago against Goodyear Tire & Rubber Co. Brought under state law, the suit involved Goodyear's use of a song that she had made famous, "These Boots Are Made for Walkin'." The court ruled that the Copyright Act pre-empted her claim.

The 9th Circuit reconfirmed its Sinatra opinion in 1988 in another case involving a familiar figure in the entertainment world, Bette Midler. She brought suit when a professional imitator made a recording of "Do You Want to Dance?" The court ruled again that "a voice is not copyrightable." Sounds are not "fixed" in a tangible medium of expression. Midler was seeking relief from an unauthorized vocal imitation used for advertising automobiles. No way!

Again in 1992, in "Tom Waits v. Frito-Lay," the 9th Circuit stuck to its view that singers cannot rely upon copyright law to protect them against imitations of their voices. But in the case at hand, Jennifer Lopez was not "imitating" Debra Laws' rendition; she was using the original recording with the permission of Laws' agent. Elektra had done what agents do. If Laws was unhappy with her under of credit, she could sue Elektra under contract law instead of suing Sony in tort.

In its petition to the Supreme Court, Laws' counsel argues that if Judge Bybee's opinion is affirmed, the likeness of any prominent person could be used without his consent on any licensed work that is subject to copyright. On that theory, would Justice Ginsburg have an action against the publisher of Lust magazine? We'll see.

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

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Listing in attendee program guide

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# Covering The Courts: One For The Cops!!!

by James J. Kilpatrick

First the good news: The Supreme Court will hear argument early next year in the sad case of a 19-year-old who tried to outrun some Georgia cops and wound up a paraplegic.

Put another way, it's the sad case of a police officer who tried his best to protect the motoring public and wound up as the losing defendant in a federal lawsuit.

The case at hand is the appeal of Deputy Sheriff Timothy Scott from a remarkably bad opinion of the U.S. Court of Appeals for the 11th Circuit. The facts of the case were not seriously in dispute: On a night in March 2001, Scott joined other officers in a high-speed pursuit of young Victor Harris. What should have been a simple, uncomplicated arrest for speeding turned into a nine-mile chase at speeds exceeding 100 miles an hour.

In an effort to abort the chase before Harris killed someone, Deputy Scott attempted what is known to police as a "precision intervention maneuver." At a point on Route 74 in Fayette County, when the chase had slowed and no traffic was in sight, Scott lightly bumped the fleeing vehicle. Harris lost control, went over an embankment and suffered serious injuries -- injuries he might have avoided simply by pulling over at an officer's lawful command.

Harris brought suit in federal court against Scott and the county, charging that the officer had violated his Fourth Amendment right to be free from unreasonable search and seizure. Judge Rosemary Barkett, writing four

years later from the quiet detachment of her chambers, minimized the whole incident. Prior to the chase, she noted, Harris posed no imminent threat to anyone. "There were alternatives for a later arrest."

Judge Barkett's opinion, joined by Judges Stanley F. Birch and Emmett Cox, struck me as bad law and worse justice. One has to feel sorry for a 19-year-old paraplegic, but he brought his misery on himself. We'll see in the spring if the Supreme Court sides with a good cop or with a reckless boy.

So much for the good news from the high court. The bad news is that two weeks ago the justices let themselves become embroiled once more in the muddy morass of abortion law. Justice Clarence Thomas was out sick, but the other eight listened patiently to two hours of oral argument, first in "Gonzales v. Carhart" and then in "Gonzales v. Planned Parenthood Federation." In these companion cases, Solicitor General Paul D. Clement sought dutifully to defend the indefensible. Thus he urged the court to uphold the Partial-Birth Abortion Ban Act of 2003.

In the name of the Founding Fathers, this question has to be asked: How did a woman's womb get to be an instrument of commerce among the several states? Am I missing something here? Should the Erie Canal and the Vaginal Canal be taught on the same page of Con Law 101?

Contending lawyers were not arguing case law. They were urging the high court to distinguish "dilation and extraction" from "dilation and evacuation." O Marbury! O Madison! What ever became of the old distinction between state and federal jurisdiction?

Seriously, it is hornbook law that Congress has no legislative powers beyond the powers delegated to it (BEGIN ITAL) by the Constitution. (END ITAL) You may search the Constitution by night and day -- search until your eyes rebel and your fingers bleed! -- and you will not find a single line that even remotely authorized Congress to pass the act in question.

Yes, this unconstructed states'-righter is well aware that

apologists for unrestrained federal power cite to the Commerce Clause. Somehow the congressional power to regulate interstate commerce has morphed into a power to decree that partial-birth abortion, as Clement eloquently contends, is "never medically indicated to preserve the health of the mother." The challenged act is based upon "findings" that Congress had no proper business ever looking for.

Fourteen years ago the high court split like a dropped pumpkin in

the seminal abortion case of "Planned Parenthood v. Casey". Six years ago it surpassed that 5-4 explosion with Justice Breyer's opinion in the Nebraska case of "Stenberg v. Carhart." Justice Scalia, dissenting, asked rhetorically if the text of the Constitution has anything to say about abortion. Then he answered his own question: "It obviously does not."

That should have been the last word -- but it wasn't the last word then, and this month's two cases won't be a bit better.

## Auto Theft Alert From The BBB

According to the National Crime Information Center (NCIC), \$7.6 billion in auto theft occurred in 2005.

Auto theft is an expensive crime, so it is important to be prepared to handle a vehicle being stolen. Too often, consumers have misconceptions about vehicle thefts, and this can lead to expensive consequences for the unprepared victim.

While it's impossible to totally avoid being a victim of auto theft, the Better Business Bureau of Southern Colorado offers information about some common myths:

**Myth:** Most Thefts Occur in Unprotected Areas. Despite conventional wisdom, parking in an unprotected area does not mean your vehicle is more likely to be stolen. An FBI report on "Crime in the United States" indicates that more than one-third of all vehicle thefts occur at a home or residence, compared to only two of every 10 vehicle thefts occurring at a parking lot or parking structure. Vehicles that are stolen from highways, roads or alleys, including carjacking, account for the least number of thefts.

**Myth:** Stolen Vehicles Are Usually Found. Drivers who believe their stolen car will eventually be found also may be making a false assumption, especially if their vehicle has been missing for more than six days. Although about one-half of all stolen vehicles are recovered, the first few days are critical. Even if the vehicle is recovered, it may be completely totaled. The longer the vehicle is in the possession of criminals, the less chance of recovery. Interestingly, Fridays and Saturdays are the days with the highest frequency of motor vehicle theft while Mondays and Tuesdays have the highest recovery rates.

**Myth:** Insurance Always Provides a Rental Car. Another common misconception many insured drivers have is that once they report a stolen car, their auto insurance will automatically cover a rental car until their vehicle is found or they are authorized by their insurance company to buy a new one, which can take several weeks. Unfortunately, although insurance for theft is included in the comprehensive part of an auto insurance policy, this coverage may not automatically include coverage for a replacement rental car for a stolen vehicle. Since replacement rental car coverage is only a couple dollars a month, it can cost more for a one-day car rental than for a full-year of coverage.

**Myth:** Anti-Theft Devices Are Easy to Install. Pay a competent professional to wire, install and test the anti-theft system because there is too much complexity in today's vehicles for an untrained person to cut into a vehicle's electronics. Don't select the installer on price alone; check with the Better Business Bureau ([www.bbb.org](http://www.bbb.org)) for a report to see if the business has a satisfactory record. Also, ask if the alarm system technician is certified by the Mobile Electronics Certification Pro-

SEE "AUTO" PAGE 11.

# Social Security & You

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



### TEST YOUR KNOWLEDGE ABOUT SOCIAL SECURITY SURVIVORS BENEFITS

Few people realize that their Social Security survivors insurance is probably worth more than any life insurance they have through work or a private insurance company. And it is insurance protection that almost every American worker who pays into Social Security has. Your spouse and dependent children would have a base of financial protection should something happen to you, and it is important to know about it. The following questions are designed to help you find out how much you know about your Social Security survivors insurance protection.

**1. If you die before reaching retirement age, your child(ren) may receive Social Security survivors benefits until age:**

- A. 21
- B. 18, or 19 if still in secondary school full time
- C. 16

**2. If your spouse dies and you are childless or your children are grown, you can receive survivors benefits at age:**

- A. 60, or age 50 if disabled
- B. 62, or age 60 if disabled
- C. 65, or age 62 if disabled

**3. If you are divorced and your ex-husband or ex-wife dies, you may receive survivors benefit on your ex-spouse's earnings record if:**

- A. The marriage lasted 20 years
- B. The marriage lasted 10 years
- C. The marriage lasted 5 years

**4. If your surviving spouse remarries, benefit payments would stop unless he/she is:**

- A. Age 60 or older
- B. Age 55 or older
- C. Age 62 or older

**5. The average monthly Social Security survivors benefit payment for a widow or widower with two children is:**

- A. About \$1,000
- B. About \$1,500
- C. About \$2,000

### ANSWERS TO QUESTIONS

**1. B**  
A surviving child may receive benefits up to age 18, or 19 if still in secondary school full time, or longer if disabled. A child who is disabled before age 22 may receive child's benefits as

long as he or she remains disabled and does not marry.

**2. A**  
Widows can receive benefits at age 60, or age 50 if disabled. Widows disabled at age 50 or later may qualify for a disability benefit on their deceased husbands' earnings.

**3. B**  
Surviving divorced spouses who have been married 10 years have the same benefit rights and receive the same basic benefit amount as current surviving spouses. (The benefit of the surviving divorced spouse will not affect those of the current spouse.)

**4. A**  
At age 60, a surviving spouse can remarry and not lose eligibility for Social Security benefits.

**5. C**  
In 2006, the average monthly survivors benefit payment for a widow/widower with two children is \$2,074.

For more information about Social Security survivors benefits visit [www.socialsecurity.gov/planners/index.htm](http://www.socialsecurity.gov/planners/index.htm) or call Social Security at 1-800-772-1213 (TTY, 1-800-325-0778) and ask for the publication, Survivors Benefits.

### CONVENIENT ONLINE SOCIAL SECURITY SERVICES SCORE HIGHLY

Social Security's Internet site, [www.socialsecurity.gov](http://www.socialsecurity.gov), is among the most popular of government websites. In fact, in a survey conducted by the American Customer Satisfaction Index, four of the top five services evaluated are located on Social Security's website. Our Social Security Benefits Application was number one, followed by the Application for Extra Help Medicare Prescription Drug Plan Costs page and the Social Security Business Services Online page. In fifth place was the Social Security Retirement Planner.

The reason for the high ratings is simple: each year more people find that they like the speed and convenience of applying for benefits at Social Security Online. A report released earlier this year by the American Customer Satisfaction Index states that Social Security is "doing a stellar job of meeting the needs and exceeding the expectations of citizens" with the Internet application for retirement, spouse and

disability benefits.

Our Social Security website also has other popular and useful features in addition to those cited above. People who already receive benefits can change their address and phone number online, sign-up for direct deposit or apply for a replacement Medicare card. Need information? You can find out almost anything you want or need to know about the Social Security program, from how to get a Social Security number to how to go back to work while receiving disability benefits.

Information is available online 24 hours a day. Online services are available each weekday from 5 a.m. until 1 a.m. And on weekends website visitors can conduct business on Saturday from 5 a.m. until 11 p.m., and on Sunday from 8 a.m. until 11:30 p.m. Find out why Social Security's website is so popular by checking out just how much you can do online at [www.socialsecurity.gov/onlineservices/](http://www.socialsecurity.gov/onlineservices/).

### SOCIAL SECURITY EXPANDS MULTILINGUAL SERVICES

Social Security recently announced an expansion of our "Multilingual Gateway" on the Internet. Visitors to [www.socialsecurity.gov/multilingual](http://www.socialsecurity.gov/multilingual) will now find an additional 30 Social Security program publications. These online publications provide detailed and useful information about Social Security retirement, disability and survivor benefits, the Supplemental Security Income program and the Social Security card and number -- in 15 languages. The Multilingual Gateway languages are: Arabic, Armenian, Chinese, Farsi, French, Greek, Haitian-Creole, Italian, Korean, Polish, Portuguese, Russian, Spanish, Tagalog and Vietnamese.

The Spanish language page, "Seguro Social en Español" at [www.segurosocial.gov/espanol](http://www.segurosocial.gov/espanol), is even more extensive, offering over 65 publications in Spanish, as well as benefit calculators, press releases and frequently asked questions.

Social Security understands the ongoing need to provide information and services to the public in languages other than English. To meet this demand, we have worked hard during the past few years to increase hiring of bilingual employees in our 1,300 field offices across the country. We strive to have staff that reflects the various backgrounds of the community that they serve and who are able to speak languages common to the area where the office is located.

Part of this effort involves providing free interpreter services in more than 100 languages to help conduct Social Security business, whether you talk to us by phone or visit us in the Social Security office.

Here's how the phone service option works. When you call our toll-free number, 1-800-772-1213, press 2 if you speak Spanish. For all other languages, press 1 and stay on the line until a representative answers. An interpreter

will be contacted to help with your call. If your business cannot be completed by phone, we will make an appointment for you at a local Social Security office and arrange for an interpreter to provide assistance at the time of your visit.

Whether it is via the Internet, through face-to-face office visits or through our national 800 number, Social Security remains committed to providing quality service to an increasingly more diverse American public.

### MEDICARE BENEFICIARIES WITH LIMITED INCOMES

Most Medicare beneficiaries who did not enroll in a Medicare drug plan by the May 15, 2006 deadline will need to wait until the next annual enrollment period (November 15 - December 31, 2006). But if you are eligible for the extra help that is available under the Medicare Prescription Drug Program, you can join a Medicare drug plan at any time without paying a penalty in 2006.

The extra help can pay for part of the monthly premiums, annual deductibles and prescription co-payments under the new prescription drug program, and it could be worth an average of \$3,700 per year. Basically, you may qualify for extra help if your income is below \$14,700 a year as a single person or below \$19,800 a year if you're married and living with your spouse. Your total resources must be less than \$10,000 if you are single or \$20,000 if you are married and living with your spouse. Resources include such things as bank accounts, stocks and bonds, but do not include your house and car. And resources can be slightly higher (an additional \$1,500 per person) if you will use some of your money for burial expenses.

If you think that you might qualify for the extra help, you can complete an online application at [www.socialsecurity.gov](http://www.socialsecurity.gov) or call 1-800-772-1213 (TTY 1-800-325-0778) and a representative will assist you in filing an application over the phone. For more information about the prescription drug program itself, you can go to [www.medicare.gov](http://www.medicare.gov).

### Questions and Answers GENERAL QUESTION:

My wife and I both receive Social Security benefit payments. Can our checks be deposited in different banks?

Answer:  
Yes. You may use direct deposit at any federally insured bank, savings and loan institution, or credit union. Even if your wife is getting spouse benefits on your record, the two of you may have your checks deposited into separate accounts at different banks. If you transfer your account to another bank, call Social Security's toll-free number, 1-800-772-1213, and ask to change your direct deposit information. For a complete online guide to direct deposit of your Social Security benefits, visit [www.socialsecurity.gov/deposit](http://www.socialsecurity.gov/deposit).

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# Valentine Gifts For Your Adventurous Sweetie

by Patricia McLaughlin

You love adventure, and so does your love. Put the two together and the result can be a powerful force.

It means going somewhere, probably a wild place where nature rules, where the exhilaration of the setting can help set the mood. It could be a picnic in the countryside, a bivouac on a spectacular alpine ridge, a day of sea kayaking along a remote coastline, or some fantasy tropical island.

Of course, it's not just getting out. You need the right accoutrements. Following are some Valentine's Day gift ideas that might help tip the balance in your direction.

Start with star-gazing. Everyone knows that a blanket under the stars is romantic. It gets better if you actually know their names. You can easily become a star authority with the Celestron SkyScout Personal Planetarium (\$399, [www.celestron.com](http://www.celestron.com)). Aim this hand-held GPS-powered device at any celestial object, click the button and it will tell you what you're looking at. Or choose from a menu of names, and it will direct you to the object, using arrows in the viewfinder.

When Cupid strikes, you want to promise anything, even the moon. Maybe, in moments of enthusiasm, you've done just that. Now you can deliver.

Deeds and full documentation for lunar property, including photos to

help you locate good building sites, are sold by The Lunar Registry (<http://usa.lunarregistry.com/>). An acre in the Sea of Vapors starts at about \$20. Or choose the upscale Sea of Tranquility, where an acre will set you back \$37.50. This is another good thing you can point out in the night sky.

Don't forget the bubbly. To keep it cool, there's the Built NY neoprene bottle tote (\$15, [www.builtny.com](http://www.builtny.com)). Pour it into GSI unbreakable Lexan champagne flutes with removable stems for easy packing (\$5, [www.gsioutdoors.com](http://www.gsioutdoors.com)).

Along the same lines, a sleek thermos loaded with, say, iced daiquiris could make a big impression out there on the lakeshore at sunset. If it's the Vacuum Infuser Mug made by REI (\$23, [www.rei.com](http://www.rei.com)), it can double in the morning as a personal-sized coffee brewer with a filter in the lid.

Moonlight makes for romantic lighting but sometimes you want something more personal. The Firefly, made by Guyot Designs (\$20, [www.guyotdesigns.com](http://www.guyotdesigns.com)), is a sort of screw-on cap that turns a standard wide-mouthed water bottle into a soft-glowing presence.

Silk lingerie for your traveling Valentine? Design Salt offers a collection of silky items for travelers, including double sheet sacks for hotels whose bedding does not inspire confidence, and Adventure Nightwear

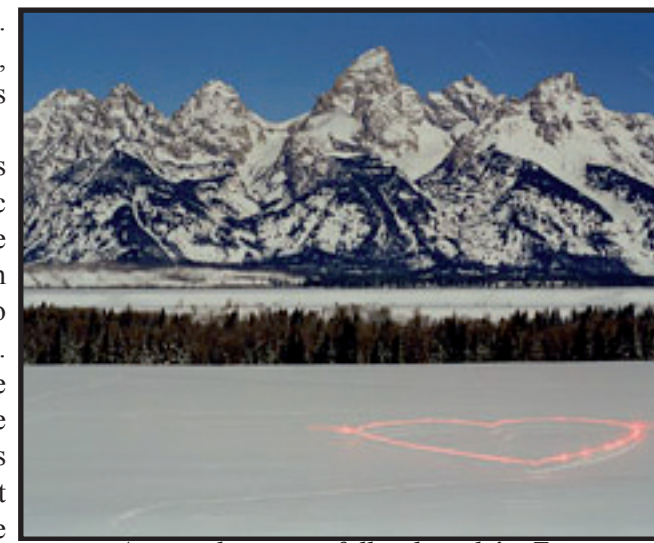
(\$45, [www.designsalt.com](http://www.designsalt.com)). It's all ultralight, folds to nothing and is sinfully sheer.

When it comes to giving a romantic trip, the choices are endless, but keep in mind that this is no time for experimenting. Dog sledding in the Arctic might make some special person's heart go pitter-pat, but it would be a risky choice for most of us -- maybe only a step up from the couples wilderness survival course. Not exactly a conducive setting.

Safer and better to pick a classic, like a cross-country ski weekend in New England. The basic elements include winding forest trails, charming inns, fresh snow, white-steepled churches, crackling fires and warm toddies.

One such place is Jackson, N.H., which offers a special Valentine's Day event -- the Hearts of Jackson Inn Tour. Participants ski from one picturesque country inn to the next, dropping in for treats and fireside warmth. Participating inns offer special couples rates for the weekend. If things go well, you can extend a night or two at the same price ([www.jacksonxc.org](http://www.jacksonxc.org); check the events calendar).

For romantic settings, the top of the list has to be a tropical beach somewhere so removed that it's nowhere. The sea is warm. Bioluminescent surf



A neon heart carefully planted in Teton snow can be the stuff of a perfect Valentine's Day for adventure travelers. photo: Ted Wood

pounds white sand in the moonlight, and you have it entirely to yourselves, castaways in paradise.

I asked Jim Sano, president of Geographic Expeditions, a San Francisco company that specializes in the most remote and exotic corners of the Earth, if he knew of such a place. Without a pause, he said, "If you want the ultimate tropical island experience, it's Fregate Island" in the Seychelles, a jewel-like archipelago deep in the Indian Ocean ([www.fregate.com](http://www.fregate.com)).

Don't even think about the price. For almost all of us, this isn't reality. It's the stuff of romantic dreams. To be stranded on the perfect tropical island with your perfect companion, a private beach and an exquisite luxury bungalow ...

It's not a roughing-it adventure. But it sure sounds like Valentine's Day.



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## Legal Services - Protecting The Rights Of Oldersters

by Patrick Craig

Protecting the rights of older people and preventing their exploitation, abuse, and neglect continue to be our most important goals and that of the national aging network. Predatory lending, home repair scams, and other types of financial exploitation can have tragic consequences for seniors. The Ombudsman program and many other local and State Agencies, as well as the Administration on Aging (AoA), provides critical consumer information, training, and technical assistance and funding for programs that protect the rights of vulnerable, at-risk older persons.

The legal program helps to ensure that older Americans and their caregivers receive critical information in areas such as consumer protection, public benefits, resident's rights, guardianship, and health and financial advance planning. The Older Americans Act (OAA) is one of the top funding sources for low-income senior legal services. There are approximately 1,000 OAA legal services providers nationwide, which provide over one million hours of legal assistance per year. The following examples demonstrate the benefit of legal services programs:

A 73 year-old woman was contacted by a telemarketer and invited to join a discount buyers club. She told the company she was not interested. However, when her checks began bouncing, she contacted her bank and found that an electronic transfer to the buyers club had been made. Intervention by senior legal services led to a refund of all her money

plus additional expenses.

An elderly couple was charged nearly \$11,000 for minor home repairs that were never completed. Legal Services assisted the couple in canceling the contract.

A legal provider assisted an elderly woman in obtaining her Social Security funds after they had been garnished from an account jointly held with her son. The son had a judgment against him and the creditor took action against the account. The elderly woman was a resident of a nursing facility and the non-payment of her bill might have caused her to be discharged.

An elderly widow was being financially exploited. The legal provider was able to cancel legal instruments that had been forged by the abuser such as a financial power of attorney and deed to the house.

An 80-year old man found himself the proposed ward under a guardianship petition. He did not believe he needed a guardian. The legal provider defended the elderly man against imposition of a guardianship by showing that the standards for granting a guardianship had not been met.

An elderly couple was threatened with eviction. The legal provider's attorney informed them of what was required under law to evict tenants. The couple was relieved to know that they did not have to move out simply because the landlord told them they had to.

According to the OAA, states must provide "assurances that area agencies on aging will give priority to legal

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assistance related to income, health care, long-term care, and nutrition, housing, utilities, and protective services, defense of guardianship, abuse, neglect, and age discrimination." Services are also to be targeted to "older individuals with economic or social needs."

Legal services providers promote alternatives to guardianship. These include medical and financial powers of attorney, living wills, and advance directives (combination of a medical power of attorney and a living will). Legal services providers also represent seniors who wish to contest a guardianship petition or those who desire to modify or terminate an existing guardianship (or power of attorney).

The OAA requires each state to appoint a Legal Assistance Developer. Similar to a state Long-term Care Ombudsman, this person is responsible for developing and coordinating the state's legal services and elder rights programs. Specific duties can include providing technical assistance and training to legal assistance programs and hotlines, area agencies on aging and ombudsmen; developing standards to ensure that legal providers reach targeted groups and address priority issues; and developing statewide reporting systems to determine the impact of legal assistance programs.

The AoA also supports national legal resources centers that work to im-

prove the quality and accessibility of the legal assistance provided to older people across the United States. These grantees provide elder law attorneys and aging services providers with training, fact sheets and other written materials, case consultations, and help with service delivery issues.

Predatory lending, abuse of guardianship and powers of attorney, scams and other forms of exploitation threaten the well-being of older Americans. Many seniors never recover financially or emotionally from the theft of their homes or life savings. Legal providers, developers, resource centers and hotlines protect seniors from these threats by providing them with prevention information; assistance in terminating exploitive contracts, guardianships, or powers of attorney; and help seeking restitution. They also help older persons understand their rights, exercise choice through informed decision-making and benefit from the support and opportunities promised by law.

To find a senior legal services provider near you, please contact the Eldercare Locator at 1-800-677-1116 (Mon - Fri, 9:00 AM to 8:00 PM EST), The Legal Center at 1-800-288-1376 or your local Ombudsman or Area Agency on Aging. In Pueblo, contact Senior Legal Services at (719) 545-6708 or the Ombudsman at (719) 583-6123.

## Auto Theft

from page 10.

gram (MECP). If not, you may want to look elsewhere. And, make sure the shop provides a written warranty and will take the time to show you how the anti-theft system works so that you are comfortable with its operation.

**Myth: Thieves Are Not Interested in Older Vehicles.** Those who believe that older vehicles are of no interest to thieves should think again. In 2005, the top five model years stolen were 1991, 1995, 1989, 1994 and 1997, respectively, according to The National Insurance Crime Bureau (NICB), which combats auto theft by investigating cases referred to it by insurers and through its online databases.

The bottom line is not to wait until after your vehicle is stolen to find out you don't have the coverage you think you have. Consumer Reports ([www.consumerreports.org](http://www.consumerreports.org)) advises drivers to review their auto insurance policy once a year, including coverage you must have, coverage you'll probably need, and additional types of coverage, including roadside assistance and rental reimbursement.

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# Traveling: There's Nothing Like A Holiday!

## Georgia Islans Distances Itself From Mainland

by Jay Clarke

ST. SIMONS, Ga. -- This is an island, and those who live here like it that way.

"People here want to divorce themselves from the mainland," says Tom Clavin, a retiree who volunteers at the Lighthouse Museum. Not that islanders are snooty. It's more like the mainland city of Brunswick is big and ordinary, while St. Simons is small and selective.

Indeed, St. Simons is a world

unto itself.

It sits amid what Georgia calls its Golden Isles -- the barrier islands of St. Simons, Little St. Simons, Jekyll and Sea Island. They are among the Atlantic coast's most popular vacation sites.

St. Simons, the biggest of the islands, has several miles of public beach, a compact downtown and more than 1,200 guest rooms in resorts, motels, cottages and bed-and-breakfast inns. Million-dollar mansions look out on the marshes of Glynn, the vast fen immortalized by poet Sidney Lanier, and the island's storied history fascinates both islanders and their guests.

The ruins of Fort Frederica, established by British Gen. James Oglethorpe in 1736 and now a national monument, stand beside the Frederica River. John Wesley, founder of the Methodist church, preached at Christ Church in the 18th century. Vice President Aaron Burr hid at Hampton Plantation here in 1804 after he killed Alexander Hamilton in a duel. Planks milled from the island's live oaks were used to build America's famed Revolutionary War ship Old Ironsides.

But St. Simons' chief attractions are of the outdoor variety. First, there are the beaches, which in some places are bordered by an offshore sand bar that calms the surf. At the popular Coast Guard Beach, you may even see bicyclists wheeling on the sand bar.

Golfers have 99 holes on St. Simons, more off-island. Miles of paved paths make hiking and biking a worry-free pleasure. Horseback riding can be arranged at two stables. Island marinas offer waterway tours, sea kayaking, boating and fishing

excursions.

"It's 74 miles to the Gulf Stream," says Clavin, who goes out that far to fish. But there are plenty of spots much closer to shore as well as waterways winding through the marshes.

Dining runs the gamut here. You can get good pizza at Moonodoggy's, family-style food at Fourth of May Cafe, casual seafood at the Crab Trap and upscale servings at Chelsea's. Night roamers are seen in Rafter's and Teager's.

"The locals hang out at Ziggy Mahoney, next to Benny's Red Barn," notes the chamber of commerce's Patrick Saylor.

At the tip of the island stands St. Simons' most recognizable landmark, the old (but still operating) lighthouse. Adjacent are the Lighthouse Museum, Neptune Park and the Village Pier, a popular spot for fishing and crabbing. Downtown, with its shops and restaurants, is just a block away.

While in the area, travelers might like to visit the neighboring islands. A short causeway from St. Simons leads to Sea Island, home of one of America's most exclusive resorts, The Cloister. Originally designed by renowned Palm Beach architect Addison Mizner, the complex has completed a three-year refurbishing that included rebuilding in the same Mediterranean style of its iconic Cloister Hotel. And in a move to reinforce privacy, the Cloister now permits access to the property only to resort guests and homeowners.

A hundred years ago, Jekyll Island was the exclusive retreat for some of the country's wealthiest families. J.P. Morgan, William Rockefeller, Jay Gould and Joseph Pulitzer, among others, all built winter "cottages" -- actually large homes -- here.



Popular Coast Guard Beach and other beaches on St. Simons help to make Georgia's barrier islands among the Atlantic coast's most popular vacation spots. photo: Jay Clarke

The island was purchased by the state of Georgia after World War II; the cottages are part of a national historic district and can be visited. The island also has miles of beach, hotels, restaurants, golf courses and a convention center.

Little St. Simons Island is mostly pristine. Reachable only by boat, it has lodging for only a handful of guests.

Also reachable only by boat are two other nearby barrier islands.

Sapelo Island, once owned by R.J. Reynolds of tobacco fame, is a national estuarine research reserve today. Visitors can go on ecological tours and see the restored Reynolds mansion there.

Cumberland Island, where John F. Kenney Jr. married Carolyn Bessette at the graceful Greyfield Inn in 1996, is the largest of the Georgia islands and has been designated a national seashore. It's a lush habitat for animals, including wild turkeys, wild horses and feral hogs.

### INFORMATION

Brunswick and the Golden Isles of Georgia Convention and Visitor Bureau, (800) 933-2627 or [www.bgicvb.com](http://www.bgicvb.com).

## Well-Dressed Garden: Fresh Starts

by Marty Ross

Gardeners get a fresh start every year. Glossy catalogs full of new plants, ideas and inspiration fill the mailbox in January, and before you know it, you're making lists, plans and decisions. The New Year is upon us, but it's really never too late to make New Year's resolutions, and gardening resolutions are the kind you won't regret.

A gardener's resolutions don't have to involve giving anything up. When you resolve to make your garden more beautiful, it doesn't have to be expensive or difficult or involve plants with names you can't pronounce. Three professional horticulturists from botanic gardens around the country offer apt and adaptable New Year's resolutions that any gardener could happily embrace.

Brighten up

"The most important thing for me is that gardens should be exciting," says Karl Gercens, a senior gardener at Longwood Gardens ([www.longwoodgardens.org](http://www.longwoodgardens.org)) the spectacular botanic garden near Philadelphia. Gercens is from Mississippi and talks a mile a minute, dropping gardening ideas like so many seeds in the wind.

"I make resolutions throughout the year," he says. Here are a couple of his resolutions.

-- More foliage colors. "I am really on the bandwagon for color," Gercens says. "God has blessed us with

so many green plants, we don't need to plant green any more."

He looks for trees, shrubs, perennials and ground covers with striking foliage or with dramatic red, silver or blue leaves. He likes plants with brightly colored stems, peeling bark, dayglow berries and unexpected weeping habits or contorted shapes. There are lots of great choices, and this would be an easy resolution to keep.

-- Put the pruners away. Gercens would like to see more people discover the great pleasure and freedom of natural shapes in the garden.

"If you have a clipped hedge, you're inviting yourself to work for the rest of your life," he says. Let plants grow naturally and you'll have more time to enjoy the garden sanctuary you've created for yourself.

Eyes wide open

Andrea DeLong-Amaya, director of horticulture at the Lady Bird Johnson Wildflower Center ([www.wildflower.org](http://www.wildflower.org)) in Austin, Texas, works outdoors every day. There are always a million things to do to keep a public garden in tip-top shape, but at home, she says, it's important to relax.

-- Go native. Every gardener should experiment with at least one native plant that is new to them, DeLong-Amaya says.

"Native plants give your garden a sense of place and a regional identity,"

she says. Well-established native plants don't need water or fertilizer, so this is a resolution that benefits everyone. One of her new favorites

is summer snow (Plumbago scandens), a butterfly plant for warm-climate gardens, native to the South. It has clusters of white flowers from May through September.

-- Take the afternoon off. DeLong-Amaya has a claw-foot bathtub in her rural garden, and after a hot day at work, she sometimes fills it with cool well water and jumps right in. It's a great vantage point, she says.

"There are things I miss every day because I'm not paying attention -- dragonflies, birds, a gecko chasing a moth, a snake molting," she says. DeLong-Amaya sits in her bathtub with a pair of binoculars and surveys the garden.

A bench or a comfortable garden chair also does the trick, especially if it's in the shade and has a view of a birdbath or pond, but you have to remind yourself of your resolution and force yourself to sit down.

Small is beautiful

When Heather Sherwood, a senior horticulturist at the Chicago Botanic Garden ([www.chicagobotanic.com](http://www.chicagobotanic.com)) goes home, she keeps right on gardening. In her tiny home garden, her great skill with plants and garden decoration are displayed on a small scale.

-- Stand up straight. Sherwood banished commercial bamboo and metal stakes from her home garden and lets natural materials hold her plants up. She suggests using colorful cuttings from



If you're a gardener, every resolution is an idea that makes your world a better place. Try native plants, says Andrea DeLong-Amaya, horticulture director at the Lady Bird Johnson Wildflower Center in Austin, Texas. "They'll make you feel more connected to the natural world," she says. photo: Ronald Sprouse

red-twig and yellow-twig dogwoods for asters, chrysanthemums, columbines and other plants that need support.

Cut long twigs from trees and shrubs in winter and stick them in the ground around perennials when they're about 4 inches tall in spring. You can even use branches of deciduous hollies, whose berries sparkle in the garden. This is a frugal and convenient resolution: You don't have to rush out and buy something to solve every little garden problem. Make use of the natural resources at hand.

-- Don't waste garbage. Sherwood swears by her worm bin, which she made using instructions from the book "Worms Eat My Garbage" by Mary Appelhof (Flower Press, \$12.95). Sherwood bought her worms at a bait shop.

"It's easy to do, and even if you forget about it for a while, the worms don't mind," she says.



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