



Senior Beacon

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

APRIL, 2008 Vol. 26: No. 9 Established Aug., 1982 309 Consecutive Months!

Heather Wood Will Sing At Life Festival In May

by Barbara Jacobs, M.S.

From the bright lights of Carnegie Hall to a small church Festival in Southern Colorado, Heather Wood, a Pueblo native, has been studying and performing music since the age of 8. Heather enjoys sharing her music every chance she gets. She has had the opportunity to perform at Carnegie Hall and was the fea-

tured singer at the Grand Opening of the Pueblo Riverwalk. Heather was a semi-finalist for the Miss Colorado Pageant that was held in June of 2007. In 1999 Heather was crowned Miss Junior Teen Pueblo and in 2000 Heather was crowned Miss Teen Pueblo. She has had the distinct honor of performing at the Miss Colorado Scholarship Pageant in 2002.

When Heather is not writing music she enjoys acting in plays. She has earned lead roles in Pueblo's Summer Musicals including "Kiss Me Kate", "Fiddler on the Roof", and "Once upon a Mattress". Heather has been the recipient of a four year Voss Music Scholarship and a two-time recipient of the Colorado State Fair Fiesta Scholarship. Heather has gone

on to win many awards, including All State Choir, Western State Choir, All City Choir and Vocalist of the Year. Heather currently resides in Denver and is a student at Denver Metropolitan State College majoring in Psychology.



Singer Heather Wood

LEAP Increases Benefits Amounts

DENVER – March 2008 – Winter has brought its worst to Colorado during the past few months with arctic cold temperatures and large amounts of snow in some areas. These conditions have created high-energy costs for residents throughout the state. Help is available. Colorado's Low-income Energy Assistance Program (LEAP) provides financial assistance with utility bills and the dollar amount available for assistance has recently increased. LEAP will accept applications through April 30, 2008.

your home's primary heating source such as a furnace. The Weatherization Program makes homes more energy efficient, creating less need for energy.

"There is a great need in our state for energy assistance, especially given the kind of winter Colorado has had," explained Barnette. "Our goal is to make sure everyone needing assistance knows more help is available and where they can find it."

LEAP applicants must provide a copy of valid identification and a completed affidavit indicating that they are lawfully present in the United States with their applications to the program. To qualify, applicants must also be responsible for paying their own heating costs, either to a utility company or to a landlord as part of rent.

Applications for the LEAP are accepted anytime between November 1 and April 30 of each year. Potential program applicants can apply several ways:

1. Call 1-866-HEAT-HELP (1-866-432-8435) to have an application mailed to your home.

2. LEAP applications are available at every county department of social/human services across the state. To locate your county's office, visit the program's Web site at <http://www.cdhs.state.co.us/leap/index.htm>

3. LEAP applications can also be downloaded from <http://www.cdhs.state.co.us/leap>.

4. Applicants may then fax, mail or deliver a completed application to their appropriate county office.

For more information about LEAP, please call 1-866-HEAT-HELP (1-866-432-8435) or visit www.cdhs.state.co.us/leap/index.htm to view the most

current program application requirements.

Pueblo Zoo Animal News

NEW RED PANDAS AT THE ZOO

Two Red Pandas on exhibit; a male named Damien born on June 6, 2006 at the Nashville Zoo and a six-year-old female from the Chattanooga Zoo, named Ruby.



19 + 5 = 24

The Zoo's penguin population has "exploded" within two months, five penguin eggs have hatched and the parents of these cute hatchlings are taking care of them just fine.

The chicks stay with their parents in the exhibit nest boxes for one month, then the parents stay on exhibit and the "newcomer," as they are called, are cared for by a zookeeper off exhibit to assure proper feedings and safety from the other adult penguins within the exhibit.

2008 Plant Masters Program

Application Period for 2008 Native Plant Master Program Now Open

Pueblo, CO— Have you always wanted to learn more about the beautiful plants that grow in nature? Would you like to learn how to use them in your landscape? Consider becoming a Native Plant Master! Get to know the plants of Colorado by taking the Colorado Native Plant Master Program this summer. Three courses are scheduled to meet during 2008: on May 3, 10 and 17 at Pueblo Mountain Park; on June 7, 14 and 21 at Greenhorn Meadows Park; and on August 16, 23 and September 6 at Pueblo Mountain Park.

Application information can be obtained by calling 583-6566, or by stopping by the CSU Extension Office at 212 West 12th Street, Suite 220, in Pueblo to pick up. Enrollment in each course is limited to 15 students, who will be notified shortly after April 18 of acceptance into the program. You must be 21 years of age or older to apply. Each course fee is \$90, or \$50 if you choose to become a Native Plant Master.

For more information, see <http://www.coopext.colostate.edu/jefferson/natural/native.htm>, or contact the CSU Extension Office at 583-6566.



11th Annual Southern Colorado's **Senior Life Festival**
 Colorado State Fair Grounds Events Center - Pueblo
May 9, 2008
 Grand Hall 8-2:30 p.m. * Bingo 2:30-4:30 p.m (must register)

Program

9:15 Color Guard
 10:00 Healthy Cooking with *Chef Ramon*
 10:30 Metlife Presentation
 11:00 BOCC Older American Proclamation Act
 11:15 Senior of the Year
 11:30 Dinner Show & Dancing—
Heather Wood Performing
 First 100 Seniors FREE—closes @ 12:30 sharp!

12:30 Guest Speaker
 1:15 Community Service Awards, Donations presented
 1:30-2:00 Ice Cream & Cake Social
 1:30-2:00 Miss Pueblo Teens performing
 2:00-2:30 Line Dancing
 - Show Closes 2:30 p.m. -
 2:30 - 4:30 Bingo in stage area

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Look for info in Senior Beacon Pueblo Chieftain

BINGO!
 2:30-4:30

Health Testing at Participating Exhibitors Booth Only

Bingo Players: MUST register at registration booth Between 9- 11:00 a.m. Bingo Card MUST HAVE at least 40 initials from exhibitors by 2:30 p.m.

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Information: 719-634-2343 Kathilee Champlin

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Just One Guy's Opinion

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



Who Likes B-I-N-G-O!

From Kathilee Champlin, Director of Southern Colorado' Senior Life Festival: Here is the info on the Bingo at the Life Festival to be held on May 9, 2008 at the Events Center on the State Fair Grounds.

From 2:30pm-4:30pm we will be having our bingo. Seniors must sign up between 9 and 11 a.m. and it is for the first 100 people. They need to sign up at the registration table at the entrance when they come in. They will be give a bingo card and need to get at least 40 signatures from the exhibitors on the card. This will help them to go to the booths to talk to people. At 2:30 we will have a drawing of all the cards for the grand prize.

The exhibitors will be giving prizes for the bingo along with Womacks hotel and casino. We will be giving away 3 overnight stays and free dinners up in cripple creek, and a lot of other stuff. Hope I see you all there.

*77 Redux - Trouble? 9-1-1

*The reason this notice is bold, italic and a little larger than the others on this page is because I MADE A BIG MISTAKE! I failed to check an e-mail note I received. A reader sent me an e-mail telling me that *77 is not viable in Colorado and probably not in most states. I checked out this information and sure enough *77 gets one nowhere..... please, please, please wipe *77 from your mind..... when in trouble call 9-1-1..... I am very sorry and many thanks to our reader.*

Mark Friday May 9th

Mark Friday, May 9th on your calendar. Why, you ask? It's the 11th, not the second or the third or the fifth... but the 11th anniversary of Southern Colorado's Senior Life Festival to be held in the Events Center at the Colorado State Fairgrounds in Pueblo. Kathilee Champlin, who has been the director of the event from year one along with *Senior Beacon*, promises another boffo event. This year the sponsors include Rocky Mountain Health Plans, AARP Colorado, KRDO News Radio/News 13, Pueblo County Commissioners and Parkview Medical Center. The show runs from 8:00am - 4:00pm and the best of all it doesn't cost a penny for admittance; never has. Be sure to read *Senior Beacon* for all the details as the year unfolds.

Internet And God?

Since I was 8 years old I wanted to know how God does all the things He does. In fourth grade my mother sent me off to Catholic school so I would have structure and discipline (plus a hot lunch) since my father had recently died and she had to work. It was just the two of us in the hard, cruel world of a small town in New York State's Mohawk Valley in the middling middling 1950s.

My religion classes were all-encompassing. We learned of the glory of God. We learned of the Holy Trinity (although I have never fully understood it). We learned Bible passages. We learned how the Pope couldn't err when speaking "Ex Cathedra." We were told that God was all-knowing and that was the part that I've struggled with my entire life. How could any entity possibly know all things about all things? It is absolutely mind boggling.

Then along came the internet and I am starting to see a glimmer of perhaps how God knows everything. Of course, the internet doesn't know all things about all things! I know that because I looked up a couple specific things in my life; one from 1966 and one from 1969. The former was a championship Catholic high school tournament basketball final and the latter was a pop-festival just two weeks before Woodstock. Unfortunately You Tube, which seemingly has video of everything, came up empty. So, I know that the internet doesn't know all things about all things.

But, we can maybe make the jump from the internet to God in the respect that, given time, and enough truthful narcissism (ever check out My Space and Face Book?) we'll know all things about all things. The internet has so much information that it is a seeming inexhaustible reservoir of knowledge. Of course, somehow we must separate the wheat from the chaff, but it is truly a wonder.

I know it's a stretch, but seeing the wonders of the internet and the way search engines work, we can put a human perspective into the inner workings of the Supreme Being.

Are There Any Grown-Ups?

"Health care is a right," or so say Hillary and Barack, "We must take the profit out of medicine," is the cry from the Left and the Center and now even some on the political Right! "There's too much greed," and when asked to define greed I hear, "CEOs who get \$50 million bonuses!"

"All Republicans care about is greed," say those on the Left venting about Big Oil, Big Pharma, Big this and Big that. Hillary has gone as far as saying that she would cap profits and then take what's left and put it into government programs.

So Hillary will be the deciding entity on how much a corporation can make? It's surreal. But many in our nation think this is a great idea. "Yea," they say, "I want mine." In the meantime by doing these things they will destroy exactly what has enabled us to have what we have. If you destroy incentive, you destroy initiative. It's that simple. "The rich are evil!" screams the Left. Yet, anyone on the Left that has riches are exempt? And what if that CEO who just got the \$50 million was a Michael Moore, Ted Kennedy or George Soros type? Are there any grown-ups out there? Godspeed!

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Senior Beacon

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

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

Ann Coulter: "William F. Buckley: R.I.P. Enfant Terrible"



Ed Note: William F. Buckley passed away last month. He was a staple of "Senior Beacon" for years and my favorite political observer. Watching his show, Firing Line, on public television was a joy. He made you think and then run for the dictionary so to define some of the "big" words he used. "Senior Beacon" now has a void that can't be filled and it's too bad that America was too busy whining about this and that or they might have taken the time to learn from this bulwark of our time. I had two occasions on which to engage Mr. Buckley and for those brief moments I was thrilled, elated and somewhat disappointed that he was truly a man albeit a very remarkable creature of God.

William F. Buckley was the original "enfant terrible."

As with Ronald Reagan, everyone prefers to remember great men when they weren't being great, but later, when they were being admired. Having changed the world, there came a point when Buckley no longer needed to shock it.

But to call Buckley an "enfant terrible" and then to recall only his days as a grandee is like calling a liberal actress "courageous." Back in the day, Buckley truly was courageous. I prefer to remember the Buckley who scandalized to the bien-pensant.

Other tributes will contain the obvious quotes about demanding a recount if he won the New York mayoral election and trusting the first 2,000 names in the Boston telephone book more than the Harvard faculty. I shall revel in the "terrible" aspects of the enfant terrible.

Buckley's first book, "God and Man at Yale," was met with the usual thoughtful critiques of anyone who challenges the liberal establishment. Frank Ashburn wrote in the Saturday Review: "The book is one which has the glow and appeal of a fiery cross on a hillside at night. There will undoubtedly be robed figures who gather to it, but the hoods will not be academic. They will cover the face."

The president of Yale sent alumni thousands of copies of McGeorge Bundy's review of the book from the Atlantic Monthly calling Buckley a "twisted and ignorant young man." Other reviews bordered on the hyperbolic. One critic simply burst into tears, then transcribed his entire crying jag word for word.

Buckley's next book, "McCarthy and His Enemies," written with L. Brent Bozell, proved that normal people didn't have to wait for the Venona Papers to be declassified to see that the Democratic Party was collaborating with fascists. The book -- and the left's reaction thereto -- demonstrated that liberals could tolerate a communist sympathizer, but never a Joe McCarthy sympathizer.

Relevant to Republicans' predicament today, National Review did not endorse a candidate for president in 1956, correctly concluding that Dwight Eisenhower was not a conservative, however great a military leader he had been. In his defense, Ike never demanded that camps housing enemy detainees be closed down.

Nor would National Review endorse liberal Republican Richard Nixon, waiting until 1964 to enthusiastically support a candidate for president who had no hope of winning. Barry Goldwater, though given the right things to say -- often by Buckley or Bozell, who wrote Goldwater's "Conscience of a Conservative" -- was not particularly bright.

But the Goldwater candidacy, Buckley believed, would provide "the well-planted seeds of hope," eventually fulfilled by Ronald Reagan. Goldwater was sort of the army ant on whose body Reagan walked to greatness. Thanks, Barry. When later challenged on Reagan's intellectual stature, Buckley said: "Of course, he will always tend to reach first for an anecdote. But then, so does the

New Testament."

With liberal Republicans still bothering everyone even after Reagan, Buckley went all out against liberal Republican Sen. Lowell P. Weicker Jr. When Democrat Joe Lieberman challenged Weicker for the Senate in 1988, National Review ran an article subtly titled: "Does Lowell Weicker Make You Sick?"

Buckley started a political action committee to support Lieberman, explaining, "We want to pass the word that it's OK to vote for the other guy or stay at home." The good thing about Lieberman, Buckley said, was that he "doesn't have the tendency of appalling you every time he opens his mouth."

That same year, when the radical chic composer Leonard Bernstein complained about the smearing of the word "liberal," Buckley replied: "Lenny does not realize that one of the reasons the 'L' word is discredited is that it was handled by such as Leonard Bernstein." The composer was so unnerved by this remark that, just to cheer himself up, he invited several extra Black Panthers to his next cocktail party.

When Arthur Schlesinger Jr. objected to his words being used as a jacket-flap endorsement on one of Buckley's books in 1963, Buckley replied by telegram:

"MY OFFICE HAS COPY OF ORIGINAL TAPE. TELL ARTHUR THAT'LL TEACH HIM TO USE UNCTION IN POLITICAL DEBATE BUT NOT TO TAKE IT SO HARD: NO ONE BELIEVES ANYTHING HE SAYS ANYWAY."

In a famous exchange with Gore Vidal in 1968, Vidal said to Buckley: "As far as I am concerned, the only crypto Nazi I can think of is yourself."

Buckley replied: "Now listen, you queer. Stop calling me a crypto Nazi,

or I'll sock you in your goddamn face and you'll stay plastered."

Years later, in 1985, Buckley said of the incident: "We both acted irresponsibly. I'm not a Nazi, but he is, I suppose, a fag."

Writing in defense of the rich in 1967, Buckley said: "My guess is, that the last man to corner the soybean market, whoever he was, put at least as much time and creative energy into the cornering of it as, say, Norman Mailer put into his latest novel and produced something far more bearable -- better a rise in the price of soybeans than 'Why Are We in Vietnam?'" (For you kids out there, Norman Mailer was an America-hating drunkard who wrote books.)

Some of Buckley's best lines were uttered in court during a lengthy libel trial in the '80s against National Review brought by the Liberty Lobby, which was then countersued by National Review. (The Liberty Lobby lost and NR won.)

Irritated by attorney Mark Lane's questions, Buckley asked the judge: "Your Honor, when he asks a ludicrous question, how am I supposed to behave?"

In response to another of Lane's questions, Buckley said: "I decline to answer that question; it's too stupid."

When asked if he had "referred to Jesse Jackson as an ignoramus," Buckley said, "If I didn't, I should have."

Buckley may have been a conservative celebrity, but there was a lot more to him than a bow tie and a sailboat.

Writer's Art... "When Surplus Words Are Usefully Surplus"

by James Kilpatrick

The text for today's meditation comes from a column by Gail Collins that ran two weeks ago in The New York Times. She wrote:

"To balance the budget by cutting out earmarks is like saying you're going to end global warming by banning bathroom night lights."

Gail Collins is my second-favorite columnist in the whole world. She writes consistently beautiful stuff. Since her return a few months ago from a book-

writing sabbatical, the Times' op-ed page has improved by a thousand percent. OK? Enough of this sweet talk. Today's topic is "style."

In the world of the professional writer, "style" has multiple meanings. On the dry side, e.g., a rule of style eliminates the old comma that once preceded titles of "Jr." or "Sr." The Stylebook of the Associated Press runs on for more than 400 pages.

More to today's point, "style" defines the way in which good writers

consistently identify themselves. By their prose ye shall know them -- by the bluntness of Hemingway, the entangled clauses of Faulkner, the cut-crystal clarity of Burke's "Reflections on the Revolution in France." All the great ones had "style" -- Joyce, Kipling, Gibbon, Churchill, Macaulay. Every lover of the English novel can identify Jane Austen by a single sentence.

Maybe every great writer is born with a sense of style. Lesser scribes must cultivate the gift. Toward this end

there are little tricks and big tricks. We're talking today about a medium-size rule of prose composition. This is it: Do not needlessly ask your nouns to function as adjectives.

Note the "needlessly." Nothing is wrong with "cellar door" or "garden hose" or "bank deposit" or "desk calendar." It is when the nouns pile up that syntactical sludge begins. Go back to Gail Collins' sentence, and recast it ever so slightly: "To balance the budget by cutting out earmarks is like saying you're going to end global warming by banning night lights in the bathroom." At the insignificant cost of two extra words, "in" and "the," the sentence now falls trippingly from the tongue.

Let me offer another suggestion: Sentence fragments are the anchorvies of prose style. Use them with care. On March 15, a Times editorial dealt with the mounting problem of electronic waste, e.g., the problem of getting rid of abandoned TV sets and computers. The editorial concluded:

"A measure that gets electronics makers working on plans to collect their old products is a start. But only that."

Now, it is not a stylistic felony -- it is not even a misdemeanor -- to begin a sentence with a conjunction. Neither is there a rule against sentence fragments. My question to all you latent copy editors is, would the cracker have been improved if it had been edited to read, "But it is only that"? I would argue that the insertion of "it is" would eliminate a nanosecond of uncertainty. The ear and eye expect "only" and "that" to modify a noun. Subconsciously we anticipate "only that threat," or "only that approach" or even "only that stimulus."

This is not to plead a case for SEE "SURPLUS" PAGE 5.



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LEAD STORY

While March Madness dominated intercollegiate athletics, another group of collegians works out amidst coaches' whistles, endures bloody, 12-hour practices, and cheers on teammates preparing for the national championship in meat-judging, in which about 40 colleges compete, according to a March Wall Street Journal report. Coaches at powerhouses like Colorado State and South Dakota State say skills such as evaluating T-bone cutting and spotting whether a pig has too much back fat come with determination and concentration (and, of course, practice, as one coach said it all comes down to time spent in the meat locker, at 38 degrees (Fahrenheit)). (And pro scouts are watching from the stands, representatives of U.S. meat companies, seeking talent.)

Fine Points of the Law

(1) Italy's highest appeals court ruled in March that it is not illegal for a woman to lie in a police investigation if the reason is to cover up her adulterous affair. Court of Cassation judges said that her honor is more important than providing intimate information about her lover. (2) The North Carolina Court of Appeals voted 2-1 in February to approve a worker compensation claim for only one of a woman's breast-implant replacements, ruling that the other implant ruptured (in a job-related accident) only because it had been improperly installed. (The dissenting judge said, even so, the compensation fund should pay for the second replacement, too, because to achieve their purpose, both breasts must be aligned properly on the chest.)

The Entrepreneurial Spirit!

-- When Johnny Diablo's year-old vegan restaurant failed to catch on in Portland, Ore., last year, he converted the space into Casa Diablo's Gentlemen's Club, which is what he believes is the world's only vegan strip club. He has no rule against meat-eating dancers, he told

Willamette Week newspaper in February, but won't permit leather, fur, silk or wool outfits on stage (no "murder victims" in the club, he said).

Science on the Cutting Edge

-- In February, the South Korean cell phone company KTF announced a new voice-analysis program for its customers to enable them to evaluate their sincerity when calling a lover. The caller can point the phone's camera at himself and see a meter on the screen measuring his own passion, then receive a text message afterward noting voice expressions by the person receiving the call (surprise, honesty, etc.).

Leading Economic Indicators

-- To feed the fast-growing women's hair-extension business, brokers in India scour the countryside for Hindu temples that encourage female worshippers to shear themselves as good-luck offerings to the temples' gods, according to a February dispatch in Germany's *Der Spiegel*. Historically, the hair was used to make mattresses, but because the celebrity-driven extension business is so large, salons around the world pay from \$125 to \$250 per pound for strands of never-chemically-treated hair of desirable hues. Shaving is a Hindu tradition, and one donor told *Spiegel* she had long prayed for her husband to stop drinking and that when that "miracle" happened, she felt compelled to offer her hair.

-- In the worst slums of Port-au-Prince, Haiti (where 80 percent of the people live on less than \$2 a day), rice now sells for 30 cents a cup (double the price of a year ago), according to a January Associated Press dispatch, leaving the poorest of the poor to subsist mainly on "cookies" made with dirt. Choice clay from the central plateau is at least a source of calcium and can be baked with salt and vegetable shortening. However, recently in the La Saline slum, the reporter noted, the price of dirt, too,

has risen about 40 percent.

The Continuing Crisis

At a February casting call in Pittsburgh for the movie "Shelter" (to star Julianne Moore), producers announced they were seeking extras to play West Virginia mountain people from the hollers (Pittsburgh is about 40 miles from the state line), specifically an albino woman, extraordinarily tall or short people, those with unusual body shapes and faces (especially eyes), and "a 9- to-12-year-old Caucasian girl with an other-worldly look. 'Regular-looking' children should not attend."

Tireless Obsessives

Takahiro Fujinuma, 37, was arrested and charged with making at least 2,600 calls (perhaps more than 10,000) to directory assistance ("I would go into ecstasy when a lady (operator) scolded me," he told a reporter) (Tokyo; January). Ms. Lee Amor, 23, pleaded guilty to calling or texting her jilting ex-boyfriend more than 10,000 times over a 65-day period (South Devon, England; February). John Triplette was arrested, suspected as the one who made more than 27,000 calls to "911" since May 2007 (consisting mostly of mumbling and making bodily noises) (Hayward, Calif.; February). Paul Kavanagh, 40, was sentenced to 30 months in jail for making about 15,000 calls in 12 years to women asking them about their underwear (West London, England; November).

Least Competent Criminals

Not Ready for Prime Time: Robber Adam Grennan, 39, did not make it out of the Mt. Washington Bank in Dorchester, Mass., in December. So intent was he in not appearing nervous that he waited patiently in line, eyes straight ahead, until the time came to hand the teller his holdup note. He did not notice that a uniformed Boston police officer, working security, had slipped quietly behind him in line, and he arrested Grennan immediately as Grennan was quietly demanding large bills and "no funny money."

Beauty Contestants

Dakota Abbott, 16, edged Samantha Phillips, 17, to become Miss Outdoors 2008 in February in Maryland's Eastern Shore region's annual beauty-contest-and-muskrat-skinning festival. The two were the only beauty contestants (out of eight) who entered both

competitions. Abbott won her skinning division, but while she sang a song for the judges, Phillips won the talent trophy by skinning a muskrat on stage. "I'll be honest," she said to a Washington Post reporter. "I can't sing. I can't dance, and I don't play any musical instruments." But she took her 4-inch blade, sticking it just above the tail, and sliced. "You want to take your knuckles and separate the meat from the hide, just like this," she told the judges, with her hand inside the muskrat (as one of the judges recoiled in shock).

Compelling Explanations

-- A prominent British novelist (former winner of the prestigious Whitbread Prize) announced in January that she had won a settlement of the equivalent of more than \$200,000 from a shoe manufacturer in the town of Totnes because fumes from its factory so sapped her creativity that she was forced to write down-market thrillers instead of literary works. Joan Brady said numbness in her hands and legs, caused by pollutants, made her settle on simpler plotlines involving violence as she worked out her aggression toward the factory owners.

-- William Harvey, defending a DUI charge in court in Perth, Scotland, in February, told the judge that his high blood-alcohol reading was because he has a "balloon-like" pouch in his neck (sort of like a pelican's) that collects most of the alcohol he swallows and therefore makes it seem that he is much more inebriated than he really is. (He was convicted.)

Ironies

-- Instant Karma: (1) In January, a man in Citrus Heights, Calif., had a one-car accident that left him with serious head and body injuries that were perhaps exacerbated because he was not wearing a seat belt (even though the 12-pack of beer on the seat beside him was securely buckled, and survived). (2) Daniel Thompson, 31, was so upset by the sex, profanity and violence in movies today that he opened a video store in Orem, Utah, offering major Hollywood films but with the objectionable parts manually removed. Hollywood studios got a court order shutting down the store in December because of copyright infringement, and in January, Thompson was arrested after police said he paid two 14-year-old girls for sex. [Sacramento Bee, 1-8-08]

SEE "WEIRD" PAGE 21.

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For A Healthier You



TIPS FOR MAKING YOUR LIFE THE BEST IT CAN BE

Healthy lifestyles combine many aspects of living

by Lisa Petsch

Although uncontrollable factors like gender, ethnicity and heredity can lead to health challenges increasingly as we age, there is no reason that, with a little thought, we cannot live active and productive lives well into our later years.

That's because numerous other risk factors are within our control and can significantly influence our quality of life. Follow these lifestyle tips to help preserve your vitality.

Physical care

Follow a well-balanced diet that meets your body's nutrition and energy needs. Limit your intake of salt and sugar (look for the hidden content in prepared foods); caffeine; oils and fats - especially saturated fat; red meats, especially higher fat cuts and processed varieties; and refined foods such as instant noodles, white bread and soft drinks. To aid digestion, divide your daily nutritional requirements into five or six small meals - three main ones and two or three snacks. If you are significantly overweight or have a health condition that necessitates a special diet, consult a dietitian for guidance around meal planning.

Get at least seven hours of sleep each night. Practice good sleep habits, including refraining from eating and drinking close to bedtime, staying away from caffeinated products after noon, avoiding strenuous activity late in the day, keeping to a regular schedule of going to bed and waking, and avoiding over-the-counter sleep aids.

Get regular medical check-ups. Follow doctor's orders (for example, monitoring your blood pressure) and take medications exactly as prescribed.

Quit smoking (ask your doctor about the best way to go about it) and avoid exposure to second-hand smoke.

Avoid alcohol; otherwise consume no more than one drink per day. Plan ahead so you don't drink and drive.

Limit your sun exposure and always use sunscreen outdoors. A wide-brimmed hat is also a must, as are sunglasses that block out 100% of ultraviolet (UV) rays.

Increase your level of physical activity, aiming for 30-60 minutes of moderate activity most, if not every day of the week. Popular exercise options include brisk walking, bicycling, swimming and low-impact aerobics; consult with your doctor, though, before beginning any exercise program. Choose an activity that appeals to you and incorporate it into your daily routine; start slowly, and gradually increase the duration and intensity. Find an exercise partner to help keep you motivated.

Make your home as safe as possible, to reduce the risk of falls - for example, clear clutter, improve lighting, remove or secure scatter mats and install handrails along stairs.

Tune in to your body. If something doesn't look or feel right, see your doctor for an assessment without delay.

Mental self-care

Keep a positive attitude about life and aging, and associate with people who have a similar outlook. Cultivate an attitude of gratitude.

Do as much for yourself as possible, to maintain your independence and self-esteem.

Cultivate a healthy sense of humor. Learn to laugh at your quirks and mistakes and to find amusement in stressful situations.

Do something you enjoy every day.

Exercise your mind: Do word puzzles, play card or board games, read, research subjects of interest, travel, learn a new skill, take up a new hobby, sign up for an adult education course.

Set aside daily time for relaxation; consider taking up Tai Chi, meditation or some other relaxation technique. Don't keep problems to yourself - seek support from family members, friends or a counselor.

Social well-being

Stay connected to friends and relatives through regular visits, phone calls or correspondence.

If your social network has diminished, make new connections. Take a class, volunteer, join a club. Get to know neighbors and members of groups to which you belong. Pursue friendships with those whose company you enjoy.

If you live alone and don't like it, consider taking in a boarder, sharing accommodation with a relative or friend, or moving to a senior living community.

Spiritual well-being

Nurture your faith by attending

worship services, praying, engaging in spiritual reading, listening to inspirational music or attending a spiritual retreat.

Do things that provide you with meaning and purpose, such as writing a family history, getting a pet or helping someone you know. Get involved in the community by volunteering your time and talent.

Do things that center you and bring inner peace, such as practicing yoga, journaling or communing with nature.

Financial welfare

Minimize financial stress by setting long-term financial goals, developing and sticking to a budget that will help



you achieve them, setting aside money for unexpected expenses (including health-related ones) and investing wisely. Seek advice from a certified financial planner.

Take a holistic approach to your health, and keep in mind that even modest lifestyle changes can make a difference. Take small steps, build on your success and enjoy how good you feel.

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

Where Are They Now?

by Marshall Jay Kaplan

ELKE SOMMER

Yesterday's sex kitten of the 1960's is now a Beverly Hills housewife, homemaker, gardener and painter and is more content than ever.

Elke Sommer was born on November 4, 1940 in Berlin to a family who had origins to royalty. However, after WWII, Elke's family was now impoverished, living in West Berlin. No matter how difficult the times were, Elke's parents were adamant about giving their children a good education. As well, with the victory of the United States, it was important for them to learn English. By the age of eighteen, Elke had mastered seven languages and found a job in England, where she could continue to master her English.

In 1959, Elke and her mom (her father had passed away 5 years earlier) were on vacation in Italy where the statuesque yet pixie-like Elke was spotted by Italian director, Vittoria De Sica, who cast her as a German tourist (even though Elke could speak fluent Italian). As like many European starlets, Elke was cast in numerous light-weight comedies, normally seen in sexually compromising situations wearing only lingerie. Eventually, Elke moved to the U.K. to focus on English language films.

Elke made her English language film debut in Don't Bother to Knock (1961) and soon became one of the top movie actresses of the 1960's, springboarded by her role in A Shot in the Dark (1964, opposite Peter Sellers appearing for the first time in the famous role as Inspector Clouseau). Her other films during this period included The Oscar (1966 with

Stephen Boyd) and Boy, Did I Get a Wrong Number (1966 with Bob Hope). Not only did she receive a Golden Globe in 1964, she was also recording several LP records. Elke Sommer was an international success!

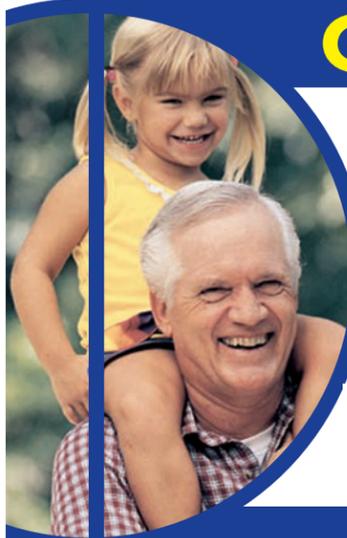


With the onset of the 1970's, there came the demise of the blonde starlet sex symbol. Elke found herself appearing in TV movies or living part time in Germany, making foreign German language films. She did become a popular guest star on game shows. Although she was lured and became the highest paid star (\$70,000) to ever appear in the Carry On film franchise (1975's Carry On Behind), this was still not enough to rejuvenate her career. In addition, by 1981, she divorced her husband of 17 years, Joe Hyams.

The 1980's saw Elke emerge more of a painter than as an actress. Her work is inspired by Marc Chagall. She did act occasionally (Love Boat, St. Elsewhere), but was really enjoying her quiet life.

In 1993, Elke married hotel executive, Wolf Walther, and life has never been better for the former sex kitten. 'Wolf was the best thing to happen to me. Every evening when he comes home, I pour two glasses of wine and wait for him with the dogs at the entry gate. I see myself as a housewife who cooks for her German husband. To make Wolf happy is the meaning of my life!' Elke and Wolf live in a beautifully decorated and art-filled house in Beverly Hills.

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



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SURPLUS

from page 3.

verbosity. Professor Will Strunk's original Rule 13 was only "to omit needless words," and writers should not be spooked by some tin-eared complaint that they're padding their paragraphs. Less is not always more, and "skinny" is seldom an improvement on "slender." There is much to be said, in brief, for an occasional sentence that is pleasingly plump.

(Readers are invited to send dated citations of usage to Mr. Kilpatrick in care of this newspaper. His e-mail address is kilpatjj(at)aol.com.)

Fashion: Looooking Gooood!

by Patricia McLaughlin - Mature Market Media Services

WHY NATURE DISGUSTS US

We think we're fooling Mother, but what if we're the ones fooled?

Nature isn't good enough for us anymore. In the last couple of months, there've been a million stories about ballplayers on steroids, and a few about rappers on steroids. Stories about male models shrinking themselves down to pipestems to show off menswear designed for 90-pound weaklings. Speculation about rising incidence of manorexia, diarexia, orthorexia and other eating disorders.

One study linked the popular anti-wrinkle drug Botox to a number of deaths. Another found that rats get fat when fed artificial sweetener. (Not only is it not nice to fool Mother Nature, it's also apparently not as easy as we thought.) A piece in the March issue of Health suggested that some of the "estimated 40 million Americans in sexless marriages" have withdrawn from sex because their bodies don't look like the ones they see in movies and magazines.

And then came the Oscars, where almost every woman on the red carpet seemed to have been dieted, exercised, nipped, tucked, injected, spackled, coiffed

and dressed to look as much as possible like a clone of Red-Carpet Barbie. (More accurately, the E! Live from the Red Carpet by Badgley Mischka Barbie Doll.)

Personally, I think it's fine for Red Carpet Barbie to wear way too much eyeliner and over-the-top false eyelashes. She's a doll: Naturally her eyelashes are artificial. (In fairness, I should say that, though fake, the lashes of the E! Live from the Red Carpet by Badgley Mischka Barbie Doll are realistically rooted, not glued on like the ones live celebrities wear on the red carpet.)

What's weird is that, where once dollmakers aspired to make dolls look almost as real and lifelike as people, now we go to bizarre lengths to make ourselves as perfect and plastic and manufactured-looking as dolls.

When professional athletes abuse steroids, it's fraudulent and unsportsmanlike, but you can see why they do it: It lets them play better, which pays absurdly well.

But when zillionaire rappers and impressionable teenage boys risk all the ghastly mental and physical side effects of steroids ('roid rage, stunted growth, shrunken gonads, etc.) purely so they can look like overinflated comic book strongmen -- well, that seems crazy and warped and twisted.

We take it for granted that women want to look like skinny teenagers. We spend zillions, go on weird diets, buy tons of crackpot diet books, take dangerous diet pills, smoke cancer-causing cigarettes to dull our appetites, suffer eating disorders, malnutrition, osteoporosis, etc. -- and then we end up feeling guilty and worthless when nothing works, and the needle on the scale inches up anyway.

We're used to it. It's been that way for going on half a century. But when you see guys buying into the same insanity -- starving themselves to look better in clothes they probably can't afford anyway -- it stops you. "Somebody shrunk the men," The New York Times reported from the menswear shows for next fall. On the runway, "the man of

the moment is an urchin, a wraith or an underfed runt."

So now even men may as well throw themselves under buses if they don't look like skinny 14-year-olds? According to some reports, as many as a million American men now suffer from manorexia.

It's so crazy it reminds you that it's also crazy for women to feel this way. It's so crazy it makes you wonder -- to paraphrase a bumper sticker I saw the other day -- how we ended up in this handbasket, and where we're headed in it.

Admittedly, for as long as we've been around, humans have been fiddling with their bodies to make them look prettier or, anyway, different. We've put rings in our ears and bones in our noses, stretched out our necks to make them longer and bound our feet to make them smaller, painted our faces and drawn pictures on our skins.

Ah, but now we can do so much more! Primitive man (and woman) had a limited repertoire of relatively low-tech interventions -- painting, piercing, binding, stretching, scarring -- that could alter only the body's external envelope and its extremities. But we've made all sorts of breakthroughs: Now we can modify the way we look on the outside by fiddling with our innards. So we can produce far more dramatic changes -- and also do a lot more damage.

Drugs pump up our muscles, clear up our acne and paralyze the little facial muscles that create ugly wrinkles. Stapling and rubber-banding stomachs deliver major weight loss. Collagen injections inflate lips to pillowy extremes and fill in facial lines. We lift sagging jowls and droopy eyelids. We straighten noses, strengthen chins, enhance cheekbones. We have our fat sucked out and our breasts augmented. We transplant hair. We bleach teeth, or grind them down and resurface them with porcelain, or pull them out and replace them with pretty fakes. We have our skins sanded and lasered and peeled with acids.

With the will and the money, we can at least for a while look almost as perfect as Barbie -- i.e., we can turn ourselves into pretty good imitations of a \$15 plastic toy.

It's utterly bizarre that we want to, and dangerous that we can. The more we do it, the more normal it seems. And the more we see the results, the more we take them for granted. (Think: When's the last time you saw a person with crooked yellow teeth on television?)

As the painstakingly perfected body -- the body as an expensively crafted object, like an Aeron chair or a Ferrari -- becomes the norm, we find we're repelled



Once upon a time, dolls aspired to look like real people. Now, we want to look as perfect, as uniform, as artificial as plastic dolls. Check out any red carpet, and notice how many women look like they copied the sense of style, the slinky figure, the big hair and the predatory eye makeup of Red Carpet Barbie. photo: E! Live from the Red Carpet by Badgley Mischka Barbie Doll from Mattel, www.barbiecollector.com.

by undoctored nature. We rarely (and never on TV) see a natural, unimproved body -- unsanded, unlasered, unlifted, unbleached, unBotoxed, unstapled, unsectioned, unsculpted, uninjected, unimplanted, un-made-up, uncolored and uncoiffed -- and, when we do, we're appalled. What's with these unattractive sags and rolls and wrinkles and dimples and splotches and blotches and bumps? Yuck!

This is not good. We've forgotten what real people look like. We've warped our sense of what we should look like. Without even meaning to, we've created new aesthetic standards, and we waste time and money trying to meet them. We've devalued people who lack the genetic predisposition to resemble Barbie, and sharpened discrimination against those who can't afford all the work it takes.

It could -- and eventually may -- be worse: The anthropologist Claude Levi-Strauss wrote about the aristocrats of a Brazilian tribe called the Caduveo whose preference for artifice over nature was so strong that they plucked out all facial hair including eyebrows and eyelashes and turned themselves into artworks by painting elaborate designs on their faces and bodies. The barbarous appearance of bearded, beetle-browed European visitors appalled them. The idea of procreation filled them with such disgust that they could only replenish their population by stealing children from other tribes and adopting them.

Think what they could've done with steroids, liposuction, lasers and collagen.

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Social Security & You

by Melinda Minor, District Manager - Pueblo



SOCIAL SECURITY EXPEDITES DISABILITY APPLICATIONS FOR AMERICA'S 'WOUNDED WARRIORS'

Men and women serving in the U.S. military who become disabled while on active duty are receiving 'expedited processing' of disability claims from Social Security. The expedited process is for military service members who were disabled on or after October 1, 2001, regardless of where the disability occurs. People in the military can apply for and receive benefits even while receiving military pay.

And to make things easier for our service men and women, we've developed an easily accessible website all about benefits for wounded warriors. Whether you're stateside or deployed abroad, just visit www.socialsecurity.gov/woundedwarriors. The website has everything you need to know about Social Security and military service — including a link to apply for disability benefits online.

As Social Security Commissioner Michael Astrue said, "I want to assure the brave men and women of our Armed Forces and their families that they will not have to wait for these needed

benefits. Expedited processing is just one way Social Security can show our military personnel how much we appreciate their service in defense of our freedom."

Once the application for Social Security disability benefits is taken, it is uniquely identified as being from a U.S. military service member, and it is expedited through all phases of processing, both in Social Security and the state Disability Determination Service, where the actual medical determination of disability is made.

Disabled military personnel may apply for disability benefits at any time while in active military status, or after discharge, whether they are still hospitalized, in a rehabilitation program or undergoing out-patient treatment in a military or civilian medical facility.

It is important to understand, however, that the definition of disability under Social Security is different than the definition of disability for veterans' benefits. To be considered disabled under Social Security, you must be unable to do substantial work because of your medical condition(s); and your medical condition(s) must have lasted, or be expected to last, at least one year or be expected to result in death. Also, Social Security does not

provide benefits for people with partial disability or short-term disability.

Military servicemen and women can receive expedited service whether they apply for Social Security disability benefits online or in person at the nearest Social Security office. The online site for applications from military personnel is www.socialsecurity.gov/woundedwarriors. Disability applicants can also call 1-800-772-1213 (TTY 1-800-325-0778) to schedule an appointment at their local Social Security office.

DISABILITY

Question:

I am about to apply for Social Security disability benefits. I have two children, ages 13 and 15. If my application is approved, will they get benefits, too? Or do the children also have to be disabled to qualify for benefits on my record?

Answer:

If you qualify for Social Security disability benefits, your children may receive dependent's benefits based on your work record, even if they're not disabled themselves. As long as you receive benefits, their benefits will continue until they turn 18, or until age 19 if they are still in high school. If your children are

disabled, however, at the time that they reach that age, they may be able to continue receiving benefits into adulthood. For more information, visit our website on disability benefits at www.socialsecurity.gov/disability.

Question:

I am 58 years old and I currently receive Social Security disability benefits because of partial paralysis. Can I still get my regular Social Security retirement benefits when I reach full retirement age?

Answer:

Yes. However, you will not receive both a disability and retirement benefit from Social Security. If you are still receiving Social Security disability benefits when you reach your full retirement age, we will automatically switch you from disability benefits to retirement benefits at that point. The money amount will remain the same — we will just classify you as a retiree instead of a person with a disability. For more information, visit our website on disability benefits at www.socialsecurity.gov/disability.

SUPPLEMENTAL SECURITY INCOME

Question:

I get Supplemental Security Income (SSI) benefits. Will my monthly payments be going up next year?

Answer:

In most cases, yes. Next year, Social Security and SSI beneficiaries will receive a cost-of-living adjustment, or COLA, based on the increase in the Consumer Price Index. For 2008, the maximum federal SSI benefit amount is increasing from \$623 to \$637 per month. (Some states add additional money to that amount.) For more information about SSI, you can visit Social Security's website at www.socialsecurity.gov/ssi. Or you can call Social Security's toll-free number at 1-800-772-1213 (TTY 1-800-325-0778) and ask for the publication, Supplemental Security Income.

Question:

I am trying to save up for a car. I have \$1,300 in the bank now and need a little more. How much cash can I have in the bank without affecting my SSI eligibility?

Answer:

The resource limit is \$2,000. Unless you have other valuable resources, this means you could save up to \$2,000 before you would become ineligible for SSI. We generally do not count your primary car, the home you live in or certain amounts set aside for burial expenses as resources. For more information, you can visit our webpage on SSI at www.socialsecurity.gov/ssi. Or you can call Social Security's toll-free number at 1-800-772-1213 (TTY 1-800-325-0778) and ask for the publication, Supplemental Security Income.

MEDICARE

Question:

I heard recently that it was open season for Medicare Part D enrollment. Is there still time to apply?

Answer:

Yes — but act fast, because it's ending this month! If you're a Medicare beneficiary who has not enrolled in the new Medicare Prescription Drug Program, you may do so during the open season, which begins November 15 and ends December 31. If you are covered by Medicare and have limited income and resources, the extra help available through Social Security can help ease the burden of prescription drug costs. You can apply for the extra help anytime — not just during open season. To learn more about the extra help and to apply, visit Social Security's website at www.socialsecurity.gov/prescriptionhelp. For Medicare Part D information, visit www.medicare.gov.

Oral Health: Neglect, Not Age, Leads To Tooth Loss

by Ned High

Just because you are older doesn't mean that you will lose some of your teeth. You probably have acquaintances who have bridges, dentures or implants to replace missing teeth. And now that people are living longer than ever before, it may seem obvious that tooth loss is just another part of aging.

It isn't.

Just as taking care of your body can keep you active well into your senior years, taking care of your teeth can ensure that you keep them. If your teeth are healthy there's no reason they should fall out.

How do you keep your teeth healthy for a lifetime? Visiting a dentist regularly is a good start. Many older people don't.

Many seniors believe that toothaches, bleeding gums, loose teeth or mouth pain are inevitable — part of getting older. Few realize that those symptoms can be signs of gum disease, or other serious problems.

Regular dental checkups and professional cleanings are important. During an exam, your dentist checks for tooth decay and gum disease, and also does an oral cancer screening. Not visiting a dentist regularly can result in untreated tooth decay and gum disease, both of which can lead to lost teeth.

Toothache or mouth pain also can change how and what you eat resulting in

your not getting the nutrients you need to stay healthy.

Visiting the dentist is especially important for older people because they may have other medical conditions that can complicate dental treatment. Hundreds of medications can cause oral side effects, such as dry mouth that can increase the risk of tooth decay and other oral-health problems.

Oral cancer also affects older people, whether or not they have teeth. More than half of the 8,000 deaths each year caused by oral cancer are people 65 or older. If oral cancer is detected early, it can be treated successfully.

Other than visiting your dentist regularly, what else can you do? Brush your teeth at least twice a day with fluoride toothpaste. Floss at least once a day. Eat a healthy diet.

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

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“Light For The Journey”

By Jan McLaughlin - Director of Prayer Warriors For Prisoners



“HURRICANE RIDGE”

April 2007

The day was sunny and beautiful when we left Bremerton, Washington,

toward our destination, the Olympic National Park and Hurricane Ridge. “Mom, you have to see this place,” Kelly had exclaimed. “You can see for hundreds of miles from Hurricane Ridge.”

Seven of us were in my son’s

van and we were excited about spending the day together in the National Park. The picnic lunch was packed. In the back seat, the children teased each other and giggled. The scenery was lovely, the trees and foliage lush and green. Occasionally, a deer or rabbit made a brief appearance.

The road began to ascend and became narrow and curvy. Suddenly, we were swallowed by thick cloud. This brought instant protest from one of the passengers. “Let’s turn around! It is going to pour rain and be like this all day.” None of the rest minded driving through a cloud. It was rather exciting. So after a brief discussion we determined to continue.

The murmuring persisted, “This is stupid! We won’t be able to see anything when we get there.” The rest of us ignored the disapproving comments and reminisced over family stories. However, the harsh remarks continued relentlessly: “I don’t know why we don’t just turn around and head back, this is a wasted day.”

The cloud thickened, not just outside but inside the car as well. We drove on. The grumbling grew worse. “We just need to turn around and head back!” Kelly kept driving through the dense fog and would occasionally remark, “I am sure it will clear up.”

I thought about my faith and of the many times I wanted to turn back when circumstances were fearful and dark with no hope in sight. So many changes in my life, but as I forged on through the darkness, God revealed Himself in magnificent ways and brought me through a dark, dismal valley into the light. Often He speaks so clearly to my spirit, “Peace be still, My child. Joy comes in the morning. You will get through this; I am with you.”

Rounding several more curves with near zero visibility, Kelly drove on. We continued our conversation, ignoring the murmuring and negative remarks.

All of a sudden, we broke through the cloud into glorious sunlight. The sky was brilliant blue with no cloud in sight except the one below and the “grumbling thunderstorm” in the car. The SUN was there all the time. We just couldn’t see it.

In a few short miles we drove into the parking lot at Hurricane Ridge. The view was astounding. We could see the Canadian Rockies, Mt. Olympus and Mt. Rainier. The air was crisp, the sky brilliant and there below us...the cloud. We were above the cloud gazing at miles and miles of mountain range

and country as far as we could see. We were “above the circumstances” not “under them.” The cloud represents trials in our lives. When we are “under the circumstances,” God says, “What are you doing under there? I sent my Son to die so you would never have to be under the circumstances.” When we praise the Lord and look at the positive instead of dwelling on the negative, God lifts us above our circumstances, no matter how dark or dismal they are. He gives us a view from HIS perspective. He may not change the circumstances immediately, but He certainly changes our attitude toward them. The SON is there all the time.

Next time you enter a cloud, a trial or crisis, remember it is only for a moment. “This too shall pass.” Tape those words to your mirror and remind yourself, “It came to pass!” It didn’t come to stay. Trust the Lord. He will walk with you through the cloud, the darkness and the valley. Just praise Him for His promise. “I will never leave you or forsake you.” Don’t listen to the negative talk around you. Look to Jesus, who says you can do all things through Him who gives you strength (Phil. 4:13).

Psalms 32:8 is a great encouragement to me. I will instruct you and teach you in the way you should go; I will counsel you and watch over you (NIV).

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Jan McLaughlin is Director of Prayer Warriors For Prisoners and can be reached at 719-275-6971 or by e-mail, prayerforprisoners@msn.com

On Your Toes

by Benjamin Marble, DPM
Pueblo Ankle & Foot Care



GOLFERS: DON'T BE HANDICAPPED WITH FOOT PAIN

As millions of avid golfers get ready for another season of pars and bogeys, they should be aware of potentially serious foot problems that can result from years of playing the game.

Although golf is not considered a rigorous sport, the physical act of repeatedly swinging a golf club in practice and on the links can lead to a condition known as hallux limitus, a jamming and deterioration of the big toe joint.

The movement and weight transfer that occur during the swing’s follow through can cause this problem and other chronic foot ailments. When golfers follow through on their swing, they can overextend the big toe joint on the back foot.

Those who have played the game avidly for several years eventually can wear out the cartilage or jam the big toe joint. The likely outcome, if left untreated, is painful arthritis in the big toe, which would make it very difficult to continue playing golf.

Golfers who have pain and swelling around the big toe joint or have less mobility in this area than other parts of the foot should visit a foot and ankle surgeon for an examination and appropriate treatment. A history of trauma to the big toe area and bone structure also can precipitate the condition. Individuals with a long first metatarsal bone (big toe), for example, are more susceptible to joint compression and hallux limitus.

If golfers experience pain in the big toe area when playing, they should consider it a warning sign that intervention is necessary before the joint becomes arthritic. In most situations, orthotics can be prescribed to provide relief, but others with advanced cases may require surgery.

Another foot problem that is common in golfers is a neuroma or pinched nerve at the bottom of the foot. The weight transfer to the front foot that

occurs in the follow through applies pressure that, over time, can cause a pinched nerve.

Golfers should not wear shoes that have a spike located directly beneath the ball of the foot. The pressure from that single spike, magnified by the several thousand steps taken during an average round, can cause intense pain and swelling in the ball of the foot. Any pair of golf shoes can be made more foot friendly without sacrificing traction by removing the poorly located spikes.

A third condition, heel pain, typically results from an inflammation of the band of tissue that extends from your heel to the ball of your foot. People with this condition compare the pain to someone jabbing a knife in their heel. Heel pain can make it uncomfortable for golfers to maintain a solid stance during crucial portions of their golf swing.

Several other painful conditions can also cause instability during your swing. Some athletes and former athletes develop chronic ankle instability from previous ankle sprains that failed to heal properly. Motion-limiting arthritis and Achilles tendonitis can also affect your balance. Ill-fitting golf shoes may cause corns and calluses that make standing uncomfortable.

Foot pain is not normal. With the treatment options available to your foot and ankle surgeon, a pain-free golf swing is clearly in view. When your feet aren’t in top condition, your golf swing won’t be either.

For more information about hallux limitus, neuroma, heel pain or other foot and ankle problems, contact your podiatrist’s office, or go to FootPhysicians.com.

Benjamin Marble, DPM is a member of the American College of Foot and Ankle Surgeons and board qualified in foot and ankle surgery. Dr. Marble practices with Dr. Schneider at 1619 N. Greenwood Street ste #300 across from Parkview Medical Center. Their phone number is 719-543-2476 and Web site is www.puebloankleandfoot.com

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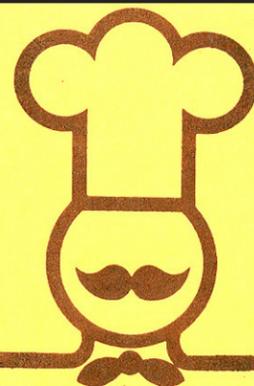
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Alcoholism Growing Problem For Older Adults

by Robin Mosey from the Home Instead Senior Care office in Pueblo.

My 78-year-old father always has enjoyed an occasional cocktail, but since Mom died, it seems as though he's drinking more. Is this a common problem?

In a word, yes, and it's growing. A report published last fall from the Drug and Alcohol Services Information System (DASIS) estimates that the number of substance dependent and abusing adults age 50 and older will climb from 1.7 million in 2001 to 4.4 million by 2020.

These statistics are already trending upward. Admission of age 50 and older adults to substance abuse treatment centers increased from 143,900 in 2001 to 184,400 in 2005, representing 10

percent of all admissions, according to the DASIS Report.

Here are some other interesting facts from the study:

Alcohol was the most frequently reported primary substance of abuse for all admissions age 50 or older, but the highest proportions of admissions reporting alcohol as the primary substance were among those age 65 to 69, and 70 or older.

The proportion of older adult admissions in substance abuse treatment who were veterans increased with age from 13 percent among those age 50 to 54 years to 31 percent among those 70 and older.

April is Alcohol Awareness Month, a good time to talk with your dad

about responsible drinking. Please encourage your father to talk with his doctors as well. He could be depressed since your mother's death.

Perhaps your father could benefit from a little companionship. Is your dad getting out with family and friends? If he's holed up at home, try to think of ways to lure him back to doing some of the hobbies he may have enjoyed in earlier days.

Perhaps Home Instead Senior Care could help. The company hires CAREGivers to go into the homes of seniors to help them with their non-medical needs including companionship. A companion might be just what your dad needs to get his mind off of his loneliness.

For more information about alco-

hol abuse, log on to the U.S. Department of Health and Human Services National Clearinghouse for Alcohol and Drug Information at <http://ncadi.samhsa.gov/>. To read the DASIS Report: Older Adults in Substance Abuse Treatment: 2005, log on to <http://download.ncadi.samhsa.gov/prevline/pdfs/DASISRPT07-1108.pdf>

For more information about Home Instead Senior Care, contact Robin Mosey at 719-545-0293 or visit www.homeinstead.com/530.

Robin Mosey, CSA-Gerontologist-Franchise Owner, Home Instead Senior Care, 503 N Main Street STE#700-Pueblo, CO 81003 (719)545-0293

Southern Colorado Community Blood Drives For April, 2008

PUEBLO COMMUNITY COLLEGE COMMUNITY BLOOD DRIVE - Tuesday, Apr. 8 from 11 a.m. to 3 p.m. Donations inside Bonfils' mobile bus located at 900 W. Orman Ave., Pueblo

For more information or to schedule an appointment please contact Jim Torres at (719) 549-3249 or visit www.bonfils.org

"11TH AND COURT" COMMUNITY BLOOD DRIVE - Friday, Apr. 11 from 2 to 4:30 a.m. Donations inside Bonfils' mobile bus parked at the District 60 Admin. Office, 315 W. 11th St., Pueblo.

For more information or to schedule an appointment please contact Bonfils' Appointment Center at 1-800-365-0006, ext. 2 or visit www.bonfils.org

"UNION AND GRAND" COMMU-

NITY BLOOD DRIVE - Friday, Apr. 11 from 9 to 11:30 a.m. Donations inside Bonfils' mobile bus parked in front of the SRDA building, 230 N. Union Ave., Pueblo.

For more information or to schedule an appointment please contact Bonfils' Appointment Center at 1-800-365-0006, ext. 2 or visit www.bonfils.org

PARKVIEW MEDICAL COMMUNITY BLOOD DRIVE

Monday, Apr. 14 from 7:30 to 10:20 a.m. and 11:30 a.m. to 2 p.m. Donations inside Bonfils' mobile bus located at Grand Ave. (in front of the hospital)

For more information or to schedule an appointment please contact Tiffany Herrera at (719) 584-4526 or visit www.bonfils.org

PUEBLO CITY-COUNTY LIBRARY COMMUNITY BLOOD DRIVE - Wednesday, Apr. 16 from 10 a.m. to 3:30 p.m. Located at 100 E. Abriendo Ave., Pueblo

For more information or to schedule an appointment please contact Bonfils' Appointment Center at 1-800-365-0006, ext. 2 or visit www.bonfils.org

ST. MARY-CORWIN MEDICAL CENTER COMMUNITY BLOOD DRIVE

Monday, Apr. 21 from 7:30 to 10 a.m. Donations inside Bonfils' mobile bus located at 1008 Minnequa Ave., Pueblo.

For more information or to schedule an appointment please contact Bonfils' Appointment Center at (800) 365-0006 ext. 2 or visit www.bonfils.org

PUEBLO WEST COMMUNITY BLOOD DRIVE - Friday, Apr. 25 from 10 a.m. to 12:30 p.m. Donations inside Bonfils' mobile bus located at Safeway, 1017 N. Market Plaza., Pueblo West

For more information or to schedule an appointment please contact Bonfils' Appointment Center at 1-800-

365-0006, ext. 2 or visit www.bonfils.org

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

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

Bonfils Blood Center provides blood and blood products to more than 200 hospitals and healthcare facilities throughout Colorado. Bonfils needs more than 4,000 people to donate blood every week to meet the needs of the community and be prepared for any unforeseen events.

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

2008 Senior Citizen Of The Year Award

May 2008 is Older Americans Month and citizens have the opportunity to nominate and honor a very special senior citizen during the annual Senior Life Festival being held May 09, 2008 at the Colorado State Fair Grounds Events Center.

The Pueblo Area Agency on Aging and the Pueblo Advisory Council on Aging will award this honor to an outstanding Pueblo County senior citizen who has made significant contributions to our community through volunteer services. There are many seniors in Pueblo County who deserve this honor and we would like to encourage you to nominate a senior citizen for this award. The nominee must be 60 years of age or older and the award can be made posthumously.

Nominations may be submitted to Pueblo Area Agency on Aging, 2631 E. 4th Street, Pueblo, CO 81001. Be sure to include name address and phone number of nominee as well as your name and phone number. A brief description of why you feel this senior is deserving of this award, or nomination forms are available through the Pueblo Area Agency on Aging, 719-583-6120. Nominations will be accepted until March 21, 2008.

Spring Has Sprung!!!!

and that means it's time to:

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- **FIX UP:** the laundry room, replace garden hoses and tools, feed your lawn, use insecticides, put shelves in the garage, repair the sprinkler system.
- **JOIN UP:** Serve your community - join Rotary, Never Alone Foundation, Lions, Shriners or another civic or charitable organization.

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Ask the PI.....

How a private investigator can help find your child



by Dave Pettinari

For caring parents, few life circumstances bring on as much anxiety as a missing child.

A child might head out to a friend's home for a night or two to cool off after an argument with the parents. Or the child could decide to stay away for an extended period of time. With each day the child is gone, the parents' anxiety grows worse.

Parents can do a lot themselves – file police reports, put up posters, contact friends and family, call in the media. But, despite the parents' best efforts, they might not be able to locate the child on their own.

Immediately contacting a private investigator will give the parents two measures that will help a great deal in the initial stages: a clear plan for how to deal with your child's disappearance, and the support of someone who can follow up on the myriad of details that tend to overwhelm parents.

This type of investigation is a highly specialized area, one that requires specific skills, knowledge and resources that are uniquely different from most other types of investigations. Parents should request an experienced private investigator who has worked closely with local law enforcement, and, because runaways can range fairly far from home, a PI who knows the national resources that can be brought to bear. This investigator will be able to:

- Review all information from the police initial investigation.
- Advise parents on search methods and resources.
- Create and distribute missing child posters.
- Contact online domestic and international child search organizations.
- Interview friends, contacts and witnesses who have seen the child since the disappearance.
- Receive and follow up swiftly on new leads and child sightings.
- Help parents work with the community, media, and law enforcement, in-

Safely Switching Medicine

(NAPSI)-Thousands of Americans switch medicines throughout the year-whether it's switching from a brand-name drug to a generic version, or from one brand-name drug to a different one that's meant to have the same effect.

However, before you switch medicines, it's important to talk to your doctor and to remember these tips:

- Many factors affect your body's ability to benefit from a specific medicine. Discuss this with your doctor whenever you are getting a new prescription of any kind.
- Keep in mind that similar medicines may work differently in your body and switching could even be dangerous. Pay close attention to any reaction whenever you are taking a new medicine and notify your doctor immediately if you have side effects or changes in your health.
- If you and your doctor decide to switch medicines, be sure to follow up regularly to make sure your new medicine is working for you.

For more tips, visit the Web site www.RetireSafe.org. It's important to talk to your doctor before switching medicines.



cluding critiquing information received and relaying pertinent information to the assigned law enforcement investigator. This will help to prevent duplication of effort and repeated searches, wasting precious manpower.

• Tail the runaway to a public place, such as a movie theater, where police (not the PI) will take the young person into custody.

With the right information, a private investigator can determine the runaway's likely activities and hangouts. The investigator can search online to see whether or not the teen has accessed profiles on popular websites (MySpace, Facebook, etc.) or is visible in chat rooms. Most importantly, a private investigator can search for a runaway teen using databases that parents and law enforcement will not have access to.

Other questions the private investigator will pursue:

- Does the child have any means of support – boyfriend/girlfriend, friends?
- Does the child have a cell phone that could be pinpointed? Parents' cell phone bills can show friends they called.
- Are we certain this disappearance is voluntary with no foul play involved?
- What are the issues that led to the child running away? If these are not resolved when the child returns, he or she will run again, and nothing will be accomplished. Family and individual therapy play an important part in successful re-integration into the family. In such cases, PIs change hats from investigators to mediators and counselors themselves.

Law enforcement support in these investigations will vary. Some detectives will follow up relentlessly. But many others will stop after interviewing a few of the child's friends. PIs can't be afraid to go around law enforcement or to step on their toes occasionally if nothing is being done to further the investigation. Unless foul play is involved, the case often falls to the bottom of the law enforcement officer's pile.

If the investigation goes on for a long time, the private investigator can be detailed to re-interview family, friends and classmates, and to arrange for periodic media coverage on key dates such as your child's birthday and date of disappearance. Media will not be interested in the run-of-the-mill runaway, since there are so many of them. Even so, you might be able to find an angle – something unique about this child's disappearance – that might interest media in doing a story and later continued coverage.

Know that at some point, financial considerations enter the picture. Some families have no problem paying for a PI's assistance, but many others cannot afford to. At that point, the PI must decide whether he or she wants to try to help the family at reduced rates, or perhaps put in some free time on the case.

This article was compiled and written by Dave Pettinari, private investigator.

He can be reached as follows:

Dave Pettinari, M.A., EnCE, TAC Forensics and Investigations-(719) 485-0008 (voice and e-mail) - davepet@fone.net - www.tacforensics.com

Dave Pettinari is a retired commander, Pueblo County (Colorado) Sheriff's Office; and a retired major, Air Force Office of Special Investigations (USAFR). He teaches multiple-courses at three colleges and universities, and operates a private investigations firm, specializing in computer forensics.

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Traveling: There's Nothing Like A Holiday!

Beach Hikes: Pretty But Potentially Dangerous

by Patrick Joseph

We pitched the tent under cloudless skies, so it was strange to wake in the middle of the night to the sound of rolling thunder. As the rumbling drew nearer, we unzipped the rain fly expecting to see lightning flashing on the horizon. But the situation was far more serious than that.

It wasn't thunder we had been hearing, but rather tree trunks crashing in the surf. A cluster of massive logs were tumbling toward the tent, heaving closer with each new wave and threatening to

crush us in our sleeping bags.

This was many years ago, on a wild stretch of coastline on Washington state's Olympic Peninsula. A buddy and I were on our first beach hike and, in hastily preparing for the trip, we had neglected a few essentials. We had only glanced at the tide chart; we hadn't carried a good map; and, judging by our choice of campsites, we'd left behind our common sense.

Granted, the spot had looked inviting enough at low tide. There was an existing fire ring on a nice level patch of sand conveniently sheltered by giant

Douglas firs and western red cedars -- fallen giants that had been stripped of bark and sanded smooth by the elements. It seemed like the perfect place to hunker out of the wind and enjoy a nice campfire before turning in.

What we failed to observe was that the site backed up against a high bluff, and that during a storm-swollen high tide, the ocean would surge to meet it. Only when we found the waves lapping at the front door of our flimsy nylon shelter did we fully appreciate the gravity of our mistake.

Hemmed in by headlands, we had no escape route. There are some truly great hiking opportunities to be had along the Pacific Coast, particularly in the Pacific Northwest. To name three outstanding examples: The Lost Coast in Northern California, the Olympic

Wilderness Coast in Washington state, and the West Coast Trail on Canada's Vancouver Island all offer classic multiday treks to rival anything found in the mountains.

In fact, the Web site www.besthike.com named the West Coast Trail -- where waterfalls cascade out of old-growth forest onto desolate, rock-strewn beaches, and trekkers experience everything from surge channels to river gorges, cable cars to ferry crossings -- the top hike in the entire world.

But along with coastal hiking's appeal comes a host of dangers. Most of these are fairly obvious: sea-slick rocks can lead to twisted ankles and torqued knees; wet, windy conditions can lead to hypothermia; and a miscalculation in tides can lead to strandings or worse.

One less obvious danger is that posed by rogue waves -- rare and unusually large waves that seem to come from out of nowhere. Last summer, five hikers on the West Coast Trail were nearly drowned when a rogue wave swept them off the rocks.

And then there are the logs, like the ones that steamrolled our campsite that night -- an event we watched with a mixture of shock and relief from a narrow ledge halfway up the bluff. We had managed to scamper up to safety after hastily lashing our tent and backpacks to a small tree that angled out of the slope.

In the morning, after a long night spent shivering in the drizzle, waiting



The Olympic Wilderness Coast offers stunning beach hikes, but fallen tree trunks can pose danger to the unwary. photo: National Park Service

for the tide to change, we packed up our sodden gear and hiked out, tired and humbled but wiser for the wear. There was a sign posted near the parking lot where our car was parked. It featured a depiction of bathers about to be crushed by a wave-tossed tree trunk. "Beach logs KILL!" it warned.

We'd had a good laugh at that sign when we set out. We weren't laughing anymore.

If you go:

For information on the hikes mentioned above, including safety considerations, contact the managing agencies.

For the Lost Coast Trail, contact the King Range National Conservation Area at (707) 986-5400. For the Olympic Wilderness Coast, contact Olympic National Park at (360) 565-3130. For the West Coast Trail, contact the Pacific Rim National Park Reserve of Canada at (250) 726-7721.



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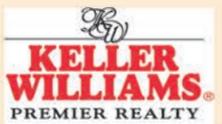


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Ketchikan: Shore Leave Only?

by Jay Clarke

KETCHIKAN, Alaska -- Thousands of visitors spend a few hours here every summer on shore excursions from cruise ships and think they've seen it all. They haven't.

There's more to Ketchikan than one can see in a few hours. After four visits here, two of them overnight, I still haven't done it all, but I've seen enough to know that it's worthwhile spending an extra day here.

You can see wonderful examples of totem poles, take a flightseeing tour over nearby Misty Fjords and go fishing for king salmon. More adventurous visitors can go zip-lining, kayaking or hiking in the wilderness. Many of these things can be done on shore excursions, but on your own you can go at your own pace.

Doing Ketchikan on your own also will permit you to browse in some of the 11 local galleries, viewing (and perhaps buying) the works of such talented local artists as Ray Troll and Terry Pyles. You'll find native works in many media, from carving and weaving to ceramics and oils -- one reason why Ketchikan was cited a few years back as one of "America's Top 100 Small Arts Communities." You can also join the locals at such popular hangouts as the First City Saloon, Pot-

latch, Arctic and Sour-dough bars. (Love those names.) Entertainers from ships are prone to stop in at the Pioneer Cafe, which serves breakfast all day.

Misty Fjords National Monument, whose deep inlets were carved by glaciers thousands of years ago, lies just 40 miles to the south and is easily explored from Ketchikan by day cruise or flightseeing plane. Some companies offer overnight kayak trips there.

Sportfishing is big here, with plenty of boats ready to lead you to chinook, coho, sockeye or other varieties of salmon. Or just fish for salmon from a downtown bridge. When salmon are running, you can rent a pole and get a fishing license at a sidewalk booth for just a few dollars.

And if you missed seeing any bears from the deck of your ship, drive south of town to Her-ring Cove, site of a fish hatchery, the Rainforest Sanctuary and the zip line. From the boardwalk at the sanctuary, we watched a bear fish for salmon that were swimming upstream toward the hatchery. He wasn't too suc-



Creek Street once was the red-light district of Ketchikan. Today, it's a popular tourist area of shops & eateries. photo: Jay Clarke

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Well-Dressed Garden: Gardening With Mickey

by Marty Ross

There's nothing Mickey Mouse about the annual Epcot International Flower and Garden Festival in Orlando, Fla. -- although Walt Disney's beloved characters often steal the show.

A 14-foot topiary Goofy surfs on a wave of blue violas and frothy white bacopa just inside the front gate. Most visitors will probably not want to try to grow their own Goofy at home (never mind what the kids say), but the festival is packed with great ideas that travel well and work for gardeners in every climate. You can learn a lot from Disney's gardeners.

"We don't do anything here that people can't do at home," says Eric Darden, Disney horticultural manager. "We have no secrets," he says. "The only difference is scale."

The Flower and Garden Festival, which runs through June 1, is designed both to entertain and inspire visitors, and Disney does it with thousands of flashy bedding plants, terrific tropical plants that

thrive in hot summer gardens everywhere, and hundreds of lushly planted flowerpots. The gardens introduce visitors to the newest plants on the market, showing them off in terrific combinations.

The displays are full of the fun and fantasy we all expect of Disney. Fragrant flowers are planted around giant topiaries in the shape of well-known Guerlain perfume flacons. Elegant bonsai specimens are elegantly displayed on pedestals, like sculpture, in the shadow of a monumental red Oriental arch.

Brightly colored garden tools and hula hoops are built into a fence across the front of the children's garden. Tropical plants with striking foliage colors and textures are planted as bold accents both in flower beds and containers.

Garden experts from around the country give presentations on weekends during the festival, now in its 15th year. Disney gardeners also conduct a series of workshops. Tom MacCubbin, a Florida garden expert and author who has been a guest speaker at the flower festival for years, says he always meets gardeners from all over the country, even Hawaii and Alaska.

"Everyone wants to know how

we garden here, and they're looking for ideas they can take home," he says.

Paths through the park lead visitors on a leisurely stroll through the gardening styles of the world. The emphasis is not on the grandiose, but on ideas that would fit comfortably in a backyard anywhere.

Succulents are nestled together in big, glazed ceramic bowls in the Mexican garden. In the heart of an Italian-style piazza, a cluster of a dozen terra-cotta pots of different sizes is planted with lush impatiens, petunias and verbenas in a romantic pink and white palette.

Silver plectranthus sparkles in a few of the pots, and Stromanthe, a tropical foliage plant with green, cream and purple variegation, is a striking touch. The feathery foliage and soft purple flowers of Dahlberg daisies soften the edges of the display.

Grasses, vegetables and herbs find their way into pots and flower beds on the festival grounds, too.

"We like to mix it up," Darden says.

The Disney gardeners clearly have a lot of fun using plants to bring Snow White, Peter Pan and other characters to life. When you're taking pictures of the kids with Tinker Bell (her wings are made of shimmering silver bromeliads) in the fairy garden, you might also notice that the flower bed around her is full of delicate sprays of pink and white gaura, a long-blooming perennial.

Last year, Mickey's treasure chest overflowed with golden marigolds and gleaming yellow coleus. Deep blue salvias evoked the foaming sea around the Tic Toc Croc.

"We use any botanical item that comes to our attention," Darden says. "We try to capture the liveliness of these characters in plants."

This year, there will be a new emphasis on the environment. A special garden designed by Rainbird, the irrigation company, will help visitors learn about drip irrigation and water conservation. Drought-tolerant plants are being incorporated into new displays.

Disney gardeners limit the amount of fertilizer they use on lawns, stick with slow-release fertilizers on



A Bambi topiary stands in a field of wildflowers during the annual Epcot International Flower and Garden Festival at the Walt Disney World Resort. Plant material is placed artfully and manicured carefully to create original topiary displays. Disney gardeners work on an enormous scale, planting hundreds of thousands of plants for the festival, but the ideas are portable: You can take as many of them home as you can cram into your imagination. photo: Epcot International Flower and Garden Festival

bedding plants, and use pest-management techniques to avoid unnecessary use of chemical pesticides.

"It's not only good for the environment, it's good for your pocketbook," Darden says.

That feels good, and it looks good, too.

"We've always been known for good gardening," Darden says, "and we want to show that a garden is not just something to take care of, but something you get enjoyment from. The more you do, the more you like and the harder you try."

IF YOU GO:

The Epcot International Flower and Garden Festival runs from March 19 through June 1. Go to www.disneyworld.com and search for "Flower and Garden Festival."%

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Music, Photos And Art Help Alzheimer's Patients

SENIOR BULLETIN Music, Photos And Art Helping Loved Ones With Alzheimer's Disease

(NAPSI)-Memories are powerful--simply reflecting on a precious time with a loved one, a favorite song or a great vacation moment can bring on feelings of happiness, security and relaxation. For the millions with Alzheimer's disease, however, recollection of these cherished memories is not always possible.

Alzheimer's disease is a progressive, degenerative brain disorder characterized by memory problems and impairments in everyday activities.

An estimated one in eight persons over age 65 has the condition, often requiring spouses, children and even grandchildren to act as caregivers for their loved ones.

As a result of difficulties accessing their memories, people with Alzheimer's disease often experience depression, become upset or agitated and may have a number of behavioral issues. For caregivers of people with the disease, this can be an added challenge.



Reminiscence Therapy

Today, there are important therapies that can help make Alzheimer's disease more manageable for both caregivers and their loved ones, and may improve their ability to retrieve long-lost memories. One of these--reminiscence therapy--involves using personal items such as old photos, home videos and music to rekindle their loved ones' memories from the past and create a sense of familiarity and safety.

First used in the 1980s, reminiscence therapy has been found to benefit those with Alzheimer's disease by stimulating mental activity, decreasing feelings of being alone, easing agitation and creating positive interactions between a caregiver and a loved one with Alzheimer's disease.

In fact, studies have shown that cognition and mood among people with Alzheimer's disease improved within four to six weeks after beginning reminiscence therapy, with some indication of improved functional ability. A recent study published in the American Journal of Alzheimer's Disease & Other Dementias suggested that reminiscence therapy can also improve the quality of life in people with the disease.

"Reminiscence therapy provides caregivers with an opportunity to go

beyond their daily duties by interacting with their loved ones in a pleasurable and more satisfying manner," said Dr. Jay Ellis, director of Neuroscience Research of the Berkshires, in Pittsfield, Mass. "It also provides an effective way of reintroducing loved ones to their earlier selves."

Information and ideas on how you can conduct reminiscence therapy are available from physicians and assisted living facilities, as well as from national organizations such as the Alzheimer's Association (www.alz.org) and the Alzheimer's Foundation of America (www.alzfdn.org).

Medication Is Essential

Reminiscence therapy acts as a strong complement to treatment with medication. As a first step, caregivers should work with their loved ones' physicians to ensure they have a proper diagnosis and an effective treatment regimen.

Today, there are two classes of prescription medicines available to treat Alzheimer's disease. These medications each address a different chemical in the brain. Studies have shown that treating people with moderate to severe Alzheimer's disease with a combination of medications from these two classes can yield benefits in activities of daily living, as well as behavioral and cognitive improvements. Information about combination therapy is available at www.AlzheimersOnline.com.

SOME SENIORS ARE GAMBLING MORE THAN MONEY

(NAPSI)-There's good news for seniors who may have a gambling problem. A free national helpline offers information and resources. This is fortunate, because when it comes to gambling, the stakes for many seniors may be higher than they suspect. The number

of seniors who gamble has grown; in fact, seniors have become one of the fastest-growing groups of gamblers.

For example, between 1974 and 1998, the percentage of seniors who "recently gambled" jumped from 20 percent to 50 percent, and a recent study found that gambling is the most frequently identified social activity among adults over 65. Some gaming venues provide bus transportation, free or discounted meals, special rewards and other prizes that attract older individuals. Seniors may be found playing slot machines at casinos and gambling at racetracks, off-track betting parlors and bingo games or purchasing lottery tickets.



Gambling for many seniors is a social activity that affords them an opportunity for excitement. However, experts say that seniors are vulnerable to gambling problems for a variety of reasons. They may use the distraction of gambling to escape the loss of a spouse or a medical concern. The attention of the casino staff may temporarily reduce feelings of loneliness or depression. Some may have financial problems they are hoping to overcome. Unfortunately, there are those who suffer from cognitive impairment who may have difficulty understanding that, for them, gambling may be a problem. Seniors may not understand addiction and be reluctant to seek help.

They may be overspending and neglecting their nutrition, lack funds for medication and other medical needs or have less working years left to recoup the financial losses due to gambling. Other seniors may have limited finances and are looking for a "big win to set myself up for life."

Often, seniors with gambling concerns do not seek help, telling himself or herself "at my age, I should have known better," or suffer from embarrassment. Unfortunately, in some cases, things can spiral out of control rather quickly. Warning signs of a gambling problem include preoccupation with gambling and losing control of time or money spent gambling. Fortunately, hope and help are available.

To learn more or to find help, call toll free (800) 522-4700 or visit www.ncpgambling.org.

A free national helpline offers information and resources to older Americans who think they may have a gambling problem.



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BBB: Roseanne Barr Headlines May 16th Fete

by Katie Carroll-BBB Communications

Roseanne Barr returns to Colorado to perform for the Southern Colorado AIDS Project's annual Red Ribbon Ball, "La Dolce Vita," May 16th at the Colorado Springs Marriott.

Roseanne Barr – Emmy award-winning comedian, TV star, producer, and performer -- will headline the 2008 Red Ribbon Ball.

Roseanne started her stand-up career in Colorado comedy clubs. By 1983, she had become known as the Queen of Denver Comedy. Soon she was performing at The Comedy Store in Los Angeles and then The Tonight Show with Johnny

Carson. Her namesake television sitcom, Roseanne, debuted on October 18, 1988 and within a year overtook The Cosby Show as the #1 sitcom on television, cementing her place as the reigning Queen of Prime Time. The show ran for 9 years and 224 episodes--winning four Emmys, two Golden Globes, six People's Choice Awards--and has gone on to become an internationally syndicated hit seen in over 150 countries. Her creation and stark portrayal of Roseanne Conner and the Conner family has been hailed as "the most ground breaking kitchen-sink sitcom since All in the Family" by Entertainment Weekly who added, "She's the funniest

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Protect Yourself From Blood Clots

(NAPSI)-Your blood is a miracle healer. When you cut yourself, almost instantly your blood forms a clot to stop the bleeding. As part of this natural healing process, the blood clot dissolves and is reabsorbed by the body.

But when clots form within arteries and veins, they can obstruct the normal blood flow or break off and cause further damage. Strokes can be caused by blood clots in the carotid arteries in your neck traveling to your brain. Varicose veins happen when a blood clot damages the valves within a vein. They can cause inflammation in veins known as phlebitis. Even more severe, pulmonary embolism happens when deeper clots from the leg break off and travel to the heart and lungs.

Adapt healthy habits to keep your blood flowing freely through your veins and arteries. Stop smoking, eat a healthy diet, exercise and don't sit or lay in one position for prolonged periods of time. Talk with your doctor about your risk for developing blood clots. If you are diagnosed with blood clots, see a vascular surgeon, who is an expert in treating diseases of the veins and arteries. Visit VascularWeb.org to find a vascular surgeon to help you.

Take the stairs instead of the elevator and keep your blood flowing.



disturber of peace that we have."

Event Details:

Friday, May 16, 2008, at the Colorado Springs Marriott. Doors open at 6 p.m. Tickets are \$125 per person and are available online by visiting the S-CAP website, www.s-cap.org, and following the links to the Red Ribbon Ball or by calling the Southern Colorado AIDS Project at 719-578-9092. A \$150 ticket option includes a VIP reception at The Famous Steakhouse prior to the event. The event includes dinner, dancing, silent and live auctions.

Also appearing:

Randy Rodriguez performs the best of Sinatra, Dean Martin, Elvis and Michael Bubl  along with rock, swing, Latin and all-time party favorites. DJ Jonathan Starr spins the greatest dance hits of the 70's and 80's and Out Loud: The Colorado Springs Men's Chorus will sing selections from their repertoire.

The Black Tie-optional Red Ribbon Ball is Southern Colorado AIDS Project's premier fund-raising event and the only AIDS Ball in Colorado. In an era of increasing funding restrictions, that effectively cut Federal funding for AIDS Service Organizations, community support of fundraisers is vital. S-CAP plays a critical role in our community: educating citizens on the risks and realities of living with the disease, combating prejudice, testing for HIV, and providing prevention services, counseling, and help to people and families living with HIV/AIDS to gain medical care, housing, food, and nutritional support.

Consumers Beware: Suspect Scammed Colorado Resident – More May Be Targeted

Consumers Scammed in Other States, as Well

The Better Business Bureau has learned of an advance fee loan scam that all area consumers need to be aware of before they become a victim.

A woman named Helen Hovis from a company called Mountain Spirit Investments is allegedly contacting consumers across the country, including Colorado, to offer them a loan to invest in a business. The deal sounds great until Hovis, who is

working in conjunction with a man named Nicholas Hilton, requires the consumer to pay her a substantial amount of money (in the tens of thousands) as collateral. One Colorado resident has recently been duped by Hovis out of \$17,500. According to Arapahoe County Sheriff's investigator Mike Garnsey, Hovis collected more than \$60,000 from consumers last year in his county.

The BBB has learned that Hovis was convicted of the same crime last year. Hovis was arrested and is currently on probation.

Consumers must always be aware of advance fee loan scams, but it is especially important when one is known to be in full swing at the moment.

Here are some facts consumers need to know.

- Helen Hovis, aka Lyne Hovis and Helen Meyer, works in connection with Nicholas Hilton, who allegedly wires the money obtained by Hovis/Meyer to various locations in Nigeria.

- Helen Hovis/Meyer is registered with the Colorado Secretary of State's Office under two different company names, Mountain Spirit Investments and Hilton Financial Colorado.

- Hovis/Meyer's organization, Mountain Spirit Investments, also does business under the following names: Mountain Spirit Company and Hilton Financial Colorado – all supposedly based in Woodland Park. Not surprisingly they all provide only P.O. Box addresses.

- The Colorado Springs Police Department, the El Paso County District Attorney's Office and the FBI, have all appraised of the situation.

- Consumers report they were approached by Meyer/Hovis when they were visiting the Web sites www.raisecapital.com and www.findthatmoney.com.

- Although Hovis/Meyer is practicing an advance fee loan scam, she claims to be an interior designer.

The BBB has a victim who is willing to be interviewed; however she resides in Arapahoe County. Contact me at 719-636-5076 ext. 118 for more information. "Start With Trust"



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Cooking From A to Z: Soup With Pasta, Now!

by Annette Gooch

Pasta, fresh or dried, and ready-to-heat broth from the pantry are the ingredients for hot, nourishing chill-breakers, pick-me-ups and first-course soups. Unlike soggy noodles-in-a-cup, these soups aren't "instant," although they qualify as quick-cooking. Their quality and appeal depend on good pasta (fresh or dried) and defatted, well-flavored broth, whether homemade, canned or packaged. Accompanied by bread, cheese and perhaps a salad, soup with pasta can be the foundation of an elegant little lunch or light mid-week supper.

SUCCESS TIP:

-- Although soup containing pasta can safely be refrigerated for a day or two, the pasta tends to turn mushy as it absorbs liquid. If you're planning to prepare enough soup to serve at more than one meal, wait to cook the pasta in the hot soup until shortly before serving time. If the

pasta must be cooked ahead, refrigerate the soup and pasta in separate containers and reheat them together for serving.

Falling somewhere between pasta in a delightfully soupy sauce and soup brimming with pasta, this Italian-inspired dish makes a soothing lunch or supper, especially when liberally sprinkled with fine grated parmesan cheese. For a more substantial meal, accompany the soup with country-style bread and slices of parmesan cheese marinated in olive oil and herbs. To enhance the flavor and visual appeal of the dish, try experimenting with other flavors of fettuccine -- say, tomato or pumpkin -- or sprinkle chopped fresh herbs into the broth at the end of the cooking time.

Any leftover fresh pasta you don't need for this dish can be loosely packed into an airtight, freezer-proof container and stored in the freezer for

up to six months. If the only pasta available is dried, use an ounce less of both the plain and spinach fettuccine than the recipe calls for. Cook the dried pasta in approximately 3 quarts boiling, salted water to the al dente stage (approximately 6 to 8 minutes, depending on the brand of pasta). Drain pasta well before adding it to the hot broth. Cooking times for fresh pasta vary widely; keep a close eye on the fettuccine, testing it frequently to avoid overcooking.

FRESH FETTUCINE IN BROTH

4 cups ready-to-heat beef or chicken broth

1 teaspoon salt

3 1/2 ounces fresh spinach fettuccine, in 6-inch lengths

3 1/2 ounces fresh egg fettuccine, in 6-inch lengths

2 ounces freshly grated parmesan cheese

1. Bring broth to a simmer in a large stockpot. In a separate pot, bring 3 quarts water to a rolling boil. Add salt and both the spinach and egg fettuccine; cook only until barely wilted (about 20 to 25 seconds). Drain well. Transfer wilted pasta to the simmering stock and simmer until pasta is al dente (approximately 3 to 5 minutes). Taste broth; add salt if needed.

2. Ladle soup and pasta into warm serving bowls and top each serving with grated parmesan.

Serves 4 to 6.

One of the few pastas used in Mexican cooking, vermicelli (fideo) takes the form of thin strands of dried pasta sold in coils. In this "sopa de fideo" (vermicelli soup), the pasta is broken and sauteed with the onion, garlic and fresh chili before being simmered into a satisfying "sopa." Serve the dish as a light meal, or as a first course or side dish in a more elaborate menu.

MEXICAN VERMICELLI SOUP (SOPA DE FIDEO)

1 package (8 ounces) coiled vermicelli, broken

2 to 3 tablespoons mild-flavored olive oil

Half an onion, chopped

1 clove garlic, minced

1 mild fresh green chili, seeded and



Colorful ribbons of tender fettuccine cook to tenderness in clear broth to make a warming starter soup or the main course of a light meal. photo: Lifestyle Media Group

chopped, or 1 canned mild green chili, seeds removed, chopped

2 medium tomatoes, chopped, or 1 cup canned diced tomatoes with their juice

8 cups ready-to-heat chicken broth

Salt, to taste

1/4 pound jack cheese, cut into small cubes

1. To crumble the vermicelli, place unopened package on a clean cutting board and roll a rolling pin over the pasta to break it up into small pieces. Heat oil over medium heat in a medium-sized, heavy-bottomed pot. Saute vermicelli in hot oil until golden, stirring constantly to prevent scorching.

2. Push vermicelli to one side of the pot. Add onion, garlic and chili; cook until onion is soft. Add tomato; cook until soft.

3. Add broth, stirring to blend. Taste; add salt, if needed. Simmer, partially covered, until vermicelli is tender (about 15 minutes).

4. To serve, divide cubes of cheese among 6 warmed serving bowls. Ladle hot soup over the cheese and serve at once.

Serves 6.

Alaska: Ketchikan Fun Destination

from page 11.

cessful, but he entertained us for a quarter of an hour or more, and we got some nice photos.

No shore excursion, of course, will take you to offbeat places like the Diaz Cafe, a Filipino restaurant with tasty dishes. Ketchikan has a lot of Filipinos who came here to work in the now-closed canneries. For a tasty treat, order lumpia (something like a cabbage roll) and pansit tarantado with a choice of beef, shrimp or pork.

Seafood, though, is what most visitors look for, and nearly every restaurant will offer fresh salmon, dungeness crab and other delights from the sea.

At Totem Bight State Park you can see a number of totem poles in a lovely waterfront setting. Another outdoor collection of poles is found at Saxman Totem Park, and historic poles are exhibited in the climate-controlled Heritage Center in town.

You must also visit Creek Street, the one-time brothel district of Ketchikan that today is one of its top attractions. Touristy shops and restaurants now occupy the over-water buildings that once housed

prostitutes, but it's a highly photogenic scene. Perhaps you can even enjoy a chat with the docent playing the role of the madam at Dolly's House.

Deer Mountain Tribal Hatchery and Eagle Center has salmon climbing upstream in season, and though you will easily spot bald eagles flying around the harbor, you can observe a couple of them here up close.

Of course, almost everywhere there are shops selling everything from jewelry to parkas. Ketchikan, a city of only 13,700, even has a Wal-Mart and a Sears.

Thirty-six cruise ships made almost 500 port calls at Ketchikan last year, and Cruise West starts its sailings here. The city also is served by nonstop jets from Seattle.

You'll need a car to get around and beyond the city, but rentals are not expensive. And you might need a raincoat as well: Ketchikan averages more than 150 inches of rain a year.

Information: Ketchikan Visitors Bureau, (800) 770-3300 or www.visit-ketchikan.com.

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

APRIL 1: Burrito/Green Chili, spanish rice, lt/tom garnish, apricots.

APRIL 2: Breaded Fish/Tartar Sauce, au gratin potatoes, carrots, spiced fruit mold, wheat bread/marg., cherry crisp.

APRIL 3: Roast Beef/Au Jus, baked potato, california blend, wheat bread/marg., tapioca pudding.

APRIL 4: Lasagna, peas, orange carrot gelatin, wheat bread/marg., diced peaches.

APRIL 7: BBQ Beef Sandwich, baked beans, tapioca fruit salad, chocolate chip cookie.

APRIL 8: Enchilada Casserole, peas, mexican coleslaw, wheat bread/marg., oatmeal cookie, applesauce.

APRIL 9: Roast Turkey/Gravy, mashed potatoes, broccoli, wheat bread/marg., cranberry/orange mold.

APRIL 10: Penn/Meat Sauce, pickled beets, strawberries/PA, fruit cocktail, wheat bread/marg.

APRIL 11: Herb Baked Chicken, au gratin potatoes, california blend, wheat bread/marg., chilled plums.

APRIL 14: Green Pepper Steak, garlic mashed potatoes, green beans, cabbage/apple slaw, wheat bread/marg., apricots.

APRIL 15: Sloppy Joe/Bun, peas, carrots, blush pear dessert.

APRIL 16: Roast Beef, mashed pota-

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APRIL 17: Stuffed Bell Pepper, cabbage, mixed veggies, wheat bread/

marg., lime fruit gelatin.

APRIL 18: Turkey/Rice/Cheese Casserole, hot cornbread/marg., pickled beets, PA upside-down cake.

APRIL 21: Burrito/Green Chili,

spanish rice, basil green beans, wheat bread/marg., fruit blend juice.

APRIL 22: Pot Roast, potatoes/carrots/onions, mixed green salad/Italian drsg., wheat bread/marg., banana cake.

APRIL 23: Macaroni & Cheese, peas, apple.

APRIL 24: Sweet & Sour Pork/Rice, zucchini/tomatoes, pickled beets, wheat bread/marg., apricots.

APRIL 25: Beef Tips/Gravy, mashed potatoes, carrotss, wheat bread/marg., spiced fruit mold.

APRIL 28: Baked Ham, confetti rice, california blend, pineapple slaw, wheat bread/marg., strawberries/bananas.

APRIL 29: Salisbury Steak, mashed potatoes, carrots, wheat bread/marg., diced peaches, raspberry sherbet.

APRIL 30: Hot Turkey Sandwich, mashed potatoes, harvard beets, wheat bread/marg., cranberry sauce.

MAY 1: Spicy Sausage Patty, parslied noodles, waldorf salad, cabbage, wheat bread/marg., orange sherbet.

MAY 2: Breaded Fish/Lemon Juice, tator tots, peas, wheat bread/marg., cranberry/orange mold, cherry crisp.

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Finances: Create And Keep Wealth

Are Reverse Mortgages A Senior Housing Solution?

by Virginia Berry

Should someone get a Reverse Mortgage in order to stay in their home as an alternative to selling the home, moving to assisted living, or dedicated skilled care? The answer is "maybe" and depends on the circumstances associated with their individual financial situation.

The reverse mortgage allows the senior to stay in the home for the remainder of their life assuming they continue to live in and maintain the property and pay the property taxes and homeowners insurance. Any existing mortgage is paid off and subsequently frees up the cash flow for the senior that used to be paying a mortgage payment each month.

Statistics show that seniors have a greater satisfaction staying in their home rather than having to leave for any type of reason. The senior never gives up title to the property, and may use the proceeds from a reverse loan any way they would like.

That's exactly what 73 year old Mary did, after being laid off from her job with a health maintenance organization. Mary was seeing her saving account quickly diminish because her social security income was not enough to pay her mortgage payments as well as the higher costs of utilities.

Mary had refinanced her home a couple of years ago, to pay off medical bills that her husband had left behind. Now that her husband has passed, there is only one social security check coming in, which did not stretch enough for all of the household bills.

Mary was told about a reverse mortgage from a friend at her church. After reading and studying all about them, she decided this was her answer. Upon obtaining a reverse mortgage and paying off her old mortgage loan, she is able to live comfortably on her Social Security income.

She did not use all the funds that were available to her on her reverse mortgage loan, and set up a line of credit that she can pull from in the future should she ever need to. Simply not having to make the old monthly mortgage payment, made it possible for Mary to finely retire. She now volunteers at a local hospital twice a week.

Mary is just one of the thousands of seniors that are enjoying their GOLDEN years without worry of mortgage payments. More and more seniors are using a reverse to just simply get rid of that monthly obligation.

Because of the rapid growth of the reverse mortgage industry, a senior should consult with a couple of different lenders who offer reverse mortgage loans. They should ask who is licensed and how long they have been offering this product. Just because you see a commercial on TV by a movie star talking about the wonderful workings of a reverse mortgage, does not mean that they will guild you to the most experience reverse mortgage loan officers available in your area. We all know that those movie stars are being paid lots of money for their endorsements.

Another caution for seniors is when a reverse mortgage loan officer encourages a senior to use their reverse mortgage funds to purchase "other" products. More specifically annuities, or insurance programs. A senior should obtain the advise of an attorney and be very knowledgeable of how those products can and will impact their lives.

I have seen reverse mortgage loans change the lives of many seniors. Just the relief of not having to worry about "making ends meet", is a great thing. Often times it takes a month to several months to gather all the information available to make sure that this is the

right product for you. Be leery of anyone who is pressuring you into a reverse loan without all the information.

Call today, to see how a reverse might be the answer for you.

Virginia Berry, Omni Home Financing, is a licensed reverse mortgage loan officer with over 10 years specializing in reverse mortgages. She can be reached at 719-520-3326 or 866-26-6713.

How Seniors Can Better Their Lives Within A Month-Part 1

by Grant Oakes - Part 2 next week!

Are you a senior that would like to live better with more money each month for the extras that you can't afford now? Or you may have the money in a savings account but are afraid to spend it because you might need it later. Do you need financial help in the next 30 days? Does it need it to be money that you don't have to pay back? Don't have to pay it back? That may sound too good to be true, but I assure you it is true. The vehicle I am talking about is a Reverse Mortgage. Whoa, don't give up on me before you hear me out. This is not anything like any mortgage that you have heard about before. Instead of borrowing money from a lending institution and then having to pay it back over time, you are releasing the equity in your home and using the proceeds to live a more comfortable, stress free life. You sure can't break off a corner of your roof and take it to the store to exchange it for a loaf of bread or medicine or add a ramp to your home so you can stay in your home (not go to a nursing home).

At the start of a regular mortgage you owe a lot and have little equity, in a reverse mortgage you have a lot of equity and owe nothing. In a regular mortgage you make payments to the lender, your loan balance goes down, and your equity grows. In a reverse mortgage your home is paid off and you receive monthly payments from the lender, your loan balance rises and your equity declines. In a regular mortgage you must qualify for the loan (have a good income) and have good credit. In a reverse mortgage it doesn't matter what your income or credit rating is, because they don't expect you to pay them back. Just like in a regular mortgage you always own your home (unless you default on your loan) but there is no pay-back on a reverse mortgage so you can't default. A wise man once said that a reverse mortgage is using the equity in your home to pay you to live a better and more enjoyable life for the rest of your lives.

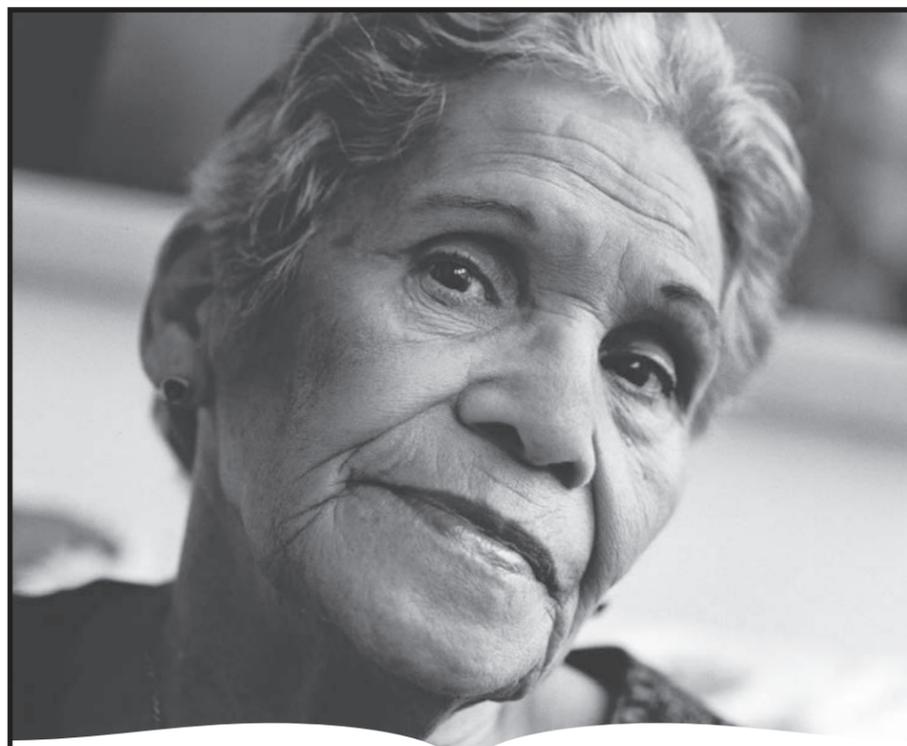
Here are the few rules that qual-

ify most seniors. (1) Homeowners must be 62 or older. (2) You must have at least 50% equity in your home. (3) Your home must be your primary residence. (4) You must pay your taxes, insurance, and upkeep. We all have to pay them anyway.

The proceeds from a reverse mortgage are completely tax free. The money that you receive will not affect your Social Security or Medicare. However if you are on Medicaid, it could affect your Medicaid benefits, if not taken in monthly payments.

The government has worked hard to protect seniors who apply for a reverse mortgage by putting rules and regulations in place that the lending institutions must follow on the special kind of reverse mortgage called a Home Equity Conversion Mortgage or HECM. HECM is pronounced hec'em. Let me give you a few examples how they protect seniors only on the HECM loans.

Before a senior can sign any paperwork, congress has decreed that the senior must do a free consultation with an independent counselor that is approved by either the AARP or HUD. These counselors could care less about a reverse mortgage. Their only interest is to make sure that the seniors understand all the ins and outs of what they are doing and that it is the best path for the seniors. A loan officer cannot even tell the senior which counselor to chose, all they can do is to give them a list of AARP and HUD approved counselors, the seniors then must choose one and call to make an appointment. The counseling can be done over the phone or in person. I will usually take about 30 minutes to an hour. *Bio: Grant Oakes is a Certified Reverse Mortgage Specialist with 4 years of mortgage loan experience. He is a local businessman that has owned Pueblo businesses most of his adult life. He is a senior himself and understands seniors and their problems. Grant's specialty is "in home service". He will come to your home to meet with you and your children, because in your home you are always in control. You can call his cell phone at 719-252-3610 from 9-5 Mon-Fri or call toll free 1-866-671-3207, Ext 2222 anytime for a free 24 hour recorded message.*



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Are You or Your Parents at Least 62 Years Old



And do you or your parents have at least 50% equity in your home?
Would you or they like to have tax free extra money every month for
the rest of your life and/or never pay a house payment again?
AND NEVER HAVE TO PAY THE MONEY BACK . . . EVER!!!!

If you answered YES to the above questions, please call the toll free
24 hour recorded message line : 1-866-671-3207, Ext. 2222 to listen
to additional free information about the NEW GOVERNMENT
PROGRAM That allows seniors take money out of their home for
any reason. This program is just for seniors like you that would like
to have some extra money each month and not have to pay it back.
NO it is NOT too good to be true. Let us show you how easy it is.

Don't be left out. Call TODAY!!!!!!



Remember, No one but you will ever own your home.

We are your Pueblo County Reverse Mortgage Professionals.

We come to you, so you are always in control. Let us meet you and your
children and your advisor, then you can decide if this is right for you!

Grant Oakes, Colorado Licensed Life, Health & Mortgages.

Seniors Resource Masters, LLC-- IN PUEBLO 719-250-3610

Senior Community Update



OWLS MEETING

The Older, Wiser, Livelier Seniors meet the second Tuesday of each month for bowling at Bowlero-Midtown Shopping Center at 2 p.m.. For information: 545-2803

The group also meets the third Wednesday of each month at 6 p.m. for dining and socialization at various area restaurants. RSVP: Jack Briggs at Jack.Briggs@comcast.net or 546-6189 for reservations and location.

GENEALOGY NEWS

The Southeastern Colorado Genealogy Society holds its regular meetings on the second Saturday of the month in Meeting Room B, Robert Hoag Rawlings Public Library, First floor, 100 Abriendo Ave., Pueblo, CO. A Refresher/Beginners Genealogy Class starts one hour earlier at 1:00PM. No Charge. Non-members are welcome. Call 546-1973 for details on any of the above."

PUEBLO STEPUP FREE COMMUNITY WELL-BEING CLINICS

Vail Hotel Center, 217 S. Grand - Tuesday, April 8th; 9:00 - 10:30 am.

Hyde Park Community Center, 2136 W. 16th St. - Tuesday, April 8th; 1:00 - 2:30 pm.

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

Mineral Palace Tower, 1414 N. Santa Fe-Thursday, April 10th; 9:00-11:30 am.

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

McHarg Park Community Center, 409 Second St., Avondale - Monday, April 14th; 9:00 - 11:30 am.

Minnequa Park Apartments, 1400 E. Orman Ave. - Tuesday, April 15th; 9:00 - 11:30 am.

Mesa Towers, 260 Lamar - Wednesday, April 16th; 9:00 - 11:30 am.

Ogden Apartments, 2140 Ogden - Thursday, April 17th; 9:00 - 10:30 am.

Fulton Heights, 1331 Santa Rosa - Thursday, April 17th; 1:00 - 2:30 pm.

Park Hill Christian Church, 1404 E. 7th St. - Monday, April 21st; 10:00-12:00.

Get Moving with Pueblo StepUp Community Exercise Programs:

Please call Jo Stinchcomb @ 557-3883 for questions about any of Pueblo StepUp's Health & Fitness Programs.

ALZHEIMER'S NEWS

The Alzheimer's Association's caregiver support groups monthly meeting list:

2nd Tuesday of every month - 9-10:00am - Chateau Guest House 1234 W. Abriendo

2nd Tuesday of every month - 7-8pm - Alz. Assoc. 4104 Outlook Bldg. B (night group)

3rd Thursday of every month - 9:00-10:30am - Alz. Assoc. office 4104 Outlook Bldg. B

2nd Wednesday of every month - 12:30 - 1:30pm - SRDA 230 N. Union

4th Wednesday of every month - 9-10:30am - Alz. Assoc. office 4104 Outlook Bldg. B

4th Monday of every month - 6-7pm - Alz. Assoc. office 4104 Outlook Bldg. B (night group)

Please call 544-5720 for more information.

DISCOVER PUEBLO TOASTMASTERS!

Call Ledema 544-7918.

Have a question to ask? Toastmasters meets twice a month, call us and get the info.

MISS PUEBLO PAGEANT

Miss Pueblo Scholarship Pageant celebrates with American Cancer Society's "Relay for Life" on Saturday, April 5, 2008 at the Sangre De Cristo Arts and Conference Center

The competition for Miss Pueblo County Scholarship Pageant will be held on Saturday, April 5, 2008, at 7:00 p.m. Twenty-four (24) contestants will compete for the various titles representing Pueblo County including: Miss Pueblo County, Miss Teen Pueblo, Miss Junior Teen Pueblo and Miss Pre-Teen Pueblo. This event will be held at the Sangre De Cristo Arts and Conference Center. Each competition will include interview, eveningwear and casual wear/sportswear, with talent being an optional category.

The theme for this year's pageant is Celebrate!...Remember!...Fight Back!... which coincides with the national theme of the American Cancer Society's Relay For Life.

To obtain tickets please call C.C. Wood at 543-5472 or 369-9751. Tickets are \$8 and will also be sold at the door the night of the pageant. For more information on the pageant please email misspueblo@hotmail.com

Organizations Join for Community

Education

SANGRE DE CRISTO HOSPICE

PUEBLO, Colo.—Sangre de Cristo Hospice & Palliative Care and the American Association of Retired Persons are coming together to offer a series of monthly seminars, addressing issues affecting the "Sandwich Generation." Each one-hour session will be held at the AARP Pueblo Information Center, located at 1117 S. Prairie Ave. and will begin a 12:30 p.m.

Because seating is limited, those interested in attending must RSVP to the AARP information office at 719-543-8876. For more information regarding the scheduled seminars, hospice and palliative care or grief and loss support, call SCHPC at 719-542-0032.

ALZHEIMER'S ASSOCIATION OFFERS SERVICES FOR RURAL CAREGIVERS

PUEBLO - March 7, 2008 --- The Alzheimer's Association Colorado Chapter is the premier source of information and support for more than 64,000 Coloradans with Alzheimer's disease, their families and caregivers. Through its statewide network of offices, the Alzheimer's Association offers programs and services as well as a 24 hour Helpline at no cost to families, and funds advancements in research to find better treatments and eventually conquer this disease. The Alzheimer's Association advocates for those living with Alzheimer's and their families on related legislative issues, and with health and long-term care providers. For information call the Alzheimer's Association at 800 272-3900, or visit www.alz.org/CO

FREMONT COUNTY AARP

General Monthly meeting of Fremont County AARP Chapter 1841. This meeting will be a kickoff to the DEVIDED WE FAIL MOVEMENT for AARP chapter 1841 in Fremont county!!!!!!

This will be a pot luck, For information or questions call Ed at 719-784-6051. Thanks

DESERT HAWK LADIES 9 HOLE GOLF CLUB

The Desert Hawk Ladies 9 Hole Golf Club will hold its monthly meeting on Tuesday May 6 at 8:30 am at the Desert Hawk Clubhouse, Pueblo West. Those interested in joining the group or learning more about the club are invited to attend. April 15 and May 20 are guest days where non members are invited to

join the group for a round of golf. The group plays 9 holes of golf each Tuesday morning April through October. Dues are \$65 which includes membership in CWGA, local handicap, local awards, tournaments and fun day. For further information contact May 547 3528 or Marilyn 547 0528

WEISBROD AIR MUSEUM

WHO: The Pueblo Weisbrod Aircraft Museum and local chapter of the National Assn. of Rocketry (NAR Section #632-Southern Colorado Rocketeers)

WHAT: are having a model rocket flying day for the public and members of the 4H

WHERE: at the Hudson Ranch located South West of Pueblo Colorado approximately 9.6 miles on the Beulah Highway (Highway 78)

WHEN: On 5 April 2008 starting at 9 AM until 2 PM.

COST: Free to the public. \$1 "Donation" for model rocket flyers who are nonmembers of SCORE (NAR Section #632). Club memberships available on the field.

First time model rocket flyers under eighteen years old will receive a certificate as part of the National Association of Rocketry's 50th Anniversary celebration. Please call or email the NAR Section with the number of first time flyers so that the correct number of certificates will be on hand.

Contact Information: Contact Jason Unwin NAR Section President at (719) 671-2407 or by email at jbu_2@netzero.net if you have any questions. Visit the club's website at www.scronline.net. Visit the Yahoo Group at www.groups.yahoo.com/group/SouthernColoradoRocketeers.

SRDA NEWS

Register for our trip to Colorado Springs for BB King's Performance April 9th.

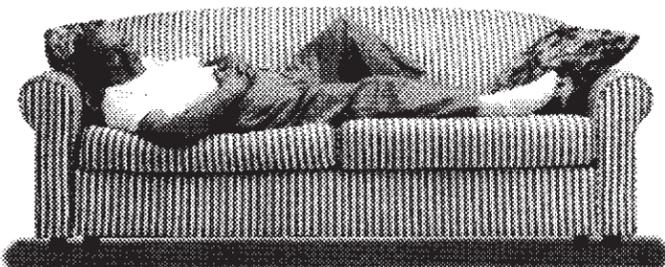
• Senior Moments IV-An original theatrical performance Held at Pueblo Community College April 11-12. \$10.00

APRIL 2: 8:00: Coupon Cutters, 9:00: Level II Computer, 9:15: Chair Aerobics, 9:00 & 11:00: Painting, 3:30: Volunteer Singing Group, 10:00: SST, 12:00: Bridge.

APRIL 3: 1:00: Water Colo, 9:00: Pastels, 1:30: Line Dancing, 9:15: Chair Aerobics, 9:30: Vision Support Group.

APRIL 4: 1:00: Pastels, 9:00 - 1:00: Oil Painting, 10:00 SST

APRIL 7: 12:00: Bridge, 9:00: Level II Computer, 2:00: Movie, 9:00: Quilting Club, 10:00 SST. For the rest of the SRDA monthly calendar, contact them at 545-8900.



HE HAS A HARD ENOUGH TIME MOVING OFF IT. WHAT MAKES YOU THINK HE'LL MOVE IT ACROSS TOWN?

The hardest part of your next move should be getting up to give us a call. For just a few dollars more than renting a truck and doing it yourself, **TWO MEN AND A TRUCK** provides fast, reliable service you can depend on. So if you're planning a move in the near future, give us a call. Then do like the rest of our customers. Relax.

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Pueblo Senior Safety Triad

Safety for seniors is our goal

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

Senior Helpline

583-6611

SENIOR CLASSIFIEDS

HOUSE HOSPITAL. Home Maintenance Professionals. We specialize in rental and home maintenance management. Call Lee or Hoss at 719-251-4429.

NEW-ADULT DAY CARE: Located in a safe home in Cañon City, by a licensed Practical Nurse. Arrangements and needs on an individual bases. Call Kathy, 719-315-2805. #0508
POWER CHAIR. Jazzy. \$600.00 All around mobility. \$1900. Call 719-542-4900. #0508

ANNIVERSARY RING. Gold band with eleven stones, .87 carat. Price Negotiable. New carpet, 8x12. Price negotiable. Call 719-647-0342. #0508

PERFECT FIT. Alterations by Abe Camhi. Wedding gowns and formal wear. All types of clothing. Men and women. 40 years experience. Se Habla Espanol. 719-595-1231 or 719-250-9354. #0508

LICENSED & INSURED HANDY-MAN SERVICE Reliable Servic. Reasonable Rates. Rapid Response. Andrew Lloyd, 719-252-8356. #0508

ONE BEDROOM APARTMENT. All utilities paid. 1 bath, housing okay! 1 car garage, 242-6395. #0508

HOVEROUND LTV POWER-CHAIR and instructional VHS. Like New-Used Two days (\$1500). Heavy Duty Walker (\$15). Call after 4:00pm 719-545-2669.

ROOM BY ROOM INTERIORS

SENIOR CLASSIFIED AD REQUEST

This classified ad section of the Senior Beacon carries advertising of all sorts. The cost is \$7.00 for the first 25 words or less and \$.25 for each word over 25. TO PLACE AN AD here's all you need to do: Write your ad in the space provided below.

Please print clearly. Deadline is the 20th of the month.

Phone: _____ Your Name: _____

Mail ad & Check (send no cash) to:
 Senior Beacon P.O. Box 7215 Pueblo West, CO 81007.

offers top quality, affordable home services for seniors: packing homes for moving; decluttering home/garage; staging your home for sale, painting services. We treat your home and belongings as if they were our own. Chrisanne: (719) 485-2416. #0408
CEMETERY PLOT: Gate of heaven section - Roselawn. Current price, \$1095.00. Will take \$895.00 #0408
SPECIAL CARE PROVIDER At your home by licensed nurse. Errands, meal prep, medications, transportation; Activities of daily living. Call 565-0445. #0408
TWO CEMETERY PLOTS-MOUN-

TAIN VIEW Graves 2 & 3, Blk 5, Lot East 1/2 86. \$500 each. 719- 561-4577. #0408.

HANDICAPPED VAN: with ramp, 1997 Dodge Grand Caravan, 79,694 miles. Excellent condition. Asking \$12,500. 584-3068. #0408

POWER CHAIR: Jazzy 600 all around mobility. Carries 350 lbs, high back seat, 2 years old. \$2,841.97. 719-542-4995. #0308

YOUR LAND is your down payment on a new three bedroom, two bath home for as little as \$59,995. Clayton Homes, 719-275-8883. #0308

\$31,995. Brand new three-bedroom, two-bath, 1128-sq ft. singlewide. Two only! Taking pre-orders. Financing with \$2000 down and no foreclosures or repos. Clayton Homes, 719-275-8883. #0308

FOR SALE: Finger Pulse Oximeter, SPO 5500. Almost New, \$85.00. Cañon City, 269-9221. #0308

MOTORIZED CHAIR. Leather seat. Excellent condition. Just \$800. 719-560-0136 or 719-564-2871. #0308

HOME FOR SALE: 19 Pineridge - \$139,900 - New listing! Belmont 2 bedroom, 2 bath, 2 car garage. Very nice and well-maintained ranch-style townhome with no fees. Centrally located with good size rooms, fireplace, skylights, main-level laundry, unfinished basement, central air, covered patio and more! Call Donna Austin, MRE, CRS, GRI, 251-1701. www.DonnaAustin4Homes.com #0208

DEPENDS ADULT PULLON

BRIEFS: X-Large size 4-18 pack to case. \$20.00 case of 72. Call 719-334-0150. #0408

PERSONAL CARE PROVIDER CNA, EMT Training. 20 years experience. Kind, Gracious, domestic tasks, medicine reminders, companionship, prompt, alert, ethical, well-behaved. Call Sherry, 543-7672. #0208

SOUTHERN COLORADO SENIORS CLUB - 40th Anniversary - February 2, 2008. Formal Dinner Dance - Union Depot, 132 West "B" St. \$20 for members; \$25 non-members. Call 948-3986. #0208

STOP WAITING ON LONG LISTS for nursing home or assisted living. Try us one month or just for day-care 24/7 live-ins with private rooms. Respite care available also. 30 years experience. Hurry, only one room left for you. 719-542-3496. #0108

SEWING ALTERATIONS: THE PERFECT FIT Alterations by Abe Camhi. Wedding gowns and formal wear. All types of clothing. Men and women. 40 years experience. Se Habla Espanol. 719-595-1231 or 719-250-9354. #0108

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

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

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

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

Inflammatory Bowel Disease Sufferers

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

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

Join "Never Alone Foundation, Inc."

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



For your individualized 24 hour needs and rehab services

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- Physical Therapy, Occupational Therapy and Speech Therapy included in daily rate.
- Our nursing home is physically connected to Spanish Peaks Health Center, a community hospital.
- Dialysis Center/Specialty Clinics available on campus
- Affordable daily rate and an all-inclusive pricing policy that eliminates additional charges
- VA benefits for those who qualify • Colorado residency not required
- Private Pay and Medicaid Residents welcome

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News And Notes And Such For Our Readers

Baseball Cards Celebrate America's Pastime

(NAPSI)-Whether you're a fan of Lou Gehrig, Mickey Mantle, Cal Ripken Jr. or Ken Griffey Jr., chances are you remember opening your first pack of baseball cards.



Collecting and trading baseball cards has been part of our nation's pastime for over a century. While the thrill of opening a pack of cards has stayed the same, many fans will tell you that modern capabilities make baseball cards the coolest pieces of "art" money can buy. Now, baseball fans, young and old, can pay homage to baseball cards when Major League Baseball (MLB) and the Major League Baseball Players Association (MLBPA) present National Baseball Card Day.

With the support of card companies Topps and Upper Deck, card collectors can celebrate the thrill of baseball card collecting as of March 29, 2008, when they can receive free packs of 2008 trading cards at participating hobby shops and Toys "R" Us stores. National Baseball Card Day promises to bring together generations of fans as they build new memories, interact with collectors in their area and find fun and unique ways to connect with their favorite players.

In an effort to help kids and other fans make the most out of their collections, MLB, MLBPA, Topps and Upper Deck offer tips to get started:

- Collect your favorite players!
- Start a team collection with the players on your favorite teams. Set aside the starters and place them in the batting order while you watch the game.
- Trade with your friends to swap doubles and find cards that fit with your unique collection.
- Collect cards by type of photograph, such as a "perfect swing," or those that share your first or last name.
- Show them off!

People excited about the season's new card series from Topps and Upper Deck can get things started on National Baseball Card Day. Select retailers, from Toys "R" Us to your local hobby shop, will give away exclusive National Baseball Card Day packs featuring some of today's brightest superstars. So who knows, when you open your free pack of cards you might just find Alex Rodriguez, Derek Jeter, David Ortiz, Ken Griffey Jr., David Wright or Albert Pujols, as well as a mix of other current standouts and rising stars.

To find out more information about National Baseball Card Day, visit www.mlb.com. To find participating stores in the area, visit www.topps.com or www.upperdeck.com.

Baseball cards are a beloved part of the national pastime.

A True Sports Town

(NAPSI)-There's only one Louisville Slugger. Only one Muhammad Ali. Only one Kentucky Derby. And only one city with a museum for each of them, plus hundreds of other totally original places to see, eat and stay: Louisville, Kentucky.



In addition, the Ryder Cup--one of the world's most prestigious golf tournaments, pairing 12 of the top American golfers against 12 of their European counterparts--will be held in Louisville in 2008.

Louisville, Kentucky, a sports town like no other, will also play host to the 2008 Ryder Cup Experience. Ryder Cup 2008 will be like no other because it's happening in a place like no other. The tournament at Valhalla Golf Club is just the beginning of an all-out, jam-packed, citywide celebration. The Cup Experience is full of exciting activities that are open to the general public.

While in town for the Ryder

Cup, visitors may be surprised to experience Louisville's rich sporting history, with icons from many of America's favorite pastimes. To learn more, call (888) LOUISVILLE or visit www.go.tolouisville.com.

Louisville, Kentucky, a sports town like no other, will play host to the 2008 Ryder Cup.

A Golf Mecca For Aces And Duffers Alike

(NAPSI)-With nearly 70 public and private courses in Pennsylvania's golf-crazy Valley Forge area, there's no shortage of links from which visitors and locals can "hit it flush."

For example, Raven's Claw in Pottstown is poised to become one of the premier golf destinations in southeastern Pennsylvania. Named one of the top 10 new courses in the region by Northeast Golf magazine, it was specifically designed for players of different levels. Carved out of farmland, the course offers an appealing canvas of rolling terrain, wooded areas, streams and environmentally protected areas for challenging carries off the tee.

Turtle Creek, located in Limerick, is described by Golf Digest and Zagat as being impeccably maintained with some of the best turf of any course in the Northeast. Built on land that was originally owned by William Penn, the course's focal point is a Virginia-style Colonial stone farmhouse built in 1734. It stands near the 18th hole, which takes the player over water rimmed with a stone wall that came from the majestic barn that once stood near the house.

Despite its name, Westover Country Club is a public course with just the right mix of hills, hazards and natural obstacles. Its clubhouse, Michael's--named for baseball star Mike Piazza, whose family owns the course--was recently voted the best "19th hole" in Montgomery County by Inside Golf.

The Valley Forge area also offers many other places to tee up, including:

Jeffersonville Golf Club, an 18-hole, par-70 public course opened in 1931; Bella Vista, a superbly designed

and meticulously maintained course in Gilbertsville that's been designated one of the top places to play by Golf Digest for the last four years; and the ACE Club in Lafayette Hill, a private course that's a favorite among the pros.

Even if you don't shoot par, the Valley Forge area has a wealth of places to duff around, including Par Breakers, the largest indoor golf facility in the Philadelphia area. The golf academy offers instruction, golf camps and group clinics. And Play-a-Round Golf, in Malvern, lets you learn, practice and play year-round, without worry about weather, time or experience, in a spectacular family-friendly golf environment.

Whatever your skills, the Valley Forge area is a hole in one for any golfer. To learn more, visit www.valleyforge.org.

The Valley Forge area offers a variety of courses and facilities for golfers of all skill levels.

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From Charlene Dengler: Spring Cleaning Inside & Out

by Charlene Dengler

Spring is almost here, as you may have noticed, with the onset of daylight saving time and warmer, brighter days upon us. For most, during this time of year some form of spring cleaning usually gets underway in homes, garages and offices. How about spring cleaning for the body?

As I briefly mentioned back in February, anyone embarking on an optimal health plan should consider a total body internal cleanse at least twice yearly, or even possibly on a quarterly basis. A total cleanse not only works the intestinal tract but also addresses the liver, which is the main filtering organ for the entire body working in conjunction with the kidneys and lymph system.

Most of what is ingested must go through the liver or portal system of the body. One exception are glyconutrients, which when ingested are transferred directly to the surface of the cell to form lipoproteins, that allow proper cellular communication. Glyconutrients are to carbohydrates, what amino acids are to proteins, and what essential fatty acids are to fats. As the science of glycobiology continues to develop, we will become more aware of the vital role these essen-

tial carbohydrates play in our immune system and overall health. But for now back to the cleansing process.

A good quality cleanse will contain herbal support to allow the body to rid itself of toxins and excess wastes that accumulate to some degree in everybody. The degree to which the intruders remain depends largely on lifestyle, which is a compilation of daily choices, but also on the care and maintenance we provide periodically for our bodies. If you never did any form of maintenance on your car, would you expect it to perform at its best under all conditions? You really couldn't count on your car to withstand that kind of neglect and neither should you place your fearfully and wonderfully made body under that kind of duress. Periodic and purposeful cleansing should be considered, and even more so as one gets older.

Another way to keep your body in top running condition in between tune-ups is to be certain to get enough fiber in your diet. Before I go any further, I want to reiterate that each principle for optimal health stands on its own, but they frequently overlap. If you are eating a wide variety of food focusing on fresh, raw fruits and vegetables, leafy

greens and legumes, whole grains, nuts, and seeds, guess what? You are probably getting enough fiber already in your diet. The current thinking on bowel movement frequency is certainly once a day with as many as three a day considered desirable. The consistency should be a well formed, 1"-2" in diameter stool, passed easily and with little or no odor.

It is important to emphasize that if you plan to increase fiber to attain better elimination habits, you must increase SLOWLY! The recommended amount is 25-35 grams of various forms of fiber each day, unless a medical condition contraindicates it. With any type of fiber an adequate amount of water is essential to move the fiber along the digestive tract. If abdominal discomfort or bloating occurs, reduce the amount of fiber temporarily until the body adjusts. Gradually increase roughage over a period of a few weeks. Fiber is the portion of plant foods that humans cannot digest. It provides a form, if you will of "exercise" for the intestinal tract. But just like exercise for the body, too much too quickly, can cause distress, so again build up slowly.

Finally, I want to discuss the different forms of fiber and which foods provide them. Latest research reveals more and more evidence that fiber may help prevent diabetes, heart disease and cancer. Since those are the three big causes of demise in this country, it seems that "roughing it" a bit could reap longevity benefits.

About a year ago, Delicious Living magazine had an excellent article on fiber that I would like to recap. Basically there are two kinds of fiber, insoluble and soluble. Insoluble fiber is the tough, outer part of plants that does not dissolve in water. It is the coarse, chewy part such as fruit skins, stringy vegetables, and the outer casing of whole

grains. This form of fiber decreases transit time in the intestinal tract and helps to eliminate wastes in a timely fashion. In addition, insoluble fiber moves harmful toxins and cancer-causing substances found in processed foods, preservatives, alcohol, and pesticides out of the colon more quickly.

Another bonus is that insoluble fiber helps people lose weight and keep it off. Foods that are rich in insoluble fiber are apple skins, brussel sprouts, beets, cabbage, carrots, cauliflower, turnips, and whole grains.

Soluble fiber is found inside the plant cell walls and when suspended in water dissolves and thickens to form a sticky, gel-like substance. As soluble fiber passes through the digestive tract it binds to dietary cholesterol, helping the body to eliminate it. Soluble fiber also slows the absorption of simple sugars, naturally regulating blood sugar levels after a meal, particularly beneficial for diabetics.

This form of fiber can also ease the symptoms of irritable bowel syndrome and other digestive disorders by regulating both diarrhea and constipation. Foods high in soluble fiber are apple pulp, citrus fruits, strawberries, oats, oat bran, beans, peas, and rice bran.

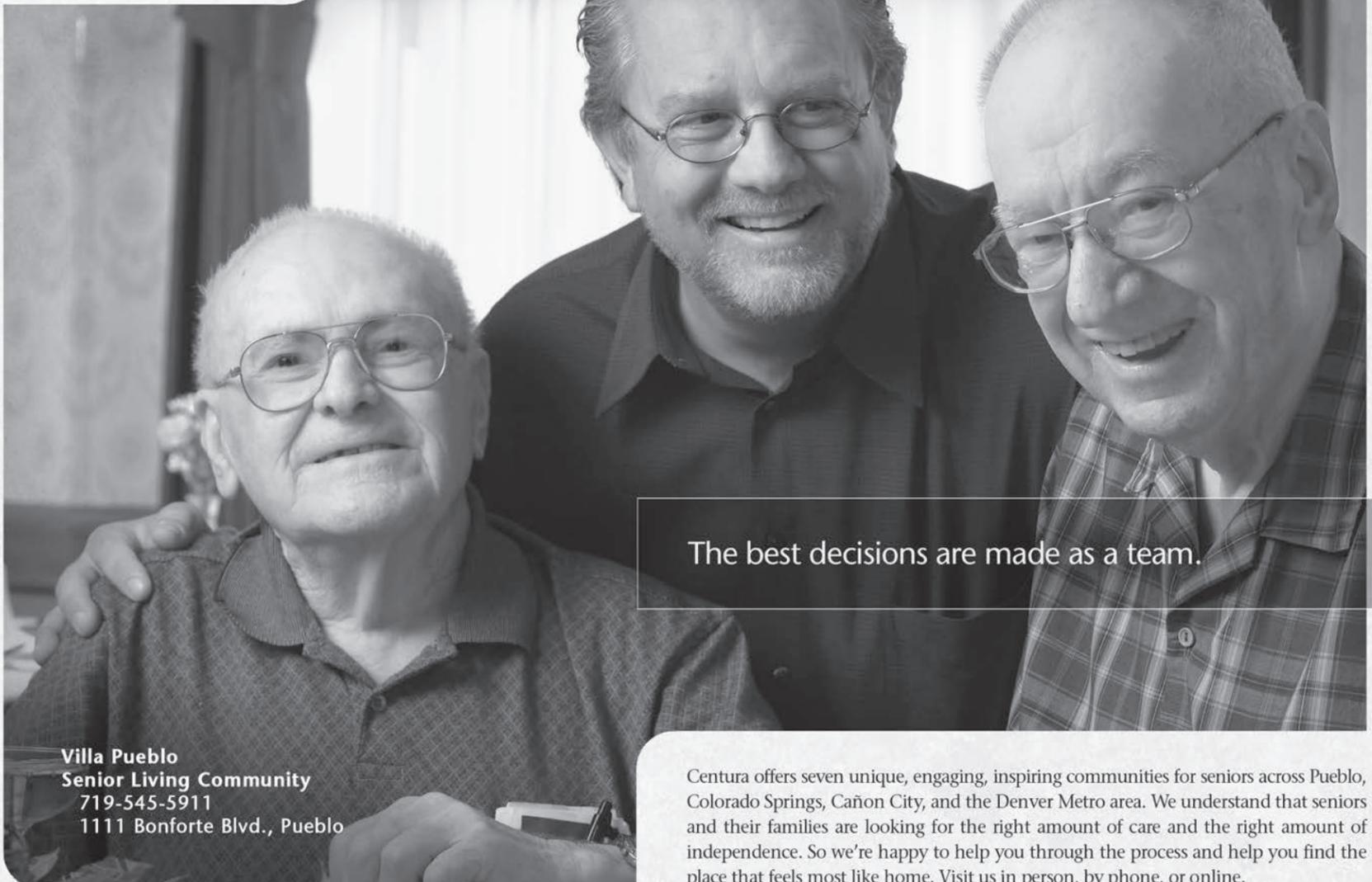
Once again, much of what humans need to stay healthy and vital is found in nature if we would just access what the Creator has provided. May your spring cleaning, inside and out, be productive and refreshing.

Charlene Dengler is a former registered nurse who has also been a model, a nutrition consultant, a fitness instructor and an educational consultant. Her main focus is a natural approach to health and wellness with an emphasis on assisting others in finding the correct pathway to their optimum vitality. She can be reached at 719-250-0683.

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Salute To Seniors: Bandstand, Ink Spots Coming



by Eileen Doherty

Denver, Co. American Bandstand is coming to the 19th Annual Salute to Seniors bringing rock 'n' roll music just as it did to millions of households from 1957 to 1987. It showed Americans how to do the latest dance steps with host Dick Clark as "America's Oldest Teenager". Winners of the American Bandstand dance contests, sponsored by Kaiser Permanente, will be announced hourly.

The Salute to Seniors will be on May 14, 2008 from 8:30 am to 4:00 pm at the Colorado Convention Center, Denver. More than 130 vendors will display products and services to help make the life of an older adult and their family easier.

With over 80 hit records and numerous million sellers, the Salute to Seniors audience will return again to hear the Ink Spots on the main stage at 10:00 am and again at 1:00 pm. The theme song "If I Didn't Care" which sold more than 19 million copies in the 1950s and 60s is guaranteed to bring you to your feet.

Over the years, the unique style, sound and elegant stage presence, the Ink Spots legendary hits included: "It's A Sin To Tell A Lie", "My Prayer", "Whispering Grass", and "For Sentimental Reasons".

Lifesavers candy and Bazooka Bubble Gum became popular past times, as well as watching television commercials that were innocent and funny.

With ties to The Ink Spots, the Purnell SteinTrio featuring Charles Burrell, Sr, Todd Reid and Purnell Steen, will perform their legendary hits. Set in a 50s theme, small stage performances include authentic singer, fiddler and vocalist Loretta Thompson with memorable songs and exciting tunes. Other acts include the sixteen members of the Dancin' Divas, a Chapter of the Red Hat Society, who have a compassion for dancing before crowds of all sizes. Influenced by the folk music revolution of the 60s led by Bob Dylan, Peter, Paul & Mary and the Kingston, Francis Buckingham performs on the autoharp with his collection of favorite sing-

a-long oldies from the radio days.

While using a state-of-the art Vo-coPro, Eddie Kirsch helps everyone enjoy singing as one of life's greatest pleasures, specializing in tunes of the 40s, 50s and 60s. Stellarforce Productions proudly presents Joseph and Nicholas on the guitar in concert. And last, but not least, Don France, Wells Music will play familiar tunes on the organ.

Hundreds of prizes will be given away during the day from the vendors. Play Old Fashioned Bingo and win \$20 gift certificates from Denny's Restaurant, fishing accessories from Sportsman Warehouse, and lighted holiday ornaments. Grand prize of the day is a three-day cruise with airfare sponsored by Queenslander Tours.

Dare to Care is the theme of an educational program led by Judy Totsch, RN, Kaiser Permanente at 9:30 am.

Enjoy the ambience of a 50s luncheon at the Colorado Convention Center. To eliminate the parking hassle,

park free at Invesco Field and ride the shuttle to the Convention Center.

Gather your friends and join your neighbors at the Salute to Seniors sponsored by the Colorado Gerontological Society. With an audience of more than 2200 seniors every year, you and your friends will want to be part of the fun, laughter, and memories. Cost is \$5 each for a group of ten or more. Individual tickets are \$7 for the first ticket and \$3.50 for the second ticket. For more information call 303-333-3482 or www.senioranswers.org

Eileen Doherty, MS-Executive Director
Colorado Gerontological Society
Senior Answers and Services
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 Denver CO 80206
 303-333-3482
 303-333-9112 (fax)
doherty001@att.net
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Weird News

from page 4.

-- Miss Fayetteville (N.C.) 2007 Jenna Walters is scheduled in court in April to answer for her November arrest in which police said she had veered recklessly through traffic in Southern Pines, N.C., in order to harass driver Angela Thomas. She pulled in front of Thomas, blocked her path, then got out, screaming and taunting the woman, but then quit and drove off, only to return moments later from the other direction, bump Thomas' car and resume screaming, then left but returned yet again, bumped Thomas' car from behind and yelled some more. In the 2006 Miss Fayetteville pageant, Walters was voted Miss Congeniality.

-- Almost half of the 47 members of the United Nations' Human Rights Council are not "free democracies" (according to Freedom House rankings), and several, such as China, Cuba, Russia and Saudi Arabia, have been widely criticized as human rights violators. Consequently, the council has failed to address any of the most prominent rights abuses around the world (including some that were called genocide) in Sudan, North Korea, Chad, Zimbabwe and Iran, among other places, but in January, the council voted its 12th "condemnation" of

Israel (out of only 13 condemnations it has ever issued).

Great Moments in Maturity

-- Lawyer Kathy Brewer Rentas, 49, was charged with assault in February after asking to shake hands with federal lawyer Jennifer Keane (who was prosecuting Rentas' husband for probation violation). The handshake began in businesslike fashion, but according to a court security guard, Rentas squeezed the hand, then yanked it up and down hard, "almost pull(ing) Keane's arm out of its socket" and nearly sending her tumbling to the ground.

-- When a 72-year-old Levis, Quebec, woman cleared her walk with a snowblower in December, sending some of the snow onto the adjacent property, the 43-year-old neighbor grabbed his blower and sent it back, and the two spent about 10 minutes blowing snow on each other before they stopped. (They "faced each other," "engines roaring," wrote the Canadian Press.) The neighbor then allegedly punched the woman (and her husband, who had come to help her) and was charged with assault.

Can't Stop Myself

In February, a court in Cardiff,

Wales, once again released Thelma Dennis, 50, to get therapy for her addiction of making bogus emergency ("999") telephone calls, even though she has been prosecuted about 60 times in 24 years on similar charges. In an earlier case, Dennis agreed to a therapy that sent painful shocks through her body every time she dialed 999, and she remained free of problems for four years but reoffended recently by making up a bomb threat against a store.

Least Competent Criminals

(1) William Anderson, 51, was arrested in February after he attracted a lot of attention by parking a Hummer (with Michigan plates) outside the small-town county welfare office in Jonesville, Va., while he applied for benefits; a quick investigation revealed that the vehicle had been stolen. (2) Frederick Watson, 57, was arrested in February in DeLand, Fla., after he attracted attention by pushing a heavy safe in a shopping cart through the lobby of the Putnam Hotel. When questioned, Watson tried to convince police that he had "found" the safe (but actually, it had been stolen from a fourth-floor office).

Recurring Themes

Some parents, in exuberant yet inexplicable expressions of devotion to their babies' supposed happiness, stage lavish birthday parties at such young ages that the supposed beneficiaries could not possibly remember or appreciate them. For example, the party by Sheila Chapman and Ray Reed for their precious "Prince" Clayburn Reed in February in Tampa Palms, Fla., celebrating Prince's first birthday, featured 60 guests and a professional party-planner, pony rides, a magician, a pinata, centered around a rented room at the local country club. Said Chapman to a St. Petersburg Times reporter: "These are the memories I want him to have. I want him to know how important and special I think he is."

Undignified Deaths

A 50-year-old Buddhist monk,

who had already lost parts of three fingers in one lawnmower accident, was killed in February when another mower got away from him, and in the ensuing chase and capture of it, he somehow fell and was fatally slashed by the blade (Buckinghamshire, England). And a 36-year-old man attempted to hang himself in a closet in January, but his girlfriend discovered him in time and pulled him down, but that just angered the man, who then fought with the girlfriend. A passer-by stepped in to help the woman, and in the process applied a wrestling hold to the suicidal man's carotid artery, inadvertently killing him (San Diego, Calif.) (Irrelevant fact: The deceased's last name was Kevorkian.)

News That Sounds Like a Joke

-- Toronto police announced in February that they had arrested the man who had stolen a backhoe with the intention of driving it to a car wash in order to break down a wall and get at the facility's coin machine. The call to police came from a snow plow that was hot on the backhoe's heels, with the driver having diverted from his route to chase the thief.

-- Working its way through multimillion-dollar proposals for naming rights on campus buildings in exchange for donations, the University of Colorado decided in January to accept the offer of venture capitalist Brad Feld, who made a \$25,000 donation to the school in exchange for having a second-floor men's room named for him in a campus technology building.

Police Blotter

-- Arrest Sheet: (1) A 17-year-old man was arrested in January and charged with burglary in Tempe, Ariz., based on a victim's description, which included the observation that the man was wearing "monkey-printed pajamas" during the crime. (2) William Torres, 21, was arrested in Allentown, Pa., and charged in connection with two homicides; he was taken into custody after a Friday afternoon traffic stop in January, wearing a hooded sweatshirt, pajama bottoms and fuzzy slippers with a lion's face.

-- Petty Criminals: A 43-year-old alleged shoplifter was arrested in Newburgh, N.Y., in January with 42 items under his clothes as he left a store, but the items' total value was only \$132.07. And in December, Wesley Gregory, 52, who works on parking meters for the city of Greensboro, N.C., was arrested and charged with embezzling nickels, dimes and quarters for five years, with his "haul" averaging about \$10 a week.

GOT PAIN???!? BACKS, KNEES, FEET?

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Book Excerpt: Cowboy Mac And Cheese

by Grady Spears with June Naylor

(Excerpted from "The Texas Cowboy Kitchen" by Grady Spears with June Naylor, Andrews McMeel Publishing.)

Trail drivers and other cowboys didn't have anything approaching the luxury of multicourse meals, something even the most casual diner in Texas takes for granted today. Had the coosie, the nickname given to the chuck-wagon cook, asked cowpokes if they would like a side dish with their entree, he would have no doubt been strung up from the nearest hanging tree. Those trail drivers would have thought that their coosie had gone plumb crazy.

We're certain, however, that chuck-wagon cooks were nothing if not creative and adventurous. Stories are legendary about the wonders these early chefs would work with practically nothing. We have to assume that if given the resources, their works could have been as lusty and indulgent as this Texas version of mac and cheese.

Eating mac and cheese is about as good as getting a big hug from your favorite grandma -- it just makes you feel

happy inside. We like the smoky punch that the roasted chilies give this mac and cheese dish.

MAC AND TEXAS CHEESES WITH ROASTED CHILIES

- 4 poblano chilies
- 1 cup plus 1 tablespoon unsalted butter
- 2 cups heavy whipping cream
- 1 cup milk
- 1/2 cup all-purpose flour
- 3 cups grated caciotta or Monterey Jack cheese
- 1 cup goat cheese
- Kosher salt
- 1 1/2 pounds cooked macaroni
- 1 cup seasoned bread crumbs
- 2 cups grated Asiago or Parmesan cheese

ROASTED CHILIES

Preheat the oven to 500 degrees. Place the chilies on a greased baking sheet and cook, using tongs to turn the chilies after about 8 to 10 minutes, so that they blacken evenly on all sides. When blackened, remove from the oven and seal the chilies inside plastic bags for 10 minutes. Remove the chilies from the bags and slip off the blistered skins. When cooled, remove the seeds and stems and cut into strips.

MAC AND CHEESE

Lower the oven temperature to 375 degrees. Using 1 tablespoon of the butter, grease a medium casserole dish and set aside.

In a saucepan, heat the cream and milk over medium-high heat. In a separate saucepan, melt the remaining butter over medium heat. Whisk the flour into the melted butter, stirring over medium heat for approximately 1 minute. Slowly pour in the heated whipping cream, whisking the mixture until it thickens. Remove the saucepan from the heat and stir in the caciotta and goat cheese. Season with salt and set aside.

In a large mixing bowl, combine the macaroni, cream mixture and



Mild poblano chilies are roasted in the oven to give Mac and Texas Cheeses a smoky richness. photo: Ralph Lauer.

green chilies, mixing gently until well-combined. Pour the macaroni into the greased baking dish and evenly spread the bread crumbs and grated Asiago cheese over the top. Bake for 50 to 60 minutes, or until the top is browned.

Makes 6 to 8 servings.

FREMONT/CUSTER County Menus

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

FLORENCE

100 Railroad St. - Florence Tu-Thur-Fri

APRIL 1: KIELBASA, Parsley Buttered New Potatoes, Mixed Vegetables, Baked Acorn Squash, Pineapple.

APRIL 3: HAM AND BEANS, Broccoli, Parslied Carrots, Orange Juice- 4oz, Cornbread/marg.

APRIL 4: TUNA MACARONI SALAD, Cucumber Salad, Sugar Free Orange Gelatin, Salad with Banana, Sliced Peaches Cheddar Drop Biscuit/marg.

APRIL 8: CHILI CON CARNE, Whole Wheat Crackers, Sliced Yellow Squash, Pineapple Mandarin Orange Compote, Cornbread/marg.

APRIL 10: HONEY BBQ CHICKEN, Oven Browned Potatoes, Chopped Spinach, Diced Pears.

APRIL 11: MACARONI & CHEESE, Shredded Green Salad/Lemon, Whipped Hubbard Squash, Strawberry Applesauce

APRIL 15: BEEF STROGANOFF, Cut Broccoli, Tossed Salad with French Dressing, Apricot Pineapple Compote.

APRIL 17: ROAST TURKEY/GRAVY, Whipped Potatoes, California Vegetable Medley, Raisin Nut Cup.

APRIL 18: BEEF & SWEET PEPPERS, Steamed Brown Rice, Orange Spiced Carrots, Grapefruit Half.

APRIL 22: ROAST BEEF, Mashed Potatoes/Gravy, Green Bean Amandine, Apricot Peach Compote, French Bread/marg.

APRIL 24: AMERICAN LASAGNA, Herbed Green Beans, Seasoned Cabbage Shredded Green Salad/Lite Italian Dressing, Ice Cream, Italian Bread/marg.

APRIL 25: CHICKEN FAJITA, Tomato, Lettuce Garnish, Cilantro Rice, Cooked Cabbage with Red Pepper, Grapes.

APRIL 29: PORCUPINE MEATBALLS Whipped Potatoes/Gravy, California Vegetable Medley, Almond Peaches Herbed Green Beans, Diced Pears.

SALIDA MENU

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

APRIL 1: HAM AND BEANS, Cut Broccoli, Parslied Carrots, Orange Juice-4oz, Cornbread with Margarine.

APRIL 3: CHICKEN & NOODLES, Green Beans, Baked Acorn Squash, Apricot Pineapple Compote.

APRIL 4: HAMBURGER, Sliced Tomato on Lettuce, Baked Beans, Potato Salad, Sliced Peaches

APRIL 8: MACARONI & CHEESE, Shredded Green Salad/Lemon, Whipped Hubbard Squash, Strawberry Applesauce

APRIL 10: TURKEY POT PIE, Tossed Salad, Orange Juice -4oz, Apple.

APRIL 11: BRATWURST ON A BUN/ Sauerkraut, Mustard & Onion, Pickled Beets, Sliced Peaches.

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

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APRIL 17: MEATLOAF/BrownGravy, Cheesy Potatoes, Green Beans, Pineapple Tidbits.

APRIL 18: HONEY BBQ CHICKEN, Oven Browned Potatoes, Chopped Spinach, Diced Pears.

APRIL 22: VEGETABLE SOUP, Wheat Crackers, Tuna Salad on Lettuce with Tomato, Baked Acorn Squash, Almond Peaches/Fresh Pear.

APRIL 24: SPINACH LASAGNA, Tossed Vegetable Salad, Green Beans, Tangerine.

APRIL 25: SLOPPY JOE ON A BUN, Scalloped Potatoes, Broccoli/Carrots, Apple

APRIL 29: ENCHILADA PIE, Sliced Tomato on Lettuce, Sliced Yellow Squash, Mixed Fruit.

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APRIL 1: ENCHILADA PIE, Sliced Tomato on Lettuce, Sliced Yellow Squash, Mixed Fruit.

APRIL 3: CHICKEN SALAD SANDWICH On Whole Wheat Bread, Sliced Tomato on Lettuce, Orange juice - 4oz, Sliced Peaches.

APRIL 7: LENTIL BLACK BEAN SOUP, Egg salad Sandwich on Wheat Bread, Sliced Tomato on Lettuce, Banana

APRIL 8: SPICY BEEF RICE CASSEROLE, Cut Broccoli, Sliced Yellow Squash, Pineapple Tidbits.

APRIL 10: TURKEY SALAD/LETTUCE/TOMATO, Steamed Brown Rice,

California Vegetable Medley, Raisin Applesauce.

APRIL 14: TOMATO SOUP, Turkey on Wheat/Mustard/drsg., Green Beans, Tangerine.

APRIL 15: CHICKEN CACCIATORE, Whipped Potatoes, Chopped Spinach, Banana.

APRIL 17: MEATLOAF/Brown Gravy, Cheesy Spuds, Green Beans, PA Tidbits.

APRIL 21: WHITE CHILI/CHICKEN, Wheat Crackers, Carrot/Celery Sticks, Cooked Cabbage/Red Apple.

APRIL 22: TATOR TOT CASSEROLE Tossed Salad/Lite Italian Dressing, Baked Acorn Squash, Banana.

APRIL 24: ROAST PORK, Whipped Potatoes/Gravy, Parslied Carrots, Strawberry Gelatin Salad, Dinner Roll/marg.

APRIL 28: BEEF STEW, Wheat Crackers, Whole Kernel Corn, Herbed Green Beans, Diced Pears.

APRIL 29: SWEET/SOUR PORK, Brown Rice, California Vegetable Medley, Diced Peaches.

GOLDEN AGE CENTER

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APRIL 2: ENCHILADA PIE, Sliced Tomato/Lettuce, Sliced Yellow Squash, Mixed Fruit.

APRIL 4: BAKED PORK CHOP, Country/Gravy/Whipped Potatoes, Hot Bean Casserole, Fruit Salad, Cinnamon Applesauce

APRIL 7: WHITE CHILI/CHICKEN, Whole Wheat Crackers, Carrot & Celery Sticks, Cooked Cabbage with Red

Pepper, Pear Halves.

APRIL 9: TUNA NOODLE CASSEROLE, Italian Green Beans, Pineapple Tidbits.

APRIL 11: ROAST BEEF, Mashed Potatoes/Gravy, Green Bean Amandine, Apricot Peach Compote, French Bread/marg.

APRIL 14: CHICKEN NOODLE SOUP, Wheat Crackers, Spinach w/Malt Vinegar, Sliced Yellow Squash, Orange, Wheat Bread.

APRIL 16: PASTA PRIMAVERA, Spinach Salad/Egg/Lite Italian drsg., Apple Pear Salad/Almonds, Plum, Garlic Bread.

APRIL 18: FRENCH DIP SANDWICH/AU JUS, Oven Browned Potatoes, Mixed Vegetables, Strawberry Applesauce.

APRIL 21: DIJON CHICKEN, Steamed Brown Rice/Parsley, Cooked Cabbage with Red Pepper, Orange Juice, Peach.

APRIL 23: AMERICAN LASAGNA, Herbed Green Beans, Cabbage, Shredded Green Salad, Ice Cream, Italian Bread.

APRIL 25: ROAST PORK, Whipped Potatoes/Gravy, Parslied Carrots, Strawberry Gelatin Salad, Dinner Roll/marg

APRIL 28: CHICKEN NOODLES, Green Beans, Baked Acorn Squash, Apricot Pineapple Compote.

APRIL 30: MEATLOAF/Brown Gravy, Cheesy Spuds, Green Beans, PA Tidbits.

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APRIL 1: CREAM OF POTATO SOUP, Tuna Salad Wrap/Lettuce/Tomato, Hard Boiled Egg, Grapefruit Half.

APRIL 3: PORK CHOW MEIN, Brown Rice, Cooked Cabbage with Red Pepper, Banana, Fortune Cookie

APRIL 8: HOT TURKEY SANDWICH, Whipped Potatoes, Asparagus Amandine, Pineapple Mandarin Orange Compote.

APRIL 10: PUEBLO BEEF STEW, Tossed Salad/Lite Italian drsg., Baked Acorn Squash, Banana.

APRIL 15: CHICKEN NOODLES, Green Beans, Baked Acorn Squash, Apricot Pineapple Compote.

APRIL 17: SALMON PATTIES/ CREAM SAUCE, Brown Rice, Mixed Vegetables, Tangerine, Raisin Nut Cup.

APRIL 22: SMOTHERED CHICKEN, Cornbread Stuffing, Cauliflower Broccoli Mix, Applesauce Waldorf Salad.

APRIL 24: HUNGARIAN GOULASH, California Veggie Medley, Chopped Spinach/Malt Vinegar. Banana.

APRIL 29: OVEN FRIED CICKEN, Spinach Mandarin Orange Salad, Potato Salad, Peach, Cornbread/marg.

ALL MEALS SERVED

WITH MILK

(Coffee or Tea optional). Most meals served with bread and margarine.

Fashion: What If Change Isn't (Always) Good?

by Patricia McLaughlin

There've always been women who stepped off fashion's dizzying merry-go-round of trends and wore what they liked.

I went to an estate sale near Princeton, N.J., a couple of weeks ago, and ever since I've been thinking about the utterly consistent, almost lapidary sense of style reflected in the clothes laid out on this woman's bed and hanging in her closets.

There were, for instance, dozens of nicely ironed, neatly folded sleeveless cotton or linen blouses. All small sizes, a few still with price tags. The labels were McMullen, The Monogram Shop and Gattles, which Google identified as a Florida beach resort retailer of fine linens. Most were white or solid pastels; a very few were flower prints. Every single one had a round Eton collar which, in case you're drawing a blank, is just like a Peter Pan collar except that the collar points aren't rounded off. Many of the collars were monogrammed; some were outlined in piping in a contrasting color; a few were

doubled: a white collar with, say, a navy blue collar barely peeking out underneath it.

When I was in college in the 1960s, the preppy girls wore blouses like this, and so did their mothers. In one of the cedar chests in the hall I spotted some "Hong Kong sweaters" -- short, blousy cardigans with a zillion cables and perfectly matched crocheted ball buttons -- like the ones those girls wore over their round-collared blouses.

The longer you live, my theory is, the more your taste -- in clothes and other things too -- tends to consolidate. Two things happen: The more years you spend wearing clothes, the more likely you are to figure out what works, what's comfortable, what looks good, what feels right. And once you do, why wear anything else?

Because the older you get -- this is the second thing -- the less incentive the world offers you to venture outside that comfort zone. Why wear something that makes you feel like an impostor, why wear ruffles if you don't like ruffles, why

wear something that itches, or isn't warm or cool enough? It's not as if -- after a certain point, anyway -- you really think it's going to get you the starring role, or the executive editor's job, or the true and lasting love of that really nice, smart, funny billionaire. So why not please yourself?

I was expounding this theory to my friend J. the other day. "You mean," she said, half skeptical, half liking the idea, "when I'm old, I'm not going to be standing in front of my closet every morning thinking, 'Hmmm, who should I be today?'"

The clothes in the estate sale lady's closets made it pretty clear she hadn't had to ask that question in many decades.

To go with the round-collared sleeveless blouses, there were short cotton skirts. You could tell they were golf skirts because they were shorter than a woman in her 80s would be likely to wear for anything else. Also, some featured golf-themed prints, one with little golf greens and flagsticks wreathed around with names of famous golf courses.

I could tell she'd made that one because there was a length of the same fabric in one of the stacks of yard goods arranged along the bookshelves outside the sewing room. More of the golf skirts were in bright florals or prints featuring cute frogs or zebras or lions. Some, in classic WASP golf-clothes style, walked the line that divides colorful from garish. Several had little "Lilly" signatures woven in among the frogs or flowers, identifying the fabric as Lilly Pulitzer's, which used to be available by the yard. (In the '70s, people who were into the whole Lilly thing used it for slipcovers and toss pillows.)

One closet had several all-around-pleated tartan skirts, considerably longer, from Pendleton, Trimmingham's in Bermuda, etc., all in sizes 4 or 6. Another had several cropped, fitted navy blue jackets and a dozen or so white shirts, many with stock ties or bows. I snagged a white Brooks Brothers dinner shirt with front pleats, still with its tags, for a friend who wears a 4. Thirty years ago, her mother had given me an outgrown one much like it that I wore until I outgrew it in my turn.

That was pretty much it: sleeveless round-collared blouses, colorful golf skirts, long-sleeved white shirts, navy jackets, pleated plaid skirts. Some khaki Bermudas, a pair of tartan slacks. A few long hostess skirts.

No little black dresses, no furs, nothing peasant-y or gypsy-ish or ethnic, unless you count the tartan. No jeans. No designer names, no wild flights of fancy. Not a sequin or a feather or a scrap of lace anywhere, no satin or Lycra, nothing slinky or explicitly sexy, nothing opulent or glamorous or

grand. If she'd been nominated for an Oscar, she would have had to buy a new dress.



Who could ask for anything more? A Princeton estate sale testifies to one woman's personal style. Illustration: Pat McLaughlin

Weeks later, I'm still fascinated. Serious fashion types would probably find this woman's clothes quaint, funny, stereotypically mid-century WASP. You've seen them in New Yorker cartoons.

But her wardrobe was all so much of a piece, as strictly controlled as a Henry James paragraph. It reminded me of the famous dictum of Diana Vreeland, who was editor of Vogue when I worked there long ago: "Elegance is refusal."

This woman had refused so much -- she'd skipped about a zillion trends that, in retrospect, look more like flashes in the pan: poufs, slipdresses, boyfriend jackets, droopy black Japanese, punk, glam, glitter, giant dress-for-success shoulder pads, ping-ponging hemlines, designer logos, hippie chic, leggings, leopard, leather, sweats, pinstripes, grunge, crop tops, capris, shrunken T-shirts, not to mention faded, baggy, bell-bottomed, skinny, sand-washed, bleached, distressed, destroyed, designer and every other kind of blue jeans.

When you consider how quickly many of those must-haves evaporated, it makes this woman look like a genius. She knew what she liked. She had her uniform. The efficiency of it appeals to me: With so few choices, think how easy it would've been for her to get dressed in the morning. Also the presumed psychic comfort: As far as I could tell, she hadn't owned a single thing she would've felt like an impostor in.

I wonder if there aren't a lot of women like her. I don't mean women in round-collared blouses and pleated skirts, but women who know what they like and wear it almost all the time, no matter what, whether it's blue jeans and cotton shirts and sweaters or yoga pants and turtlenecks or whatever.

I wonder if the forces of fashion haven't been cranking out so much planned obsolescence so fast for so long that they've made the very idea of fashion -- the idea that, at any given time, everyone wants to wear the same fabulous thing -- look a little obsolete.

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Reeling "CHIPMUNK MANIA"

by Film Critic Betty Jo Tucker, Pueblo

Many years ago, our family faced a major crisis. My little granddaughter fell in love with a rodent named Alvin and insisted she would marry him when she grew up. Now, when Marie sees "Alvin and the Chipmunks," a new animated/live action film about these cartoon icons, she'll probably laugh while remembering her childhood obsession. But I doubt if she'll be surprised at how popular the mischievous singing trio remains with the younger set. Unfortunately, this movie, available on DVD April 1, relies too much on its human actors, who are no match for Alvin, Simon and Theodore.

My husband and I had more fun watching and listening to the little ones in the audience at the screening we attended than we did looking at the film. "Oh, that wasn't a very good idea," one 3-year-old yelled at Dave, played by Jason Lee, when - out of frustration - he prepares a box to place the chipmunks in after

they've practically destroyed his house. "No, don't do that!" chimed in another worried tot. Several little ones even cried whenever anything bad happened to their tiny heroes, and all of them giggled at the flatulence gags. Clearly, "Alvin and the Chipmunks" is a winner for this target audience, so your grandchildren will probably think you're super if you share this DVD with them.

However, many adults may find the story a bit too familiar. We've seen the search-for-family theme and parodies of the music business done a gazillion times before on film. Where's the creativity here? Alvin, Simon and Theodore deserve more. After all, they're singing and dancing their little hearts out for us. David Cross ("Arrested Development"), playing an evil music manager, spends most of his time on screen attempting a smarmy smile, and Jason Lee ("My Name Is Earl"), as the chipmunks' reluc-

tantly caring songwriter, simply shouts "Alviiiiiiiiin!" as many times as possible. The lame romance between Lee's character and Claire (Cameron Richardson) doesn't help either.

Still, who can resist those amusing musical numbers by Alvin and the Chipmunks? Cleverly staged, they're the most entertaining part of the film. The chipmunks really move and groove, especially in the "Witch Doctor" sequence. No wonder they've earned a special place in our popular culture. However, it's clear they now want more than a Hula Hoop.

Kudos to singer and songwriter Ross Bagdasarian for inventing Alvin, Simon and Theodore way back in the 1950s. And I bet they'll be around for many more years to come. But for their next film, how about something like "The Best of Alvin and the Chipmunks," a movie featuring THEIR performances only?

gency call to the son and daughter. Wendy Savage (Linney) and Jon Savage (Hoffman) haven't seen their father for a very long time - and it's obvious they are less than

fond of him, mostly because of his abuse while they were children. Still, he IS their father, so they travel to Sun City, take him back with them to Buffalo, and deposit him in a nursing home. Jon teaches a theater course in Buffalo, so since he's the one with a steady income, Wendy, who lives in New York City, must move to be near their father. This disrupts her life of writing plays, trying to get funded for them, and carrying on an affair with a married man (Peter Friedman). Although Wendy does what she can to make the old man's room brighter, her father doesn't notice. In fact, he sometimes even objects to things she does to help him feel more comfortable. One such sequence features a red pillow - and, believe me, it's quite memorable!

While exploring the relationship between the brother and sister here, the movie covers more than the frustrations they face. It also spotlights moments of humor, warmth and tenderness. Fortunately, no two actors could express these emotions any more realistically than Linney and Hoffman. Watching the two siblings get closer -- and become better, less selfish persons as a result of dealing with their dying father -- offers viewers a crash course in human relations. (Released by Fox Searchlight Pictures and rated "R" for some sexuality and language.)

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



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