

page 2 .....Opinion  
page 4 .....Weird News  
page 5.....Health  
page 7.....Social Security & You  
page 8.....Light for the Journey

**Coming Up!**  
Spring Will Spring In April  
Happy Spring Vacation

page 14.....Senior Safety  
page 15.....SRDA Menu  
page 16.....Finances  
page 18.....Senior Classifieds  
page 22.....Fremont/Custer Menu



# Senior Beacon

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

MAR., 2009 Vol. 27: No. 8 Established Aug., 1982 320 Consecutive Months!

## Evie Fitzsimmons: Founder Of "2-1-1" Day!!

by Trish Orman

When Evelyn "Evie" Fitzsimmons applied for a seat on the 2-1-1 for Southeast Colorado advisory board in June 2007, she wrote simply: "If I am elected to serve on the council I will serve with enthusiasm and diligence." What an understatement!



Evelyn "Evie" Fitzsimmons, photo: Nancie Biery

She's a transplanted New Englander with dozens of out-of-the-box ideas from the practical to the wacky (her own assessment). In fact, an Evie Fitzsimmons' brainchild led to the designation of 2-1-1 Day, a statewide recognition

(complete with resolutions and proclamations) of the program's call center services celebrated last month.

Fitzsimmons has spent 40 years in Pueblo. Before her retirement, she assisted her husband, Fred, in his work with the CSU County Extension Office, spent 17 years with the Department of Social Services, raised three children, and donated time and talents to her local parish. Most recently, she has served a number of non-profit and civic organizations, including the Greater Pueblo Chamber of Commerce where she volunteers every Thursday.

"What's amazing about Evie is that she is thinking of pertinent 2-1-1 ideas for support and promotion of the program," said Pat Gash, Pueblo's 2-1-1 call center director, based at SRDA. "And personally I just love her." 2-1-1 advisory board chair, Dana Johnson, agreed.

"Evie volunteered for our publicity committee first thing and she's become our idea person. She leaves no stone unturned. She thinks outside the box," according to Johnson.

"It's not about me," smiled Fitzsimmons. "It's about 2-1-1 and getting the word out. I like marketing and promoting things that keep organizations going."

The area 2-1-1 advisory council has benefited from that enthusiasm and diligence. When the publicity committee needed a boost, Fitzsimmons jumped in to help design a banner, set up a business card for distribution to service providers and health professionals, and suggested informational programs such as 2-1-1 Day to "spread the word."

Fitzsimmons is tactical as well as strategic. The "Coffee Break for 2-1-1" promotion initiated in Pueblo last month

came from her treasury of good ideas. She encourages colleagues and friends to donate \$2.11 or \$21.10—whatever they can afford. Even her tagline, "Help Keep the Lines Open" continues in current organizational promotions to encourage donations to the call center program.

"I'd love to see 2-1-1 become a 24-7 operation," said Fitzsimmons. "I hope the community and the southeast counties will support it."

Part of the problem is confusion among a number of three-digit service calls, from 2-1-1 to 9-1-1. And Fitzsimmons has called them all to better understand how they work.

"There are so many helping services available by telephone," Fitzsimmons explained. "There's 911 for emergencies on one end of the spectrum and 211 on the other end to handle information referral services. We need to spread the word that 2-1-1 is a one-call telephone number."

Based in Pueblo, 2-1-1 for Southeast Colorado serves 11 counties with information referral services and assistance with a variety of basic needs, health care, insurance counseling, tax referrals, and other related services. It is a program of the Senior Resource Development Agency (SRDA) in Pueblo and a member of the Colorado statewide collaborative of 2-1-1 service providers.

Evie Fitzsimmons—who has taught school in Massachusetts, written columns for the Durango Herald, managed a pinto bean cooking contest in Cortez, and coordinated church activities in Pueblo—never puts her notepad away.

"I like to help—to work behind the scenes," Fitzsimmons said. "I feel useful. I like challenges."

## 'Self-Protection For Seniors' To Be Offered

After an assault on an elderly couple that occurred last year, the Pueblo Senior Safety TRIAD developed the 'Self-Protection for Seniors'. The class that has been developed consists of a presentation covering an overview of typical scams and frauds and break out sessions that allow the seniors to practice what they have learned, led by a facilitator. Interaction within the group is encouraged.

The topics covered include several areas that can make senior vulnerable to criminal activities. These include scams that come through the telephone, mail and/or internet. The emphasis is on keeping all of the numbers that define our life (social security, bank or credit union account, insurance plans, retirement plans, etc.) as private as is possible. People attending the class learn ways to safeguard their personal information.

Another area of concern is safety within the home. Participants learn about the 'neighborhood con'; scams that criminals use to get into a senior's home; people using illness or false problems to get money from a senior; etc.

The class also includes an overview of physical safety and self-protection, including safety at home, safety in your vehicle, safety when traveling whether around town or on the road and other locations. Practice in the break-out groups also includes observation and getting a good description of the people involved.

The Pueblo Senior Safety TRIAD presents "Self-Protection for Seniors". This training is free and is open to the public and will take place on March 26, 2009 from 12 noon to 2:00 pm. Light refreshments will be served. Space for the class has been provided by Parkhill Baptist Church at 4235 Parkhill Place.

RSVP: In order to get a count for refreshments, please leave a message with Julie Valdez at SRDA, 545-8900.

## What Is Assisted Living? End Of The Three Part Series

Patrick J. Craig  
Services

Facilities must provide a physically safe and sanitary environment, room and board, personal services (transportation, assistance with activities of daily living and instrumental activities of daily living, individualized social supervision), protective oversight and social care. Facilities must assist in providing access to transportation. Written "board and care plans," which must be reviewed at least annually, are required for each resident and include a list of current prescribed medications (dosage, time and route of administration, whether self-administered or assisted), dietary restrictions, allergies and any physical or mental limitations or activity restrictions. Nursing and therapies may be received if provided by a home health agency.

### Reimbursement

Medicaid rules limit room and board charges for Medicaid recipients. The rate covers oversight, personal care, homemaker, and chore and laundry services. The state is interested in developing tiered rates. In a Medicaid facility, the facility is not allowed to charge less than

the Medicaid rate for private pay residents, although they may charge more.

### Medications

Most larger facilities have hired LPNs to administer or manage medications and ensure that physician's order have been received and recorded. Unlicensed staff may assist with self-administration but they cannot take physicians' orders over the phone. Unlicensed staff is allowed to administer oral and topical medications.

### Staffing

Facilities must employ sufficient staff to ensure provision of services necessary to meet resident needs.

### Training

Administrators must meet the minimum education, training and experience requirements by successfully completing a program approved by the department. An accredited college, university or vocational school may conduct acceptable programs, or a program, seminar or in-service training program sponsored by an organization, association, corporation, group or agency with specific expertise in that area. The curriculum includes at least 30 actual clock hours of which at least 15

are comprised of a discussion of each of the following topics: resident rights; environment and fire safety, including emergency procedures and first aid; assessment skills; identifying and dealing with difficult behaviors, and nutrition. The remaining 15 hours shall provide emphasis on meeting the personal, social and emotional care needs of the resident population served.

Staff - All staff, including volunteers, must be given on the job training or have related experience in the job assigned to them and shall be supervised until they have completed on the job training appropriate to their duties and responsibilities or had previous related experience evaluated. Training and orientation in emergency procedures shall be provided to each new staff member, including volunteers, within three days of employment.

Staff members not serving as an operator who have direct responsibility for the provision of personal care, i.e. hygiene, of residents or for the supervision or training of residents in the resident's own personal care, shall provide documentation of either successful comple-

tion of course work in the provision of personal care or previous and related job experience in providing personal care to residents.

The facility shall provide adequate training and supervision for staff comprised of a discussion of each of the following topics: resident rights, environment and fire safety, including emergency procedures and first aid; assessment skills; and identifying and dealing with difficult situations and behaviors.

### Background Check

The owner or licensee may have access to and shall obtain any criminal history record information from a criminal agency for all persons responsible for the care and welfare of residents.

### Monitoring

The regulations require that facilities provide access to the ombudsman program to the facility and residents at reasonable times.

Contact the local ombudsman program at (719) 583-6123 for further assistance. We have developed a checklist that the community can use when choosing an Assisted Living Residence.

# Just One Guy's Opinion

by James R. Grasso, Chief Cook & Bottle Washer



## Letter To The Editor

Dear Editor:

Not since the last Democratic administration have we seen so much corrup-

tion and law-breaking among federal nominees. That goes, too, for the blatant hunger for pork barrel spending and expansion of the welfare state in the name of "economic stimulus."

Any informed economist knows that the way to stimulate the economy is to reduce taxes on personal withholding and on business investment. In fact, the general rule of thumb is a 2% expansion of economic growth for every 1% drop in comprehensive taxation. This was precisely why the U.S. economy roared out of the 9/11 financial markets devastation as quickly as it did.

One would assume that President Obama could be forgiven for stumbling so badly on his first important decisions as Chief Executive. But one would also hope that he would quickly correct course, if he truly intended to clean up the sewer of Washington corruption and cronyism.

Further, he would lop off the liberal pork from the so-called "stimulus bill" that threatens to sink the single largest economy in the world, and get back to solid economic principles that have worked from time beginning: If you want less of something, you tax it. If you want more of something, you reduce the taxes. Such is the way; none other. Mr. President, we're waiting.

Respectfully,  
Dr. Max S. Chartrand  
Rye, CO

## Dangerous: Too Tame A Word!

*Oh my word!* One point five trillion dollars after the interest is paid? Me calling BHO "dangerous" no longer applies. If you who voted for him and don't see it then we are in extremely grave peril. You can tell me how all this should be laid at the feet of GWB but for crying in the night, is this any way to run a country? Tell the truth now all of you, would you run your household this way?

*It's funny, last month in Davos*, (in Switzerald I think) where all the left-ist luminaries convene to lambast America none other than Vlad Putin from Russia warned the United States to not make the same mistakes the old Soviets did by sliding into socialism. Then the Chinese communists sent a communique stating the same caution. Yet, BHO has decided to give money to people who want to rip out America's DNA and fundamentally change it. This massive spending bill that was just passed wasn't even read by our "leaders." It was pretty much written with the guiding hands of Nancy Pelosi our esteemed Speaker of the House and Harry Reid the trumpeteer of the Senate. These two people make the dim-witted (according to the Left) GWB look like the venerable Albert Einstein! Have you ever listened to them? Have you?

*Ms. Pelosi, who represents San Francisco*, forced this "stimulus-pork bill" through the House of Representatives on "Friday the 13th!" of all days last month so she and six other democrats could take a vacation to Italy and have an audience with the Pope. *Il Papa* took Ms. Pelosi to the woodshed for her stance on abortion. He pretty much told her that since she holds a place of power and is a Catholic, that she better understand that it is the Church's stand that a human being is a human being from time of conception until death, period! No parsing. No prevaricating. End of sentence. Being Ms. Pelosi, she pretty much blew-off the Pope. Hey, her narcissism seems to come before the teachings of her faith!

*Instead of humility, this woman* flew back with her friends in tow. Guess who got stuck with the \$200,000+ bill? Yep, the U.S. taxpayer. In case you haven't heard, Ms. Pelosi snuck in a provision in the "stimulus pork bill" that would give hundreds of millions for STD (sexually transmitted disease) education that would pave the way for the American taxpayer to pay for other people's abortions and "force" all and any hospitals that receive government money to perform said abortions. How this stimulates the economy I know not.

*Here's another "backdoor" move by our new leaders.* Did you know that in this "stimulus pork bill" there will be a National Coordinator of Health Information Technology (NCHIT) appointed. In essence this bureaucrat gets to "monitor" medical treatments to make sure your doctor is doing what the (feds) deem appropriate and cost effective," said former Lt. Gov. of New York Betsy McCaughey.

*So what this "stimulus pork bill" does* is allow a federal council under the direction of the NCHIT to apply a cost effectiveness to all medical procedures. So, if you need a hip replacement and you don't fall into some yet-to-be-determined bureaucratic formula based on age, other medical concerns or genetic make-up, you will be refused said hip replacement because it costs too much!

SEE "JUST" PAGE 3.



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**719-647-1945**



**12th Annual** Southern Colorado's **Senior Life Festival**

Colorado State Fair Grounds Events Center-Pueblo

**May 8, 2009**

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

"Old-Fashioned Country Bazaar"

**Program** **FREE Admission** **Look for info in Senior Beacon Pueblo Chieftain**

9:30	Color Guard
10:00	Healthy Cooking by <i>Villa Pueblo</i>
10:30	Senior Safety at Home
11-11:15	BOCC & Pueblo City Council Older American Proclamation Act
11:15	Senior of the Year
11:30-12:30	Dinner Show & Dancing— <i>First 150 Seniors FREE—closes @ 12:30 sharp!</i>
1:00	Community Service Awards, Donations presented
1:30-2:30	Ice Cream & Cake Social
1:30-2:30	Miss Pueblo Teens performing
<b>Show Closes 2:30 p.m.</b>	
2:30 - 4:30	Bingo in stage area

**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.

Health testing at participating exhibitors booth only

**Community Service Award:**  
Jeff Chostner, County Commissioner & Steve Nawrocki, Director SRDA

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# Just Getting Started, This "Nut" Is!

Last month a reader thought my writing made me "just some nut" (which he later rescinded) so don't take my word for it. You remember C. Everett Koop don't you? He was our Surgeon General for about 100 years who also doubled as Col. Sanders of Kentucky Fried Chicken fame. And I quote, "in 1988 I was left a quadriplegic after an illness, so I had surgery to repair my limbs." Mr. Koop is now 92 years old and he said if he had been living in England, for instance, he "would have been 9 years too old to get the operation."

That, my dear readers, is what our new leaders want for us. The passage about the NCHIT also states the **EVERYONE** will be accorded the same treatment as deemed fit be the NCHIT, the NCHIT council and their precious spreadsheet formula. Does this not frighten you? I sure frightens me. What's happening to our country? What are these radicals doing to it?

As if this isn't bad enough, Tom Daschle, he who was once Speaker of the House and who was nominated by BHO to be the Secretary of Health and Human Services wrote in his book entitled *Critical: What We Can Do About the Health Care Crisis* actually explained how this could all get started by placing it in a large pork-laden bill that no one would read until after it was too late. To wit: in this way the doctors must give up their autonomy and "learn to operate less like solo-practitioners." Guess what, all? BHO just did it! We are on our way to rationed health care!

And folks, I'm just getting started. There are new provisions in this "stimulus pork bill" that have done away with all the gains that were made in the 1990s to wean the welfare class off welfare and become productive members of society. Yep, that's right. This new legislation effectively wiped out all the old legislation.

This new leadership is spending so much money so fast on government subsidy programs that no one can keep up with it. BHO has not ruled out a second "stimulus pork bill" in a few months. From where will this money come?

BHO is now saying that 95% of us will get tax cuts and taxes will be raised on small businesses. He wants to cut deeply into government defense spending to help pay for all these government enhancements to existing duplicative programs and handouts. His administration is sucking the life out of the economy and killing the entrepreneurial spirit of this country. Change We Can Believe In, indeed!

## Here Are Some Thoughtful Tidbits

I read where some 40 al-Qaeda members have died of the plague. Thanks Mother Nature. In a way it is very sad that these young boys and men are so filled with hate that their lives aren't much worth living. I do get a kick out of the Gitmo torture lingo that comes from the Left. By comparison the detainees in Gitma live like kings compared to their brethren in the field.

Does anyone know who Robert Rubin is? He was the dean of the Goldman Sachs democrats who just resigned from the board of Citigroup as that once great firm fights for its corporate life. Rubin was also Bill Clinton's Treasury secretary. Well, with Citigroup reeling and forced to sell its brokerage firm, Smith Barney, to raise cash even after a \$300 billion bailout by the taxpayers, Rubin pocketed some \$115 million for his efforts. He will now join the BHO team that prattles about how CEOs' salaries should be capped at \$500,000. I'm telling you people, the "Change" will never apply to the democrats in control.

Michelle Obama was hired by the University of Chicago Medical Center (UCMC) in 2002 to run "programs for community relations, neighborhood outreach, volunteer recruitment, staff diversity and minority contracting." Then, in 2005 the hospital raised her salary from \$120,000 to \$317,000 a year. This happened when BHO became a senator. And, golly gee, BHO requested a million dollar earmark for UCMC in his first year as senator. Now that Michelle Obama has resigned from her vital work at the medical center, the hospital has decided not to fill that \$317,000 post. Puzzling isn't it!?

If Eric Holder, who is our new Attorney General, were a Republican he would never have made it past the smell test. At the end of the Clinton Administration he decided to get Marc Rich pardoned. Marc Rich was on the FBI's "most wanted" list evading arrest for racketeering, tax evasion and trading with the enemy (Iran) for two decades. Holder wanted to become attorney general in an algore administration so he carried favor with Marc Rich's lawyer, Jack Quinn, who had algore's ear. Holder also pushed through commutations for several terrorists whose Puerto Rican separatist organizations had carried out over 130 bombings in the United States.

And, I didn't even get into the tax cheating Timothy Geithner who is now our Secretary of the treasury. This BHO beginning doesn't bode well for America.

And finally, this congress seems to be bonkers in the extreme. First, they run headlong into signing a 1,000 plus page "stimulus pork bill" and now they are debating a bill about illegal immigration. In a two-minute piece done by CNN's Lou Dobbs, we found out that congress is thinking about the following:

- 1). Illegal aliens will have legal status after 24-hours even if the background check isn't completed.
- 2). Taxpayers will have to pay for the lawyers of these illegal aliens.
- 3). The new Z-visa is temporary but can be renewed indefinitely.
- 4). Gang members can get amnesty simply by telling authorities they no longer want to be gang members! (The Heritage Foundation estimates there are over 30,000 gang members among the illegal aliens doing their dirtiest in some 33 states.)
- 5). To keep illegals from coming here, the taxpayers of America will send Mexico money to help that government form programs to keep their population in Mexico.
- 6). Illegal aliens will not have to pay back taxes.
- 7). The so called, "North American Union" which would effectively erase our borders with Mexico and Canada will be fast-tracked.
- 8). There doesn't seem to be any border control provisions in the legislation and the 800-mile fence planned to be built on our southern border will be cut back to just 200 miles.
- 9). Illegal aliens will be given in-state tuition.
- 10). The current illegal aliens would be able to leap over all other people who have been waiting to legally come to America.
- 11). Any illegals who have been deported can come back which would effectively shut down our court system in this regard.

Congressman Jeff Sessions also said that illegal aliens would not have to learn english until their 9th year in the country and the illegal aliens would automatically be eligible for the Earned Income Credit afforded low income workers who are legal Americans. Minority leader John Boehner called the bill a piece of (excrement)!

What I think is that this legislation, if passed as is, will be a slap in the face of ANY immigrant who came through Ellis Island and ANY immigrant that played by the rules and is waiting to become American citizens from ANY part of the world.

Please keep informed ladies and gentleman. Our country is changing rapidly and we all need to stay on top of things. An excellent place to research this fast-changing society is to go online to [askheritage.org](http://askheritage.org).

## Depression Looming?

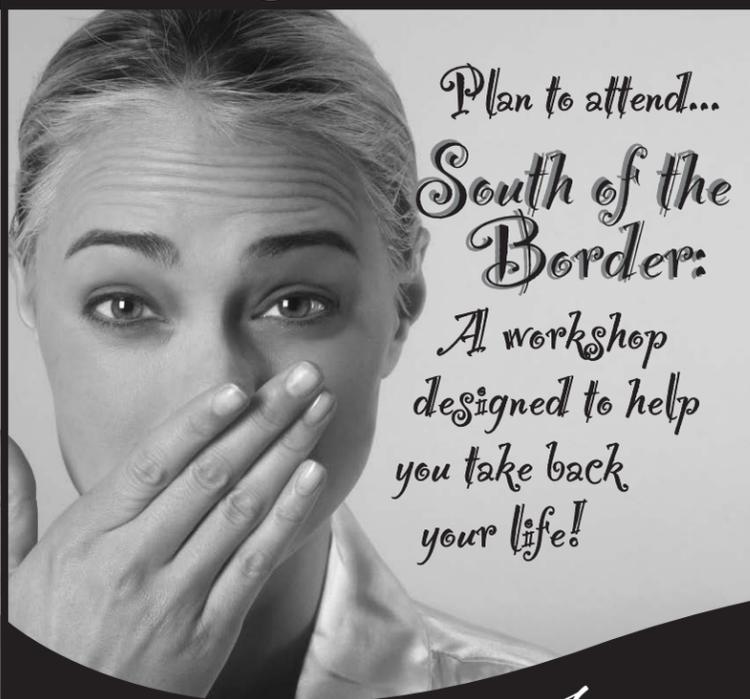
"We are in the greatest economic disaster since the Great Depression!"

So stated BHO during one of his speeches which he has repeated over and over. The sycophantic media prattles on with the same drum beat. For those of you who were alive during the Great Depression you all know full well how difficult it was. Unemployment stayed in double digits throughout the 8 years of FDR's New Deal and yet he kept winning because he blamed the economic malaise on the guy who was President before him, EIGHT YEARS EARLIER! And we bought it. There were many major differences between those days and our times. One of those differences had to do with unemployment insurance. Most people who have lost their jobs get a check every week. Some make as much as \$3,000 a month on unemployment. Add that to some under-the-table work and you've got yourself a wonderful 43 week vacation. Now, don't misunderstand, there are plenty of people who can't live on their unemployment checks the way they lived with their regular work check but it pales in comparison to the Great Depression days. This may be a bad economic time. It comes very close to the Jimmy Carter Years and the first two years of Ronald Reagan. Please don't buy this demagoguery. Of course, it is my opinion that the steps BHO and his eager Congress are taking could very well beat out the Jimmy Carter Years on its way to the Great Depression. But, make no mistake, if that happens, they will blame GWB but it will all be on their heads for anyone who is paying attention!

There is so much more I'd like to tell you about but space requirements are limited. Thanks for reading and see you next month!

Godspeed!

## Holding back that sneeze?



Plan to attend...  
**South of the Border:**  
A workshop designed to help you take back your life!

**Date:** Tuesday, March 31, 2009

**Time:** 6:00-8:00 p.m.

**Place:** ParkWest Medical Complex  
3670 Parker Blvd.

**Cost:** \$5 for Spirit of Women members  
\$7 for non-members

**RSVP:** Call 584-7324

Women in mid-life deal with all sorts of challenges, urinary incontinence and abnormal vaginal bleeding shouldn't be part of them. Join Dr. Laurel Wright, of Women's Health Center, for a presentation on current options available to treat these common disorders.

[www.parkviewmc.org](http://www.parkviewmc.org)

Spirit of Women

Your Health  
Your Hospital

**parkview**  
MEDICAL CENTER

## EMERGENCY PREPAREDNESS FOR ALL AGES

Part of the focus for 2009 by the Pueblo Senior Safety TRIAD is to help seniors be prepared for not only the everyday occurrences but for the emergency situations that arise. Emergency preparedness for all hazards is an integral part of all safety planning. A wide variety of groups has been involved in this planning for the safety of all ages. Included in this planning group are: AARP, 211 for Southeast Colorado, the Medical Reserve Corps/Pueblo City-County Health Department, Pueblo Police Department/Neighborhood Watch, Red Cross, Senior Resource Development Agency, Inc.

For further information on Emergency Preparedness contact Gloria Valdez at SRDA, 545-8900.



# news of the weird

COMPILED BY CHUCK SHEPHERD  
FOR SENIOR BEACON



**LEAD STORY**

Belgian workers take sick leave nearly four times as often as U.S. workers, mostly attributed to Belgian law, which grants full salary the first month and then government-guaranteed 80-percent pay indefinitely. A recent study, noted in a January Wall Street Journal report, found that only 5 percent of Belgian leave-takers were proven malingerers, but that the biggest medical problem now is easily-diagnosed "depression" (exacerbated by the worsening economy), leading to free-form medical leave-taking and creative treatments often unchallenged, such as for the man who frolicked on the soccer field, bought an Alfa Romeo, and reconnected with old friends (all of which, not surprisingly, said his doctor, lessened his depression).

**Fine Points of the Law**

-- In January, a judge at Britain's Bristol Crown Court dropped the case against a 20-year-old man accused of robbing a driving instructor because the victim-witness was "too believable" in her testimony to the jury. Judge Jamie Tabor explained that the victim had only seen the defendant for a split-second, but that she appeared so sincere and courageous that the jury probably regarded her courtroom identification of the man as more authoritative than the mere glimpse deserved.

**Compelling Explanations**

-- Australia's Queensland Rail agency disclosed in January that it would quickly offer refunds to passengers on a Cairns-to-Brisbane train that crashed just outside Cairns, but reiterated at the same time that it would not pay refunds to survivors of a November 2008 Brisbane-to-Cairns train crash that killed two and injured nine. The difference, according to a Queensland Rail general manager, was that the 2009 trip was just getting underway from Cairns when it crashed, but that the 2008 trip, also near Cairns, was "95 percent over" by the time the deadly crash occurred (and thus, the survivors had basically reached their destination).

**Not My Fault**

-- Timothy Hoffman, 26, was awarded \$76.6 million by a jury in Viera, Fla., in January for becoming paralyzed in a 2003 incident when, on a dare, he dove headfirst into the Indian River, which, unknown to him, was about a foot deep at that point. One reason for the large judgment may have been that the defendant, C&D Dock Works, one of whose employees may have been the one that issued the dare, is bankrupt and did not defend itself at the trial. (There was also evidence that Hoffman may have solicited the dare himself.)

-- Paul Sanchez, 67, an "occasional" golfer, filed a lawsuit in Brentwood, N.H., in February against the Candia Woods Golf Links for a 2006 incident

in which his approach shot hit a yard marker in the fairway, bounced back, and struck him in the eye. Sanchez claimed the course owners were negligent in placing the sign in the fairway and also should have warned him that balls would bounce off of it.

**Ironies**

-- (1) The \$500,000 top prize in Alaska's January statewide lottery, to benefit the organization Standing Together Against Rape, for victims of sexual assault, was won by Alec Ahsoak, 53, who coincidentally is a twice-convicted sex offender. (2) Sweden's Hallands Nyheter newspaper reported in January that a police officer had endured four operations at a private clinic in Gothenburg to correct a birth condition that made one leg shorter than the other, but operations on the longer leg cut off too much, so it is now shorter than the leg that used to be the shorter one.

**I Demand My Rights**

-- In January, an appeals court in Newark, N.J., reinstated Doris Sexton's worker-compensation lawsuit against a county-owned nursing home where Sexton had claimed that breathing a co-worker's perfume one day in 2004 had made her permanently disabled and tethered to an oxygen tank. A lower court had decided that it was far more likely that her disability was caused by Sexton's 43-year, pack-a-day cigarette habit than by the brief exposure to perfume.

-- Inadvertently, Raed Jarrar, 30, made his August 2006 airline flight from New York to Oakland, Calif., pay off handsomely for him, despite some inconvenience and harassment. Jarrar, an Iraqi-born U.S. resident married to an American citizen, was wearing a T-shirt with Arabic lettering at the JetBlue gate at JFK airport when the airline denied him boarding. After negotiating, he was allowed to board provided he cover the shirt and sit in the back row. In January 2009, JetBlue and two officials of the Transportation Security Administration agreed to pay Jarrar \$240,000 to settle his racial profiling lawsuit. (The T-shirt read "We Will Not Be Silent" and was in both English and Arabic.)

**Oops!**

-- In January, assistant coaches Scott Coy and Darren DeMeio, of the Westminster College (New Wilmington, Pa.) football team, who were in Nashville, Tenn., for a coaches' convention, were seriously injured during 4 a.m. horseplay-wrestling at their hotel. The men, who weigh a combined 525 lbs., crashed through the double-paned win-

dow in their fourth-floor room and fell to the ground in their underwear.

**Least Competent Criminals**

-- Not Ready for Prime Time: (1) John West, 20, and Ashley Sorensen, 20, were arrested in Auburn, Calif., in January after allegedly stealing the tires and rims off a car. The pair had put the tires on their own car and then violated a cardinal rule by returning to the crime scene, to see if the owner had called the police. (She had, and she pointed out the pair's car to officers.) (2) A man who demanded the bank's money in Nicholasville, Ky., in January left empty-handed after an employee at the counter informed him that the building is now a regional water-district office and not the bank that used to be there. \*\*

**Recurring Themes: Dogs Causing Trouble**

-- (a) On the Open Road: A 70-lb. pit bull jumped on a car's gearshift at a carwash in Pryor, Okla., in November, sending the car out of the bay, to circle the lot briefly. And a boxer-shar-pei mix similarly jostled the gearshift of a van in Port Jefferson, N.Y., in November, sending it through the front window of the Cool Beanz coffee shop. (b) On the Firing Line: Oregon State Police said a gunshot into a boat on Tillamook Bay in November was probably caused by a Labrador's jumping on a 12-gauge shotgun while the boat was unattended. And a 19-year-old man had several toes shot off on a hunting trip in January in Forrest City, Ark., when his dog jumped onto a shotgun in the front seat of his truck.

**Urine Benefits?**

Though India is recognized as a world leader in promoting the health benefits of urine, its dominance will be assured by the end of the year when a cow-urine-based soft drink comes to market. Om Prakash, chief of the Cow Protection Department of the RSS organization (India's largest Hindu nationalist group), trying to reassure a Times of London reporter in February, promised, "It won't smell like urine and will be tasty, too," noting that medicinal herbs would be added and toxins removed. In addition to improved health, he said, India needs a domestic (and especially Hindu) beverage to compete with the foreign influence of Coca-Cola and Pepsi.

**Government in Action**

-- After 50 years' separation following their adoptions by separate families, identical twins Rosabelle Glasby of Australia and Dorothy Loader of Malaysia were reunited in September 2008 after

SEE "WEIRD" PAGE 21.

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# For A Healthier You



## Arthritis Today's Drug Guide Cuts Clutter

According to the Arthritis Foundation, arthritis is the most common cause of disability affecting 46 million Americans of all ages. With the myriad of medications available to treat the more than 100 forms of arthritis, including osteoarthritis, rheumatoid arthritis and juvenile arthritis, many patients may become overwhelmed by their options.

To help people make informed decisions in dealing with the pain of arthritis, Arthritis Today, the consumer health and lifestyle magazine published by the Arthritis Foundation offers a free comprehensive drug guide on [www.arthritistoday.com](http://www.arthritistoday.com). The guide was prepared with the help of top rheumatologists and researchers and can help consumers communicate more effectively with their doctors about the best available options for their personal treatment plan.

The Arthritis Today Drug Guide is broken down into nine distinct charts listing medications alphabetically by generic and brand name. In addition, the charts provide information on dosage, special instructions for taking the medication properly, possible side effects and information to be aware of when taking or considering taking each medication.

Four charts cover medications given specifically for the arthritis-related conditions such as fibromyalgia, gout, osteoporosis and Sjogren's syndrome. Five charts cover specific drug classes for medications used for treating most forms of arthritis, including:

- Analgesics-detailing medica-

tions designed solely for pain relief, such as acetaminophen (Tylenol) and prescription narcotic pain relievers, such as oxycodone (OxyContin) or tramadol (Ultram).

- NSAIDs (Nonsteroidal Anti-Inflammatory Drugs) – describing medications that help reduce joint inflammation, such as diclofenac (Voltaren), ibuprofen (Advil, Motrin), naproxen (Aleve), the COX-2 inhibitor celecoxib (Celebrex) and salicylates, such as aspirin.

- DMARDs (Disease-Modifying Anti-Rheumatic Drugs) – covering medications that slow the progression of destructive, inflammatory forms of arthritis, including hydroxychloroquine (Plaquenil), methotrexate (Rheumatrex), leflunomide (Arava) and sulfasalazine (Azulfidine).

- Biologics – listing medications that block the inflammatory process, including abatacept (Orencia), adalimumab (Humira), etanercept (Enbrel), infliximab (Remicade), and rituximab (Rituxan).

- Corticosteroids – describing medications that quickly reduce inflammation, such as prednisone.

Arthritis is a serious health epidemic, affecting 1 in 5 Americans, and is the most common cause of disability in the country. The number of people affected by a form of arthritis is expected to increase as the Baby Boomer generation continues to age.

To receive a free copy of the Arthritis Today Drug Guide, visit [www.rockymountainarthritis.org](http://www.rockymountainarthritis.org) or contact

303-756-8622.

### About Arthritis

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

The Arthritis Foundation is the only nationwide, nonprofit health organization helping people take greater control of arthritis by leading efforts to prevent, control and cure arthritis and related diseases – the nation's most common cause of disability. For more information, contact the Rocky Mountain Chapter, serving Colorado, Montana and Wyoming at



800-475-6447 or online at [www.rockymountainarthritis.org](http://www.rockymountainarthritis.org)

Angie Hager- Director of Marketing and Communications - The Arthritis Foundation-Rocky Mountain Chapter 2280 S. Albion St. Denver, CO 80222 tel (303) 756-8622 fax (303) 759-4349 [www.rockymountainarthritis.org](http://www.rockymountainarthritis.org)

## Seniors "At-Risk" Gamblers

### Seniors May Be At Risk For Gambling Problems

(NAPSI)-Seniors are one of the fastest-growing groups of gamblers. Between 1974 and 1994, the percentage of seniors who "recently gambled" jumped from 20 to 50 percent. And a recent study found gambling to be the most frequently identified social activity among adults over 65, with casinos and bingo surpassing movies, lunch, shopping and golf as preferred social activities.

There are a number of reasons why seniors may be vulnerable to gambling problems. Senior citizens are often catered to by casinos, with bus transportation, free or discounted meals, special rewards and other prizes that attract older individuals. Gambling may provide a distraction to escape the loss of a spouse or a medical concern. Some may have financial problems they are seeking to overcome. The attention of casino staff may reduce feelings of loneliness. Cognitive impairment may prevent the recognition of a gambling problem. Seniors may not understand addiction and be reluctant to seek help.



Studies show that seniors are at risk for developing gambling problems. A 2006 New Jersey Study found that 23 percent of New Jersey residents over 55 had at least one symptom of a gambling problem. A 2005 Pennsylvania study found that 10 percent of those over 65 in a primary care facility were at risk for problem gambling.

Signs of seniors having a gambling problem include loss of interest and participation in normal activities with friends and families, blocks of time unaccounted for, missing possessions or assets, and changes in attitude and personality. Gambling problems may also be evidenced by neglect of personal needs (food, utilities and medical), secrecy and avoidance when discussing time and money, and depression.

Seniors with a gambling problem and their loved ones need to know that help is available. The National Council on Problem Gambling (NCPG) operates a 24-hour National Problem Gambling Helpline, a link for treatment, recovery groups and other resources for problem gamblers and their family members. Often, simply a kind and helpful listener can help a senior admit to a problem and seek help. To learn more or find help, call (800) 522-4700 or visit [www.ncpgambling.org](http://www.ncpgambling.org).

## Prostate Cancer Clinical Study Is Looking for Volunteers.

If you are aged 60 or older and have been diagnosed with low-risk, localized prostate cancer, you may be eligible to participate in a research study in your area investigating the safety and effectiveness of a minimally invasive procedure for treatment of this type of prostate cancer.

For more information or to find out if you may qualify to participate,

visit [www.PCaResearch.com](http://www.PCaResearch.com)

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# Fashion: Looooking Gooood!

## Make Big Differences With Small Changes

(NAPSI)-The New Year is the best time to start making simple changes in one's life. Whether it is healthier eating or making more time for exercise, starting a new plan can have great benefits. By simply incorporating some small changes into your daily routine, you will begin to see the difference in yourself and your health. Consider these worthwhile adjustments for healthier living:

- **Drink Smart:** Instead of drinking fruit juices that contain high levels of sugar, switch to a low-sugar variety, like grapefruit juice. It not only contains vitamins C, B complex, E and K, but it also helps relieve common cold symptoms such as sore throat and congestion, fights insomnia, promotes healthy digestion and aids in weight loss. It's not just one beneficial nutrient found in grapefruit juice, but rather the combination of several natural ingredients that does the trick.

- **Get Moving:** Studies have shown that a little bit of exercise can go

a long way. Regardless of your weight, gender or age, exercise helps boost your mood, increases stamina and improves cardiovascular health. Try 30 minutes of brisk walking three times a week to burn extra calories and tone muscles in the legs and abdomen for a more fit physique.

- **Brush Up:** Teeth whitening isn't the only way to see the difference in your smile. A recent study with the ADA revealed that using Crest Pro-Health Toothpaste and Rinse with Oral-B Vitality Precision Clean power toothbrush can make a difference in your smile. Dr. Jamie Sands, DDS, recommends using all three products for a complete oral care regimen: "This unique combination provides seven times better cleaning and plaque removal, helping dramatically reduce plaque in just four weeks."

- **Rise and Shine:** Your morning routine sets the tone for the day ahead, so act wisely. Starting the day with a nutritious breakfast kick-starts the



metabolism and helps beat pre-lunchtime cravings. Also, instead of drinking regular coffee each morning, try switching to half-caffeinated. Research has shown that half-caffeinated coffee, as opposed to regular, allows you to fight off drowsiness while slowly releasing caffeine into your system instead of all at once. A smart start to each morning provides the lasting energy needed for a productive day.

Getting healthy doesn't have to be a full time job. Changing a few things at a time is all it takes to get on the right track to leading a healthier life. Kick off 2009 with these simple tips and you will be looking and feeling healthier in no time!

## A Low-Cost "Green" Method To Protect Your Expensive Clothes

(NAPSI)-You've paid thousands of dollars for all the clothes that are hanging in your closet, so you want them to last as long as possible. You also want

them to smell fresh.

Here's the problem: Silverfish, an insect common to many homes, like to feed on cotton, linen or rayon. Another common insect, clothes moth larvae, feeds on wool, fur, leather, cotton, linen, silk and synthetic fibers. And if you live in an older home, well, let's just say air fresheners have become part of your regular home furnishings.

"You can protect your expensive wardrobe from damaging insects and improve the look and functionality of your closet by adding cedar closet liners," says HGTV and CedarSafe home improvement expert Pat Simpson, who has installed the liners in his home and others that he builds.

Cedar closet liners made from Aromatic Eastern Redcedar are nature's pest repellent. An Auburn University study shows that cedar naturally repels silverfish and roaches, and a report by Cornell's Cooperative Extension service says cedar-lined chests and closets are effective in repelling moths, but should be lightly sanded to release oils after a year or two of use.

There are two options for your closet: Cedar planks

are best for master bedrooms because they provide a luxurious look. The tongue-and-groove planks can be nailed to the walls horizontally, vertically or diagonally for an upscale look. Cedar



panels, which are made from pressed cedar and come in 4' x 8' sheets, are best for secondary closet areas where pure functionality is the goal. Both work well with closet-organizing systems, standard wire shelving or even high-end cedar shelves and drawers.

It'll cost about \$500 to line a good-size master bedroom closet with cedar planks, plus the cost of shelving. It'll cost about \$150 to line a standard-size closet with 4' x 8' cedar panels.

"What's amazing is the great cedar scent that people will notice when they walk into your bedroom," says Simpson. "And when they see what you've done to your closet, they'll say 'Wow!'" For more information and installation videos, visit [cedarsafeclosets.com](http://cedarsafeclosets.com).

## Cold Weather Skin Care

(NAPSI)-Avoiding dry skin in the colder months can help you save face year-round. Still, the National Health Interview Survey found that at least 81 million Americans experience dry, itchy or scaly skin when temperatures drop.

Try these tips:

- **Total Care--**Used daily, a noncomedogenic, hypoallergenic, fragrance-free product such as Theraplex HydroLotion can help keep skin hydrated. The product line is even formulated to address the drying, damaging effects of winter.

- **Total Protection--**Theraplex Emollient can help heal and protect skin from intense dryness resulting in dry, cracked hands, feet, lips, elbows and knees. The company's ClearLotion helps to replace essential oils when applied to wet skin.

- **Total Healing--**Look for products such as Theraplex FT Exfoliating Emollient, which contains a beta hydroxy acid. It can improve problem areas such as feet and elbows by sloughing off dead skin cells and deeply moisturizing.

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

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# Social Security & You

by Melinda Minor, District Manager - Pueblo



## “RETIRE ONLINE. IT’S SO EASY!”

Social Security has a new online retirement application and a new celebrity spokesperson to help spread the word.

You can apply for retirement benefits from the comfort of your home or office at [www.socialsecurity.gov](http://www.socialsecurity.gov). There’s no need to drive to your local Social Security office or wait for an appointment with a Social Security representative. You can complete the new online retirement application in as little as 15 minutes. It’s so easy!

In most cases, after you click the “Sign Now” button and submit the application electronically, that’s it. There are no forms to sign, and usually no additional documents are required. Social Security will contact you directly if more information is needed.

Award-winning actress Patty Duke has volunteered her services to let people know they can retire online. Ms. Duke has brought back the much beloved identical cousins Patty and Cathy Lane from the hit 1960’s sitcom “The Patty

Duke Show” for a series of Public Service Announcements that tell Americans it’s now easier than ever to apply online.

If you are uncertain about when to retire, you can check out the online fact sheet, “When To Start Receiving Retirement Benefits.” And if you are not ready to retire, you can plan for retirement using Social Security’s online Retirement Estimator. It is a great financial planning tool that will give you an immediate and personalized estimate of how much your retirement benefits would be if you stopped working at age 62, age 66, age 70 or any point in between.

To learn more about retiring online as well as to watch the new Public Service Announcements, go to [www.socialsecurity.gov/pattyduke](http://www.socialsecurity.gov/pattyduke).

## GETTING READY FOR TAX SEASON

The holidays have passed us by, the new year has begun, and tax season is right around the corner. The earlier you prepare for the looming April 15 tax deadline, the easier it will be to file your taxes. Here are some helpful hints as you begin getting ready for tax season.

Make sure your information matches ours. Soon you will be receiving your W-2s from your employer(s) and tax information from the IRS. Carefully check your name, Social Security number and all of the data on your W-2s and on

your Social Security Statement or card to make sure they match up. If you can’t find your card or Statement but know your Social Security number, make sure the number and information is correct on your W-2s. A mismatch could delay your tax refund and cause problems with your Social Security benefits in the future. Such errors are easy to fix now.

A name change is the main change. If you’ve legally changed your name due to marriage, divorce, court order or for any other reason, make sure you change your name with Social Security by applying for a new Social Security card. Make sure you change your name with your employer as well. If you change with one source but not the other, it could cause your earnings to be improperly recorded. A minor detail could cause a major mix-up. You can learn more about Social Security numbers and cards at [www.socialsecurity.gov/ssnumber](http://www.socialsecurity.gov/ssnumber).

Don’t forget the kids. If you are the parent of a newborn, you want to make sure that the newest family member has a Social Security number too. Most people apply for their baby’s Social Security card while they’re still in the hospital at the same time they apply for the birth certificate. But if you didn’t, you’ll need to apply for your child’s Social Security number in order to claim the child as a dependent on your tax return. You’ll also need it if you ever apply for government benefits on behalf of the child or your family.

Go online if you can’t find your 1099. Social Security Benefit Statements (Form SSA-1099) for tax year 2008 are automatically mailed to beneficiaries and should be received by January 31, 2009. If you receive Social Security and haven’t received your 1099 in the mail by the end of January, but need it to file a tax return, just go online. Beginning in February, you can request a replacement 1099 online at <https://secure.ssa.gov/app-s6z/i1099/main.html>.

For more information about Social Security, visit [www.socialsecurity.gov](http://www.socialsecurity.gov).

## SOCIAL SECURITY: THE NUMBERS MAY SURPRISE YOU

Social Security touches the lives of virtually every American. Whether it’s after the loss of a loved one, the onset of disability or during the transition from work to retirement, our employees and programs offer support to the people of this country, often during difficult times. We run one of the nation’s largest entitlement programs — the Old Age, Survivors and Disability program. We also admin-

ister the Supplemental Security Income (SSI) program. It provides financial support to aged, blind or disabled adults and children with limited income and resources.

You have a concept of what we do at Social Security, but how well do you really know what we do? Here’s a quiz to find out how much you know about our work day in and day out.

**1. How many phone calls come into Social Security’s toll free number -- 1-800-772-1213 --each year?**

- a. 2.5 million
- b. 57 million
- c. 95 million

**2. How many disability applications are processed each year?**

- a. 2.5 million
- b. 75 thousand
- c. 200 thousand

**3. How many earnings items are posted to workers’ records?**

- a. 2 million
- b. 100,000
- c. 270 million

**4. How many Social Security Statements do we send out each year?**

- a. 200 million
- b. 147 million
- c. 100 million

**5. How many Medicare extra help applications for the prescription program do we process each year?**

- a. 530,000
- b. 1.2 million
- c. 4.2 million

**6. How many appeal hearings do we hold each year?**

- a. 22,000
- b. 548,000
- c. 1.2 million

**7. How many SSI applications for people 65 or older do we take each year?**

- a. 101,000
- b. 90,000
- c. 289,000

**8. How many retirement, survivor and Medicare applications do we take each year?**

- a. 253,000
- b. 839,000
- c. 3.9 million

As you can see, the Social Security is more than just retirement payments and Social Security cards. The volume can be surprising, but one thing is not a surprise: Social Security has a long history of providing the best public service government has to offer.

Learn more interesting facts about Social Security by visiting our history page at [www.socialsecurity.gov/history](http://www.socialsecurity.gov/history).

Answers: 1. b; 2. a; 3. c; 4. b; 5. b; 6. b; 7. c; 8. c.

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

The Meals on Wheels program is in need of volunteer drivers. Mileage is reimbursed and interested persons must fill out an application and provide a copy of their drivers’ license and car insurance. After they have passed a background check and go through a short training, they may begin driving. Contact person is Cher Robeda, Volunteer Driver Recruiter at 404-0922.

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  - Most Little Caesar's Pizza locations • Capt. D's • Golden Corral
  - Pueblo Mall (W. entrance) • Canon City - Walden Books • Big D Superfoods-Florence • Pueblo Memorial Airport • Country Kitchen
  - Southwest Grill • Parkview Medical Center • St. Mary-Corwin Medical Center • St. Thomas More Medical Center • Penrose Senior Center • Golden Age Center - Canon City • Florence Senior Center
  - Southern Colorado Clinic • St. Mary-Corwin Medical Building
  - All Nursing Homes (Pueblo) • Big R Store • SRDA
  - Country Kitchen • LaGree's Market • SCNB-Pueblo West
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# "Light For The Journey"

By Jan McLaughlin - Director of Prayer Warriors For Prisoners



## "TWO PLUS TWO = WHAT?"

MARCH 2009

Someone once said, "We should employ our passions in the service of life, not spend life in the service of our passions." I was recently challenged by an attack on my priorities and certain aspects of my life I was reportedly neglecting. The source of the attack was clearly the evil one who delights in bringing discouragement and heaping guilt when possible. He hates me and the mission I was called to in 1986. Actually, the call came twelve years earlier when I was saved and committed my life, my will, my all to Jesus Christ to do with me as He chose. Alone in my bedroom reading the Hal Lindsay book, "Satan is Alive on Planet Earth," the Lord pricked my conscience and made it clear that if I were to die that

night, I would go to hell. I was stunned because I had been baptized twice and was a member of two churches. I had the papers to prove it. However, I had no clue about the need for a relationship with Jesus Christ. I thought religion would save me and trusted in pieces of paper that confirmed my two baptisms and two church memberships. TWO plus TWO equals FOUR pieces of worthless paper, not eternal life. You mean there was more to being saved? The Lord clearly showed me that none of the works I was counting on would get me through Heaven's gates. That requires one thing ... a right relationship with Jesus Christ Who said, "I am the Way, the Truth and the Life and no one comes to the Father but by Me."

In 1974 I opened my heart and received Jesus as my Lord and Savior. I said, "Here I am, Lord, I am yours... my life, my heart, my hands, my all... use me as you will." From that point, I was His. I am still His.

The mission He assigned me is

not a path of my choosing. If he would have lined up several choices of ministry or mission work and told me to choose, prison ministry would not have been the choice. When God puts a calling on the heart, there is no choice. He calls, He equips and He sends. My part is to obey. His mission and task for me is reaching prisoners with the love of Jesus Christ. His passion compels me. His Spirit empowers me. His love constrains me.

In this recent conversation I was told, "You don't have a life!" I wasn't sure how to answer but obviously this person doesn't really know me. I thought if you only knew! I could never ask for a fuller, better, more joyful or satisfying life. My response was, "If God has never given you a passion for the lost, you could never understand me. There is no way I can explain this passion that burns within my soul to rescue lost men and women. No one can explain it. You only understand if you have a similar fire burning in your soul."

Later, trying to find ways I might explain passion, I looked up the word in the dictionary. This one is quite fitting. PASSION: the state of being acted upon or affected by something external, especially something alien to one's nature or one's customary behavior. My nature, the nature of mankind is sinful, worldly, selfish, seeking to please self. My heart aches because I want to desperately explain so those close to me might understand and when they cannot I am powerless to enlighten them. Therefore I must leave it in the Father's hands. The Bible is clear that some things must be spiritually discerned. The man without the Spirit does not accept the things that come from the Spirit of God, for they are foolishness to him, and he cannot understand them, because they are spiritually discerned (1 Cor 2:14NIV).

My Father's confirmation of His call on my life is reinforced when Scriptures burn in my heart; Do not think that I came to bring peace on earth. I did not come to bring peace but a sword. For I have come to set a man against his father, a daughter against her mother, and a daughter-in-law against her mother-in-law; and a man's enemies will be those of his own household. He who loves father or mother more than Me is not worthy of Me. And he who loves son or daughter more than Me is not worthy of Me. And he who does not take his cross and follow after Me is not worthy of Me. He who finds his life will lose it, and he who loses his life for My sake will find it (Matt 10:34-39 NKJV).

I realize of course, that even if I could, it is not my job or obligation to make anyone understand what I do or why. I answer to my Maker, the Lord of my life. Do I fail Him? Of course! Many times, but I know in whom I have believed and He will keep me from falling. He will complete the work He has begun in me and I delight in being His vessel overflowing with incredible joy.

I was at first stunned at being told I have no life, and then offended, then at peace over the pronouncement. Finally, I found it quite humorous. The next morning, as I read my devotional, the Lord showed me clearly, I DON'T have a life. It's true! The accuser was correct. My life does not belong to me, it belongs to the Lord Jesus Christ. I was bought with a price: His precious blood. There before me in my devotional, ... in bold letters and highlighted in yellow... not in my devotional but on my heart, was my life verse: Acts 20: 24! I consider my life worth nothing to me if only I finish the race and complete the task my Lord Jesus has given me.

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Prayer Warriors For Prisoners and can be reached at 719-275-6971 or by e-mail, [prayerforprisoners@msn.com](mailto:prayerforprisoners@msn.com)

## LEAP/Weatherization Information

LEAP AND WEATHERIZATION HELP KEEP HOMES WARM, SAFE AND LESS COSTLY

DENVER - February 2009 -

Since the beginning of the LEAP season on November 1, 2008, more than 62,000 hard-working Colorado families have received assistance paying their home heating bills from the Low-Income Energy Assistance Program (LEAP). However, LEAP is not the only way for Colorado families to save money while keeping their homes safe and warm this winter. Through Energy Saving Partners (E\$P), a weatherization program from the Governor's Energy Office, many Colorado residents are able to permanently reduce their utility expenses by using the program's comprehensive energy efficiency services.

"Most people would be surprised how much energy is wasted due to old appliances and leaks in their home," said Colorado LEAP director Todd Jorgensen. "By making a few household upgrades, families will use less heat and electricity, significantly reducing the amount they spend on their utility bill. If families cannot afford to make these changes, LEAP and E\$P are available to help."

Those who qualify for E\$P will receive a free home energy kit as well as a home energy audit. The free kit includes six energy-saving light bulbs, one water-efficient showerhead and information on additional ways to lower utility bills. The

free audit is performed by a certified energy auditor who travels to a family's home and assess areas where they can save both energy and their hard earned money. The auditor will also determine whether or not a family qualifies for further E\$P services like insulation and appliance replacement.

To qualify for E\$P a family must first apply for 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. Applicants must also be responsible for paying heating costs, either to a utility company, or to a landlord as part of rent. Those who are approved for LEAP will be automatically approved for E\$P.

LEAP provides cash assistance to help families and individuals pay winter home heating costs. The program pays the highest benefits to those with the highest heating bills and lowest incomes by family size. Applicant income cannot exceed 185 percent of the federal poverty index, which equals a maximum income of \$3,269.00 per month before taxes for a household of four people. The anticipated average LEAP benefit for 2008-2009 is approximately \$430.00 per family.

The Governor's Energy Office lists the following as common factors that can contribute to wasted energy and that may be uncovered during an energy audit:

- While conventional gas and electric fueled tank water heaters are commonplace, they also have a tendency to lose energy through standby heat loss. This

means that water is constantly being heated in the tank even when a hot water tap isn't running.

- Although efficient lighting fixtures are becoming more common, most homes and commercial buildings still use incandescent lighting. These bulbs burn unnecessarily hot with only about 10 percent of the energy they use actually being turned into visible light.

- Appliances and electronics consume 20 to 25 percent of the energy used in a home. The problem is that some of this equipment draws energy even when powered off called a "phantom load."

- When it's cold outside, homes lose heat because it naturally flows from warmer to cooler areas until the temperature equalizes. In a leaky home, heating and cooling systems will be constantly battling to keep the air at a constant temperature.

- Insufficient insulation is one of the leading causes of energy waste in buildings. A building should be insulated from top to bottom: the foundation, the floors, exterior walls, the HVAC system and especially the attic.

To find out if you qualify for E\$P as well as LEAP, call toll-free 1-866-HEAT-HELP (1-866-432-8435). Applications for LEAP are accepted anytime between Nov. 1 and April 30 of each year. 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](http://www.cdhs.state.co.us/leap/index.htm) to view the most current program application requirements.

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## Help Available For People With Medicare Out-Of-Pocket Costs

Denver, CO. Low income individuals are eligible for help with the high out of pocket Medicare costs. Starting March 1, 2009, more low income individuals will be eligible for assistance with deductibles, co-payments, and premiums for Medicare Part B and D through the Medicare Savings Program and the Low Income Subsidy or Extra Help. The Medicare Savings Programs are: the Qualified Medicare Benefit (QMB), Special Low Income Medicare Benefit (SLIMB), and Qualified Individual -1 (QI-1).

Individuals who have monthly incomes of \$903 or less and assets of less than \$4000 are eligible for the QMB (less than \$1215 in income and \$6000 in assets for couples). Those who are eligible can receive help with the Medicare Part B premium of \$96.40 that is deducted from the individual's Social Security check, the Part A deductible of \$1068 for hospital care, and the Part B of \$135 for doctor and other services, as well as the 20% co-payment for Medicare approved charges.

These individuals are automatically eligible for help with the Part D premium for prescription drugs (if they select a qualifying plan). In addition, they pay \$1.10 for generic prescriptions and \$3.20 for name brand prescriptions. Also, these individuals are not subject to the deductibles and the coverage gap (or doughnut hole) for out-of-pocket costs for prescription drugs.

A second group of eligible individuals are those who qualify for the SLIMB. These are individuals whose monthly income is between \$904 and \$1083 and who have less than \$4000 in assets (between \$1216 and \$1456 for couples in monthly income and less than \$6000 in assets) are eligible to receive help with the Medicare Part B premium. These individuals are also eligible to receive assistance with the cost of prescriptions including no premiums for qualifying plans, no deductibles and coverage

through the doughnut hole, as well as only paying \$1.10 for generic prescriptions and 43.20 for brand name prescriptions.

The third group of individuals who are eligible are those who qualify for the QI-1 program who have monthly incomes between \$1084 and \$1238 and whose resources are less than \$4000 for single persons (couples who have incomes of between \$1457 and \$1662 and less than \$6000 in benefits) are also eligible with the Medicare Part B premium of \$96.40. In addition, they enjoy the same help with prescription drug coverage as the other two groups.

For all of these programs, assets include such things as cash, savings, stocks and bonds, mutual funds, and money markets. Assets that are excluded are the home (if the equity value is less than \$500,000), a term life insurance, an irrevocable burial policy, and automobile.

To apply for the Medicare Savings Programs, the individual needs to complete the Medicaid application with the county department of human services. For your county department of social services phone number or any questions, call 303-333-3482.

Some individuals who have more income and assets and do not qualify for the any of the Medicare Savings Program benefits, may still qualify for help with prescription drugs through the Low Income Subsidy or Extra Help program.

Starting March 1, 2009, individuals who have monthly incomes less than \$1215 (couples with less than \$1639 per month) and less than \$8100 in assets (less than \$12,910 for couples) qualify for full Extra Help with prescription drugs. Those who qualify for full Extra Help pay no monthly premium, no deductible, and only \$2.40 for generics and \$6 for name brands.

Some individuals will also qualify for partial Extra Help. To qualify for partial Extra Help, individuals must make

between \$1215 and \$1354 per month (\$1639 and \$1822 for a couple) in income with resources below \$12,510 for a single person and (\$25,010 for a couple). Those qualifying for this program will pay a \$60 deductible, 15% co-insurance and \$2.40 for generics and \$6 for brand names.

To enroll in the Full or Partial Extra Help program, individuals must sign up with the Social Security Administration at 1-800-772-1213 or at [www.ssa.gov](http://www.ssa.gov).

Individuals who need help with filing the Medicaid application or the Social Security application can call 303-333-3482.

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

## Where Are They Now?

by Marshall Jay Kaplan

### MARVIN KAPLAN

There are many stars out there, but most of the time their careers rarely last as long as a character actor. Such is the case with loveable Marvin Kaplan – one of the most recognizable faces and voices in films and television. Marvin is still performing in his eighties and we share his story. (And by the way, no relation to this author!)

Marvin Kaplan was born on January 24, 1924 in Brooklyn, New York. Kaplan began his career as a stage manager in Los Angeles, with a desire to be a playwright. However, due to his endearing Brooklyn accent, he ended up being chosen to play character roles on the stage that he actually managed!

During one of his performances, legendary Katharine Hepburn spotted him and recommended her audition for her next film. Although Marvin did not win the role of a dramatic court reporter (the role proved too serious for Marvin's on-screen presence), he eventually (with the continued support of Hepburn) began landing more comedic film roles and became a noticeable character actor – after all, who could ignore his 'nebbishy' look – horn-rimmed glasses, round face and a whiny, nasally Brooklyn speech? Film roles included "Adam's Rib" (1949 with Katharine Hepburn and Spencer Tracy), "Francis the Talking Mule" (1950 with Donald O'Connor) and "Key to the City" (1951 with Clark Gable). Marvin's on-screen presence was in even greater demand for television (which Marvin preferred), as he recalls, "If I did five big leads as a guest star in a movie, I would not come out nearly as financially satisfied as if I were to do 30 one liners on television. Simply put, the greater number

of acting roles, the more money!" So, Marvin focused on television.

The three most recognizable roles that Marvin has played were that of the

gas station attendant (along with Jonathan Winters and Arnold Stang) in "It's a Mad, Mad, Mad, Mad World" (1963); as the voice of 'Choo Choo' the Cat in the 1960's animated cartoon, "Top Cat" (also starring Arnold Stang); and lastly as Henry the telephone repairman in the 1980's sitcom, "Alice". Marvin chose the latter role as it was a recurring character – a way for him to make more money! Marvin was perfectly cast as Henry – who better to play a telephone repairman and deliver a line such as "Please answer the phone – it's making me nervous!"

For the past twenty years, Marvin continues to act on television, whether it be on "Becker", "ER" or commercials (too numerous to count). In addition, Marvin enjoys appearing on stage in local productions. Kaplan currently resides in Burbank, California and looks forward to the next 50 years of his career.





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# Who Will Care For Mom?

by Robin Mosey, Gerontologist, C.S.A.; from the Home Instead Senior Care office in Pueblo

## Who Will Care for Mom?

### High Growth Job Category Won't Keep Pace with Demand for Caregivers in Colorado.

Reports from the U.S. Bureau of Labor Statistics that predict an increase in the personal and home care aides job category – forecasting that to be the second fastest-growing job group in the nation over the next decade – is welcome news in a recession. But the rapid growth in this job group may not be fast enough. One local senior-care provider – Home Instead Senior Care – says the company's recent research indicates that demand for these jobs will outpace supply in a big way.

"This could become a national crisis issue," said Robin Mosey, owner of the Home Instead Senior Care office serving Pueblo, Canon City and surrounding areas. "At our company alone – the largest of its kind, but one of many throughout our country – the number of CAREGivers nationally is about 60,000. To keep pace with this projected demand, our company will have to double its care force in just three years, according to our research," she noted. "On a positive note, these projections will result in job opportunities for area workers hit hard by the economy, providing a flexible part-time option for additional income or a new career in a fulfilling job field – caring for older adults."

In Colorado, the personal and home care aides job category is expected to increase from 2,482,550 jobs in 2006 to 3,046,590 positions in 2016 – a projected 23% increase. The influx of state jobs to this occupation is mirroring what is happening throughout the country. Nationwide, the personal and home care aides classification is expected to grow by more than 50 percent between 2006 and 2016, increasing from 1.15 million jobs.

The government identifies personal and home care aides as professionals who help the elderly, disabled, ill and mentally disabled live in their own homes

or in residential care facilities instead of in health facilities. The growing number of seniors in the U.S. as well as locally is expected to help fuel this job demand. According to the U.S. Census Bureau, the population age 65 and older is projected to double between 2000 and 2050.

"We've certainly seen the needs of seniors in our area drive the demand for our services, which in turn creates more caregiving jobs," said Mosey. The local Home Instead Senior Care office is part of an international franchise company whose professional CAREGivers go into the homes of seniors to help them with their non-medical needs such as companionship, meal preparation, light housekeeping, medication reminders, errands and shopping.

National research conducted by the company reveals that 86 percent of seniors want to continue living in their homes as they age. This surge in seniors at home will help fuel the demand for these new positions as well.

U.S. Bureau of Labor Statistics Economist Colleen Teixeira Moffat, who studies the occupation of personal and home care aides, said increasing health-care costs partly explain this growing demand. "It's a lot more cost-effective to leave a hospital sooner when all a senior might need is assistance with daily activities," she said. "A visiting nurse, home health aide, and personal and home care aide all will be cheaper than a stay in a residential care facility," she said.

The job's flexibility also is attractive, she noted. "The education requirements are not high, so this job may be appealing to an individual who is new to this country or someone who wants to put off college for awhile. A job such as this can give people an opportunity to get a feel for working with others. It's also a flexible job for those taking care of their own families or looking for a second job," Teixeira Moffat added. Home Instead Senior Care also has discovered that seniors themselves make great caregivers.

The training process for the profession is comprehensive but not lengthy, industry experts note. Caregivers typically complete a four-step training pro-

gram, which provides the basic skills and, for some, advanced skills necessary to care for seniors. These include a focus on safety, communications, emergency first aid, activities and routine meal preparation and light housekeeping. The more advanced training prepares caregivers to perform personal services such as toileting and bathing.

Caregiving companies are gear-

ing up to meet this expected caregiving need by offering incentive recruiting programs and reaching out to groups that have proven to be attracted to this job category such as older adults. "At Home Instead Senior Care, we have focused our efforts on retaining quality CAREGivers, who in turn can recruit other outstanding CAREGivers," Mosey said.

<http://www.bls.gov/emp/emptab21.htm>

## Aging In Place By Holding On To Your Home

(NAPSI)-Even in this uncertain economy and housing market, the door is still open for seniors to hold on to their home by modifying it so it is safer during their golden years.

According to a recent bill passed by the U.S. Senate Committee on Appropriations, an older American is treated in the emergency room for a fall once every 18 seconds. Falls by older adults are a serious health problem that can tax the health care system. That's why seniors who want to remain safely at home should consider accident-prevention strategies.

### Homes Suited To Aging Lifestyles

So how can seniors and their caregivers, many of whom are aging baby boomers facing their own golden years, get help keeping their home sweet home? The AARP and the National Association of Home Builders came together in 2002 to define "aging in place." It's the ability to remain in one's home, safely, independently and comfortably. Together, they have brought focus to the needs of seniors by defining qualifications for home builders and remodelers to help identify ways to make homes suited for aging lifestyles. Stairway lighting, creating wider spaces around a kitchen island, grips on stairway rails, wider doorway entrances, stairlifts and no-step entrances are common items identified as effective updates.

Children of seniors and those preparing their own homes for aging conditions can now find cost-conscious, easy-to-install and space-saving modifications that can protect their health and the emotional well-being that remaining in one's home brings. Take stairlifts and no-step entranc-



es. They can help prevent the common falls cited in CDC data over the past 20 years as a top 10 source of serious injuries to seniors.

According to the top-selling stairlift provider, Acorn Stairlifts USA, its seated devices move people securely up and down stairs along a track that can be easily mounted within hours along most stairways without any structural changes or electrical wiring work. With needs to access bedrooms, baths, laundries on second floors or even basements, a stairlift can add years to the time spent comfortably in your home at minimal cost. Later in life, homes are frequently fully paid and are a senior's most important financial asset.

There are resources, products and people that can help Americans age in them gracefully. Such options can prevent the frightening financial and emotional prospect of having to make major renovations or having to sell one's home in this difficult housing market.

All these resources can help to extend the American Dream well into the golden years. To learn more, visit [www.acornstairlifts.com/us](http://www.acornstairlifts.com/us).

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# Traveling: There's Nothing Like A Holiday!

## Riding The Currents Of Spring On A River

by *Jeremy Schmidt*

I remember warblers flashing in warm sunlight. Redbud trees were in bloom. The sweet, clear water of a spring-fed river, pushing against high limestone cliffs, carried us through an awakening land.

It's the sort of memory that comes to mind on cold February mornings when you're scraping ice from a windshield or picking your way down a busy sidewalk in salty slush. The winter is drearily old, and you can't wait for spring.

The desire is not merely for warmth. You can get warm in the tropics, but you can't have spring among the coconut trees.

Spring must follow the deprivation of winter. It must involve the reappearance of life -- green shoots coming up from previously frozen ground, buds bursting on bare branches, birds winging

northward, animals poking their noses out of hibernation burrows and the rich smell of newly thawed earth.

There's no better way to satisfy a yearning for spring than to float through it on a wild river, preferably in the South where rivers from Florida to Texas offer splendid antidotes to the sight of more ice.

My favorite springtime paddling memory is from the Current River in Missouri, part of the Ozark National Scenic Riverways. I left snowy Wisconsin with a group of college friends in early March. As Peter Dunwiddie, now a botanist for The Nature Conservancy, remembers it, "We drove into spring."

Snow melted away, bare ground appeared and grass turned green. It was as if we were driving not from Wisconsin to Missouri but from February to April.

"When you're in the hibernation mode that cold climates engender," Dunwiddie says, "you get a craving for fresh earth underfoot. I think it's a visceral reaction."

On that trip, Dunwiddie coined the term "turtling," which meant lying in the sun, either on a grassy riverbank or in a slowly drifting canoe, soaking up the warmth, struck lazy by the pleasant effects of spring fever.

We hiked on bluffs, explored caves and abandoned farmsteads, camped in wildflower-spangled meadows and woke each morning to a sunrise cacophony of migrating songbirds -- and discovered the joys of a spring-fed river.

Spring-fed rivers are special. The water is unusually clear, glowing luminous blue and green from the refraction of dissolved limestone. Indeed, spring-fed rivers are usually associated with limestone, riddled with caves and underground reservoirs that can swallow up whole rivers and bring them back to the surface miles away.

On its official Web site, Ozark National Scenic Riverways claims "the largest number of first-magnitude springs in one place anywhere in the world." First-magnitude springs produce 65 million gallons or more per day. Big Springs, the largest in the area, gives rise to 278 million gallons per day, a small river in its own right.

In some springs, geologists tell us, a portion of the water has never been on the surface before -- not ever. It gives new meaning to the idea that springs represent renewal and revival.

Not far from the Current River in Arkansas flows another Ozark gem, the Buffalo, the first national river in America. With 135 floatable miles, it, too, is set in rugged limestone, and much of its water comes from springs.

Other spring-fed streams include the Devils River in the desert of West Texas. The 48-mile float trip winds through wooded canyons and sage-covered hills on its way to the Rio Grande at Lake Amistad. It's a lot drier than Arkansas, but still a good place for migratory birds and butterflies that follow the water on their way north. No permits are

required, but access and camping are limited by extensive private land along its course.

Also in Texas, the Nueces River sends its clear waters for 45 floatable miles through a rugged, semi-arid landscape of mesquite, oak and pecan trees where paddlers might encounter armadillos, turkeys, lizards and raccoons among the spring wildflowers.

In northern Florida, spring-fed rivers are numerous, but instead of armadillos, there are alligators, manatees, otters, wood storks and pelicans. Streams like the Weeki Wachee, the Salt Springs Run and Juniper Creek provide short day runs.

Kim Fadiman, a kayaker from South Carolina, calls Florida's popular Ichetucknee "the exemplar of a spring-fed river. It's so clear you feel you're flying. The fish flit around beneath you like birds in air."

For a classic canoe trip, Fadiman recommends starting in Georgia's Okefenokee Swamp, then heading down the Suwannee River Wilderness Trail through Florida to the sea. Florida has nicely organized the route with river camps and other services along the 170 miles of the trail.

"From the swamp to the gulf," Fadiman says, "is five to eight days and about as enjoyable a river trip as I can think of."

### If You Go

Paddlers can organize their own excursions on the rivers mentioned. Canoe rentals and outfitted trips are also available.

-- Ozark National Scenic Riverways, [www.nps.gov/ozar](http://www.nps.gov/ozar)

-- Buffalo National River, [www.nps.gov/buff](http://www.nps.gov/buff)

-- Devils River State Natural Area, Texas, [www.tpwd.state.tx.us/devilsriver](http://www.tpwd.state.tx.us/devilsriver)

-- Nueces River, <http://southwestpaddler.com/docs/nueces.html>

-- Suwannee River, [www.floridastateparks.org/wilderness](http://www.floridastateparks.org/wilderness)

-- "A Canoeing and Kayaking Guide to Florida" by Johnny Molloy (Menasha Ridge Press, 2007, \$17)

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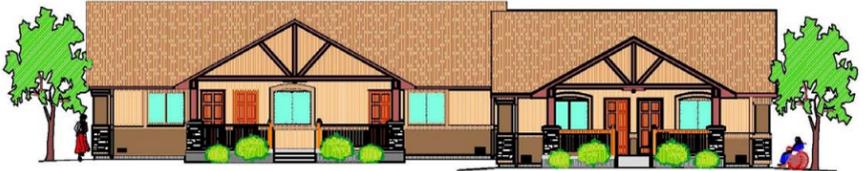
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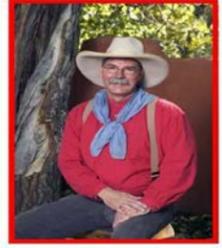
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# The Garden's Colorful Trapeze Act: A Basket Case

by Marty Ross

Put a little swing in your garden this summer with hanging baskets. Lush and colorful baskets overflowing with flowers, suspended in mid-air, are a garden's trapeze act. They add a lot of razzle-dazzle to the performance.

Hanging baskets raise part of the garden to eye level. It is a neat trick to suspend a flourish of flowers from the eaves of the porch, from a tree branch or from a welcoming lamppost. Trailing geraniums and petunias are old-time favorites, but anything goes. New plants and combinations keep this act fresh and lively.

Chuck Pavlich, a horticulturist at Terra Nova Nurseries Inc. near Portland, Ore., loves to experiment with perennials in hanging baskets. Terra Nova, a wholesale company, has introduced dozens of new heucheras, tiarellas, begonias and other plants known more for their fancy leaves than for their flowers.

For the past few years, Pavlich and a colleague have planted 24-inch hanging baskets with as many as 50 plug-sized perennials, with spectacular results. The eye-popping baskets hang from the

branches of a fine old deodar cedar in the nursery's display garden.

"Heucheras are indestructible and foolproof, but almost anything will work in a hanging basket," Pavlich says. "You can try ajugas, agastaches, brunnera and campanulas."

Make room for a few annual flowers if you like, he says, "but don't be limited by what you read somewhere -- if you think a plant is going to be fine, just go for it."

At Ball Horticultural Co., which introduced the stalwart Wave petunias, hanging baskets overflowing with ruffled petunias are regarded as classics that have not lost their charm.

"The things people have always used -- the petunias, geraniums and begonias -- they are the best," says Bill Calkins, who works with Ball to advise independent garden shops on the best plants for their customers. "But the fun is to accent around them with unique items," he says. "That's what adds creativity."

At Ball, a "mixed container committee" of seven staff members works on combinations for hanging baskets and

flowerpots. Their easy diagrams for baskets suggest a lot of unexpected combinations, such as old-fashioned red geraniums with a bright, heat-tolerant mix of purple-streaked coleus, bright yellow lantana and golden trailing lysimachia.

If you like cool, romantic colors better, you could try a pink-and-silver palette of pink petunias and silvery artemisia or plectranthus, with a flourish of lavender angelonias.

Walk up and down the aisles of annual bedding plants at a garden shop for inspiration, Calkins says. Include any plant that strikes your fancy.

"Just make sure you read the plant tags," he says, and choose plants that thrive in the conditions in your garden. Sun-loving petunias will grow leggy and look spindly in shade, and a basket full of impatiens and fancy leaf begonias, which prefer dappled light, will look droopy and may even wither in a hot western exposure. Keep in mind, however, that baskets can be designed with a sunny side and a shady side.

"Take chances," Pavlich says. "Mix it up a little bit -- rarely will you have a pure light situation" on all sides of the same basket.

For successful baskets of any style, start with large, wire containers, Calkins and Pavlich advise. Green or white plastic baskets just won't do.

"You see them already planted at a garden center on a four-foot bench, and you get home and hang them up and you're stuck looking at a plastic pot," Calkins says. Of course, the plants are supposed to fill out quickly and hide the basket, but summer is too short to put up with the transition period, he says.

Wire baskets lined with coconut fiber mats or with woody green sheet moss look very pretty right away -- and you can plant right through the sides, too, to make your hanging garden even more luxuriant.

For baskets of every kind, use good-quality potting soil, which is lightweight and will retain moisture. Moisture-retaining polymers will especially help keep annual flowers fresh on steamy summer days. Pavlich recommends a cornstarch-based polymer called Quench rather than petroleum-based water crystals.

If you use moisture-retaining products, it is a good idea to hydrate them before mixing them into the potting soil. Slow-release fertilizers added at planting time and additional water-soluble fertilizers applied in the course of the gardening season will help keep your baskets lively and colorful all summer long.

Hanging baskets, like plants in

pots, require a little extra attention. Drip irrigation may help for baskets planted with annuals in full sun that seem like they just can't get enough moisture. Perennial plants in baskets are not quite as thirsty, Pavlich says.

In fact, he says, "Perennials can be overwatered. They are the turtles and not the hares of the plant world, and slow and steady is what they appreciate."

Whether you plant annuals or perennials, or a combination, it's a good idea to pinch or prune lightly through the season to shape and encourage plants.

Then, stand back and admire them with everyone else.

## TIPS AND RESOURCES

Baskets full of ideas -- Wire baskets and sheet moss or coconut fiber liners are available at many garden shops and through Kinsman Co., [www.kinsmangarden.com](http://www.kinsmangarden.com). The company also sells brackets, hooks and swivels, so you can turn your baskets through the summer.

-- For more information about plants introduced by Terra Nova Nurseries, including retail sources, go to [www.terravanurseries.com](http://www.terravanurseries.com).

-- Ball Horticultural Co., [www.ballhort.com](http://www.ballhort.com), the company that introduced Wave petunias, has lots of ideas and plant combinations for hanging baskets on its Web sites. For more on Wave petunias, go to [www.wave-rave.com](http://www.wave-rave.com), and for combinations for sun and shade, click on "container gardening" at [www.simplybeautifulgardens.com](http://www.simplybeautifulgardens.com).

-- For more information about Quench moisture polymers, visit [www.zeba.com](http://www.zeba.com). Daniels Plant Food, [www.danielsplantfood.com](http://www.danielsplantfood.com), is an organic fertilizer suitable for hanging baskets. Dynamite Plant Food, [www.dynamiteplantfood.com](http://www.dynamiteplantfood.com), also makes a slow-release organic fertilizer.



*It's easy to grow plants in hanging baskets, and their dazzling performance goes on all summer long. Petunias are a classic flower for baskets, but anything goes -- try annual and perennial flowers, foliage plants and color combinations to match the trim on your house or to suit your fancy.*

photo: Ball Horticultural Co.

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# Here Is Some *Bric-A-Brac* For Your Reading Pleasure

## A Site For Older Americans To Shop And Save

(NAPSI)-Though members of the baby boomer generation, who are in or nearing retirement, are probably among those most affected during these challenging economic times, there is some good news. AARP has launched a program to help consumers ages 50-plus get access to savings on everyday items such as food, household supplies and clothing, as well as electronics and entertainment.

The program, called the Everyday Savings Center, features hundreds of major merchants.

### Here's how it works:

Members of AARP get online discounts that can save them hundreds of dollars every year. Typical discounts range from 3 to 60 percent and might include 10 percent off at Target.com Target.com, free shipping at BestBuy.com and up to 15 percent off Hewlett-Packard products.

Fifty-plus consumers are online in a major way and they are very comfortable in this environment, regularly purchasing goods and services. According to the research firm Focalyst, 82 percent of boomers are surfing the Internet, looking for information, products, services and discounts targeted just for them--and analysts expect that number to grow even further as the Internet-savvy U.S. population continues to age.

"It's clear that each year, more and more older adults shop online," said Howard Byck, senior VP for AARP Serv-

ices. "The Everyday Savings Center is a cost-effective, easy and fast way to shop for items that are essential to everyday lives. We hope they will take advantage of this unique offering."

The online shopping experience is secure, with state-of-the-art encryption features, advanced security systems and new products, making online transactions safer than ever.

SmartMoney.com recently named AARP one of the top-five membership organizations to join. Now members can take advantage of exclusive discounts. For more information, visit [www.everydaysavings-center.com](http://www.everydaysavings-center.com) or [www.aarp.org](http://www.aarp.org).

AARP members can use their AARP Credit Card from Chase on the Everyday Savings Center from Next Jump. The card offers "zero liability" protection, so cardholders are not held responsible for fraudulent transactions made with their card or account information.

## A Common Cause Of "Senior Moments"

(NAPSI)-When people in their 60s, 70s or 80s experience unusual feelings--lost time, suspended awareness, confusion, seizures--they may think they're a regular part of aging. But they could be signs of epilepsy, a condition that affects 300,000 older Americans.

Epilepsy is a functional disorder of the brain, a kind of occasional glitch in the electrical system that controls everything we feel and do. These brief malfunctions,

called seizures, may temporarily block awareness. They can also cause uncontrollable shaking, convulsions, confusion or affect the senses.

### Knowing The Facts

"For a long time epilepsy has been seen as a condition that affects young people, but now we know it can affect anyone at any age," says Dr. Ilo Leppik, director of research at MINCEP Epilepsy Care Center in Minneapolis and past chairman of the Professional Advisory Board of the Epilepsy Foundation.



It's a truth that Jeanette Fisher knows all too well. She had never experienced seizures in her life when, at 76, she started blacking out, turning rigid and exhibiting signs of dementia.

Her doctor assumed she needed to move to a nursing home. But he first suggested a second opinion from Dr. Leppik, who, after running tests and examining her medications, devised a regimen to help Fisher treat her epilepsy.

"She had come into the hospital in a wheelchair, confused and bound for the nursing home, but left under her own power," says Dr. Leppik.

### Recognizing Symptoms

Seizures among seniors are often subtle--spaced out episodes alternately described as "going to a different place" or "thoughts skipping." To recognize seizures in seniors, Dr. Leppik suggests:

- Looking for whether these kinds of incidents are happening on a routine basis and if they are reasonably distinct.

- Watching for alterations in a loved one's behavior.

- Comparing notes with relatives to see if they have observed the same kinds of inconsistencies.

"People might think, 'Mom is tired, she's having a senior moment,' " says Dr. Leppik. "Sometimes that's how symptoms of epilepsy are dismissed. That's why it's important to watch for signs."

For more information, visit [www.epilepsyfoundation.org](http://www.epilepsyfoundation.org).

## Hip Replacement Improves Lives

(NAPSI)-New research from Duke University has found that having a hip replaced vastly improves the quality of life of older Americans who suffer from osteoarthritis. The condition affects approximately 10 million Americans, causing pain, decreased mobility and increased risk of falls and fractures.

The study found that individuals with osteoarthritis who undergo total hip replacement are better able to care for themselves, have improved physical function and enjoy longer independence, according to AdvaMed, the Advanced Medical Technology Association. In fact, the procedure is as beneficial for people in their 80s and 90s as for those in their 50s or 60s.

"While the number of hip replacements has increased over the last decade, less than

25 percent of patients who could benefit from the procedure elect to receive it," said Linda George, Ph.D., of the Duke Center for the Study of Aging.

"This is unfortunate because hip replacement patients report a very high rate of satisfaction, experience reduced pain and increased range of motion."

Researchers also found that total hip replacements offer substantial cost savings to the health care system and are significantly less expensive than paying for even one year of long-term care for the disabled.

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## BBB Warns: Beware Your Facebook Friends

by Katie Carroll - BBB

Social networking Web sites are a great way to find old classmates, stay connected with friends, or make new friends. Unfortunately, hackers are using Web sites like Facebook to infect computers and steal identities.

Your Better Business Bureau is urging you to protect yourself against hackers, scammers and ID thieves on social networking Web sites by becoming

familiar with popular scams.

Some common social networking schemes include the following:

### Friend in Distress Scam

One scam that has made the transition from phone and e-mail into Facebook is the "friend in distress" scam. Facebook users may receive a message in their inbox from a friend saying that they are in a dire situation – such as stranded in a foreign country – and need money

wired to them. The recipient of the message doesn't realize that their friend's account has been hacked and that the message was actually sent by scammers. If the Facebook user does wire money to the scammers, they have no way of recovering the money after they learn that their friend is actually safe and sound.

### Phishing Friends

One particularly destructive computer virus, called Koobface, has made the social networking site rounds via MySpace and most recently on Facebook in December. In Facebook, the victim receives a message from their friend saying "You look awesome in this video" or "You look funny in this video" and includes a link to an outside Web site to view the video. Clicking on the link will open a window that claims the victim needs to download an updated version of Flash. Agreeing to the update actually installs the virus onto the victim's computer. The virus is designed to monitor the user's Internet activity and potentially steal personal information. Victims of Koobface have had a particularly difficult time removing the virus and in some cases just

decided to scrap their computers completely.

### Viral Wall Post

Another recent Facebook scam takes advantage of a social networker's fears that the pictures and information they post on Facebook could be made very public. The user receives a post on his or her wall from a friend saying something like, "hey do u realize your face book picture is all over <link to Web site>". The wall posts vary, but all invariably link to an outside Web site that supposedly has the user's photos. Facebook warns that clicking on the link will allow hackers to gain access to the user's personal account and post the same message – seemingly coming from the victim – on their friend's walls.

Your BBB offers the following advice for staying safe on social networking sites:

- Be extremely wary of messages from friends or strangers that direct the user to another Web site via a hyperlink.
- Before wiring money to a

friend in a jam, users should attempt to contact their friend outside of the social networking site, such as over the phone or via e-mail to confirm the situation. If that's not possible, BBB recommends asking them a question to which only they would know the answer.

- Users should always make sure their computer's operating system's antivirus and firewall software are up to date.

- Social networking sites are about sharing information, but BBB recommends that users take steps to keep important information private. While some social networking Web sites do allow for the user to share phone numbers and addresses, it's best to keep such information private.

- Be selective when choosing friends. While a user might not want to be rude, BBB recommends that it's best to decline a request for friendship if the user doesn't actually know the person.

For more advice on staying safe online go to [www.bbb.org](http://www.bbb.org).

## Creating A Power Of Attorney

### Question:

*How do I create a power of attorney, when does it take effect and can I change my mind once it is finalized?*

### Answer:

By granting power of attorney, one authorizes someone to act on their behalf in a legal or business matter, or for example in the event of a death or serious injury. Adults can create a power of attorney by writing down exactly what he or she wants the agent to do. Once the document has been prepared, it should be notarized. Because a power of attorney should be tailored to your particular circumstances, it should be written by an attorney to ensure that your intentions are clearly expressed. If you choose not to hire an attorney, using the Colorado

"Statutory Power of Attorney" is usually a good form to use.

The timing of when a power of attorney actually takes effect depends on what the document directs. There are two primary ways that a power of attorney takes effect. The first is referred to as a "springing power," which means the document will take effect only when an event described in the instrument takes place. Typically, this would be when the principal is incapacitated as determined by a licensed physician. The second type is a "standing power" that takes effect as soon as it is signed by the principal. Some powers of attorney may blend these two concepts. For example, a principal may direct that a power of attorney is "standing" if the principal's spouse is acting as agent; however, if the spouse cannot act, the successor agent's power may be "springing."

A principal may change his or her mind and revoke a power of attorney at any time, so long as the principal has capacity. All a principal needs to do to revoke a power of attorney is send a letter to the agent notifying the agent that his or her appointment has been revoked. From the moment the agent receives a revocation letter, he or she can no longer act under the power of attorney. The principal should also send a copy of the revocation to any institutions or people who received notice of the original power of attorney, such as doctors or banks. Otherwise, those individuals or institutions may continue to rely on the power of attorney until given notice of the revocation. State law automatically revokes the principal's appointment of a spouse as an agent when a divorce is final. However, if a successor agent is named, the power of attorney would remain in effect.

*The Colorado Bar Association welcomes your questions on subjects of general interest. The column is meant to be used as general information. Consult your own attorney for specifics. Send questions to CBA attn: Tara Miller, 1900 Grant St., Suite 90A, Denver, CO 80203 or e-mail [tmiller@cobar.org](mailto:tmiller@cobar.org).*

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# Here Is The Sunnier Side Of Breakfast/Wicked Chocolate

(NAPSI)-It's been said that breakfast is the most important meal of the day. In addition to providing the necessary energy to get up and go, studies have shown that those who eat a healthy breakfast have better overall diets, improved concentration and performance during the day, and more strength and endurance for physical activity. Unfortunately, the traditional hot



breakfast-eggs, meat and potatoes-can add fat and calories to your plate. But there's

good news for breakfast lovers who've resolved to eat better this year: With a few simple substitutions, you can still enjoy a hearty, satisfying morning meal without some of the guilt.

Here are a few tips for remaking the traditional breakfast:

- If your morning beverage of choice is coffee with cream and sugar, try using skim milk and a sugar substitute instead.

- A side of fresh fruit can be an easy way to increase your daily intake of fruits and vegetables--and add a smidgen of something sweet to your plate.

- Toss a few vegetables into your eggs for added fiber and flavor.

- Substitute your breakfast meat with the new Morningstar Farms Maple Flavored Veggie Sausage Patties. These maple-flavored veggie sausage patties are a sweet-and-savory alternative to traditional precooked pork sausage, with 76 percent less fat. You can enjoy them alongside a serving of eggs or crumbled into any recipe that calls for maple-flavored sausage. In fact, they're the main ingredient in this Easy Brunch Focaccia recipe--a delicious "breakfast pizza" that will have everyone around the table saying, "That's amore!"

## Easy Brunch Focaccia

Prep Time: 20 minutes

Time to Table: 35 minutes

Ingredients

- 4 Morningstar Farms Maple Flavored Veggie Sausage Patties, thawed

- 1 tube (13.8 oz.) refrigerated pizza dough

- 3/4 cup finely chopped onion

- 2 teaspoons vegetable oil

- 1 teaspoon dried sage leaves

- 1/4 teaspoon pepper

- 1 cup finely chopped fresh pineapple or 1 can (8 oz.) pineapple tidbits (juice pack), drained

- 1 cup (4 oz.) shredded mozzarella cheese or Cheddar cheese

### Directions

Cut the Morningstar Farms Maple Flavored Veggie Sausage Patties into bite-size pieces. Set aside. Unroll dough onto baking sheet coated with nonstick cooking spray. Press dough into 14 x 10-inch rectangle.

In small nonstick skillet, cook onion in oil over medium heat for 3 to 5 minutes or until tender and beginning to brown, stirring occasionally. Stir in sage and pepper. Spread over dough. Arrange veggie patty pieces and pineapple on top of onion mixture. Bake at 425° F for 8 to 10 minutes or until edges are brown.

Sprinkle with cheese. Bake at 425° F for 5 to 6 minutes more or until cheese melts and crust is golden brown. Cut into rectangles to serve. Serve warm.

Yield: 6 servings

For more quick recipes and fun food ideas, visit [www.SeeVeggiesDifferently.com](http://www.SeeVeggiesDifferently.com).

## Elegantly Easy, Wickedly Delicious Dark Chocolate Bark With Figs And Nuts

(NAPSI)-Impress that special person in your life with a healthy taste of decadent Dark Chocolate Bark with Figs and Nuts. If you're new to bark, this chocolate candy ranks as one of the easiest and tastiest confectionary treats.

Simply melt chocolate in the microwave, stir in some chopped golden Calimyrna or dark purple Mission Figs and some chopped nuts, and spread the mixture on a foil-lined sheet. Chill and

break into pieces. So easy, it's hard to believe. Variations abound--drizzling white chocolate over the top, sprinkling with toasted almonds or, for fig lovers, sprinkling additional chopped figs on top--all the variations are delicious. Wrap in festive cellophane with a decorative ribbon for a celebration or keep in an airtight container for everyday enjoyment.

The news keeps getting better. Dark chocolate is loaded with health-promoting antioxidants. Add to this the fact that California dried figs and nuts are great sources of dietary fiber and other essential nutrients and you have a treat that shows you care about healthy eating and know how to make it taste good. Indulge your sweet tooth, but remember that a little piece goes a long way. Share the recipe with friends and family and let everyone in on the treats that treat you well.

Valley Growers' Store is a great place to order figs throughout the year, and the Web site is a wealth of kitchen-tested recipes. Visit [www.valleyfig.com](http://www.valleyfig.com).

### Dark Chocolate Bark with Figs and Nuts

- 8 ounces bittersweet (not unsweetened) chocolate baking bar, broken into small pieces

- 1/2 cup stemmed and chopped

- (1/2 inch) Blue Ribbon Orchard Choice or Sun-Maid Figs

- 1/2 cup chopped (1/2 inch) salted or lightly salted mixed nuts\*

- 2 ounces white chocolate, bro-

ken into small pieces

Melt bittersweet chocolate as package directs. Stir figs and nuts into melted chocolate. Spread on foil-lined baking sheet to thickness of about 1/4-inch. Chill until firm, about 30 minutes. For white chocolate drizzle, melt white chocolate as package directs. Scrape into small plastic bag; seal bag. Snip tiny hole in corner of bag. Squeeze bag to drizzle chocolate over bark. (Or dip teaspoon in chocolate and drizzle over bark.) Chill 30 minutes or until firm. Peel bark off foil and break into irregular 1 1/2- to 2-inch pieces. Store in airtight container at room temperature. Makes 24 to 28 pieces.

\*Or chopped, toasted almonds, hazelnuts, pecans, pistachios, cashews, walnuts or a combination.

### Fig Almond Bark Variation:

Omit mixed nuts and white chocolate. Increase chopped figs to 1 cup. Melt bittersweet chocolate as directed above and stir in figs. Spread on foil as directed. Immediately sprinkle 1/2 cup toasted sliced almonds over chocolate. Press almonds into warm chocolate with back of spoon to secure. Chill and break into pieces as directed.



## Probiotic Powerhouse

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

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

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

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

## SRDA MONTHLY MENU

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

**MARCH 2:** BBQ Beef on a Bun, Baked Beans, Creamy Cole Slaw, Lime Fruit Gelatin.

**MARCH 3:** Burrito w/Green Chile, Mexican Corn, Wheat Bread/Marg., Fresh Apple, Fruit Juice.

**MARCH 4:** Macaroni & Cheese, Green Beans, Carrot Raisin Salad, W. Bread/Marg., Cherry Cobbler.

**MARCH 5:** Porcupine Meatballs Broccoli, Ambrosia, W. Bread/Marg.

**MARCH 6:** Breaded Fish w/Lemon, Au Gratin Potatoes, Peas & Onions, Wheat Bread/Marg., Strawberries & Pineapple.

**MARCH 9:** Baked Glazed Ham, Cabbage, Glazed Sweet Potatoes, Cranberry Sauce, W. Bread/Marg., Fruit Juice.

**MARCH 10:** Turkey Rice Casserole, Carrots, Cornbread, Pineapple Tid Bits.

**MARCH 11:** Beef Stroganoff/Noodles, Corn, Orange Carrot Gelatin, Fresh Apple.

**MARCH 12:** Chicken a la King, Biscuit, Green Beans, Strawberries & Pears.

**MARCH 13:** Salmon Squares/Lemon, Scalloped Potatoes, Peas & Carrots, W. Bread/Marg., Spiced Fruit Mold.

**MARCH 16:** Chili Con Carne, Mixed Veggies, Wheat Bread/

## "A Place Called Angel Falls"

*A Wonderfully Uplifting Spiritual Gift For You, Your Granddaughters or Great Granddaughters*

Call 647-1300 for this special price available only through *Senior Beacon!*  
Limited Quantities! Limited Time At This Price! Reg. \$24.95

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**"A Place Called Angel Falls" is an ideal gift for your granddaughters through their teenage years.**

Your signed copy by author **Robin Lynn Grasso** will be delivered to you or mailed directly if you call **647-1300**

also available at [barnesandnoble.com](http://barnesandnoble.com), [amazon.com](http://amazon.com) and [pubshamerica.com](http://pubshamerica.com). but not at this reduced price. Less than 20 left at this price - So Hurry!

Wheat Bread/Marg., Pineapple Tid Bits.

**MARCH 19:** Roast Pork Loin, Glazed Sweet Potatoes, Peas, Wheat Bread/Marg., Applesauce.

**MARCH 20:** Tuna Noodle Casserole, Green Beans, Waldorf Salad, W. Bread/Marg., Fruit Cocktail, Spice Cake.

**MARCH 23:** Beef Chop Suey/Rice, Mixed Vegetables, Wheat Bread/Marg., Blush Pear Dessert.

**MARCH 24:** Meatloaf/Tomato Sauce, Parslied Noodles, Broccoli, W. Bread/Marg., Fruit Cocktail.

**MARCH 25:** Roast Turkey/Gravy, Apple Stuffing, Green Beans, W. Bread/Marg., Cranberry Orange Mold.

**MARCH 26:** Herb Baked Chicken, Rice Pilaf, California Blend, Vegetables, Wheat Bread/Marg., Plums.

**MARCH 27:** Vegetable Lasagna, Mixed Salad/Ital Drsg, W. Bread/Marg, Apple, Vanilla Ice Cream.

**MARCH 30:** Beef Tomato Mac, Broccoli, Corn, W. Bread/Marg., Cinnamon Apple Sauce.

**MARCH 31:** Chicken Cacciatore/Linguini, Mixed Vegetables, Two Bean Salad, W. Bread/Marg., Peach Crisp.

2% MILK With ALL Meals!

# Finances: Create And Keep Wealth

## Will China Rule The World?

by **Ronald S. Phillips**

It seems like everywhere you turn there is a new article, study or TV special about how China is going to dominate the world economy. And, yes, they are the fastest-growing economy for the past 20 years (they have averaged about 9-10%

annually over this time). They have even recently surpassed Germany as the third-largest economy (although they are essentially tied for size in 2007).

Yet we need to put this very enviable growth into perspective. The bottom line is that they simply have A LOT more

mouths to feed. Consider that:

- By the year 2050 China is projected to have almost 1.5 billion people
- Per person, their gross domestic product (GDP) is still very small (see examples below) and
- Is 9% even a sustainable growth

rate for China (possibly but probably not)? (Source: Wikipedia)

Seeing as Germany has been ousted to fourth place world-wide let's take a closer look at their numbers. They have been the number three economy for years and it weighs in at \$3.3 trillion. They have a relatively small population of about 83 million people. Some simple division brings their GDP per person to \$40,400. That is very significant when compared to

## No "Free Lunch," Especially At Tax Time!

(NAPSI)-Older Americans are frequently solicited with "free lunch" investment seminar invitations. This is particularly true during tax season, when the invitations make claims that they can teach you to avoid paying any taxes. Although many of these seminars sell legitimate products, there have been many reports of people being scammed out of their life savings.

Recent investigations show that four out of five investors age 60 and older received at least one invitation to a free lunch investment seminar in the past three years. Typically, an expensive meal is provided at no cost, and seminar attendees are promised advice about investing strategies or managing money in retirement.

But a yearlong examination conducted by state securities regulators, the Securities and Exchange Commission and the Financial Industry Regulatory Authority found that while many semi-

nars were advertised as "educational" or "workshops," 100 percent were instead sales presentations; 50 percent featured exaggerated or misleading advertising claims; and one-quarter involved recommendations for products not right for the individual clients' circumstances.

AARP, in collaboration with the North American Securities Administrators Association, is working diligently to fight this type of fraud by encouraging people to join their Free Lunch Monitor program. The program is part of a national campaign to monitor whether older investors are being pressured into purchasing investments that are not right for them.

"A solid investment portfolio is the bedrock of a financially secure retirement," said Jean Setzfand, director of Financial Security Outreach at AARP. "By empowering individuals with knowledge and information, we aim to create educated and financially savvy investors who

can spot a scam when they are being targeted."

Oftentimes, consumers go to these seminars with the expectation of learning how to grow and protect their investments or how to shield their retirement savings from taxes. But during the seminar, or during follow-up phone calls and in-home visits, they may be pressured to make quick, risky investment decisions without sound financial advice.

AARP is encouraging everyday citizens to get involved by visiting the program's Web site at [www.aarp.org/nof-reelunch](http://www.aarp.org/nof-reelunch) to learn ways to detect scams or by becoming a Free Lunch Monitor and printing the "What to Listen for Checklist." Individuals who receive invitations and choose to attend can take the checklist with them to the seminar and report their findings back to AARP.

GROSS DOMESTIC PRODUCT PER CITIZEN & RANK:	
Luxembourg (#1)	--\$103,125
United States (#12)	--\$45,725
Germany (#19)	--\$40,400
China (#107)	--\$2,483

(Source: International Monetary Fund)

China's per-person GDP of only \$2,483. In other words, China has successfully created the third largest economy in the world. But they still have a fairly low average standard of living (although that is rapidly going up, too).

How does all of this fare for the US? Take a look at the figures in the box and you will see that the US has a per-person GDP that is about eighteen times larger than that of China. You will also see that tiny Luxembourg is the wealthiest by this measure. Of course, they have the opposite position of China. Their population is just a blip, barely the size of Pueblo and Colorado Springs combined.

If we projected growth of the US at just 3% annually and China at 9% annually until the year 2050 we would continue to have a wealthier population at that time. The United States would average over \$121,000 and China's average would be slightly over \$50,000 per citizen (although in terms of total size we would be second). That still brings into question if a nation can sustain a nine percent growth rate for over sixty years. And we can grow over three percent domestically if we put our minds to it (see last month's article about investing into renewable energy for specifics).

So will China be a fierce competitor and eventually have a larger total economy than the US and many other Western and Asian countries? Probably. On per-person income and GDP do they have many, many years (and even decades) to reach the high levels of the US and other developed regions? Probably. Will China be a political and military threat in the future? Or are they right now? I will gladly leave those questions to a current affairs columnist.... **Ronald S. Phillips is a Pueblo native and an Independent Financial Advisor. Order a free copy of his book Investing To Win by calling 545-6442.**

## March Southern Colorado Community Blood Drives

**PUEBLO:**

**First Presbyterian Church of Pueblo Community Blood Drive:** Sunday, Mar. 8 from 9 to 11:30 a.m. - Donations inside Bonfils' mobile bus located at 220 W. 10th St., Pueblo

For more information or to schedule an appointment please contact the church office at (719) 542-7322 or Bonfils' Appointment Center at (800) 365-0006 ext. 2 or visit [www.bonfils.org](http://www.bonfils.org)  
**"4th and Main" Community Blood Drive:** Tuesday, Mar. 17 from 1:30 to 4 p.m. - Donations inside Bonfils' mobile bus located at 317 N. Main St., 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](http://www.bonfils.org)

**"5th and Court" Community Blood Drive:** Tuesday, Mar. 17 from 8:30 to 11 a.m. - Donations inside Bonfils' mobile bus located at Pueblo Bank & Trust, 301 W. 5th St., 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](http://www.bonfils.org)  
**Shrine of St. Therese Catholic Church Community Blood Drive:** Sunday, Mar. 29 from 8 a.m. to noon - Donations inside Bonfils' mobile bus located at 300 Goodnight 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](http://www.bonfils.org)

DETAILS:

This winter, feel the benefit of living green and sharing red by deciding to save a life. Donate blood with Bonfils Blood Center and you'll help the environment, your community and patients in need. You hold the gift of life.

The winter months are often the most difficult to maintain Colorado's blood supply due to holiday activities, poor weather and road conditions and cold and flu season. With nine community donor centers and as many as 13 mobile drives each day, you're sure to find a donation location to suit your needs.

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](http://www.bonfils.org) or call (303) 363-2300 or (800) 365-0006. **Jessica Lang - Community Outreach Coordinator - Bonfils Blood Center 717 Yosemite Street, Denver, CO 80230 www.Bonfils.org Phone: 303-363-2377 Fax: 303-363-2309 Advancing Healthcare. Saving Lives.**



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**Bonita Quenzer, CRP - 719-320-6932**

## Senior Beacon

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

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

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

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# Senior Community Update



## KNIGHTS FISH FRY

Come and enjoy the annual Knights of Columbus Lenten fish fry at the Pueblo West VFW on 127 E. Spaulding each Friday beginning on Feb 27 until April 3. The menu includes fish, potatoes, cloeslaw, veggie, roll, dessert and drink. Cost: \$8 Adult; \$4 12 & U.

## AARP TAX PREPARATION

AARP free tax preparation begins February 2, 2009

Schedule: Monday - Thursday 9:30 AM to 2:30 PM; Friday 9:30 AM to 12 noon; Closed Feb. 16, 2009

First come - first served, limited number each day.

Joseph Edward Senior Center (SRDA) 230 N. Union Avenue

## YARD SEMINAR

The next Yard and Garden Seminar is on Weed Management and is scheduled for Tuesday, March 3rd from 6-9 p.m. at the CSU Extension/Pueblo County meeting room. The cost is \$15 and pre-registration is required. For more information, please contact Carolyn Valdez at 719-583-6574.

## LOU GEHRIG'S DISEASE SUPPORT GROUP

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

## OWLS MEETING

The 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

## RIDE TO CHURCH?

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

## REGIONAL ADVISORY COMMITTEE

The Upper Arkansas Area Agency

on Aging is seeking individuals to join our Regional Advisory Committee (RAC). The Area Agency on Aging provides a wide variety of programs and services to seniors in Lake, Chaffee, Custer and Fremont counties. The Older American and Older Coloradans Acts, local dollars and contributions provide funding for the agency. RAC members assist the agency in setting funding priorities and identifying needs in local communities throughout the region. Those interested in applying for membership should contact the Area Agency on Aging at 719-539-3341 or toll free at 877-610-3341.

## GENEALOGICAL SOCIETY

"The Southeastern Colorado Genealogy Society holds regular meetings on the second Saturday of the month beginning at 2:00pm in the Meeting Room B", Robert Hoag Rawlings Library, 100 Abriendo Ave., Pueblo. There is a continuing Refresher/Beginners class starting at 1:00PM. Call 546-1973 for details." Guests welcome and there is no charge.

## STEP-UP PROGRAM

**McHarg Park Community Center** - 409 Second Street Avondale, CO - Monday, March 9th; 9:00 - 11:30 am.

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

**Hyde Park Community Center** - 2136 W. 16th St. - Tuesday, March 10th; 1:00 - 2:30pm.

**Joseph Edwards Senior Center (SRDA)** - 230 S. Union - Wednesday, March 11th; 9:45 - 12:00 pm.

**Mineral Palace Towers** - 1414 N. Santa Fe, Thursday, March 12th; 9 - 11:30 am

**Memorial Recreation Center** - 230 E. George Dr, Pueblo West - Thursday, March 12th; 8:15 - 10:30 am.

**Park Hill Christian Church Hall** - 1404 E. 7th St. - Monday, March 16th; 10:00 - 12:00 pm.

**Minnequa Park Apartments** - 1400 E. Orman Ave - Tuesday, March 17th; 9:00 - 11:30 am.

**Mesa Towers** - 260 Lamar - Wednesday, March 18th; 9:00 - 11:30 am.

**Ogden Apartments** - 2140 Ogden - Thursday, March 19th; 9:00 - 10:30 am.

**Fulton Heights** - 1331 Santa Rosa - Thursday, March 19th; 1:00 - 2:30 pm.

## 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.

## WHAT A GREAT TIME TO VOLUNTEER

Volunteers are needed:

---Drivers to deliver Meals on Wheels to homebound seniors

---Volunteers to help in the many areas of St. Mary Corwin Medical Center especially in the Resale Shop.

---The Cancer Resource Center needs volunteers to work with cancer patients giving out information and helping individuals pick out wigs and hats.

---The assist the Day Care Teacher at a north side charter school.

---To help with a Senior Vision Support Group, sending out monthly notices, calling and making room and travel arrangements.

---Tutors and volunteers in the schools are always needed.

If you are interested in any of these opportunities or want more information call Gloria Valdez, SRDA, 545-8900. Also get information on the these three web sites: srda.org (look under programs-RSVP), pueblovolunteers.org, 211help.net..

## SRDA MARCH CALENDAR

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

## LIVING WITH OSTEOARTHRITIS?

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

## AARP SCHEDULE OF ACTIVITIES FOR MARCH 2009

Pueblo Information Center AARP

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

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

## AMBASSADORS NEEDED

SRDA, 211, American Red Cross, Neighborhood Watch and the City County Health Department/Medical Reserve Corp are combining forces and developing a core group of dedicated volunteers called EP Ambassadors. Individuals who are interested in helping the community in a variety of activities concerning emergency preparedness are needed now. Volunteers will be involved in a variety of activities from demonstrating how to make a disaster kit, to mailings, giving presentations and many more activities. Volunteers will all be given training and supervision. This group will have benefits such as insurance coverage and some mileage reimbursement. This will also be a fun group with other interesting perks. For more information call Gloria Valdez, 545-8900.

## VOLUNTEER EXPO

Are You Ready to Give Back to the Community but you don't know where to go?

You are in luck. Come to the Volunteer Expo on April 1, 2009. No Fooling, on this date from 4:00 p.m. to 6:00 pm in room "B" at the Rawlings Library, various agencies will be have displays and information regarding their agency volunteer needs. Why go all over town to find a great place to help others when all you have to do is come by the Library on Aprils Fools Day to sign up to be a volunteer. For more information call Gloria Valdez, SRDA, 545-8900.

Pastel Art Class by The Amazing Jill Starkey, \$25.00 for Four/2 hour classes - Thursdays 10:00 a.m. to noon (= \$3.13 per hour ~ who works for \$3.13 per hour, I ask you) what a deal!

Some of Jill's students have taken themselves from never touching pastels to winning ribbons at the State Fair Art Show. At SRDA, 230 N Union Ave - 545-8900.



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# SENIOR CLASSIFIEDS

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**BUSY BEE 4U!** On-Demand Personal Assistant can assist you with errands, writing letters, scheduling appointments, meal delivery, shopping, etc. References, licensed and insured for you protection! Call Judy (719) 252-4296. [www.busybee4U.com](http://www.busybee4U.com) #0409

**POOP SCOOP:** \$8.00 a week, ANY SIZE YARD! We're the best and most affordable in town. Call Julie, 543-3614. #0609

**SEMI-RETIRED** man will build that garage for you at a reasonable price. Also remodeling an all types concrete work and foundation repair. 719-240-

2046 anytime. #0609  
**ALTERATIONS BY ABE & ROBYN CAMHI.** Wedding gowns and formal wear. All types of clothing. Men and women. Forty years experience. Se Habla Espanol. 719-595-1231 or 719-250-9354. #1109

**LOOKING FOR AN AVON REP?** Call me today! Hailey Hollins, 719-547-3808 or [www.youravon.com/hhollins](http://www.youravon.com/hhollins). Join AVON today for just \$10! #0110

**FOR SALE:** Craftmatic double bed - like new - \$1500. Miscellaneous health care items - handgrips for tub & toilet, toilet, walker, heated pad for double bed, etc. 719-546-9944. #0409.

**SENIOR SHOPPING SERVICES/ APPOINTMENTS:** Mon.-Fri. Please call me at 565-0445. #0409

**EXPERIENCED COMPANION/**

## Figuratively Speaking

by John MacIntyre

Based on a nearly 1,300-square-foot apartment in the city center, rank of Monte Carlo on the list of the world's most expensive real estate markets in 2009, according to the Global Property Guide: 1 (At \$4,180 per square foot, it's more than twice as expensive as the runner-up.)

**Ranks of Moscow (\$1,937),** London (\$1,928), Tokyo (\$1,672), Hong Kong (1,498) and New York (\$1,384) on the list: 2, 3, 4, 5, 6

Source: Global Property Guide.

**Percentage of elite professionals** (those earning more than \$200,000 per year) who say networking impacts income, according to a study from Upwardly Mobile Inc. with the assistance of the Graziadio School of Business Management at Pepperdine University: 80

SEE 'FIGURATIVELY' PAGE 20.

## 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.

**CAREGIVER** available Part/Time with TLC assistance. Bondable, honest, mature, best references. Looking for help in your home, call MONIKA 719-542-6120. #0209

**ANCIENT OLD CODGER** needs recliner with motor to sit up or lie flat for sleeping. Leather preferred. 542-3032. #0209

**IMPERIAL MEMORIAL GARDENS** 4 grave sites in Hillcrest section. Lot 47, spaces 1,2,3,4. \$600.00 each. Call 719-649-2478. #0209

**EXPERIENCED:** Compassionate lady available to assist you in your home. Errands, Dr.'s. appointments, shopping, all activities of daily living. Please call us at 565-0445. #0109

**CARE PROVIDER:** Experienced, honest and dependable. References 3-24 hours. Cleaning, cooking. Assist to Dr.'s. Errands and shopping. 543-7853. also 719-214-0321. #0109

**SENIOR MANICURES AND PEDICURES.** Finding it difficult to care for your nails? Gentle service in your apartment or assisted living residence. Call 719-252-3548 for appointment. Enter to win free manicure. #1208

**MY HUSBAND IS 83! I'm 76!** I am asking your help as he needs a mobile chair. Scooter store won't give him another one because his wore out in

6 years! I can give you a registered puppy for a chair. Help! Thank you. Call 719-254-6210. #1208

**IMPERIAL MEMORIAL GARDENS.** 4 grave sites, Hillcrest section, lot 47 #1,2,3,4 - \$600 each. Call Ken, 719-649-2478. #1208

**NEW BISSELL POWERSTEAMER** - with (2) gallons shampoo, \$150; Plaid loveseat/matching rocker, \$65.00; Vinyl turquoise loveseat and (2) matching chairs, \$60. Call (719) 560-9741. #1108

**3-WHEEL RALLY SCOOTER** Pride Mobility Products, Sold new for \$1,995, asking \$700.00

**ALSO:** **TWIN SIZE HOSPITAL BED** and mattress. Used only two months, asking \$150.00. Call, 240-0981 #1208

**ONE-BEDROOM-SPACIOUS-** South-side complex. Rent, \$400 deposit, \$250 includes water, trash, parking, laundry room, close to bus stop and shopping. Rustic Villa, (719)564-8899. #0209

**WANTED: CERTAIN** 45rpm records and LP albums from the 1950s and 1960s. 566-7975. #1008

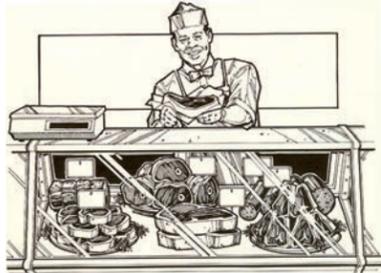
**24/7 LOVING SENIOR CARE IN CHRISTIAN HOME.** 30 years experience. SPACE FOR ONLY ONE CLIENT LEFT. HURRY! Call today, 719-542-3496. #0209

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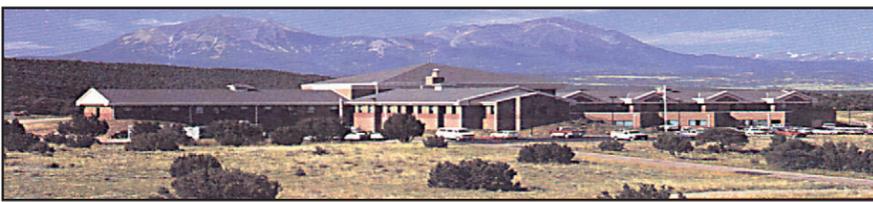


## Big D Superfoods

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# Goodbye, America! It Was Fun While It Lasted

by Ann Coulter

It's bad enough when illiterate jurors issue damages awards in the billions of dollars because they don't grasp the difference between a million and a billion. Now it turns out the Democrats don't know the difference between a million and a trillion.

Why not make the "stimulus bill" a kazillion dollars?

All Americans who work for a living, or who plan to work for a living sometime in the next century, are about to be stuck with a trillion-dollar bill to fund yet more oppressive government bureaucracies. Or as I call it, a trillion dollars and change.

The stimulus bill isn't as bad as we had expected -- it's much worse. Instead of merely creating useless, make-work jobs digging ditches -- or "shovel-ready," in the Democrats' felicitous phrase -- the "stimulus" bill will create an endless army of government bureaucrats aggressively intervening in our lives. Instead of digging ditches, American taxpayers will be digging our own graves.

There are hundreds of examples in the 800-page "stimulus" bill, but here are just two.

First, the welfare bureaucrats are coming back.

For half a century, the welfare

establishment had the bright idea to pay women to have children out of wedlock. Following the iron laws of economics -- subsidize something, you get more of it; tax it, you get less of it -- the number of children being born out of wedlock skyrocketed.

The 1996 Welfare Reform bill marked the first time any government entitlement had ever been rolled back. Despite liberal howling and foot-stomping, not subsidizing illegitimacy led, like night into day, to less illegitimacy.

Welfare recipients got jobs, as the hard-core unemployables were coaxed away from their TV sets and into the workforce. For the first time in decades, the ever-increasing illegitimacy rate stopped spiraling upward.

As proof that that welfare reform was a smashing success, a few years later, Bill Clinton started claiming full credit for the bill.

Well, that's over. The stimulus bill goes a long way toward repealing the work requirement of the 1996 Republican Welfare Reform bill and rewards states that increase their welfare caseloads by paying unwed mothers to sit home doing nothing.

Second, bureaucrats at Health and Human Services will electronically collect every citizen's complete medical

records and determine appropriate medical care.

Judging by the care that the State Department took with private visa records last year, that the Ohio government took with Joe the Plumber's government records, that the Pentagon took with Linda Tripp's employment records in 1998, and that the FBI took with thousands of top secret "raw" background files in President Clinton's first term, the bright side is: We'll finally be able to find out if Bill Clinton has syphilis -- all thanks to the stimulus bill!

HHS bureaucrats will soon be empowered to overrule your doctor. Doctors who don't comply with the government's treatment protocols will be fined. That's right: Instead of your treatment being determined by your doctor, it will be settled on by some narcoleptic half-wit in Washington who couldn't get a job in the private sector.

And a brand-new set of bureaucrats in the newly created office of "National Coordinator of Health Information Technology" will be empowered to cut off treatments that merely prolong life. Sorry, Mom and Pop, Big Brother said it's time to go.

At every other workplace in the nation -- even Wal-Mart! -- workers are being laid off. But no one at any of the

bloated government bureaucracies ever need fear receiving a pink slip. All 64,750 employees at the department of Health and Human Services are apparently absolutely crucial to the smooth functioning of the department.

With the stimulus bill, liberals plan to move unfirable government workers into every activity in America, where they will superintend all aspects of our lives.

Also, thanks to the stimulus bill, the private sector will gradually shrivel and die. According to the Congressional Budget Office, the cost of servicing the bill's nearly trillion-dollar debt will shrink the economy within a decade.

Robert Kennedy famously said: "There are those who look at things the way they are and ask, 'Why?' I dream of things that never were and ask, 'Why not?'"

The new liberal version is: *There are those who look at things and ask, "Why on earth should the government be paying for that?" I dream of things that never were funded by the government and ask, "Why not?"*



## Charlene Dengler: "Waste Not, Want Not, Conservation Is Win-Win"

by Charlene Dengler

Conservation. By definition conservation is protection from loss or waste; preservation. This term is commonly used in a variety of scenarios. In our current economy it is used even more frequently and is being applied in new

and creative ways. Although health and wellness is usually my primary focus in this column, this month I want to digress slightly because I recently became aware of the urgent need here in our own community to tighten up the proverbial belts and become better stewards of our provisions.

Just a few weeks ago I had the pleasure of joining of sizable group of individuals for "Green Drinks", down at the Gold Dust Saloon. No, it is not

an opportunity to celebrate St. Patrick's Day early. This group meets every last Tuesday of each month for the purpose of exploring and discussing what our local community can do to be better stewards of our resources. I was impressed with what this grass roots movement is attempting to accomplish and, although I am not a tree hugger, I can appreciate what these sincere people have done so far and what they are endeavoring to do to further their cause.

On an individual level, I believe each person should be a good steward of his or her own body and that has been a large part of my ongoing mission for thirty-five years. At best it's a process and lifelong journey with each person at a different place on the continuum of health and wellness. Even though I have been aware of the conservationist movement for about the same thirty-five years, I have never personally jumped on that bandwagon. Now that I have become better acquainted with the detailed workings of such an undertaking, I want to at least applaud the diligent efforts to encourage all of us to be better stewards, not just of our own bodies, but, of all of the resources that God has provided.

For instance, I never knew that there was a recycle hotline for someone to call to find out where to take various items. The Environmental Health Division of the Pueblo Health Department publishes a very thorough and detailed guide to refer to so that nothing needs to go to waste unless you simply don't care. The number for the hotline is 719 583-4924, and the guide is even printed on 80% post-consumer recycled paper with

soy ink!

Remember that this is not my mission nor have I ever seriously supported the cause but there are many excellent reasons for being conservation minded, particularly right now with everything that is going on in the world. Right here in our own community we can do something that wisely manages natural resources, and we can be altruistic at the same time without spending any money, or in rare instances very little expense. Forgive me if I sound like I've switched soapboxes but I really believe it's the least I can do to say "thank you" to those who avidly care and have invested considerable time, effort and money to see Pueblo become more conservative and ecological minded.

Being a conservative myself, I really see the value of being more mindful of not only where my money is going, but also where my waste is going. It certainly can't hurt to consider how to be a better steward of not only body, but of the environment which to a very large degree effects our personal well being as well as those who will follow us. Reducing the size of that carbon footprint will leave less of one to fill for future generations, and after all, our legacy is the important thing that we leave behind. Why not let it be a legacy of wise, faithful stewardship?

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

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# Bed Bugs In Pueblo - Please Pay Attention To This!

Bed bugs, a bug that feeds on the blood of people, have been identified throughout Pueblo. The Pueblo-City County Health Department would like individuals to know how to identify bed bugs, prevent encounters with them and remove the bug.

"Feeding from the blood of mammals during the night, bed bugs may leave itchy irritations on an individual's skin" reported Heather Maio, environmental health division director at the Pueblo City-County Health Department. She added, "Bed bugs do not require unsanitary conditions, and bed bugs do not discriminate between economy and luxury as they can exist in the cleanest homes, apartments, hotels or motels." Bed bugs are not known to transmit disease. The primary medical concern of bed bugs is an inflammatory response some

individuals show to their bites.

## Identifying Bed Bugs

Adult bed bugs are about 1/4 inch long, oval, reddish-brown, and wingless. Their body is very flat, and they possess long, slender legs and antennae. They have a long, segmented proboscis (mouth) that extends forward when the bug takes a blood meal. At rest, the proboscis lies beneath the body and projects backwards between the legs. Immature bed bugs are known either as "larvae" or "nymphs." They closely resemble adults, but are smaller and less deeply pigmented.

Bed bugs usually hide in cracks and crevices during daylight hours. They enter such areas easily because of their flattened bodies. Folds and tufts of mattresses are typical hiding places along with coils of springs, cracks and hollow

posts of bedsteads, and upholstery of chairs and sofas. In extreme infestations bed bugs are frequently found in places such as behind loose wallpaper, behind wall pictures, under door and window casings, behind baseboards, and even in light fixtures or medicine cabinets. Frequently, even when the actual bed bugs cannot be found, their hiding places can be located by looking for the spots of fecal material and blood they often leave in visible places.

## Preventing Bed Bugs

Preventing bed bug infestations involves thoroughly searching for bed bugs or signs of infestation in any suitable hiding place, such as bedding, upholstered furniture, or packing materials that might be introduced into your home or apartment. You should search for feces, eggs, and shed "skins" of larval bed bugs, as well as for active bed bugs. Frequently, even when the actual bed bugs cannot be found, their hiding places can be located by looking for the spots of fecal material and blood they often leave in visible places.

When staying in a hotel room, it is good practice to inspect the room for bed bug infestation. Upon arrival in a guest room, check the mattress, box springs, and behind the headboard before

using the bed. It is very important to report suspected bed bug infestations to the hotel management immediately so that steps to control the infestation and prevent subsequent spread can be implemented as quickly as possible.

## Removing Bed Bugs

Control of an infestation of bed bugs is very difficult and is best left to professional pest control companies that have both the approved insecticides and the application equipment to effectively treat the various places where bed bugs hide. The representative of the pest control company should examine the residence and describe any pre-treatment responsibilities of the homeowner. For example, eliminating or at least reducing clutter in rooms to be treated is a necessity and infested bedding may have to be discarded before the infestation is treated.

Additional information on bed bugs is available by contacting the Environmental Health Division of the Pueblo City-County Health Department 583-4323.

**Sarah R. Bruestle, M.P.A., Public Information Officer - Pueblo City-County Health Department, 151 Central Main Street, Pueblo, CO 81003**  
[sarah.bruestle@co.pueblo.co.us](mailto:sarah.bruestle@co.pueblo.co.us)

## Oral Health Tips For Seniors

### HOW DO I MAINTAIN GOOD ORAL HEALTH IN MY SENIOR YEARS?

Your teeth can last a lifetime with proper home care and regular dental checkups. No matter what your age, you can keep your teeth and gums healthy by brushing twice a day with fluoride toothpaste, flossing daily and seeing our dentist regularly for professional cleanings and checkups.

### WHAT SPECIAL ORAL HEALTH ISSUES SHOULD I KNOW ABOUT AS A SENIOR?

Even if you brush and floss regularly, you may face certain issues in your senior years when it comes to your oral health. Wearing dentures, taking medications and general health conditions are some of the issues many seniors face. Luckily, your dentist and physician can help you meet most of these challenges quite successfully.

Cavities and decay on the root surfaces of the teeth are more common in older adults. So it's important to brush with fluoride toothpaste, floss daily and see your dentist regularly.

Sensitivity can be an increasing problem as one ages. Your gums naturally recede over time, exposing areas of the tooth that are not protected by enamel. These areas are particularly prone to pain due to cold or hot foods or beverages. If you experience sensitivity, try an anti-sensitivity toothpaste. If the problem persists, see your dentist, as the sensitivity may be an indication of a more serious condition, such as a cavity or cracked or fractured tooth.

Dry mouth is a common condition in seniors, and one that may be caused by medications or certain medical disorders. Left untreated, dry mouth can damage your teeth.

Gum Disease is a potentially serious condition that can affect people of all ages, but especially people over 40. A number of factors can increase to severity of gum disease including:

- Bad diet
- Poor oral hygiene
- Systemic diseases, such as diabetes, heart disease and cancer
- Environmental factors such as stress and smoking
- Certain medications that can influence gum condition

Because the earliest stages of gum disease are reversible, it is important to spot it early on. Regular dental checkups can insure early detection and treatment of gum disease. Best of all, it is easy to prevent gum disease from developing in the first place, by practicing proper oral hygiene.

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

## Figuratively Speaking

from page 18.

**Percentage who believe a skilled** networker could see up to a 100 percent increase in income: 58

**Percentage of respondents** who said networking is how they found their current job: 40

Source: Upwardly Mobile.

**Number of days that employed Americans** said their immediate household would be able to survive before it would be unable to pay for basic expenses such as rent/mortgage, food and transportation, should they lose their job, according to a poll commissioned by SnagAJob.com: 120

Source: SnagAJob.com.

**Comparing employer "approval ratings"** to past U.S. presidents -- percentage of employees who would "re-elect" their boss if they could, according to a "WorkWatch" survey, released by global staffing agency Randstad: 66

Percentage who said their boss should be impeached: 27

Source: Ranstad.

**Percentage of consumers** who say they don't know how to tell if green product claims are true: 30

**Percentage of consumers** who say a product's reputation is the biggest factor they weigh when making purchasing decisions: 21

Percentage who say they trust word-of-mouth: 19

Percentage who cite brand loyalty: 15

Source: Green Seal.

**Percentage of workers who say** they would have chosen a different career path if they could start their career over again, according to an "Workplace Insights" survey from Adecco Group North America: 54

**Percentage of U.S. workers** who appreciate having a job so much that any dread they may have about starting a new workweek is not a consideration: 41

Source: Adecco.

**Percentage of epicurean adventurers** who typically indulge at eateries that are \$25 and less per person, according to TripAdvisor's dining out survey: 75

**When it comes to restaurant** cuisine, percentage who said their favorite is Italian: 31

Percentage who cited American: 18

Percentage whose preference was Mexican: 14

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**Bruce McCandless**

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# Weird News

from page 4.

a years-long search by Glasby, and she applied to bring Loader to Australia under the country's family migration policy. However, in January, the Department of Immigration and Citizenship ruled that, under the law, Loader is not related to Glasby (in that the adoption wipes out birth status).

-- Change We Can Believe In: In December, the city council in Brighton, Mich., passed an ordinance making it illegal for anyone to be "annoying" in public, "by word of mouth, sign or motions." Violators can be ticketed and fined.

-- States That Need Better Training in Arithmetic: (1) Two Maryland officials (reportedly new on the job) made a simple error in addition in 2007 (in estimating counties' property values) that was revealed in January 2009 to have cost state offices \$31 million in overpayments, according to a Washington Post report. (2) In October, the Dallas school district was forced to lay off 375 teachers to ameliorate an \$84 million deficit caused by a massive math error in the budget, according to a report by WFAA-TV.

-- Earlier, He Could've Gotten a Mortgage, Too: In a December test of the laxness of New York City's property-ownership office, a New York Daily News reporter walked out of the city's register of deeds with title to the \$2 billion Empire State Building. His fake purchase document, with a fake notary public stamp and a fake "witness" signature (of "Fay Wray," star of the original "King Kong"), took 90 minutes to convert to an official deed, which of course came as a great surprise to Empire State Land Associates, to whose shocked representative the reporter "returned" the property the next day.

## Police Report

-- The campus police chief of Colorado State University, Dexter Yarbrough, also teaches a criminology class, during which he gives a flavor of real police work (since he's a former Chicago cop). According to audio recordings of his lectures reported in January by the campus newspaper The Collegian, Yarbrough acknowledged that police sometimes have to "lie" and "cut corners" and "beat (the) ass" of a suspect if they "deserve" it. Sometimes, a confidential informant gets paid off with police-seized drugs,

but only after being warned, "(H)ey, if you get caught with this, you know, don't say my name." Most unenlightened of all was Yarbrough's characterization of some rape victims: "(E)ven when (women) say 'no,' (t)hey (really mean yes!)."

-- Police in Holland Township, N.J., removed three kids from the home of Heath and Deborah Campbell in January at the behest of the state Division of Youth and Family Services. The kids are 3-year-old Adolf Hitler Campbell and his 1-year-old sisters, Honszlynn Hinler Jeannie Campbell and JoyceLynn Aryan Nation Campbell. The family was also in the news in December when their local ShopRite supermarket bakery refused to make a birthday cake with little Adolf's name on it.

## News That Sounds Like a Joke

(1) Michael Reed, 50, was charged with attempted robbery of Eddie's Fried Chicken in Fort Worth, Texas, in December. He was armed only with a tree branch and was quickly neutralized by a 56-year-old employee, who grabbed a broom, and the men proceeded to duel until Reed dropped his branch and fled (but was arrested nearby). (2) The Happy Egg Company (Lincoln, England) altered the packaging in January for its six-egg cartons to include the prominent warning, "Allergy Advice: Contains Egg."

## People Different From Us

(1) The Northwest Florida Daily News reported the arrest of a woman for trespassing in December in Mary Esther, Fla., after she was reluctant to leave a neighbor's porch. According to the newspaper, she eventually "left ... in anger, knocking over a dryer ... in the front yard." (2) Robert Blue, 53, was arrested in Las Vegas in January and charged with chaining his 15-year-old daughter to her bed at night to keep her from eating. Blue told police that the girl weighs 165 pounds, but that he wanted her at 145, which he said is her ideal fighting weight for mixed martial arts.

## Least Competent Criminals

A masked man escaped in December after trying unsuccessfully to rob the Washman carwash in Portland, Ore. In the middle of the job, the man's gun literally broke apart and fell to the ground. As he continued to demand money, it became clear why robbing a carwash is tricky. The employee grabbed the nearest tool, which was the wand of a pressure washer

(2,000 pounds per square inch) and hosed the robber, sending him fleeing.

## Recurring Themes

Texas "Justice": As far as the state of Texas is concerned, Andre Thomas, 25, was and is sane and was and is competent to assist his lawyers. Thomas was convicted of murdering his wife and two kids in 2004 after a judge ruled him competent despite the fact that after the killings, Thomas had carved out the victims' hearts, put them in his pocket, and later tossed them in the garbage. In addition, before trial, Thomas had plucked out his right eye and eaten it. In October 2008, Texas' highest criminal court upheld the conviction and sentence, endorsing the trial judge's view of Thomas' sanity. In January 2009, on death row in Livingston, Texas, Thomas plucked out his left eye and ate it.

**Now, Which One Is the Brake?** (all-new)

Elderly drivers' recent lapses of concentration, confusing the brake pedal with the gas (or "drive" with "reverse"): Former Texas Supreme Court Justice Joe Greenhill, 94, crashed into a restraining wall in downtown Austin, nearly winding up in Lady Bird Lake (December). A 90-year-old woman, driving her brand-new Dodge Challenger, rammied a pole while turning left in Pompano Beach, Fla. (October). An 83-year-old man drove through his garage wall and continued on about 70 yards in Lycoming Township, Pa. (September). An 83-year-old man drove 50 feet into Big 5 Sporting Goods Store in Milwaukie, Ore. (December). An 82-year-old man crashed his SUV into a tree on a Pittsburgh golf course after zig-zagging out of control across the fairway (September). An 82-year-old man crashed into a group of Cub Scouts lining up for a Christmas parade (injuring 12) in Dallas (December).

**A News of the Weird Classic** (May 1997)

In April 1997, Russian performance artist Oleg Kulik opened a two-week New York City show, "I Bite America and America Bites Me," in which he stayed in character as a dog, on all fours, from the time his plane landed in New York until the moment he left town. Kulik holed up in a gallery cage wearing only a dog collar and exhibiting dog behaviors and emotions, and visitors could enter the cage to play with him only after putting on protective padding in case Kulik bit them. Kulik had been arrested in three countries for biting his audience. (A Paris gallery owner has called Kulik "a great intellectual" whose art is rooted in the downfall of communism in Russia.)

## The Continuing Crisis

-- Community Property: (1) As part of a highly contentious New York divorce, surgeon Richard Batista, who in good times had donated a kidney to his wife, demanded in January that she either give it back or compensate him with \$1.5 million in consideration of the rarity of his kidney match. (2) Also in January, Thomas Rowley, 28, went on trial in Victorville, Calif., for his allegedly more direct approach two years ago after he and his girlfriend split. According to prosecutors, Rowley said that since he had paid for her breast implants, he felt entitled to recover them, allegedly by carving them out of her body (and consequently was charged with attempted murder).

-- Forbes magazine reported in December that state authorities were investigating Beverly Hills, Calif., plastic surgeon Alan Bittner over his claim that he had created diesel fuel for his and his girlfriend's SUVs out of liposuctioned fat from his patients. California law is said to prohibit using medical waste for such a purpose, but Bittner's claims came to light in patients' lawsuits over liposuction treatments, quoting Bittner as bragging

about the biodiesel. Bittner wrote on one Web page (no longer online), "The vast majority of my patients request that I use their fat for fuel, and I have more fat than I can use."

## Bright Ideas

-- London's Gymbox in Bank athletic club, recognizing that lifting weights can be a boring way to exercise, introduced "human barbells" recently, hiring five men of various sizes (including two dwarfs) that customers could use for weights instead of the iron. One advantage of the humans is that, on request, they shout encouragement to the customer with each lift. The largest of the five is a 37-year-old, 340-pound man.

-- Walter Tessier was charged with one of the pettiest of petit larceny counts in January as sheriff's deputies in Amsterdam, N.Y., said he tried to defraud a Price Chopper store. Tessier had purchased a \$10.99 lobster but returned it, claiming that it had turned "bad," and the store allowed him some crab meat in exchange, but employees discovered that the "lobster" was only its empty, carefully reconstructed shell that made it appear whole. Tessier then ran from the store but was arrested later at his home, where he had just finished the crab meat.

## Family Values

-- The sheriff in El Dorado, Kan., asked in January for help from the public in locating a missing boy named Adam. According to the sheriff, Adam's parents, Doug and Valerie Herrman, only recently reported him missing, even though they had not seen him since he ran away in 1999, when he was 11. The Herrmans' attorney said that his clients were nonetheless "very worried about him."

-- Parenting Handful: Late last year, Jack Burt, 5, of a rural area near Darwin, Australia, admitted to his dad that he had been kicked off the school bus for bad behavior (including hitting the driver in the head with an apple), provoking the father to use the episode as a teaching opportunity, according to the Northern Territory News. For the five-day suspension, Dad would not reward Jack by driving him but would make Jack walk the 2 1/2-hour, seven-mile distance to school and back each day. On the first day after the suspension, Dad proudly helped Jack aboard the bus, hopeful of having instilled a new maturity. However, three stops later, Jack was kicked off again, for fighting.

## Recurring Themes

-- A Prosecutor's Worst Nightmare: At a dramatic moment in the November trial of a bus driver accused of rape in Edmonton, Alberta, the prosecutor asked the victim on the witness stand to look around the courtroom and identify her attacker. The victim adjusted her glasses and scanned the room, but looked past the defense table and pointed confidently to a man in the gallery later identified as a Canadian Broadcasting Corp. reporter, who in fact had nothing to do with the rape. (The judge allowed her a second chance, based on the volume of other evidence against the defendant, and she correctly identified him.)

## Least Competent Criminals

Life Imitates the Three Stooges: In January, inmates Regan Reti, 20, and Tiranara White, 21, who had been booked separately for different crimes on New Zealand's North Island and were handcuffed together for security at Hastings District Court, dashed out of the building and ran for their freedom. However, when they encountered a streetlamp in front of the courthouse, one man went to the right of it and the other to the left, and they slammed into each other, allowing jailers to catch up and re-arrest them. (A courthouse surveillance camera captured the moment, and the video has been a worldwide sensation.)

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

**Q:** I get a sore back now and again, and I've spent a lot of money trying many so-called, "solutions," without success. Often, I have wondered if there was anything I can do to get long lasting relief. My chiropractor fixes me for a few days but before long I'm right back where I started. I feel that surgery should be a last resort. Now, I'm wondering if those **GOOD FEET ARCH SUPPORTS** I've been hearing about really work.

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(NAPSI)-Heart health is a topic most Americans hear about often, yet despite their knowledge, many simply tell themselves "if it's going to happen, it's going to happen." What they often don't realize is that heart disease is largely preventable.

"Now more than ever before, we have the tools to stack the deck in favor of prevention," says Stephen Devries, M.D., preventative cardiologist at Northwestern Memorial Hospital's Bluhm Cardiovascular Institute and the Center for Integrative Medicine and Wellness in Chicago.

Devries uses a blend of natural therapies combined with conventional, high-tech therapies when treating patients at risk for heart disease. Some of the nonpharmaceutical approaches he finds most effective are dietary changes, the use of supplements, and treatment aimed at addressing the mind and body connection.

### Diet for Risk Reduction

A healthy diet is among the best ways to avoid cholesterol buildup, which can increase your risk of developing heart disease. Doctors recommend limiting

nutrient-void foods like sweets and food high in fat and calories, and recommend more fruits, vegetables and whole grains, which contain sterols to help block the absorption of cholesterol.

"Most people underestimate the potency of diet for prevention," says Devries, who favors a Mediterranean diet that has been shown to reduce the risk of heart disease by up to 70 percent. Mediterranean diets include six daily servings of vegetables, two daily servings of fruit, two fish meals per week, exclusive use of olive and canola oils, limited intake of red meat and no processed carbohydrates such as cereal, soda or white flour.

### Supplements

Over-the-counter supplements may be an alternative to prescription cholesterol-lowering medicines for those who are unwilling or unable to take prescriptions due to a history of side effects. Supplements commonly used by Devries include fish oil, red yeast rice extract and plant stanols/sterols.

- Fish Oil--The active ingredients are omega-3 fatty acids, called DHA and EPA, which can lower fats called triglycerides and help convert "bad"

cholesterol (LDL) to a healthier form. Fish such as salmon, herring and sablefish contain high levels of omega-3 fatty acids.

- Red Yeast Rice Extract--Compounds found in this supplement can lower LDL cholesterol levels as much as 20 to 30 percent. Due to potential side effects, this supplement requires regular monitoring with blood tests and should only be taken under doctor supervision.

- Plant stanols/sterols--Found in some margarine and in pill form, plant stanols/sterols can lower the absorption of cholesterol in the digestive tract.

Devries cautions that supplements available over the counter can still cause side effects and should only be taken under a doctor's supervision.

### Beyond Cholesterol

Family history plays a key role in one's risk of developing heart disease. In addition to standard blood pressure and cholesterol tests, Devries recommends that anyone with a strong family history have additional blood tests to gauge inherited risk. While not widely available, tests such as those to measure Lp(a), a "sticky fat," C-reactive protein that measures

inflammation, and a test for LDL particle size (large, fluffy particles are preferable to small, dense ones) can all be important tools for determining heart disease risk.

"These new blood tests allow us to go far beyond cholesterol to examine very serious inherited risks that were unknown a short time ago, but can now be treated," says Devries.

### Mind/Body Connection

Stress, anger and depression can have a strong impact on heart health that researchers are only just beginning to fully understand. To address the correlation between the mind and body, centers such as Northwestern Memorial's Bluhm Cardiovascular Institute and the Center for Integrative Medicine and Wellness have incorporated cardiac behavioral medicine into their practice.

"The mind and heart are intricately connected. Stress-reducing techniques such as acupuncture, biofeedback and healing touch can lower stress, reduce blood pressure and keep your heart strong and healthy," says Devries.

To learn more about heart disease or Dr. Devries, visit [www.nmh.org](http://www.nmh.org) or call (866) 662-8467.

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### FLORENCE

100 Railroad St. - Florence Tu-Thur-Fri

**MARCH 3:** CHILI CON CARNE, Wheat Crackers, Sliced Yellow Squash, Fresh Apple, Cornbread with Margarine.

**MARCH 5:** SALISBURY STEAK, Whipped Potatoes/Gravy, California Veggie Medley, Greens, Nectarine.

**MARCH 6:** CREAM OF POTATO SOUP, Tuna Salad Wrap with shredded, Lettuce/Tomato, Hard Boiled Egg, Grapefruit Half.

**MARCH 10:** BAKED PORK CHOP, COUNTRY STYLE GRAVY, Whipped Potatoes, Hot Bean Casserole, Fruit Salad, Cinnamon Applesauce.

**MARCH 12:** CHICKEN & NOODLES, Green Beans, Baked Acorn Squash, Apricot Pineapple Compote.

**MARCH 13:** SWEET/SOUR CHICKEN, Steamed Brown Rice, Chinese Veggies, Strawberry Applesauce.

**MARCH 17:** CORNED BEEF/BROTH, Parsley Buttered New Potatoes, Cabbage & Carrots, Rolled Shamrock Sugar Cookie, Rye Bread with Margarine.

**MARCH 19:** AMERICAN LASAGNA, Herbed Green Beans, Cabbage, Banana, Italian Bread with Margarine.

**MARCH 20:** BRATWURST/BUN/Sauerkraut, Mustard/Onion, Pickled Beets, Sliced Peaches.

**MARCH 24:** HOT TURKEY SANDWICH, Whipped Potatoes, Asparagus Amandine, PA/Mand. Orange Compote

**MARCH 26:** BAKED HAM/RAISIN SAUCE, Candied Sweet Potatoes, Green Bean Amandine, Cranberry Mold.

**MARCH 27:** SLOPPY JOE/BUN, Scalloped Potatoes, Peas/Carrots, Apple.

**MARCH 31:** OVEN FRIED CHICKEN, Spinach Mandarin Orange Salad, Potato Salad, Peaches, Cornbread/marg.

### SALIDA MENU

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

**MARCH 3:** CHICKEN NOODLE SOUP, Wheat Crackers, Chopped Spinach/Malt Vinegar, Sliced Yellow Squash, Orange.

**MARCH 5:** CHILI RELLENO CASSEROLE, Carrots, Tossed Vegetable Salad/Lemon.

**MARCH 6:** PORK CHOW MEIN, Brown Rice, Cooked Cabbage/Red Pepper, Banana, Fortune Cookie.

**MARCH 10:** PASTA PRIMAVERA, Spinach Salad/Egg & Italian Dressing, Apple Pear Salad with Almonds, Plums, Garlic Bread.

**MARCH 12:** DIJON CHICKEN, Brown Rice/Parsley, Shredded Green Salad, Broccoli, Strawberries.

**MARCH 13:** ROAST BEEF, Mashed Potatoes/Gravy, Green Bean Amandine, Apricot Peach Compote, French Bread with Margarine.

**MARCH 17:** CORNED BEEF/BROTH,

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Parsley Buttered New Potatoes, Cabbage & Carrots, Rolled Shamrock Sugar Cookie, Rye Bread/Margarine.

**MARCH 19:** SPINACH CHEESE SQUARES, Tossed Salad/Pear, Whipped Hubbard Squash, Citrus Cup.

**MARCH 20:** HOT TURKEY SANDWICH, Whipped Potatoes, Asparagus Amandine, PA Mand. Orange Compote.

**MARCH 24:** BEEF BARLEY SOUP, Wheat Crackers, Sesame Broccoli, Apricot Pineapple Compote, Apple.

**MARCH 26:** MEAT LOAF, Whole Wheat Crackers, Broccoli, Apple, Raisin Nut Cup.

**MARCH 27:** BLACK BEAN/TORTILLA CASSEROLE, Brown Rice, Whipped Sweet Potatoes, Mixed Fruit.

**MARCH 31:** SPLIT PEA SOUP, Hamburger/Bun/Catsup/Mustard/Onion, Creamy Coleslaw, Banana.

### GOLDEN AGE CENTER

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

**MARCH 3:** SWISS STEAK/MUSHROOM SAUCE, Whipped Potatoes, Greens, Waldorf Salad & Banana.

**MARCH 4:** CHICKEN/NOODLES, Green Beans, Baked Acorn Squash, Apricot Pineapple Compote.

**MARCH 6:** COMBO BURRITO, Smothered with Chicken Green Chile, Tomato, Lettuce/Salsa, Black Beans/Cilantro, Diced pears.

**MARCH 9:** TUNA/MAC SALAD, Cool Cucumber Salad, Orange Juice Gelatin, Salad with Banana, Peaches, Cheddar Drop Biscuit.

**MARCH 11:** BAKED PORK CHOP/

COUNTRY STYLE GRAVY, Whipped Potatoes, Hot Bean Casserole, Fruit Salad, Cinnamon Applesauce.

**MARCH 13:** TATOR TOT CASSEROLE, Tossed Salad, Squash, Pears.

**MARCH 16:** CORNED BEEF/BROTH Parsley Buttered New Potatoes, Cabbage & Carrots, Rolled Shamrock Sugar Cookie, Rye Bread/marg.

**MARCH 18:** SWEET/SOUR PORK, Brown Rice, California veggie medley, Diced Pears.

**MARCH 20:** BEEF STEW, Wheat Crackers, Whole Kernel Corn, Herbed Green Beans, Diced Pears.

**MARCH 23:** BAKED POTATO, Broccoli Cheese Sauce, Tossed Salad/Lite French Dressing, Strawberry Applesauce, Fruit Cocktail.

**MARCH 25:** BBQ BEEF BRISKET, Ranch Style Beans, Carrifruit Salad, Honeydew Cilantro Lime Salad.

**MARCH 27:** OVEN FRIED CHICKEN, Spinach Mandarin Orange Salad, Potato Salad, Peaches, Cornbread/marg.

**MARCH 30:** SPAGHETTI/MEAT SAUCE, Tossed Salad/Italian Dressing, Green Beans, Orange.

### PENROSE CENTER

1405 Broadway-Penrose (Tues/Thur)

**MARCH 3:** AMERICAN LASAGNA, Herbed Green Beans, Cabbage, Banana, Italian Bread with Margarine.

**MARCH 5:** HONEY BBQ CHICKEN, Oven Browned Potatoes, Chopped Spinach, Diced Pears.

**MARCH 10:** BRATWURST/BUN/Sauerkraut, Mustard/Onion, Scalloped

Potatoes, Peas/Carrots, Peach Halves.

**MARCH 12:** TUNA NOODLE CASSEROLE, Mixed Vegetables, Sliced Zucchini Squash, Sliced Peaches.

**MARCH 17:** SWISS STEAK/ MUSHROOM SAUCE, Whipped Potatoes, Greens, Waldorf Salad & Banana.

**MARCH 19:** COMBO BURRITO/Let/Tom garnish/Salsa, Green Beans, Cilantro Lime Rice, Sliced Peaches.

**MARCH 24:** DIJON CHICKEN, Brown Rice/Parsley, Shredded Green Salad, Broccoli, Strawberries.

**MARCH 26:** MEATLOAF/BROWN GRAVY, Cheesy Potatoes, Green Beans, Pineapple Tidbits.

**MARCH 31:** TURKEY POT PIE, Tossed Salad, Orange Juice, Apple.

### CUSTER SENIOR CTR.

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

**MARCH 2:** BEEF STEW, Whole Kernel Corn, Herbed Green Beans, Diced Pears.

**MARCH 3:** CHICKEN FAJITA, Tomato, Lettuce Garnish, Cilantro Rice, Cooked Cabbage & Red Pepper, Grapes.

**MARCH 5:** PORCUPINE MEATBALLS, Whipped Potatoes/Gravy, California Veggie Medley, Almond Peaches.

**MARCH 9:** LENTIL BLACK BEAN SOUP, Egg salad Sand/Wheat Bread, Sliced Tomato/Lettuce, Banana.

**MARCH 10:** SLOPPY JOE/BUN, Scalloped Potatoes, Broccoli/Carrots, Apple.

**MARCH 12:** CHICKEN A LA KING, Whipped Potatoes, Green Peas, Tossed Salad with Ranch Dressing, Orange.

**MARCH 16:** MAC & CHEESE, Shredded Green Salad/Lemon, Whipped Hubbard Squash, Strawberry Applesauce.

**MARCH 17:** BRATWURST/BUN/Sauerkraut, Mustard/Onion, Pickled Beets, Sliced Peaches.

**MARCH 19:** ROAST PORK/GRAVY, Oven Browned Potatoes, Parslied Carrots, Strawberry Gelatin Salad, Dinner Roll with Margarine.

**MARCH 23:** TURKEY POT PIE, Broccoli, Tossed Salad, Apricot Pineapple Compote, Biscuit.

**MARCH 24:** STUFFED PEPPERS, Whole Kernel Corn, Chopped Spinach/Malt Vinegar, Applesauce with Raisins/

**MARCH 26:** ORIENTAL PEPPER CHICKEN, Brown Rice, Broccoli, Pineapple Tidbits.

**MARCH 30:** VEGETABLE SOUP, Tuna Salad on Lettuce/Tomato, Hubbard Squash, Almond Peaches, Pears.

**MARCH 31:** AMERICAN LASAGNA, Herbed Green Beans, Cabbage, Tossed Salad, Ice Cream.

### ALL MEALS SERVED WITH MILK

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

# Arts Center Holds First Spring Break Art Camp

(PUEBLO) - The Sangre de Cristo Arts Center is solving two problems with one fantastic week of camp. Working families often need a safe place for elementary age kids during Spring Break. And, at the same time, these children need creative art opportunities since schools are forced to continually cut art programs.

Spring Break Madness Art Camp comes to the rescue. An extension of the popular Young at Art Afterschool program, this art camp will be hosted Mon-

day, March 23 through Friday, March 27, for children first through sixth grade.

Camp kids will enjoy a variety of arts classes taught by highly qualified instructors, such as: theater, dance, music, cooking, storytelling and much more! On Friday, camp will end with an animated, age-appropriate movie and related activity

The cost for full-day attendees is \$100 for the entire week. For half-day attendees the cost is \$50. There will be an additional \$15 art materials fee for all par-

ticipants at the camp. Art Center members receive a 10% discount.

Children interested can be registered to attend the morning session from 9 a.m. to 11 a.m., the afternoon session from 12 p.m. to 2 p.m., each with two arts classes, or for both sessions combined from 9 a.m. until 2 p.m., including all four arts classes.

There will be supervised lunch times available for children bringing their own sack lunches, as well as campers interested in eating at the Cinfully Delicious

Restaurant in the Kid Rock Café.

For more information, or to register your child today, call (719) 295-7200 or visit

[www.sangredecristoarts.org/education](http://www.sangredecristoarts.org/education).



Kids enjoy creative fun at a young people's art camp at the Sangre De Cristo Arts Center.

# Sangre Ballet Theatre: The Pied Piper Of Hamelin

(PUEBLO) "The deed was done, the mice were gone, but, as you shall see in our story, pay the Piper for his work, or...start to worry!" This delightful performance of storytelling through dance will unfold as the Sangre de Cristo Ballet Theatre performs The Pied Piper of Hame-

lin, featuring the horn concertos of Johann Strauss and Mozart. Under the direction and choreography of Karen P. and Fernando Schaffenburg, this two performance classic, which is part of the Children's Playhouse Series, will take place Saturday, March 14 at 11 a.m. and 2 p.m. in the Arts Center Theater. Tickets are \$6 for adults and children.

This well-loved legend begins with a rat infestation in the German town of Hamelin. A man, claiming to be a rat catcher, promises a solution to the invasion. In return, the townspeople promise him payment. The Pied Piper successfully rids the town of rats by playing his musical pipe and leading them into the river. After the town,

unfortunately, refuses to pay the piper, he returns with vengeance on his mind.

This production features the Pied Piper played by Emily Aldag and Lieutenant Piper played by Rebecca VanDover. The role of Queen Mouse will be danced by Sydney Gettel and Princess Mouse by Megan Duling. Mayor of the Council of Hamelin will be Cissy McDaniel, Secretary of the Council of Hamelin will be Paige Cipperly and Treasurer of the Council of Hamelin will be Grace Lobato.

Members of the Council of Hamelin will be danced by Annelise Carlson, Alexandria Clough, Remi Kessler, Isabella

Reyes, Victor Reyes and Ellen Sky. The Townspeople of Hamelin and Mice will be performed by junior members of the Sangre de Cristo Ballet Theatre, as well as children of the Sangre de Cristo School of Dance.

For tickets, call 719-295-7222 or stop by the box office at the Sangre de Cristo Arts Center, 210 N. Santa Fe. Avenue, just off exit 98-b.

Photo caption:

Under the direction and choreography of Karen P. and Fernando Schaffenburg, this delightful performance of The Pied Piper of Hamelin will take place on Saturday, March 14.

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# Rose Catulli Recognized For 50 Years Of Service At St. Mary-Corwin

Pueblo, CO - - Anyone who has visited St. Mary-Corwin Medical Center in the past 50 years has undoubtedly experienced Rose "Rosie" Catulli's twinkling eyes and warm smile. On February 5, Rose's extended family of volunteers, employees and physicians at St. Mary-



Corwin will celebrate her volunteer commitment to the hospital.

On Thursday, February 5, Rose's commitment to St. Mary-Corwin was honored at an open house from 2 to 4 pm. In keeping with the 50th anniversary theme, people attending the celebration were encouraged to wear their favorite 50's apparel.

Just 10 years after the historical joining of St. Mary's and Corwin hospitals, Rose started volunteering at St. Mary-Corwin Medical Center. Today, at 92, she's still on the job and one of just four members of the "90's Club," which is comprised of four very active nonagenarians - four women over the age of 90 who volunteer on a regular basis at the hospital.

"Rosie is indeed an icon," agrees Brittany Kristan, director of physician, patient and volunteer services. "St. Mary-Corwin has been blessed to have her dedication and presence for so many years. Her selfless spirit and years of service are nothing short of commendable."



A real people person, Rose enjoys meeting the patients and their families. After 50 years, she knows many of them by name. She has worked in all of the volunteer positions at the hospital with the exception of the gift shop, now named the Cherry Blossom Gift Shop.

Rosie is the proud mother of two daughters, and she owned and operated the Happy Inn at 211 W. Northern Ave for 27 years. She sold the family business in 1994. But through it all, she always had time for St. Mary-Corwin.

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# Reeling "Highs And Lows Down Under"

by Film Critic Betty Jo Tucker, Pueblo

## HIGHS AND LOWS DOWN UNDER

Complaining about a beautifully filmed movie like "Australia" is difficult for me. Baz Luhrmann's sprawling epic, available on DVD March 3, boasts gorgeous cinematography, a passionate romance, more than a few thrilling sequences – plus the magnificent Hugh Jackman in another exciting performance. And yet, burdened by too much territory to cover, this ambitious film loses steam along its lengthy journey.

After a hurried and confusing opening, "Australia" gets underway Down Under as the ultra-aristocratic Lady Sarah Ashley (Nicole Kidman) arrives from England to check on her husband and his business interests there. Because Lord Ashley has been murdered, Sarah finds herself in charge of Faraway Downs and its cattle. When she sees the manager (David Wenham) of the estate mistreating a mixed race youngster named Nullah (the very charismatic Brandon Walters), she fires him, thereby making a mortal enemy.

If it weren't for bad luck, Sarah would no luck at all, for she then discovers her cattle are being stolen by a rival

(Bryan Brown) – and she must move the huge herd to Darwin for shipping. Enter Drover (Jackman), a rugged and tough Aussie who reluctantly agrees to supervise the long cattle drive. Of course, it's no surprise when Drover and Sarah fall for each other despite their very different backgrounds as well as their push-pull relationship. But their growing attachment to Nullah and what they are willing to do for him adds the most suspense to this larger-than-life drama.

I think "Australia" should have ended after the cattle drive section of the film. That part of the movie, though somewhat repetitive, features intriguing story elements with fascinating mystical leanings, wonderful scenery, and an amazing sequence of cattle rushing toward a steep cliff -- as well as a steamy glimpse of Jackman showering (in slow motion!). Isn't that enough to please most viewers? But the show goes on -- moving finally to the Japanese bombing attack on Darwin at the beginning of World War II and dealing with its impact on Sarah, Drover and Nullah. By that time, I was too weary to appreciate all the warfare action.

Jackman emerges as the highlight of "Australia" for me. Endowing Drover with a tough and sarcastic exterior, this versatile actor also lets us see the man's vulnerability, especially where Sarah and Nullah are concerned. Many viewers compare Jackman's performance to Clark Gable's portrayal of Rhett Butler in "Gone with the Wind," but I found it a more nuanced one. The chemistry between Jackman and fellow-Aussie Kidman ignites the screen, so that's another highlight – as is Kidman's attempt to tell Nullah the "Wizard of Oz" story. Unfortunately, this Oscar-winning actress ("The Hours") goes a bit over the top at the beginning of the movie in scenes where Lady Ashley comes across more like a caricature than a character.

Director Luhrmann ("Moulin Rouge!"), who also co-wrote the screenplay, obviously engaged in a labor of love while filming this grand tale about his homeland. But like love itself, "Australia" has its highs and lows – which doesn't mean it's not worth watching. (Released by 20th Century Fox and rated "PG-13" for some violence, a scene of sensuality, and brief strong language.)



in question. "Duplicity" looks like a winner. It's scheduled for release on March 20.

"Monsters vs. Aliens," an animated movie crashing into our multiplexes on March 27, should be another treat. It's about a group of monsters called into action to save the world from aliens. The preview for this DreamWorks offering makes me smile every time I see it. Actors providing the voice talent include Kiefer Sutherland, Paul Rudd, Reese Witherspoon, Stephen Colbert and Hugh Laurie. Watch out for those asteroids!

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

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## TWO MARCH THEATRICAL TREATS

On the big screen this month, "Duplicity" is the movie I'm looking forward to the most. Clive Owen and Julia Roberts co-star as two corporate spies with a steamy past who pair up to outsmart their competitive bosses. Based on what I've seen in the previews, Owen and Roberts project great chemistry as a couple and seem to be having a good time working together. Written and directed by Tony Gilroy (the man responsible for that terrific "Michael Clayton" film), this romantic thriller also features the always wonderful Tom Wilkinson and the versatile Paul Giamatti as the rival executives

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