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Senior Beacon

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

MAY, 2010 Vol. 28: No. 10 Established Aug., 1982 334 Consecutive Months!

Closing Medicare Part D Doughnut Hole Iffy!

Closing Medicare Part D Doughnut Hole May Not Occur As Most Expect

Alexandria, VA (April 22, 2010) One of the biggest new benefits for seniors under healthcare reform is closing Medicare's Part D "doughnut hole." But the benefits may not materialize the way people expect, warns The Senior Citizens League (TSC), one of the nation's largest nonpartisan seniors groups. "Proponents of healthcare reform are confident that the public will warm to the new legislation," states TSC Chairman, Daniel O'Connell. "They say 'the more we learn about healthcare reform, the more we will realize the benefits.' But so far TSC is concerned that the benefits for seniors may be outweighed by new costs and taxes," O'Connell says.

The Medicare Part D doughnut hole coverage gap grows bigger every

year and is projected to exceed \$6,000 by 2020. In 2007, an estimated 14 percent of all Part D enrollees fell into the doughnut hole. And while TSC supports closing the Part D doughnut hole, "the way healthcare reform does it is like trying to fill a bathtub with the drain open," O'Connell explains.

Under the standard Part D benefit for 2010, beneficiaries pay a deductible of \$310, and monthly premiums. After paying the deductible, beneficiaries are responsible for co-pays that represent 25 percent of drug costs. Drug plans, which receive subsidies from the government, pick up the rest.

Once total spending by beneficiaries and their drug plan exceeds \$2,830 in 2010, they hit the doughnut hole, the point at which they must pay 100% of the cost of their prescriptions. After spending another \$3,610, coverage kicks back in and beneficiaries only

pay 5% of drug costs.

Under healthcare reform starting this year, Medicare beneficiaries who hit the doughnut hole will get a \$250 rebate to go toward the \$3,610. In 2011, beneficiaries who fall into the hole will get a 50% discount on brand-name drugs and a 7% discount on generics. Beginning in 2013, the federal government will gradually phase in additional subsidies in the hole to reduce beneficiary co-insurance rates to 25% by 2020 (meaning a 75% discount on both brand name and generic drugs). "But even while the amount that beneficiaries pay for drugs is going down, the doughnut hole is still scheduled to grow," O'Connell notes.

Between 2014 and 2019, the legislation works to reduce the out-of-pocket required for beneficiaries to receive the catastrophic coverage. "But a lot could go awry," observes O'Connell. "Completely closing the hole may be tough to do if drug costs grow more quickly than anticipated," he points out.

"By 2020, the totally unexpected happens," he says. "The level of out-of-pocket spending required for catastrophic coverage reverts to its former level—the level at which it would have been absent the reductions in intervening years." Seniors will gain

new coverage for the drugs in the hole, reducing costs to 25% co-insurance instead of 100%, much better than before. Yet the problem of out-of-pocket costs continuing to rise will only be slowed. In 2020 beneficiaries still would need to spend an estimated \$6,000 to reach catastrophic coverage.

TSC is conducting a national online survey to learn what seniors think of healthcare reform, and what their expectations may be about the legislation. To participate in the survey, visit www.SeniorsLeague.org.

With over 1 million supporters, The Senior Citizens League is one of the nation's largest nonpartisan seniors groups. Located just outside Washington, D.C., its mission is to promote and assist members and supporters, to educate and alert senior citizens about their rights and freedoms as U.S. Citizens, and to protect and defend the benefits senior citizens have earned and paid for. The Senior Citizens League is a proud affiliate of The Retired Enlisted Association. Please visit www.SeniorsLeague.org or call 1-800-333-8725 for more information.

Distributed by The Senior Exchange, Inc. - Serving The Mature American With Timely, Low-Cost, Self-Help Information



LifeFest 2010 Update

The award winning Expired and Unused Medication Drive will be at the Entrance of the Senior Life Festival 2010 held at the Events Center on the Colorado State Fair grounds in Pueblo on Friday May 7 beginning at 8 am.



This Event has collected over 40 tons of medication from 12 states. Featured in the American Health for Women, Kathilee Champlin was given an award for local health hero and received this from Katie Couric of at that time NBC new's luncheon in New York. Please have all medication emptied in a plastic bag, with no bottles of identification. All are disposed in a safe. Over 300,000 people die every year of mixing and taking the wrong med's. Medication cards to keep with you in your purse and wallet will be given out.

The Southern Colorado Senior Advocacy Association, YWCA, Sangre de Cristo Hospice, Genealogical Association, A Better View, JKL Counseling, the Epilepsy Foundation, Times Remembered Photography and Legacy Commons have been added to this year's LifeFest 2010 along with all the other booths that were printed in the LifeFest program that was inserted into the April edition of Senior Beacon. If you missed the program there will be some available at the LifeFest but you can also go to www.seniorbeacon.info and click on the Life Festival 2010 program if you'd like to know more.

We are happy to announce that Joseph C. Marshall (see picture above), Assistant Vice President for Enrollment Management, for Colorado State University Pueblo has committed to do a presentation at the Senior Life Festival on May 7, beginning at 10:45. His presentation will cover what CSU-Pueblo can offer senior citizens.

Mr. Marshall is currently Assistant Vice President for Enrollment Management at Colorado State University - Pueblo. Responsible for Admissions, Records, Visitor and Transfer Center, International Programs, Veterans Services, Enrollment Management, and other special projects. Previous Dean of Enrollment and Associate Vice President at UMass Amherst, Cal State Fresno, Cal Poly, and Cal State Fullerton. Graduate of Cal State Fullerton with a Bachelors and Masters in Psychology.

Riverwalk 2010 Boat Grand Opening

The Riverwalk's 2010 Boat Grand Opening Teams Up with Outlaws Car Show and Leadership Pueblo to Bring a Signature Event to the Downtown Area.

(PUEBLO) - On Friday, May 7, The Historic Arkansas Riverwalk of Pueblo (HARP) will host the 2010 Riverwalk Boat Opening, presented by Outboard Marine and Ski. The event will showcase the newly renovated Riverwalk Welcome Center and the first launching of the Riverview Gondola. Local bands will be playing on the Riverwalk both Friday and Saturday, and the Friday event will feature \$1 boat rides and Happy Hour Prices throughout the event!

On Saturday, May 8, the partnership event continues with Outlaws Car Show and Swap Meet on Union Ave. from 8 a.m. to 3 p.m., which benefits the PCC Scholarship Fund.

The Greater Pueblo Chamber of Commerce Leadership Pueblo Class of 2010 will also host a volunteer recruitment festival titled "That's My Pueblo" on Saturday, May 8 on the Riverwalk from 10 a.m. to 3 p.m. The Volunteer Recruitment Festival will give community members who would like to volunteer a chance to learn more about and interact with deserving non-profit organizations that need help to complete upcoming projects. The festival will feature incentives and giveaways for those who sign up to volunteer their time and talents with a participating non-profit organization.

For more information, contact the HARP Authority Office at (719) 595-0242, or check out our website at www.puebloharp.com



The Historic Arkansas Riverwalk of Pueblo is a 32-acre urban waterfront experience located in Pueblo, Colorado located on the Front Range corridor of I-25. Pueblo's Riverwalk brings the Arkansas River to its historic channel that flows through the center of downtown Pueblo. The Riverwalk integrates the power of water with trails, dining experiences, commercial and retail development opportunities, and public spaces for art and entertainment.

I'm Still Above Ground

by James R. Grasso, Chief Cook & Bottle Washer



Life Festival 2010

A final reminder to come on out to the annual Senior Life Festival. This year's event will take place at the Events Center on the State Fairgrounds on May 7, 2010. Doors open at 8:00am and a can of food for Care and Share and \$1.00 donation for the Paws Animal Project will get you into the show.

Kathilee Champlin, the show's director, has outdone herself again this year. Stop by the Senior Beacon booth and we can visit!

How About Some Humor?

I'm weary of beating my head against the wall with what is happening in our country. This month I decided to just have a laugh for laughter's sake instead of a laugh of derision toward our so-called "leaders."

from the internet:

An elderly man.... had serious hearing problems for a number of years. He went to the doctor and the doctor was able to have him fitted for a set of hearing aids that allowed the gentleman to hear 100%. The elderly gentleman went back in a month to the doctor and the doctor said, 'Your hearing is perfect.. Your family must be really pleased that you can hear again.' The gentleman replied, 'Oh, I haven't told my family yet. I just sit around and listen to the conversations. I've changed my will three times!'

SEE "HUMOR" PAGE 8.

Heritage/Birding Festival May 13-16

Four days of special tours will take place from Thursday to Sunday, May 13-16, 2010 in Southeast Colorado as part of the Colorado Historical Society's Archaeology and Historic Preservation Month and the 5th annual Bent On Birding Festival. The annual 'Rollin' Along the Santa Fe Trail' auto tours feature 4-days of fun showcasing SE Colorado's historic landmarks and birding on private land.

Guest guides feature historic petroglyphs and Rock Art, buffalo and wildlife on private property along the Purgatoire River, a 1860's private home tour. Visit Birding habitat with guides John Drummond and Duane Nelson where over 400 species have been sighted including Piping Plover, Bald Eagles, & Least Tern; see a Zeb Pike first-person interpretation, Pike Memorial, Old Las Animas, Kit Carson Chapel, Bent's Old Fort interpretive trail, a cemetery tour, ghost tales, pub crawl and much more. Join guides at a Friday banquet with silent auction, plus an evening bird walk to look for Black Rail. The Sat. tour concludes with a buffalo cuisine dinner at Boggsville.

County Chamber of Commerce for a Welcome Reception, Thursday at 12:30 pm., with tour following at 1 pm; Fri. tour begins at 8 am, Sat. at 8 am, and Sun. at 6 am for an early bird & wildlife tour. Learn more about Amache and Sand Creek.

Workshops include Plant ID, birdhouse making, and wildlife sketching. Earlybird registration is \$10 by May 1, after May 1 is \$15 which includes one tour. Ask about early discount 4-day package, and hotel/ breakfast options. Optional catered cowboy lunches on tour with Purgatoire Trail Bars are \$5. For information call 719-456-1296. 456-2173; send registration to '2010 Heritage/Birding Festival' at PO Box 387, Las Animas, CO 81054.

For brochure, email BentOnBirding@yahoo.com.





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NEW! Introducing Lifeline with AutoAlert!^{*}
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Philips Lifeline delivers new technology to help enable older adults to continue living independently.

Our new Lifeline with AutoAlert option was developed over a four-year period by a global team of scientists and engineers. Development required a partnership with older adults to record and analyze thousands of hours of senior movement and activity, both in laboratories and while participants went about their everyday lives.

Of course, our industry-leading™ standard Lifeline Service still exists, and provides quick access to help at the push of a button, 24 hours a day, 7 days a week.

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*AutoAlert option locally available at participating Lifeline programs. AutoAlert does not detect 100% of falls. If able, the user should always press their button when they need help.

Lifeline with AutoAlert has an added layer of protection that places a call for help if a fall is detected

- Multiple sensors help detect falls while minimizing false alarms.
- The Intelligent Alarm feature is designed to detect when a person cannot get up from a fall on their own.
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Info On Low Vision From The Optometric Assn.

by Kathy-Lyn Allen-Rocky Mountain Eye Center

Information on Low Vision – from the American Optometric Association (AOA)

Low vision rehabilitation can help to make the most of remaining sight. Few people are totally without sight. Most individuals today classified as “blind” actually have remaining sight and, thanks to developments in the field of low vision rehabilitation, can be helped to make good use of it, improving their quality of life.

Anyone with noncorrectable reduced vision is visually impaired, and can have a wide range of problems. The World Health Organization uses the following classifications of visual impair-

ment. When the vision in the better eye with best possible glasses correction is:

- 20/30 to 20/60 is considered mild vision loss, or near-normal vision
- 20/70 to 20/160 is considered moderate visual impairment, or moderate low vision
- 20/200 to 20/400 is considered severe visual impairment, or severe low vision
- 20/500 to 20/1,000 is considered profound visual impairment, or profound low vision
- less than 20/1,000 is considered near-total visual impairment, or near total blindness
- no light perception is considered total visual impairment, or total

blindness

There are also levels of visual impairment based on visual field loss (loss of peripheral vision).

In the United States, any person with vision that cannot be corrected to better than 20/200 in the best eye, or who has 20 degrees or less of visual field remaining, is considered legally blind.

Visual impairments take many forms and exist in varying degrees. It is important to understand that visual acuity alone is not a good predictor of the degree of problems a person may have. Someone with relatively good acuity (e.g., 20/40) can have difficulty functioning, while someone with worse acuity (e.g., 20/200) might not be having any real problems.

Rocky Mountain Eye Center’s board certified ophthalmologists and optometrists – along with the optical staff – offer quality, affordable eye care services to patients of all needs throughout southeastern Colorado and northern New Mexico. Offices are located in Pueblo (two locations), Cañon City, Salida, La Junta, Alamosa, Trinidad and Raton, NM.

For more information on scheduling your next eye exam, please call 719-545-1530 or visit www.rockymountaineyecenter.com

This information was retrieved (March 2010) from <http://www.eyecareamerica.org/eyecare/treatment> Please contact the American Academy of Ophthalmology (AAO) directly for more information.

Colorado Symphony Orchestra Presents May Concert Schedule

COLORADO SYMPHONY ORCHESTRA MAY CONCERTS

MAY 1 (SAT 7:30)

The Music of the Beatles: Sgt. Pepper’s Lonely Hearts Club Band
CSO Pops
Jeans ‘n Classics | CSO Chorus

A CSO favorite, Jeans ‘n Classics perform the music of the Beatles’ Sgt. Pepper’s Lonely Hearts Club Band, an album considered to be one of the most influential of all time. The program also includes other favorite Beatles classics. Need we say more?

“The fuller orchestration of last night’s rendition added sinuous themes to the performance, which also featured an incandescent guitar solo by Rik Emmett that drew a spontaneous standing ovation from the audience. By playing the album in its entirety -- to the vocal appreciation of the audience -- the talented performers paid a fitting tribute to Abbey Road and its unique musical odyssey, by embarking upon an eminently enjoyable musical journey of their own.” – Kitchener-Waterloo Record, Ontario, Canada

MAY 5 (WED 7:00)

Cinco de Mayo Celebration Concert
Scott O’Neil, associate conductor | Jose Luis Duval, tenor | Jeff Nevin, arranger/trumpet
Mariachi “Sol de Mi Tierra” · Juventino Romero, director
Bryant Webster School “Mariachi Juvenil” · Pam Li, director
Fiesta Colorado Dance Company · Jeanette Trujillo Lucero, director

MAY 7 (FRI 7:30)

Broadway Rocks! From Phantom to Dreamgirls – CSO Pops
Scott O’Neil, associate conductor
Starring Vocalists Susan Egan, Capathia Jenkins, Hugh Panaro and Doug La-

Brecque

Join the CSO and four of Broadway’s best singers for great moments from hit musicals including Phantom of the Opera, Tommy, Rent, The Lion King, Mamma Mia, Jekyll and Hyde, The Wiz, Hairspray, Chess, Jesus Christ Superstar and Dreamgirls.

“...in ‘Sooner or Later’ from the movie Dick Tracy, [Susan Egan’s] charisma and captivating vocal style immediately impressed. Her multi-faceted characterizations from leading roles in Broadway’s Thoroughly Modern Millie and Cabaret were electrifying. But Egan’s most memorable moment came as the reticent bride singing ‘Getting Married Today’ from Company. She sang Stephen Sondheim’s lightning quick lyrics with an auctioneer’s skill, and her reaction to contributions from an oblivious bridegroom (Maguire) and pious church soprano (Lisa Vroman) were priceless.” – Salt Lake Tribune

MAY 14-16 (FRI 7:30, SAT 7:30 & SUN 2:30)

Baroque Masterpieces – CSO Masterworks
Nicholas Kraemer, conductor and harpsichord

Concert Preludes and TalkBack*
PURCELL - Suite from The Fairy Queen
HANDEL - Concerto grosso No. 2
BACH - Orchestral Suite No. 3
CORELLI - Concerto grosso No. 6
HANDEL - Music for the Royal Fireworks

British early music conductor and harpsichordist Nicholas Kraemer leads the orchestra in a program of Baroque classics and favorites including Bach’s Orchestral Suite No. 3, which contains Bach’s famous Air in G, Purcell’s Suite from The Fairy Queen, Concerti grosso by Handel and

Corelli, and Handel’s Music for the Royal Fireworks.

“We know from Nicholas Kraemer’s work with Chicago’s Music of the Baroque these past several seasons that he knows his way around the 17th and 18th Century orchestral repertory so well that it doesn’t matter whether period or modern instruments are used -- the music lives, breathes and dances just as stylishly.”

– Chicago Tribune

MAY 21-22 (FRI 7:30, SAT 7:30)

Marvin Hamlisch: SOCK HOP FIFTIES!
– CSO Pops
Marvin Hamlisch, principal pops conductor

“That’s how much Pittsburghers love their oldies, and they packed the theater twice on ‘Jimmy Beaumont and the Skyliners Day,’ as decreed by Mayor Luke Ravenstahl... The Skyliners, sporting blinding white suits with gold trim and rhinestones, capped a three-hour show with a 13-song set that displayed the group’s range, from the heavenly modern ballads of Donna Groom to Dick Muse’s bubbly ‘Nip Sip.’ Beaumont unselfishly showed off the rest of his group, as well as his ability to sing the backup bass parts. Beaumont took the lead for a few Skyliners standards in the mold of ‘Since I Don’t Have You’ and then laid it all out there in the finale, putting all of his being into hitting the high notes on that 1959 classic.” – Pittsburgh Post-Gazette

MAY 23 (SUN 2:30*)

Enchantment Theatre Company Presents Scheherazade!
CSO Family Series
Scott O’Neil, associate conductor

Enchantment Theatre Company presents Rimsky-Korsakov’s Scheherazade. Join the CSO as Scheherazade tells her one-thousand-and-one stories in order to heal her King and save his kingdom. Through

these fantastic tales – using masks, puppets, magic and more – the King experiences adventures both great and small, and discovers his true capacity to love.

*Pre-concert activities at 1:00

“Enchantment Theatre adds a beautiful visual narrative to Scheherazade, Rimsky-Korsakov’s stirring orchestral music. The audience was mesmerized by both.”
–Joan Katz Napoli, The Cleveland Orchestra

MAY 28-30 (FRI 7:30, SAT 7:30 & SUN 2:30)

Beethoven Symphony No. 9, adams On The Transmigration of Souls
CSO Masterworks

Jeffrey Kahane, music director
Charlotte Dobbs, soprano | Barbara Rearick, mezzo-soprano
Benjamin Butterfield, tenor | Robert Gardner, baritone
CSO Chorus · Duain Wolfe, director | Colorado Children’s Chorale
Concert Preludes and TalkBack*
JOHN ADAMS - On the Transmigration of Souls

BEETHOVEN - Symphony No. 9

Widely regarded as Beethoven’s finest masterpiece and one of the most well-known in Western classical repertoire, Symphony No. 9 marks the first time that a composer used vocals in a symphonic piece. The Colorado Symphony Chorus and soloists proclaim Beethoven’s celebratory setting of “Ode to Joy” in the final movement. Also included in this monumental program is John Adams’ tribute to those who lost their lives on 9/11, On The Transmigration of Souls.

“My desire in writing this piece is to achieve in musical terms the same sort of feeling one gets upon entering one of those old, majestic cathedrals in France or Italy. When you walk into the Chartres Cathedral, for example, you experience an immediate sense of something otherworldly. You feel you are in the presence of many souls, generations upon generations of them, and you sense their collected energy as if they were all congregated or clustered in that one spot...you feel very much alone with your thoughts and you find them focused in a most extraordinary and spiritual way.”
– John Adams speaking about On the Transmigration of Souls

May is National Stroke Awareness Month

Parkview Medical Center is a Certified Primary Stroke Center

Stroke is the third leading cause of death in the United States.

Know the warning signs of stroke:

Act **F.A.S.T.!**

FACE - facial droop or an uneven smile

ARM - Arm numbness or weakness

SPEECH - Slurred speech, difficulty speaking or understanding

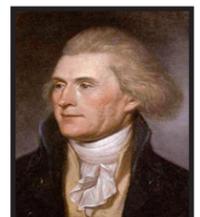
TIME - Call 911 and get to the hospital immediately

Stroke Community Education Class

1:30-3:00 p.m., May 20, Class offered monthly. Call the Parkview Stroke Center 584-4384 for more information.

Thomas Jefferson

3rd. President, Democrat
Term of Office: January 20, 1777 to January 20, 1781



“A government big enough to give you everything you want, is strong enough to take everything you have.”

Your Health
Your Hospital



news of the weird

COMPILED BY CHUCK SHEPHERD
FOR SENIOR BEACON



Cultural Diversity

Blair Fowler, 16, delights her frenzied fans as a "haul queen," inspirationally "shopping for glory" by smartly tearing through stores and then displaying and expertly describing her purchases on Internet videos. A March Times of London dispatch from Los Angeles noted Fowler's acclaim "for her ability to deliver a high-pitched 10-minute lecture on the merits of skinny versus low-riding jeans, apparently without drawing breath." According to The Times, at least 100,000 "haul" videos are available on YouTube, mostly from "amateurs." Fowler's videos, though, have been viewed 75 million times by "haul" wannabes (mostly teenage girls).

Leading Economic Indicators

-- American companies continue trying to outsource work overseas, no matter how increasingly improbable the project. The Chronicle of Higher Education in April reported on the University of Houston business school's contract to have student papers uploaded to "teaching assistants" (mostly residing in India, Singapore and Malaysia), who read them, mark them up and offer constructive advice. UH professor Lori Whisenant, who initiated the university's contract with the firm EduMetry, said she is generally pleased with the results.

-- Recycled Components: (1) Swiss clockmaker Artya announced in March the creation of a wristwatch set in fossilized dinosaur feces (with a strap made with skin from an American cane toad). Designer Yvan Arpa told the Associated Press the watch would sell for about \$12,000. (2) The spa Ten Thousand Waves near Santa Fe, N.M., is only the latest U.S. facility to offer as

a "signature" treatment the "Japanese Nightingale Facial," supposedly used for centuries by Japanese geisha for skin rejuvenation. Nightingale droppings are dried and sanitized, then spiced with oils and used as a face scrubber.

-- Recession-Proof Markets: (1) Jimmy Choo stores in New York City quickly sold out recently of their new, blinking, women's shoes with five-inch heels, which light up with every step taken, at \$2,495 a pair (although the unchargeable battery dies after about 100 uses). (2) A Georgia Tech advertising researcher, writing in the current Hastings Center Report, found that college women seeking to donate their eggs for in vitro fertilization could expect to make on average \$2,350 more than someone just like them except who had SAT scores 100 points lower.

-- Stimuli: (1) A North Carolina research organization in March, picking the state's 10 worst destinations for federal stimulus grants, included two ongoing projects at Wake Forest University: long-term cocaine-addiction in monkeys, and the potential benefits of yoga on menopausal hot flashes. (2) The Florida Legislature, sensing a need to jump-start business in the faltering yacht industry, reduced the sales tax. Rather than tax the entire selling price, tax would be levied on only the first \$300,000 (for example, giving a beleaguered yacht buyer a \$42,000 cut on the overall price of a \$1 million boat).

Abnormal Science

-- Child-Bearing, Explained: Virginia state legislator Bob Marshall, speaking in February in opposition to state funding for Planned Parenthood, said the organization is partly responsible for the number of disabled children in America. According to the

Old Testament, he said, being forced to bear a disabled child is punishment for the mother's having earlier aborted her first-born. "(W)hen you abort the first-born ... nature takes its vengeance on the subsequent children." Said Marshall, the organization ought to call itself "Planned Barrenhood."

-- When stroke victims recover, they have sometimes acquired bizarre obsessions, like one by David Stopher of North Tynesdale, England, who found himself unable to say no to salespeople. According to a March Daily Mail report, the biggest beneficiary of Stopher's condition has been the wireless telephone network (known as 3), whose marketers had signed Stopher up for six different phones and plans at the same time (and paid all on time until his brothers stepped in to persuade 3 to restructure the account).

-- Heather Has Two Mommies and a Daddy: Scientists at Britain's Newcastle University announced in April that they had grown human embryos free of certain serious genetic diseases by first merging DNA from two fertilized eggs to eliminate the potential deadly marker(s). The resulting child would have over 99 percent of the DNA of the mother and father (i.e., all except the unhealthy markers). One scientist compared the procedure to "changing the battery on a laptop" (which leaves the data files intact).

-- Intelligent Evolution: Researchers from Royal Roads University in Canada reported last year that the large, carnivorous pitcher plants of Borneo prefer to eat insects and spiders, but where those are in short supply, as in the Philippines highlands, the pitchers have grown to a size accommodating an alternative source of the nitrogen they need. The pitchers have "learned" that if they produce copious amounts of nectar, it will attract the tiny-mouse-sized tree shrew to harvest it, and the shrews, trapped inside the plant, will leave droppings directly on the spot most advantageous for the pitcher to consume them. Said professor Charles Clarke, discovery of the arrangement "totally blew us away."

Least Competent Criminals

(1) Police in Berwick, Maine, made an easy collar in April, solving four residential burglaries. As it turns out, their two suspects (ages 33 and 32) committed the crimes while wearing their GPS monitoring bracelets following an earlier arrest in New Hampshire, and their movements perfectly

coincided with the burglars' route. (2) The Drug Warehouse burglar in Tulsa, Okla., in April escaped, but the crime was captured on surveillance video and features the perp, apparently hearing sirens, grabbing his ladder and scrambling up through the ceiling to find the passage he used to get in. However, as he scrambled, he kept falling through the ceiling to the floor, only to have to try again. He fell to the floor six times, but apparently escaped on the seventh try.

The Aristocrats!

-- (1) Steven Plank, 52, was arrested in Port St. Lucie, Fla., in March after a spat with his disabled father, who had apparently used the stove out of turn to boil some potatoes. According to police, Plank dumped the pot of water on his dad, then grabbed the urine cup hanging on dad's walker and dumped that on him, too. (2) Jacoby Laquan Smith, 33, was charged with beating up his quadruple-amputee girlfriend in St. Paul, Minn., in March because, he said, she had blocked his view of the television. The girlfriend, 28, who lost both hands and part of both legs from a childhood illness, fought back, punching Smith and dumping her bedpan on him. Said Smith, of his frequent fights with her, "She'll swing, push me down, and choke me with her nubs."

A News of the Weird Classic (April 1997)

Iraqi president Saddam Hussein filed a libel lawsuit in February (1997) in Paris against the magazine *e Nouvelle Observateur* for a September 1996 story in which Saddam was described by various Arab leaders as stupid and incompetent and specifically, among other things, as an "executioner," a "monster," a "murderer," "a perfect cretin" and a "noodle."

Taste Tester

Computer hardware engineer Toshio Yamamoto, 49, this year celebrates 15 years' work tasting and cataloging all the Japanese ramen (instant noodles) he can get his hands on (including the full ingredients list, texture, flavor, price and "star" rating for each), for the massive 4,300-ramen database on his Web site, expanded recently with "hundreds" of video reviews and with re-reviews of many previously appearing products (in case the taste had changed, he told journalist Lisa Katayama, writing in April on the popular blog Boing Boing). Yamamoto said he had always eaten ramen for breakfast seven

SEE "WEIRD" PAGE 22.



HOT-N-READY



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4104A Outlook Blvd. (Between Albertson's & Lowe's) • 544-7701

PUEBLO WEST
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LAMAR
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For A Healthier You



The Long/Short Of Long Term Care Insurance

(NAPSI)-Here's good news about life and health in the U.S. today: The average life expectancy, which was 65 about 50 years ago, is now well over 70. What's more, the older you get, the older you're likely to get. Once you reach 65, you can expect to live another 18.4 years. If you make it to 75, your life ex-

pectancy increases to 86.8.

What that means, for many, however, is that getting long-term care insurance can be a good idea.

Long-term care includes a wide range of medical and support services for people with a degenerative condition (say, Parkinson's or a stroke), a prolonged

illness (cancer) or a cognitive disorder (Alzheimer's). Most people need such care in their later years, but younger people can need it, too, due to accidents or illnesses.

The care can be provided in many settings including nursing homes, your own home, assisted-living facilities and adult day care. Almost half of all long-term care insurance benefits pay for home care. The care is not only chronic care but involves assistance with daily living--dressing, eating, traveling and housekeeping. Full-time, this can become very expensive; that's why you need insurance.

Important Things To Know

1. You must health qualify for long-term care insurance. Not everyone can. Because health changes, especially as you age, it's smart to look into this well before you reach retirement age (your 50s are generally a good time to start).

2. Long-term care insurance can be far more affordable than you think. There are many ways to make this protection affordable.

3. Rates (premiums) can vary significantly from one insurer to another. Speak with a knowledgeable profession-

al to get the best protection for the best rate.

4. Health qualifications can also vary from one insurer to another. Be prepared to share information with an insurance professional.

5. You're only going to buy long-term care insurance once. It's almost never economically advantageous to switch, primarily because costs are based on your age at application.

Mistakes To Avoid

1. Waiting too long to start planning. The sooner, the cheaper.

2. Believing it won't happen to you.

3. Counting on government programs.

4. Not working with a long-term care insurance professional.

Learn More

If you have a relationship with a financial planner or other professional, you can ask for referrals to a long-term care insurance specialist. If you need to find a professional or if you'd like more information, you can find it at the National Association of Insurance and Financial Advisors Web site at www.naifa.org/consumer.

Protecting Pets From Rattlers

Approximately 300,000 domestic animals a year are bitten by venomous snakes in the U.S., according to The Veterinary Medical Teaching Hospital University of California, Davis.

The best way to prevent your pet from a deadly encounter is to teach them to avoid snakes through snake aversion training by a professional trainer.

Dundee Memorial Animal Care Center, 1200 Broadway, Silver Cliff, CO 81252 will be offering its tenth annual snake aversion training clinic for dogs at Dundee's facility in Silver Cliff on Friday June 11 and Saturday June 12. The training takes approximately 60 minutes. The charge is \$65 per dog, with a 5% discount for owners registering more than one animal.

The training will be conducted by Bob Kettle, who has conducted hundreds of such training sessions throughout the western United States during the last 15 years, including sessions at Dundee each of the past ten years.

Dundee was built and named after "Dundee," an Australian Shepherd who was bitten by a rattlesnake and died as a result of her encounter. In the ten years since her death none of the five Aussies who shared her home have been bitten, though they have made their owners aware of the presence of snakes on several occasions.

For more information or to obtain a registration form, call Dundee Memorial Animal Care Center at (719) 783-3770.

FREMONT/CUSTER County Menus

Penrose(372-3872) - Canon City(275-5524)
Florence(784-6493) - Silvercliffe (783-9508)

SALIDA MENU

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

MAY 4: VEGETABLE SOUP, Wheat Crackers, Tuna Salad/Lettuce/Tomato, Baked Acorn Squash, Almond Peaches, Pears.

MAY 6: HUNGARIAN GHOUISH, California Vegetable Medley, Chopped Spinach/Malt Vinegar, Banana.

MAY 7: PORK CHOW MEIN, Brown Rice, Cooked Cabbage/Red Pepper, Banana, Fortune Cookie.

MAY 11: TOMATO SOUP, Turkey/Wheat/Mustard/Salad Dressing, Green Beans, Tangerine, Almond Peaches.

MAY 13: TURKEY POT PIE, Tossed Salad, Orange Juice, Apple.

MAY 14: HAMBURGER/CATSUP/MUSTARD/ONION, Sliced Tomato/Lettuce, Baked Beans, Potato Salad, Apricots.

MAY 18: BEEF BARLEY SOUP, Wheat Crackers, Sesame Broccoli, Apricot Pineapple Compote, Apple.

MAY 20: BAKED POTATO, Broccoli Cheese Sauce, Tossed Salad/Lite French Drsg., Strawberry Applesauce, Fruit Cocktail.

MAY 21: HONEY BBQ CHICKEN, Oven Browned Potatoes, Chopped Spinach, Diced Pears.

MAY 25: CREAM OF POTATO SOUP, Roast Turkey/Gravy, Carrot- Raisin Salad, Tropical Fruit.

MAY 27: COMBO BURRITO, Lettuce/Tomato/Salsa, Green Beans, Cilantro Lime, Rice, Sliced Peaches.

MAY 28: BEEF STROGANOFF, Cut Broccoli, Tossed Salad/French Dressing, Apricot Pineapple Compote.

GOLDEN AGE CENTER

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

MAY 3: Submarine Sandwich/Salad, sliced tomato/lettuce, macaroni salad, oatmeal raisin cookie.

MAY 5: Combo Burrito/Brown Rice, lettuce/tomato, green beans, sliced peaches.

MAY 7: Hamburger/Bun, baked beans, potato salad, fruit.

MAY 10: Macaroni/Cheese, shredded green salad/lemon, whipped hubbard squash, strawberry applesauce.

MAY 12: Chicken Fried Steak, whipped potatoes/gravy, california veggie medley, fruit.

MAY 14: Chicken/Noodles, baked acorn squash, green beans, apricot pineapple compote.

MAY 17: Swedish Meatballs/Gravy, scal-



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(719) 543-2634

121 S. 5th St.
Cañon City, CO 81212
(719) 275-1101

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

loped potatoes, mexicali corn, coleslaw, peaches.

MAY 19: Roast Pork/Gravy, oven brownedpotatoes, parslied carrot, sugar free strawberry Jell-O.

MAY 21: Birthday Meal: Crunchy Baked Tilapia, whipped potatoes, veggies, PA oeange compote.

MAY 24: Beef Stroganoff, orange spiced carrots, harvard beets, tropical fruit.

MAY 26: Pork Chow Mein/Brown Rice, cooked cabbage/red pepper, wheat bread/marg., banana fortune cookie.

MAY 28: Chicken A-La-King, whipped pottatoes, green peas, tossed salad, light ranch, mixed fruit.

MAY 31: Salmon Patties/Cream Sauce, brown rice, mixed veggies, manderin orange, raisin nut cup.

CUSTER SENIOR CTR.

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

MAY 3: AMERICAN LASAGNA, Herbed Green Beans, Cabbage, Banana, Italian Bread/Marg.

MAY 4: HOT TURKEY SANDWICH, Whipped Potatoes, Asparagus Amandine, Pineapple Mandarin Orange Compote.

MAY 6: SPLIT PEA SOUP, Hamburger/bun/Catsup/Mustard/Onion, Creamy Cole-slaw, Banana.

MAY 10: ROAST PORK, Whipped Potatoes/Gravy, Parslied Carrots, Strawberry Gelatin Salad, Dinner Roll/marg.

MAY 11: HONEY BBQ CHICKEN, Scal-
loped Potatoes, Mexicali Corn, Creamy

Cole Slaw, Grapes.

MAY 13: CHILI RELLENO CASSE-ROLE, Parslied Carrots, Tossed Vegetable Salad/Lemon

MAY 17: TOMATO SOUP, Turkey/Wheat/Mustard/Salad Dressing, Green Beans, Tangerine, Almond Peaches.

MAY 18: SWISS STEAK/MUSHROOM SAUCE, Whipped Potatoes, Seasoned Greens, Waldorf Salad & Banana.

MAY 20: TATOR TOT CASSEROLE, Tossed Salad, Hubbard Squash, Pears.

MAY 24: CHICKEN SALAD SANDWICH/Whole Wheat Bread, Sliced Tomato/Lettuce, Orange juice, Sliced Peaches.

MAY 25: SPAGHETTI/MEATSAUCE, Tossed Salad/Italian Drsg., Green Beans, Orange.

MAY 27: COMBO BURRITO, Smothered with Chicken Green Chile, Tomato, Lettuce/Salsa, Black Beans/Cilantro, Diced pears.

MAY 31: TUNA NOODLE CASSEROLE, Italian Green Beans, Pineapple Tidbits.

FLORENCE

100 Railroad St. - Florence Tu-Thur-Fri

MAY 4: SALISBURY STEAK, Whipped Potatoes/Gravy, Italian Green Beans, Tropical Fruit.

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

MAY 7: TUNA NOODLE CASSEROLE, Mixed Vegetables, Sliced Zucchini, Squash, Sliced Peaches.

MAY 11: HONEY BBQ CHICKEN, Oven Browned Potatoes, Chopped Spinach, Diced Pears.

MAY 13: HOT TURKEY SANDWICH, Whipped Potatoes, Asparagus Amandine, Pineapple Mandarin Orange Compote.

MAY 14: BRATWURST/BUN/Sauerkraut/Mustard/Onion, Pickled Beets, Sliced Peaches.

MAY 18: OVEN FRIED CHICKEN, Spinach Mandarin Orange Salad, Potato Salad, Peaches, Cornbread/marg.

MAY 20: ENCHILADA PIE, Sliced Tomato/Lettuce, Sliced Yellow Squash, Mixed Fruit.

MAY 21: TURKEY SANDWICH/Provo-lone Cheese/Mustard/Sliced Tomato/Lettuce, Orange, Waldorf Salad.

MAY 25: ROAST BEEF, Mashed Potatoes/Gravy, Green Bean Amandine, Apricot Peach Compote, French Bread/marg.

MAY 27: CHICKEN A LA KING, Whipped Potatoes, Tossed Salad/Lite Drsg., Orange, Apricot Halves.

MAY 28: HAMBURGER/CATSUP/MUSTARD/ONION, Sliced Tomato on Lettuce, Baked Beans, Potato Salad, Apricots.

PENROSE CENTER

1405 Broadway-Penrose (Tues/Thur)

MAY 4: TUNA MACARONI SALAD, Cool Cucumber Salad, Orange Juice Gelatin, Salad with Banana, Peaches, Cheddar Drop Biscuit.

MAY 6: SLOPPY JOE/BUN, Scalloped Potatoes, Broccoli and Carrots, Apple.

MAY 11: SPINACH LASAGNA, Tossed Vegetable Salad, Green Beans, Tangerine.

MAY 13: BEEF BARLEY SOUP, Wheat Crackers, Sesame Broccoli, Apricot Pineapple Compote, Apple.

MAY 18: TURKEY TETRAZINI, Italian Green Beans, Cottage Cheese Peach Salad, Strawberry Applesauce.

MAY 20: HONEY BBQ CHICKEN, Oven Browned Potatoes, Chopped Spinach, Diced Pears.

MAY 25: MEATLOAF/Brown Gravy, Cheesy Potatoes, Seasoned Green Beans, Pineapple Tidbits.

MAY 27: BRATWURST ON A BUN With Sauerkraut, Mustard & Onion, Pickled Beets, Sliced Peaches.

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

Fashion: Looooking Gooood!

Wallet-Friendly Beauty Tips From An Expert

(NAPSI)-A few wallet-friendly beauty tips can help you find great alternatives to beauty splurges. Sonia Kashuk, a professional makeup artist and author of "Real Beauty," provides high-quality products at affordable prices at Target. She also provides sensible answers to beauty questions:

Q: What are my options with foundation?

A: Unless you have a specific skin issue, you probably don't need full-coverage foundation. Today, women take better care of their skin, and foundation can be used on an as-needed basis. Options include tinted moisturizer, for a beautiful finish with a natural, weightless feel; and liquid foundation that lets you build it up where you need additional coverage. To thin out foundation, mix it with moisturizer.

Q: I want to save money and give myself manicures at home. What do I need and what are the hottest colors?

A: The first nail care essential is a good metal file that's safe and effective for even brittle, weak nails. Metal files are washable so they last longer and stay germ-free. Use a cuticle pusher to gently push back cuticles after soaking them in warm water. You need

a good buffer. A three-in-one option smooths, buffs and shines and keeps nails ridge-free. Nails are the new color playground. Look for neutrals, brights and shimmering metallics.

Q: What are the color trends this season?

A: They run the gamut from neutrals to soft pastels and warm brights, so there's a color for everyone. The combination of a paler eye with a brighter mouth is great while a natural-looking nude face is gorgeous on everyone.

Q: I don't want to be in the sun but do want a tan. What's the healthiest, easiest way?

A: Self-tanners are the best option for natural-looking color without sun. My Sonia Kashuk collection at Target offers great tan towelettes for face and body that are easy to use. The single-use towelettes give you a healthy, streak-free glow, instantly. Since they're in individual packets, they're great for travel. Also, use a radiant tinted moisturizer with an SPF 15 to add a hint of tint while protecting skin from harmful UVA and UVB rays. Complete the look with a light dusting of bronzer on the bridge of your nose, forehead or cheekbones-any part of

your face that would be naturally sun kissed.

Q: I don't have a big budget. What brushes do I need?

A: You need four brushes to start: a medium fluffy eye shadow brush, domed eye shadow brush, smudge brush and a blusher brush. The fluffy shadow

brush applies a wash of color over the entire lid. Use the domed shadow brush to blend and to place color in the crease of your lid. The smudge brush is great to put color at the lash line, and lastly, the blusher brush can be used for powder, blush and bronzer. These are all in the Kashuk Tools line at Target.

Shower Your Way To Younger-Looking Skin

(NAPSI)-Not just a pretty face: There's more to having a youthful appearance than soft, smooth facial skin. Your neck, décolletage, hands, arms and knees are also prone to visible signs of skin aging.

"As body skin ages, it loses moisture and elasticity, which can make skin appear older as well as lead to dryness," says beauty scientist Rolanda Johnson.

A disparity between face and body skin care can exaggerate the signs of aging, according to evolutionary biologist Dr. Bernhard Fink. He recently conducted a study on the effect of body skin's appearance in relation to perception of age. It found that in terms of age and attractiveness perceptions, people are sensitive to the appearance of body skin. In addition, the study indicated that when judged independently from the face, body skin, if maintained, is perceived up to 10 years younger and adds to the overall perception of youthfulness.

"The study indicates that skin around the neck and chest, arms and hands are important areas for women in terms of age perception," said Dr. Fink. "Keeping your skin moisturized is one of the most basic things you can do to prevent visible signs of aging. Using products that go beyond basic moisturization to provide additional anti-aging benefits can be a further help."

To that end, there's now a product that helps you shower your way to younger-looking skin. It contains a proprietary technology that goes beyond cleansing and basic moisturizing to remove dry skin cells and improve skin cohesiveness for younger-looking, more radiant skin. It fights seven signs of aging, brightens dull skin, evens skin tone and improves elasticity in seven days.

The product, Olay Total Effects 7-in-1 Advanced Anti-Aging Body Wash, comes in two formulations: Deep Penetrating Moisture, with jojoba butter and VitaNiacin; and Exfoliate & Replenish, with microderm beads and VitaNiacin to remove dry skin cells and replenish your skin with moisturizers.

"We lavish attention on faces and bodies but necks get no respect," said author Charla Krupp, who examines over 1,000 smart, easy ways of hiding fat without dieting in her book "How To Never Look Fat Again." "The neck often ages faster than the face. A lot of women who began using a sunscreen on their faces a decade or two ago continued to tan their neck and bodies and the contrast between neck and face is unsightly."

Krupp recommends daily use of a broad-spectrum SPF 15 or higher sunscreen. Reapply it every two hours if you've been swimming or perspiring. Also, wear protective clothing and stay out of the sun at midday and when at high altitudes to protect your skin from premature aging.

For more information, visit www.olay.com or call (800) 285-5170



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

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

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Social Security & You

by Melinda Minor, District Manager - Pueblo



QUESTIONS AND ANSWERS DISABILITY

Question:

I am 59 years old and I currently receive Social Security disability benefits. Can I still get my regular Social Security retirement benefits when I reach full retirement age?

Answer:

If you are still receiving Social Security disability benefits when you reach your full retirement age, we will automatically switch you from disability benefits to retirement benefits at that point. The money amount will remain the same — we will just classify you as a retiree instead of a person with a disability. For more information, visit our website on disability benefits at www.socialsecurity.gov/disability.

Question:

My brother had an accident at work last year and is now receiving Social Security disability benefits for himself, his wife, and daughter. Before his accident, he helped support another daughter he had by a woman he never married. Is the second child entitled to some benefits as well?

Answer:

Even though your brother wasn't married to the second child's mother, the child may qualify for Social Security benefits. Someone should file an application on the child's behalf. If she is found to be eligible, both children would receive equal benefits. Learn more by reading our online publication, Disability Benefits, at www.socialsecurity.gov/pubs/10029.html.

Question:

I understand that to get Social Security disability benefits, my disability must be expected to last at least a year. So do I have to wait a year before I can apply for benefits?

Answer:

No. If you believe that your disability will last a year or longer, you should apply for disability benefits as soon as you become disabled. It can take about three to five months to process an application for disability benefits. If your application is approved, your first Social Security disability benefits will be paid for the sixth full month after the date your disability began. For example, if it is determined that your disability began on January 15, your first disability benefit will be paid for the month of July. However, Social Security benefits are paid in the month following the month for which they are due, so you will receive your July benefit in August. For more information about Social Security disability benefits, refer to Disability Benefits (Publication No. 05-10029) at www.socialsecurity.gov/pubs/10029.html.

SUPPLEMENTAL SECURITY INCOME

Question:

I'm 42 years old and have been approved to receive Supplemental Security Income (SSI) disability benefits. I was shocked to learn that my payment will be reduced because I live with my parents. Why's that?

Answer:

SSI is a needs-based program, so any other income you receive — including non-monetary income such as help with your bills or other expenses — can have an effect on your benefit payment. Your SSI payments may be reduced if you are receiving food, shelter, or monetary assistance. If you move, or if the situation in your parents' household changes, be sure to contact Social Security. For more information, visit www.socialsecurity.gov or call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778).

Question:

I am trying to save up for a station wagon. I have \$900 in the bank now and need a little more. How much cash can I have in the bank without affecting my SSI eligibility?

Answer:

The resource limit is \$2,000. Unless you have other valuable resources, this means you could save up to \$2,000 before you would become ineligible for SSI. We generally do not count your primary car, the home you live in or certain amounts set aside for burial expenses as resources. In some cases, if the vehicle you're saving for is part of a plan to return to work, you can have higher resources — but Social Security would need to approve your plan in order to exclude those resources. For more information, you can visit our webpage about SSI at www.socialsecurity.gov/ssi. Or you can call Social Security's toll-free number at 1-800-772-1213 (TTY 1-800-325-0778) and ask for the publication, Supplemental Security Income.

Question:

What are the rules for getting Supplemental Security Income (SSI)? I'm thinking about applying.

Answer:

To be eligible to receive SSI benefits, you must be disabled, blind, or age 65 or older and have limited income and resources. Income is defined as wages, Social Security benefits, and pensions. Income also includes such things as food and shelter you receive from others. Social Security does not count all of your income when deciding whether you qualify for SSI. Resources include bank accounts, cash, stocks, and bonds. You may be able to get SSI if your resources are worth no more than \$2,000. A couple may be able to get SSI if they have resources worth no more than \$3,000. Learn more by read-

ing our publication, Supplemental Security Income (SSI), at www.socialsecurity.gov/pubs/11000.html.

Question:

I have an appointment to apply for Supplemental Security Income (SSI). What kind of information will I need to take with me?

Answer:

To help make the application process go quickly and smoothly, you should bring:

- Your Social Security number;
- Your birth certificate or other proof of your age;
- Information about the home where you live, such as your mortgage or your lease and landlord's name;
- Payroll slips, bank books, insurance policies, burial fund records, and other information about your income and the things you own;
- Proof of U.S. citizenship or eligible noncitizen status; and
- If you are applying for SSI because you are disabled or blind, the names, addresses, and telephone numbers of doctors, hospitals, and clinics that you have been to.

Learn more by reading our publication, You May Be Able To Get Supplemental Security Income (SSI) at www.socialsecurity.gov/pubs/11069.html.

MEDICARE

Question:

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

Answer:

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

Question:

What is the "Part B" Medicare monthly premium for 2010?

Answer:

The standard Medicare Part B monthly premium is \$110.50 in 2010. However, because there was no cost-of-living adjustment in 2010, some beneficiaries are paying less than the standard premium. The Department of Health and Human Services determines the Medicare Part B premium. The premiums paid by beneficiaries enrolled in Medicare Part B cover physician services, outpatient hospital services, certain home health services, durable medical equipment, and other items. For most beneficiaries, the government pays a substantial portion — about 75 percent of the Part B standard premium — and the beneficiary pays the remainder. Since 2007, higher income beneficiaries have been paying a larger percentage of their Part B premium based on income they report to the Internal Revenue Service (IRS). In 2010, a small number of beneficiaries with higher incomes (individuals with income exceeding \$85,000 and married couples with income exceeding \$170,000) will pay a monthly premium equal to 35, 50, 65, or 80 percent of the total cost, depending on what they reported to the IRS. However, the higher premium affects less than 5 percent of Medicare beneficiaries, so most people newly enrolled for Medicare

will pay the standard premium without an income-related adjustment.

For more information, visit www.socialsecurity.gov and select the "Medicare" tab.

GENERAL

Question:

My wife doesn't have enough work under Social Security to qualify for Social Security retirement benefits or Medicare. But I am fully insured and eligible. Can she qualify on my record?

Answer:

Yes. The question you've raised applies to husbands as well as wives. Even if your spouse has never worked under Social Security, she (or he) can, at full retirement age, receive a benefit equal to one-half of your full retirement amount. If your spouse will receive a pension for work not covered by Social Security such as government employment, the amount of his or her Social Security benefits on your record may be reduced. For more information, take a look at the fact sheet, Government Pension Offset, Publication No. 05-10007 at www.socialsecurity.gov/pubs/10007.html. Your wife is eligible for full spouses benefits at her full retirement age, or reduced spouses benefits as early as age 62, as long as you are already receiving benefits. For more information, visit www.socialsecurity.gov and select the "Retirement" tab.

Question:

I recently received my annual Social Security Statement in the mail, and I noticed my taxes are only "estimated". How did you calculate the amount?

Answer:

The Internal Revenue Service collects your Social Security and Medicare taxes. At Social Security, we do not keep a record of those taxes; we record only your earnings because your earnings are what we use to calculate your benefits. To estimate the total tax amounts we show on your Statement, we multiplied your reported earnings for each year that you worked by the tax rate for that year. We then added all the years together. If you had both wages and self-employment earnings in the same year, we estimated the taxes for that year as if the total amount was wages. If you had both Social Security earnings and government earnings that qualified for Medicare in the same year, we estimated the combined Medicare taxes you paid. To learn more, visit the Statement page at www.socialsecurity.gov/mystatement.

RETIREMENT

Question:

My cousin said he applied for Social Security retirement benefits on the Internet. Can you really do that?

Answer:

Yes you can! Applying online is the easiest, fastest, and most convenient way to apply for retirement benefits. There's no need to fight the traffic to visit an office or wait for an appointment. Our website makes it simple, allowing you to apply for retirement benefits in as little as 15 minutes. You can get started now at www.socialsecurity.gov/applyonline.

Question:

What is the earliest age I can begin receiving retirement benefits?

Answer:

The earliest age you can begin receiving Social Security retirement benefits is 62. If you decide to receive benefits before your full retirement age, you will receive a reduced benefit. Keep in mind you will not be able to receive Medicare coverage until age 65, even if you decide to retire at an earlier age. For more information, go to www.socialsecurity.gov.

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Survey Shows Highs/Lows Of Celebrity Life

Survey Shows The Highs And Lows In Celebrity Style

(NAPSI)-Once again, an annual survey names top celebrity styles--and the stars that fell short of fabulous.

The Stars

A recent survey conducted by MarketTools, Inc., for Sally Beauty Supply, found that women love the luscious locks of Jennifer Aniston but may be more interested in watching for the

outrageous hairstyles of the over-the-top Lady Gaga.

In the men's category, George Clooney rose to the top of the pack for the second year in a row, while dreadlocked rapper Lil' Wayne was rated as the worst.

Kelly Ripa's tresses won her the title of best tressed in the talk show hostess category and Halle Berry's short do inspired the most people to chop off

their own.

The Survey

Participants in the Sally Beauty Best Tressed Survey also talked about their own styling habits:

- 45 percent of women have more than 10 beauty products.
- More than 20 percent of women wear a hair accessory a few times a week.
- 31 percent of women wash their hair every other day.
- 56 percent of women color their hair either in the salon or at home.
- Over 55 percent of women work out without makeup on.

• 32 percent of women spend an average of 10 minutes on their hair every day.

The survey was commissioned by the largest retailer of professional beauty supplies in the world, Sally Beauty, with over 2,900 stores that offer the salon professional and the consumer over 6,000 salon-quality products for hair, nail and skin care.

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HUMOR: It's Good For The Soul!

from page 2.

An elderly couple had dinner at another couple's house, and after eating, the wives left the table and went into the kitchen. The two gentlemen were talking, and one said, 'Last night we went out to a new restaurant and it was really great. I would recommend it very highly.' The other man said, 'What is the name of the restaurant?' The first man thought and thought and finally said, 'What is the name of that flower you give to someone you love? You know.... The one that's red and has thorns.' 'Do you mean a rose?' 'Yes, that's the one,' replied the man. He then turned towards the kitchen and yelled, 'Rose, what's the name of that restaurant we went to last night?'

Hospital regulations require a wheel chair for patients being discharged. However, while working as a student nurse, I found one elderly gentleman already dressed and sitting on the bed with a suitcase at his feet, who insisted he didn't need my help to leave the hospital. After a chat about rules being rules, he reluctantly let me wheel him to the elevator. On the way down I asked him if his wife was meeting him. 'I don't know,' he said. 'She's still upstairs in the bathroom changing out of her hospital gown.'

Couple in their nineties are both having problems remembering things. During a checkup, the doctor tells them that they're physically okay, but they might want to start writing things down to help them remember. Later that night, while watching TV, the old man gets up from his chair. 'Want anything while I'm in the kitchen?' he asks. 'Will you get me a bowl of ice cream?' 'Sure..' 'Don't you think you should write it down so you can remember it?' she asks. 'No, I can remember it.' 'Well, I'd like some strawberries on top, too. Maybe you should write it down, so as not to forget it?' He says, 'I can remember that. You want a bowl of ice cream with strawberries.' 'I'd also like whipped cream. I'm certain you'll forget that, write it down?' she asks.

Irritated, he says, 'I don't need to write it down, I can remember it! Ice cream with strawberries and whipped cream - I got it, for goodness sake!' Then he toddles into the kitchen. After about 20 minutes, The old man returns from the kitchen and hands his wife a plate of bacon and eggs.. She stares at the plate for a moment and the says, 'Where's my toast?'

Three old guys are out walking. First one says, 'Windy, isn't it?' Second one says, 'No, it's Thursday!' Third one says, 'So am I. Let's go get a beer..'

A man was telling his neighbor, 'I just bought a new hearing aid. It cost me four thousand dollars, but it's state of the art.. It's perfect.' 'Really,' answered the neighbor. 'What kind is it?' 'Twelve thirty..'

Morris, an 82 year-old man, went to the doctor to get a physical. A few days later, the doctor saw Morris walking down the street with a gorgeous young woman on his arm. A couple of days later, the doctor spoke to Morris and said, 'You're really doing great, aren't you?' Morris replied, 'Just doing what you said, Doc: 'Get a hot mamma and be cheerful.'" The doctor said, 'I didn't say that.. I said, 'You've got a heart murmur; be careful.'

Godspeed!

Ed. Note: (If you are Catholic and live in Pueblo West, come on out to morning Mass on Wednesday, Thursday and Friday at 8:00 am sharp. It's a great way to start the day!)

WHERE ARE THEY NOW?

by Marshall Jay Kaplan

RICHARD KIEL

The menacing character actor best known for his role as the James Bond villain, 'Jaws', is still menacing in height, but don't let that scare you, as he is one of the nicest people you will ever meet!

Richard Kiel was born on September 13, 1939 in Detroit, Michigan. After reaching his tremendous height of 7' 2", Richard headed out to Hollywood to see what 'heights' could be reached with his own unique height. A smart move on his part, as acting roles proved to be abundant. Richard made his acting debut in the 1960 on the television Western, "Laramie". Then came his film debut in the 1962 cult film, "Eegah!"

Throughout the 1960's and 1970's, Kiel appeared on almost every television show. His most famous television appearance was the lead in "The Twilight Zone" episode, "To Serve Man". His most famous film role during this period was one of the prisoner football players in the 1974 Burt Reynolds hit, "The Longest Yard".

In 1977, Kiel was cast as The Incredible Hulk - starring in both the original two, made-for-TV movies. However, after filming, the producers felt that the Hulk should be more muscular and buff, rather than tall. Kiel was then re-cast

by Lou Ferrigno. Kiel has no regrets about this decision, "Lou getting the role and me losing it was great for both of us. I went on to be cast at the James Bond villain, Jaws in "The Spy Who Loved Me (1977) and earned international fame. It really worked out for both of us."

Kiel was now a huge star (pardon the pun). He recreated the role of Jaws in another James Bond film, "Moonraker" (1979) - again starring opposite Roger Moore.

In 1992, Kiel suffered a head injury in a car accident. In turn, his equilibrium was affected and today, gets around with the use of a cane and scooter.

A new generation of fans found Richard through his role as Mr. Larson in the Adam Sandler golf film, "Happy Gilmore". Today, after so many years as a supporting player, Kiel has been cast as the lead in a sci-fi trilogy of films, "I love this character. There is something really secretive about him!"

Kiel is a born-again Christian who states that God saved him from alcoholism.

Upon meeting this on-screen menacing character, one quickly realizes that Richard Kiel is one of the most sweetest and eloquent men you could ever know. Kiel's words of wisdom? "To be loved is important. But to love is equally important in life especially when combined with taking action to do something for someone and making their life better."

Richard Kiel is definitely walking tall!



Richard Kiel (l) hamming it up with Marshall.

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This Year, Plant Flowerpots That Pop!

by Marty Ross

It's time to cook up some new recipes for your flowerpots. This year, march right past the red geraniums at the garden shop and pick up something you've never tried before.

"Some of my favorite combinations are things I just experimented with," says Ron Walder, a graphic designer who works with Proven Winners (a well-known retail line of annuals, perennials and shrubs), to come up with fun, elegant and unexpected combinations for flower pots and gardens. Walder doesn't have a background in garden design, but it turns out that graphic design concepts are entirely appropriate in flowerpots of all sizes and styles.

"I don't get hung up on a recipe" for plant combinations, says Walder, an enthusiastic gardener with a keen eye for color and texture. The standard formula of a tall, spiky green

plant, a medium-height flowering plant, and a trailing foliage plant in every pot is a little too limiting, he says. He might fill a stylish pot with specimens of a single dashing flower, and set it next to a pot full of a different, complementary plant. He tried this with pink hydrangeas and deep burgundy sweet-potato vine, and the result is a striking sculptural arrangement with a lot of texture, depth and visual drama.

Some of Walder's favorite combinations are foliage-only pots, overflowing with lively ornamental grasses or ruffled coleus as richly patterned as an Oriental carpet. He frequently uses exuberant sweet-potato vine to accent both foliage and flower combinations, and he willingly plants shrubs and perennials -- with all their substance and sophistication -- in flowerpots.

David Pippin, a garden and floral designer in Richmond, Va., says flowerpots are a gardener's chance to be playful. Some of his pots, in fact, are not pots at all. "I love to see containers that weren't originally designed to be containers," he says. One of his favorite examples is an old pair of work boots he discovered in a friend's garden, planted with a little

trailing sedum.

"She just took her husband's old boots, unlaced them and pulled the tongue way out, and planted the sedum in there," he says. "She could have planted the sedum right in the garden, but this is better -- the boots have become part of the landscape."

Such containers are not appropriate for every situation, Pippin admits, but it's important to experiment even if whimsy is not your style. Trying new plants and new combinations doesn't just refresh the look of your pots, it also helps you experience your garden with fresh eyes.

Small containers of all kinds are as intriguing as the knickknacks on a tabletop or a mantle, Pippin says. Sedums and succulents, cactus, thyme, ground-covers, miniature hostas and tiny-leaf ivies will thrive in pots no bigger than a teacup: they will amuse you all summer long. Arrange them -- and rearrange them -- on a patio table or on top of a low garden wall.

Pippin also likes to grow shrubs in large pots, but he encourages his clients to look for something besides a dwarf Alberta spruce -- they're overplanted, he says. A walk around a garden shop reveals many more inspiring possibilities: hydrangea, holly, little Hinoki cypress, butterfly bush and boxwood are all great choices. Any tree or shrub in a one- to three-gallon pot at a garden shop is likely to remain in

scale with a flowerpot in your garden for at least two years, Pippin says, and can then be planted in the ground when it outgrows the pot.

Walder especially likes columnar shrubs in pots. Fine Line buckthorn and Sky Pencil holly are both slow-growing upright shrubs that will look sharp in medium-sized pots for several years before they outgrow them, he says. Walder plants annual flowers around the base of the shrubs to dress them up and add a little color and excitement.

If you love the wild abandon of cottage gardens, you will probably be inclined to mix all sorts of colors together in pots, but Walder prefers to limit his palette. For a cool-color design, he tried planting plum, lavender, lilac and pink calibrachoa in an urn; you could do the same thing with red and orange hues for a hot-hued pot, adding a bit of yellow for brightness. "It really creates a tapestry feel" when you use plants of only one species, he says.

While you're experimenting with plants, try moving your pots to new locations in the garden every year, too, Pippin suggests, and rearranging the way you stage your pots on the porch or patio. "It's just like indoors -- just because your sofa has been in the same place for 20 years, that doesn't mean it has to live there," he says. "Move your containers around -- if it's always the same plants, in the same pots, it's no longer exciting. Do something different."

POTS AND PLANTS

If you're ready to experiment with new plants and pots this year, here are some ideas from Ron Walder, who works with Proven Winners (www.provenwinners.com), and David Pippin, a flower arranger and garden designer (www.davidpippin.biz):

-- Have fun with foliage. Walder loves colorful coleus, sweet-potato vines and the ornamental grasses in the Proven Winners Graceful Grasses line, especially the dramatic tall papyrus, King Tut, which grows to 5 feet tall or more.

-- In a shady spot, Pippin suggests trying hostas in pots. Grow them with ferns (Japanese painted fern is especially pretty) and coral bells.

-- White flowers have a sophisticated look and combine with other colors wonderfully, Walder says. Try Snow Princess lobelia with the two-tone petunia Pretty Much Picasso, which has a pink flower edged in bright lime green.

-- Lettuce, cherry tomatoes and many other food plants look terrific in pots, Pippin says. This year he plans to plant lettuce in a stone trough. Parsley and other herbs thrive in pots, too, he says.

-- If you like combinations but you're not sure what plants go together, try two or three colors of the same plant -- Supertunia calibrachos are a good choice, Walder says. He also likes to plant them with verbenas.

-- Plants in pots need lots of fertilizer to grow and bloom all summer. You can add slow-release fertilizer to the soil when you plant. Walder also fertilizes his pots every other week with a water-soluble fertilizer. Pippin also uses a water-soluble fertilizer, "weekly, weakly," he says -- once a week with a diluted solution of fertilizer. You can mix it in a watering can.

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Happy Memories Or Household Hazards!?

ADVICE FOR FAMILY CAREGIVERS TO HELP OLDER ADULTS: DE-CLUTTER DURING SPRING CLEANING TO AVOID HOME DANGERS

While clutter is not a problem unique to seniors, conditions of aging including strokes, brain trauma and dementia can lead to disorder and chaos that could threaten seniors' home safety and independence, experts say. It's a problem all too familiar to family caregivers.

"A lifetime accumulation of possessions combined with an influx of daily junk mail, bills, newspapers and magazines can quickly overwhelm seniors who are struggling physically, mentally or emotionally," said Robin Mosey, owner of the local Home Instead Senior Care franchise office serving Pueblo and Canon City.

Experts say even seniors who simply don't know how to part with their possessions are vulnerable. The risks are many from slipping on loose papers to the threat of fire to the health effects of mold and mildew. Clutter can also interfere with family relationships and leave adult children wondering if the only inheritance awaiting them is a big mess.

"Spring is a great time for family caregivers to help seniors de-clutter for their own health and well-being," Mosey said.

"Cluttering – for those with this tendency – probably has been happening for years, but a 'trigger episode' such as going into a wheelchair or a health issue could worsen the problem," said Katherine "Kit" Anderson, CPO-CD, president of the non-profit National Study Group on Chronic Disorganization (NSGCD) and a certified professional organizer. While the source of clutter can be anything from outdated medications to a kitchen full of unused pots and pans, paper is the biggest clutter culprit, Anderson said.

"It's sort of the elephant in the room," added Dr. Catherine Roster, a University of New Mexico clutter researcher. "People don't want to acknowledge there is a problem, which creates an underlying anxiety, stress, guilt or embarrassment that can have a negative effect on their mental health and productivity. There are a lot of issues including economics. When there is general disorganization, people lose important documents and can't find bills and then miss payments. So some serious issues start affecting them. All the research shows that people are slow to recognize the problem."

In order to identify potential trouble, the Home Instead Senior Care network is alerting family caregivers to watch for the signs in a senior's home that indicate clutter creep could become a problem including piles of mail and unpaid bills, difficulty walking safely through a home and frustration on the part of a senior trying to organize.

"Family caregivers can become just as overwhelmed as seniors," said Mosey. "We suggest a three-step plan where the family caregiver brings three bins -- one for the stuff the senior wants to keep, one for donations and the other for trash. Sometimes seniors just need a little help." ABOUT HOME INSTEAD SENIOR CARE: *Founded in 1994, the Home Instead Senior Care® network is the world's largest provider of non-medical in-home care services for seniors, with more than 875 independently owned and operated franchises in 15 countries and 16 markets, spanning four continents. Home Instead Senior Care local offices employ 65,000+ CAREGivers who provide more than 40 million hours of client service each year through activities including companionship, meal preparation, medication reminders, light housekeeping, errands and*

shopping.

10 Reasons Seniors Hang On To Stuff and What To Do About It

Following, from Home Instead Senior Care and Vickie Dellaquila, certified professional organizer and author of "Don't Toss My Memories in the Trash," are 10 reasons seniors can't or won't give up their stuff and what to do about it.

1. The sentimental attachment. The beloved prom dress represents the history and memories of the event; it's not the dress itself. Save only a piece of the dress to make a quilt or display in a shadow box. Scrapbooking and converting photos to DVDs are other ways to save treasured keepsakes without all the extra mess.

2. The sense of loyalty. Older adults who've received gifts from family and friends may be reluctant to part with them. Encourage your loved one to give unused gifts back to the giver or grandchildren.

3. The need to conserve. Seniors are the original green people. Appeal to a senior's desire to help others. Counter a senior's inclination to conserve by appealing to their desire to give back.

4. The fatigue. A home with a lifetime of memories can easily become too much for an older adult to handle. Help seniors manage clutter by establishing online bill paying. Also, get your senior off junk mail lists, which can put them at risk of identity theft, and buy them a shredder.

5. The change in health. Seniors who have suffered a brain trauma or stroke, who are wheelchair bound or who are experiencing dementia may no longer be able to manage household duties, which could contribute to clutter. If you see a health change, encourage your senior to visit his or her doctor and consider a professional organizer and caregiver to help your loved one.

6. The fear. Seniors often fear what will happen if they give up their stuff, like the older adult who saved three generations of bank statements. Use logic and information to help seniors understand it's O.K. to let go.

7. The dream of the future. Those clothes in the closet don't fit anymore, but your loved one is sure that some day she'll lose enough weight to get into them. Ask seniors to fill a box with clothing they don't wear much and make a list of the items in the box. Agree that if they have not gone back to the box in six months to wear the item, they will donate that to charity.

8. The love of shopping. Today's seniors have more money than any other previous generation of older adults and they love to shop. Clutter can become so bad seniors can't find things and they repurchase items they already have, contributing to the clutter cycle. Try to convince seniors to cut back and to say "no" to free stuff.

9. The history and memories. Keepsakes represent history and memories. Encourage seniors to take old photos to a family

reunion and share with several generations. Let seniors know they can contribute to the history of their time and leave a lasting legacy by donating to museums and historical societies, a theater and library, or churches and synagogues.

10. The loneliness. Stuff can become a misplaced companion. Loneliness may also lead to depression, which makes it difficult for seniors to get organized. Consider the services of a professional organizer and caregiver. For more information, go to the National Association of Professional Organizers at www.napo.net or visit www.homeinstead.com.

Other experts contributing to these tips include Katherine "Kit" Anderson, CPO-CD, president of the National Study Group on Chronic Disorganization; University of Kansas Professor Dr. David Ekerdt, who is coordinating a "household moves" project to determine the role that possessions play in older people's housing decisions; and University of New Mexico Researcher Dr. Catherine Roster.

A CAREGIVER'S GUIDE TO SPOT CLUTTER CREEP

If you notice these characteristics about your senior loved ones or their homes, clutter could start creeping up on them.

1. Piles of mail and unpaid bills.
2. Difficulty walking safely through a home.
3. Frustration trying to organize.
4. Difficulty managing activities of daily living.
5. Expired food in the refrigerator.
6. Jammed closets and drawers.
7. Compulsive shopping.
8. Difficulty deciding whether to discard items.
9. A health episode such as a stroke or dementia.
10. Loneliness.

If your senior won't let go . . .

Getting rid of stuff is actually a two-step process: sorting and deciding, on the one hand, and disposing on the other. That's according to University of Kansas Professor Dr. David Ekerdt, who is coordinating a "household moves" project to determine the role that possessions play in older people's housing decisions. But convincing seniors can be a challenge.

Following are strategies if your loved one doesn't want to let go from Katherine "Kit" Anderson, CPO-CD, president of the National Study Group on Chronic Disorganization (NSGCD), and Vickie Dellaquila, certified professional organizer and author of "Don't Toss My Memories in the Trash."

1. Arrange and cheer small victories. Suppose you spend a short time helping your loved one clear off a table. Celebrate the accomplishment together.

SEE "CLUTTER" PAGE 20.



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El Pueblo Museum Presents: "Anything Goes 2010"

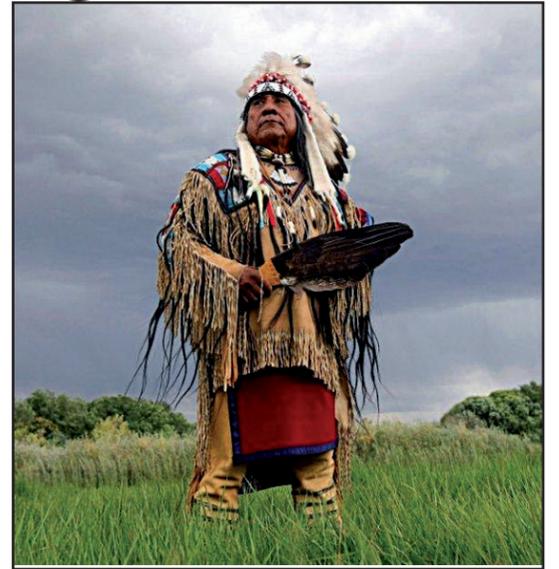
by Kathleen Erikson - El Pueblo Museum
 "Anything Goes 2010 Exhibit"

Presented by the El Pueblo Art Alliance, this all-media artwork exhibit will be open through June 5 in the museum's High Vista Gallery. The artwork, which

is for sale, is by members of the Pikes Peak Pastel Society and the Southern Colorado Watercolor Society. Admission is free to the High Vista Gallery.

"Ute Bear Dance" Lecture by Roland McCook
 Roland McCook of Montrose,

Colorado, is the great-great grandson of Chipeta, wife of Ouray. His program, on May 7, Friday, 6:30 p.m., will focus on the original Ute Bear Dance, an annual dance held every spring; how the Ute tribes interacted with other tribes in the region; and where the Utes are today. Mr. McCook has been deeply involved with preserving his Northern Ute heritage and tribal values through serving on the board of the Ute Museum and as vice-chairman of the Smithsonian Institution's Native American Repatriation Review Committee. Cost is \$5 per person, call the museum to register.



Life in a Tipi Opening

Experience the new interactive exhibit, "Life in a Tipi," on May 7, Friday. The museum's tipi will now have interactive reproduction objects that will engage multi-generational visitors to learn about the historic daily life of Colorado's Native Americans. From 3:30 p.m. to 5:00 p.m., there will be a special Kids Opening for the tipi with refreshments and activities. Adults and senior citizens are invited. Children 12 and under are free. Students and adults are \$5, senior citizens are \$4.

Cattle Baron Dinner

It's Wild Wild West time at El Pueblo History Museum! On May 14, Friday, savor premium smoke-fired ribs accompanied by delicious side dishes befitting a cattle baron. This full sit-down dinner will be held within the plaza's southwest ambiance. Musical western entertainment will be provided by the "Goodnight Loving" band. Cocktails are at 5:00 p.m., dinner follows at 5:30 p.m. Cost is \$35 per person or \$60 per couple. Call the museum for ticket information.

Song of Pueblo Concert

On May 21, Friday, experience the "Song of Pueblo." This live, multimedia presentation entertains the audience with stories and songs based on centuries of compelling history of the region. The program includes 14 original musical compositions by Daniel Valdez and illustrated by re-enactments and historical photographs linked by colorful narration. Valdez's music and vocals are brought to life by "El Pueblo Ensemble." Doors open at 6:30 p.m., concert is at 7:00 p.m. Tickets are \$15 per person and can be purchased at the museum.

The museum is located at 301 North Union. Call 583-0453 to make reservations.

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RetireSafe Urges House To Stand Up For Seniors

by Vicki Robb - RetireSafe
RETIRESAFE URGES HOUSE MEMBERS TO STAND UP FOR OLDER AMERICANS AND CO-SPONSOR THE CPI FOR

SENIORS ACT NOW!
 Washington, DC (March 29, 2010) - RetireSafe, representing 500,000 senior citizen supporters across America, today urged Members of the U.S. House of Representatives to become "original" cosponsors of the CPI for Seniors Act, soon to be introduced by Congressman John J. Duncan, Jr. (R-TN) and Congressman Daniel Lipinski (D-IL). The CPI for Seniors Act would establish a new Con-

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sumer Price Index for Seniors (CPI-S), so that Social Security benefits can be accurately and fairly determined each year.

The pending legislation would direct the Bureau of Labor Statistics (BLS) to finally determine the "right" CPI-S formula for seniors. RetireSafe, an advocacy organization for older Americans, calls the effort to recruit original House cosponsors, "one of the crucial first steps in correcting the faulty formula now used by the BLS."

According to RetireSafe President Thair Phillips, "The BLS has long noted that each of the present methods now used (CPI, CPI-U, CPI-W, and

even the experimental CPI-E) to calculate inflation, has flaws and limitations in measuring seniors' actual costs and expenses. While the determination of what is a fair COLA is a complicated and volatile issue, we believe the first step should be an accurate CPI for seniors, a true CPI-S." Fortunately, Congressmen Duncan and Lipinski agree that our seniors deserve a fair and accurate annual COLA that can only be determined with a fair and accurate CPI-S.

Along with reaching out to older Americans suffering this year under a 'zero' COLA, RetireSafe will be contacting all Members of the House to urge their support and original co-sponsorship of this important legislation. "In the face of rising future inflation, this change is critical for the older constituents in every Congressional District," Phillips said.

Phillips continued, "This is the right approach to correct a longstanding wrong that has harmed our seniors for decades. Older Americans want the fair, accurate, and 'right' benefits they have worked for and rightly deserve." RetireSafe commends Congressmen Duncan and Lipinski for their leadership in introducing the CPI for Seniors Act and we invite their House colleagues to join them as original co-sponsors.

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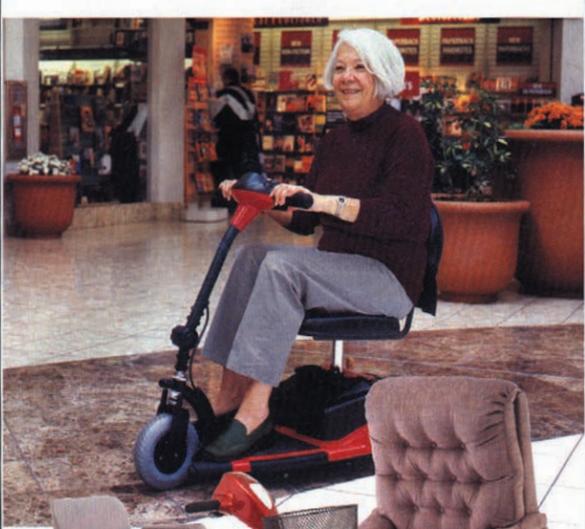
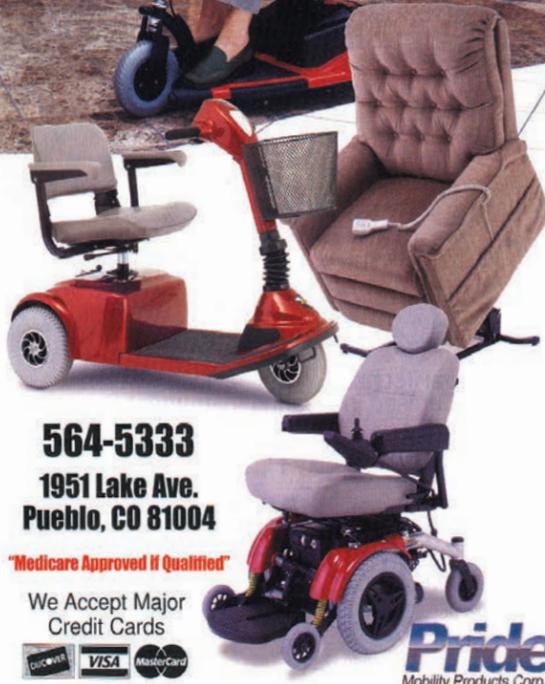
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Cruising The Med Off-Season: Low Fares & Fresh Air

by David G. Molyneaux - *TheTravelMavens.com*

Cruising the Mediterranean off season: Low fares and fresh air, but don't expect serious suntans or plates of papaya.

Barcelona was a blustery 50 degrees. Rome drizzled, and the outdoor restaurants at Piazza Navona were covered with canvas, under which portable heaters warmed occasional diners. The marbles of Athens shone while the tourists braved sweater weather.

Welcome to the ports of the Mediterranean Sea off-season. This is no time to cruise if you are seeking a serious suntan or a summerlike expe-

rience with the hoards of travelers who pack the Med's most popular vacation destinations.

Off-Season -- from November into April -- cruising the Med is for travelers who seek the salt sea air, wander museums, and prefer to walk the ancient ruins of Greece, Turkey and Egypt without crowds. Especially Egypt. "You really don't want to tour Egypt in summer," said Armando Da Silva, long-time hotel director for Norwegian Cruise Line (NCL).

Besides, cruise fares off-season are lower than in summer -- starting at less than \$100 a day per person for two to a cabin. Now is the time to book for next fall and winter in the Med, as cruise lines offer early booking discounts, best cabin choices and some cabin upgrades. From an Internet search for November, I found seven nights out of Venice to Greece and Turkey on the new MSC Magnifica starting at \$599 per person for two, seven nights on the Costa Pacifica out of Rome at \$689, seven nights on Windstar's Wind Surf between Barcelona and Lisbon at \$1,849, and seven nights on the Azamara Quest between Athens and Istanbul at \$1,499. For the big splurge, 24 nights on the Seabourn Spirit between Rome and Dubai for \$9,452.

Off-season, passengers will want to be prepared for indoor games on inclement days and for breakfast buffets where the selection of fruit is not of summer quality. On all but the more luxurious cruise lines, do not expect plates of papaya.

No matter what the season, most days on the Mediterranean are filled with sunshine. Besides, I had never seen Rome's Vatican Museum and Sistine Chapel as empty, had never before walked in Egypt without a face full of sweat. We explored the streets of ancient Malta nearly to ourselves.

Mine was a 12-night February cruise, round trip



Norwegian Jade docks at Valetta, Malta, in February. photo:David G. Molyneaux, TheTravelMavens.com

from Barcelona, that finally reached the warmth of the mid-60s as the Norwegian Jade sailed between Greece and Turkey. No one complained about the weather.

"What a beautiful morning," said an older passenger from Northern Germany, who walked the decks wearing a down parka. "I have waited so long for this sunshine," said his wife, who accompanied him in coat, gloves and several scarves.

We were still more than a day's sail from Alexandria, Egypt, where February was in the 70s. Excursion buses would then head south along the Nile to Cairo, where passengers would find the 80s and change into shorts and t-shirts for camel rides to the pyramids.

You may be surprised at how many ships sail the Med in winter. For decades, most Mediterranean cruises were summer affairs. But now, cruisers have more ship choices than ever, as cruise lines look to new itineraries for their expanding fleets, and the demand for cabins rises with the growing number of Europeans who take their vacations on cruise ships.

On my 12-night cruise, the majority of passengers were from the United States. On the next 9-night cruise, 2,100 of 2,500 passengers were from outside the United States. Announcements were made in English, Italian and Spanish.

Norwegian Jade is based year round in Barcelona, which is becoming the most popular home port in Eu-

rope. Royal Caribbean's Independence of the Seas sails year round from Southampton, England, and Brilliance of the Seas will cruise out of Barcelona next November to January. In November, Cunard's Queen Victoria will be in the Med, as will four Seabourn ships, and three Windstar ships.

Two major cruise lines -- Costa and MSC -- keep a fleet of ships in the Med year round.

Costa advertises that its ships are built for year-round cruising, because they feature large spas and lido decks with retractable roofs that ensure outdoor activities in all weather. Next winter (2010-2011), 10 different Costa ships will be based in the Mediterranean at some point.

MSC will have three-to-five ships in the Med next winter, including three of its newest vessels, the Magnifica, which debuted in March 2010, the Splendida (2009) and the Fantasia (2008).

Destinations are the draw. My itinerary on the Norwegian Jade was Rome, Athens, Izmir (Turkey), Alexandria (Egypt) and Malta. Other destinations include the Croatian and Turkish coasts, Israel, Cypress, and African ports in Egypt, Tunisia and Morocco. One of Costa's most popular winter Mediterranean routes is to the Canary Islands from Savona, Italy, by way of Barcelona and Casablanca, which in winter are much less crowded -- and not so hot -- as in summer.

David Molyneaux writes monthly about cruising. He is editor of The-

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Yarrow Performs For Seniors/Grandchildren May 26.

PEACE ACTIVIST PETER YARROW PERFORMS FOR SENIORS AND THEIR GRANDCHILDREN MAY 26

Denver, CO. Singing songs of peace and activism in the opposition to the Viet Nam era of the 1960s, Peter Yarrow of Peter, Paul, and Mary, will sing "Puff the Magic Dragon", "If I Had a Hammer", and "Leavin' on a Jet Plane" to crowds in two shows at the Salute to Seniors on May 26, 2010 being held at the Colorado Convention Center, Denver. Grandparents are invited to bring their grandchildren to this live concert. Yarrow will perform at 10 am and again at 1 pm.

Most recently Peter organized Operation Respect and is spending his time to create compassionate, safe and respectful

environments for children.

Using his many years of successful song writing and production, Peter is traveling the country singing for seniors and children's groups to promote his now very popular children's book "Puff the Magic Dragon". Complete with CDs, his other hardback books include: "Let's Sing Together", "Day is Done", and "Sleepytime Songs" which will be the highlight of the Salute to Seniors. Signed copies of these books with the CD will be on sale on for \$18.26 per copy including tax, courtesy of the Tattered Cover. These books are perfect for birthdays or holiday gifts.

The AARP/Walgreens Wellness Tour Bus is providing health screenings worth more than \$140 per person. Screen-

ings include total cholesterol levels, blood pressure, bone density, glucose levels, and waist circumference. No appointments are necessary. Several attendees who took advantage of the screenings last year were identified at high risk and advised to seek medical attention, crediting the Salute and the Wellness Tour Bus with saving their lives.

The day is filled with fun and entertainment. More than 100 exhibitors will showcase their services and products. In a backdrop of the 50s and 60s, vendors and exhibitors will be in costume to evoke memories of that era. Exhibitors range from banking, long term care, and health care and home care products. Executive sponsors include Kaiser Permanente and Denver Human Services.

The Vintage Aero Flying Museum which houses one of the most historically significant and internationally recognized collections of World War I memorabilia in the world will be providing virtual tours and programs. The collection features Golden Age of Aviation (1918 - 1939) and World War II aviation aircraft. This material includes memorabilia from Japan, Germany and other axis countries. Highlighting the collection is a "True Copy" of the Instrument of Surrender, presented to General Wainwright. The aircraft have been used in "The Aviator" in Hell's Angels and the collection was used in the George Lucas "Young Indiana Jones" series.

On the 65th Anniversary of D-Day on June 6, 1945, the Salute will honor veterans with a tribute to those twenty-four Coloradoans who have been awarded the Medal of Honor citations to the nation's bravest soldiers, sailors, airmen, marines, and coast guardsmen since the decoration's creation in 1861.

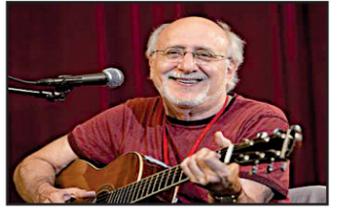
Musical productions will highlight the day. Lara Carabaja, Ms. Senior Colorado 2007 will be accompanied by Wells Music in an organ production. Coming together for the love of music, the John Philip Sousa Band of Colorado's repertoire will perpetuates the American tradition of marches, show tunes, popular music, operetta, and patriotic music. The Rockettes will entertain with a show of choreographed tap and dance routines to show tunes like "Another Opening, Another Show," "I've Got Rhythm" and "Jump and Swing." Set to John Denver's Rocky Mountain High, former and current Ms Senior Colorado queens sing a new release and entertain with songs and tambourine routines.

With something for everyone, other events include trivia bingo of the 1950s and 60s with great prizes; a fire truck on display courtesy of the Firehouse Museum; and a 1956 Ford showcased by the Universal Lending Foundation. In addition, there will be several educational programs.

Eight artists will also sell quilts, hats, leatherwork and other crafts for those who are looking for gifts for loved ones or hand crafted treasures to take home. Residents of Argyle Square will also be selling handmade bracelets.

Doors are open from 8:30 am to 4:00 pm. Cost for the event is \$9 for the first ticket and \$4.50 for the second ticket. Groups of 10 or more can purchase tickets for \$6 each. Lunch is available for an additional charge. Free parking is available at the Pepsi Center Lots A and B with free shuttle service to the Convention Center, courtesy of Sunrise Assisted Living. To purchase tickets or for more information, call 303-333-3482 or visit www.senioranswers.org

Eileen Doherty, M.S. is the Executive Director of 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.



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Coulter: "Can A Mini-Series Explain Pelosi?"



by Ann Coulter

WOULDN'T A MINI SERIES ON ATTILA THE HUN EXPLAIN NANCY PELOSI?

Rachel Maddow's MSNBC special on Timothy McVeigh this past Monday night did not come a moment too soon. As Maddow explained in the introduction to her show: "Nine years after his execution, we are left worrying that Timothy McVeigh's voice from the grave echoes in the new rising tide of American anti-government extremism."

After months of hysterically warning viewers that cheerful, well-dressed tea partiers carrying "I Can See November From My House" signs could suddenly erupt into wanton violence, MSNBC finally had proof: Timothy McVeigh.

How about a special on the KGB to help us understand what makes Henry Waxman tick? We're just trying to seek answers ...

On her April 14 show, Maddow gave a "War of the Worlds" report on gun rights activists whom she claimed were planning tributes to Timothy McVeigh's bombing of a federal building in Oklahoma City. "On the anniversary of the bombing of the federal building in Oklahoma City by Timothy McVeigh," she said, "there will be two marches on Washington."

After reminding viewers that McVeigh was "an anti-government extremist with ties to the militia movement" (his only "ties" being that he tried to join the Michigan Militia, but was rejected), Maddow said one of the groups, the Second Amendment March, had "been holding armed rallies at state capitols from Kentucky to Montana to Virginia -- anti-government marches and rallies at which participants are encouraged to wear and display their guns."

So if I have this straight, the pro-Second Amendment marchers were both armed ... AND displaying guns!

Having received an "A plus" from the Department of Redundancy Department, a deadly earnest Maddow continued: "Also on the occasion of the Oklahoma City bombing anniversary," there would be an Open Carry rally.

Participants, she said, "are being encouraged to bring guns" (you know, just like the guns Timothy McVeigh used to shoot up the federal building in Oklahoma City).

True, April 19 is the anniversary of the Oklahoma City bombing. It's also the anniversary of Lexington and Concord.

Once upon a time, the skirmish that sparked the Revolutionary War was a date that every schoolchild knew. When British soldiers moved to seize the gunpowder and arms of voluntary militias, armed citizens defended themselves, firing upon the British in "the shot heard 'round the world" -- as Ralph Waldo Emerson put it in his "Concord Hymn."

Hmmm, I wonder if the gun rights activists chose April 19 for their rallies because it was the anniversary of Lexington and Concord -- or because it was the anniversary of Oklahoma City?

Unless the organizers of the Second Amendment March and the Open Carry rally specifically told Rachel, "Oh no, we picked April 19 to honor the bombing in Oklahoma City -- gosh, we had no idea it was date of Lexington and Concord!", I'm pretty

sure they picked April 19 because that was the day armed patriots defended themselves from British troops.

Maddow's idiotic attempt to ascribe the date of the gun rights marches to Oklahoma City rather than Lexington and Concord is so Olbermanic that -- to paraphrase Truman Capote -- it is now apparent that you lose a point of your IQ for every day you spend at MSNBC.

We have enough U.S. history by now that there's not a day on the calendar that isn't the anniversary of something. In fact, the very day that Maddow was attacking gun rights groups on her show -- April 14 -- was the 235th anniversary of the founding of the first anti-slavery society in America!

It is also the anniversary of an anti-war actor's murder of a crusading, anti-slavery Republican president. (In addition -- like I have to tell any of you -- it was National Restless Leg Syndrome Awareness Day, but I don't think that had anything to do with Rachel's report.)

Oh sure, Rachel may claim that she had no idea what April 14 was the anniversary of, and that the date of her attack on our constitutionally guaranteed right to bear arms was just a coincidence. But given the long and ugly history of gun control laws in America being used to keep guns out of the hands of free blacks, it was a shockingly insensitive date for Maddow to engage in such extremist anti-gun rhetoric.

What's curious about the left's current obsession with Timothy McVeigh is that it proves that -- despite a frantic search for 15 years -- liberals have come across no better evidence of burgeoning "right-wing extremist" violence than a drug-taking, self-described "agnostic" who was thrown out of the Michigan Militia and who proclaimed, "Science is my religion."

That sounds more like Bill Maher than Rush Limbaugh.

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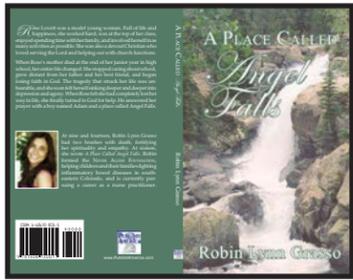
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Finances: Create And Keep Wealth

In This Market, What's An Investor To Do?

by Ron Phillips

What's an Investor to Do?

The economy is improving, jobs are stabilizing, stock & bond markets have rebounded significantly...all great news. But there remain several surprises in Pandora's Box. One that can have a major impact on ordinary folks is interest rates.

Wait. Aren't rates at historic lows?

They are and that is the problem. They are actually at momentous, 95-plus year lows. The federal interest rate has never been lower.

What happens when rates rise? And how can we prepare our investments for that eventuality?

Unlike most of the economic hype out there rising rates do matter to most people. Rising rates can have a domino effect, influencing many areas of our lives. Of course, some peoples'

mortgage and other loan payments go up. Investors can collect more interest from CDs, bonds and other fixed income securities. Stock and bond values can go haywire (meaning increased volatility and possibly declining values). With stocks up over fifty percent they are due for a correction. Rates going up could be the catalyst.

So what can an investor do?

There are several ways to fight this beast. One thing to do within your fixed income investments is to lower the overall maturity dates. For example, if you were looking at a one-year or a five-year CD you may want to opt for the shorter term. This allows you to capture the higher rates of future certificates

This lower maturity strategy can be used for bonds and bond funds, too. If you have mutual funds you can

go to Morningstar.com and figure out the average maturity of your underlying bonds for free. The site will categorize your fund as short, intermediate or long term. Also, it will show an average duration and maybe even an average maturity. This is important because you want the shorter terms now. I am currently recommending funds as short as 2-3 months. These should do well with rising interest. This also lowers bond volatility because long-term bonds can drop in value as rates rise.

Another strategy is to make sure you are invested into quality investments. The reason why is because even if we have a correction (drop) in the markets you will want to hang on. These drops can be very quick and you don't want to mistime the market and then lose on future gains. Because corporate

profits are up, GDP is growing and other good fundamentals we should see a general rise in the markets. I don't think we will have a repeat of the "lost decade" we just went through. So hanging on really is the best advice this time around.



Ron Phillips is an Independent Financial Advisor and a Pueblo, Colorado native. He and his wife are currently raising their two sons in Pueblo. Order a free copy of his book *Investing To Win* by calling (719) 545-6442 or emailing to RonPhillipsAdvisor@gmail.com.



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Legendary University of Colorado Quarterback Charles Johnson Motivational Speaker at Steak 'n Burger Fundraiser



Boys & Girls Clubs of Pueblo County will host their annual Steak 'n Burger fundraiser at the Pueblo Convention Center. The June 11 event will begin at 6:30 p.m. and features a special evening with motivational speaker Charles "CJ" Johnson.

As one of the best-known quarterbacks in college football history, CJ is known for his win in the 1991 Orange Bowl that gave CU their first national title in football. He was named the game's most valuable player. CJ is currently the Assistant Athletic Director for the University of Colorado at Boulder and an in-demand motivational speaker, media personality and business leader. CJ's program, "Today Is Your Day," inspires others to see the possibilities in their own lives.

Each year the Club hosts their annual Steak 'n Burger fundraiser to ensure children in Pueblo County have a safe place to learn and grow – all while having fun. In every community, boys and girls are left to find their own recreation and companionship in the streets. A growing number of children are left at home with no adult care or supervision, increasing their chances of becoming either victims or perpetrators of crime. Our young people need a safe, positive place to learn and grow. Boys & Girls Clubs of Pueblo County offers that place.

Funds are raised through table sponsorships, individual ticket sales and a live auction and silent auction. This year's auction will feature art pieces by Club youth, sports memorabilia and fantastic gift baskets. Entertainment will be provided by Casey Brock & KC Messick.

Individual tickets to Steak 'n Burger are \$75 and can be purchased by calling (719) 564.0055 or visit the Club's website at www.positiveplaceforpueblokids.org. Table sponsorships are also available.

About Boys & Girls Clubs of Pueblo County - Boys & Girls Clubs of Pueblo County has served the community for 38 years. The Club has three locations—one on Pueblo's East side, another in the Sangre de Cristo Apartment Complex, and one in Avondale.

Senior Beacon

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

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

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

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719-561-1300 and ask for Niki Garcia, Admissions Manager

Senior Community Update



HEALTHIER LIVING COLORADO

Do you have family, friends, or professional contacts in Colorado Springs OR Pueblo? Want to give someone the gift of better health? Classes are forming now for Healthier Living Colorado™ an evidence-based life-changing chronic disease self-management class from Stanford University.

Colorado Springs Class:

Briargate Kaiser Permanente – 4105 Briargate Parkway COS 80920
April 22 – May 27, 2010 - Thursdays
3:00 – 5:30 PM

For more information or to register call:

The Kaiser Permanente Senior Resource Line 1-866-279-0736 (9 a.m.–1 p.m.) and your call will be transferred. You can also call Kaiser Permanente Health Education directly at 303-614-1010. (Participants do not have to be Kaiser members.)

Pueblo Classes:

Dorcy Cancer Center - 2004 Lake Avenue Pueblo, CO 81004

Apr 14 - May 19, 10 Wednesdays 1:00 - 3:30 PM

AARP - 1117 S Prairie Ave. Pueblo, CO 81005

May 19, 10 Jun 23, 10 - Wednesdays 5:00 - 7:30 PM

For more information or to register call:

Pueblo StepUp - Emily Johnson at 719-557-3879

STROKE SURVIVORS SUPPORT GROUP

The Stroke Survivors Support Group has two chapters. The Pueblo West Chapter meets at 2:00 pm the first Thursday of every month at the Pueblo West Library. The Pueblo Chapter meets at 2:00 pm the second Tuesday of each month at the Joseph Edwards Senior Center in Pueblo On Union Ave.

Call Chuck at 583-8498 for all the information.

PUEBLO WEST SENIORS

You and a friend, if you like, are cordially invited to hear Master Gardener, Marilyn Chambers presentation following the Thursday, May 13th potluck luncheon of the Seniors/Retirees of Pueblo and Pueblo West. We meet from 11:30 am to 1:45 pm at the Pueblo West Memorial Recreational Center. Follow these Directions to get to the center: Two signs on Joe Martinez Blvd will alert you to Byrd Street. Turn south on Byrd and east on George to #230. Consider our lovely spring weather when you plan your covered dish to share. Please bring your own table service as well. Coffee and tea will be provided. For more information call Membership committee 647-8969 or 404-4413.

LOU GEHRIG'S DISEASE SUPPORT GROUP

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

OWLS MEETING

The OWLS (older-wiser-livelier-seniors) invites new members for their social group that has activities including dining out, bowling, movies, picnics and others. For more information please call Joe or Marie @ 545-2803

RIDE TO CHURCH?

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

GENEALOGICAL SOCIETY

"The Southeastern Colorado

Genealogy Society holds regular meetings on the second Saturday of the month beginning at 2:00pm in the Meeting Room "B," Robert Hoag Rawlings Library, 100 Abriendo Ave., Pueblo. There is a continuing Refresher/Beginners class starting at 1:00PM. Call 250-5782 for details." Guests welcome and there is no charge.

SRDA CALENDAR

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

LIVING WITH OSTEOARTHRITIS?

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

AARP SCHEDULE OF ACTIVITIES

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.

TOASTMASTERS

What: Pueblo Toastmasters #179 Public Speaking Class
Where: 310 East Abriendo Ave. Next to the Dept. of Revenue/Driver's License Office (in the Conference Room

on the 2nd floor of the Security Service Federal Credit Union's building)

When: 2nd & 4th Mon., of every month, 6:15 - 7:15PM

Contact: Robert W. Johnson, 719-251-8841

STEP-UP PROGRAM

Please call Desi Vial who is the Development Director of Pueblo StepUp

at Centura Health, 719-557-3881 Phone

719-557-3880 Fax 1925 E. Orman Ave., Ste G-52 Pueblo, CO 81004

desdavi-al@centura.org www.centura.org for all the info as to where the programs will be held this month. Also, contact: Cindy at 719-545-1184 for their entire schedule. Get Moving with Pueblo StepUp Community Exercise Programs: Please call Emily Johnson @ 557-3879 for questions about any of Pueblo StepUp's Health & Fitness Programs

ALZHEIMER'S SUPPORT

The second Tuesday of each month at 7 pm at the Ecumenical Church located at 434 S. Conquistador Room C an Alzheimer's Caregiver Support Group will meet Call 544-5720. Tom Reyes, Facilitator.

COMMUNITY BLOOD DRIVES

Please call Julie Scott at (800) 365-0006, press 0. ext. 2873 julie_scott@bonfils.org for Pueblo and Pueblo West Community Blood Drives times and places for January 2010.

JOB SEEKERS

Southern Colorado Job Seekers meets the third Tuesday of each month. Contact Bill Smith, 719-583-1837, Patrick Hurley 719-561-1134 or email them at SCJSNETWORK@hotmail.com

PUEBLO CEMETERY ASSN

The Pioneer Cemetery Association is having a clean up, May 15, 2010 at the Old North Side Cemetery at 20th and Montezuma, we will start at 8:30. Bring your own tools and refreshments will be provided. This clean up will be for our annual Memorial Day Service which will be held on May 31, 2010 at 9:00am; the public is invited. For more information please contact Marge Patterson at 561-1072 or email

QUEEN ANN ACTIVITIES

Sunday, May 16th, High/5 course Dinner, Classical guitar concert by Jim Bosse on the veranda, Fund Raiser for YMCA feasibility study, \$50.00 per person. Details, <http://www.thecanonicityqueenanne.com/516ymcafundraiser.html>

Sunday, May 30th, 11:00 a.m. to 2:00 p.m., Fellowship Brunch, \$29.99, a portion of the cost will be donated to the charity of the month. Charity of the month, Loaves and Fishes Ministries. Menu and details, <http://www.thecanonicityqueenanne.com/418brunchfundraiser.html>

SPIRITUAL VOLUNTEERS

"There is more to life than just retirement!" Are you looking for something to do during the week? Are you looking for a way to extend your religious beliefs and practices? Are you looking for a way to "give back" to others and frankly, to have a reason for getting up in the morning?

We are in need of willing volunteers to help mentor other seniors, young adults, and children so that they too can find meaning in their lives.

Please contact Pastor Adrian Washington, Westminster Presbyterian Church, 10 University Circle, Pueblo, Colorado 81005 Sunday Worship – 10:15 A.M. (719) 561-8031.

BELMONT SQUARE APARTMENTS

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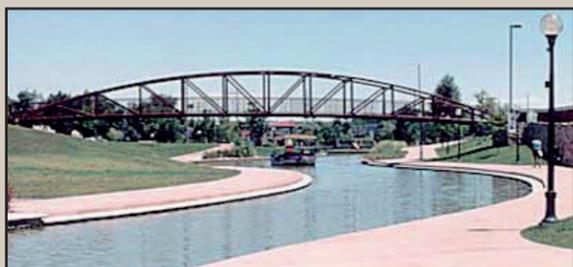
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SENIOR CLASSIFIEDS

HOME CARE PROVIDER: Have experience. Dependable, Run errands. Doctor Appointments. Companion. Call Carmen, 564-2157. #0610
CNA & CARE PROVIDER. Dependable, flexible hours - 30 years experience and references. Call Edna, 566-7775. #0610

POWER CHAIRS - Pride Jet 3 ultra and Jazzy 1100. Choice \$495.00 Pride Legend Scooter, 4-wheel with two (2) baskets. \$595.00. #0610

24/7 LOVING CARE in Christian home. Over 30 years experience. Space for one client only! Hurry. Call now. 719-542-3496. #0610

30 YEAR EXPERIENCE, CNA. Will care for you in your home. Cooking, errands, doctor appointments, shopping, cleaning, laundry. Will make your day comfortable. References. 719-543-5446. #0610

"I FORGAVE MYSELF" CD: 15 inspiring, humorous, breathtaking songs by spiritual songwriter. \$15 (including shipping). Check, Money Order: Eric Schneider, 1817 Carson Ave., La Junta, CO 81050. #0610

FSBO DOUBLE WIDE HOME in Adult Park, 3 bed, 2 bath, Double Carport, Huge Shed. All appliances, upgraded Central Air Furnace. Call 566-0489 or 568-4547. #0510

\$75 HOLDS A CLASSIC colored long and short haired chihuahua for that special occasion. The dogs are hand

raised, house and crate trained have first shots. (307) 634-1177 or www.Wyomingchihuahuaakennel.com #0510

FAMILY TREE? My time and experience is available to help you start, build or research your family tree within the USA. pre-1930. Call Tom at 719-566-7975. #0510

ALTERATIONS/MENDING: Reasonable prices. Quick turnaround. Have pincushion will travel. Call 719-225-0425. Let's talk and set an appointment. Thank you. #0510

DUAL SPACE: in military court of honor section. \$750.00. You pay transfer fee. 719-225-6671. #0510

FOR SALE: Timeshare. Stormy Point, Branson, MO. Sleeps four. Furnished, \$12,000. 719-583-2042; 248-5479. #0510

"LOOK" - Caucasian man, 73, seeks female live-in friend, companion. Woman should be past middle age. Man is in good health, good physically. Expects similar. Rural home, nice, not fancy. Has separate bedroom. Also has horses. Must be a U.S. citizen. Driver's license essential. This is a sincere effort. Being alone is no fun. If interested, call Bill - 719-406-5754. #0510

GOLDEN GIRL: SENIOR FEMALE ROOMMATE WANTED! Are You A Senior Lady having difficulty making ends meet??? Would you like to have 2010 be a better year for you? Are

Holy Cross Abbey In Cañon City Hosts Antiques Show

by Suzanne Clark

If you have never attended or shopped an antique show/sale by J's Promotions, you do not know what you are missing! For openers, mark your calendar for May 1st and 2nd when there will be "Antiques at the Abbey." It will be held in the Field House Gym at the Holy Cross Abbey in Cañon City,

Colorado located at 2951 E. Hwy as you enter the city on the northern edge.

Anything worth remembering can be found, not just traditional formal "stuffy" antiques. Amongst the row of dealers you will find treasures, collectibles, primitives, retro furniture as well as other retro items, unique, distinctive and fabulous finds of all kinds. There is always something "new" old, different but every item, absolutely every item has a story behind it.

The dealers participating at the show may be local, some from Pueblo, Colorado Springs, many from the Denver area, northern Colorado, but it is not unusual to find some participating from

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.

you in Colorado or would you like to move to Colorado?

I, too, am a senior lady looking for a long-term SENIOR roommate to share expenses and household duties as well as to be a friend and companion. Please be "upbeat" and a "non-complainer"

I have a very lovely 3 bedroom, 2 bath mobile home located in Northpoint Estates on edge of Pueblo, West, Colorado. My home is spacious and ideal for sharing with the right older lady. Have a lovely front, covered, carpeted deck with a ramp and the community is quiet, safe, and

well kept up. Mountain view front and back. Bedrooms and baths are on opposite sides of home so you have complete privacy. Your bedroom is very large, approximately 16 ft by 10ft. It was two bedrooms that I tore down the wall and made into one big bedroom. MUST be neat and clean. Would love it if you would like to buy into the home so we both have title to it.

If interested, call me at 832-274-1995 or email casino7807@yahoo.com and we can meet and visit and determine if we can be "roomy's" and assist each other in living out what they call the "Golden Years" Will supply pictures after contact. #0310
FOUR GRAVE SPACES. in Hillcrest section at Imperial Gardens. \$1500 plus transfer fee. Call (719)649-2478 or (719)946-5214. #0310

WANTED! Older golf putters, signed golf books and pictures, older golf tournament programs, pins, and badges. (719)687-1227. Masters golf items too. #0310

RESTLESS LEG SYNDROME? Grandma's home remedy immediately solved our RLS! For the recipe: send \$29.95 to RLS, 8200 S. Quebec St. A3-#506, Centennial, CO 80112 for a colored picture brochure on how it worked! **IT'S WORTH IT!** #0610

WATKINS SINCE 1868: Quality vanilla, black pepper, extracts and, More! Free Catalog. Call Today! Dale Van Holland. 719-369-9023. #0310

HEMOCARE PROVIDER. 30 years experience. Honest and dependable. Happy to help with daily needs, errands, shopping and appointments. Call Connie at 543-7853 or 214-0321. #0310

JAZZY SELECT power chair. Excellent condition. Used only once. One-year old. Call, Tony for price at home (719) 947-1142 or cell (719) 778-7481. #0310

30 YEARS EXPERIENCE. Qualified, caring, compassionate Caregiver will give good personal hygiene care. cook, light cleaning. Day & Night care. Call Diana, (719) 369-5758. #0310

ONE BEDROOM SPACIOUS. Southside complex. Rent - \$420 deposit - \$250 includes water, trash, parking, laundry room, close to bus stop and shopping. Rustic Villa (719) 564-8899. #0810

EXPERIENCED HOME CARE for your loved ones. I will assist you with your daily needs. Day or night! Call Martha at 719-566-9077. #0310

PROFESSIONAL HOME CARE PROVIDER with loving touch. Long-term references. Honest & Dependable. Debbie Rich, 569-3614. #0310

BUSINESS OPPORTUNITY. Multi-million dollar company offering business opportunity to self-motivated person. No franchise fees or products. For details, call David or Glenda. 719-469-5779. #0410

New Mexico. Kansas, Utah and/or Wyoming. The dealers work very hard for their "fabulous finds." They also need to be full of knowledge regarding their picks, not to mention the time and effort they put in to properly price items and clean, refinish or restore them. A bit of history and use of the items goes a long way as well and it's always fun and interesting.

Jo treats her dealers "good," (this is not a secret), but a well-known fact amongst the dealers and other promoters in the antique world and trade show market. She realizes how hard they work and never fails to greet them with a cup of coffee, hot chocolate or tea, while they are getting their wares in order at their designated booth.

The Field House Gym at the Abbey is a perfect venue for the antique show as the history with its own history as your guide.

It is hard to miss one of the antique shows J's Promotions sponsor. They are advertised in many local newspapers, several surrounding newspapers as well as several state and national antique trade publications. Three to four days prior to each event, you will find purple signs around the city reminding one and all of the upcoming event. You also can sign up to have a post card or email reminder sent to you 8-10 days prior to the event. Check it out! You will not be sorry! The remaining calendar for 2010 includes 11 additional shows. Be certain to pick up a schedule for those remaining shows and get on the mailing list. Show hours are Saturday 9-5 and Sunday 10-4. Jo can be contacted at 719-596-8839 or jo-pete48@aol.com.

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ANTIQUQUE SHOW & SALE**"Antiques at the Abbey"**

Cañon City, Colorado
Field House Gym at the
Holy Cross Abbey
in Cañon City
May 1 & 2, 2010

**SATURDAY 9:00-5:00 SUNDAY 10:00-4:00******Glass Grinder on Duty, Bring in Chips for Repair******ANTIQUES, UNIQUES, PRIMITIVES, COLLECTIBLES**
ANYTHING WORTH REMEMBERING CAN BE FOUND**Food On Site Free Parking**
\$3 ADMISSION

Exit 100 off I-25 heading West on Highway 50 to Cañon City
 The Holy Cross Abbey Is Located On Highway 50
 at 2951 E. Highway 50 in Cañon City
 The Abbey is known for its wonderful buildings and also its fine wine.
 Make a day of it!

Jo Peterson 719-596-8839

Dengler: Tune In To Your Body To Fine Tune Your Plan

by Charlene Dengler

Although there hasn't been an overwhelming response to my offer of free advice, I do have one brave soul who posed a question to me that I will address. Who knows? Maybe others will be inspired to write or call me. From there I will focus in a more general way regarding individual health plans. I am not talking about health care insurance, but that proactive plan I wrote about last month that attacks aging and fights inflammation.

Jolinda asked, "I have signs of beginning arthritis. Little aches and pains in various joints. What can I do nutritionally to help with those symptoms?" Let me preface the answer to this by saying that each individual is vastly different and there is no easy answer without some close observation and some trial and error experimentation. First, I would recommend a food journal to see if there is any correlation between what you are eating and increased or aggravated symptoms.

By observing closely what triggers symptoms and eliminating those foods, oftentimes some symptoms can improve or be eliminated. Without knowing medical history, medications taken and specific areas and degree of pain or discomfort, it is difficult to hit the nail on the head so to speak. However, I will list a number of foods that are known for increasing inflammation at the cellular level and aggravating ar-

thritis. Those foods would be any nightshade vegetable and/or fruit such as eggplant, peppers, white potatoes, and tomatoes. In addition, tobacco also falls into the same category.

Experiment with these foods and avoid those that cause symptoms. When they are consumed be sure that they are ripe and avoid leaves and stems of these foods. So I hope that helps a little, Jolinda. Consider a seasonal cleanse or detoxification to reduce alkaloid build up in the joints which are the offending substances in the nightshade family.

Fine tuning your health plan is of vital importance to make the most of all your good efforts. Sometimes a minor change applied consistently can make a big difference. For example, for years I have tried to personally remedy cellulite with soaps, lotions, creams, gels, massage, vibration, patches and special supplements. I already eat healthy, take supplements by the handfuls, exercise faithfully and my adult weight has not varied more than seven pounds in the last thirty years. I added one step which was really aimed at detoxification through the skin and, eureka, problem solved.

This technique is one that I have written about before in relation to elimination through the skin, our largest organ. That practice is dry brushing of the skin from the feet upward toward the heart just before getting in the bath or

shower. It is cleansing, stimulating and invigorating. It stimulates the immune system and leaves the skin smooth and soft. And now, after a year of faithful, consistent application I have reaped a surprise benefit of greatly-reduced, almost no cellulite.

So you see listening carefully to your body is crucial to determining what your body needs to bring it in to better balance. Be open to new but logical ideas that make sense. Do adequate

research to see if it's right for you. Be consistent and diligent in applying the technique and fine tuning your health practices may just yield a better, more balanced and healthier you

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 certified personal trainer whose main focus is a natural approach to health and wellness. She can be reached at (719) 250-0683 or IOHealth@live.com

ORAL HEALTH TIPS TIP FOR SENIORS

The fastest growing segment of our population is seniors – those over 65 years of age. The U.S. Census estimates that by 2050, there will be 48 million seniors. Oral diseases and conditions are common among these Americans who grew up without the benefit of community water fluoridation and other fluoride products.

Older Americans with the poorest oral health are those who are economically disadvantaged, lack insurance, and are members of racial and ethnic minorities. Being disabled, homebound, or institutionalized also increase the risk of poor oral health.

About 25 percent of adults 60 years old and older no longer have any natural teeth. Toothlessness varies greatly by state. Roughly 42 percent of Americans over age 65 living in West Virginia are toothless, compared to only 13 percent of those living in California. Having missing teeth can affect nutrition, since people without teeth often prefer soft, easily chewed foods. Because dentures are not as efficient for chewing food as natural teeth, denture wearers also may choose soft foods and avoid fresh fruits and vegetables.

Regardless of your situation, there are several things you can do to maintain good oral health:

- Drink fluoridated water and use fluoride toothpaste; fluoride provides protection against dental decay at all ages.
- Practice good oral hygiene. Careful tooth brushing and flossing to reduce dental plaque can help prevent periodontal disease.
- It is important to see your dentist on a regular basis, even if you have no natural teeth and have dentures. Professional care helps to maintain the overall health of the teeth and mouth, and provides for early detection of pre-cancerous or cancerous lesions.
- Avoid tobacco. In addition to general health risks posed by tobacco use, smokers have seven times the risk of developing periodontal disease compared with non-smokers.
- Limit alcohol. Drinking a high amount of alcoholic beverages is a risk factor for oral and throat cancers. Alcohol and tobacco used together are the primary source for these cancers.
- Make sure that you or your loved one gets dental care prior to having cancer chemotherapy or radiation to the head or neck. These therapies can damage oral tissues and can result in severe irritation of the oral tissues and mouth ulcers, loss of salivary function, rampant tooth decay and destruction of bones.
- Caregivers should reinforce the daily oral hygiene routines of elders who are unable to perform these activities independently.

Source: Centers for Disease Control and Prevention

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

**May The Clouds Never
Burst And The Son
Always Find You!
We Wish You Peace And
Joy Always.**

**The Gooseberry Patch^{ant}
Restaurant**

**Come Celebrate Mother's
Day With Us This Year!**

Breakfast Buffet
8:00 am - 11:30 am

Scrambled Eggs, Quiche, Ham, Bacon, A Variety Of Sausages, Cheese Grits, Biscuits & Homemade Sausage Gravy, Tortillas, Green Chili For Burritos, Fried Potatoes And Onions, Pancakes, French Toast, Blintz's, Fresh Fruit, Pastries, Yogurt Granola Parfaits, Juice, Coffee or Tea.

**\$11.95 Adults - Seniors \$9.95 - Kids, 5-11 85 cents/yr
Children 4 and Under Free**

Dinner Buffet
11:45 am - 5:00 pm

Salad Bar, Fresh Fruits, Variety of Breads, Honey Glazed Ham/Cherry Sauce, Roast Turkey, Carved Beef, Fried Chicken, Peel & Eat Shrimp, Fried Cod and Shrimp, Mashed Potatoes & Gravy, Yams & Orange Sauce, Corn Pasta, Red Sauce & Meatballs, Fried Potatoes & Onions, Green Beans. Dessert Choices, Coffee, Tea or Lemonade

**\$16.95 Adults - Seniors \$14.95 - Kids, 5-11 \$8.95
Children 4 and Under Free**

Some Items May Change As Day Progresses

Reservations Suggested 719-372-3910

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Florence, Colorado. Call 784-6331 for more information.

Caring for America's Heroes!





BLM Designates Fee-Free Days For 2010

by Jenny Hammond - (BLM), 202-912-7368

WASHINGTON, D.C. – The Bureau of Land Management (BLM), in conjunction with other agencies within the Department of the Interior, will waive recreation-related fees for visitors on June 5-6, August 14-15, September 25 (National Public Lands Day), and November 11 (Veterans Day) on many of the public lands managed by the BLM, including areas within the National Landscape Conservation System (NLCS), which is celebrating its 10th anniversary this year.

“In celebration of not only the 10th birthday of the BLM’s national conservation lands but also America’s Great Outdoors, we invite visitors to

take the path less traveled and discover these treasured public lands during the fee-free days,” said BLM Director Bob Abbey. “For decades, millions of Americans have sought to connect with the outdoors by exploring the National System of Public Lands, and the BLM is proud to be a part of the President’s America’s Great Outdoors initiative.”

Site standard amenity and individual day-use fees at BLM recreation sites and areas will be waived for the day. Other fees, such as overnight camping, cabin rentals, and group day use, will remain in effect.

The NLCS encompasses more than 27 million acres and includes 886 federally recognized areas of National Monuments, National Conservation

Areas, Wilderness Areas, Wilderness Study Areas, Wild and Scenic Rivers, National Scenic and Historic Trails, and Conservation Lands of the California Desert. For more information on the conservation system’s 10th anniversary, go to <http://www.blm.gov/nlcs>.

More details about fee-free days and activities are available at http://www.blm.gov/wo/st/en/prog/Recreation/BLM_Fee_Free_Days.html

The BLM manages more land - 253 million acres - than any other Federal agency. This land, known as the National System of Public Lands, is primarily located in 12 Western states, including Alaska. The Bureau, with a budget of about \$1 billion, also administers 700 million acres of sub-surface mineral estate throughout the nation. The BLM’s multiple-use mission is to sustain the health and productivity of the public lands for the use and enjoyment of present and future generations. The Bureau accomplishes this by managing such activities as outdoor recreation, livestock grazing, mineral development, and energy production, and by

conserving natural, historical, cultural, and other resources on public lands.

CLUTTER

from page 10.

2. Conduct an “experiment.” If your senior has 150 empty margarine tub containers, suggest donating 15 of those to a school for a painting project. Allow some time to go by and ask how she felt giving those up. Chances are she won’t feel as awful as suspected.

3. Gently approach the idea of health and safety. Remind your loved ones that too much clutter can actually keep them from being safe in their homes, which could jeopardize their ability to stay at home. They could trip over papers on the floor or lose bills and medications.

4. Draft an agreement. Agree to box up unused clothing or tools. Carefully list what’s in the box and track that for six months. If your loved one does not use the items in that time, suggest they donate them to a charity.

5. Consider the control issue. Clutter is all about control, but so is being the one to decide where stuff goes. Remind your loved ones if they don’t decide where something will go, someone else will.

For more information, contact the National Study Group on Chronic Disorganization (NSGCD) at www.nsgcd.org or visit www.homeinstead.com. For tips on talking to a loved one about sensitive subjects, go to www.4070talk.com.

Resources:

National Association of Professional Organizers at www.napo.net . . . to find a professional organizer near you.

National Association of Senior Move Managers at www.nasmm.org . . . for assistance helping older adults and their families downsize, relocate or modify their homes.

National Study Group on Chronic Disorganization at www.nsgcd.org . . . for various resources on combating clutter. This non-profit organization features fact sheets, a clutter-boarding scale for professional organizers to help assess their clients, and a questionnaire to determine if someone is a chronic disorganizer. Chronic disorganization is defined by the group as ongoing (chronic), interfering with the ability to get things done or with relationships, and a history of failed self help.

Vickie Dellaquila, certified professional organizer and author of “Don’t Toss My Memories in the Trash” at vickie@organizationrules.com.

University of New Mexico Researcher Dr. Catherine Roster at Roster@mgt.unm.edu. Dr. Roster is a clutter researcher who serves as research director for The National Study Group on Chronic Disorganization. She is currently working on a clutter self-assessment tool that will help clutter collectors get to the root of their issues.

University of Kansas Professor Dr. David Ekerdt at dekerdt@ku.edu. Dr. Ekerdt is coordinating a “household moves” project to determine the role that possessions play in older people’s housing decisions.

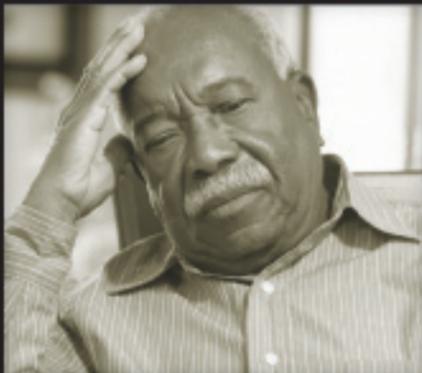
Katherine “Kit” Anderson, CPO-CD, president of the National Study Group on Chronic Disorganization at kit@andersonorganizing.com.

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Give Your Furniture The Slip: Fabrics Are Plentiful

by Mary G. Pepitone

Before relaxing and putting your feet up, let your furniture slip into something more comfortable.

Custom slipcovers are tailored to fit an individual sofa, chair or ottoman, and made by professional seamstresses or trades people, says Margi Kyle, president of Interior Design Society and owner of The Designing Doctor near Charlotte, N.C.

Unlike furniture protectors that are draped and tucked around seat cushions, custom-made slipcovers zip, button or tie to fit furnishings like a glove. A sophisticated slipcover requires exact measurements of a piece of furniture and accentuates a silhouette, whether the style is Queen Anne or contemporary.

"Especially during these difficult economic times, people might not be able to afford that new sofa for the living room," Kyle says. "But a custom-made slipcover can breathe new life into an existing piece of furniture you already have."

Kyle says many homes undergo

a metamorphosis in the spring, thanks to a second set of slipcovers. "In the winter, people want to feel cozy, and you may have slipcovers made of tweed or corduroy in deep, rich colors," she says. "Spring cleaning can be a snap with a light-colored cotton or floral-patterned set of slipcovers."

For spring, Kyle suggests fabrics such as cotton duck or canvas; linen union (a natural fabric of linen and cotton -- or linen and jute -- that doesn't readily wrinkle); and chintz (a material with a glazed finish and, most often, floral design.)

By contrast, winter slipcovers can be made from tapestry (a heavily textured, durable fabric that often features a traditional design); pile fabrics (micro-fibers, velvet and suede); and damasks or brocades (jacquard fabrics, made from wool or synthetic fibers).

Before finalizing the fabric for your furniture's great cover-up, Kyle suggests buying a yard to give it the wear-and-tear test. "Before having a material made into slipcovers, go ahead, spill red wine and step on the



When living with children and pets, slipcovers make cleaning a snap. Pictured here is the Static Stripe Bemz slipcover on an IKEA Jennylund armchair for \$125 and a Fuchsia Panama Cotton Bemz slipcover on IKEA's Tomelilla low-back armchair for \$95. photo: Bemz

fabric sample," she says. "Then clean it to see how it really performs."

Unless fabric is specified to be machine-washable, slipcovers should be dry-cleaned to preserve the finish. If you have laundered a slipcover, Kyle says to place it back on the furniture while it is slightly damp. "The fabric will be more stretchable, and easier to fit on the furniture," she says. "As the cover does its last bit of drying, it will conform to the furniture's curves, ensuring a proper, wrinkle-free fit."

Home decor companies are also capitalizing on the cover-up craze. Internet and catalog businesses are selling custom-made slipcovers in a variety of fabrics that fit specific pieces of furniture, removing the need for a professional to make a pattern for your furniture.

Bemz is a Swedish company that sells removable, washable slipcovers for IKEA sofas, armchairs and cushions, direct to consumers via the Internet (www.bemz.com). Founder Lesley Pennington says the idea came to her about five years ago after she bought an IKEA sofa and wasn't completely satisfied with its standard fabric. "Our generation likes to change our living environment," Pennington said. "Kids are allowed to play on our furniture and, as parents, we want the ability to wash a cover."

Pennington says her company is not directly affiliated with IKEA, but provides an after-market service for the company's furniture. Bemz offers more than 100 designer fabrics -- including choices from the Finnish design house Marimekko -- and has measurements tailored for slipcovers, which coordi-

nate with specific IKEA furniture, including retired pieces.

The price for a Bemz slipcover can start at under \$100. "The great thing about having a beautifully made slipcover is that it is also kind to the environment," Pennington says. "A slipcover is a way to reuse and update a piece of furniture. A new slipcover is an easy way to refresh a home."

But, a slipcover obviously can't fix the structural integrity of a piece of furniture. "A slipcover shouldn't be used as a band-aid for a dirty, broken-down sofa," Kyle says. "You can't cover up a decrepit piece of furniture."

Fabrics can start at around \$10 per yard, while the cost of making slipcovers can be half as much as reupholstering furniture. Depending on usage and fabrics, a slipcover can last 10 years or more.

Kyle says a slipcover can personalize a piece of furniture, based on fabric choices and finishing details, including buttons, tassels or ties. "A slipcover can transform formal furnishings into furniture that is more casual and easy to live with," she says.

Slipcovers can breathe new life into a family heirloom without compromising its original upholstery. Depending on the type of slipcover, some furniture can look opulently dressed, while other pieces can look reupholstered.

No matter the look you're trying to achieve, pet hair and spills should be a snap to clean off a slipcovered set-up, according to Pennington. "Now, more than ever, families should be able to relax in their homes," she says. "Life is busy and can be messy. It's great having slipcovers because it makes your furniture easy to wash and live with."

Resources

-- www.interiordesignsociety.org, click "Find a Designer" link

-- www.bemz.com, to view slipcover fabric choices on select IKEA furniture and order five free fabric samples

DID YOU KNOW?

(NAPSA)-Age-related macular degeneration (AMD) is a chronic condition that causes central vision loss, affects millions of Americans and is the leading cause of blindness in adults 60 and older. Learn about ways to manage AMD at www.amdawareness.org/asrs/.

Menveo, a new vaccine from Novartis Vaccines, was recently approved by the U.S. Food and Drug Administration to protect individuals 11 to 55 years of age against invasive meningococcal disease, a leading cause of bacterial meningitis. For more information about meningococcal disease, visit www.meningitis.com.

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WEIRD NEWS

from page 4.

days a week, but cut back recently to five. "I feared that, if I continued at (the seven-day) pace, I would get bored."

Compelling Explanations

-- In January the California Historical Resources Commission formally claimed, on behalf of the state, about 100 items of property on the surface of the moon having been left behind during the 1969 Apollo 11 landing (since California companies were instrumental in that mission and since only the moon surface itself is off limits to ownership claims under international law). Among the items declared are tools, a flag, bags of food and bags of human waste left by astronauts Neil Armstrong and Buzz Aldrin.

-- Louis Woodcock, 23, testified at his Toronto trial in March that he was not involved in the 2005 shooting of a woman, despite being seen on surveillance video approaching the woman and holding his hand inside his jacket until gunshots rang out. He said he often kept his hand inside his jacket to keep from sucking his thumb, which is a habit he picked up in childhood and which did not go over well on the street. (The jury, apparently not seeing him as the thumb-sucking type, convicted him of manslaughter.)

-- In February, Jesse McCabe, 29, was spared jail time (probation and community service only) for his conviction in connection with a missing \$18,000 in bank deposits he was to have made for his employer in New

Port Richey, Fla. Police discovered 13 deposits, from a six-week period, in McCabe's home, but all the money was recovered, and McCabe persuaded the judge that he just hadn't been able to make it to the bank yet.

Ironies

-- Karen Salmansohn, 49, prominent author of self-help books for women with relationship and career problems, including "Prince Harming Syndrome" and "How to Make Your Man Behave in 21 Days or Less Using the Secrets of Successful Dog Trainers," filed a lawsuit in March against cad Mitchell Leff. Salmansohn said Leff had strung her along for months with promises of marriage and a baby, but abruptly cut off support when she became pregnant. Said Salmansohn, "I'm a self-help author, not a psychic."

-- Former baseball star Lenny "Nails" Dykstra recently started accepting clients for his investment advice service, charging \$999 a year, according to a March Wall Street Journal report. His Web site discloses that while Dykstra is "NOT" (his emphasis) a "registered" financial adviser, his "proven track record has caught the attention of many." (Dykstra filed for bankruptcy in July 2009 to stave off more than 20 lawsuits against him for entrepreneurial ventures gone bad, and in November, the bankruptcy judge denied him the right to reorganize his debts, converting his case to a chapter 7 liquidation.)

-- In March, Monica Conyers, pleading insufficient funds, was granted a court-appointed lawyer to appeal her bribery conviction stemming from her work as a city councilwoman in Detroit. Conyers is the wife of John Conyers, the Michigan congressman who is chairman of the House Judiciary Committee. (Mrs. Conyers arrived in court on the day of her sentencing clutching what reporters said appeared to be a Louis Vuitton handbag that sells for \$1,000.)

Government Health Care Follies

-- Britain's National Health Service in Warwickshire recently assigned Mavis Eldridge to receive care at the Selly Oak Hospital in Birmingham for the age-related macular degeneration she is suffering in her left eye. The decision was puzzling to Eldridge and her doctors because her right eye is already being treated for the same disorder at University Hospital in Coventry, 20 miles away. University officials said they were booked up.

-- Paula Oertel, on Medicare, has a brain tumor that had miraculously been in remission for nine years thanks to a type of interferon approved for multiple sclerosis but not for cancer. Medicare had been paying about \$100,000 a year for the drug, but when Oertel relocated from one county in Wisconsin to another, 30 miles away, it triggered an automatic, full-scale review of her records, at which point officials realized that her drug was unauthorized and stopped paying. According to a March Milwaukee Journal Sentinel report, her doctors scrambled to find a drug on the "approved" list, but discovered neither a less expensive one nor one nearly as effective, and Oertel's tumor has returned.

Sexual Confusion

(1) A February New York Times/CBS News poll, asking respondents if they approve of gays serving openly in the military, found that 79 percent of self-identified Democrats approve if openly serving gays are referred to in the question as "gay men and lesbians." However, when the openly serving gays are referred to in the question as "homosexuals," only

43 percent of self-identified Democrats approve. (2) In March, the government of New South Wales in Australia granted "Norrie" a certificate as the state's (perhaps the country's, perhaps the world's) only official genderless person. Norrie prefers to live that way, and two doctors had certified that the former male is now "physically and psychologically androgynous."

Creme de la Weird

What stunned officials in Polson, Mont., the most wasn't that Brent Wilson, 53, was charged in March with attempting to illegally acquire ownership of someone else's house. It was that Wilson had attempted to register the title as property located on the "third planet from the sun" and as a conveyance from God, in a transaction that has yet to take place (scheduled for the year 6010). Authorities believe Wilson might have fallen for the elaborate teachings of a scammer who conducts seminars on outsmarting the law governing foreclosures. Wilson was also charged with breaking into the house illegally and changing the locks. Said the recording supervisor of Gallatin County, "I can't explain why people do what they do."

A News of the Weird Classic (November 2003)

In October 2003, West Point, Ky., hosted 12,000 visitors for the weekend Knob Creek Gun Range Machine Gun Shoot, billed as the nation's largest, with a separate competition for flame-throwers. Especially coveted is "The Line," where 60 people (the waiting list is 10 years long to be admitted) get to fire their machine guns into a field of cars and boats, and during which a shooter might run through \$10,000 in ammunition. Among the champions: Samantha Sawyer, 16, the top women's submachine gunner for the previous four years. One man interviewed by the Louisville Courier-Journal said he met his future wife at a previous Shoot, impressed that "she could accept flame-throwing as a hobby." Said another: "This is one of those times when you know (America) is the greatest place on Earth."

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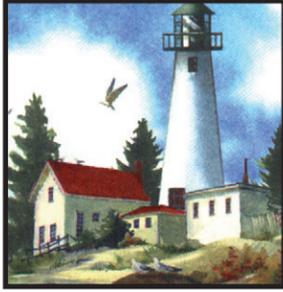
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**PLASTIC GLOVE
MINISTRY - OXYMORON
MAY 2010**

by Guest Contributor- Ted Weaver

What was wrong between me and these people? I thought I knew them well. I care about them, and they know I care; but today, they are distant - even refusing to make eye contact with me.

"Light For The Journey"

By Jan McLaughlin - Director of Prayer Warriors For Prisoners

I have been involved with these street people on a weekly basis for many months. Eye contact and hand shakes have always been received from my heart to theirs; until today. It's like there was some kind of barrier between us.

Saddened and confused, I looked down and saw the problem. I was wearing plastic gloves! Even though I shook their hands and touched them exactly like I had many times before, I was wearing plastic

gloves today. This was the only difference, but what a huge difference they made in the way these people received me, or rather, didn't receive me.

Earlier this afternoon, the food service line had been short handed so I put on the plastic gloves as required and helped serve the food. After a while, more helpers arrived and freed me to interact with the people.

Today, the plastic gloves communicated to these people that I was fearful of catching something from them, that I didn't want to touch them. The change in their response was more than dramatic.

I quickly removed the gloves and returned to the head of the line. There were no barriers now as my friendliness was returned with hugs and smiles. The change was amazing.

"Lord, what am I to learn from this?" I prayed. This "plastic glove" mentality has created barriers be-

tween those who care and those who need the care. The

clothes the servers wear, their cars, clothing, vocabulary, body language, and everything they do can give the "plastic glove message" to these people. Those with a heart to help may be there to serve but some have preserved their pride and dignity as if they are above the level of the people who live on the streets. The street people know it and retreat.

I'll be careful to never give anyone the plastic glove message again.

TEDBITS 2009

Guest author, Ted Weaver, is teacher, auctioneer and a missionary with Prayer For Prisoners International. He is also a very dear friend. I am grateful for his contribution this month while Rick and I are on mission.



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Reeling "Fans Still Love Gone With The Wind"

by Film Critic Betty Jo Tucker, Pueblo

FANS STILL LOVE GWTW

I'm so glad I had the opportunity to interview Cammie King Conlon, who played Rhett and Scarlett's beautiful little daughter in "Gone with the Wind," during a recent BlogTalkRadio "Movie Addict Headquarters" show. It was such a treat to hear Cammie discuss her delightful memoir about being involved in that iconic film!

Although only five years old when given the role of Bonnie Blue

Butler, Cammie still remembers what it was like to work with star Clark Gable and director Victor Fleming. Cammie's book is filled with fascinating inside information concerning what happened on and off the set. It also includes poignant and humorous descriptions of her challenges as a new child actress. I particularly enjoyed Cammie's candid explanation of how she got the Bonnie Blue Butler role, her reactions to the famous actors involved in this classic movie, and her description of the film's impact on her later life.

Of course, when Cammie walked onto the sound stage back in 1939, she had no idea "Gone with the Wind" would become such a cinematic phenomenon. The film went on to win 10 Oscars and has been screened millions of times throughout the world. It's still going strong on DVD.

Released last year, *BONNIE BLUE BUTLER: A 'GONE WITH THE WIND' MEMOIR* coincided with the movie's 70th Anniversary. Yes indeed, fans (called "Windies") continue to celebrate this beloved film. Those fans -- as well as movie lovers everywhere -- should enjoy reading Cammie's terrific book. (To order copies of this excellent memoir, pub-

lished by Cypress House, send an e-mail to Scarlettsbaby@gmail.com.)

"IT'S COMPLICATED"

AVAILABLE NOW ON DVD

After being divorced from each other for ten years, Jane and Jake -- who have three grown children -- engage in a passionate affair. Is that immoral? Well, "It's Complicated." You see, Jake was unfaithful to Jane when they were married -- and he's now hitched to Agness, the younger woman he cheated with back then. That makes Jane the current "other woman." Is she still in love with Jake or acting out of sheer revenge? Making things even more complicated, Jane's recently hired architect shows a romantic interest in her, one she begins to reciprocate. Will she end up with her former husband or with her new suitor? A soapy question, for sure. But, believe me, we do care.

In this amusing film written and directed by Nancy Meyers ("What Women Want"),

Meryl Streep, Alec Baldwin, and Steve

Martin mine every comical nuance possible while portraying members of an unusual love triangle. Streep ("Mamma Mia!") endows Jane with a good-natured but bewildered attitude about the surprising things happening to her. She's a revelation to watch as Jane reacts to the continuous advances of her ex-husband. Playing Jake, the ex-hubby, Baldwin ("The Last Shot" and TV's "30 Rock") becomes a force of nature as his character tries to win Jane back. We can't help feeling sorry for Jake as soon as we see the problems he faces with his current spouse (Lake Bell). And Martin ("The Pink Panther") -- usually a wild and crazy guy -- does a wonderful job underplaying Adam, the sensitive,

lonely architect who falls for Jane.

While infidelity is no laughing matter, "It's Complicated" explores some of the funny, poignant situations that can develop between exes, especially when they have grown children who've gone through tough times as a result of their parents' divorce. John Kazinsky's ("Leatherheads") appealing turn here as Jane's future son-in-law illustrates how protective most people feel about siblings who've finally moved on from a traumatic experience.

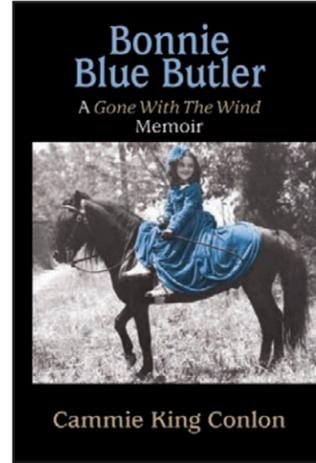
With so much going for it, I think "It's Complicated" could have been just

as entertaining by omitting one exceptionally crude scene between Streep and Baldwin. It evoked loud gasps from the audience at the screening I attended, probably because it looks out of place for actors of their stature. My inner church lady made me mention that. (Released by Universal Pictures and rated "R" for some drug content and sexuality.)

SHAMELESS PLUG:

I admit "It's Complicated" hit home to my husband and me. After being estranged and divorced from each other for almost twenty years, we re-married, much to the surprise of our children. Like Nancy Meyers' movie, our story is both humorous and highly emotional. Under the pseudonyms of Harry & Elizabeth Lawrence, we reveal all in "It Had To Be Us," a little award-winning romantic memoir now in E-book format.

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





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