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Senior Beacon

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

JULY, 2008 Vol. 26: No. 112 Established Aug., 1982 312 Consecutive Months!

Greg Norman & Colorado's Irwin Will Compete

U.S. Senior Open To Be Played At The Broadmoor

The 29th U.S. Senior Open Championship promises to be the Major Event of the Summer! The championship, to be held July 28 – August 3 at The Broadmoor in Colorado Springs, offers spectators the opportunity to experience world class golf at a legendary setting.



The U.S. Senior Open will be the sixth USGA Championship hosted at The Broadmoor. The first event was the 1959 U.S. Amateur, won by a then unknown golfer from Ohio, Jack Nicklaus. In 1982 the Women's Amateur was contested at The Broadmoor and another future star won – Juli Inkster. The most recent Championship was the 1995 U.S. Women's Open. Annika Sorenstam captured the title, her first of three U.S. Women's Open Championships.

The 2008 U.S. Senior Open will bring leaderboard of legends to compete for the next championship title at The Broadmoor. The field will include 156 professional and amateur players, lead by Honorary Chairman, Hale Irwin. Irwin is a five-time USGA Champion, capturing three U.S. Opens (1974, 1979 and 1990) and two U.S. Senior Opens (1998 and 2000).

Joining Irwin will be Greg Norman (two-time British Open Champion), Tom Watson (five-time British Open, two-time Masters and U.S. Open Champion) and Ben Crenshaw (two-time Masters Champion) as well as four players will tie to Colorado; Craig Stadler, Mark Wiebe, Dale Douglass and R.W. Eaks. Stadler lives in Evergreen, Wiebe in Denver, Douglass's father served as Director of Golf at The Broadmoor and Eaks attended Mitchell High School in Colorado Springs.

Tickets to the Championship are still available and can be purchased by calling 877-281-OPEN, on-line at www.2008ussenioropen.com or at the Customer Service Desk of any King Soopers location.

Public parking is free and is located in the vicinity of I-25 and South Academy (exit #135) in southeastern Colorado Springs. Parking on the streets in and around The Broadmoor is strictly prohibited and vehicles will be towed. A free shuttle

FESTIVAL FRIDAYS ARE BACK IN PUEBLO

ENLIVEN SUMMER WITH MUSIC ON FIVE CONSECUTIVE FRIDAYS

PUEBLO – Beginning July 11, 2008, enjoy music, fun and spirits at Pueblo's premiere music celebration, Festival Fridays! The series will provide a party atmosphere for five consecutive Fridays from 6p.m. to 10p.m. in the Jackson Sculpture Garden.

Come early for happy hour specials from 6p.m. to 7 p.m. and listen to guitar music by Juan Alvarez. Find 2-for-1 beer, wells and wine. Starting at 7p.m., the bands will play in front of the grand staircase where there is plenty of room for partying

and dancing in the garden below. Tables, chairs and umbrellas will be out for comfort.

The summer 2008 lineup is outstanding and offers a variety for every musical taste. Expect some new entertainers as well as some familiar faces thanks to the generous support of News First Channels 5 & 30, The Pueblo Chieftain and Hot 95.5.

The season kicks off July 11 with new entertainers Less than Zero. Bringing the 80's party to Pueblo, Less than Zero tributes all your favorite 1980's tunes revamped for the new generation.



N Tha Mixx ends the Festival Fridays season with a seven member band of high energy on August 8.

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is take spectators from both lots to the Main Entry located at of El Pomar Road, on the west side of The Broadmoor property.

Handicap parking is available for spectators with a valid handicap hang tag at the World Arena (I-25 and Circle Drive, exit #138). Once inside the admission gate, spectators with special needs have access to electric scooters available at the Disabled Services Tent. The scooters are free of charge and are available on a first come, first served basis.

The centerpiece of the main entry is the 8,200 square foot Merchandise Pavilion. The pavilion will feature numerous styles of hats, visors, golf shirts and other apparel as well as unique golf and non-golf themed gifts. Also located in the main entry is the USGA Junior Tent, where kids 17 and under can learn more about golf and receive a free ball cap, lunch voucher and other USGA goodies. In addition, the front row of every bleacher is reserved for kids all week.

The Schedule of Events begins with three practice rounds (Monday, Tuesday and Wednesday) which offer spectators the unique opportunity to watch the world's greatest senior golfers practice their skills and adjust to playing at altitude. Players will tee off at various times throughout the day, so spectators are encouraged to review the practice board upon entering the main gate. This is also a great time to get autographs and photos as cameras are not allowed starting Thursday.

Thursday begins the championship rounds. Gates open at 6:30 am Thursday through Sunday. Players will tee off throughout Thursday and Friday from both the first and tenth tees starting at 7:00 am. Spectators are encouraged to pick up a Pairings Guide available throughout the course which lists tee times and include a course map.

Saturday and Sunday will offer an increased level of excitement as the field is cut and the title of National Champion is within sight. With the smaller field size, all players will begin their rounds from the first tee (at approximately 7:00 am) and the competition will conclude at 4:00 MST, so get there early. The championship will conclude on Sunday afternoon. After the last putt drops, stick around to watch the 2008 U.S. Senior Open champion crowned on the 18th green.

RHEUMATOID ARTHRITIS PATIENTS READ THIS!

(NAPSI)-Chronic inflammation of bone joints. Swelling and stiffness. Difficulty with simple activities. These are just some of the symptoms people with the chronic autoimmune disease rheumatoid arthritis (RA)-one of the most serious and disabling forms of arthritis-battle every day.

Fortunately, for the 2.1 million Americans living with RA, active participation in disease management may be possible. Patients can be active in the quest to improve quality of life by working with their doctors on everything from ways to best maintain joint function to learning how to balance daily activities and anticipate flare-ups.

In addition to the physical ef-

fects of RA, the emotional impact may be significant. Many patients experience stress and depression as a result of a decreased ability to function. According to new research from the Arthritis Foundation, psychological stress can worsen the disease by aggravating white blood cells that produce tumor necrosis factor (TNF), a protein that regulates autoimmune function in the body. Some patients have found that engaging their health care providers to proactively seek solutions for dealing with both the physical and emotional effects of this disease is a good approach.

Both as a result of increased communication between patients and their health care providers and the increased availability of drugs, trends indicate costs

of RA treatments are going down. Even more, clinical studies continue to investigate potentially new treatments for RA patients.

New Research Under Way, Participants Needed

Clinical studies are now in progress to evaluate the safety and effectiveness of an investigational drug for the treatment of active RA. These studies, occurring at clinics throughout the country, are looking for participants who are 18 years of age or older and living with moderate to severe rheumatoid arthritis.

To find out more about RA clinical research studies being conducted nationwide, call toll-free (800) 668-9023.

Springs Independent. With a crowd of 1,000-5,000 people at local festivals and event series, expect original tunes and spontaneous crowd interaction because The Martini Shot is proud to entertain an audience no matter the age.

Daniel Cordova y Esperanza returns to Festival Fridays on August 1. Formed by Daniel Cordova in 1994, Esperanza's hot Mexican music has been a crowd-pleaser throughout southern Colorado. Currently playing radio stations throughout the region, the group has recorded five CDs and has received six nominations and a Cumbia of the Year Award at the New Mexico Hispano Music Awards in Albuquerque.



Daniel Cordova y Esperanza brings hot Mexican music to Pueblo on August 1.

N Tha Mixx ends the Festival Friday's season on August 8 with a seven member band of high energy. N That Mixx offers R&B variety with the sounds of Motown, urban contemporary, smooth jazz, funk, soul, blues, as well as original music.

Enjoy food, fun, great music all while surrounded by the beautiful architecture of the Arts Center's Jackson Sculpture Garden, paseo and fountains. Admission is \$4 in advance or \$5 at the door. Tickets are available at the Arts Center Box office, 210 N. Santa Fe Ave., just off I-25 exit 98b, or feel free to order by calling 719-295-7222.

Just One Guy's Opinion

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



Blog With Us!

We did it! We've been wanting to start up a blog to fill in the month and we did it! For those of you who are uninitiated, blogging can be fun. Got something on your mind? Well now you can unload your druthers and get it placed on our blog. Please, no profanity and show your better side with pithy points made from empirical data. If not, your "stuff" won't make the cut.

We'll try to have something new as a topic at least once a week, but you can comment on anything from "Just One Guy's Opinion" to the menus in *Senior Beacon* or you can wax poetic about any topic at all. We don't care. It's an open forum and the best part is no one interrupts you. But be prepared to be challenged and perhaps you might even change your mind or better yet, change someone else's mind.

So, got to www.seniorbeacon.info and click on the "Blog With Us" icon and tell us what you think. It's fun, it's easy and most of all it's free!

GWB Gets Bum Rap

Look, I know most of you don't think George Bush is a good president. There are many things I don't like about him. The incessant clamoring from the Left about Bush's lies throughout his presidency and the willingness of the press to not delve into both sides of an issue make GWB out to be some sort of monstrous religious fanatic with the brains of a four-year old.

The simple truth is, GWB has delivered for the American people and for that matter, the world. Slogans like "Bush Lied And People Died" and "No War For Oil" and "Bush Is Hitler" are so far off kilter only the far Left can honestly believe all this. Perhaps his presidency has been secretive but ask the head coach from the New England Patriots (Bill Belichick) about the fire and brimstone that was showered upon him because he purportedly was stealing opponents plays before gametime. We are at war people. We must be secretive to carry out the offensive and defeat these militants that want us dead. So, yes there are secrets. So what? The hysteria of the Left is nonsensical when it comes to the Patriot Act taking away our freedoms. They don't seem to mind much that we have to almost stand on our heads to get into an airplane. Isn't that taking our freedoms? Isn't killing us taking our freedoms? If you aren't a bad guy then what's the reasoning in complaining about the Patriot Act?

All I know is that terrorism around the world is on the steep decline. The headlines aren't banging out copy about this bombing or that bombing somewhere in the world. Yes, it's true that the Palestinians lob missiles at Israel daily and yes it's true that the abomination that is Darfur continues and yes the murder rate in the United States is an abysmal commentary on the people who commit crimes, but GWB has kept this country safe despite all the protestations and roadblocks put before him by a Congress who only cares about getting votes and largess from constituents.

Mark my words, ladies and gents, history will be very kind to GWB even if we can't see the forest for the trees because we're living there now.

Internet Going Bonkers!

I am starting to believe that more and more Seniors are becoming computer-savvy. Why else would *Senior Beacon* on line average better than 2,300 NEW hits for the past 16 months? In May we reached our all-time high with over 3,300 New hits! It is remarkable! I am so pleased that *Senior Beacon* is making such inroads into the Senior Community. Tell all your friends and family about *Senior Beacon*. It has been a part of this community since August of 1982. That's 26 years with this issue!

It's been a pleasure keeping you informed on so many fronts throughout the years and now with the power of the Internet we are reaching even more folks. Huzzah!

Got Enviro Leaders Figured Out?

Many years ago, many, many years ago, environmentalists held my attention. When I drove a truck through Ohio and saw the Cayuhoga River actually burning I was hooked! Trees were being destroyed from acid rain and we had the commercial where the Indian had a tear in his eye because of all the litter from an interstate highway despoiling the land. The enviros were right! We were messing up nature and they were good to point that fact out. They asked for money and many dutifully sent them checks to curb these disasters. With public awareness and largess came needed protections and many problems were solved. But wait, with the problems solved, where would the leaders and their minions get their cash?

Water was purer, air was cleaner, cars were catalytic converted, smokestacks were scrubbed, scofflaws were fined. What a great job they did. But with all their successes beginning to put them out of their jobs to what would they turn? Ah, the snail darter and the jumping rat and the spotted owl and the wetlands and the old-growth forests and jungles and when most of that was taken care of, the enviros were in jeopardy of losing their jobs once again. Then along came "algore" and Global Warming and "carbon footprint" and man they are back in business full time.

The only thing, this time they went overboard. This time they have a leader whose "carbon footprint" is larger than 100 typical families over a clandar year. The enviros once had a leader back in the 1990s who stood on his principles. To wit: upon the occasion of a large environmental confab in San Francisco he walked into the lobby of a swank hotel where the festivites were being held, looked at the lavish setting with caviar and fois gras and all the trappings of a Big Business happening, upon seeing this he resigned his post on the spot, reasoning that his movement became what he was fighting against.

This time environmentalists have gone too far. This time they overplayed their collective hands. With global warming more a mantra than any even remote settled science (why else would the esteemed "algore" refuse to ever debate his points with "real" men of science?), the world has decided to "fight back" against the "engine" of our society as we know it. This time their ill-conceived notions have led to the using of corn for bio-fuels instead of food raising the prices on all food stuffs. This time their long established lobbies that have stopped us (the United States) from pursuing clean and safe nuclear power have made a huge blunder. They've stopped us from drilling in the most god-forsaken place on earth located in Alaska named ANWR. If Alaska were a football field ANWR would be about a 120" square. ANWR is so inhospitable that if the caribou linger too long in the spring, they can and have choked to death because the air is so thick with mosquitoes it clogs their air passages. ANWR is in constant darkness mcuh of the year. Yet, we are not allowed to drill for the life blood of our economy? They will not allow us to drill off our coasts and our shale inland because of environmental concerns. It is said that the United States has more oil than all of Saudi Arabia yet we are not allowed to go get it. We

SEE "OP-ED" PAGE 10.

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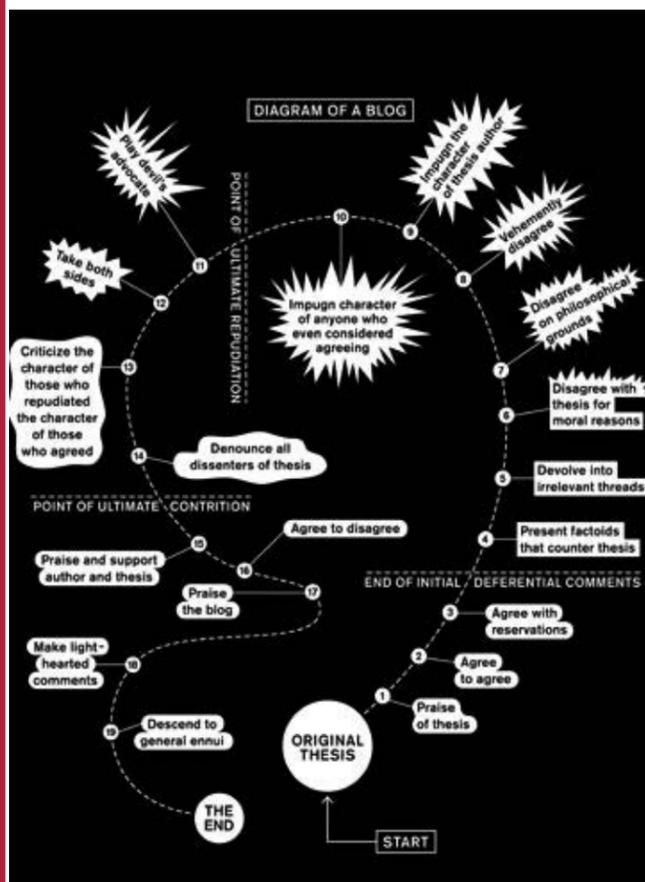


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What IS The Supreme Court Thinking About Gitmo?

by Ann Coulter

After reading Justice Anthony Kennedy's recent majority opinion in *Boumediene v. Bush*, I feel like I need to install a "1984"-style Big Brother camera in my home so Justice Kennedy can keep an eye on everything I do.

Until last week, the law had been that there were some places in the world where American courts had no jurisdiction. For example, U.S. courts had no jurisdiction over non-citizens who have never set foot in the United States.

But now, even aliens get special constitutional privileges merely for being caught on a battlefield trying to kill Americans. I think I prefer Canada's system of giving preference to non-citizens who have skills and assets.

If Justice Kennedy can review the procedures for detaining enemy combatants trying to kill Americans in the middle of a war, no place is safe. It's only a matter of time before the Supreme Court steps in to overrule Randy, Paula and Simon.

In the court's earlier attempts to stick its nose into such military operations as the detainment of enemy combatants at Guantanamo, the court dangled the possibility that it would eventually let go.

In its 2006 ruling in *Hamdan v. Rumsfeld*, the court disallowed the Bush administration's combatant status review tribunals, but wrote: "Nothing prevents the president from returning to Congress to seek the authority (for trial by military commission) he believes necessary."

So Bush returned to Congress and sought authority for the military commissions he deemed necessary -- just

as the court had suggested -- and Congress passed the Military Commissions Act. But as Justice Antonin Scalia wrote in dissent in the *Boumediene* case last week: It turns out the justices "were just kidding." This was the legal equivalent of the Supreme Court playing "got your nose!" with the commander in chief.

The majority opinion by Justice Kennedy in *Boumediene* held that it would be very troubling from the standpoint of "separation of powers" for there to be someplace in the world in which the political branches could operate without oversight from Justice Kennedy, one of the four powers of our government (the other three being the executive, legislative and judicial branches).

So now even procedures written by the legislative branch and signed into law by the executive branch have failed Kennedy's test. He says the law violates "separation of powers," which is true only if "separation of powers" means Justice Kennedy always gets final say.

Of course, before there is a "separation of powers" issue, there must be "power" to separate. As Justice Scalia points out, there is no general principle of separation of powers. There are a number of particular constitutional provisions that when added up are referred to, for short, as "separation of powers." But the general comes from the particular, not the other way around.

And the judiciary simply has no power over enemy combatants in wartime. Such power is committed to the executive as part of the commander in chief's power, and thus implicitly denied to the judiciary, just as is the power to

declare war is unilaterally committed to Congress. As one law professor said to me, this is what happens when the swing justice is the dumb justice.

Kennedy's ruling thus effectively overturned the congressional declaration of war -- the use of force resolution voted for by Hillary Clinton, John Kerry, 75 other senators as well as 296 congressmen. If there's no war, then there are no enemy combatants. This is the diabolical arrogance of Kennedy's opinion.

We've been through this before: Should the military run the war or should the courts run the war?

I think the evidence is in.

The patriotic party says we are at war, and the Guantanamo detainees are enemy combatants. Approximately 10,000 prisoners were taken on the battlefield in Afghanistan. Of those, only about 800 ended up in Guantanamo, where their cases have been reviewed by military tribunals and hundreds have been released.

The detainees are not held because they are guilty; they're held to prevent them from returning to the battlefield against the U.S. Since being released, at least 30 Guantanamo detainees have returned to the battlefield, despite their promise to try not to kill any more Americans. I guess you can't trust anybody these days.

The treason party says the detainees are mostly charity workers who happened to be distributing cheese to the poor in Afghanistan when the war broke out, and it was their bad luck to be caught near the fighting.

They consider it self-evident

that enemy combatants should have access to the same U.S. courts that recently acquitted R. Kelly of statutory rape despite the existence of a videotape. Good plan, liberals.

The New York Times article on the decision in *Boumediene* notes that some people "have asserted that those held at Guantanamo have fewer rights than people accused of crimes under American civilian and military law."

In the universal language of children: Duh.

The logical result of *Boumediene* is for the U.S. military to exert itself a little less trying to take enemy combatants alive. The military also might consider not sending the little darlings to the Guantanamo Spa and Resort.

Instead of playing soccer, volleyball, cards and checkers in Guantanamo, before returning to their cells with arrows pointed toward Mecca for their daily prayers, which are announced five times a day over a camp loudspeaker, the enemy combatants can rot in Egyptian prisons.

That may be the only place left that is safe from Justice Kennedy.



Writer's Art: "Court Of Peeves Now In Session"

by James Kilpatrick

The Court of Peeves, Crotchets & Irks opens its summer assizes with a peeve from John and Martha Rogers of Washington, D.C. They are irked -- justifiably irked -- by "kids," and move for an injunction against its employment except by persons who raise goats. Their motion will be emphatically granted.

In evidence they offer a recent column by Randy Cohen, the professional ethicist in the Sunday New York Times. The question put to Cohen had to do with a group of preschool children. All but one of them had been vaccinated against the usual diseases. Would it be ethical to expel the unvaccinated tot? Cohen said "no," though he conceded that parents

"must provide for their kids' safety." "Kids!" cried the plaintiffs. "Kids! Kids! Kids! Cohen referred to these preschool children as 'kids' five times in his first two paragraphs. They are NOT 'kids.' A kid is a young goat, period!"

The court agrees, but must in good conscience concede that the usual authorities support the Timesman. Merriam-Webster sanctions the colloquial "kid" in the sense of "a young person, especially a child." Five other dictionaries surrender without a murmur. Only Oxford sniffs that we should avoid the usage "in formal writing." The court says, hooray for Oxford.

Richard Murrell, of somewhere

in Cyberspace, writes to complain about "like," in the sense of "rivals like the Yankees." In evidence he offers four Horrid Examples from the Times. These include problems "like overfishing," countries "like Russia and China," American writers "like Stephen Crane" and novels "like 'An American Tragedy.'" In each instance, he contends, the sense of "like" is not comparative but exemplary. Shouldn't we prefer problems, countries and writers "such as"?

The Times' Manual of Style & Usage specifically asserts that in these exemplary constructions "'like' is the preferred expression, rather than 'such as.'"

On this question, the court says

"bah!" to the Times. If pressed, the court will add "humbbug!" The first, most familiar deployment of the prepositional "like" is surely in the sense of "such as." True, in most instances the apparent ambiguity may indeed be apparent rather than real. But why settle for even a nanosecond of uncertainty?

Donny Johnson of Tucson asks the court to return to another old controversy: When is "because" better than "since"? He offers in evidence an item a year ago in *Sports Illustrated* about tennis stars Rafael Nadal and Roger Federer. They were about to play an exhibition match. The writer observed, "Since Nadal and Federer met in the finals of the French Open and Wimbledon in 2006, organizers figured the timing was ideal."

"The sense of it," Reader Johnson contends, "was clearly causal, not temporal, but it took a couple of readings to figure this out."

The court concurs and cites to an article a year ago in *The New Yorker*. The author was quoting Tina Brown on Princess Diana. We learned that Brown is "well qualified to tell this story, since it was Brown who wrote the *Vanity Fair* piece that first exposed ..." For a second example, the court recalls Charles Isherwood reviewing a play in *The New York Times*: "All this may come as a surprise, since Ms. Ruhl is still unknown to most New York theatergoers."

The editors of Webster's Dictionary of English Usage clearly believe that the confusion caused by "since" lies somewhere between overblown and insubstantial, but this court asks: Why take a chance? If the sense of a sentence is causal, use BECAUSE every time! Why be murky when it is so easy to be clear? While you ponder, the court will take a week's recess.

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

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news of the weird

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Long Term Memory

Faced with its Alzheimer's residents' tendency to wander away, the Benrath Senior Centre in Dusseldorf, Germany, came up with a novel approach: a fake bus stop (an exact replica of a real one) out front. Straying residents might be attracted to the familiar colors and design of the kiosk (because long-term memory is typically still robust) and wait there for a bus instead of trying to "go home" on foot. But short-term, the resident is typically unaware of how long he has been waiting and will remain until a Centre employee sees him and can guide him back into the home (which often is easy because the resident has by then forgotten why he is sitting there, according to a June dispatch from Berlin in London's Daily Telegraph).

Bright Ideas

-- Minor league pitcher John Odom was traded in May by the Calgary Vipers of the independent Golden Baseball League to the Laredo Broncos of the independent United League, but his exchanged counterpart balked at leaving the U.S. for the Canadian team. The clubs huddled and announced that Odom would still report to Laredo, which would send Calgary not a player in return, but 10 bats.

-- Car dealer Walter Moore of Max Motors in Butler, Mo. (an hour south of Kansas City), announced in May a free premium to every car purchaser: either \$250 worth of gasoline or a gift certificate for a handgun. He told KMBC-TV that 80 percent of customers choose the gun.

Weird Science

-- Technically, Macie McCartney was born on May 3 of this year in Laredo, Texas, but that appearance outside the womb was actually her second. When a large tumor showed up on Macie six months into her mother's pregnancy, surgeons actually pulled the fetus almost completely out of the uterus so they could excise the growth and then re-inserted the

fetus. Following that rare procedure, the birth was normal, according to Dr. Darrell Cass, who explained it in June to viewers of NBC's "Today" show.

-- Ironies: (1) Evolution scientists at Switzerland's University of Lausanne reported in June that over the course of 30 to 40 generations, ordinary flies tend to live longer if they're stupid. The researchers guessed that heightened neural activity overtaxed their systems. (2) Cardiologists at Hartford (Conn.) Hospital, writing in the June Annals of Emergency Medicine, described a patient suffering from irregular heartbeat whose rhythm was restored to normal following a Taser by police.

Animals Amok

-- Animals in Trouble: (1) China's Xinhua news agency reported in March that a farmer in Jilin province had been found with a tortoise that is addicted to nicotine. The farmer, a smoker himself, said he was surprised when the pet puffed on a cigarette he had playfully stuck in its mouth, and since then, he occasionally shares smokes with it. (2) Magistrates in Sunderland, England, accepted a guilty plea in June from Samantha Pearson and David Step for animal cruelty. The couple had relocated quarters last October but left behind a pet, Milly, to starve to death. Milly was a pet rat.

Fetishes on Parade

(1) "There's really no way to explain people's fetishes," said University of Cincinnati campus police Capt. Karen Patterson, describing the arrest of Dwight Pannell, 43, for allegedly crawling under a library table, squirting liquid from a syringe on a female student's shoe, and photographing it. Pannell told police he was just trying out his new camera. (2) In February, police officer Michael Curtin, 36, was removed from the force in Munhall, Pa., and in April was charged with offering two underage girls \$1,000 each to let him suck their toes.

Least Competent Criminals

Not Ready for Prime Time: (1) Sharon Platt allegedly stole about \$5,000 from her employer, Murphy Motors of Williston, N.D., recently and left town. She was apprehended in Pittsburgh in May after she applied for a job and listed Murphy Motors as a reference, and her old employer alerted Pittsburgh police. (2) Charles Ray Fuller, 21, was arrested in Fort Worth, Texas, in April after he took a blank check belonging to his girlfriend and wrote it out to himself for \$360,000,000,000.00, which he presented to Chase Bank. He remained in character after his arrest, assuring police that the check was legitimate, offered by the girlfriend's mother to help him start a record label.

Update

Methane's longstanding menace as a climate-altering greenhouse gas is closer than ever to being controlled, said New Zealand scientists in June after genome-mapping found the source of flatulence in ruminant animals, and the researchers said they thought they could vaccinate against it. While livestock accounts for only 2 percent of U.S. greenhouse gas, it causes over half of New Zealand's. Unless the vaccination is successful, farmers will face a huge tax on methane by 2012 brought on by the requirements of the Kyoto Protocol. (*ed. note: are you paying attention? Global Warming = New Taxes*)

News That Sounds Like a Joke

(1) When a big storm came through Alma, Ark., on the evening of May 7, residents rushed out to secure themselves inside the brand-new community shelter the town had just built with great fanfare. However, as the winds raged, the 20 people who showed up had to sprawl on the ground because the shelter was locked, and the deputy with the key was busy on a call. (2) In January, Dr. Steve Paulk announced that he would commence offering breast augmentation procedures and would be working out of Moundview Memorial Hospital in Friendship, Wis.

Leading Economic Indicator

Rising prices of synthetic fertilizers and organic foods have intensified the collection of bird droppings on 20 climatically ideal islands off the coast of Peru where 12-inch-thick seabird guano coats the land. In the 19th century, Spain fought with Peru on the high seas

for the right to mine the guano, which at that time was 150 feet high in places. Said an official of the Peruvian company that controls guano production (to a New York Times reporter in May), "Before there was oil, there was guano, so of course we fought wars over it." The exceptionally dry climate means that 12,000 to 15,000 tons of guano are available yearly.

Government in Action

-- The Los Angeles Police Department announced in April that it had investigated 320 complaints against its officers last year for alleged "racial profiling" and found that not a single one was valid. The Los Angeles Times reported that that was at least the sixth consecutive year that LAPD reported a perfect record on racial profiling.

-- WWL-TV reported in April that at least one east New Orleans floodwall, built immediately after Hurricane Katrina, had been temporarily stuffed with newspaper to create seals, but that in the two years since had not been upgraded. Among the stuffing that had not decayed or been eaten by bugs was an issue of Parade magazine of May 21, 2006. A contractor of the Army Corps of Engineers told a resident at the time that the newspaper seals were used only until money from Washington arrived to finish the job. Two weeks after WWL-TV's report, the corps repaired the seals properly, but a spokesman insisted that the newspaper stuffing "ha(d) no effect from a structural or safety factor."

-- The Government Accountability Office revealed in April that more than 60,000 of the federal government's contractors owe a total of about \$7.7 billion in unpaid federal taxes, and that health care providers who take Medicare payments owe an additional \$1 billion in late taxes. One unnamed company owes \$10 million in back taxes, yet the Pentagon did \$1 million worth of business with it. (One activist on tax issues pointed out that firms might find it easy to win low-bid contracts if they don't have the tax expense that their competitors have.)

Art!

-- Austrian director Johann Kresnik's re-interpretation of the classic Verdi opera "A Masked Ball" opened for a limited engagement in Berlin in

SEE "WEIRD" PAGE 21.



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For A Healthier You



TIPS FOR A HEALTHIER YOU

Helping A Caregiver From Across The Miles

by Lisa M. Petsch

If you have a frail parent who lives in a different area and is cared for by a close relative - such as your other parent or a sibling - you may feel guilty that you can't be there to share the load. But even though you're not available to give hands-on assistance on a regular basis, you can still help the primary caregiver with meeting your parent's needs. Some ideas for how to do this are included below.

Practical help

- If your parent has a chronic illness, gather information to help the caregiver - and the rest of your family - understand the disease and get an idea of what to expect for the future.

- Research and share information about available resources in your parent's community, which might include: visiting library service, meals on wheels, friendly visiting, volunteer driver programs, accessible transportation, recreational programs and home healthcare services. Also gather information about services that help caregivers - such as support groups (some may offer concurrent care), day care programs and nursing facilities that offer short-term residential care - and encourage the caregiver to take advantage of them. Information can be obtained from the local Area Agency on Aging. (To find the appropriate office, call the Administration on Aging's toll-free Eldercare Locator Service at 1-800-677-1116 or search online at www.eldercare.gov/.)

- Give the caregiver a subscription to a caregiving magazine, or clip and send articles about caregiving that

contain practical information (behavior management or self-care strategies, for example).

- Give the caregiver a gift membership in a caregivers' organization or the non-profit organization associated with your parent's health condition (for example, the Alzheimer's Association or Parkinson Foundation). Membership benefits usually include a newsletter and access to other valuable resources.

- Organize a telephone call-out chain so important information about your parent's health status and needs can be shared among family members in a timely fashion.

- Offer to come and stay with your parent so the caregiver can take a vacation.

- Ask what kind of help the caregiver could use most. Depending on your financial situation, you may be able to cover or at least contribute towards the cost of one or more of the following potential needs: medical equipment, such as a bath bench or a walker or wheelchair; home adaptations; a house cleaning service; yard maintenance service; specialized transportation; respite care, such as a personal support worker or companion, a day care program or residential respite; or a vacation for the caregiver (anything from a weekend away at a bed and breakfast to a flight overseas to visit relatives or friends).

Emotional support

- Arrange a regular time to call. Shop around for a good long-distance savings plan so you don't have to concern yourself with the length of conversations. With each contact, ask not only how your

parent is doing, but also how the caregiver is coping. Don't forget to express appreciation for all that the caregiver does for your parent.

- Encourage the caregiver to call you (collect if necessary) with any concerns. Make it easy for him or her to get in touch with you. Get an answering machine if you don't already have one, and perhaps a cell phone as well. E-mail may also be advantageous.

- Listen to the caregiver without judgment and don't give unsolicited advice. Provide encouragement.

- Send a card or note to brighten the caregiver's day. Include a humorous anecdote or cartoon clipping.

- Periodically surprise the caregiver with a treat, such as a movie, a music CD by a favorite artist, fresh flowers, a basket of specialty foods, toiletries or other pamper items, or a gift certificate to a restaurant that has delivery service.

- Encourage the caregiver to ac-



cept offers of help and to ask for assistance when needed.

- Support the caregiver if he or she decides to transfer your parent into residential care. The decision is a very personal and difficult one, and often is followed by feelings of guilt. Trust that the caregiver has done his or her best and has exhausted other options, and do whatever you can to help with the transition. Plan a visit to assist the caregiver with touring facilities and narrowing choices, or to help your parent settle into the new residence.

Lisa M. Petsche is a medical social worker and freelance writer specializing in boomer and senior issues

LOOK & SEE SIGNS

A HOME SAFETY REVIEW/CHECKLIST

by Robin Moset-HomeInstead

Seniors and their families might want to look for the following opportunities when performing a home safety review.

- Examine dark pathways, corners and other areas where seniors regularly walk or read. Make sure all areas of the home have adequate lighting. Timed and motion-sensor lights outdoors can illuminate potentially dangerous pathways. Inside, consider Ott-Lites - which provide a high-intensity beam for doing detail work. Make sure that hallways and stairs are properly lit.

- Avoid monochromatic color schemes. Contrast can help seniors with failing eyesight better navigate their homes. Large red and blue buttons over hot and cold water faucet controls will help prevent dangerous mistakes. A dark green or brown toilet seat and vinyl tape around the shower will make those fixtures more easily distinguished. Kitchen countertops should contrast with floors as well.

- Look for ways to reorganize. Mom always put the black stew pot under the stove to keep the kids from breaking it. Perhaps now it belongs on a shelf beside the stove. And who says the eggs must go in the egg tray of the refrigerator? Perhaps it's easier for dad to handle them if they're stored in the meat tray. If that hallway table, which has always been a permanent fixture, is becoming a

dangerous obstacle, relocate it.

- Look behind closed doors. Many seniors will close off parts of a house they no longer use. Be sure to check those areas regularly for mold or water damage. Don't close vents to crawl spaces.

- Look for ways to simplify your senior's life. Talk to your parents about why and how they do things then look for ways to simplify their lives. If your Mom's immaculate floors are now regularly dirty, think about how she's been doing that job all these years and offer options.

Rather than a heavy mop and bucket, investigate light-weight, all-in-one mops. If your senior is replacing appliances, look for smooth-top stoves and refrigerators with water and ice on the outside. Change door knobs to levers, or purchase grips that can go on conventional knobs. Convert single-bulb light fixtures to multiple bulbs so seniors still have light when one bulb burns out.

- Consider security. Think about the potential dangers that lurk within your loved one's home. Lock-in switches on thermostats and stoves will keep seniors with dementia and Alzheimer's disease from harming themselves. Help them manage in their environment by installing a cordless intercom.

- Keep an eye out for damage. Watch for signs that a senior is adapting his or her behavior to the environment. Look for towel bars or window sills that are pulling away or shower curtains that have torn from seniors using them to grab onto.

- Look for ways to make entries safe. Make sure that railings into a home are in good repair and that steps and sidewalks are not damaged. Or eliminate steps altogether. Make sure that doors into a home can be set to stay open for carry

SEE "SAFETY" PAGE 6.

Qualifying For A Reverse Mortgage May Be Easier Than You Think

Accessing available equity in your home to receive a source of funds may be easier than you think. A reverse mortgage may help provide you financial control and flexibility in your retirement years.

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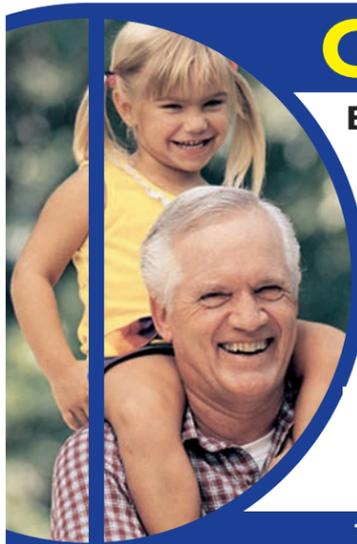
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Fashion: Looooking Gooood!

by Patricia McLaughlin - Mature Market Media Services

FEELING THE PINCH? PINCH BACK!

Why we don't stop shopping just because we're broke.

For a while there, everybody seemed to be trading up -- to three-figure designer denim, \$1,000 "it" bags, \$5 half-caf iced triple grande breve mocha lattes, and \$6-a-loaf artisanal multigrain sourdough. Now we're trading back down.

Scrimping, one way or another, turns out to be the latest thing (aka belt-tightening, aka penny-pinching, aka bargain-hunting).

A recent story in The New York Times reported that a sort of harmonic convergence of economic and ecopolitical angst -- distress suffered by people who've lost their jobs or can't pay their mortgages, free-floating anxiety experienced by solvent persons who read about such economic distress or see it on TV, anger over rising prices of designer clothing and accessories, worry about the environment, feelings of guilt about spending way too much money on way too much stuff -- is creating a boom for high-end consignment shops. Always a silver lining, huh?

Guys who lost their jobs after Bear Stearns imploded bring in the Zegna suits they don't need anymore now that they're

making other people's triple grande breve mocha lattes at Starbucks. Homeowners whose adjustable-rate mortgages tripled their mortgage payments bring in the designer gowns they never wear now that they can't afford to go out at night -- and maybe they pick up some designer sweats to wear watching TV.

But it goes beyond those who've actually suffered financial reverses. As a "prominent New York lawyer" told the Times, "Everyone is feeling the pinch these days or knows people who are feeling the pinch." (Italics added.)

People who know people who are feeling the pinch or, anyway, have heard about them, now think twice about paying \$2,000 for a Marc Jacobs mohair jacket, even if they have money to spend, and decide, instead of going to Neiman's, to check out their friendly local high-end consignment shop. And there, they can save, save, save by, say, buying a barely used Balenciaga handbag for \$500 instead of \$1,600 -- and so depart in a glow of virtue.

Meanwhile, committed environmentalists end up doing essentially the same things, but out of guilt. They deaccession half their unconscionably large wardrobes to reduce their carbon footprints, they take their old Manolos and Sanders to a consignment shop by way of

recycling them, and they end up shopping there, too, because it's practically guilt-free: Nothing's new. They aren't draining the planet of precious natural resources, just making do by innocently reusing goods that the market produced to meet somebody else's greedy demand.

Wait, you say. Why don't these people who've lost their jobs, or can't pay their mortgages, or worry about the economy because other people have lost their jobs and can't pay their mortgages, or worry about the environment because we're using up too many natural resources, or feel guilty because they've bought way more stuff than anybody could possibly need -- why don't they just stop shopping? That woman who's so worried about possible looming economic woes that she spends \$500 for a used \$1,600 purse, why doesn't she just put that \$500 in the bank?

Easy for you to say.

Sure, it might seem to make sense for people who fall on hard times to stop shopping cold-turkey. And it may be that some people, somewhere, have done exactly that. But it isn't easy in a country where consumption, besides being the mainspring of the national economy, is also a prime recreational pursuit, a handy mode of nonverbal communication, and a principal means of establishing and displaying status. Shopping to us is what bamboo shoots are to pandas, what water is to fish.

Also, not shopping at all doesn't make for much of a story: "Oh, here's a prominent Manhattan barista walking by Barney's and not even going in because he stopped shopping after he lost his job at Bear Stearns."

So far so good, but what's the second sentence? He goes bowling? No, he can't afford that either. He watches "Daily Show" reruns while he consumes the dinner of peanut butter and jelly on Wonder bread that typifies his economically woeful situation? I don't think so. Too depressing.

It's so much more fun if he stops by a neighborhood thrift shop and finds a really nice cashmere sweater for \$7. Or maybe he goes on Craigslist.com and finds

a pristine Heywood-Wakefield wicker rocker for \$35 to fill the big empty space in his living room where they repossessed his mint-condition antique Eames lounge chair and matching ottoman. It's so much more hopeful and life-

affirming. (BTW, if you find that wicker rocker, please let me know -- it's the one my mom gave to Goodwill when we moved to a house with no screened porch.)

You might reasonably expect people who've suffered at the hands of the consumer economy to quit shopping as a way of getting back at it. But we don't. We just trade down and shop somewhere much less expensive.

It's like what Dr. Johnson said about London: A person who's tired of shopping is tired of life. As long as you can check out the weekend yard sales, or sign on to eBay, or cruise the racks at the Goodwill, or raise an eyebrow at what the designer resale shop expects you to pay for somebody's beat-up old used purse, you're still in the game.

That woman who buys the \$500 used handbag because it worries her that people she knows are feeling the pinch? Crazy as it may sound, she isn't just shopping, she's getting ahead of the game. She's responding to economic worries by saving money. She's pinching back.

Write to Patricia McLaughlin c/o Universal Press Syndicate, 4520 Main St., Kansas City, MO 64111 or patsy.mcl@verizon.net.



Economic woes and the fear thereof are sending more shoppers -- and more consignors -- to high-end resale shops like this one.

photo: Patricia McLaughlin

SAFETY

from page 5.

ing groceries and other items in and out. Install remote-control locks.

- Is clutter taking over? Messy conditions and broken items are important warning signs. Remove area rugs and stacks of newspapers and magazines, or other potential obstacles.

This list was adapted from the home

safety checklist developed by Home Instead Senior Care and enhanced in cooperation with the SUNY Buffalo School of Architecture IDEA Center, the National Association of Home Builders—Remodelers CAPS (Certified Aging in Place Specialists), the National Aging in Place Council, and aging-in-place consultant Louis Tenenbaum.

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All the clowns of my childhood are gone.
Stan and Ollie, along ago, and recently Red.
Escape and fun faded after their passing.
Without them, a cold emptiness remains.
Over a deep gorge, on a narrow suspension bridge,
Stan and Ollie were struggling to move a piano,
When, behind Ollie, a gorilla approached,
And we reached new heights of laughter.
Red once masterfully mimicked a woman,
Cramming himself into a girdle.
Grunting, and labored movements
Maneuvered hips, belly and legs hilariously.
When there is more wanting in life than getting,
More advertising than buying, much tedium,
And often, more sadness than joy,
Comedy comes at a premium.

Jerry Thurman,
Pueblo



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

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

Social Security & You

by Melinda Minor, District Manager - Pueblo



SOCIAL SECURITY QUESTIONS & ANSWERS RETIREMENT

Question:

I've reached my full retirement age, but I don't feel like retiring. If I decide to hold off for several more years, will my Social Security retirement benefit increase?

Answer:

Yes. If you decide to delay your retirement benefits until after your full retirement age, your benefit will be increased by a certain percentage each year — up to a total of 8 percent. These increases, called delayed retirement credits, will be added in automatically from the time you reach full retirement age until the time you begin taking benefits or reach age 70, whichever comes first. To help you determine how much your benefit would increase, use our calculator at www.socialsecurity.gov/OACT/quickcalc/early_late.html. Or call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778).

DISABILITY

Question:

How old do I have to be to begin receiving Social Security disability benefits? I've been severely injured, but I'm still a young guy.

Answer:

There is no minimum age requirement, as long as you have a disability that keeps you from working and is expected to last at least one year or end in death. To qualify for disability benefits you also must have worked long and recently enough under Social Security to earn the required number of work credits.

The number of work credits you need for disability benefits depends on your age when you become disabled. Younger workers don't need as many credits as older workers since younger people haven't had time to build up as much of a work history. In fact, in some cases a young worker could qualify for disability benefits with only 1 and a half years of work. To learn how many credits you'll need to qualify for disability benefits, visit www.socialsecurity.gov/dibplan/dqualify3.htm. For more information, visit our website at www.socialsecurity.gov or call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778).

Question:

I've been getting Social Security disability benefits for a few years now. I'm scheduled for a medical review next month. What should I expect?

Answer:

As a part of your medical review, you will be asked to provide information about your medical treatment and any changes in your medical condition, as well as information on any work you may have done. Then a team consisting of a disability examiner and a doctor will review your file and request your medical reports. You might be asked to have a special examination, which Social Security will pay for. When the review is complete, Social Security will send you a letter telling you whether you still qualify to continue receiving disability benefits. If the decision is made to discontinue benefits, you have the right to appeal that decision. For more information, visit www.socialsecurity.gov or call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778).

SUPPLEMENTAL SECURITY INCOME (SSI)

Question:

I am 27 years old and have applied to receive Supplemental Security Income (SSI) disability benefits. I was surprised when the Social Security representative told me that my payment will be reduced because I live with my parents. Why is this?

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 affect your benefit payment. Your SSI payments may be reduced if you are receiving food, shelter or monetary assistance. We consider this to be the case if you live in

someone else's household and pay less than your fair share of the household expenses. 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'm 43 years old, unemployed and disabled. I'd like to apply for Supplemental Security Income (SSI). What documents or other things do I need to apply for SSI?

Answer:

Each case is different, so what you need may depend on your situation. Generally, you will need to provide your:

- Social Security number;
- Birth certificate or other proof of age;
- Housing information, such as a rent receipt or lease and landlord's name;
- Names, addresses and phone numbers of doctors, hospitals and clinics that treated you; and
- Proof of U.S. citizenship or noncitizen status.

These items will help us process your case faster and more efficiently. We'll also need information on your

medical condition and treatment, past and current work, income and financial resources. For more information, visit www.socialsecurity.gov or call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778).

MEDICARE

Question:

I'll turn 65 years old later this year. When should I apply for my Medicare card?

Answer:

Generally, we advise people to file for Medicare benefits 3 months before age 65. If you are already receiving Social Security, you will automatically be enrolled in Medicare Parts A and B without an additional application. However, because you must pay a premium for Part B coverage, you have the option of turning it down. You will receive a Medicare card about two months before age 65.

If you would like to file for Medicare only, you can apply by calling 1-800-772-1213. Our representatives there can make an appointment for you at any convenient Social Security office and advise you what to bring with you. To learn more about the Medicare program, read our electronic publication at www.socialsecurity.gov/pubs/10043.

On Your Toes!!

by Benjamin Marble, DPM, Pueblo Ankle & Foot Care



Going barefoot? Beware!

Parents and families can prevent cuts, puncture wounds and other injuries from going barefoot by following some simple.

Shoes are the best way to protect your family's feet from injuries, but if your summer just wouldn't be the same without kicking off your shoes or sandals, you can still make it a safe season. Here are some tips for a safer barefoot summer:

--See a foot and ankle surgeon within 24 hours for a puncture wound.

Why: These injuries can embed unsterile foreign objects deep inside the foot. A puncture wound must be cleaned properly and monitored throughout the healing process. This will help to avoid complications, such as tissue and bone infections or damage to tendons and muscles in the foot. Foot and ankle surgeons are trained to properly care for these inju-

ries.
--Make sure you've been vaccinated against tetanus. Experts recommend teens and adults get a booster shot every 10 years.

Why: Cuts and puncture wounds from sharp objects can lead to infections and illnesses such as tetanus.

--Apply sunscreen to the tops and bottoms of your feet.

Why: Feet get sunburned too. According to the current scientific literature and as reported by FootPhysicians.com, rare but deadly skin cancers can develop on the feet.

--Inspect your feet and your children's feet on a routine basis for skin problems such as warts, calluses, ingrown toenails and suspicious moles, spots or freckles.

Why: The earlier a skin condition is detected, the easier it is for your foot and ankle surgeon to treat it.

--Wear flip-flops or sandals around swimming pools, locker rooms and beaches.

Why: To avoid cuts and abrasions from rough anti-slip surfaces and sharp objects hidden beneath sandy beaches, and to prevent contact with bacteria and viruses that can cause athlete's foot, plantar warts, and other problems.

--Use common sense.

Why: Every year, people lose toes while mowing the lawn barefoot. Others suffer serious burns from accidentally stepping on stray campfire coals or fireworks. Murky rivers, lakes and ponds can conceal sharp objects underwater. People with diabetes should never go barefoot, even indoors, because their nervous system may not "feel" an injury and their circulatory system will struggle to heal breaks in the skin.

For more information on puncture wounds, plantar warts, diabetic foot care and other topics, contact your podiatrist's office, or go to FootPhysicians.com.

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

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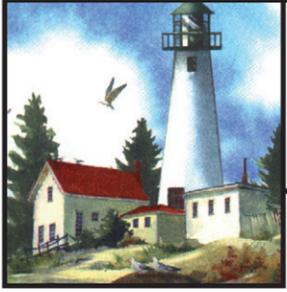
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“Light For The Journey”

By Jan McLaughlin - Director of Prayer Warriors For Prisoners



“THE VIEW FROM THE LIGHTHOUSE”

“Funny,” I thought, pressing wrinkles out of another tiny dress, “ironing is no longer drudgery. Wow!” Previously dreaded chores, especially ironing, were now joyful tasks. Singing new praise choruses and memorizing Scripture lifted my spirits and seemed to carry me through each day. Sometimes it seemed my heart would explode with this newfound love for Jesus.

Just a year earlier, the Lord opened my eyes to my need for salvation. I had been fairly comfortable in my “religion” because, after all, I had been baptized twice and had two church memberships. Weren’t these the necessary requirements for entrance into heaven? But one night, Jesus revealed clearly if I died right then, I was destined for hell and no certificates or any amount of good works would save me. Heaven is only open to those with a relationship with Jesus Christ Who gave His life for all and declared, “I am the way the truth and the life. No man comes to the Father but by me.” (Jn. 14:6) I was lost without a relationship with Jesus.

I was reading a book when the Lord became vividly real. He was so close it seemed He sat beside me. He revealed the ugliness within my heart and I began to cry and confessed my need, asking Him to forgive my sins and save me. In that moment, I became a new creation. With joy, I opened my hands and heart, tears streaming down my cheeks, and said, “Here I am, Lord Jesus. I give you my life, my will, everything.

Do with me whatever you please. I am yours.”

As a new Christian and mother of four young children, I spent as much time as possible reading and studying the Bible. His Word came alive and I created a delightful place to meet Him early each morning. The actual meeting place was any quiet spot where we could be alone. However, in the core of my imagination, we met at a lovely light house on the shore of a vast ocean. I met Him as often as possible, climbing the stairs with joy, knowing He was waiting.

Each time I met Jesus at the Lighthouse, I was a small child. The picture was vivid. Some days a storm raged and others the sun glistened on waters as a gentle breeze whispered around the Lighthouse. One thing was always the same. Jesus waited for me at the top of the stairs and gathered me in his arms, swinging me around and holding me close.

At each of our meetings, I had my Bible and a journal. As I shared my heart with Him, he spoke to me and I wrote His words as fast as I could. Sometimes the picture unfolded before me and words came so rapidly I could barely keep up. On each visit, I gleaned a valuable lesson from my Maker.

This particular day, I wasn’t in the Lighthouse or even having a quiet time. I was ironing in the basement. I hung the little dress and then spread a shirt

over the end of the board. Just before I put the iron on the shirt, music filled the room and a vivid scene appeared before me. The scene was clearly a view from my Lighthouse window. The ocean, a beautiful aqua blue, was alive with waves washing gently onto the shore. Jesus was beside me, his arm around my shoulder. He didn’t speak but made a sweeping gesture with his hand that said, “Look out there, Jan.”

I looked closer at the water and saw people, millions of people. They were drowning and crying out for help, arms and hands flailing in the water. Many were going down for the last time, horror written on their faces. It was a sea of dying humanity; a terrifying sight. They were dying and crying out for help but didn’t know what they were crying for. Many were cursing God. They didn’t know they needed Jesus and only He could save them from certain “death.”

God’s presence was so potent I could almost feel His breath. I fell to my knees and with great racking sobs cried, “Oh God! There are SO many! There are SO many! What can I do? How can I help?”

In a still yet commanding voice He spoke to my heart, “One at a time, my child. One at a time.”

As quickly as the vision came, it was gone. I was left with an incredible

mandate from the Lord and an overwhelming awareness of the need to share the Gospel with as many as possible while there was yet time.

A few weeks later, in what seemed a sequel to the previous vision, the Lord met me at the Lighthouse. It was the same beautiful ocean only this time the sun was setting. The red sky was captivating and I was awestruck by the beauty of the sunset and crimson and golden waves that seemed alive. Anchored in the distance was a magnificent clipper ship which I immediately perceived to represent Jesus. All around it were little life boats. Each boat carried a Christian who busily rescued the lost, one at a time and delivered them to Jesus, “The Clipper Ship,” the only Source of salvation. I could see myself in one of the little boats trying desperately to rescue my father-in-law. No matter how hard I tried, he refused to get into the boat and sadly, he died in that sea of self-righteousness and pride, as did many others. I could have been swallowed in sadness and despair except for one thing. The HOPE found in the Clipper Ship. The Hope in Jesus Christ who forever says, Come unto me, all ye that labor and are heavy laden, and I will give you rest Matt. 11:28.

In the last days, God says, I will pour out my Spirit on all people. Your sons and daughters will prophesy, your young men will see visions, your old men will dream dreams. Even on my servants, both men and women, I will pour out my Spirit in those days, and they will prophesy. I will show wonders in the heaven above and signs on the earth below, blood and fire and billows of smoke. The sun will be turned to darkness and the moon to blood before the coming of the great and glorious day of the Lord. And everyone who calls on the name of the Lord will be saved Acts 2:17-21.

Praise God for the Hope found in Jesus Christ and every task a joy as we look forward with great anticipation to the return of our Lord Jesus Christ. Maranatha! He who testifies to these things says, “Surely I am coming quickly” Rev 22:20.

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

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The Parent Trap: Boomers Help Parents Avoid Home Pitfalls

by Robin Mosey - HomeInstead-Pueblo

Baby Boomers may dream of owning a second home as they head into their retirement years. But instead of caring for a vacation house, adult children often find themselves helping an aging mom and dad avoid the safety pitfalls of the family home.

There's no doubt where seniors want to be as they age. The majority of seniors polled in recent industry surveys – typically 90 percent – say they want to stay at home. But in a 2007 AARP independent living study, two-thirds of Boomer women surveyed said they are concerned about their parents' ability to live independently as they get older, with 43 percent being very concerned and 26 percent somewhat concerned.¹

It's a legitimate fear. "Many seniors and their families don't think about the fact that homes must adapt to the changing needs of seniors as they age until an accident happens," said Robin Mosey, owner of the Home Instead Senior Care office serving Pueblo, Canon City and surrounding areas.

"There are many potential pitfalls that we've seen during the home safety reviews that our company conducts before starting service in a client's home. Our reviews cover 50 different items throughout a home including the entrance, living areas, kitchen, bedroom, bathroom and stairways. Important safety areas to highlight in a senior's home run the gamut from accessibility to lighting to trip and fall hazards. A lack of attention to those details can jeopardize an older adult's ability to remain at home,"

Mosey said.

Many home safety improvements are simple and inexpensive, experts say. Convincing seniors, on the other hand, is another story. Danise Levine, assistant director of the IDEA Center at the SUNY (State University of New York) Buffalo School of Architecture, said that denial often comes into play with seniors.

"We see a lot of seniors who don't want to admit they're getting older so they don't want to make changes in their homes," Levine said. "Secondly, consumer education is an issue. If older adults do need help they often don't know where to go or how much things cost."

Those issues can result in seniors' adapting behavior to their environment, creating a potentially dangerous situation, said Levine, whose IDEA Center is dedicated to improving the design of environments and products by making them more usable. "If a senior has problems getting off the toilet, he could develop a several-step process of using a window sill, shower curtain and towel bar to get up." However, a window sill and towel bar will eventually pull away and break, and a shower curtain will tear under the strain, creating the potential for an accident.

Unfortunately, many home makeover changes are responsive rather than proactive, noted Peter Bell, president of the National Aging in Place Council, a Washington-based advocacy group dedicated to helping seniors remain at home. "Too often changes aren't made until someone has had a stroke or other type of condition that begins to impair

their mobility," Bell said. "It's a shame, too, because that's a difficult time to be making a renovation."

Bell said that it's important for a senior-care professional to conduct a home review to identify various safety pitfalls from poor lighting to the need for adaptive devices in a home. (The attached checklist includes various potential hazards to look for in a home.) While many fixes are simple and inexpensive, others might involve a remodeling project to

help a senior remain at home.

"That first, important step is to make an objective review of what needs to be done to keep them at home," Mosey said. "It's one of the most important services that Home Instead Senior Care provides."

¹Are Americans Talking with Their Parents About Independent Living: A 2007 Study Among Boomer Women; http://assets.aarp.org/rgcenter/il/boomer_women.pdf

Where Are They Now?

by Marshall Jay Kaplan

Ruth Buzzy

The rubber-faced comedienne was born July 24, 1941 and raised in Wequetequock, Connecticut. From 6 to 13 years of age, she took tap and ballet, but never wanted to be a ballerina. "My whole class wanted to be dancers. I was just there for fun. When we performed individually for our teacher, out of embarrassment, I would perform my steps funny, in order to make everyone laugh. Eventually, this led to comical roles in recitals and high school plays."

Ruth's first paying job was as a seminary girl in the San Francisco production of 'Jenny Kissed Me', starring Rudy Vallee. She then auditioned for George Schlatter who was the creator and producer of 'Laugh-in'.

Ruth recalls her audition, "I sang two duets alone. The first was a funny song with bird calls in it called 'Ode to Ladybird'. The second song ('Don't Futz Around') was an operatic duet. I accompanied myself on the piano and went back and forth singing both male and female parts. I eventually performed this song on 'Laugh-in' with Arte Johnson."

Ruth has only fond memories of 'Laugh-In'. "The producers, George Schlatter, Dick Martin and Dan Rowan were the smartest, most wonderful bosses to work with! They knew how to keep a cast and crew like us happy. In turn, I loved, absolutely loved, going to work! Even though the hours were long (until 2, 3, or 4 in the morning), those guys made it worth it. The writing was so great to perform — that was the icing on the cake!" Ruth's most memorable character on the show was the 'Old Lady on the Banch'.

After the series ended, Ruth guested on numerous variety shows

and sitcoms throughout the 1970's. Such shows as 'Carol Burnett and Friends', 'Donny and Marie', 'Love, American Style', 'The Dean Martin



Roasts' and 'The Flip Wilson Show' always displayed her comedic abilities.

During the 1980's audiences were able to see a dramatic side of Ruth Buzzy as she guested on shush shows as 'Trapper John M.D.', and 'Medical Center' (this was one of her favorite roles, playing opposite Don Rickles).

In the mid-1970's, she started getting involved in cartoon voice-overs and is currently very much in demand. Her voice has been heard in 'The Aristocats', 'The Jetsons', 'Scooby-Doo', 'The Flintstones' and 'The Addams Family'.

Her involvement with children's cartoons made Ruth a natural choice for a 6 month stint on "Sesame Street". The response from viewers regarding her character, 'Ruthie' was phenomenal, making her a permanent cast member.

Currently, Ruth is married to husband and actor Kent Perkins. The two divide their time between two homes in California, a home in New York and a 290 acre ranch in Oklahoma. She and Kent plan to catch up on their horseback riding, yard work, housework and upholstery. "Kent and I are incredible workers together. Whatever the project, we can do the work of four people! However, time is our enemy. But beware, when we do get together — watch out!" And we will keep on watching, Ruth!

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Glaucoma Is The Leading Cause Of Blindness In The U.S.

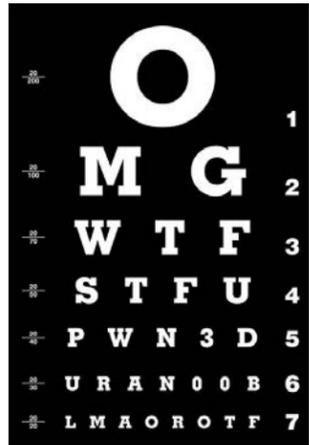
by Eric E. Blom, MD - Board Certified Glaucoma Specialist - Rocky Mountain Eye Center

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

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

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

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



Glaucoma is not related to diet, exercise, or lifestyle factors, like some other health problems. As a result, there are no lifestyle modifications to help prevent glaucoma. Glaucoma is an aging process, and becomes more common as people get older. Not everyone gets glaucoma with age, however, and some people may simply be at more risk. This is probably

because of their genetic and physical makeup, things we can not control. Simply put, most glaucoma is due to a combination of aging and bad luck. The risk of developing glaucoma can run in families, and people whose family members have had glaucoma should be checked by an eye doctor more frequently. People who have ever had an eye injury are also at higher risk for glaucoma, and should be checked every year. Even people with no family history of glaucoma are at risk. Regular screenings are recommended for all adults every year or two.

To check for glaucoma, ophthalmologists measure the eye pressure in both

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



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

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

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

Dr. Blom can be reached for appointments at Rocky Mountain Eye Center, 719-545-1530 or 1-800-934-EYES (3937).

OP-ED

from page 2.

can't even build a refinery. All these things are illegal.

So now with gas prices over \$4.00 and climbing which has made prices of everything else skyrocket as you all are finding out, the environmentalists want to have a cap and trade process where those who don't use their "allotted energy" (by what a governmental board will decide) can pass to those who go over their allotted amount of credits (for a price mind you) and when a certain threshold is reached, these entities are then taxed! Yes, ladies and gentlemen, taxed!!

It's what this is all about. The environmental leaders and their willing accomplices (see media, government, leftists, third-world despots, elitists and whoever else can glom onto this money grab) want more of your money so they can keep their jobs and get richer and richer on your backs. All the while saying America is too wealthy and has too much and is not only greedy in its energy use but is living too well. We are being duped but they overplayed their cards.

The American public will rise up and say ENOUGH with every cent the gas rises! And you know what? The politicians will do whatever we want them to do because in essence (since there is very little in the way of term-limiting them) they all are high-class prostitutes who will sleep with anyone who will keep them in power.

Here's a very simple way to reduce the price of oil. The president MUST release, say 1/2 of the strategic oil reserve and glut the market so as to make the speculators run for the hills. With that, prices for crude will begin coming down. He then MUST go to the public and past these government "leaders" of ours and say we MUST drill, we MUST refine, we MUST develop nuclear energy and in the meantime continue to find alternate sources of energy. This drilling and refining and nuclear use will stem the tide so we don't tumble into the economic abyss that high gas prices will surely send us.

Ladies and gentlemen. This newspaper is published for the Senior Community. Guess who will be hardest hit if we continue to go down this course with our energy woes? You know how difficult it is getting. You see your electric bills and your natural gas bills and your food bills. Soon, much of our society will hunker down and when that happens commerce shuts down and people become unemployed. No employment means less and less people are putting money into Social Security. It means that retirement pension funds tied to stocks and such will continue to slide. It means your 401(k)s and the like will become more and more battered.

Big Oil and Big Business are a lot of things but they produce, refine and are regulated. Not so with Big Government, Big U.N. and Big Environmentalists. They just take! Think about this for a while. Let me know what you think. Go to our new *Blog With Us* feature at www.seniorbeacon.info and speak your mind. Not in some hysterical name-calling manner but in a measured manner that answers the statements I've put forward, I believe, in a common sense way. I'll answer on the blog. Godspeed!

A Model Of Excitement

(NAPSI)-For baby boomers looking to stay sharp, energize their time and discover the rewards that come from creating something with their hands, model building may help put all the pieces together. For instance, you can capture the thrill of your first Mustang or GTO--or craft something you never thought you'd own, like a sleek sailing yacht or a vintage fighter aircraft.



Creating models is a great way to hone your fine motor skills while you educate your mind and earn the reward of accomplishment. You can even re-create the trains that became the engines of our economy and add layouts complete with cities, farms, mountains and valleys. Model-building possibilities are unlimited and open to your imagination.

A hobby shop is the place to start; they'll help you find the models that are right for your interests and budget. You'll find everything from plastic and die-cast replicas to historical, educational and radio-controlled kits. Another excellent place to explore is www.myhobbyfun.com, where you'll also find links to nearby hobby shops. Building a model can be a great way to keep the mind sharp and the hands busy.

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Traveling: There's Nothing Like A Holiday!

At 65, Yet Still Traveling After All These Years

by **Jeremy Schmidt**

"Man, these milestones are starting to get to me."

It was my friend Jeff, calling from his home in Utah for some advice on central Asia, where he'll be going in a few months. He was recently back from the wilds of Patagonia, East Africa and Mexico, and on his way to Arizona to teach a photo workshop. He sounded full of his usual enthusiasm but with a shadow hanging over him.

He turned 65 this year, among the first of the baby boomers to qualify for Medicare. I'm not far behind.

Ours is the generation accused of never growing up, never admitting its age. It's a traveling generation, the one that back in the 1970s blazed the hippy trail overland from London to Kathmandu, traveling on a shoestring in ways their parents would never have imagined. Chasing the freedoms of an opening world, boomers launched an explosion of independent adventure travel that's become almost the mainstream way to see the world.

"I've got to get these things done before I can't do them anymore," said Jeff in a woeful tone.

He's already done so much. A filmmaker, mountaineer and diver, he has spent most of his adult life in remote places around the world. His resume makes those hundred-places-to-see-before-you-die books seem modest in their ambitions.

Of course, he wants more. For people like Jeff, adventurous travel has become a habit, a permanent outlook on life. It gets into your bones, and then your bones start falling apart, and you face the inevitable question: What to do when the effects of age go head-to-head with high expectations?

The answer for many is a comfy bed. Jim Sano, president of San Francisco-

based Geographic Expeditions, one of the oldest and most adventurous of adventure travel outfitters, says half of his clients are of the boomer generation.

"These are individuals who were backpacking around the world in their youth. They still have the desire to get out there, but their bodies won't allow 26-mile hikes," he says. "They want adventure without the discomfort they formerly had."

That usually means having a nice place to sleep. Tough trails are fine if there's a soft bed at the other end. Geographic Expeditions, like most others in the business, looks for isolated estancias and well-appointed wilderness lodges to provide base camps for rigorous day activities. Small ships carrying as few as a dozen travelers do the same for journeys to untrammelled islands and remote coastal regions.

Sano offers, as an example, stretches of West African coast with no land access. Simply getting there, being there, spending time with local people, walking Crusoe-like on sands tracked more by wild animals than holiday-makers -- therein lies adventure.

If you were 30 years younger, you might ride a coastal freighter or find a local fisherman going your way. With gray hair and an artificial hip, you can be forgiven for thinking a luxurious chartered yacht does not detract from the experience.

But the changes go deeper than quality catering. Sano adds that older, more experienced travelers define adventure more broadly than in their youth. Before knees started to creak and bellies began to sag, the quality of adventure was calculated by miles trekked, altitudes gained, physical challenges overcome, remote places checked off on the score card. It was all about going fast and hard, being tough, getting to places few others

had seen.

Here's one nice thing about getting older: Somewhere along the way, perhaps in direct proportion to aging body parts, the concept of adventure widens and tilts toward the intellectual and spiritual side. There comes a eureka moment: You don't have to walk or kayak for it to be an adventure.

Instead, you can overcome other challenges -- logistical barriers, for example. Tibet, de rigueur on the adventure travel circuit these days, was almost impossible to visit in 1980.

The reclusive trophy holder today is North Korea. Pyongyang is no Shangri-la, but it remains inaccessible to the casual traveler, which gives it some cachet. To an adventurous mind, the last heavy-handed communist society excites a curiosity similar to that of geographic exploration: A trench coat sort of terra incognita ripe for cultural expeditioning.

Indeed, the more I talk to people of boomer age and up about sustaining their adventure travels, the more I hear about the broader elements of the journey. These include cultural immersion, learning new skills, going slower and delving deeper. This sort of travel often involves giving back through volunteer work or passing on something valuable by introducing one's children



Climbing legend Fred Beckey is still in the mountains at age 85, but many older travelers choose to temper their adventures with a comfortable bed. Here, Beckey climbs frozen Bow Falls in the Rockies in April 2008. photo: Tim McAllister

or grandchildren to distant places and different ways of living.

I put the question to Pat Morrow, a Canadian photographer and Everest climber with nearly 40 years of world-wandering behind him and no sign of retirement. Where next?

He's off to Nepal for an autumn trek and then to southern India for a two-month meditation retreat. A rigorous stint in the mountains, followed by a month of sitting on a cushion.

At our age, that sounds like a perfectly balanced adventure.

Beware Using Plastic Abroad

by **Elliott Hester**

If you're like me, you probably use a bank card to withdraw local currency from foreign ATMs. More often than not, your restaurant, hotel and shopping bills are settled with a swipe of a credit card. But for all the safety and convenience in a magnetic strip, woe is the overseas traveler who uses plastic.

MasterCard and Visa charge issuing banks a standard fee of 1 percent of the total price for items purchased outside the country. Most banks pass this "currency-conversion charge" on to customers and even add a couple of percentage points for good measure. All this, purportedly, is to convert your foreign-currency purchases to U.S. dollars.

For ATM bank card (and debit

card) transactions, banks impose a similar currency-conversion fee. But they also charge a "transaction fee" of up to \$5 per withdrawal. These fees

can really add up -- especially if you're traveling to countries like Venezuela and Argentina, where multiple transactions are often necessary because of low with-



At Barclays Bank ATMs like this one in London, England (and at Global ATM Alliance banks in seven other countries), Bank of America account holders pay no ATM withdrawal fees. photo: Barclays Bank PLC

SEE "PLASTIC" PAGE 19.

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Keep The Rain, Put It To Work For Your Garden

by Marty Ross

Nothing refreshes a garden like a soaking rain. But when rainwater rushes down our streets and into storm drains instead filtering through the soil, trees and flowers don't get the benefit of it.

Rain gardens -- plantings that actually capture and take advantage of storm water -- change all that.

"They change how we view storm water -- not as a problem, but as an asset that we can use to create beautiful landscaping," says David Dods, an

environmental engineer in Kansas City and an enthusiastic gardener and promoter of rain gardens.

Widespread development and increasing storm-water runoff are causing stream banks in urban areas to erode and fall in, Dods says. Gardens that absorb runoff take the pressure off storm-sewer systems, protecting streams. They also provide important habitat for insects and birds, and they look terrific.

Rain gardens have been around for about 10 years -- long enough to be

misunderstood. Many people confuse them with bog gardens, but, Dods says, "you're not trying to create a wetland. You just want to capture the rain. It should soak away in about a day."

Since they are designed to absorb water, not hold it, rain gardens are not mosquito incubators.

Rain gardens make sense for gardeners everywhere. Dods promotes their use across the country, from Oregon to Maryland. Even if it rains only 10 inches a year, runoff can be considerable, he says, adding up to many thousands of gallons of water from a 1-inch rainstorm.

In the natural world, there is relatively little surface runoff. But in urban areas, the houses, driveways, sidewalks, streets and parking lots have replaced forests and grasslands.

Just like a flower bed anywhere else in the yard, a rain garden should be well-designed. Its size should be in proportion to your home and other features of the landscape.

It doesn't have to be large to be effective, Dods says. Deciding where it should go is the first step in the process.

Dods recommends getting out in the rain to do your research. Watch the patterns of flow, looking for places to which the water drains in a storm. If the water pools up over the edge of the driveway, leaving a sheet of mud, that's a great place for a rain garden. They're also appropriate around downspouts and in places where sump pumps drain.

"Rain gardens are a great way to fix small erosion gullies," Dods says. The bottom of a slope is often a natural spot for a rain garden.

Native plants are particularly appropriate for rain gardens, Dods says, because, wherever you live, these are some of the toughest plants out there. Non-natives are also fine. You can plant whatever kinds of flowers, ornamental grasses or small shrubs you like in a rain garden, as long you take their varying moisture needs into consideration.

Rain gardens are really nothing



Rain gardens are really just flower beds that absorb rainwater and help control erosion. Instead of allowing rainwater runoff to rush into storm drainage systems, a rain garden channels the water to plants that appreciate the moisture. photo: Barbara Gasterland

but low places in your yard in which water collects and drains away. The plants in the lowest part of the depression should be able to tolerate moisture. Plants on the edges should be more tolerant of drought.

"There are different planting zones, so you can use a wide range of plants," Dods says. Try to choose a combination of plants that will bloom from spring through fall. Take form, size, and foliage texture and color into consideration as you plan the garden.

Dods recommends starting with small plants, which are quick to adapt in a new garden. Even rain gardens occasionally need watering, especially their first year, he says. Take care of your plants while they get their roots established, watering in dry spells and mulching to conserve moisture and hold down weeds.

As an environmental engineer, Dods helps design rain gardens and artificial wetlands and works with urban stream restoration. He and his colleagues, Rusty Schmidt and Dan Shaw, describe themselves as "certifiable rain garden geeks." They are the authors of "The Blue Thumb Guide to Raingardens," which is written for gardeners, not geeks.

The only hint of engineering in the book is the percolation test, which basically involves digging a hole 8 inches deep and wide with a shovel. You fill the hole with water and see how long it takes to drain. With this information you can calculate the appropriate depth for your rain garden and the slope of the sides.

"We made it real simple," Dods says. Most rain gardens are 4 to 8 inches deep, and they shouldn't be more than 12 inches deep.

"Many plants don't mind wet ankles," Dods says, "but they don't want to be up to their eyeballs in water."

Make it a pretty garden, Dods says. Add a birdbath or sculptural stones for contrast and to give the garden a focal point.

"I am an engineer, and I love to play with my calculator," he says. "But I really encourage people not to get too hung up" on the size and shape of rain gardens.

Every new roof puts more strain on expensive municipal storm-water systems. Rain gardens relieve some of the pressure.

"Every little bit helps," Dods says. "Even if it fills up in a storm and the excess water spills out, you're doing good."

SOURCES

-- "The Blue Thumb Guide to Raingardens," written especially for Midwestern gardeners in USDA Hardiness Zones 3, 4 and 5, is available through Terrace Horticultural Books, www.terracehorticulturalbooks.com (\$17.95 plus shipping). The book includes plans with suggested plants for rain gardens in sun and shade, rain gardens with shrubs and trees, and a rain garden that has habitat for birds and butterflies.

-- An Internet search on "rain gardens" reveals organizations, garden plans and lists of suggested plants for rain gardens across the country.

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It's Summer: Do You Know/Care What Trends Are?

by Patricia McLaughlin

Here it is, way past Memorial Day -- feel free to wear your white shoes if you have any -- and I haven't written a word about the latest spring and summer trends. I keep meaning to but, every time I start, I can't remember what they are.

So I check my notes for the millionth time and flip through a few magazines -- floral prints, bright colors, gladiator sandals, short trench coats, ethnic prints, ruffles, chiffon, eco-everything, wedges and platforms and peep toes, zzzzzzz. I'm asleep already.

Seriously: Floral prints are the No. 1 trend?

Nothing against flowers, but has there ever been a time when wearing a flower-print dress on a lovely summer day would get you in big trouble?

OK, what's new about the florals of 2008 is that they're large-scale or splashy or painterly, not your little itchy-bitsies. Which means that, this year, you're less likely than usual to be able to satisfy your longtime hankering for a Liberty Print sundress. But suppose you turn out to be lucky enough to run into one, and it fits perfectly, and you look great in it, and it's just what you've always wanted -- well, of course you should buy it.

I know it's fashion blasphemy -

- or maybe even apostasy -- to say so, but what if fashion doesn't really matter that much in hot weather?

You're at the beach, in the car, at your desk, you're weeding or reading, working or shirking, lying on a chaise somewhere or painting the porch furniture -- you're lucky if your hair is out of your face, there's no dirt under your fingernails and whatever you're wearing is still clean. Do you really care if it's the latest thing or not?

Before you report me to the authorities, I'm not saying it doesn't matter what you wear. It matters. You want to wear something you like. But does it have to be this particular summer's No. 1 trend? As long as you like it, do you need Anna Wintour and Marc Jacobs to like it too?

For instance, I've just flipped through all these magazines and looked at a million top-10-trend lists online, and I don't think I've seen a single mention of a navy blue T-shirt and a pair of white jeans, an outfit that looked great last summer, will look great next summer, and can hardly fail to look pretty good now, even without being on any lists.

Or a striped T-shirt. Black-and-white or navy-and-white is always good. Depending on your size, shape, coloring,

etc., red or orange or bright blue can work, too. What there ought to be, instead of all these Web sites with top-10-trend lists is a site where you can always find the perfect striped T-shirt. Because it fades or you drip barbecue sauce down the front or it shrinks in the wash. Lands' End, L.L.Bean and www.BodenUSA.com are all worth checking. You have to be careful with horizontal stripes: The shirt has to be the right shape, the right length. It helps if the dark stripes are wider than the white ones. Send it back if it doesn't fit right and look great.

Color is a huge trend, with brights and neons in the lead. But, as always, what counts most is how a color looks on you. At a thrift shop the other day I tried on an Allen Allen A-line linen shift I'd coveted in its catalog several years ago. It's the perfect shade of cool-going-on-periwinkle blue to make me not look pale and washed out. Did I care that it wasn't neon? I didn't even mind having to invest some time and some Goof Off when I got it home and discovered its previous owner had worn it inside out to paint her house. Lucky for me, she used latex paint.

Speaking of dresses, everybody's been crazy about them for the last three years, but beware: In April, Guy Trebay reported in The New York Times that designers and fashion editors claim "the dress is dead," as of the end of this summer. No, I don't care either, but I thought you should know.

Shoes are, if possible, more crucial in summer than they are the rest of the year. Again, I'm not here to dissuade you from buying gladiator sandals or those fiercely high-heeled chunky shoes that look more like sculpture than footwear, but bear in mind: There's such a push on gladiators now that they'll look like old news in a matter of months, and you can't walk in sculpture. Take a look at the sneaker-y versions of ballet flats and Mary Janes and sandals showing up at Keds and Converse and Puma and Merrell and Keen and Clark's. Some can



Will this striped T from American Eagle look any less current next summer? Would it have looked noticeably better or worse last year, or 20 years ago? photo: American Eagle Outfitters

look reasonably formal -- but you can still walk, far if you want to.

If you're craving some designer input, look at Nanette Lepore's Keds, or Kate Spade's sneaks, or the special-edition Converse Chucks by John Varvatos. The perfect summer ballet flat: the Converse Jack Purcell Dance II in black canvas with white rubber toecap and red smile, \$49.99 at www.converse.com. The site says they fit true to size, and maybe they finally do, but the last pair I tried ran a size big.

Up top I said that, since it's past Memorial Day, you're now free to wear your white shoes. But please be discreet. And if by any chance you're a guy, and you're also wearing a vintage leisure suit and a white plastic belt (the dreaded "full Cleveland"), I think you should seriously consider changing your clothes before you go out. Unless you're Cole Porter, it's just not true that "anything goes."

Write to Patricia McLaughlin c/o Universal Press Syndicate, 4520 Main St., Kansas City, MO 64111 or patsy.mcl@verizon.net.



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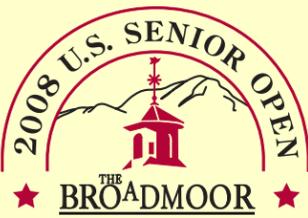
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BBB: Frauds, Scams Abound In Summer Months

by Katie Carroll-BBB Communications
MAGAZINE SUBSCRIPTION FRAUD, IS THAT A RENEWAL OR A RUSE

A local man received what he thought was a renewal bill for one of his favorite magazines. A check was mailed to Reader Payment Service (RPS) in Reno, Nevada. Imagine the consumer's surprise when he later read a letter from the publisher of Railfan & Railroad Magazine stating that the invoice he received was not a legitimate offer.

After the scam was uncovered RPS offered to send a refund in the next 30 days. RPS has an unsatisfactory record with the Reno, Nevada BBB. There have been 40 complaints filed on the company since August 2006. The mailings that are sent out appear to be renewal notices, however, in the fine print it states that "This is a magazine subscription offer

not a bill or invoice." The bottom of the renewal states, "Please keep this for your receipt if responding to this offer - not a bill."

The notice is quite convincing and takes careful reading to see the "fine print". As the real magazine publishers have no relationship with RPS they cannot assist readers in obtaining refunds.

The victim contacted the Colorado Springs Police Department. The responding officer called RPS and was told by company representatives that the firm buys magazines from publishers, and then sends out "Notice of Renewal/New Order" to unsuspecting customers.

Reportedly, many other popular magazines publishers have had their readers contacted by RPS.

In order to prevent this sort of fraud consumers are reminded:

- Pay close attention to any kind of mailing asking for payment. Read the fine print.
- If there is a doubt, contact the publisher directly. Most publishers do their own billing and/or renewals and have Web sites or toll free numbers to verify the notice

The fine folks at Southern Colorado National Bank Are Proud To Sponsor the Senior Safety Page for all the loyal readers of Senior Beacon. Enjoy this month's page.
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you've received. The invoice and envelope should clearly state the magazine you are renewing.

- Guard your bank account or credit card numbers closely.
- Making note of payments for magazines on a yearly calendar or keeping a copy of renewal notices until the next one is received can help you to avoid double payments and fraudulent invoices.
- Contact the BBB at 719-636-1155 or go to bbb.org to check on any company sending you an invoice, renewal notice or bill.

ASPHALT COMPANY WILL RUIN, NOT RESURFACE DRIVEWAY

Colorado consumers have been getting bargain deals for resurfacing their driveways from door-to-door salesmen, but the quality of the final product has been just as low as the price. The BBB is warning consumers to be aware of a scam involving a company offering to pave driveways with "leftover" asphalt from a previous larger job. Customers have been typically left with poor work that must be replaced.

Misleading solicitations like these can be avoided if consumers look for the specific warning signs offered by the Colorado Asphalt Pavement Association (CAPA). The following aspects of a potential offer are normally uncharacteristic of a reputable asphalt company:

- Solicitor claims its "leftover" asphalt.
- Deal is too good to be true.
- Company only accepts cash.
- A "one-time offer" is presented.
- Involves a door-to-door salesperson.

If you suspect you have been presented with a questionable offer, contact the BBB at 719-636-1155 or check the company's reliability report at www.bbb.org.

Additional information on asphalt pavement can be obtained by contacting CAPA at 303-741-6150 or their Web site at www.co-asphalt.com.

For more information contact Carol Odell, 719-636-5076, ext. 111.

WAL-MART NAME USED IN LATEST FOREIGN LOTTERY SCAM

Your phone rings, its "Wal-Mart Computer Systems" calling to tell you that you've won 9.8 million dollars!

Local consumers have been contacted by "Victor Vasquez" telling them that they've won

2nd prize in their sweepstakes. All the consumer needs to do to get their winnings is to pay an insurance fee of \$1600 via Western Union. According to Victor, the insurance fee would be used to pay for UPS (United Parcel Service) and a U.S. Marshal to deliver the money to the winner. The determined scammer even went as far as suggesting that one of the consumers obtain a loan or borrow money so she could send him the funds.

Upon investigation it was discovered that "Victor" was actually calling from Kingston, Jamaica. The Wal-Mart name is fraudulently being used to lend credibility to the scheme. Wal-Mart is not running a sweepstakes or using the name Wal-Mart Computer Systems.

Foreign lottery scams continue to proliferate at an alarming pace. To protect yourself the BBB urges consumers to keep the following facts in mind:

- There should never be any type of fee associated with winning a lottery or sweepstakes. Scammers typically tell victims that the monies are used for processing, insurance or taxes.
- Just because a company is using a familiar name (like Wal-Mart) does not mean that they represent or are in any way affiliated with the firm. Know who you are really talking to. If you're in doubt, ask for contact information and then verify it with a reputable source.
- Never send money to a stranger using a money transfer service.
- Contact the BBB to check any offers you receive - 636-1155 or bbb.org.

****The BBB has a target of this scam who is willing to speak to the media. Please contact us for more details.****

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Create Magical Salads With An Eye For Color

by Brete Harrison

Tempting salads can bring magic to a table as the beginning of an exciting meal experience or as the main course. But too often they lack visual appeal when the salad's bland greenery is allowed to overpower its composition and flavor.

Color and aroma should pull diners into a meal, priming their senses for all that is to follow. Just as we appreciate the fine lines of a beautifully designed home and the yard that surrounds it, a little thought and imagination given to constructing an attractive salad will earn the praise of your guests.

Pull together a colorful salad by using a mix of pale and dark greens and bright add-ins such as ripe tomatoes, red and yellow peppers, sliced carrots, beets and purple cabbage. Then spice it up with a flavorful dressing that will have diners

reaching for seconds.

SUCCESS TIPS:

-- Salads and dressings can be made ahead of time, but be sure to toss the vegetables with lemon juice to prevent unsightly browning.

-- When preparing chicken for salads, reserve broth, strain and freeze for soups and sauces.

-- Wine and salads can go together well, but always select flavors that will enhance, not conflict with each other, and support the whole meal.

A quartet of grated raw vegetables -- carrots, turnips, beets and Jerusalem artichoke -- is arranged on a bed of greens to stimulate the eye. The bold vinaigrette will excite the taste buds.

GRATED VEGETABLE SALAD WITH MUSTARD VINAIGRETTE

1 large carrot

- 1 small turnip
- 1 Jerusalem artichoke
- 1 large beet
- 1 head lettuce
- Juice of 1/2 small lemon
- 2 teaspoons Dijon mustard
- 1 teaspoon lime juice
- 2 teaspoons minced garlic
- 1 tablespoon apple cider vinegar
- 1/2 teaspoon pepper
- 2 teaspoons herbed salt
- 2 teaspoons safflower or canola oil
- 2 tablespoons olive oil

1. Grate carrot, turnip, Jerusalem artichoke and beet, keeping them separated. Wash lettuce and arrange on 4 small salad plates. Spoon grated vegetables on top of lettuce. Sprinkle with fresh lemon juice.

2. For vinaigrette, mix together mustard, lime juice, garlic, vinegar, pepper, salt and oils. Drizzle over grated vegetables. Serve extra dressing in a sauceboat or cruet.

Serves 4.

Use your artistic ability to arrange this main dish salad with hot biscuits, preserves and iced tea for a complete summer lunch or supper.

HAWAIIAN CHICKEN SALAD WITH CHUTNEY DRESSING

- 3 whole, boneless, skinless chicken breasts (about 3 pounds)
- 1 teaspoon salt
- 1/8 teaspoon dried thyme
- 1/8 teaspoon whole peppercorns (white or black)
- 3 sprigs parsley
- 1 stalk celery (chopped)
- 3 cups water
- Shredded iceberg lettuce
- 1 small pineapple, peeled, cored and cut in long, thin wedges
- 2 ripe avocados, peeled, seeded and sliced
- 2 bananas, peeled and cut diagonally into 1/2-inch slices
- 2 kiwi fruit, peeled and sliced (optional)
- Chutney Dressing (recipe below)
- 1/4 cup chopped macadamia nuts
- Thinly sliced green onions and whole strawberries (for garnish)

1. Cut whole chicken breasts



The bold colors of this grated vegetable salad match the bold flavor of its Dijon mustard dressing. photo: Copyright 2008, LS Media, LLC

into halves. Place chicken breasts in a 1 1/2- to 5-quart Dutch oven or deep frying pan. Add salt, dried thyme, peppercorns, parsley, celery and water.

2. Bring to boil over medium heat. Cover, reduce heat and simmer just until chicken is tender, about 15 to 20 minutes. Remove chicken from broth (save broth for soups and sauces, if desired).

3. When chicken is cool enough to handle, cut breasts in crosswise strips about 1/2 inch wide. Divide chicken into 4 portions and arrange each on lettuce in the center of a large, chilled individual plate.

4. Surround with pineapple wedges and slices of avocado, banana and kiwi fruit (if desired). Spoon a little Chutney Dressing over the chicken and fruits. Sprinkle with nuts. Garnish with onion and strawberries.

5. Serve immediately, with remaining dressing in a bowl to add at the table.

Serves 4.

CHUTNEY DRESSING

- 1/3 cup each mayonnaise and sour cream
- 1/4 cup Major Grey-variety mango chutney
- 1/4 teaspoon each salt and curry powder
- Dash hot-pepper sauce
- 1 tablespoon white wine vinegar

In a medium bowl, whisk until smooth mayonnaise, sour cream, chutney, salt, curry powder, hot-pepper sauce and vinegar.

Makes about 3/4 cup.

Kick Up The Heat With Grilling Marinades

(NAPSI)-One of the easiest ways to liven up your favorite grilling dishes is with the fresh tastes and aromas of simple, homemade marinades.

For example, Chipotle-Honey Marinade is a delicious alternative to a traditional barbecue sauce.

Perfect for pork, chicken and beef, this smoky and moderately spicy sauce is easily prepared by combining ketchup, honey and Tabasco chipotle pepper sauce. Together, these ingredients create a full-bodied sauce that is ideal for marinating your favorite cut of meat.

If you prefer fish or vegetables, try Citrus-Fennel Marinade at your next get-together. Lively ingredients such as fresh-squeezed orange juice, fresh lemon juice, orange zest, and fennel seeds combine together for a delicately sweet sauce that is balanced with the heat and spice from original Tabasco pepper sauce. This light and tangy marinade enhances the flavors of any grilled dish.

Chipotle-Honey Marinade

-- 1/4 cup ketchup; -- 1/4 cup honey ; -- 3 tablespoons Tabasco® brand chipotle pepper sauce; -- 1 tablespoon cider vinegar; -- 1 teaspoon salt
Combine ketchup, honey, Tabasco chipotle sauce, vinegar and salt in a medium bowl. Mix well. Use as a marinade for pork or beef. Makes 1 cup or 4 servings.

Citrus-Fennel Marinade

-- 1/4 cup extra-virgin olive oil; --2 cloves garlic, minced; -- 2 tablespoons fresh-squeezed orange juice; --1 tablespoon fresh-squeezed lemon juice; --1 tablespoon grated orange zest; --1 teaspoon salt; --1 teaspoon fennel seeds; --1 teaspoon original Tabasco® brand pepper sauce; --1/4 cup fresh chopped parsley or dill
Combine olive oil, garlic, orange juice, lemon juice, orange zest, salt, fennel seeds, original Tabasco sauce, and parsley in a medium bowl. Mix well. Use as a marinade for fish or vegetables. Makes 1 1/4 cups or 4 servings.

The fresh tastes and aromas of marinades can take a dish from ordinary to extraordinary.

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JULY 1: Enchilada Casserole, Peas, Wheat Bread/Marg Pat, Chilled Apple Sauce, Strawberries & Pineapple.

JULY 2: Roast Turkey w/Gravy, Mashed Potatoes, Broccoli, Wheat Bread/Marg Pat, Cranberry Orange Gelatin.

JULY 3: Penne Pasta/Meat Sauce, Carrots, Pickled Beets, Apple Crisp.

JULY 4: BBQ Beef on a Bun, Baked Beans, Mixed Green Salad/Ranch, Blush Pear Salad, Spiced Fruit Mold.

JULY 7: Chicken a la King/Biscuit, Broccoli, Mixed Green Salad/Italian, Fruit Juice Blend.

JULY 8: Pork Chow Mein/Rice, Peas, Wheat Bread/Marg., Cantaloupe.

JULY 9: Sloppy Joe/Bun, Potato Salad, Cucumber Onion Salad, Orange Sherbet.

JULY 10: Roast Turkey/Gravy, Mashed Potatoes, Stewed Tomatoes, Creamy Coleslaw, Wheat Bread/Marg Pat, Chocolate Pudding.

JULY 11: Green Pepper Steak, Garlic Mashed Potatoes, Seasoned Cauliflower, Pickled Beets, Wheat Bread/Marg Pat, Peach Cobber.

JULY 14: Burrito w/ Green Chili, Spanish rice, Basil Green Beans, Wheat Bread/Marg., Strawberries/Pears.

JULY 15: Beef Pot Roast/Gravy w/ Potato, Onions, Carrots, Mixed Green Salad/Italian Dressing, Wheat Bread/

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JULY 16: Chicken Tahitian/Rice, Seasoned Broccoli, Spiced Fruit Mold.

JULY 17: Cream of Vegetable Soup,

Turkey Salad Sandwich, Lettuce/Tomato Garnish, Banana Cake.

JULY 18: Baked Glazed Ham, Confetti Rice, California Blend, Wheat Bread/Marg., Strawberries/

Bananas.

JULY 21: Hot Turkey Sandwich, Mashed Potatoes, Harvard Beets, Wheat Bread/Marg., Cranberry Orange Gelatin.

JULY 22: Salisbury Steak, Mashed Potatoes, Seasoned Carrots, Chilled Diced Peaches, Wheat Bread/Marg.

JULY 23: Chicken Cacciatore, Au Gratin Potatoes, Seasoned Mixed Vegetables, Pineapple Upside Down Cake, Wheat Bread/Marg Pat.

JULY 24: Meatloaf/Tomato Sauce, Parslied Noodles, Seasoned Broccoli, Wheat Bread/Marg. Pat.

JULY 25: Breaded Fish w/Lemon, Tater Tots, Seasoned Peas, Wheat Bread/Marg Pat, Cherry Crisp.

JULY 28: Ham Salad Sandwich, Garden Vegetable Soup, Lettuce/Tomato Garnish, Pear Blueberry Dessert, Fruit Juice Blend.

JULY 29: Turkey Rice Casserole, Seasoned Green Beans, Wheat Bread/Marg Pat, Strawberries & Pears.

July 30: Lasagna, Cauliflower, Chilled Apricots, Wheat Bread/Marg., Orange Carrot Gelatin.

JULY 31: Roast Beef/Gravy, Mashed Potatoes, Seasoned Peas, Carrot Raisin Salad, Chilled Fruit Cocktail.

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Finances: Create And Keep Wealth

Are You About To Lose Your Home? Eight Myths Explained

If you are behind on your house payments or are not sure how you are going to keep making your house payments, I may have the solution for you. Don't let your house go into foreclosure or get behind in your mortgage payments before you talk to me. There are only four (4) questions that you need to answer yes to. They are (1) are you 62 years old or older? (2) Do you have at least 50% equity in your home? (3) Would you like to never have to pay a house payment again? (4) Could you use extra money each month for as long as you live in the home? If you answered YES to all of the questions then I would probably be able to help you accomplish the last two of the four questions.

You are probably asking what the catch is. There is no catch, I am talking about a government benefit for seniors over the age of 62. It is called a reverse mortgage. Whoa, don't stop reading now just because you read mortgage. Let me tell you about this one because it is so different from the mortgages you have probably heard about and even if you have heard about a reverse mortgage, you may not have all the facts.

I am talking about a HECM reverse mortgage. HECM stands for a government backed program called Home Equity Conversion Mortgage. The HECMs have been around since the 1980s. But, they have been changed and upgraded since they started and they are a much better and safer program than they were when they first started. They have been called "the safest loan that there is." Let me clear up a few myths.

(1) Myth - Your house must be debt-free for a reverse mortgage. WRONG, even seniors with an outstanding first mortgage or other debt on their home may qualify for a reverse mortgage. The proceeds of the reverse mortgage,

though, must be used to pay off such debts.

(2) Myth - The bank owns the home after you get a reverse mortgage. WRONG, you own your home and retain title throughout the life of the reverse mortgage. Once you permanently move out of your home or pass it to your estate, the loan must be repaid.

(3) Myth - When a reverse mortgage comes due, the bank sells the home. WRONG - When the loan on the home must be repaid, you or your heirs can either pay the balance due on the reverse mortgage and keep the home or sell the home and use the proceeds to pay off the reverse mortgage.

(4) Myth - Reverse mortgages are only for desperate seniors, or for the "house rich, cash poor." WRONG, the reverse mortgage is an excellent financial planning tool that is used by homeowners from all walks of life to enhance their retirement years. While some have needed a reverse mortgage more than others, the growing popularity of this product is evidence of its benefit in a wide array of financial circumstances.

(5) Myth - You can be turned down for a reverse mortgage because of poor credit. WRONG, they don't care what your credit is or even what your income is because they don't expect you to ever pay it back. Try that with a forward mortgage.

(6) Myth - you have taxes to pay on the proceeds of a reverse mortgage. WRONG, the proceeds of a reverse mortgage are tax free. It is your money. You are simply using the equity in your home to live a better life.

(7) Myth - Your children would not like you to use up part of their inheritance. WRONG, if you don't believe me, just ask them. "Would you rather we had the extra money to enjoy the rest of our

life or would you rather we struggled now and saved the equity so you can have it when we are gone." I have never found any child that would rather have the equity over having their parents live a better life and enjoying life to the fullest.

(8) Myth - your home must be a single family house. WRONG, it could also be a condo, townhome, manufactured home, or 1 to 4 family owner-occupied residences and still be eligible. Myth - The cost of a reverse mortgage are way too high and you have a lot of upfront costs that you have to pay out-of-pocket. WRONG, in some cases the closing costs may be slightly higher than a forward mortgage but most of the costs are controlled by the government and they, like any mortgage, can be paid from the loan proceeds. Also, please remember no more house payments.

When you get a reverse mortgage you never have to make a house payment again but you do still have to pay for the insurance, taxes and up keep on the home. However, you have been paying those costs for years. They could be rolled into the loan but I don't recommend it.

You have been paying all these years on your home. House payments, insurance payments, taxes, repairs, additions, upgrades, etc. isn't it time that you let your house start paying you back. After all, you have built up all that equity in your home, but, you can't go break of a corner of the roof to take it down to the pharmacy to pay for your medication or

to the grocery store to buy a loaf of bread or even the gas station to buy a few gallons of gas can you? Maybe a reverse mortgage is the key to you living a better more enjoyable life.

If you answered YES to the first questions that I ask at the beginning, please call me and let me help you. I guarantee that all I do is give you the information that you need to make an informed decision. By the way, in order to get a HECM reverse mortgage one other requirement is that you attend a counseling session either by phone or in person. The counseling is done by an AARP or FHA trained person that is only interested in making sure that you understand all the ins and outs of what you are doing. That is another great part of the HECM reverse mortgage that the government insists on. If you have questions please call my cell phone and I will be happy to answer any questions that you may have.

Bio: Grant Oakes is a Certified Reverse Mortgage Specialist with 4 years of mortgage loan experience. He is a local businessman that has owned Pueblo businesses most of his adult life. He is a senior himself and understands seniors and their problems. Grant's specialty is "in home service". He will come to your home to meet with you and your children, because in your home you are always in control. You can call his cell phone at 719-252-7291 from 9-5 Mon-Fri.

Keeping Assets and Applying For Medicaid for Nursing Home Care

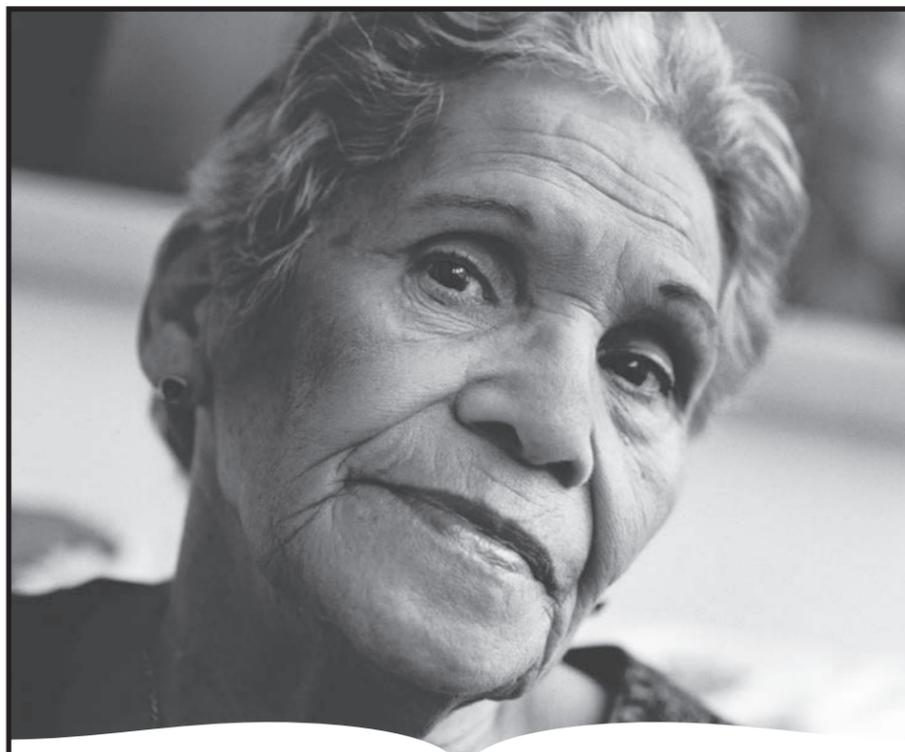
by Eileen Doherty

Denver, CO. Individuals who are doing advance estate planning may want to consider purchasing a long term care insurance policy that qualifies for the Long-term Care Partnership program. Individuals who purchase a Partnership policy will enjoy special benefits if they are faced with applying for Medicaid.

Many people fear having to spend their life savings for health care in their later years. Statistics suggest that one in five persons over age 65 will spend two years or more in a nursing home. Estimates in Colorado suggest that by the year 2025, approximately 130,000 individuals will suffer from Alzheimer's disease, roughly as many people who currently live in Fort Collins.

Recently Colorado launched the LTC Partnership program. Under this program, individuals will be able to purchase a qualifying long term care partnership policy. This type of policy allows consumers to protect personal assets if they have to apply for Medicaid. Under the program, LTC Partnership policy holders who apply for Medicaid coverage are able to keep their assets equal to the benefits paid under the policy.

SEE "MEDICAID" PAGE 20.



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E-060615-60 AC

Why are more seniors choosing

- No Monthly Payments FOR LIFE!
- Pay off all mortgages and bills
- Extra monthly income
- Home repairs and remodeling
- Cash reserves for healthcare
- Government Insured Program

Reverse Mortgages?



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No Obligation Consultation

High Tech Lending, Pueblo

719-252-7291 or 719-584-3298

Senior Community Update



OWLS MEETING

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

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

GENEALOGY NEWS

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

VOLUNTEER OMBUDSMAN

Wanted, Volunteer Ombudsmen to share their time, talents and caring hearts with the elderly residents of Long-Term Care and Assisted Living facilities. This would be a great opportunity for retired Nurses, Social Workers, and Individuals who love and want to work with some of the most vulnerable members of our society. In this capacity, you would advocate for these residents and when necessary investigate and obtain proof of deviation from nursing home care standards. If interested please call 583-6123. This Volunteer position is with the Pueblo County Long-term Care Ombudsman Program. You Must Be Able To Pass A Criminal Background Check Before Being Accepted.

ALZHEIMER'S ASSN NEEDS HELP

The Alzheimer's Association is seeking 3 volunteers to assist with facilitating a new side-by-side support group for people in early stages, and the person

who is supporting them.

· The people with dementia may vary in age- some under age 65, and others over age 65.

· Both groups will initially meet every 2nd Monday, from 10am to 11am, here at the Alzheimer's Association office.

· I will lead the group for folks in Early Stages, but need a co-facilitator. We will also need two people to run the concurrent caregiver group, in a different room here at the office.

· Experience with dementia and caregiving challenges is critical, but I will provide training about dementia and group facilitation. Our group model is not a therapy model, but is a social-educational model.

If you are aware of a qualified individual or individuals, please have them contact me, Barb Caudle, at 544-5720. Providing and increasing Early Stage services is an important goal of the Alzheimer's Association.

S.R.D.A. CALENDAR OF EVENTS
230 N. Union Ave, Pueblo, Co 81003
719-545-8900

JULY 1. 9:00 Coupon Cutters. 9:00 Chair Aerobics

JULY 2. 9:00 Computer Class Level II. 9:00 Mah Jong Players. 10:00 Senior Strength Training. 12:00 Bridge Players

JULY 3. 9:00 Pastels Class. 9:00 Chair Aerobics. 10:00 Vision. Support Group. 12:00 Pinochle Players.

JULY 4. CLOSED.

JULY 7. 9:00 Computer Class Level II. 10:00 Senior Strength. Training. 12:00 Pinochle Players

JULY 8. 9:00 Coupon Cutters. 9:00 Chair Aerobics. 1:00 Knit & Chat.

JULY 9. 9:00 Computer Class Level II. 9:30 Step Up Nurses Visit. 10:00 Senior Strength Training. 12:00 Bridge Players

JULY 10. 9:00 Pastels Class. 9:00 Chair Aerobics. 12:00 By Dolls & Things. 12:00 Pinochle Players.

JULY 11. 10:00 Senior Strength Training. 12:00 Bridge Players. 2:00 Free Movie

with Popcorn and Lemonade.

JULY 14. 9:00 Computer Class Level I. 10:00 Senior Strength. Training. 12:00 Bridge Players. 1:30 AARP Meeting.

JULY 15. 9:00 Coupon Cutters. 9:00 Chair Aerobics.

JULY 16. 9:00 Computer Class Level I. 9:00 Mah Jong Players. 10:00 Senior Strength Training. 12:00 Bridge Players.

JULY 17. 9:00 Pastels Class. 9:00 Chair Aerobics. 12:00 Pinochle Players.

JULY 18. 10:00 Senior Strength Training. 12:00 Bridge Players. 2:00 Free Movie with Popcorn and Lemonade.

JULY 21. 9:00 Computer Class Level I. 10:00 Senior Strength. Training. 12:00 Bridge and Pinochle Players.

JULY 22. 9:00 Coupon Cutters. 9:00 Chair Aerobics. 1:00 Knit & Chat.

JULY 23. 9:00 Computer Class Level I. 9:00 Mah Jong Players. 10:00 Senior Strength Training. 12:00 Bridge Players.

JULY 24. 9:00 Pastels Class. 9:00 Chair Aerobics. 12:00 Pinochle Players.

JULY 25. 8:30 Foster GrandParent Inservice. 10:00 Senior . Strength Training. 1:30 ICE CREAM SOCIAL WITH ENTERTAINMENT (\$2.00).

JULY 28. 9:00 Computer Class Level II. 10:00 Senior Strength Training. 12:00 Bridge and Pinochle Players.

JULY 29. 9:00 Coupon Cutters. 9:00 Chair Aerobics.

JULY 30. 9:00 Computer Class Level II. 9:00 Mah Jong Players 10:00 Senior Strength Training. 12:00 Bridge Players.

JULY 31. 9:00 Pastels Class. 9:00 Chair Aerobics.

PUEBLO COMMUNITY COLLEGE
The Pueblo Community College Foundation is auctioning an Orlando, Florida, getaway during the Christmas holiday.

This is a silent auction for eight days and seven nights at the Sheraton Vistana Resort in Orlando, Florida, (www.sheraton.com/vistanaresort) from December 19 through December 26. Please view the attachment.

The PCC Foundation office will accept bids May 1, 2008, through October 3, 2008. To place a bid, please email your name, address, and phone number to bianca.flores@pueblocc.edu.

The value of this getaway is \$2,100. You may view the highest bid at our website pueblocc.edu/aboutus/foundation (on the Bulletin Board).

WILD ANIMAL ALERT

Rabies Warning

PUEBLO- Public health officials warn individuals that wild animals should **NOT** be handled as they may carry rabies, a fatal virus that affects the nervous system of humans and other mammals. Rabies is a preventable virus of mammals most often transmitted through the bite of a rabid animal.

"This warning is prompted by recent incidents where individuals or their pets have come in contact with bats or other wildlife and were bitten," stated Heather Maio, director of Environmental Health Division at the Pueblo City-County Health Department.

Maio said signs of rabies in animals include abnormal behavior such as nocturnal animals being active in the day, wild animals approaching humans or other animals, difficulty with walking or movement, and unusual animal sounds such as excessive bellowing in cows or hissing/chirping in bats. Such signs indicate the animal is ill. Some animals with rabies will be very aggressive (furious rabies) while others may appear almost catatonic (dumb rabies).

Having pets vaccinated is the simplest and most effective way to protect pets and family members from this deadly disease. Pet owners are encouraged to contact their veterinarian and get their pets up to date on vaccinations.

Suspected rabid animals should be reported immediately to the local animal control at 544-3005. It is always best if the suspect animal can be retrieved for testing or quarantine observation.

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65?
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a Medicare
supplement
plan?



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An Insurance Company with a Medicare Advantage contract to offer a Private Fee-for-Service plan available to anyone enrolled in both Part A and Part B of Medicare through age or disability. Enrollment period restrictions apply; call Humana for details. A Medicare Advantage Private Fee-for-Service plan works differently than a Medicare supplement plan. Your doctor or hospital is not required to agree to accept the plan's terms and conditions, and thus may choose not to treat you, with the exception of emergencies. If your doctor or hospital does not agree to accept our payment terms and conditions, or otherwise agree to treat you, you will not be able to receive covered services from them under this plan. Providers can find the plan's terms and conditions on our website at: http://apps.humana.com/MedPlans_Provider/PFFSTermsAndConditions.pdf. Plans may be renewed annually. Copayment, service area, and benefit limitations may apply. You must continue to pay your Medicare applicable premiums if not otherwise paid for under Medicaid or by another third-party.

SENIOR CLASSIFIEDS

WANTED: CERTAIN 45rpm records and LP albums from the 1950s and 1960s. 566-7975. #0808

OLD VET NEEDS PLACE TO LIVE. Would like old, battered camp tyrailer. Will haul away, FREE. Call Banjo Gracia 1-505-376-2344. #0808

PERMANENTS-\$30. Complete magnetic bracelets - \$5.00. Curl Corner. Open Wed-Sat - 2318 Thatcher. - 544-9160. #0808

ALTERATIONS BY ABE & ROBYN CAMHI Wedding gowns and formal wear. All types of clothing. Men and women. 40 years experience. Se habla Espanol. 719-595-1231 or 719-250-9354. #0809

IMPERIAL CEMETERY - Calvary Lot 254, space 6, Lot 255 - spaces 4,5,6. \$1000 each. Call 564-7221. #0808

24/7 LOVING SENIOR CARE IN CHRISTIAN HOME. 30 years experience. SPACE FOR ONLY ONE CLIENT LEFT. HURRY! Call today, 719-542-3496. #0808

ARIZONA HIGHWAYS MAGA-

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.

ZINES: 25 copies, various dates... \$20.00 Hoover Upright Vacuum with removable tool rack - 5 years old - \$40.00. Call 545-8886. #0708
PERMS: includes haircut & style (short hair). 35 years experience in

business. Call 719-647-0611. for appointment. Pueblo West. #0808

POWER CHAIR "Hoveround. New battery and charger w/cover. \$600.00 trade obo. manual included. Call 719-275-4357. #0608

HOMES FROM JIM VALDEZ-RE/MAX OF PUEBLO:

1. **20 Nona Brooks #E**, Like new townhome with 2 bedrooms, 2 baths, vaulted ceilings, 2 car garage, plus a \$2,000.00 allowance-buyer's choice. \$134,900.

2. **4535 S. Soaring Eagle**, Beautiful townhome located on the P.W. golf course, with 3 bedrooms, 2 full baths, open living room with fireplace, 3 car garage. \$189,900.

3. **1501 JACKSON**, Newer 3 bedrooms, 2 bath rancher, vaulted ceilings, covered patio, 2 car garage. all on one level, \$139,900.

4. **687 S DUMONT**, Gorgeous 3 bed 2 bath rancher, with vaulted ceilings, FP in living room, large deck for summer fun & 2 car garage. \$139,900.

IF YOU NEED A PART-TIME CNA (Certified Nursing Assistant) in your home call Diane at 544-2710. #0608

IMPERIAL MEMORIAL GARDENS Faith lot #10, graves 1 & 2, \$1700 for both. Pieta, lot #58, graves 1 & 2, \$2900 for both. 240-0538. #0608

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

TWO LOTS SIDE-BY-SIDE in De-

votion section with concrete vaults and opening and closings. Both for the price of one. \$1500 cash. Call 564-3405 after 5pm. #0608

NEW-ADULT DAY CARE: Located in a safe home in Cañon City, by a licensed Practical Nurse. Arrangements and needs on an individual bases. Call Kathy, 719-315-2805. #0708

POWER CHAIR. Jazzy 600. All around mobility. \$1900. Call 719-542-4955. #0608

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

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

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

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

ROOM BY ROOM INTERIORS offers top quality, affordable home services for seniors: packing homes for moving; decluttering home/garage; staging your home for sale, painting services. We treat your home and belongings as if they were our own. Chrisanne: (719) 485-2416. #0408

CEMETERY PLOT: Gate of heaven section - Roselawn. Current price, \$1095.00. Will take \$895.00 #0408

SPECIAL CARE PROVIDER At your home by licensed nurse. Errands, meal prep, medications, transportation; Activities of daily living. Call 565-0445. #0408

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

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

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

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SUSTAINABILITY
We want to see people THRIVE in their lifestyles, career, and environment.

VISION
We believe that every human being has a right to health, education, the arts, and to be a part of the local economy.
We believe that entities and products that encourage this should be promoted.
We believe that educating the public about the inherent truths of our health, our education, our culture, and our economy is paramount to our rights as citizens.
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Beware Of Company Misleading Customers On DTV

BBB Warns of Company Taking Advantage of DTV Confusion by Misleading Consumers - Nationwide Advertising Campaign Falsely Promises Free TV and Free DTV Converter Boxes

BBB is alerting consumers to beware of a misleading advertising campaign by an Ohio-based company called Universal TechTronics. Ads are running across the U.S. promising free television channels, services and digital TV converter boxes, but are really a bait and switch tactic that prey on consumers' lack of knowledge about digital TV conversion requirements.

A BBB investigation found that Universal TechTronics is peddling "five-year warranties" for \$59 that must be purchased with their "free" digital TV converter boxes. With shipping and handling fees rolled in, the total cost per box is nearly \$100. BBB believes that these

are the same boxes consumers can buy in electronics retail stores across the country using \$40 U.S. government coupons that make the total cost to consumers about \$20 per box.

"The bottom line is that these ads confuse and mislead consumers," said Carol Odell, BBB of Southern Colorado Executive Director. "Unfortunately consumers who do respond may find that not only will they not receive free products and services as implied by the ads, but they will end up paying more than they would have by taking advantage of the really good deal being offered through the DTV coupon program."

Universal TechTronics' ads imply that their converter boxes are free and will provide free channel reception, similar to the type of services consumers receive through cable or satellite providers. Ads state, "No Bills: New ClearView TV receives free channels, no need to pay for

cable to get the new digital picture quality and sound," and "Public to Get Free TV Without Gov't Coupon!" Additionally, the ads use the term "Miracle ClearView TV" to disguise the product and further deceive consumers.

Universal TechTronics has received an unsatisfactory rating from BBB due to its pattern of complaints concerning slow delivery or non-receipt of product, difficulty reaching customer service representatives, delays in obtaining refunds after returning merchandise, product quality issues and advertising claims. In the past nine months the BBB has received nearly 200 complaints about the company's business practices. The BBB reliability report on this company is available online at: bbb.org.

"Digital TV conversion may seem like a complicated, confusing issue," added Odell. "But there are a number of easy-to-use resources that consumers can turn

to for reliable, trustworthy information to make digital TV conversion a painless and inexpensive process."

For more information about digital TV conversion consumers can call the DTV hotline at, 888-DTV-2009, or visit: www.dtv2009.gov/FAQ.aspx.

On February 17, 2009, television stations will stop analog broadcasts, and exclusively broadcast in digital. Viewers who get reception with rabbit ears or an antenna, or who don't have a digital TV, will need a digital converter box to receive television programming. Television sets made after March 2007 already have digital tuners built into them, as required by federal law. Also, analog sets hooked up to cable or satellite systems will not be affected by the switch to digital TV and won't need a converter box.

PLASTIC

from page 11.
drawal maximums.

In Buenos Aires, for example, I used my Bank of America debit card to withdraw 1,200 pesos (about \$400) from a local ATM. Because ATMs allow Bank of America customers a maximum withdrawal of only 300 pesos (\$100) per transaction, I was forced to make four separate withdrawals. With each transaction, my account was assessed a \$5 fee, plus a 1 percent currency-conversion charge.

But there are ways to minimize foreign transaction fees or eliminate them altogether. It all depends on where you bank, which ATM you use and where you are when you use it.

Citibank customers traveling in 46 countries can use Citibank ATMs and pay a 2 percent conversion charge but no transaction fee. (Because Citibank allows a higher withdrawal maximum in Argentina, customers can extract \$400 in one transaction. Rather than pay \$24 in fees

as I did with Bank of America, a Citibank customer would pay only \$8.)

Nevertheless, Bank of America belongs to the Global ATM Alliance. Customers can withdraw local currency from ATMs in eight foreign countries and pay absolutely no transaction fees. The alliance includes Barclays Bank (United Kingdom), BNP Paribas (France), China Construction Bank (China), Deutsche Bank (Germany), Santander Serfin (Mexico), Scotiabank (Canada) and Westpac (Australia and New Zealand).

During the year I lived in Paris (from July 2006 to September 2007), I used my Bank of America debit card exclusively at BNP Paribas ATMs and never paid a dime in transaction fees.

But at other banks in Global ATM Alliance countries, and at all banks elsewhere in the world, Bank of America customers pay a \$5 ATM withdrawal fee in addition to a 1 percent currency-conversion charge. Citibank account holders pay \$1.50 and 2 percent respectively.

Fee-conscious travelers may consider opening a checking or savings account at Capital One. A financial services company serving customers in the United States, the United Kingdom and Canada, Capital One absorbs the currency-conversion fee that banks typically impose on

customers. At ATMs worldwide, you'll pay only \$1.50 per transaction.

With a Capital One-issued Visa or MasterCard, there's no currency-conversion charge either. Commerce Bank -- a regional institution with offices throughout the East Coast -- is the only other large bank to waive the fee.

American Express provides another alternative. Cardholders can walk into any of 2,200 American Express Travel Services locations worldwide and write a personal check for as much as \$1,000 per card. The emergency check-cashing service, which I've used on several occasions, is free of charge.

As the sagging U.S. dollar makes overseas travel more expensive, why put up with currency-conversion charges and maddening ATM transaction fees? Apply for fee-free plastic. And don't leave home without it.

For more information, go to www.bankrate.com/brm/news/cc/20050624b1.asp.

Elliott Hester is the author of "Plane Insanity" and "Adventures of a Continental Drifter." He lives in Buenos Aires. Contact him at elliotthester@gmail.com or visit www.elliotthester.com.

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Charlene Dengler: "Enough Water A Day Keeps The Fat Away"

by Charlene Dengler

Lately there has been information circulating that minimizes the importance of drinking eight, 8 ounce glasses of water per day. Proponents of this recent recommendation argue that we get enough liquid through other drinks and from dietary sources such as fruits and vegetables. Their solution is to just drink water if you actually feel thirsty and let the rest of your intake of fluids take care of itself. As one who has extensively studied the functioning of the human body and researched nutrition and its effects on the body, I am here to submit to you some "old" tried and true philosophy regarding fluid balance and to add to your understanding the tremendous benefits that the most abundant fluid on the earth contributes to your well being.

That's right, wonderful H2O covers about 70% of the earth and interestingly enough the wise Creator has made the human body to be composed of about 70% water!

In fact, water is the second on my list of essential substances that the body needs for optimal health and wellness. Much of the information I will be sharing here comes from material that was compiled by Donald S. Robertson, M.D., M.Sc. Our bodies consist of cells which make up tissues, which make up organs, which make up systems, of which

there are nine major organ systems in the human body. Proper amounts of water are important to every system of the body, but particularly the liver and the kidneys. In case you haven't thought about it, you cannot live without a functioning liver and at least one functioning kidney!

To begin explaining how vital water is, realize that the kidneys can't function properly without enough water. When the kidneys can't work to their full capacity, some of their load is dumped onto the liver. One of the liver's primary functions is to metabolize stored fat into usable energy for the body. If the liver has to perform some of the kidney's work, it cannot do its own job as efficiently and as a result more fat is stored and weight loss will be slowed or cease. Adequate amounts of water allow the kidneys to perform their job and, in turn, the liver to function at its best, thereby suppressing the appetite because more stored fat is metabolized.

Proper muscle tone is maintained when water supplied to the muscles enable them to contract properly. Also when losing weight, preventing dehydration helps to prevent sagging skin. Keeping well hydrated plumps up shrinking cells, clearing it of waste products and leaving it more toned and resilient. During the weight loss process a lot

of waste is generated from metabolized fat, and water flushes that waste away and keeps the lymphatic system flowing freely. Proper fluid intake also tones the internal organs, keeps substances moving through the digestive tract and relieves constipation. Additionally, when fluid intake is substantial, external skin is clearer and free of toxins, mucous membranes of nose, mouth and eyes are more moist and resistant to inflammation, and endocrine gland functioning, which is responsible for hormones and steroids in the body are brought into proper balance.

Here's the caveat: All of the above benefits are only truly generated by drinking pure, clean water. Yes, you can consume other beverages and get some fluid from your food, but only unadulterated water meets the standards that the body needs for optimal functioning. In fact, coffee, tea, alcohol, and soda act as diuretics in the body and result in dehydration, increasing the fluid requirements for pure, natural H2O. If you wait until you "feel" thirsty, many health experts believe you are already dehydrated. At the other end of the spectrum, what if you tend to retain fluid? Turns out that drinking water is the best remedy for fluid retention as well. If the body doesn't get enough water, it perceives this as a threat to survival and begins to hold onto every drop. Water is stored in extracellular spaces, or outside the cells, and shows up as swollen feet, legs and hands.

Drinking more water will stimulate the kidneys to do their job and flush

away excess sodium along with the surplus fluid.

So just how much water does each person need? Another key point here is that everyone is a different weight with different metabolic needs. Overweight and extremely active individuals need even more than the following suggestion. What I recommend is to consume your weight in kilograms, (weight in pounds divided by 2.2), in ounces of pure water throughout the day between meals. Drinking with meals dilutes digestive juices and enzymes which interferes with digestion. Also, even though there are different schools of thought on the temperature of liquids, my research has led me to advise that room temperature water is what the digestive system seems to respond to the best.

In the world of chemistry a catalyst is defined as a substance that speeds up the rate of a chemical reaction, without undergoing a permanent chemical change itself.

While the world of weight loss and instant gratification could use such a substance and have been desperately seeking just that, here we've had it all along in the the form of pure, natural, clear and, for the most part free, H2O. So here's to your health. Cheers!

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

Oral Health Tips For Seniors

TIP XVII: DAIRY PRODUCTS PROMOTE HEALTHY MOUTHS

We all know that including dairy products in our diets can help maintain healthy bones and even promote weight loss.

Now, a recent study published in the January issue of the Journal of Periodontology demonstrated that routine intake of dairy products may also help promote periodontal health. The study analyzed the periodontal health of 942 subjects and determined that those who regularly consumed dairy products such as milk, cheese and yogurt had a lower instance of gum disease.

Study participants aged 40 through 79 were examined on two periodontal parameters that can indicate gum disease, periodontal pocket depth and clinical attachment loss of gum tissue.

Researchers observed that subjects that consumed 55 or more grams of products containing lactic acid (dairy products) each day had a significantly lower prevalence of deep pocket depth and severe attachment loss, each resulting in lower instance of periodontal disease.

Periodontal, or gum disease, is a chronic bacterial infection that affects the gums and bone supporting the teeth. Periodontal disease is a major cause of tooth loss in adults and has been connected to the development of heart disease and increased risk of stroke, and can contribute to complications from diabetes, respiratory disease of osteoporosis. Millions of adults already suffer from periodontal disease, says Dr. Susan Karabin, DDS, President of the American Academy of Periodontology. "By regularly consuming dairy products such as cheese and milk, the risk of developing gum disease may decrease. These findings are important since maintaining healthy gums is a critical component to maintaining a healthy body," Karabin stated.

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

MEDICAID

from page 16.

For example, an individual purchases a LTC Partnership policy for \$200,000. During the individual's lifetime, a combination of home care, assisted living and nursing home care is used over a four-year-period and the \$200,000 benefit is exhausted. The individual then applies for Medicaid. Single individuals will be allowed to keep \$200,000 in assets, plus \$2000 and still receive Medicaid to receive care in the home, assisted living, and/or nursing home. If the individual is married, the community spouse will be allowed to keep (in 2008) \$104,400 community spouse resource allocation and the nursing home spouse is allowed to keep \$200,000 in assets plus \$2000 and still be eligible for Medicaid.

LTC Partnership policies must be approved by the State of Colorado, have an inflation protection rate of 5% compounded annually, and be issued after January 1, 2008. Policies issued on or after October 1, 2006, may be exchanged for a LTC Partnership policy at no additional cost as long as the above requirements are met.

The Partnership policies are an alternative for those individuals who wish to avoid having a Medicaid lien placed on their property and to be free from estate recovery by the State of Colorado if they own property and need Medicaid assistance with long term care.

Care should be exercised before purchasing a long term care insurance policy. When purchasing a policy, a number of variables are important to good decision making including covered services, maximum benefit, elimination period, benefit triggers, inflation protection, premiums, waiver of premiums, health underwriting, and tax treatment. For a list of LTC Partnership policies, contact the Colorado Division of Insurance at 1-888-696-7213.

For more information, call 303-333-3482.

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

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New Behavioral Health Center Highlighted Recently

Event with Colorado and Denver Aging Directors Provides a Sneak Peak at Aspire Behavioral Health's New Center

DENVER – May 30, 2008 – On Thursday, May 22nd, participants of the “EngAge Healthy Living Strategies” event, which was part of Governor Bill Ritter, Jr.’s EngAge Your Future series, were able to get a sneak peak at Aspire Behavioral Health’s new center in Lowry. Aspire is a new innovative treatment center, providing the most comprehensive center in the State for seniors in crisis.

Attendees heard highlights from Governor Ritter’s Senior and Civic Engagement Policy Leaders about what is being done to improve the lives of older adults and were able to gain information from businesses and agencies working with the older adult community.

“This event demonstrated Colo-

rado and the city of Denver’s shared passion for providing the best possible services for older citizens,” said Dr. Christine Cauffield, CEO and president, Aspire Behavioral Health, Inc. “We were excited about being included and having the chance to show our new building and explain our services to leaders in the senior care community.

Aspire offers specialized services for seniors who are experiencing acute psychiatric symptoms and medical problems. According to Dr. Cauffield, the assessment and treatment of late-life mental health disorders is often complex, because these problems are so often complicated by other medical conditions and disabilities. Aspire offers a holistic approach, treating not only the senior’s psychiatric disorders, but also continuing treatment for any physical health issues as well.

Aspire’s center in Lowry is a 24-

bed specialty geriatric psychiatric hospital. Qualified mental health professionals deliver all clinical services and each patient is given a comprehensive evaluation by an inter-disciplinary team. Aspire plans to open 40 inpatient, geriatric psychiatric specialty hospitals throughout the United States.

About Aspire Behavioral Health of Colorado Aspire Behavioral Health one of a few specialty geriatric psychiatric hospitals in the country and in Colorado that provides acute care for seniors in crisis. All clinical services are delivered by qualified mental health professionals and each patient is given a comprehensive evaluation by an inter-disciplinary team of psychiatrists, primary care physicians, nurses, mental health professionals and masters’ level clinicians. Family and caregiver participation is highly encouraged and support and education is provided while their loved one is in treatment. Aspire offers multidisciplinary evaluations and innovative treat-



Janice Blanchard, Director of Denver Office on Aging on the left, Dr. Christine Cauffield, CEO & President, Aspire Behavioral Health, Inc. in the center and Jeanette Hensley, Director of Aging and Adult Services, Colorado Department of Human Services on the right.

ment for seniors. Referral resources in the community are collaborated with to ensure follow up care. To learn more about Aspire, visit aspirebehaviorialhealth.com or call 303-790-8888.

Weird News

from page 4.

April, aimed at America’s “war and the excesses of American society today,” he said. In one scene, against a backdrop of the ruins of the World Trade Center, 35 naked senior citizens danced, wearing Mickey Mouse masks.

-- “Art is no longer just a painting on the wall,” said the curator of the Museum of Bat Yam, near Tel Aviv, Israel, in April. “Art is life; life is art.” He gave that as an explanation for why he had accepted, as a live exhibit, seven young people from Berlin whose art is merely to live in the museum for three weeks with lice on their heads. The artists denied they intended a Holocaust expression based on Nazis’ references to Jews as “parasites.”

-- Worth Every Penny: (1) At an April auction in Beijing, artist Liu Xiaodong’s large (8 feet by 30 feet) oil painting, part of his Three Gorges series, brought the equivalent of about \$8 million. The work, “Breeding Ground No. 1,” depicts 11 men in their underwear playing cards.

The Continuing Crisis

In May, eighth-grader Michael Avery of Thousand Oaks, Calif., told the hometown newspaper The Acorn that he was undecided which area high school he would attend next fall. This was a matter of interest in that Avery, 15, is a basketball prodigy and, though undecided on high school, he knows exactly where

he will go to college because he had just accepted a full scholarship at the University of Kentucky beginning in 2012. The following week, Kentucky offered another one, to ninth-grader Jeremiah Davis III, to enroll in 2011.

Fetishes on Parade

(1) Martin Turner, 39, of Blackpool, England, pleaded guilty to four counts of harassment in May, specifically, pestering several workmen by telephone over a three-year period to please come by and stand on his face, his fingers and his genitals while wearing their heavy boots. His lawyer said it had something to do with “domination.” (2) Jeremy Pope, 26, was arrested in April in Madison, Wis., in an alleged second episode at a Target store (the first was in December at a ShopKo), in which he urinated on women’s underwear on the shelves. Police said Pope was quick to confess: “Yeah, I have a problem.”

Least Competent Criminals

Police in Mesa, Ariz., chased driver Christopher Psomas, 38, in May after his companion, Ashley Strahan, 20, allegedly tried to pass a forged check at a business. The pair’s car ran red lights at high speeds to get out of town, then left the road near the Salt River Reservation, and when the car became disabled, kept going on foot. However, they ran smack into a bed of cholla cactus, becoming virtual pin cushions. At Banner Desert Medical Center, as nurses plucked the

needles from his body, Psomas, in pain and in tears, said, “I am so stupid. This is what I get for trying to run from the police.”

Update

In March, News of the Weird reported the bratty behavior of two Boynton Beach, Fla., high school girls who not only swiped money from a Girl Scout selling cookies at a supermarket, but then told a TV station on camera that they were “pissed” because they got caught and had to give the money back. One of the girls, Stefanie Woods, 18, chose to go to trial on the theft charge in May, but was quickly convicted and will be sentenced in June. A week after the conviction, she also pleaded no-contest to an intervening event in which she allegedly skipped out on a \$28 dinner tab at a Denny’s. She said she was sorry for the theft, but that “I still don’t think it gives (the public) the right to be screaming things at me” around town. “People scream things at me every single day, and it’s getting really hard.”

The Classic Middle Name (all new)

Arrested recently, and awaiting trial for murder: Cody Wayne Moore, Rockford, Ill. (April); Larry Wayne Rubin, Decatur, Ga. (April); Darrell Wayne Buchanan, Burke County, N.C. (February). Pled guilty to murder: Christopher Wayne Hudson, Melbourne, Australia (May); Fred Wayne Douty II, Martinsburg, W.Va. (June). Committed suicide while a suspect in the murder of a state trooper: Brandon Wayne Robertson, Cass County, Texas (May).

News That Sounds Like a Joke

(1) In April, as the police officer approached the motorist relieving himself on the side of the road in South Kitsap,

Wash., the man explained that he had consumed “a bunch” of beers but was not driving drunk. According to the officer, the man said he was slurring his words because “his dentist advised him his mouth was too big for his tongue.” (2) Comedian Aries Spears pleaded guilty in April to assaulting a woman in the audience during his act at a New York City club. Said prosecutor Elizabeth Pederson, ridiculing Spears’ initial explanation: “You can’t high-five a woman’s breast.”

The Democratic Process

-- The longtime elected clerk of court in Pasco County, Fla., Jed Pittman, admitted to WTSP-TV in May that he rarely comes to work and in fact has researched state law to learn that as long as he shows up once every 43 days, he can’t be fired. (The law provides for removal by the chief judge only if the clerk is absent for “44” consecutive days.) Pittman’s salary is about \$136,000 a year, but he exploited another loophole in state law to “retire” in 2004, and then un-retire the next day, which brings him an additional \$75,000 a year (besides the \$362,000 lump sum he received on the day he “retired”).

Least Competent Criminals

Judgment-Challenged: (1) Howard Shanholtzer was arrested in Garden Grove, Calif., in May in connection with stolen security cameras. Figuring that police might be looking for his white Mitsubishi pickup truck they probably saw on surveillance video, Shanholtzer allegedly stole another pickup, but for some reason, it was another white Mitsubishi. (2) Wesley Jumper, 36, and Shawn Stewart, 36, were arrested in Charles County, Md., in April and charged with running out of a CVS store with about \$500 worth of soap and shampoo. Their easy-to-spot getaway vehicle was the Good Humor ice cream truck Stewart works from at his day job.

(Visit Chuck Shepherd daily at <http://NewsoftheWeird.blogspot.com> or www.NewsoftheWeird.com. Send your Weird News to WeirdNewsTips@yahoo.com or P.O. Box 18737, Tampa, FL 33679.)

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

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

A: Based on Clinical Studies and rave reports from our customers themselves, **GOOD FEET ARCH SUPPORTS** are extremely effective! Skeptics have become enthusiastic fans from the moment they try them.

Your feet (about two percent of your body mass) support the other 98% of your body's weight. And if your feet are out of whack, you'll feel it in your back, knees, neck, and of course, your feet themselves. **GOOD FEET ARCH SUPPORTS** get your feet and your body into proper alignment and posture. It's that simple!

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Nutrition News & Notes From NapsNet.Com

Delicious Ways To Add Fiber To A Diet

(NAPSI)-Looking to feel lighter and more comfortable but just can't seem to get there? Isn't it incredible how irregularities "down there" can affect everything you do? Your outlook can change; it's all you can think about. We've all been there, and a lot of times all you need is some fiber.

According to data from the National Health and Nutrition Examination Survey, only one in 10 Americans gets the recommended 25-30 grams of fiber each day. This is problematic because fiber intake has a direct correlation to overall digestive health.

"Everyone should be looking for more ways to up their fiber intake," recommends Dr. John Johanson, practicing gastroenterologist. "People often claim that high-fiber foods are inconvenient or don't taste good, but that's really no longer the case."

Dr. Johanson says foods like portable All-Bran Fiber Drink Mix and Fiber Bars offer a delicious solution to those complaints to the tune of 10 grams of fiber per serving. To promote digestive health, he also recommends drinking plenty of water and exercising moderately

on most days.

"New products like these are so convenient to fit into your daily routine they are ideal for those who are experiencing irregularity due to prescription medications or pregnancy, too," says Dr. Johanson.

10 Days to a Better You

One way to quickly feel the benefits of improved regularity through increased fiber intake is to engage in the All-Bran 10-Day Challenge. Enjoy one serving of any All-Bran product, including new Fiber Bars and Drink Mix, each day for 10 days, and you'll certainly begin to feel the difference.

Follow these steps to engage in the 10-Day Challenge:

- Step 1: Select one or more of your favorite high-fiber All-Bran products.

- Step 2: Eat a serving of the product of your choice each day.

- Step 3: Repeat steps 1 and 2 every day for 10 days.

Kellogg Company conducted a mini challenge involving 38 consumers. At the end of just 10 days, 79 percent of participants reported improvement in their digestive regularity and said that they felt more energetic.

For more information on All-

Bran products and the All-Bran 10-Day Challenge, search for "All-Bran" at Yahoo!

Trimming The Fat From

Grocery Costs

(NAPSI)-A little prep work can keep rising food costs from eating into your family budget.

That's the advice from experts who say planning meals and shopping lists can save time and money. They offer tips such as organizing meals around weekly coupons, finding ways to spice up leftovers and talking with friends about meal ideas.

You can also use a free Web site to have weekly recipes--and their accompanying shopping lists--sent to your in-box. The service can help you organize your food budget as you serve up a variety of delicious dishes.

The Web site, called YouveGot Supper.com, e-mails members five entrée recipes and up to two side dishes every Thursday, along with a customized grocery list, organized by supermarket section to help save time. Members can also visit a recipe page and select dishes that can be added to the shopping list. **Here's a look at one of its top recipes:**

Southwestern Grilled Chicken Salad
Servings: 4. Prep Time: 15 min. Cook Time: 15-20 min.

INGREDIENTS

- 4 medium chicken breast halves, boneless skinless
- 1 head hearts of romaine lettuce
- 1 can corn, shoepeg, drained
- 1 can black beans, drained
- 1 red bell pepper, sliced
- 1 cup cheddar cheese, cubed
- 1 avocado, peeled and chopped
- ½ cup ranch dressing
- ¼ cup barbecue sauce

DIRECTIONS

1. Drizzle chicken with a little olive oil and season with salt and pepper. Grill chicken over medium-high heat for about 7-10 minutes per side. Let cool and slice.
2. Cut up lettuce and add remaining ingredients to salad.
3. Mix ranch dressing and barbecue sauce. Pour over salad and toss to coat. This is a great main-course salad to throw together with leftover chicken from the night before.

For more tips and recipes, visit www.youvegotsupper.com. Food For Thought-A little planning can help cut weekly grocery costs.

FREMONT/CUSTER County Menus

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

FLORENCE

100 Railroad St. - Florence Tu-Thur-Fri

JULY 1: HAM AND BEANS, Cut Broccoli, Parslied Carrots, Orange Juice, Cornbread/Marg.

JULY 3: BRATWURST/BUN/Sauerkraut, Mustard/Onion, Pickled Beets, Sliced Peaches.

JULY 4: NO MEAL-HOLIDAY.

JULY 8: CHICKEN & NOODLES, Green Beans, Baked Acorn Squash, Apricot Pineapple Compote.

JULY 10: MEATLOAF/Brown Gravy, Cheesy Potatoes, Green Beans, Pineapple Tidbits.

JULY 11: TURKEY SANDWICH/Provone Cheese/Mustard, Sliced Tomato On Lettuce, Orange, Waldorf Salad.

JULY 15: ROAST CHICKEN/MUSHROOM SAUCE, Brown Rice, Cauliflower Broccoli Mix, Apple Pear Salad.

JULY 17: TATER TOT CASSEROLE, Tossed Salad/ Italian drsg., Squash, Vegetable Blend, Banana.

JULY 18: TACO SALAD WITH SALSA Tom/Let Garnish, Strawberry Applesauce, Tropical Fruit, Cornbread with Margarine.

JULY 22: PORCUPINE MEATBALLS, Whipped Potatoes/Gravy, California Vegetable Medley, Almond Peaches.

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

JULY 25: CALIFORNIA VEGGIE BAKE, Spinach Salad/Egg/Italian Drsg., Pears, Citrus Cup, Oatmeal Raisin Cookie.

JULY 29: BEEF/SWEET PEPPERS, Steamed Brown Rice, Cut Broccoli, Raisin Applesauce.

JULY 31: BEEF STROGANOFF, Orange Spiced Carrots, Ruby Beet Salad, Mixed Fruit.

SALIDA MENU

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

JULY 1: SPICY BEEF RICE CASEROLE, Cut Broccoli, Sliced Yellow Squash, Pineapple Tidbits.

JULY 3: SLOPPY JOE/BUN, Scalloped Potatoes, Peas and Carrots, Apple.

JULY 4: NO MEAL-HOLIDAY

JULY 8: TUNA SALAD ON A BED OF LETTUCE w/ SLICED TOMATO, Pasta Salad, Orange Juice, Peaches.

JULY 10: CHILI RELLENO CASEROLE, Parslied Carrots, Tossed Vegetable Salad with Lemon.

JULY 15: CHILI CON CARNE, Wheat Crackers, Sliced Yellow Squash, Fresh Apple, Cornbread with Margarine.

JULY 17: SPINACH LASAGNA, Tossed Vegetable Salad, Green Beans, Tangerine.

JULY 22: HAM AND BEANS, Cut

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Broccoli, Parslied Carrots, Orange Juice, Cornbread with Margarine.

JULY 24: BRATWURST/BUN With Sauerkraut, Mustard & Onion, Scalloped Potatoes, Peas/Carrots, Peach Halves.

JULY 29: SPAGHETTI/MEATSAUCE, Tossed Salad/Italian Drsg., Green Beans, Orange.

JULY 31: CHICKEN FAJITA/TOM/LET GARNISH, Cilantro Rice, Cooked Cabbage/Red Pepper, Banana Bread.

CUSTER SENIOR CTR.

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JULY 2: CHICKEN SALAD SANDWICH/Whole Wheat Bread, Sliced Tomato on Lettuce, Orange juice, Sliced Peaches.

JULY 3: ROASTBEEF, Whipped Potatoes/Gravy, Greens, Orange, Roll/marg.

JULY 7: TOMATO SOUP, Turkey/Wheat/Mustard/Salad Drsg., Green Beans, Tangerine, Almond Peaches.

JULY 8: SCALLOPED POTATO/HAM, Chopped Spinach, Hard Boiled Egg, Perfection Salad, Apple.

JULY 10: STUFFED PEPPERS, Oven-Browned Potatoes, Italian Blend Vegetables, Sliced Peaches, Cookie.

JULY 14: CREAM OF POTATO SOUP, Tuna Salad Wrap/shredded Let/Tom, Hard Boiled Egg, Grapefruit Half.

JULY 15: KIELBASA, Parsley Buttered New Potatoes, Mixed Vegetables, Squash, Pineapple Mandarin Orange, Compote.

JULY 17: POT ROAST/BROWN GRA-

VY, Baby Carrots & New Potatoes, Green Beans, Tropical Fruit.

JULY 21: SPAGHETTI/MEAT SAUCE, Tossed Salad/Ital Drsg, Green Beans, Orange.

JULY 22: ROAST CHICKEN WITH BROTH, Scalloped Potatoes, Harvard Beets, Cinnamon Apples.

JULY 24: SALISBURY STEAK, Whipped Potatoes/Gravy, Italian Green Beans, Tropical Fruit.

JULY 28: BAKED POTATO, Broccoli Cheese Sauce, Tossed Salad/Lite French Drsg., Strawberry Applesauce, Fruit Cocktail.

JULY 29: COMBINATION BURRITO, Smothered with Chicken Green Chile, Tomato, Lettuce and Salsa, Black Beans with Cilantro, Diced pears.

JULY 31: ORIENTAL PEPPER CHICKEN, Steamed Brown Rice, Cut Broccoli, Pineapple Tidbits.

GOLDEN AGE CENTER

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JULY 2: LENTIL BLACK BEAN SOUP, Egg salad Sandwich on Wheat Bread, Sliced Tomato on Lettuce, Banana.

JULY 4: NO MEAL-HOLIDAY
JULY 7: HUNGARIAN GOULASH, California Vegetable Medley, Green Peas, Pineapple Tidbits.

JULY 9: CHICKEN CACCIATORE, Whipped Potatoes, Chopped Spinach, Banana.

JULY 11: MEATLOAF/BROWN GRAVY, Cheesy Potatoes, Green Beans,

Pineapple Tidbits.

JULY 14: BAKED POTATO, Broccoli Cheese Sauce, Tossed Salad/Lite French Drsg., Strawberry Applesauce, Fruit Cocktail.

JULY 16: TURKEY TETRAZINI, Italian Green Beans, Cottage Cheese Peach Salad, Strawberry Applesauce.

JULY 18: TATER TOT CASSEROLE, Tossed Salad/Ital. drsg., Squash, Vegetable Blend, Banana.

JULY 21: HAMBURGER/CATSUP, MUSTARD/ONION, Sliced Tom/Let, Baked Beans, Potato Salad, Watermelon.

JULY 23: SCALLOPED POTATO/HAM, Chopped Spinach, Hard Boiled Egg, Perfection Salad, Apple.

JULY 25: SPAGHETTI/MEATSAUCE, Tossed Salad/Ital. Drsg., Seasoned Green Beans, Orange.

JULY 28: COMBINATION BURRITO, Smothered with Chicken Green Chile, Tomato, Lettuce and Salsa, Black Beans with Cilantro, Diced pears.

JULY 30: PORCUPINE MEATBALLS, Whipped Potatoes/Gravy, California Vegetable Medley, Almond Peaches.

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JULY 1: TURKEY POT PIE, Tossed Salad, Orange Juice, Apple.

JULY 3: SPAGHETTI/MEATSAUCE, Tossed Salad with Italian Dressing, Seasoned Green Beans, Orange.

JULY 8: SMOTHERED CHICKEN, Cornbread Stuffing, Seasoned Cauliflower Broccoli Mix, Applesauce Waldorf Salad.

JULY 10: CALIFORNIA VEGGIE BAKE, Spinach Salad with Egg & Italian Dressing, Pears, Citrus Cup, Oatmeal Raisin Cookie.

JULY 15: COMBINATION BURRITO, Smothered with Chicken Green Chile, Tomato, Lettuce and Salsa, Black Beans with Cilantro, Diced pears.

JULY 17: ROAST PORK, Whipped Potatoes/Gravy, Parslied Carrots, Strawberry Gelatin Salad, Dinner Roll/marg.

JULY 22: BBQ PORK RIBS, Corn On The Cob, Seasoned Greens, Potato Salad, Watermelon.

JULY 24: MEATLOAF/Brown Gravy, Cheesy Potatoes, Seasoned Green Beans, Pineapple Tidbits.

JULY 29: TATOR TOT CASSEROLE, Tossed Salad, Squash, Pears.

JULY 31: WHITE CHILI WITH CHICKEN, Wheat Crackers, Carrot & Celery Sticks, Cooked Cabbage with Red Pepper, Apple.

ALL MEALS SERVED WITH MILK

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

A New View For "All-Season" Storm Doors

by Mary G. Pepitone

The perfect storm could be as close as your front door. But today's storm doors aren't your grandmother's painted wood or silver-gray aluminum screen doors, says Steve Melman with the National Association of Home Builders (NAHB), in Washington, D.C.

"Many of today's homeowners want added security, increased energy efficiency and casual living with easy access in and out of the house," he says. "Today's storm doors address all three of those issues."

A storm door is installed in front of an exterior door to allow for outside

views and ventilation when the main door is open during warmer months. When the primary door is closed, a storm door can be an additional barrier for greater security or energy efficiency.

Tim and Anne Nelson of Summerfield, N.C., live on a treed lot and had a new storm door installed two years ago on the front of their three-story home.

"We bring the outdoors inside our home by taking in the views through the storm door when our front door is open," Tim Nelson says. "It was important for the storm door to look good from the curb, but we also wanted it to be a secure door."

The Nelsons' storm door features a full-view panel with break-resistant glass and a three-point locking system. The door's hunter green trim was chosen to match the Nelsons' dark-green steel roof panels.

Most storm doors are sold as pre-hung units for standard exterior doors, which are usually 32 or 36 inches wide by 80 inches high. Larger and smaller openings can be fit with custom-made doors, with double-door kits available. Storm doors can be hinged on either side and screw into existing jambs.

Larson, Pella and Andersen are major storm door

brands that allow you to design your own door online. Based on the options you purchase, expect to pay from \$100 to \$450 for a storm door, uninstalled. A warranty is often a good indicator of quality, but there are other considerations.

-- The door's construction: Wood clad in a vinyl exterior (or polypropylene) is a scratch- and rust-resistant option and tends to be the least-expensive material choice. Solid wood clad in aluminum or insulated aluminum features a baked-on enamel finish. The surface doesn't need to be painted but is not scratch-resistant. A sixteen-gauge steel frame with a durable powder-coated paint finish is a heavy-duty option that adds another layer of security.

-- Colors and hardware: The color of your storm door's frame shouldn't compete with the primary exterior door. Choices can include white, gray, brown, green, black and red.

Choose the same metal finish for your storm door's locks and hardware that are on your primary exterior door. Popular choices include brass, oil-rubbed bronze and brushed-nickel finishes. The storm door's handle should complement a home's architecture and the primary exterior door's hardware. Choices range from a simple doorknob to a French-curved handle.

-- The glass design: A full-view glass panel is best if you want your front door visible from the curb or a maximal view outside when the primary door is open. A mid-view glass panel features a solid panel at the bottom third of the door.

Decorative glass can be beveled, etched or tinted. Make sure the glass does not detract from the primary exterior door. Laminated glass can be break-resistant, block most of the sun's ultraviolet rays & increase a storm door's insulation value.

For those who want added ventilation, today's storm doors with retractable screens mean no more changing out windows for screens (and vice versa) with the changing of the seasons. A storm door instantly transforms into a screen door by simply sliding a glass panel, according to June Eng, with Larson Manufacturing, a company in Brookings, S.D., that has made screen doors since 1954.

"A screen is stored in a hidden cassette at the top of the storm door, which moves into place as the glass is



The owners of this house had a Secure Elegance storm door with hunter green trim (like this one pictured) installed two years ago on their three-story home to "bring the outdoors inside." Featuring break-resistant glass and a three-point locking system, the door allows sunlight to flood into their home but blocks ultraviolet rays. Retail cost is around \$325. photo:Larson Manufacturing

lowered," Eng says. "Raise the glass back up, and the screen rolls back up into its housing."

Expect to pay just under \$300 for a basic storm door that features this option, which Larson calls "Screen Away." Andersen's retractable screen is found in the "Store-in-Door" series, while Pella touts its "Rolscreen" collection.

"The storm door has really been reinvented in the past two years," Eng says. "There are more options for insulation and safety, using better materials and locking systems, all without compromising its front-door appeal."

The Nelsons' storm door is a functional gateway to the great outdoors.

"Even though the light comes pouring in through the storm door, we don't have to worry about sun-fading, since the glass blocks the ultraviolet rays," Tim Nelson says. "Our storm door acts like a big picture window to the outside world."

RESOURCES

-- Andersen Windows and Doors, www.StormDoors.com, see "Store Locator."

-- Larson Manufacturing, www.LarsonDoors.com, see "Dealer Locator."

-- Pella Storm Doors, www.Pella.com, see "Where to Buy."

-- National Association of Home Builders, (800) 368-5242 or www.nahb.org, see "For Consumers."

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Reeling "How Welles Learned Filmmaking"

by Film Critic Betty Jo Tucker, Pueblo

HOW ORSON WELLES LEARNED ABOUT FILMMAKING

Drawing upon his own creativity and experience as a Director of Photography on more than thirty films, David Worth lets his imagination run wild in "The Citizen Kane Crash Course in Cinematography." The result? One of the most fascinating books you'll ever read about filmmaking. Written mostly in screenplay format, the story focuses on how legendary cinematographer Gregg Toland taught "Boy Wonder" Orson Welles all he needed to know about cinematography before Welles began shooting "Citizen Kane." It's a fun and enlightening read!

Scheduled for publication soon, this unusual book is Worth's fictional account of interactions between Toland and Welles after Welles asked Toland to teach him all about the Art of

Cinematography. "It only took half an hour," Welles would later tell his admirers – but, of course, it took longer.

Taking readers back to that important weekend in 1940, Worth opens his tale at the RKO Commissary after lunch on a Friday afternoon. Toland shows his newly won Oscar statuette (for "Wuthering Heights") to Welles, who's still eating. Welles tells Toland he'll have THREE of them "by this time next year" and invites the cinematographer to join him at his table. Toland insists he can help Welles become the great American Director. "I know nothing about filmmaking ... I've got a big ego and a bigger IQ, I'm a quick study and I want you to teach me what you know," Welles replies.

Toland insists he can teach Welles everything about cinematography in two days, so the deal is set. They meet

over the weekend in Welles' Presidential Suite at the famed Beverly Hills Hotel. But not before a bit of carousing at three of Welles' favorite hot spots: the Brown Derby Restaurant, the Musso & Frank Grill and the Hollywood Roosevelt Hotel.

Readers interested in cinematography should certainly be pleased with the information Toland relates to Welles during their weekend together, especially his use of Madame Gaylord's lookalike stars as models for various types of lighting and shots. But it's the insider tidbits about movie stars and events of that era which make this book so interesting to film fans like me. Where did Clark Gable propose to Carole Lombard? How glamorous was the first Academy Awards presentation? What was the favorite watering hole of the founders and inventors of the language of motion pictures – including such film giants as D.W. Griffith, Charlie Chaplin, and John Ford?

Dramatic illustrations by Muse Greaterson enhance the artistry of this book, and the Appendix contains valuable resources about cinematography as well as more details concerning Toland and Welles. However, the author issues an appropriate warning to readers. "This is an R-rated story and if you are easily offended it may even be X-rated," Worth admits. "It uses the coarse language that is normal for many movie sets and film crews and depicts the kinds of attitudes toward woman that existed ... in the pre-Civil Rights world of Hollywood in the 1940s."

With his impressive and entertaining first book, Worth succeeds in helping readers understand the art of cinematography as well as its contributions to quality motion pictures. ("The Citizen Kane Crash Course in Cinematography" is published by Michael Wiese Productions. For more information, please go to www.davidworthfilm.com)



SUPERHERO MONTH AT THE MULTIPLEX

Three films about superheroes burst onto our big screens this July as Will Smith, Ron Perlman and Christian Bale show off their acting chops in the following summer offerings:

"Hancock" (July 2). Will Smith's Hancock, a very different type of superhero, has fallen out of favor with the public and needs to change his ways in this promising action comedy.

"Hellboy II: The Golden Army" (July 11). Ron Perlman returns for his second adventure as the fiery-red Hellboy, a demon raised to fight on the side of Good. He must now lead a battle against rebellious creatures from the mythical world.

"The Dark Knight" (July 18). Judging from the previews, Christian Bale's Batman might take a back seat to the late Heath Ledger's portrayal of the psychotic Joker in this dark sequel to "Batman Begins."

Coincidentally, out on DVD July 8, "Superhero Movie" pokes fun at practically all of filmdom's superheroes. Unfortunately, this uneven comedy goes for extremely crude physical humor, much of it aimed at certain body parts and the elderly. Ageism is alive and well in many of today's movies, I fear. Arrrrgh!

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

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