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*Peace & Joy To All
 May The Clouds Never Burst &
 The Sun Always Find You!*

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Senior Beacon

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

NOVEMBER, 2010 Vol. 29: No. 4 Established Aug., 1982 340 Consecutive Months!

Seniors Blast Congress Over SS COLA Snub

Older Americans Blast Congress Over a "Zero" Social Security COLA for 2011 -- and the Inaccurate, Unfair CPI that Created It!

October 14, 2010 (Washington, DC) - RetireSafe, a 400,000-supporter strong national advocacy group for older Americans, today blasted Congress for again failing older Americans by keeping in place a flawed government consumer price index (CPI) to measure inflation for the annual Social Security cost of living adjustment (COLA) for retirees. For the second year in a row that faulty CPI has produced a "zero" COLA for Social Security beneficiar-

ies. Said another way, Social Security checks will not be increased until at least January 2012. "This is clearly wrong, and Congress must be held accountable," said RetireSafe President Thair Phillips.

"While Congress as a whole has failed to correct the bogus CPI/zero COLA problem again, several Members of Congress are working hard to achieve a fair solution," he added. "United States Representatives John 'Jimmy' Duncan, Jr. (TN-2), Daniel Lipinski (IL-3), Marcia Fudge (OH-11), Michael Arcuri (NY-24), Gregg Harper (MS-3), and Zachary Space (OH-18) have all stepped

up as leaders for seniors by sponsoring H.R. 5305, the CPI for Seniors Act," Phillips said. "This legislation would finally mandate a broad-based senior-specific CPI that accurately gauges the soaring expenses faced by older Americans," he continued.

Phillips noted, "An accurate government CPI would give seniors a fair COLA each year, allowing them to keep up with their ever-rising costs in health care, food, and energy. Any fool can see that those costs will be increasing in 2011, and yet retirees are once again left out in the cold," he said. "And then there are the insulting

efforts to buy off seniors with another token payout from Congress," Phillips went on. "While that may be well-intentioned and surely helpful, why not fix the CPI used for this purpose and the COLA resulting from it once and for all," he urged. "Congress should pass H.R. 5305, the CPI for Seniors Act, and give older Americans a fair Social Security COLA every year," Phillips stated. "That's what seniors were originally promised, and that's what they deserve," he concluded.

1616 H Street, NW, Suite 902, Washington, DC 20006 www.retiresafe.org

Higher Medicare Part D Premiums Start Jan. 1st

Higher Medicare Part D Premiums Start January 1 For 1.7 Million Seniors

Alexandria, VA (October 5, 2010) New Medicare benefits under healthcare reform are making headlines. "But little information has been made public about new costs that more than 1.7 million Medicare beneficiaries will pay starting January 1 of next year," says Larry Hyland, Chairman of The Senior Citizens League. "The higher costs are likely to catch the seniors who are affected by surprise, and cause some

big reductions when deducted from their Social Security checks, because no cost-of-living adjustments are expected," he adds.

Starting in 2011, individuals with incomes of \$85,000 (or \$170,000 if married and filing jointly) will pay a high-income surcharge for Part D drug plan premiums, in addition to a similar surcharge they also pay for their Part B coverage for doctors and hospital outpatient services. The Part D surcharge is calculated on the national average monthly premium, which the Medicare

Trustees recently estimated to be about \$33 in 2010. But making the situation particularly dicey is the fact that Part D premiums vary enormously, with some seniors paying a monthly premium of more than \$33, while others pay less.

To get an idea of what's ahead for 2011, here are the Medicare Trustees' monthly estimates for the Part D premium amounts based on incomes and the national average base premium:

- * Income less than or equal to \$85,000 (individual)/ \$170,000 (joint) national average base premium, \$33
- * Income greater than \$85,000 (individual)/ \$170,000 (joint) - \$45.90
- * Income greater than \$107,000 (individual)/ \$214,000 (joint) - \$65.50
- * Income greater than \$160,000 (individual)/ \$320,000 (joint) - \$85.20
- * Income greater than \$214,000 (individual)/\$428,000 (joint) - \$104.80

Another change under healthcare reform keeps the income thresholds the same for higher Part B and Part D premiums until 2019, instead of rising with inflation. "That will mean more seniors will pay higher premiums in future years," Hyland points out.

"Even middle income seniors who don't normally have a high enough income to be affected can be caught by higher premiums," Hyland notes. "In the past we've heard from seniors who paid higher Part B premiums for one year due to the one-time gain on the sale of a home putting them over the income threshold," Hyland says. "Sen-

iors should keep the Medicare income thresholds in mind when planning to convert a traditional IRA to a Roth IRA, in coming years as well, for the same reason," he adds.

TSCL works for a more fair and adequate COLA and to protect retirees from Social Security benefit cuts.

To learn more and to get tips for saving money in retirement, TSCL publishes "The Best Ways to Save" newsletter. To request a FREE special issue, send \$1 for postage and handling to: The Senior Citizens League, ATTN: BWTS, 1001 N. Fairfax St., #101, Alexandria, VA 22314. Or visit TSCL on the web at www.SeniorsLeague.org.

With 1.2 million supporters, The Senior Citizens League is one of the nation's largest nonpartisan seniors groups. Located just outside Washington, D.C., its mission is to promote and assist members and supporters, to educate and alert senior citizens about their rights and freedoms as U.S. Citizens, and to protect and defend the benefits senior citizens have earned and paid for. The Senior Citizens League is a proud affiliate of The Retired Enlisted Association. Please visit www.SeniorsLeague.org or call 1-800-333-8725 for more information.

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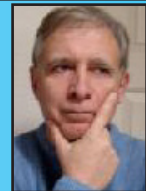
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- Questions and Answers

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I'm Still Above Ground

by James R. Grasso, Chief Cook & Bottle Washer



2011 Senior Life Festival News

The 14th Annual Senior Life Festival will be April 29th at the Event Center at the State Fair Grounds in Pueblo. We are so excited about the line up for next year's show. The one and only Patti Gallagher and her band will be performing

"Broadway's Greatest Hits" for our dinner show (80 people eat free!!!!). This year we will stamp hands of attendee's that come in early to get seats at the dinner show. Extra tickets will be available at a minimal charge. We will be having the old favorites such as the cake and ice cream social, Miss Pueblo Teens, Healthy cooking, *Senior of the Year*, and of course, Bingo! New this year will be Planting with Dawn to make that "something special" for Mother's Day. That will be free for the first 50 attendees at 10:30. Also new will be a Fashion Show by Catherine's, Self Defense class, and a booth with The Pueblo Fire Department. Our 2 community awards this year will go to Detective Pat Heine and SRDA's Gloria Valdez.

Admission is one can of food for Care and Share, and 1 dollar for Meals on Wheels. CSU nursing students will be doing the Health testing this year. We are very happy for their participation. We are proud to announce that The Senior Life Festival will be getting a Governor's Proclamation for our dedicated work in enriching the senior generation. Our sponsors this year are, *Senior Beacon*, Pueblo County Commissioners, Pueblo Area on Aging, AARP, Argus Home Care, Primrose Retirement Community, University Park Care Center, Life Care Center, Century Casino(formally Womack's) and DigiCare Hearing and Research. Watch for more info coming in future editions of *Senior Beacon*.

Observations From The Cave

As I write this I wish I could know the outcome of this year's election. Everything points to a large turnover of people and hopefully with that there will be positive ideas and ideals that will make America prosperous. The one thing the two parties never seem to understand is that whenever the party in power has good ideas and they show they are working they do everything possible to undermine them and the country be damned. "We can't let the party in power get the credit or we'll never get our power back" is the mentality. That's the way it has been most of my life. Democrats have been in power much of that time and, in fact, have been running the country since January of 2007. If you'll recall your history and you are honest with yourselves you'll remember everything the GWB administration tried to do was blocked by the Dems his last two years. Even when they knew it was good for the country it didn't matter because they wanted the power/credit!

Please don't tell me that it's the same way with the Republicans during the BHO administration because that is a fib. BHO has had pretty much a veto-proof ride so the Republicans were of no consequence no matter what they said or did. And what BHO did to America is heinous. It's like his "crew" deliberately destroyed this country so as to make us all beholding to the government at some point down the road. Shame on us for letting him do this. This crushing debt, huge unemployment and ridiculous Healthcare package will do more harm than any war we've been in over the long haul. And for what? So one man or a group of men can have power over what was the greatest positive experiment the world has ever known? We're moving toward the European model and the Europeans are running away from it because it's unsustainable. The only reason Europe could flirt with Utopia (which means "no place" by the way) is because the U.S protected them.

You know ladies and gents, I've spoken to you about the hereafter. I know we all have our own personal ways of being spiritual and some rather not be spiritual at all but I say to you loudly and clearly that whether you believe in God or not, there will be a judgement. When that judgement comes and you and I are nearer to it than we'd like to let on, He will not see us as powerful or rich or black or hispanic or smart or dumb or fat or skinny. He will see us as his children and will look down upon us with love. No one person is greater than anyone else. We are all the same. It is His realm, not man's. When one man and his crew try to take the place of God it always leads to destruction. Ask anyone who lived (lives) under a dictator, or a wannabe dictator. Ask anyone who lives under a murderous military regime. Ask the people of North Korea who believe their "Dear Leader" is god-like what a great life they have literally living hand-to-mouth.

Utopia is the realm of God, not man. No man and his crew has the right to take away from us what was given to us by the Creator and in all of written history, the United States is the only government that has freedom as its foundation. I hope during the unique Thanksgiving season of our country we'll turn to Our Creator. Godspeed!

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Are They Our Leaders, Or Our Destroyers?

by Chuck Green

Ed. Note: Chuck will be undergoing a medical procedure in November so he might not have a December column. Prayers to our good friend.

Summer is about to end, and that always puts me in a dour mood. Yet, September is my favorite month of the year.

That's my dilemma at the moment.

The days are bright and pleasant, the mornings crisp and the evenings darn near idyllic. But the mood is not nearly as cheery and bright as the warm days and open-windows nights.

There is something very disturbing about what is happening to our country.

Are we better off now than we were before 9/11, 2001?

Definitely not. Despite a somewhat miraculous recovery from that disastrous day -- not only for the United States, but for nations around the planet -- we've gone backwards.

In the weeks and months after the Jihadist attacks on the political and financial centers of the country, it seemed almost unbearable to recover. Economies were crippled, cultural and religious structures were fractured, political alliances around the world were challenged, two long and difficult wars were started.

And then the bad news began to arrive. Just when things were looking bet-

ter, a worse economic earthquake shook the world.

This one was home-grown, unlike the 2001 calamity. This debacle was a gift from Washington and from Wall Street, two institutions of American pride that betrayed us.

Policies from Washington, imposed on Wall Street, triggered a worldwide financial crisis that still has the world in its grip.

If it hadn't been for the second disaster, we would be well-recovered from the first. American resilience and ingenuity and determination would by now have brought us back from the brink of ruin.

Instead, we still are worse off than we were before 9/11, and that is why September of this year is gloomier than it otherwise should be.

And I am, for the first time, wondering whether that is intentional.

This will not come as welcome news for my longtime friend and mentor, Gerald Archuleta. He is a loyal, died-in-the-wool Democrat who argues vehemently with much of what I write. And he's not going to like what is to follow.

America is heading in the wrong direction, and unless something dramatic happens this November, the train is going to run off the bridge and fall into the deep canyon below.

More and more Americans are

becoming dependent on the government rather than on their own God-given talents and determination. Government programs are becoming the economic engine that is replacing individual craftsmanship and inventiveness. Food stamps and welfare checks are taking the place of paychecks and work schedules.

In some cases, it is a matter of necessity and hardship. In far too many cases it is becoming a comfortable lifestyle.

We have, in a relatively short time -- you pick the date, 1964 or 2003, or somewhere in between -- become a culture of dependency, rather than the nation of our founders, based on individual industry and initiative.

Our mothers no longer pack lunches for us to take to school. The government provides it for us.

Our parents no longer save money for our college education. The government gives us a loan, then fails to collect.

Our family no longer sets aside a portion of our monthly budget for health insurance. The government will take care of it, then bill someone on the other side of town.

We no longer need to save money for a down payment on a starter home. The government will mandate that banks loan us 100 percent of the money for our first house, and then use tax money to

pay the banks when we default. And then do it again.

Companies no longer can meet the market demands of consumers because they are so hog-tied by the interference of government rules and mandates and costs that they can't hire new workers to expand their product lines.

States no longer can run their own schools or set their own highway regulations or establish their own welfare standards or their own portable-toilet standards, because the federal government controls it all.

But what makes this otherwise wonderful September morning so gloomy is my suspicion that all of this is intentional. Our elected officials in Washington are doing this harm by design.

I'm not suggesting a conspiracy, but I am suggesting a certain level of naiveté or ignorance.

Forgive them, George Washington and Benjamin Franklin and Thomas Jefferson and Abraham Lincoln and John Kennedy, for they know not what they do.

-- Chuck Green, veteran Colorado journalist an former editor-in-chief of The Denver Post, syndicates a statewide column and is at chuckgreencolorado@msn.com and 303-588-4138.



RetireSafe Commends Six Pols Standing Up For Seniors

RetireSafe Commends Six Members of Congress for Sponsoring H.R. 5305, the "CPI for Seniors Act," and Standing Up for America's Seniors!

October 21, 2010 (Washington, DC) - Today, RetireSafe President Thair

Phillips commended six Members of Congress for their leadership in sponsoring H.R. 5305, the CPI for Seniors Act. "On behalf of RetireSafe's 400,000 senior citizen supporters nationwide, and millions of Social Security beneficiaries, I want to commend and thank six specific

Members of Congress, all of whom have really stepped up to help older Americans," Phillips said.

"As seniors again face the prospect of a 'zero' Social Security Cost-of-Living Adjustment (COLA) for the year ahead, based on the use of an inaccurate Consumer Price Index (CPI), those six United States Representatives -- John "Jimmy" Duncan, Jr. (TN-2), Daniel Lipinski (IL-3), Marcia Fudge (OH-11), Michael Arcuri (NY-24), Gregg Harper (MS-3), and Zachary Space (OH-18) -- have all stood up for America's seniors by sponsoring H.R. 5305, the CPI for Seniors Act," he continued. "This legislation would finally and for all time solve the faulty CPI that annually produces an incorrect Social Security COLA," Phillips emphasized.

The U.S. Bureau of Labor Statistics now calculates annual Social Security

COLAs using the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W). Clearly this is wrong, as older Americans use different products and have different expenses, including much higher healthcare costs. Phillips noted, "While the experimental index for the elderly (CPI-E) provides more accurate reflections of senior inflationary pressures, it too has proven flaws. While there may be other approaches to address this problem, we believe the critical first step should be a truly accurate CPI-S that will finally reflect the actual costs borne by older Americans."

"We are grateful that U.S. Representatives Duncan, Lipinski, Fudge, Arcuri, Harper, and Space have sponsored H.R. 5305, a bill to mandate a broad-based CPI just for seniors, one that will produce a fair and accurate COLA each and every year. This bipartisan group of Representatives is truly standing up for the best interests of millions of older Americans, and RetireSafe salutes them," Phillips concluded.


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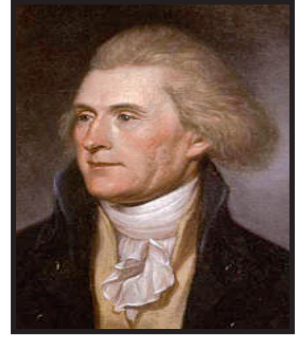


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Modern Mummies:

New York City artist Sally Davies offered in October the latest evidence of how unattractive today's fast foods are to bacteria and maggots. Davies bought a McDonald's Happy Meal in April, has photographed it daily, and has noted periodically the lack even of the slightest sign of decomposition. Her dog, who circled restlessly nearby for the first two days the vittles were out, since then has ignored it. (Several bloggers, and filmmaker Morgan Spurlock, have made discoveries similar to Davies'.) Food scientists "credited" a heavy use (though likely still within FDA guidelines) of the preservative sodium propionate but also the predominance of fat and lack of moisture and nutrients -- all of which contribute to merely shrinking and hardening the burger and fries.

Compelling Explanations

-- Maybe Just Safekeeping It for a Friend: Raymond Roberts, 25, was arrested in Manatee County, Fla., in September after an ordinary traffic stop turned up a strong smell of marijuana. At deputies' behest, Roberts removed a baggie of marijuana from his buttocks, but when the deputies saw another plastic bag right behind it (containing a white substance believed to be cocaine), Roberts said, "The weed is (mine)," but "(t)he white stuff is not"

-- Firefighter Richard Gawlik Jr. was terminated by Allentown, Pa., in August for abusing sick leave after he posted his daily golf scores on a public website during three days in which he had called off from work. Allentown firefighters' contract allows them up to four consecutive days' sick leave without a doctor's note, and given their shift schedule of four days on, four days off, a four-day, undocumented sick call effectively means a 12-day holiday -- a pattern that describes 60 percent of all

firefighter "sick" days, according to an analysis by the Allentown Morning Call. (Gawlik's union president said the union would appeal and that "playing golf was well within the guidelines of (Gawlik's illness).")

-- Woody Will Smith, 33, was convicted in September of murdering his wife after a jury in Dayton, Ky., "deliberated" about 90 minutes before rejecting his defense of caffeine intoxication. Smith had claimed that his daily intake of sodas, energy drinks and diet pills had made him temporarily insane when he strangled his two-timing wife with an extension cord in 2009, and made him again not responsible when he confessed the crime to police. (In May 2010, a judge in Pullman, Wash., ordered a hit-and-run driver to treatment instead of jail, based on the driver's "caffeine psychosis." Some doctors believe the condition can kick in with as little as 400 mg of caffeine daily -- an amount that, given America's coffee consumption, potentially portends a sky-high murder rate.)

-- An Iowa administrative law judge ruled in September that former police officer William Bowker of Fort Madison deserved worker's compensation even though he had not been "laid off" but rather fired -- for having an affair with the wife of the chief of police. Although the city Civil Service Commission had denied him coverage (based in part on other derelictions, such as sleeping and drinking on duty and refusing to attend a class on search warrants), the judge ruled that Bowker's dismissal seemed too much like improper retaliation for the affair.

I Demand My Rights

-- A lawyer in Xian, China, filed a lawsuit in September against a movie house and film distributor for wasting her time -- because she was exposed to 20 minutes of advertisements that began

at the posted time for the actual movie to begin. Ms. Chen Xiaomei is requesting a refund (equivalent of about \$5.20) plus damages of an equal amount, plus the equivalent of about 15 cents for "emotional" damages -- plus an apology.

Super-Exclusive Addresses

(1) Mr. Hamen Vile was transferred from Gulgong Hospital in Australia, in August, to another about 30 miles away after Gulgong was discovered with dangerous levels of asbestos. Vile had lived full-time at Gulgong since 1952, when he suffered an accidental gunshot in the back. (2) Recently, MSNBC and The New York Times discovered that 104-year-old Montana copper-mine heiress Huguette Clark has cloistered herself for the last 20 years in an ordinary room at an unnamed New York City hospital. All of Clark's affairs are handled by an attorney who has almost no contact with her but oversees her three well-maintained estates in Connecticut, Santa Barbara (Calif.) and New York City, worth, respectively, \$24 million, \$100 million and \$100 million.

Least Competent Criminals

Overconfident: (1) Selma Elmore, 44, was arrested in Lockland, Ohio, in October when she flagged down a police car to ask if there was an arrest warrant out on her. (Officers checked; there was; she ran; the warrant was minor; "resisting arrest" was more serious.) (2) Jason Williams, 38, was convicted in Maidenhead, England, in October of stealing a neighbor's window curtains, which he had immediately installed on his own windows -- in plain view of the neighbor's window.

Recurring Themes

Almost Impossible: (1) According to a case report in the New Zealand Medical Journal, announced in August, yet another person has swallowed whole a standard-size toothbrush. (A 15-year-old girl, running with the toothbrush in

her mouth, tripped and fell, and her gag reflex did the rest.) (2) Ms. Cha Sa-soon, 69, became a national heroine in South Korea in May when she passed her driver's license written test on the 950th try (after taking two-hour bus rides to the test center almost daily for three years). (It took her only 10 more tries to pass the driving test, and Hyundai gave her a new car as a reward.)

Joke's On Him

-- David Winkelman, 48, was arrested in Davenport, Iowa, in September on a misdemeanor warrant, still sporting "The Tattoo." In late 2000, Winkelman, reacting to a radio "contest," had his forehead inked with the logo of radio station KORB, "93 Rock," because he had heard on-air personalities "offer" \$100,000 to anyone who would do it. Winkelman had the tattoo done before checking, however, and the disk jockeys later informed him that the "contest" was a joke. (Winkelman filed a lawsuit against the station, but it was dismissed. Ten years later, the "93 Rock" format has expired, but Winkelman's forehead remains busily tattooed.)

Government in Action!

-- For most of 2010, California's dysfunctional legislature could find no acceptable tax increases or spending cuts to keep the state from going broke, and only in October did it manage to cobble together enough pie-in-the-sky bookkeeping tricks to create the illusion of a balanced budget. Nonetheless, the legislature has been busy. It created a "Motorcycle Awareness Month" and a "Cuss Free Week," considered changing the official state rock, and made it illegal to use non-California cows in the state's marketing materials (a decision that entailed five committee votes and exhausted eight legislative analyses, according to a September Wall Street Journal report).

-- At a U.S. Senate committee
SEE "WEIRED" PAGE 22.



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For A Healthier You



November: "Diabetic Eye Disease Awareness Month"

Submitted by Kathy-Lyn Allen, PR Coordinator-Rocky Mountain Eye Center

According to the American Academy of Ophthalmology (AAO), approximately 24 million people in the United States have diabetes and nearly one-quarter of them do not know it. Diabetes is the leading cause of new blindness among adults, and people

with diabetes are 25 times more likely to become blind than people without it. By detecting and treating diabetic retinopathy early through annual, dilated eye exams, people with diabetes can preserve their sight.

Diabetic retinopathy risk factors - several factors can influence the development and severity of diabetic retinopathy, including:

- Blood sugar levels. Controlling your blood sugar is the key risk factor that you can affect. Lower blood sugar levels can delay the onset and slow the progression of diabetic retinopathy.
- Blood pressure. A major clinical trial demonstrated that effectively controlling blood pressure reduces the risk of retinopathy progression and visual acuity deterioration. High blood pressure damages your blood vessels,

raising the chances for eye problems. Target blood pressure for most people with diabetes is less than 130/80 mmHg.

- Duration of diabetes. The risk of developing diabetic retinopathy or having your disease progress increases over time. After 15 years, 80 percent of Type 1 patients will have diabetic retinopathy. After 19 years, up to 84 percent of patients with Type 2 diabetes will have diabetic retinopathy.

- Blood lipid levels (cholesterol and triglycerides). Elevated blood lipid levels can lead to greater accumulation of exudates, protein deposits that leak into the retina. This condition is associated with a higher risk of moderate visual loss.

- Ethnicity. While diabetic retinopathy can happen to anyone with diabetes, certain ethnic groups are at higher risk because they are more likely to have diabetes. These include African Americans, Latinos and Native Americans.

- Pregnancy. Being pregnant can cause changes to your eyes. If you have diabetes and become pregnant, your risk for diabetic retinopathy increases. If you already have diabetic retinopathy, it may progress. However, some studies have suggested that with treatment these changes are reversed

after you give birth and that there is no increase in long-term progression of the disease.

According to the Colorado Health Information Dataset (COHID) and the Pueblo City-County Health Department, some statistics relating to diabetes (not including data on gestational or juvenile diabetes) throughout Southeastern Colorado include:

- 5.3% of the population of state of CO had diabetes in 2007-2008
- 11% of the population of Region 6 (Crowley, Kiowa, Otero, Bent, Prowers, Baca, Las Animas and Huerfano) had diabetes in 2007-2008
- 7.1% of the population in Region 7 (Pueblo) had diabetes in 2007-2008
- 7.5% of the population in Region 8 (Saguache, Mineral, Rio Grande, Alamosa, Conejos and Costilla) had diabetes in 2007-2008

For more information or to schedule your next appointment with Rocky Mountain Eye Center, please call 719-545-1530 (toll-free at 1-800-934-3937) or visit www.rockymountaineyecenter.com

Information retrieved (Oct 2010) from American Academy of Ophthalmology web site <http://www.eyecareamerica.org/eyecare/care/diabetes-eyecare.cfm> and from Pueblo City-County Health Department (Ms. Shylo Dennison)

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 write us at
 P.O. Box 7215
 Pueblo West, CO
 81007

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

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

FREMONT/CUSTER County Menus

Penrose(372-3872) - Canon City(275-5524)
 Florence(784-6493) - Salida (539-3351)

PENROSE CENTER
 1405 Broadway-Penrose (Tues/Thur)

- NOVEMBER 2:** SWEET/SOUR PORK, Steamed Brown Rice, California Vegetable Medley, Diced Pears.
- NOVEMBER 4:** COMBO BURRITO, Smothered/Chicken Green Chile, Tomato/Lettuce/Salsa, Black Beans/Cilantro diced pears.
- NOVEMBER 9:** ROAST CHICKEN/BROTH, Scalloped Potatoes, Harvard Beets, Cinnamon Apples.
- NOVEMBER 11:** ROAST BEEF, Mashed Potatoes/Gravy, Green Bean Amandine, Apricot Peach Compote, French Bread/marg.
- NOVEMBER 16:** PUEBLO BEEF STEW, Whole Wheat Crackers, Sliced Yellow Squash, Cooked Cabbage/Red Pepper, Fig Cookie.
- NOVEMBER 18:** ROAST TURKEY/ GRAVY, Cornbread stuffing, Cauliflower Broccoli/Cheese Sauce, Cranberry Mold, Pumpkin Bar.
- NOVEMBER 23:** LENTIL BLACK BEAN SOUP, Egg salad Sandwich/Wheat Bread, Sliced Tomato on Lettuce, Banana.
- NOVEMBER 29:** SCALLOPED POTATO/HAM, Chopped Spinach, Hard Boiled Egg, Perfection Salad, Apple.

FLORENCE
 100 Railroad St. - Florence Tu-Thur-Fri

- NOVEMBER 2:** SALISBURY STEAK, Whipped Potatoes/Gravy, Italian, Green Beans, Tropical Fruit.
- NOVEMBER 4:** TUNA NOODLE CASSEROLE, Mixed Vegetables, Sliced Zucchini Squash, Peaches.
- NOVEMBER 5:** HAMBURGER/Catsup-Mustard/Onion, Sliced Tomato/Lettuce, Baked Beans, Potato Salad, Apricots.
- NOVEMBER 9:** DIJON CHICKEN, Steamed Brown Rice/Parsley, Cooked Cabbage/Red Pepper, Orange Juice, Peaches.
- NOVEMBER 11:** SWISS STEAK/MUSHROOM SAUCE, Whipped Potatoes, Seasoned Greens, Tropical Fruit.
- NOVEMBER 12:** TACO SALAD/SALSA, Tomato/Lettuce Garnish, Strawberry Applesauce, Tropical Fruit, Cornbread/marg.

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- NOVEMBER 16:** COMBO BURRITO, Smothered/Chicken Green Chile, Tomato, Lettuce/Salsa, Black Beans/Cilantro, diced pears.
- NOVEMBER 18:** TERIYAKI BEEF, Whipped Potatoes, California Veggie Banana.
- NOVEMBER 19:** CHICKEN/NOODLES, Seasoned Green Beans, Baked Acorn Squash, Apricot Pineapple Compote.
- NOVEMBER 23:** ROAST TURKEY/ GRAVY, Whipped Potatoes, California Vegetable Medley, PA Tidbits.
- NOVEMBER 26:** Happy Thanksgiving, Site Closed-No meal.
- NOVEMBER 30:** BEEF AND BROCCOLI STIR FRY, Steamed Brown Rice, Steamed Carrots, Pineapple Tidbits.

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

- NOVEMBER 2:** BEEF BARLEY SOUP, Wheat Crackers, Sesame Broccoli, Apricot Pineapple Compote, Apple.

Wheat Crackers, Cut Broccoli, Apple, Raisin Nut Cup.

NOVEMBER 23: TURKEY SALAD/ LETTUCE/TOMATO, Steamed Brown Rice, California Vegetable Medley, Raisin Applesauce.

NOVEMBER 25: Happy Thanksgiving.

NOVEMBER 26: Site Closed-No Meal

NOVEMBER 30: COMBO BURRITO, Lettuce/Tomato garnish/Salsa, Seasoned Green Beans, Cilantro Lime Rice, Sliced Peaches.

GOLDEN AGE CENTER
 728 N. Main St.-Canon City M-W-F

NOVEMBER 1: Chicken Fajita/Cheese/Lettuce/Tomatoes, mexican corn, mandarin oranges.

NOVEMBER 3: Corned Beef, potatoes, cabbage, sugar cookies.

NOVEMBER 5: Clam Chowder, 1/2 Turkey sandwich, coleslaw, applesauce.

NOVEMBER 8: Scalloped Potatoes/Ham, succotash, sweet potato roll, sliced apples.

NOVEMBER 10: *Vet's Special!* Salisbury Steak, whipped potatoes/gravy, Italian green beans, tropical fruit/Jell-O.

NOVEMBER 12: Tuna Noodle Casserole, acorn squash, cottage cheese, peaches.

NOVEMBER 15: Spinach Cheese Squares, tossed salad, mashed sweet potatoes, fruit cocktail.

NOVEMBER 17: Cream of Potato Chowder, tuna salad wrap, hard boiled egg, strawberry applesauce.

NOVEMBER 19: Birthday Meal! Honet BBQ Chicken/Biscuit, oven potatoes, chopped spinach, pears.

NOVEMBER 22: Beef Stroganoff, broccoli, tossed salad, apricot/plums,

NOVEMBER 24: Roast Turkey/Gravy, whipped potatoes, California blend veggies, PA chunks/pumpkin bars.

NOVEMBER 26: CLOSED!

NOVEMBER 29: Crunchy Fish, french fries, mixed veggies, PA/mandarin oranges

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

Fashion: Looooking Gooood!

The Five Products You Didn't Know Can Help With...

(NAPSI)-Ever look into your bathroom cabinet and notice products that are empty or expired? By thinking outside the box, you can find that there are more double-duty products in your household than you may think.

From Your Grandbaby's Bottom To Your Face

Though baby wipes are best known for cleaning a baby's bottom, sites like Lovelyish.com tout their increasing popularity as a method for makeup removal. Of particular note is that these wipes are typically unscented and hypoallergenic--which is important for those with sensitive skin. Additionally, baby wipes contain pure water and natural aloe, which provide a nice glow.

Everywhere (And We Mean Everywhere) Itch Relief

Dry skin is a very common issue for people of all ages. For those who are traveling or on the go, a surprising treatment option is AZO ITCH RELIEF Maximum Strength Wipes and Cream. "I recommend the new AZO ITCH RELIEF Maximum Strength products to my patients because they achieve instant symptom relief without the paraben and alcohol ingredients associated with similar products," said Dr. Shari Brasner, M.D. The wipes also have an added bonus of being flushable!

Ran Out Of Face Wash? Grab The Mayo

For those who can stand the

smell, Wisegeek.com says that mayonnaise can be a great facial cleanser for those in a bind. The salt and the oil content restore moisture and remove unwanted pimples. For best results, apply a light layer, leave on for 20 minutes and then wash thoroughly.

How To Give Hair A Healthy Glow

Weather can have a tremendous impact on hair, causing it to appear dull and limp; however, the household staple baking soda can increase volume and shine. According to AssociatedContent.com, just add a small amount of baking soda to your shampoo regimen and it will eliminate buildup. It can also be used as a dry shampoo when hair is oily.

When Life Hands You Lemons

Want to know a secret to brightening fingernails? According to Lifescrypt.com, soak nails in lemon juice for a few minutes or simply rub a lemon wedge directly on the nails. In no time, your nails will be transformed from dull to sparkling.

The Missing Ingredient For A Great DIY Pedicure

According to About.com, the average spa pedicure costs approximately \$45. This is driving more women to the "do it yourself (DIY) approach." In order to obtain a salon look and feel, grab mild cooking oil like olive oil. This relaxes toenails and makes it easier to cut cuticles.

For more information, visit www.azoproducts.com.

Four Tips To Keep You Warm On Colder Days

(NAPSI)-It's important to stay active, whatever the season, so don't let colder days discourage you.

Here are a few tips to help keep you warm when you venture out:

1. Cover your head but don't forget neck and ears. Keep your ears warm with a cap, earplugs or ear warmers.

2. Get some tight gloves. Make sure they are waterproof gloves so ice and water can't seep in to chill you.

Also, make sure the gloves have a

good grip, so you don't have to take them off to do things outside. If it's really cold, you can put some mittens on over your gloves or a liner in them.

3. Dress in layers and make the layer closest to your skin wool or polyester. Cotton or silk is good at absorbing moisture and if you work up a sweat, you could get chilled.

In extreme climates, you might start with a layer or two of underwear to be topped with wool sweaters, fleece pants

and jackets, plus a windproof shell.

Layers should be loose enough to leave room for air so you lock in heat.

4. To keep toes nice and toasty, use footwear with a rechargeable heating system. Boar from Wenger Footwear not only comes with a rechargeable heating system but offers waterproofing technology, making it impenetrable in cold, wet conditions.

Weighing only 20 ounces, the product allows for three temperature set-

tings and offers up to 10 hours of heating. Recharging takes about two to three hours.

Other features include Thinsulate insulation, PosiStep outsoles (which provide enhanced traction) and ZipTight lacing.

The product also features OutDry, the state of the art in waterproofing technology. Unlike other waterproofing systems, which use a bootie that acts like a sock lining, this waterproof membrane is laminated directly to the outer layer of the shoe, so there is no water penetration.

For more information, visit www.wengerna.com.





They're baaaaaack!

Dave & Dan

in the Morning

Pueblo has its own Radio Stations again!




Top Beauty Products And Professionals

(NAPSI)-Superstar stylist Nick Arrojo was voted "Best Hair Pro" while the "Best Makeup Artist" honors went to makeup master Laura Mercier in a recent survey of 1,500 Empire Beauty School students.

The students, who spend hours working with professional products, treatments and tools, also voted on their favorite beauty brands, and the winners were awarded the "Future Pros Style Awards" seal.

Here's a look at the beauty products the students from across the country consider the winners:

- Best Curl Brand: LaCoupe
- Best Drugstore Makeup Must-Have: Maybelline Great Lash Mascara
- Best Hair Tool Brand: CHI
- Best Shampoo & Conditioner Brand: Goldwell
- Best Nail Care Line: OPI
- Best Hair-Straightening Brand: John Frieda
- Best Concealer Brand: M.A.C. Cosmetics
- Best Skin Care Company: Olay
- Best Mascara Brand: Maybelline
- Best Beauty Device: Neutrogena Wave Power Cleanser

The students also consider a career as a cosmetologist a winner and one that can be fulfilling as well as lucrative.

Learn More

To learn more about hair and makeup and about a beauty career, visit www.empire.edu or call (866) 232-2771.

Social Security & You

from Melinda Minor, District Manager - Pueblo



SOCIAL SECURITY COVERS EVERY SEASON OF LIFE

The cool winds and changing leaves are tell-tale signs: another autumn has arrived. Sometimes it's hard to believe how quickly the seasons change and the years pass by. Whatever season of life you happen to be in, it may be a good time to reflect on the protection you have through Social Security.

Each stage of life — from the spring of youth to the summer of middle age to the autumn of retirement — comes with its own set of financial concerns. And in each situation, Social Security is there to help.

Of the more than 53 million Americans receiving Social Security benefits, nearly one-third are not retired workers or their dependents. They're disabled workers and their families, or the survivors of a deceased worker. These non-retirement Social Security benefits can be especially important to young workers because about one-in-eight young people will die before retirement, and about one-in-four will become disabled.

While the death of a husband, wife, or parent is emotionally devastating, it often can be financially devastating as well. Social Security provides a monthly survivors benefit payment to help the qualified family members of a deceased worker.

Social Security disability protection is equally valuable. Few workers have an employer-provided, long-term disability policy. With Social Security, however, the average worker has the equivalent of a disability insurance policy that pays monthly benefits to workers and their families, based on the workers' lifetime earnings. So you can rest a little easier knowing that Social Security pro-

vides some measure of security, if life does not turn out as planned.

On the other hand, if you do work and retire as planned, Social Security serves as the foundation for a secure retirement. Social Security is the largest source of income for most elderly Americans today, but Social Security was never intended to be your only source of income when you retire. You also will need other savings, investments, pensions or retirement accounts to make sure you have enough money to live comfortably when you retire.

The Social Security Statement that you receive in the mail each year provides an estimate of your retirement, survivors, and disability insurance benefits. If you'd like to try out some different scenarios and see how various retirement ages and future earnings may change your retirement picture, visit our online Retirement Estimator at www.socialsecurity.gov/estimator. It provides an instant, personalized estimate of your future benefits.

And perhaps the best news of all is that it's easier than ever to apply for retirement benefits. You can do it

right from the comfort and convenience of your home or office by visiting www.socialsecurity.gov/applytoretire. It can take as little as 15 minutes.

Whether you're young or old, Social Security is there through every season. You can find out more at www.socialsecurity.gov.

WHY SOCIAL SECURITY IS IMPORTANT TO YOU

It's been said before, but it's worth saying again: Social Security is the nation's most successful domestic program. It has helped America by helping Americans, one at a time.

This year marks the 75th anniversary of Social Security. As you can imagine, we have quite a story to share.

We could tell you about how we help keep older Americans out of poverty. We could mention those who are helped by disability benefits and the work incentives that help those with disabilities go back to work. We could spotlight the dependent families of those left behind when a worker dies and how survivors benefits help them survive. These are all stories worth telling.

But the best stories belong to you. We recently asked Americans to share their Social Security stories with us and the response was overwhelming.

"Social Security is my lifeline," wrote one person. "It is difficult at best to live within the limit of my income, but it would be impossible without it."

"As a WWII combat veteran and a hard working man since the age of 10 being raised on a farm, without my Social Security retirement, I would spend my senior years as a homeless derelict," wrote another. "Thank God for Social Security."

Another man wrote, "When I began contributing to the Social Security fund, I was a young man and never thought that one day I would look forward to receiving my monthly check. Now it is an important day in the lives of my wife and me when our checks arrive."

Not all comments were about retirement benefits. Disability benefits also make a big difference in the lives of Americans.

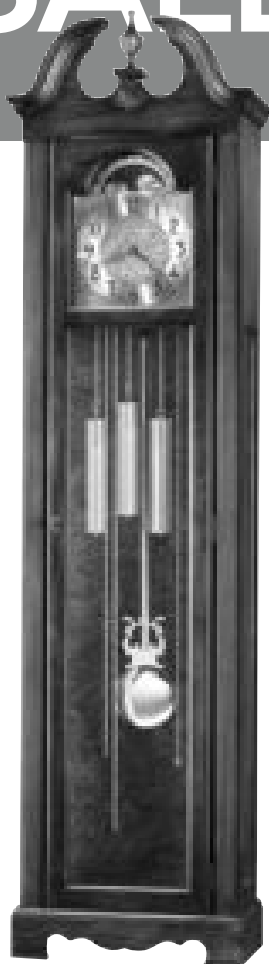
"I am so grateful for Social Security Disability. I truly believe I would be dead by now if not for the help I have received," wrote one recipient.

"Disability benefits saved my life," said a veteran. "After combat service as a Corpsman with the Marines in Desert Storm, I spent 16 years in emotional turmoil. Because Social Security provided a financial safety net, I was able to obtain treatment for PTSD and will soon return to the world of the working (and the tax-paying). God bless America and God bless the Social Security Administration."

A similar sentiment came from this person: "I feel like one of the luckiest people in the world. After being placed on disability for an on-the-job injury, Social Security helped me maintain a lifestyle adequate for my family. For years, I paid into the program and complained every time I looked at my paycheck. I now see the reason for the payments. Thank God for the USA and Social Security."

These are just a few of the comments we received. Read more Social Security stories from Americans like you at www.socialsecurity.gov/75thanniversary/readstories/1.html.

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Enjoying Blow Out Events Without Bulging Out

by Charlene Causey

Having just attended my third wedding this year, including my own, I decided to focus this month on celebrating at parties, birthdays, weddings, showers, and other special occasions without totally abandoning common sense dietary wellness. First, however, let me just say that my new name at the head of this writing doesn't mean my focus has changed. My priority is still helping others with their health and wellness from a natural approach. I always welcome questions via phone or email and I try my best to meet my reader's needs.

Everyone loves a party or some other special event where delicious food will be served as part of the celebration. It's a practice that has been around since history began. These days food seems to be at the center of everyday events as well. But we should eat to live, not live to eat, right? So how do we keep it under control despite the never-ending buffets and corks popping out of champagne bottles?

To begin with let me remind you that those who fail to plan, plan to fail. Applying that old adage to eat-

ing behaviors allows one to experience success no matter what the occasion might be. Knowing that an event is coming up allows you to decide how to stave off dietary disaster. Oftentimes, a really important happening is reason enough to lose a few pounds to "look good" in the dressy garb the occasion requires. A well deserved reward may be to indulge whatever delicacies you like if you reach your goals. Additionally, the following suggestions will work for any special gatherings.

For instance, many times it's just going out to dinner on the weekend. If so, really being watchful about intake the day before, and earlier on the day of the event, can be enough to stay on the straight and narrow, while thoroughly enjoying the dinner out. Making sure to exercise, or even doing a little more than your usual workout, can allow for some dietary indiscretions without tremendous consequences. Too many "special" meals might do some serious health damage regardless of careful planning, so reasonable wellness rules still apply.

Begin by avoiding plain white bread. Remember white bread, white

rice, white pasta and white sugar, are all recipes for weight gain and illness.

If you choose to eat the bread apply some butter or, better yet, dip it in olive oil. Doing this lowers the glycemic index. Therefore, the absorption into the bloodstream will be slower, causing less of an insulin rise and better, longer lasting satiety. Keep in mind, though, that if dessert is on your mind, then skip the bread altogether and possibly the potato as well.

Progress next to a green salad and ask for dressing on the side; then use only half or less than what is provided. Add lemon juice or vinegar for more moisture if needed. Only one third of the dinner plate should have animal based items meaning meat, chicken or fish or some cheesy entrée. The remaining two thirds of the plate should be steamed veggies or more salad, while skipping rich sauces or excessive butter.

If imbibing, a glass of wine is better than a sugary cocktail and better to split dessert with someone, than say later, "I can't believe I ate the whole

thing!" In fact, asking for the "to go" box before the meal arrives, and putting half away for another meal is economical for both pocketbook and waistline. After enjoying yourself while not completely going off the deep end, be cautious the next day and don't forget to exercise.

There will always be weddings, births, graduations and anniversaries along with a multitude of other special occasions. Don't use these as excuses to overindulge, and in the long run allow your health to suffer. Instead, see them as opportunities to challenge yourself to have victory over the relentless caloric onslaught. Some careful consideration and application of sound dietary practices will most definitely increase the probability that you will stay alive longer to celebrate with family, friends and loved ones.

Charlene Causey, is a former registered nurse, who has also been a model, skin care consultant, nutritionist, fitness instructor and educator. She is currently a nutrition consultant and certified personal trainer. Her passion is helping others achieve optimal wellness from a natural approach. She can be reached at (719) 250-0683 or iohealth@live.com

WHERE ARE THEY NOW?

by Marshall Jay Kaplan

BARRY WILLIAMS

In 1969, it was Barry Williams who sang the theme song to his sitcom, *The Brady Bunch*. Today, Barry is still singing — on stage. With both an autobiography and Broadway success, Barry is back in constant demand, doing what he has always loved to do — musical theater.

The eldest of the *Brady Bunch* children, Barry Williams was born in Santa Monica, California on September 30, 1954. From the ages of three to eleven, Barry constantly bugged his parents to get him into show business. After eight persistent years, his parents finally gave in and took him to an agent. Immediately, he began acting in television commercials. Then of course, came television shows, such as *Dragnet*, *That Girl*, *Mission Impossible*, *Marcus Welby* and ultimately, *The Brady Bunch*.

The situation comedy about a widow and three daughters and a widower with three sons aired in September, 1969 and lasted for five seasons. Barry was cast as Greg Brady, the oldest son. Barry remembers his audition. "There were hundreds of kids in all shapes and

sizes. The show's creator, Sherwood Schwartz, greeted me warmly and asked the usual questions — 'How old are you?' 'What are your hobbies?'

The meeting went well — we hit it off and on my fourteenth birthday we filmed the first episode."

Barry became a teen idol and was receiving about 800 fan letters a week by the time the series ended.

Barry continued to appear in various 'Brady-themed' shows and reunions. There was *The Brady Bunch Variety Hour*, *A Very Brady Christmas*, *The Brady Brides* and *The Bradys*. In addition to his most famous role, he continued to act on television in such shows as *Murder She Wrote* and *Highway To Heaven*. However, it is his love of musical theater that has kept him the most busy.

After appearing on stage in such productions as *West Side Story*, Barry won the lead role in the Broadway musical, *Romance, Romance*. The show was a hit and there was a resurgence in his career. He toured the country and was approached by Harper-Collins to write his autobiography.

Nostalgia fans were obviously excited when *Growing Up Brady* was published — making it a bestseller. The book's frankness and behind the scenes stories made for very interesting read.

Currently, Barry lives in Marina Del Rey, California. He is an avid tennis player and his Barry Williams Celebrity Tennis Tournament raises money for missing and abused children. And yes, he still maintains friendships with his Brady co-stars — his extended family. Every week he plays tennis with Christopher Knight (Peter Brady). His words on being a child actor? "Unlike other child actors, I have been extraordinarily lucky. My family and home life provided the stability that is so crucial to growing up."

*As a side note — Barry loved the accompanying caricature of himself and even remembers wearing the shirt!



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“Wet & Dry” Art Show Coincides With Art Walk

by *Kathleen Eriksen*-El Pueblo History Museum

The “Wet & Dry” Art Show Coincides with Pueblo’s First Art Walk on November 5, Friday, 5:00 p.m. to 7:00 p.m..

The High Vista Gallery will open its new show featuring vibrant watercolors and pastels from members of the Pikes Peak Pastel Society and the Southern Colorado Watercolor Pastel. Admission cost is free.

Song of Pueblo” Concert

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New Platinum Menu

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2 Egg/Ham/Cheese Omelet.. \$5.99

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with this live and intimate performance on November 5, Friday, by members of El Pueblo Ensemble. As you listen to these four talented musicians, view Pueblo’s historic images while you listen to an original musical composition by Daniel Valdez. Doors open at 6:00 p.m., concert is at 7:00 p.m. Tickets are \$15.

“Day of the Dead” Art Show & Celebration

It is Pueblo’s Day of the Dead Celebration! Following a candlelit procession from the Rawlings Library on November 6, Saturday, 4:00 p.m., the museum will host a “Day of the Dead” Art Show until 6:00 p.m. featuring the work of selected middle and high school

students. Whimsical skeletons and other theme-related art will be on display through November 13. The museum’s traditional ofrenda (altar) will be on display. Food will be for sale. Admission cost is free.

Night-time Mercado & Book Signing

The frontier comes alive at a nighttime 1840s Mercado on November 12, Friday, 4:00 p.m. to 7:00 p.m. Throughout the placita and six period rooms of El Pueblo trading post, costumed living history interpreters will go about their evening tasks and pastimes.

Fully engage your senses as you smell food baking in the horno and Dutch oven cooking, feel the warmth of the traders’ campfires, see nightly

chores being performed and hear the clang of the blacksmith’s hammer as he forges iron. Adults will have a chance to play Monte while children make frontier crafts.

In the bookstore, Deborah Martinez-Martinez will introduce and sign her new book, “Trade on the Taos Mountain Trail,” a children’s history book that explores the trade network between the American Indian tribes of the plains, Americans, and Spanish/Mexican traders. Admission is free to Mercado and the book signing. The Museum galleries will be open and will be discounted.

El Pueblo History Museum is located at 301 North Union. For more information call 583-0453.

You Know That Volunteers Are Always Needed

SUMMER TIME IS OVERNOW YOU HAVE SOME TIME ON YOUR HANDS

There is no better time to think about volunteering in the community than now. All the summer fun is gone, as well as the need to mow the lawn each week, the grandkids are back in school and

you might have a few hours a week with nothing to do. So how about putting that time to good use. You can help your community by giving of your time. Some of the volunteer opportunities available in the community include:

- Delivering Meals on Wheels to home bound seniors unable to cook for themselves.

- Helping with residents at Westwind Village from visiting to taking the residents for walks, playing cards and games with them and being a friend.

- Working at the high schools with the students in giving information on scholarships, college info. Etc..

- Helping at the various museums in many different positions from docents to organizing and sorting.

- Helping at the ARC Thrift Store doing all kinds of fun activities such as sorting books and jewelry and pricing it or merchandising

- Assist with mailings and one time projects for non-profit organizations

- Assist the city by being a volunteer code enforcer

For more information on these and other volunteer opportunities, please contact Gloria Valdez, 545-8900 at SRDA Retired Senior Volunteer Program.



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Own Your Own Art Show & Holiday Exhibits

.....at the Arts Center

The ultimate shopping experience for the well-intentioned gift giver

(PUEBLO, Colo—October 19, 2010) Crafted with joy, given with love: a gift of art is the perfect choice this holiday season. Thankfully, the 43rd Annual Own Your Own Holiday Art Show & Sale is just around the corner. Sponsored by Kitty and Mark Kennedy, this unique exhibit opens November 17 in the White Gallery at the Sangre de Cristo Arts Center and extends through Christmas until Jan 8, 2011. Friends and loved ones will appreciate your good taste and thoughtfulness when you select a gift at Own Your Own.

The Own Your Own Holiday Art Exhibition and Sale offers an exquisite selection of original fine art and craft artworks in all price ranges. From jewelry and hand knit scarves, to functional pottery, whimsical sculpture, and bold paintings, the exhibit features dozens of local and regional artists. This is an opportunity to buy during the holiday season at very reasonable prices starting at \$10-\$20 (Arts Center members automatically save 10 percent on all purchases). Your one-of-a-kind selection will be boxed and gift-wrapped at your request.

Just some of the artists featured in the Own Your Own Holiday Art exhibition are Doug Candelaria, Kate and Shane Jarrett, John and Dorothy Mendoza, Teresa Vito, Nina Cravens-Fry, Judy Fuentes, Sherry Rogers, Joe Adamich, Deb Hager, John Volmecke, Deb Komitor, Tony Ortega and Jan Oliver. In all, over 70 artists

ORAL HEALTH TIPS FOR SENIORS

Neglect, not age, leads to tooth loss. So says the Columbia University College of Dental Medicine. As we age, many of us think that we will lose some of our teeth. And as more of us are living longer, it may seem obvious that tooth loss is just another part of aging.

It isn't. Just as taking care of your body can keep you active well into your senior years, taking care of your teeth can ensure that you keep them. If your teeth and gums are healthy, there's no reason your teeth should fall out.

One of the keys to keeping teeth for a lifetime is to visit a dentist regularly. But many people don't. Some older people may not realize the importance of preventative dental care because they grew up during a time when it was not emphasized. They may believe that toothaches, bleeding gums, loose teeth or mouth pain are just part of getting older.

Regular dental checkups and professional cleanings are important. During an exam, your dentist checks for tooth decay and gum disease, and also does an oral cancer screening. A lack of dental visits can result in untreated tooth decay and gum disease, both of which can lead to lost teeth. Toothache or mouth pain also can change how and what you eat. This means you may not get the nutrients you need to stay healthy.

Besides regular visits to your dentist, brushing and flossing are as important as ever for older people. Brushing at least twice a day with fluoride toothpaste and flossing once a day helps to keep and gums healthy.

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

are exhibiting works for sale in oil, pastel and watercolor, ceramics, glass, fiber and mixed media. Artistic styles range from traditional and functional to contemporary and decorative.

Additional Holiday Exhibits

Buffalo Kaplinski – Passionate Landscape

King Gallery— October 30 through January 22, 2011

Buffalo Kaplinski's watercolor and acrylic paintings embody the passion he feels for "landscape that is beautiful and intriguing." Educated at the American Academy of Art and the Chicago Art Institute, Kaplinski worked in the commercial art field until the lure of the southwest took him to Taos, NM where his fine art career began. He continues to use color boldly and without apology as he works plein air (on location). Says Kaplinski: "My desire to paint outstrips my sales and my reason to paint is still 'can you do it?'" His landscapes include southwestern vistas, rock formations, Colorado subjects, and scenes from Chile, India, Spain, Wyoming, and Yellowstone National Park. The book *Passionate Landscapes of Buffalo Kaplinski* by Harmon Graves is a complete study of the artist's career and is available for sale in the Arts Center Gift Shop. Graves, the author, will be on site to sign books during the holiday exhibits opening reception Nov. 17.

Fran Dodd – Faces and Places

Regional Gallery— November 13 through February 5, 2011

Fran Dodd's objective is to present to the viewer an imaginative interpretation of the subject - her own personal and unique vision which reflects her deep connection to and love of nature in all its nuances. Vibrant and colorful, her paintings have won many awards, including the title of Master Circle member in the International Associate of Pastel Societies. Dodd's art education took place at the Art Students League in New York City, under such masters as Daniel Greene, John Howard Sanden, Robert Beverly Hale, David Leffel and others. After moving to Colorado in 1983, she homesteaded in the Sangre de Cristo Mountains for nine years and painted her interpretation of the mountains, rivers and canyons of her new environment. She holds membership in the Plein Air Painters of Colorado, the Pikes Peak Plein Air Painters, Oil Painters of America, Pastel Society of America, Women Artists of the West and is President of the Pikes Peak Pastel Society.

David McKean – oil paintings

Level 2 Foyer Gallery— October 30 through February 5, 2011

David McKean has been painting for more than forty years, hosting many one-person exhibitions in Colorado and the Midwest, as well as participating in several juried and invitational shows. He terms his oil paintings "a contrast in opposites. On one hand, I attempt a glimpse of opposing forces (quite/loud, inside/outside, perception/illusion, etc.) that define the natural world. On the other hand, my works are simply about painting and the act of painting. I come from a tradition of less being more, where design rules....color, as always, is the emotional anchor to my paintings." McKean and his wife, Ann, share MacSullivan Studio in Florence, Colo. He teaches Drawing, Painting and 2-D Design at Pueblo Community College.

Anna Grossnickle Hines-Winter Lights: A Season in Poems & Quilts

Level 3 Foyer Gallery— November 13 through February 5, 2011

Anna Grossnickle Hines has written and/or illustrated more than 60 children's books, including the popular *Daddy Makes the Best Spaghetti*, *My Own Big Bed*, and the more recent *1, 2 Buckle My Shoe* and *I Am a Backhoe*. Her first poetry collection, *Pieces: A Year in Poems and Quilts*, won the Lee Bennett Hopkins Children's Poetry award for 2002, the NAPPA Gold Award for Poetry and Folklore, was selected an NCTE Notable Book, and was accepted into the Society of Illustrators Original Art Show. Her companion book, *Winter Lights: A Season in Poems and Quilts*, garnered four starred reviews and was on the Bank Street Best Books List for 2005. The poems within reflect the themes of cold (outdoors) and hot (indoors), as well as the various celebrations of the season. A former grade school teacher, Hines began quilting in 1996 as a way to illustrate her books of poetry. *Winter Lights: A Season in Poems and Quilts* is offered for sale in the Arts Center gift shop.

Native Visions: Selections from the King Collection of Western Art

Hoag Gallery— Continues through January 29, 2011

A selection of the Sangre de Cristo Arts Center's King Collection of Western Art remains on display through the holiday season. This exhibit focuses on the collection's wide variety of American Indian art with select pieces showcasing Native Americans as artists, or subjects of art.

or subjects of art.

High School Artists' Corner

Level 3 Foyer Gallery— rotates monthly

Featuring the work of high school students from Pueblo City Schools (District 60) and District 70 on the 3rd floor, this unique program allows high school students the opportunity to experience first hand the process of exhibiting art in a professional venue.

For more information, please call 719-295-7200; stop by the Arts Center located at 210 N. Santa Fe Ave., just off of I-25, exit 98b, or visit online at www.sandecristoarts.org.

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Sangre De Cristo Arts Center Names Director

by Nicki Hart

(Pueblo, Colo.—October 7, 2010) The Sangre de Cristo Arts Center is proud to welcome Bill Mercer as the new executive director with a start date of November 15, 2010.

“The Sangre de Cristo Arts Center has a great reputation as an outstanding and dynamic arts organization and I am excited that I will be able to be a part of its continued success,” Bill Mercer said. “I am also looking forward to immersing myself in the community and enjoying all that Pueblo has to offer.”

Mercer is an accomplished arts administrator with over 20 years of experience working in museums and arts organizations including the Cincinnati Art Museum and Portland Art Museum. He was also the Museum Director and Curator of Ethnology at the Montana Historical Society. Mercer has an M.A. in museum administration with exten-

sive experience in fundraising, organizational planning, developing and implementing innovative programs and exhibitions, and developing exhibitions for children. His art specialization is in Native and Western American art.

“While we had an outstanding selection of candidates for the executive director job, our task was not an easy one,” Cathy Valenzuela, Arts Center Board Chair said. “The transition committee wanted to find someone who had it all: an arts center background, museum administration credentials, non-profit fundraising experience, and a passion to share a love of the arts with the entire region. We believe we have found that in Bill Mercer. His energy and creative spirit impressed us even more than his resume. Bill can’t wait to live in Pueblo, and I am proud to introduce him to the community.”

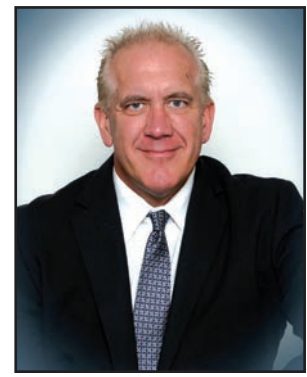
Mercer will replace Maggie Di-velbiss when she retires after 38 years

with the Arts Center on December 31, 2010.

About the Sangre de Cristo Arts Center

The cultural hub of Southern Colorado, the Sangre de Cristo Arts Center gives visitors the tools to think and act creatively through a three building complex including seven galleries offering the best in historic and contemporary art by artists of local, regional and national renown. In addition the Arts Center offers the Buell Children’s Museum, recognized as the second-best for art by Child magazine, a 500-seat theater featuring a variety of performing arts programs, both local and national, and two gift shops. Over 100 fine arts, dance and leisure classes are available every quarter providing something unique to everyone from children to adults of all skill levels.

Admission to the Arts Center is \$4 for adults and \$3 for children and military. Admission includes the Buell Children’s Museum. Members of the



Bill Mercer, new Arts Center Director

Arts Center receive free admission. Galleries and Buell Children’s Museum are open Tuesday - Saturday 11a.m. - 4p.m.; closed Mondays. Box office open

Monday-Friday, 9a.m.-5p.m. and Saturday, 9a.m.-4p.m. For more information, please call 719-295-7200; stop by the Arts Center located at 210 N. Santa Fe Ave., just off of I-25, exit 98b, or visit online at www.sangredecristoarts.org.

Nicki Hart

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2010-2011 “Center Stage”

2010-2011 CENTER STAGE PERFORMING ARTS SEASON

(PUEBLO, Colo.) - The Sangre de Cristo Arts and Conference Center is proud to announce the 2010-2011 Center Stage Performing Arts season featuring local and national talent.

A Midsummer Night’s Dream: Tuesday, March 15, 2011 at 7:30 p.m.

Aquila Theatre presents Shakespeare’s A Midsummer Night’s Dream. This timeless comedy has delighted audiences for centuries, and Aquila’s imaginative interpretation renews the magic of Shakespeare’s plot. Set against a classical Athenian backdrop, A Midsummer Night’s Dream addresses the universal theme of love and its attendant complications: passion, lust, frustration, depression, confusion, and, of course, marriage.

Ballet Nouveau Colorado: Thursday, April 28, 2011 at 7:30 p.m.

Ballet Nouveau Colorado is known for presenting work that is artistically rich and highly accessible. Every production is approached with the perspective that both avid dance lovers and first time audience members should leave the theater having had an enriching and fulfilling experience. Through



A Midsummer Night’s Dream cast.



Ballet Nouveau Colorado cast.

the ages, dance has been a form of expression that knows no boundaries. Ballet Nouveau Colorado uses this tradition as a framework for its exploration



Soledad Barrio & Noche Flamenca:

See “Arts” p. 19

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Better Business Bureau Protects The General Public

by Katie Carroll - Better Business Bureau

BBB Advice: Writing A Privacy & Identity Theft Policy Federal Trade Commission Will Begin Enforcing Its Red Flags Rule December 3, 2010

Online privacy policies have garnered a lot of attention as social networking sites and search engines have come under fire for sharing user information. As a result, the Federal Trade Commission (FTC) has created the Red Flags Rule, which will require many businesses and organizations to implement a written Identity Theft Prevention

Program. The goals of these rules is to detect the warning signs, or red flags, of identity theft in daily operations.

Even if you think your business is too small to have a written policy, your Better Business Bureau advises that it is to your benefit to have a comprehensive policy - you may be required to do so. You can find out by going to ftc.gov/red-flagsrule.

In the meantime, your BBB recommends using simple language to help you answer the following five questions:

What information do you collect? - Outline the types of personal information you collect from customers. This includes home address, e-mail, phone

numbers and credit card numbers.

How do you collect the information?

- Websites collect information from customers in many different ways. Even if you don't actually sell goods through a website, you might have an e-mail sign-up for a newsletter, an application for credit, or install cookies on the visitor's computer to track their activities. Disclose how data is being collected to show you have nothing to hide.

How do you use the information? - Explain how you share customer information with third parties, such as when you process orders. If you sell customer information to marketers, explain what information is sold and how it could be used.

What control does the customer have over their personal information? - Customers need a way to contact your business and control their personal data, whether it's changing a password on their account or taking their name off of a mailing list. Provide reliable contact information so consumers can manage their information.

How do you protect the information? - Explain how you protect customer data including website encryption, limiting employee access to sensitive customer data and server security.

There is no cookie-cutter privacy policy. Your business is unique and that must be reflected in your privacy

policy. Seek legal guidance before you finalize your policy. You are legally liable if you fail to abide by your privacy policy statement or if the statement does not comply with local and national laws.

As your business changes, so should your privacy policy. Plan to revise your policy as your web activities evolve and alert customers when you make revisions affecting their personal data.

Win Customers By Attending The Better Business Bureau's 2011 Excellence In Customer Service Orientation

Statistics show that it costs more to attract new customers than it does to keep the ones you already have. One of the best ways to maintain your customer base is by providing outstanding customer service.

The Better Business Bureau of Southern Colorado's Foundation has a program to do just that called Excellence in Customer Service (EICS). Each year, companies in southern Colorado are invited to participate in this program that assists them in conducting a thorough self-evaluation of their customer services process. Trained evaluators then review the applications, often visit the site, and select a list of recipients based on a set of criteria. Each participant, regardless whether they

win the award, are provided with an in-depth feedback report from the evaluators describing their strengths and recommending areas of improvement.

Learn how you can improve your customer service by participating in our EICS program. Attend our orientation meeting on Wednesday, October 20 from 8 to 11 a.m. at Colorado Technical University.

Register for this free event at www.blacktie-colorado.com/rsvp. Please use event code: EICS

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Flowerpots For Fall As Colorful As The Season

by Marty Ross

Fall is a season of bounty: It's time to stuff your flowerpots.

Lush containers capture the colors and the spirit of fall. Summer's zinnias and cosmos may still be blooming, but autumn arrives with a fresh, exciting palette, and showy pots and window boxes full of the season's hues put the focus up close -- on a porch or patio where you can enjoy the rich and dramatic colors as you come and go about your day. Garden shops are ready for you with pansies in every hue, and bright asters and chrysanthemums, absolutely covered with buds, are about to steal the

show from the summer garden.

"I love the idea of taking the plants and colors in the landscape and putting them in a pot -- isolating them in a container. It's pretty cool," says Andrea Pellumbi, who works in the custom container department at Al's Garden Center in Portland, Ore., putting together plant combinations for flowerpots for her customers. Pellumbi favors mixed plantings, and in the fall, when temperatures cool off and the days grow shorter, she doesn't hesitate to bend the rules, mixing sun and shade plants together in the same pots.

"I tell customers to go for it, to shop the whole greenhouse," she says.

Sunlight is less intense in the fall, and plants that normally prefer shade should be fine in a sunny spot. Don't skimp, she says. "We are stuffers. We want these pots to look good right now."

Joan Mazat, manager of potted plants for Ball Horticultural in Chicago, also recommends yielding to exuberance. In cold-weather climates, containers do not have the chance to fill out as much as summer pots do, she says, so overly cozy planting isn't really a problem. Maintenance is easy in the fall, she says: Plants will not need as much water as they do on hot summer days, and a little fertilizer at planting time should be enough to get plants through the whole season.

Designers who specialize in containers are leading a trend toward putting perennials or shrubs or both in pots, adding herbs and touches of frilly lettuces or other seasonal vegetables, and using annual flowers as accents.

Fall is an especially good time to combine vegetables and herbs in pots, says Sonia Uyterhoeven, who is in charge of home gardening programs at the New York Botanical Garden. "The easiest thing to do is to grow a mesclun mix or arugula, or Asian greens," she says. "They don't take up a lot of space," and you can harvest the greens for a couple of months at least. Lettuce, kale, and herbs, which are widely available at garden shops in the fall, dress up flowerpots with their colors and textures. "It's a nice reminder for people that vegetables come in different colors," she says. She makes room among the greens for violas and calendulas, both edible flowers that flourish in cooler fall temperatures.

"You can also grow a beet with purple foliage, or mix red and green lettuces, or mustard, which comes in a beautiful red color," Uyterhoeven says. "It mimics what's happening with fall foliage, so it looks very beautiful."

Gardeners are always gung-ho about planting flowerpots in the spring,



Small pots are simple to plant, and easy to move around the garden -- wherever the party takes you. Ornamental grasses echo the lushness in the flower beds. photo: provenwinners.com

but they sometimes overlook opportunities in the fall, says Deby Barnhart at Cornell Farm, also in Portland. A pot of mums by the front door looks good, but it doesn't really go very far. "The front door is just a place to start," she says. Don't forget about the view from the kitchen window, she says, where a pot might look sculpturally dramatic, or along the front walk, on the deck, or by a garden bench, where you'll enjoy them every day.

Barnhart likes to mix bright pansies with garden vegetables and herbs, or ornamental grasses with plants with golden flowers or foliage, and finds what she calls "zones of warmth" in the garden where pots will hold up through light frosts and fall storms.

Pellumbi suggests staging pots together to create a scene as rich as the season. "I talk with customers about an anchor container," she says. The anchor is a large pot, full of foliage plants and emphasizing texture. She packs it full of plants with striking variegation or splashes of silver or gold. "Putting the combinations together is just like painting a painting," she says. She then adds smaller pots around the anchor, echoing the theme of the anchor pot, the whole inspired by nature's fall hues. "I'm a texture freak," she says. "We can use millet, asters, mums, and pansies, and it's amazing what you can do." Just look around you at nature -- and then go take a good look around a garden shop, too. You'll be pleased by what you see when you open your eyes to the beauty of the season.



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Holiday Special Made Especially For You!!

Harvesting The Holidays At The Dinner Table

by Asby Elaine Markoutsas

Most family traditions are inextricably bound to birthdays and holidays. But the one celebration that especially brings out the most festiveness in all of us is Thanksgiving. The extravagance of food, punctuated by a family's edible favorites, is paired with, most arguably, the year's best dressed table. For visual feasting is as much a goal as giving thanks and satisfying the palate.

Special dinnerware often is reserved for this occasion, along with Christmas, Hanukkah or even Kwanzaa. Some are content to ditto table settings year after year, with minimal variation

of seasonal flowers such as chrysanthemums in autumn hues. But it's also great fun to spice up the tablescape, like introducing a fresh savory side dish alongside grandma's tried-and-true green bean or sweet potato casserole.

If you can afford one big splurge, make it something that you can press into service year after year -- say, a fabulous tablecloth -- that alleviates a bit of the financial sting.

These days, however, most of us are consciously tending to the bottom line. Well-chosen accessories can create a buzz, adding beauty and diversity to the table. Best of all, they don't have to break

the bank.

Start with the table. Covering it entirely is one option, and there's quite a range of stylish looks, from fancy to casual. One school of thought is to go with neutral, white, off-white or pale hues such as sage green or apricot, and let all of the elements on the table, including the food, pop. Use matching napkins or contrast them, either in rich fall tones or in patterns. Napkins with borders to match the cloth also can add punch. Or use a patterned cloth. At this time of year pretty tapestry covers seem an especially earthy choice, as many of them are decorated with organic themes, mostly leaves.

Ready-made cloths to fit a table seating eight can be purchased for about \$15 to \$50 and up. A length of fabric or even metallic laced sari cloth, measured to accommodate at least an 8-inch drop on the sides, can be a cost-effective alternative.

Runners and placemats can be as formal or tailored as cloths, as there

are a variety of styles, including those totally beaded or edged with beads. Many table setting stylists like a combination that teams up the two, as well as a runner, because it allows even more of a clever juxtaposition of color, pattern and mix of texture as well.

Don't fret too much about matching to the color or decor of your dining room -- unless there's a huge clash. The table will stand on its own. Think about the surface as a backdrop, as wallpaper works for furniture and accessories. Sunny golds and russets blend well with shades of green and aubergine, but even more unorthodox teamings such as hot pink or burgundy and orange lend a liveliness that really picks up the table.

Patterns also are intriguing, and some offer more abstract fashion appeal. A leafy-designed tablecloth from Marimekko at Crate and Barrel features a modern botanical pattern in shades of red and black on a vibrant cranberry ground. Another table runner in a muted olive backdrop springs to life with a perfectly shaped leaf pattern that's dimensional, with contrasting stitching.

When using a bolder color or a pattern, a plain colored dish, especially white or cream, works best. A dish with a border picking up one of the cloth colors can be dramatic. Patterned plates teamed with solids can provide the kind of pick-me-up that a patterned pillow does on a solid hued sofa.

If you choose a fabric with a hint of sparkle -- accented by beads or metallic threads -- echo that in the rest of the tabletop. Some ideas may include napkin rings, rims of glasses or glittery candles.

A charger also is a place to integrate metallic sheen. Often chargers are available in gold, silver or copper. Bold, colorful chargers that "set off" dinnerware also spark a neutral ground, serving as a springboard for an overall palette that

SEE 'HOLIDAYS' PAGE 19.

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Ann Coulter: "Is Richard Blumenthal Serious?"



by Ann Coulter

If the Bush administration ever treated terrorism suspects the way Connecticut Attorney General Richard Blumenthal treats law-abiding citizens and small businesses, even conservatives would have blanched.

This activist, interventionist Democrat -- like his identical, slightly less oily twin, Eliot Spitzer -- decided at age 5 he was going to be a U.S. senator and then the first Jewish president. And he doesn't care how many lives he has to destroy to get there.

Currently, Blumenthal is running for the U.S. Senate against Linda McMahon in Connecticut. He must be stopped.

Even his ideological ally, The New York Times, thinks he must be stopped. That paper ran a front-page expose on Blumenthal's lies about having served in Vietnam, violating a century-old Times tradition of never printing information unflattering to a Democrat.

Blumenthal apologized for lying about being in Vietnam, saying, "I take full responsibility." Who else was he considering blaming? The voices in his head?

Among Blumenthal's taxpayer-funded citizen-persecution projects was the one he waged against Gina Kolb, owner of Computer Plus Center in East

Hartford.

After selling \$17.2 million worth of computers and servers to the state in 2001, Kolb found herself being sued by Blumenthal for \$1.75 million for allegedly overcharging the state \$500,000.

Publicity-whore Blumenthal sent out an accusatory press release about Kolb, saying: "No supplier should be permitted to shortchange or overcharge the state without severe consequences."

Soon thereafter, Kolb was arrested at her home on seven first-degree larceny charges, courtesy of Connecticut's crazily hyperactive attorney general.

Wonder why you have a \$4 billion deficit, Nutmeggers? Blumenthal's endless investigations into responsible, law-abiding citizens like Kolb have now cost more than the entire Iraq War. (And that's just the cost of the paper for Blumenthal's 12 billion press releases!)

A court dismissed all charges against Kolb and her company in 2008. But not before this female businesswoman had her company completely shattered by the pathologically ambitious attorney general.

I'm sorry, I know you need to be on television every single day, Dick,

but that's not enough of a reason to destroy innocent citizens' lives, much less use taxpayer money to do so.

Kolb was far from the only innocent citizen persecuted by Blumenthal. The reason we know her story is that, instead of moving as far away from Connecticut as she could, Kolb turned around and sued the state for violating her constitutional rights.

The jury agreed, awarding her \$18 million for Blumenthal's "pattern of conduct" that destroyed Kolb's business and impugned her integrity.

Noticeably, the attorney general who spends most of his waking hours phoning reporters, holding press conferences and issuing press releases did not make a peep about Kolb's total vindication in court, despite his having earlier blackened her name. Perhaps he was busy attending a fake Vietnam veterans' reunion that day.

To the contrary, Blumenthal continued using the power of his office to persecute Kolb. This is the problem with government officials using taxpayer money to further their own political ambitions: No one could tell him to cut his losses and stop harassing Kolb.

Blumenthal filed a blizzard of motions -- at taxpayer expense -- appealing the jury's verdict in favor of Kolb. One of them finally succeeded in getting a judge to reduce the damages to Kolb, who presumably is now living in Hawaii under an assumed name so Blumenthal doesn't start making crank calls to her.

(She should go to Vietnam! Blumenthal will never find her there!)

Connecticut taxpayers spent millions of dollars harassing this innocent businesswoman, successfully destroying a profitable, job-creating computer company in the state and one law-abiding taxpayer in the process. Thanks, Dick!

Blumenthal's 24-hour publicity office managed to produce a gleaming press release on the reduction of Kolb's damages award, in which he vowed to "continue fighting to overturn this verdict."

Asked by Charles Kochakian of the New Haven Register about the case and whether Blumenthal ever released a statement when a victim of his

legal harassment was vindicated, Blumenthal essentially said: No one is ever vindicated. Just because no wrongdoing was found, he said, doesn't mean wrongdoing didn't occur.

Welcome to Connecticut, where you're guilty until proved innocent (and you can never be proved innocent).

Most shockingly, Blumenthal said he would never issue a press release about one of his publicly accused targets being vindicated because "new evidence may well emerge."

"New evidence may well emerge" that Dick Blumenthal is a child molesting ax murderer. But until it does, no one has a right to say so. Hello? ACLU? Heard of Dick Blumenthal?

Everyone in Connecticut knows Blumenthal's name, largely on account of his daily press conferences for nearly two decades as attorney general, announcing lawsuits to combat every minor inconvenience. Arby's served jalapeno poppers at 114 degrees? Blumenthal is holding a press conference at noon!

This hyperactive, publicity-mad lunatic is constantly announcing new lawsuits far beyond the purview of his office, like some New England version of Hugo Chavez. This won him the title: "Worst Attorney General in the Country" from the Competitive Enterprise Institute.

He's sued power companies for contributing to "global warming," asking the courts to impose cap and trade -- a bill so absurd neither Obama nor the Democratic Senate will touch it.

He's sued gun companies, trying to hold them responsible for criminal acts by third parties involving guns.


He's sued tobacco companies so he could extort millions of dollars for his old law firm and other legal cronies overseeing the shakedown -- I mean "settlement."

Blumenthal is now in a tight race with Linda McMahon for the U.S. Senate. I understand why Connecticut would like to get rid of him, but that's no reason to foist this menace on the rest of the country. How about sending him to Vietnam?

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- NOVEMBER 2:** Beef Pot Roast, Mashed Potatoes, Broccoli, Bread, Pear.
- NOVEMBER 3:** Pesto Chicken, Fresh Cauliflower, Garden Salad/French Dressing, Bread, Fruit Cocktail.
- NOVEMBER 4:** Baked Fish w/Dill Sauce, Baked Sweet Potatoes, Peas, Orange, Cherry Coffee Cake.
- NOVEMBER 5:** Dijon Chicken, California Blend Veggie, Vegetable Couscous, Strawberries/Pears.
- NOVEMBER 8:** BBQ Chicken, Cornbread, Honey Glazed Carrots, Lima Beans, Mango.
- NOVEMBER 9:** Citrus/Herb Baked Fish, Oven Roasted Potatoes, Scandinavian, Mixed Veggies, Bread, Orange.
- NOVEMBER 10:** Green Pepper Steak, Savory Rice, Peas, Banana Muffin, Orange.
- NOVEMBER 11:** Roast Pork Loin,

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- NOVEMBER 12:** Chicken Rice/Cheese Casserole, Caribbean Mixed Veggies, Lima Beans, Orange, Carrot Jello.
- NOVEMBER 15:** Shepherd's Pie, Italian Mixed Veggies, Broccoli, Strawberry Applesauce, Lime Pear Jello.
- NOVEMBER 16:** Pork Green Chili, Capri Mixed Veggies, Rice Pilaf, Bread, Orange.
- NOVEMBER 17:** Beef Tips/Noodles, Carrots, Lima Beans, Bread, Bananas/Oranges.
- NOVEMBER 18:** Turkey Tetrizzini, Corn, Cukes/Onions, Trail Mix, Mango.
- NOVEMBER 19:** Herb Baked Chicken, Black Eye Peas, Mixed

- Veggies, Bread, Strawberries/Pears, Chocolate Pudding.
 - NOVEMBER 22:** Beef Stew, Garlic Mashed Potatoes, Peas/Onions, Bread, Orange.
 - NOVEMBER 23:** Cuban Style Pork, Glazed Acorn Squash, Peas/Carrots, Bread, Bananas/Oranges.
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 - NOVEMBER 26:** Breaded Fish W/Lemon, Rice Pilaf, Caribbean Mixed Veggies, Bread, Banana.
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Finances: Create And Keep Wealth

Here Is How To Pick A Financial Advisor

by Ron Phillips

This weekend I read an article in The Wall Street Journal. It went over the hundreds and hundreds of designations financial reps use. There can be a virtual alphabet soup after a profession-

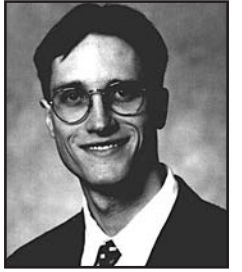
als' name.

The article had some important points like which credentials are best (CFA, CPA and CFP) and which are "least rigorous" (CRFA, CSA and CSFP).

One thing it did not mention was the importance of getting advice. Most investors would serve themselves well if they get some kind of advice. The results are there. According to Forrester Research, "four in five US millionaires use a financial advisor." Also, study after study shows that investors with no help at all underperformed the market significantly. But who can we trust?

and commodities and topics like taxes and investment strategies.

Are they fiduciaries? There is a trend in the industry to start holding these licenses to a fiduciary standard but currently they do not need to put the investor first in their recommendations. Technically, they have a duty first to their brokerage company.



Protecting Elders From \$\$ Abuse

(NAPSI)-Although you have tried your best to assure your elderly relative is well cared for and safe from harm, that person can still fall prey to financial abuse.



Here are a few warning signs:

- Bills are not being paid and money is missing from your loved one's accounts.
- The person who is supposed to be handling finances has been withdrawing large sums.
- There is evidence of forgery or forced property transfers.
- Expensive items have been purchased using the older person's money, but without permission.

- The older person has been denied access to his or her own funds or home.

A geriatric care manager (GCM) can help avoid or detect elder financial abuse. GCMs can interview, monitor and supervise paid caregivers. Additionally, they can make sure they are bonded, background checked and have no access to older people's finances.

For more information, visit the Consumer Library section of www.caremanager.org.

WHO MOST OF US WILL RUN INTO

As far as professionals managing money, most people will be exposed to three main types: insurance agents, stockbrokers and financial advisors. They might have one or a dozen credentials after their name but most fall into these three categories.

INSURANCE AGENTS

Two of my good neighbors are insurance agents and are like most agents. They are hard-working, ethical and honest. They hold a state license to sell insurance products like term-life, long-term care and health insurance.

Despite having a license investors should still be diligent in researching an agent and understanding their limitations. I see many national ads from agents claiming they are "advisors". This is very misleading. The only thing they can give advice on is insurance. They also do not have a fiduciary duty. This means they do not need to put the interests of the investor or consumer first.

STOCKBROKERS

Any time you see one of the big-name brokerage companies most of their reps will be stockbrokers. They have passed a test called the Series 7. This test covers most "paper" assets like stocks, bonds and mutual funds. It even goes into alternative assets like gold

FINANCIAL ADVISORS

These professionals can call themselves financial advisors. They are licensed as such and they are fiduciaries. The Investment Adviser's Act of 1940 defines this role of loyalty to the client very explicitly. They must put the client's interests ahead of their own.

A financial advisor must first pass the Series 7 and then can take the Series 66 test. This covers economics, investment vehicles and strategies, ethics and state laws.

Of the three credentials favored by The Wall Street Journal, only one is now held to a fiduciary standard (since 2008). All three professionals are highly trained and are more challenging to become than most of the other credentials. Most investors would be in very competent hands going with these three or a financial advisor.

As with everything having to do with money and investing always do your research and "caveat emptor" (buyer beware).

Ron Phillips is an Independent Financial Advisor and a Pueblo, Colorado native. He and his wife are currently raising their two sons in Pueblo. Order a free copy of his book *Investing To Win* by visiting www.RetireIQ.info or leaving a message on his prerecorded voicemail at 924-5070. Please mention ID #1001 when ordering.

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Protecting Your SSN

(NAPSI)-One of your most valuable and personal assets is your Social Security number (SSN), and it's important to protect it. There are only three situations in which you are required to provide your SSN: when dealing with the government, potential employers or your credit history (to get credit or your score). Yet all kinds of businesses—gyms, schools, mobile phone and cable providers—ask for the number.

While a company can refuse to do business with anyone unwilling to share his or her SSN, in most cases exceptions can be made and policies can be changed—it just takes a few well-informed, persistent consumers to make this point. When filling out an application in any of the above instances, instead of writing your SSN, you may write "please call for SSN." The nonprofit Privacy Rights Clearinghouse notes that "SSNs are required on transactions in which the IRS may be interested." Otherwise, it is wise to challenge requests for your SSN.

Even trustworthy organizations with which you must share your SSN, such as a mortgage lender, can have data breaches. Fortunately, a company called EZShield Identity Protection can detect and minimize breaches and provide identity restoration, if necessary.

Senior Beacon

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

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

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Senior Community Update



PUEBLO/PUEBLO WEST SENIOR RETIREES

Pueblo and Pueblo West Senior Retirees will gladly share our monthly potluck luncheon, 11:45 to 1:45, at the PW Memorial Recreational Center. We want to remind you to make your reservations for our December Banquet.

Plan your covered dish or dessert to share. Please bring your own table service as well. Coffee and tea will be provided.

Directions to the center; two signs on Joe Martinez Blvd. will alert you to Byrd Street. Turn south on Byrd and east to 230 E George Dr, Pueblo West.

For information call 647-8969 or 404-4413 (membership committee) Guests are always welcome.

ASSISTANCE LEAGUE

Holiday Fashion Preview and Gourmet Luncheon Saturday, December 4, 2010 doors open at 11:30am

Assistance League Pueblo presents the 21st annual Holiday Fashion Preview and Gourmet Luncheon. Special guest emcee Graig Eliot. Cost \$45.00, Pueblo Convention Center. All proceeds benefit Operation School Bell. For reservations call Pat 719- 235-2998.

PHOTOGRAPHY SOCIETY AND PUEBLO ART GUILD

The 2010 Annual Photography Show will begin with an open reception on Friday, November 5 from 6pm to 8pm at the Pueblo Art Gallery.

The Gallery is located at 1500 N. Santa Fe in Mineral Palace Park in

Pueblo and is open Wednesday through Sunday from Noon to 4 pm.

For more information please call the Art Guild at 719-543-2455 or Joe Klune at 719-547-9485.

ADULT SURVIVORS OF CHILDHOOD SEXUAL ABUSE

WINGS provides therapist facilitated support groups for men and women in which survivors are believed, accepted and no longer alone. There is a women's group on Tuesday and Thursday evenings.

For more information contact the WINGS office at 1-800-373-8671. Visit our website at www.wingsfound.org.

STROKE SURVIVORS SUPPORT GROUP

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

Call Chuck at 583-8498 for all the information.

LOU GEHRIG'S DISEASE SUPPORT GROUP

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

OWLS MEETING

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

RIDE TO CHURCH?

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

GENEALOGICAL SOCIETY

"The Southeastern Colorado Genealogy Society holds regular meetings on the second Saturday of the month beginning at 2:00pm in the Meeting Room "B," Robert Hoag Rawlings Library, 100 Abriendo Ave., Pueblo.

There is a continuing Refresher/Beginners class starting at 1:00PM. Call 250-5782 for details." Guests welcome and there is no charge.

SRDA CALENDAR

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

LIVING WITH OSTEOARTHRITIS?

Osteoarthritis does not only strike the knees, hips and hands. In an estimated one million Americans, it also affects the small, vulnerable joints of the neck, and can cause sudden attacks of severe pain that may radiate into the head and arms. But what can patients themselves do about this form of arthritis?

How can they ease the pain, deal with the limitations it causes, and support their doctor's treatment? With the help of some of the world's leading spine specialists, the American Arthritis Society has compiled twelve practical tips for self-care that are effective and easy to follow. Please visit the Society's website at: www.americanarthritis.org.

AARP SCHEDULE OF ACTIVITIES

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

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

TOASTMASTERS

What: Pueblo Toastmasters #179 Public Speaking Class

Where: 310 East Abriendo Ave. Next to the Dept. of Revenue/Driver's License Office (in the Conference Room on the 2nd floor of the Security Service Federal Credit Union's building)

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

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

STEP-UP PROGRAM

Please call Desi Vial who is the Development Director of Pueblo StepUp at Centura Health, 719-557-3881 Phone

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719-557-3880 Fax 1925 E. Orman Ave., Ste G-52 Pueblo, CO 81004 desdavia@centura.org www.centura.org for all the info as to where the programs will be held this month. Also, contact: Cindy at 719-545-1184 for their entire schedule. Get Moving with Pueblo StepUp Community Exercise Programs: Please call Emily Johnson @ 557-3879 for questions about any of Pueblo StepUp's Health & Fitness Programs

ALZHEIMER'S SUPPORT

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

COMMUNITY BLOOD DRIVES

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

JOB SEEKERS

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

VOLUNTEERS NEEDED IN FREMONT COUNTY

The Area Agency on Aging is currently seeking Volunteers to serve as Advocates for residents in Long Term Care. Nursing home residents retain all of their legal rights when they enter a nursing home. Volunteer Ombudsmen are trained to protect residents' rights and serve in a nursing home in their community.

The Upper Arkansas Area Agency on Aging is recruiting volunteers who want to make a difference in the lives of elders residing in assisted living facilities and nursing homes in their communities. Fremont County is in need of Volunteer Ombudsmen to be a voice for the residents, to assess problems, and to come to a resolution. If you have free time, please consider helping maintain or improve the quality of life for residents in long term care facilities.

Once trained, volunteers are asked to spend just a few hours a month in this important and life-changing program. To obtain more information on the Volunteer Ombudsman program or request a volunteer application, please contact Alaina Garcia, Volunteer Ombudsman Coordinator at 1-877-610-3341.

VITA TAXPAYER HELP

This is a call for volunteers to become IRS Certified tax preparers for the VITA (volunteer income tax assistance) program.

Please contact Judith Boudreaux, the VITA/Financial Literacy coordinator for Pueblo, at 296-8768. She will have all the answers to your questions on this subject.

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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.

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"Backstage Pass" Series At Curious

(Denver,CO) Curious Theatre Company has launched a new initiative: BACKSTAGE PASS, a series of FREE public performances, discussions, classes and community-cast readings.

Though the events are intended to enhance audience experience of the "mainstage" shows at Curious- and are scheduled accordingly, people are welcome to attend BACKSTAGE PASS happenings without purchasing tickets to the accompanying play.

Series highlights include a partnership with the Colorado Chamber Players (funded by SCFD) and an acting class led by members of Curious' Artistic Company.

Below is the BACKSTAGE PASS schedule through mid-season. (BACKSTAGE PASS events for March-June, 2011 will be announced in January, 2011).

BACKSTAGE PASS: ASTRONOMICAL SUNSET (Nov. 6 - Dec. 4) Tuesday, November 9, 6:00pm FREE; cash

bar. Backstage at Curious

Community play reading of BODY AWARENESS, by Annie Baker (author of CIRCLE MIRROR TRANSFORMATION). Everyone is welcome to come and read aloud, or just listen. Please be on time. Thursday, November 11, 7:00pm FREE; cash bar. Backstage at Curious

THIS DAY AND AGE
A panel of youth leaders discuss how to counsel youth in this day and age, when new frontiers (sexting, Facebook, etc.) are born faster than an agreed-upon moral code can be developed Sunday, November 14, 12:45-1:30pm FREE; cash bar. Backstage at Curious

ASTRONOMICAL GENIUS
"Einstein's Mozart": The music of Mozart played by a string quartet from the Colorado Chamber Players, paired with David Russell and Gabriella Cavalero reading Kate Light's poetry. Friday, November 27, 7:00pm FREE; cash bar.

FOREWORD Backstage at Curious. A discussion with director Chip Walton.

BACKSTAGE PASS: CIRCLE MIRROR TRANSFORMATION (Jan. 22 - Feb. 26) Sunday, January 30, 12:30-1:30pm Backstage at Curious

ACTING CLASS
Fun, low-pressure workshop featuring some favorite exercises of Curious' Company members. Sunday, February 13, 1:00-1:45pm FREE; cash bar.

FUNNY VALENTINE
Colorado Chamber Players presents the romantic music of Bruch (viola/clarinet/piano) and Rebecca Clarke (viola/clarinet), interspersed with comedic literature of love, read by Curious actors. Sunday, February 20, 7:00pm FREE; cash bar. Backstage at Curious

FOREWORD
Discussion with director Christopher Leo.



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St. Bonaventure Indian Mission Needs Your Help

sent to the desk of James R. Grasso

The parishioners of St. Paul the Apostle and in the community who would like have an opportunity to make a real difference in many lives.

We all can help the St. Bonaventure Indian Mission and School meet the needs of the Navajo Indians that the Mission serves.

The Navajo families that live on the eastern Navajo reservation are desper-

ately poor. Many live in tiny hogans with dirt floors, no running water, no indoor plumbing, no electricity, no telephones and their only heat is from a small wood-burning stove.

The Mission school has about 225 students from preschool through the eighth grade.

You can help meet the needs of the Mission by donating:

- Clean, warm blankets, sleep-

ing bags - most of the reservation is in the high desert.

- Clean coats and other warm clothing for men, women and children.
- Kitchenware, place settings, pots and pans.
- Over-the-counter medications such as pain medicine - Advil and Tylenol - decongestion medicine, cough medicine and etc.
- Personal hygiene items would

also be very welcome.

- Clean, usable furniture.

We, who have been so very blessed with God's gifts, now have an opportunity to share some of those gifts with those who have a real need. Beginning Sunday, Oct. 31 and every Sunday through November 28, you may leave your gifts at the Church and they will be delivered to the Mission as soon as possible.

Holidays: A Great Time For Great Food And Family

from page 14.

can be accented with flowers, vegetables, fruits or ornaments. On a Christmas table, red is a trendy pick, and its intensity is ramped up with repetition -- in glasses or ornaments, for example.

A centerpiece, usually flowers, is a universal focal point of the table. Another easy starting point is to incorporate a wreath, live or faux, and set in pillar candles of different heights. Some like to create a runner-like display, which stretches from center along the middle of the table as a tableau, to layer any number of elements including flowers, candles and seasonal objects such as small pumpkins, Indian corn and gourds.

For Christmas, editors at Better Homes and Gardens set a table with a dazzling palette of turquoise and lime, drawing from hues in peacock feathers. They used a wreath of the feathers, placed an oversized glass vase in the center and filled it with blue and green ball ornaments. They then added a few stems of feathers to create a bouquet.

Small "trees" decorated with ornaments can fill out the length of the table.

Such tree forms and other containers, including woven cornucopia, often can be purchased at Pier I Imports, Target or Michaels crafts stores, whose dazzling seasonal materials displays may awaken your inner Martha.

Clear, covered containers can be combined to fashion a display that will catch the eye because of the colors and textures housed within. Fall foliage -- branches of leaves, berries, pomegranates -- assembled in a curvy container form an ebullient mass that can be balanced with, among other elements, wheat, small green pears, persimmons and grapes. Again, think colors of fall. A Pottery Barn table is even decked out with clear, chunky cylinders that hold candles and black and white family photos nestled into twigs lining the base.

Besides traditional tapers or pillar candles, molded candles speak to the season. They range from pilgrims to harvest or Santas to angels. Or create your

own candleholders by hollowing out vegetables or gourds and setting in small votives.

The shape of the plate is another way to create interest on the table. Some of the newer square patterns lend a dynamic note to more traditional round dishes. A new set of salad or dessert plates will update existing dinnerware, much like accessories such as a scarf or jewelry can spruce up last year's suit.

Serving pieces always are a welcome addition to existing pieces. Simple silver trays, hammered or edged in mother of pearl, add elegance. Add a pretty shape, like an oval platter or something footed, which creates a delightful play of heights that is especially striking on a

buffet table. In recent years, individual tureens have expanded tabletop options. Along with glazed ceramic soup tureens in the form of pumpkins or acorns, in pretty persimmon, sunflower or sage hues, they are handsome accents.

No matter what your personal style, the truth is that all the inspiration you'll really need to get set for the holidays is to conjure memories of the seasonal table and all of its divine aromas, as well as good family times.

Let a little harvesting of creativity, fall colors and a mix of old and new -- along with some visual cues from your favorite stores, magazines and online sources -- be your guide.

Arts Center Sets Dates

from page 11.

of ideas that are relevant to today's audiences.

Soledad Barrio & Noche Flamenca: Wednesday, May 4, 2011 at 7:30 p.m.

Flamenco is not a dance; it is a

philosophy of the soul, exposing death, departure and loss. Under the direction of Martin Santangelo, the award-winning Noche Flamenca has become Spain's most successful touring company. Hailed by critics everywhere for its transcendent and deeply emotional performances, Noche Flamenca is recognized as the most authentic flamenco touring company in the field today. All aspects of flamenco -- dance, song, and music -- are interrelated and given equal weight in the presentations of Noche Flamenca, creating a true communal spirit within the company - the very heart and soul of flamenco.

Season and Single Tickets

Season (\$90 for Arts Center members and \$100 for non-members) and individual tickets (\$25) are on sale now. Call the Arts Center Box Office at 719-295-7222 for tickets. All performances, artists, dates and times are subject to change.

Special thanks to the Gay and Lesbian Fund of Colorado for their season sponsorship. Performance sponsors include: Dian & Gerry Montgomery of Montgomery & Steward Funeral Directors Inc., Dr. James & Sharon Georgis, Reg & Sue Landrum, Bev Moore, Dorothy Shaw and WESTAF.

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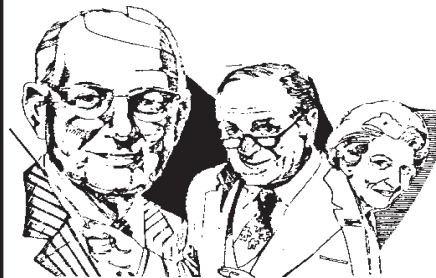
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Partners Of Breast Cancer Patients Suffer From Mood Disorder

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

I was the primary caregiver for my 84-year-old wife, who recently died from breast cancer. I am having trouble coping. Is my situation unique and what can I do?

A recent study revealed that many male partners of breast cancer patients are at increased risk of developing mood disorders that are so severe that they warrant hospitalization. A recently published study indicates that clinicians should address the mental health of cancer patients' loved ones.

Diseases can compromise the mental health of not only affected patients but of their closest relatives as well, noted the article, published online in *Cancer*, a peer-reviewed journal of the American Cancer Society. Partners in particular are at risk because they may feel stressed and deprived of emotional, social and economic support.

Christoffer Johansen MD, PhD, DSc (Med), of the Institute of Cancer

Epidemiology in Copenhagen, Denmark, led a team that analyzed how frequently male partners of women with breast cancer are hospitalized with affective disorders, which include major depression, bipolar disease, and other serious mood-altering conditions.

The recent study found that men whose partners died after breast cancer had a 3.6-fold increased risk of developing an affective disorder compared with men whose partners survived.

"A diagnosis of breast cancer not only affects the life of the patient, but may also seriously affect the partner," Johansen said. "We suggest that some sort of screening of the partners of cancer patients in general and of those of breast cancer patients in particular for depressive symptoms might be important for preventing this devastating consequence of cancer."

You've been through a terrible trauma and it will take time to heal. Why not talk with your doctor about what

he or she might recommend in the way of treatment and resources that could help you get better. Also, don't isolate yourself from other family members and friends. Try to reconnect with the hobbies and passions that were a part of your life before your wife became ill and passed away. Meet with friends and share your thoughts and feelings. Why not consider companionship assistance? CAREGivers from Home Instead Sen-

ior Care can make a difference in your life by providing companionship and support. Why not call your local office today.

For more information about Home Instead Senior Care, contact Robin Mosey at (719)545-0293 or visit www.homeinstead.com. To learn more about the study, log on to <http://www.news-medical.net/news/20100923/Male-partners-of-women-with-breast-cancer-at-increased-risk-of-developing-mood-disorders.aspx>

Turning 65? Here's Medicare Knowledge

Aging Into Medicare: Turning 65? Here's What You Need To Know

(NAPSI)-For many adults, turning 65 marks the beginning of a rewarding and active new time in life. Some may focus on travel and recreation or spending more time with family and friends. Others may think about launching a new business, starting a new career or going back to school.

Regardless of what they decide to do with their time, one shared milestone for those turning 65 is their eligibility to enroll in Medicare.

"The transition from employer-sponsored health insurance to Medicare can be nearly seamless for those whose health insurance provider also offers Medicare plans," said Tom Paul, chief executive officer of UnitedHealthcare Medicare Solutions, which serves nearly 9 million-or one-in-five-Medicare beneficiaries nationwide.

For other new enrollees, however, enrolling in Medicare can be a challenge. To make enrollment as clear as possible, Paul encourages adults turning 65 to focus on three key things: the types of Medicare plans that are available; the enrollment process; and annual opportunities to make adjustments to coverage.

1. The ABCs-and D-of Medicare: Medicare has four main parts.

- Part A helps pay for inpatient care in hospitals, skilled nursing facilities or hospice and for home health care if certain conditions are met.
- Part B helps pay for medically necessary outpatient services, such as doctors' visits.

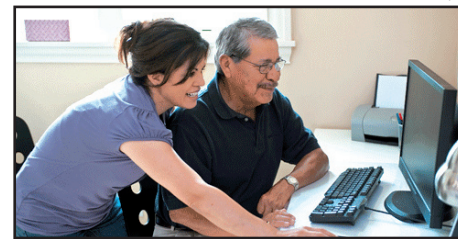
- Part C is also known as Medicare Advantage. These private plans are offered by insurers such as UnitedHealthcare and are approved by Medicare to provide all Part A and Part B services, and they usually provide Part D and other additional benefits.

- Part D covers both brand-name and generic prescription drugs. Medicare Supplement, or Medigap, plans are also available to help fill in some of the gaps of Part A and Part B coverage.

2. Enrolling in Medicare: Adults who are turning 65 and have not yet begun receiving Social Security or Railroad Retirement benefits can apply for Medicare three months before the month of their 65th birthday, during the month of their birthday, or within three months following their birthday. Eligible individuals can enroll in Part A at no cost. They can add Part B coverage for a monthly premium paid to the federal government. Part D is also a voluntary election with an additional monthly premium. Those enrolled in both Part A and Part B can choose to receive this coverage through an "all-in-one" Part C--better known as Medicare Advantage--plan, which combines Parts A and B and also often includes Part D.

3. What to Expect in Future Years: Each year, Medicare enrollees can make changes to their Medicare coverage during the Annual Election Period (AEP) from Nov. 15 to Dec. 31. The new health reform law changes the dates of the AEP beginning in 2011, when it will last from Oct. 15 to Dec. 7.

For additional information on the Medicare program, visit www.Medicare-MadeClear.com to download an easy-to-use reference guide for understanding Medicare, or call 1-(800)-MEDICARE.



Bi-Annual Pueblo Holistic Health & Living Fair Nov. 6

by Linda Weiner

The Pueblo Holistic Health & Living Fair is a mind - body - spirit bi-annual event that will take place on Saturday, November 6, 10 AM to 6 PM and Sunday, November 7, 10 AM to 5 PM at the Student Center of CSU in Pueblo.

Pueblo's own fair offers everything you seek in a holistic, metaphysical event including: holistic health options, readings, meditation tools and techniques, aura pictures and metaphysical merchandise. Learn the value of the holistic approach to life while you explore holistic and metaphysical alternatives in a setting that is educational and uplifting. Find your true self, explore greater depths of being and meet friendly people who are like-minded. Your health, well-being and happiness are waiting to be discovered! The Pueblo Holistic Health

& Living Fair just might have the answers to your questions.

Included in the cost of admission is your ticket to two full days of informative workshops. Spend your weekend enjoying the fair, gain insight, attend the workshops, eat good food and have fun! The admission price is \$5 for one day or \$8 for both days. Senior, student and military discounts are offered.

Transform your life as you discover how to be happy, healthy and free! Explore the possibilities at the November 6th & 7th New Age Event. Your life is waiting!

Visit www.PuebloHolisticFair.com to view a detailed program of all participants and workshops. For more information, call Temara Speaks at 719-547-4883 or Mimi Barriere at 719-544-3815 or email Linda Weiner at Pueblo-LightConnection@yahoo.com.

Don't Drown in Changes to Medicare!

MEDICARE MONDAY

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November 15, 2010
9:30 am to 11:30 am

Hosted By:
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Reservations: 1-866-499-5723

Experts on Medicare Will Present On:

- How Health Care Reform will affect Medicare
- Changes in Medicare premiums, deductibles and co-pays
- Why and how to change prescription drug plans
- How the coverage gap or 'donut hole' will be phased out and what to do in it
- How to apply for Extra Help
- Selecting a Medicare Supplement
- Options for individuals whose plans leave the service area
- Questions and Answers

Are you confused about changes in plans?
Looking for help paying for Medicare?
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Protecting Seniors And Other Beneficiaries From Medicare Fraud

(NAPSI)-A recent Kaiser Family Foundation survey found that most Americans are confused about the new health care law, also known as the Patient Protection and Affordable Care Act. Sadly, unscrupulous individuals are taking advantage of this confusion to make a quick, dishonest buck, going door-to-door selling phony insurance policies.

Medicare fraud can also take the form of sophisticated schemes. In the largest Medicare fraud bust in history, 94 people were charged earlier this year for scams totaling \$251 million. Federal authorities estimate that Medicare fraud costs U.S. taxpayers \$60 billion to \$90 billion each year.

"Fraud contributes to increased health-care costs for all Americans and undermines vital programs like Medicare," said Jenny O'Brien, Medicare compliance officer for UnitedHealthcare Medicare Solutions, which serves nearly 9 million--or one in five--Medicare beneficiaries nationwide. "Seniors and other

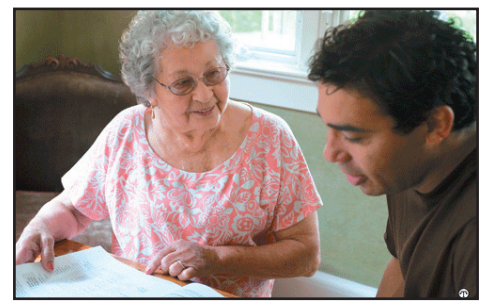
beneficiaries should be vigilant and rely only on their trusted sources of information about their Medicare benefits."

O'Brien said her company is urging consumers--especially older Americans and Medicare beneficiaries--to protect themselves from potential scams by remembering the following tips:

- Do not buy insurance from anyone who contacts you through door-to-door solicitation. Also, if someone approaches you in a parking lot or other public area and offers free services, groceries or other items in exchange for your Medicare number, just walk away.
- If a caller claims to be conducting a health survey and asks for your Medicare number, hang up the phone.
- Do not give your credit card or personal information to telemarketers who claim to be from Medicare.
- Do not sign your name to a blank form or to a form you do not understand.
- Be cautious of anyone who says

they represent Medicare, Medicaid or the federal government. Verify their information.

- Always confirm the name, contact number and business entity of individuals who contact you and verify the accuracy of this information. Most states provide a consumer hotline or websites to verify the status of an insurance agent.
- Be aware that representatives from Medicare and insurance companies will not call you to enroll you in Medicare unless you have requested that they do so.
- Guard your Medicare and Social Security numbers--treat them like your credit cards.
- Do not let anyone borrow or pay to use your Medicare ID card or your identity.
- Don't ever give out your Medicare Health Insurance Claim Number (on your Medicare card) except to your physician, other Medicare provider or your Medicare insurance plan.



• If your Medicare card is lost or stolen, report it right away. Call 1-800-772-1213.

For more information on how to report suspected fraud, call Medicare at 1-800-MEDICARE (1-800-633-4227) or visit www.Medicare.gov or www.Stop-MedicareFraud.gov. To help understand the full scope of changes to Medicare that will be implemented in the coming years, Medicare beneficiaries can access resources at www.MedicareMadeClear.com, where they can download an easy-to-use reference guide for understanding Medicare.

Seniors/Disabled May Pay Steeper Med Equipment Costs

(NAPSI)-Seniors and people with disabilities who rely on home medical equipment and services will pay a steep price under Medicare's controversial and mislabeled "competitive" bidding program for durable medical equipment.

Currently, the Centers for Medicare and Medicaid Services' use of competitive bidding to set reimbursement prices for durable medical equipment, prosthetics, orthotics and supplies is inefficient. It involves what the Southern Economic Journal called "overly complex rules for choosing winners and setting prices [that] distort the incentives that bidders face and may actually result in increased prices for some consumers."

Unintended consequences of the bidding program can include:

- Reduced access to care and service disruption--The bidding program restricts choices for home medical items and services, and it may trigger a race to the bottom in terms of quality.
- Higher spending by Medicare--The bidding process can lead to longer, more expensive hospital stays and more physician office visits, nursing home admissions and emergency room visits.
- Less competition--The bid program can reduce the number of competitors.
- Loss of jobs and small businesses--The program can result in thousands of small businesses closing and result in as many as 100,000 job losses nationwide.

Fortunately, there's an alternative. A bipartisan group of more than 250 law-

makers in the U.S. House of Representatives supports legislation that would repeal the bidding program and replace it with a fiscally responsible measure to reduce payment rates for home care while preserving the ability of home medical equipment providers to continue serving Medicare beneficiaries.

As more people receive medical equipment and services at home, the U.S. will reduce expensive hospital stays, emergency room visits and nursing home admissions. In fact, home medical equipment is an important part of the solution to the nation's health care--funding crisis.

Many people concerned about the health of America are writing to their legislators about this issue at www.house.gov and www.capwiz.com/aahomecare.

For more information, you can visit www.aahomecare.org/competitivebidding.



The Colorado Symphony Announces Holiday Programs

POPS SERIES

Alfred Hitchcock's Psycho
10/30 - 7:30 p.m.
Scott O'Neil, associate conductor

One of the most recognizable films in cinema history, Psycho is arguably Hitchcock's best known film. This powerful, complex psychological thriller is the "mother" of all modern horror suspense films. Come enjoy this spooky cinematic classic as you've never seen (or heard) it before with the orchestral score



performed live by the Colorado Symphony. A great event for the Halloween weekend!

Purchase tickets online at

www.coloradosymphony.org or call 303.623.7876. **HOLIDAY SERIES**
Colorado Christmas
12/10 - 7:30 p.m.

12/11 - 2:30 p.m.
12/11 - 6:00 p.m.
12/12 - 2:30 p.m.

Scott O'Neil, associate conductor
Colorado Symphony Chorus - Duain Wolfe, director
Colorado Children's Chorale
Kim Robards Dance

This year's Colorado Christmas promises your favorite holiday carols and popular songs performed by the

combined Colorado Symphony and Chorus, the Colorado Children's Chorale, Kim Robards Dance and soloists with a special visitor from the North Pole.

Buy early for best seats! Choose your performance and purchase tickets on our website or call 303.623.7876.





Annual Craft Fair
Saturday, Nov. 27th
9:00am - 4:00pm

Presented at the "Field House" on
the "Abbey" Winery Grounds
in Cañon City

Cowboy Jamboree
Saturday, November 6th
12:00pm - 2:30pm

Presented at the "Golden Age Center" in Cañon City

Golden Age Center
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719-275-5177 or Fax: 719-275-7146

Caring For Older Adults

(NAPSI)-An estimated 43.5 million caregivers provide care to a family member or friend age 50 or older. If you are looking for services to assist an older loved one or caregiving information for yourself, the Eldercare Locator can help.

The Eldercare Locator is a free service that connects you to information about local resources and services, such as meal delivery, transportation and finan-

cial assistance. You can also get information on support groups and other services that offer caregivers a break from daily caregiving responsibilities.

The Eldercare Locator also has brochures on topics for older adults such as housing options, transportation, managing medicines and preventing falls in the home.

Call the Eldercare Locator at (800) 677-1116 or visit www.eldercare.gov to learn about resources. The Eldercare Locator is a free public service of the U.S. Administration on Aging and is administered by the National Association of Area Agencies on Aging (n4a).

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WEIRD NEWS

from page 4.

tee grilling in September, the head of enforcement of the Securities and Exchange Commission admitted that not a single agency staff member has been fired or demoted over the multiple missed signals handed to them in some cases 11 years before the Ponzi

schemes of Bernard Madoff and R. Allen Stanford were uncovered. Sen. Christopher Dodd of Connecticut said it appeared that "one side of the agency was screaming that there was a fire," but the other side of the agency demurred because putting it out would

have been hard work.

-- Among the Medicare billings only recently discovered as fraudulent (after being paid) was a Brooklyn, N.Y., proctologist Boris Sachakov was paid for performing 6,593 hemorrhoidectomies and other procedures over a 13-month period -- an average of 18 every day, 365 days a year (and 6,212 more than the doctor who billed the second-highest number).

Chutzpah!

-- (1) The ski-mask-wearing armed robber who knocked off a Wendy's in Atlanta on July 31 has not been apprehended, but police said he later called the store to ridicule the staff for having so little cash: "(N)ext time, there better be more than \$586." (2) Ronald White, 35, was arrested in Cinnaminson, N.J., in July, and charged with shoplifting, and was released after posting \$400 bail. Only afterward did police realize that some of the money was counterfeit, but five days later, White was re-arrested when he returned to the station to demand a partial refund for "overpaying" the bail.

Least Competent Dictator

-- In September, when Ms. Nomatter Tagarira was sentenced to

39 months in jail for fraud, Zimbabwe President Robert Mugabe and several officials were hoping to close the book on an embarrassing episode. Tagarira had convinced them in 2007 that she had the ability, by chanting into a rock, to find diesel fuel in the ground and make it shoot to the surface. Of course, this could only be accomplished by Tagarira's having henchmen behind bushes using a pump, but apparently it worked, as she was rewarded with a \$2.7 million fee and given use of a 50-vehicle convoy for her dowsing missions. Her ruse was not discovered until a year later.

Undignified Deaths

-- (1) A 49-year-old Bakersfield, Calif., doctor, whose relationship with her boyfriend was described as "on-again, off-again," was killed in August when, after he had locked her out of his house, she tried to enter by sliding down the chimney, where she got stuck and asphyxiated. (2) A 29-year-old man, in a group of 12 "ghost hunters" on a field trip in Iredell County, N.C., in August, was killed by a speeding train. The 12 were investigating a rumored "ghost train" that killed 30 people in an 1891 crash and supposedly returns every year on the anniversary date.

SECURING OUR SENIORS, INC. helps seniors to continue to live independently Now offers seniors the Philips Lifeline Service giving them access to help at the push of a button.

Pueblo, Colorado October 20, 2010 – Securing Our Seniors, Inc. Pueblo, Colorado recently began to offer Philips Lifeline, the leading medical alert service in the industry to seniors in Colorado. Philips Lifeline is a medical alert service designed to reduce the risk of living alone. In the event of a fall or emergency, help is available at the push of a button. For \$30.00 per month, seniors throughout the State can purchase the Lifeline Service through the Securing Our Seniors, Inc.

"By offering Philips Lifeline, we give seniors in our community a meaningful and needed service, allowing them to have the confidence to continue to live in the homes they love, knowing that help is available at a push of a button." Said Chris Noeller, President of Securing Our Seniors, Inc.

On average, one of every three adults over age 65 falls each year, making falls the most common cause of death or injury in the home —creating real concern for seniors and their loved ones. By offering the Philips Lifeline Service, Securing Our Seniors, Inc. is able to provide seniors with help at the push of a button.

For more information, about the Philips Lifeline Service or any other services Securing Our Seniors, Inc. offers, contact 719-568-0970.

About Philips Lifeline:

Part of Philips Home Healthcare Solutions, Philips Lifeline is the leading medical alert service, dedicated to helping give seniors more confidence and peace of mind to live independently in their own homes. The Lifeline service is offered by more than 3,000 healthcare and community organizations and provides services to more than 700,000 subscribers.



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“Light For The Journey”

By Jan McLaughlin - Director of Prayer Warriors For Prisoners



LIGHTHOUSE JOURNEYS (PART III) NOVEMBER 2010 “SPEAK TO THE ROCK IN YOUR PATH”

With furrowed brow and one hand shading my eyes from the setting sun, I walk along the lighthouse path, pulling an empty small red wagon. I come across a large stone blocking the path. Frustrated, I plop down in the wagon crossing my arms in disgust to contemplate what to do with the stone. I can't pull the wagon around it and it is much too large to move. After a few minutes and now angry, I stand, walk to the stone and kick it. Yelping with pain, I grab my hurting foot and hop around whining until the pain subsides. Still limping but determined, I approach the stone

again, “I command you to move in the name of Jesus!” To my utter amazement the stone rolls out of the path. Slightly in shock and with a definite limp, I start pulling the wagon along the path again.

At the lighthouse, I leave the wagon and walk closer to the sea to search for you. The beach is empty but there are sea shells everywhere on the sand. Running up and down the beach I pick up pretty shells, collecting them in the little basket I formed by holding up my skirt. Placing them gently in a pile I start playing in the sand. A sand castle! What a great idea. I begin scooping up wet sand with my hands to build my masterpiece.

It is dusk and beginning to turn dark as I reach for more sand to finish the last of my castle. Rising waves crash ever closer. I hurry to finish but suddenly a giant wave washes over me and my castle melts. Startled and terrified, I grope and scramble to keep from washing out to sea with the castle. At once I am lifted – into your arms – shaking – fearful – and trembling. Now, cold and wet, I cry on your shoulder as you hold me close, carrying me back to the lighthouse. You turn momentarily and I look back. The sand and waves are barely visible in the dusk. The castle is gone and the shells are scattered once more. All I have done – the time I spent – lost – wasted.

You walk on carrying me up the stairs. You dry me with a fluffy towel, wrap me in a warm blanket

and hang my clothes to dry. There is chocolate in the mugs on the table. It is no longer hot. Oatmeal cookies on a plate are now dry and hard. You warm the chocolate and take soft cookies from the cupboard. [I've been waiting for you.] Your words are convicting and I hang my head.

Wrapped in the blanket and drinking hot chocolate, I look around the room. You aren't there. Jumping from the chair, I walk to the window and climb on the big stool to look out. Again, the sea is a multitude of people and you are there, on the sandy beach, teaching them. Some are listening, but few. Most are fighting and yelling at each other, squabbling over stuff.

You draw those who will come while others continue to squabble and fight. Willing ones follow you along the beach to a quiet place where you teach them and send them to speak, as you spoke, to the sea (multitude). They go, two by two, and find their places along the beach and begin preaching your Word. Again, some listen and are saved, many won't and are lost.

You return to the lighthouse and walk to the window where I am still looking out, amazed. You put your arm around me and we watch the disciples. [They are fishers of men,] You say. [They aren't picking up sea shells or building sand castles but doing my will as they saw me do. You must also seek my will - obey my commands - listen for my voice. Come

often to this place. You listen to me when you are here – quiet and alone with me – even if you sometimes waste time along the way. Why did you bring the wagon?]

“I want you to fill it, Jesus.” [Jan, I can only give you enough for one day at a time. You can only leave with what you can carry in your heart. You must come every day to be filled. Your cup ONLY runs over if you return for filling every day. I love you. Do you remember the stone in your path? Did you learn not to kick it? Speak to it! Stones move not by might nor by power but by my Spirit. In your will and flesh, you only end up frustrated with an aching foot. By my Spirit stones roll away. There is power in my name – in the name of Jesus. Use it. I love you.]

So Jesus answered and said to them, *“Assuredly, I say to you, if you have faith and do not doubt, you will not only do what was done to the fig tree, but also if you say to this mountain, ‘Be removed and be cast into the sea,’ it will be done. And whatever things you ask in prayer, believing, you will receive.”* Matt 21:21-22 NKJV

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Reeling "Popular Book Film Versions Go Awry"

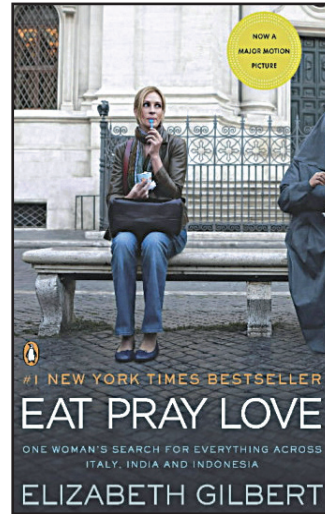
by Film Critic Betty Jo Tucker, Pueblo

FILM VERSIONS OF POPULAR BOOKS SOMETIMES GO AWRY
 During our drive to the multiplex to see EAT PRAY LOVE, available November 23 on DVD, my husband asked me what the film was about. He knew I had already read the book. "It's the story of a woman's personal journey, and all the men are incidental to the story," I explained. "Oh, just like in real life," he replied. He was joking, of course. But when this very long film ended, he turned to me before leaving the theater and said, "I feel like I've been abused." And, clearly, no joke was intended. What follows is my recollection of our conversation while driving home after the movie.

abused because you were one of only three guys in the audience today.
 HIM: It's not that. I had no sympathy for the character Julia Roberts played. Would you want her for a friend?
 ME: That's not the point of the movie, dear. It's about a woman's search for balance and a relationship with God. I suspect that kind of thing means more to women than men.
 HIM: Balance? She had a nice husband and a good job, I call that balance. She didn't need to traipse all over Italy and India and Bali to get "balanced."
 ME: But this is a true story about Elizabeth Gilbert, who went on such a journey, and the film shows how

it changed her.
 HIM: Frankly, my dear, I don't give a damn! It's no fun watching someone so self-involved for over two hours -- and I have no idea what women want anymore after seeing this stupid movie.
 Unfortunately, I have to admit my husband made some good points about EAT PRAY LOVE. The film doesn't do justice to Gilbert's richly textured memoir. It's another example of how difficult it must be to adapt certain books for the screen. Remember "Time Traveler's Wife" and "The Lovely Bones"?

appeared on screen almost exactly as I pictured the characters and events in my own mind. It was uncanny!
 The following Harry Potter movies were definitely entertaining enough to keep my sense of wonder alive. I marveled at the daring of Harry and his friends Hermione and Ron as they solved the mystery of "The Chamber of Secrets," cheered their discovery that Sirius Black was much more than a criminal in "The Prisoner of Azkaban,"



shuddered at Harry's harrowing graveyard meeting with the evil Lord Voldemort in "Goblet of Fire." While watching "The Order of the Phoenix," I felt Harry's frustration as he grappled with his own inner demons and the abuse of power.

In "The Half-Blood Prince," my worry about Harry intensified. What were Dumbledore and Professor Snape up to? Who should be trusted? Why did Dumbledore give Harry such a dangerous mission? How would Harry uncover the truth about the villainous Lord Voldemort's time as a student at Hogwarts? And who could "The Half-Blood Prince" be? Clearly, the stage was being set for a showdown between Harry and Voldemort, which will take place in the last two films: "The Deathly Hallows: Part 1" and "Part 2."

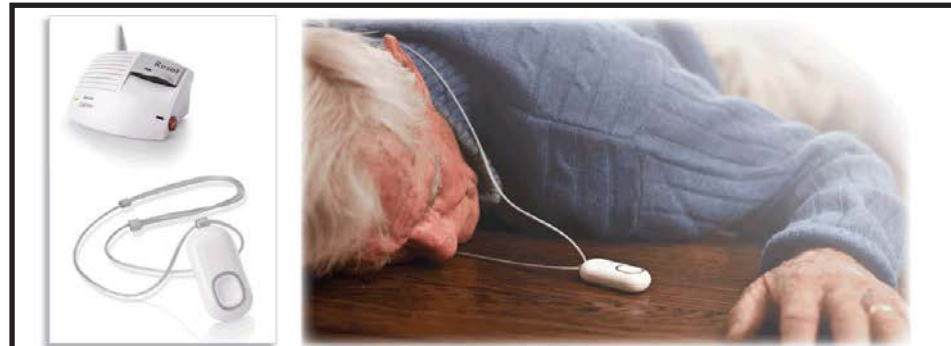
I can hardly wait! It's always a treat to see well-made movies emphasizing the value of courage, friendship and loyalty -- and despite fascinating special effects and an emphasis on magic, I believe that's the important message delivered by all the Harry Potter films.

Read Betty Jo's film reviews at ReelTalkReviews.com. Copies of her books, *CONFESSIONS OF A MOVIE ADDICT* and *SUSAN SARANDON: A TRUE MAVERICK*, are available at Barnes & Noble Booksellers and can be ordered online at Amazon.com.

Still, Roberts continues to be one of our finest actresses, and she makes this film less tedious than it could have been. The gorgeous settings also help -- as well as the yummy Italian spaghetti shots. And the "incidental" men in the movie -- Javier Bardem, Billy Crudup, Richard Jenkins, James Franco, and Hadi Subiyanto -- liven things up a bit, so it's not a total disaster. (Released by Columbia Pictures and rated "PG-13" on appeal for brief strong language, some sexual references and nudity.)

HARRY POTTER & ME

Movies based on the J. K. Rowling's books are a different story indeed. I always think the last Harry Potter movie I've seen is the best one. Here's hoping "Harry Potter and the Deathly Hallows: Part 1," scheduled to take over our multiplexes on November 19, will be no exception. Of course, the first film holds a special place in my heart because I was so excited to see the characters come to life on the big screen. Although I felt concern about whether or not the film version would enchant me as much as J.K. Rowling's delightful book, I needn't have worried. Everything from Harry's fast-paced airborne Quidditch match to the ferocious three-headed dog named "Fluffy"



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