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Senior Beacon

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

SEPT., 2009 Vol. 28: No. 2 Established Aug., 1982 326 Consecutive Months!

RetireSafe Blasts AARP Healthcare Position

by Vicki Robb

RetireSafe Blasts AARP for Supporting Plan to Pay for Health Care Reform on the Backs of Seniors

Seniors group calls AARP's support of Obama's Rationing-by-Bureaucrat Proposal an Outrage to Older Americans

(Washington, DC) August 3, 2009 . . . Today the 400,000 strong senior-citizen group RetireSafe blasted AARP for supporting the plan presented by President Obama and his Congressional allies that would cut \$600 billion or more from Medicare to pay for health care re-

form. Thair Phillips, the new president of RetireSafe, said, "AARP had sold out America's seniors."

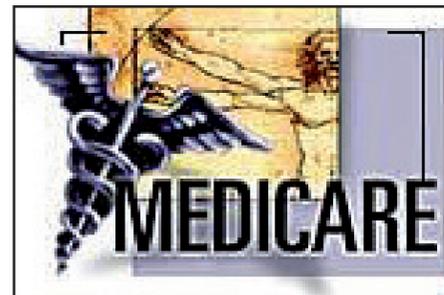
"I'm outraged that AARP has sold out seniors in favor of a plan that will give us socialized medicine," said Phillips. "I don't think America's seniors realize what adopting this health care reform could mean to them, and AARP is doing a great job of keeping it from them. As AARP is one of the biggest insurance hawkers in the U.S., we wonder what's in it for them," he noted.

The AARP-backed health care reform discussed in last week's town hall meeting would ration people's care and hurt seniors the most. The very people

who have paid into the system for many years don't deserve to have their health care benefits cut. The effect of the health care reform plan on seniors is catastrophic. It would reduce their ability to obtain specialty care in areas such as orthopedics and cardiac care; threaten their home health care; cut diagnostics; and strangle the research and innovation we need to develop cures. The proposed public portion of the plan undercuts private plan options in Medicare, and will deny seniors their valued doctor-patient relationship.

"This will be one of the biggest boondoggles in the history of man."

So says a RetireSafe supporter in response to our recent survey on the health care provisions in the proposed plan. This supporter's comment represents the concerns of many seniors across America. Phillips pointed out that 40 million plus older Americans will be forced to foot the bill for this ambitious reform scheme. He said, "Many of these same older Ameri-



cans have paid Medicare taxes for their entire working lives. And now they will be cheated out of the benefits they've earned."

On behalf of the 400,000 senior citizen supporters that RetireSafe represents, Phillips promised to spread the word to every Medicare beneficiary.

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 www.retiresafe.org.

Alzheimer's 20th Memory Walk

ALZHEIMER'S ASSOCIATION OF COLORADO
 MEMORY WALK CELEBRATES ITS 20TH YEAR
 HELP MOVE THE CAUSE FORWARD
 SEPTEMBER 12TH IN PUEBLO CITY PARK



PUEBLO August 19, 2009 - This year marks the 20th anniversary of the first Alzheimer's Association Memory Walk in Colorado sponsored by Life Care Centers of America. It is the nation's largest event to raise awareness and funds for Alzheimer care, support and research. Since 1989, this event has raised more than \$260 million nationwide to help those battling Alzheimer's disease. The Memory Walk in Pueblo will start and end in Pueblo City Park on Saturday, September 12, 2009.

There is no fee to participate in Memory Walk. Instead, every person who walks
SEE "MEMORY" PAGE 8.

Cañon City Hosts Senior Fair

It is time for the 8th Annual Senior Fair. The fair is proudly sponsored by Seniors Inc. Home Care, St. Thomas More Hospital/Progressive Care Center, and Parkview Medical Center.

The fair will be held at Evangelical Free Church, 3000 East Main from 9:00-Noon on September 5, 2009.

Seniors Inc. would like to thank the community including the many sponsors and exhibitors for making the Annual Senior Fair a big event. This fair is free to the community. This year's fair will feature fifty five organizations and businesses providing information supporting a healthy lifestyle for older adults.



The Fair will showcase Senior Housing, Medical Resources, Senior Service vendors and Health Screenings include bone density, blood pressure, vision and hearing. Door Prizes will be given along with Handouts and Goodie Bags plus the 2009 Resource Guide.

New this year will be: Parkview sponsoring "Lunch with the Podiatrist" from Noon-1:00 and a KRLN/Star Country radio remote during the fair.

Each year, Seniors Inc. Home Care and Sponsors: St. Thomas More Hospital/Progressive Care center and Parkview Medical center offer our community the opportunity to participate in the FREE Annual Senior Fair. Valuable information is distributed by community resources serving adults and their families. Please join us Saturday, September 5 at Evangelical Free Church, 9:00 am to Noon.

The Seniors Inc. Home Care "Gift of Time" Scholarship Fund continues to assist our community. Seniors Inc. will again be offering the Gourmet Pancake Mix Gift Baskets. Orders taken by October 1 will receive one dollar off each \$15.00 contribution. Gift baskets will be available for pick up or delivery after November 20. Please know every dollar makes a difference in the life of those most in need. Call Seniors Inc. Home Care at 719 269 1524 with your questions. Ask for Susan or Debbie.

Some of our co-sponsors for this years fair: are Arkansas Valley Surgery Center, Cañon Lodge Care Center, Ears 2 U Hearing Aid Services, Master Printers, Orchard, Springs Dental, Skyline Vision, Senior Beacon and SRDA Lifeline.

Seniors Inc. Home Care, St. Thomas More Hospital/Progressive Care Center and Parkview Medical Center along with all of our co-sponsors and exhibitors are looking forward to visiting with our guests.

Safety Of Seniors Confab

On Wednesday, September 16, 2009 Complete Home Health and SRDA Lifeline will sponsor their annual Safety of Seniors S.O.S. Conference.



This year's event will be held at Praise Assembly of God Church in Pueblo. The S.O.S. Conference is a FREE WORKSHOP designed to inform, inspire and ensure those interested in senior safety and independence.

The highlights of this year's conference will be keynote speaker, John Suthers, State Attorney General. The Master of Ceremonies will be Dave Ritterling of Visiting Angels. After the "highlights"

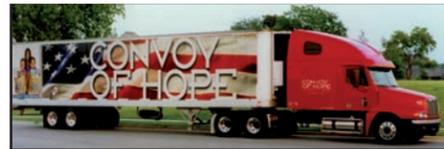
portion of the conference participants will go into breakout sessions .

SEE "CONFERENCE" PAGE 5.

"Convoy Of Hope" Sept 19th!

AT LEAST 500 VOLUNTEERS
 SOUGHT FOR OUTREACH

Convoy of Hope aiming to serve close to 5,000 on September 19th in Pueblo.



Convoy of Hope is coming to Pueblo on September 19; organizers are hoping to serve 5,000 people through the outreach event.

Convoy of Hope is a world wide relief agency partnering with corporations
SEE "CONVOY" PAGE 14.

Annual Senior Safari At The Pueblo Zoo

The Pueblo Zoo will celebrate senior citizens during the week of September 5th through the 11th with free admission for all seniors 65 and older. Senior Safari day will be held on Wednesday, September 9th from 11 until 2 in the Mandari Shelter. This fun-filled event includes music, animal close encounters, Bingo, and refreshments.



The Pueblo Zoo is wheelchair accessible, and beginning Labor Day, the winter hours are 9 to 4 Monday through Saturday and noon to 4 on Sunday.



So, if you're a senior citizen, come enjoy a no-cost visit to the Pueblo Zoo during senior week.

Contact Senator Udall - Senator Bennett - Congressman Salazar And Express Your Fears and Misgivings About the Healthcare Plan As It Is Written. Ask Them If It Is Possible To Get The Same Healthcare As They Have As Members Of Congress.

I'm Still Above Ground

by James R. Grasso, Chief Cook & Bottle Washer



What Will Colorado Leaders Do?

So here we are. The health care legislation will be hashed out beginning in September when Congress gets back from their summer vacation. In my view, I wish they would take the next couple years off. Sheesh, I'm already starting to go off on a tangent because I'm so exercised over what is happening to our country.

Anyway, I'm sure you've been following closely what is going on and where we are headed. If you, as the senior community, are happy with a single-payer, government-run health care system then you aren't paying attention. If you are concerned about what's going on then I would suggest to you to contact our Senators and our House representative. They are all from the Democrat party but they may have some semblance of reality if they have read this bill. The only question I would have you ask them is this: Is it true that both houses of Congress have voted against taking part in this new health care scheme? If they equivocate, then you know the answer is yes which means they want us to accept a health care bill that they themselves don't want.

No matter who you are (purple, blue or orange); no matter what political party with whom you are affiliated (Whig, Tory, Independent); no matter what your gender preference is (Eunuch, Two-Headed Sloth or Alien - the outer space kind), no matter whether you believe in the sun, moon or Jupiter's rings you must know that if this health care bill isn't good enough for the leader class then why is it good enough for us? It's a pretty simple concept.

These leaders, including Rep. Salazar, Senator Udall and Senator Bennett, are not our rulers and they'll be the first to tell you that. Please, ladies and gentlemen, this goes beyond party loyalty. Give these three people a call and ask that simple question. From how I read this bill including costs, availability to services and so on and how people are battling over the various details, it still comes down to if it's not good enough for them, then it's not good enough for us!

Here Are Some Musings

As many of you know our daughter Robin has had many health setbacks but keeps pushing forward. She is an amazing kid who has written and got a book published, works at the Air Force Academy, was valedictorian of her class, is a sophomore with a 4.0 gpa in college, was a Senator for her school's student government and is a sweetheart of a kid. We have had our ups and downs with the insurance companies that we've had over the years but you know what, they always were willing to go the extra mile and we never were permanently turned down for any services for her. I'm sure that won't happen if we or she are eventually forced into some sort of government health care, especially if it becomes a single payer situation. We were in yet a different hospital last month and while waiting for a procedure that we realized she didn't need to have a male nurse told us how great his profession is. He found out that Robin wanted to be a Nurse Practitioner in either Gastroenterology or Geriatric care and his only remark was, "That's a great choice. It's a wonderful profession, but if we get Obamacare you should rethink your choice." Um, ladies and gentlemen, now here is a member of the health care community telling us that there is no reason for Robin to go into that field because of the ravages of Obamacare. Flat out, no urging at all. Yep, our health care is going to get better by subtracting qualified and motivated people. Do you see the future of our health care with this one remark?

Here's a beauty. BHO is supposed to be the GREEN president. His stimulus package gives oodles of money to industries that will create beau coup jobs in the green arena. Then we find out in an AP story last month that BHO has given Brazil \$2 billion to their oil industry so as to extract oil from the biggest oil reserve found in the last 30 years off the shores of Brazil. Brazil has always had a vibrant environmental movement. They have suffered under this perverse and utopian belief that everything and anything is better than fossil fuels and probably nuclear reactors and the majority of Brazilians are in tough shape. When word hit that this windfall has been found the people of Brazil are now turning their backs on the GREEN movement because they believe, and rightly so if their leaders play it right, that their country will have many of its woes solved by petro dollars. Here's the kicker. Last quarter, George Soros's group invested \$811 million dollars in the big oil producer in Brazil. For those of you who don't know who George Soros is I would say that he is one of the richest men in the world. His usual modus operandi is making great riches on the backs of struggling foreign and domestic currencies. He is also a huge backer of the Extreme Left yet he is a huge Capitalist. Now how's that for irony? He also contributes mightily to the Democrat party and is responsible for many of the defeats in the House that Republicans endured because of his donations. Best of all it seems BHO doesn't mind using our tax dollars to sweeten his and his investor's bottom lines. Think of the killing Soros just made on this.

Here's more. You all must have a working knowledge of the Cap and Trade (Waxman-Markey) bill that the House passed before the summer break. What you don't know is why it is an albatross around the American citizen's neck and probably the worst bill that was ever presented and certainly one that has ever passed. Here's four reasons why from a piece written by Stephen Spruiell in National Review last month.:

- 1). *"Cap and Trade would deform the economy,"* he said. Just one item for your consideration. "Businesses will seek profits from colluding with legislators and bureaucrats instead of serving consumers, and the richest businesses will play this game most effectively," said Spruiell.
- 2). *"The renewable-energy mandate would place additional burdens on ratepayers,"* said Spruiell. The bill would force energy producers to rely on wind, sun, etc., which is expensive and would pass the costs to us. That means you better get plentiful supplies of candles if you don't want to end up in the poor house.
- 3). *"Regulations on buildings, light bulbs and appliances would strengthen government's power to micromanage our lives,"* said Spruiell. This is self explanatory and simple to follow. Why would we do this to ourselves? Follow the money.
- 4). *"The bill will force us to be protectionist or just go home.* There is a provision in the bill that allows the president to levy tariffs against nations that have the good sense to not pass similar legislation, said Spruiell." Space considerations won't allow me to get into all of the ramifications. Suffice to say as Spruiell sums up his piece, "The Senate may rearrange but as long as the final bill rations energy, taxes its users and requires the government to bless our lifestyles, we should hope it sinks." Amen, Mr. Spruiell, Amen!

So what have we learned about all this Hope and Change business so far? I learned that BHO and his cronies want to control every aspect of our lives. They are building a legacy on the backs of our freedom and we are willing to let them. Remember, if the government has the power to give us things, they have the power to take them away. BHO and his cronies, whether their rank and file followers know

SEE "OP-ED" PAGE 9.

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Healthcare Reform Could Hurt Medicare Hospital Care

by *Thair Phillips - President RetireSafe*
**Healthcare Reform's First Rationing
 Attack on Older Americans -
 Eliminating High Quality Physician
 Hospitals from Medicare**

RetireSafe, a non-profit grassroots advocacy group representing 400,000 senior citizen supporters across America, has said from the very beginning that healthcare reform funded by \$500 billion or more in Medicare cuts will greatly harm Medicare beneficiaries. Despite the Administration's protests otherwise, RetireSafe has continued to maintain that government rationing will soon decimate the quality of our healthcare. Now, as the result of a deal between the huge American Hospital Association (never ceasing their efforts to thwart any possible competition), the Obama Administration, and their friends in Congress, physician hospitals and millions of Medicare beneficiaries who can and do benefit from their outstanding level of care are at tremendous risk.

The House Health Care Reform Bill, H.R. 3200, has specific language that would have a devastating effect on phy-

sician hospitals. More than 200 existing physician hospitals would not be able to grow and expand to meet the increasing need for their services. Backdated to January 1, 2009, the bill provides that physician hospitals under development now that do not have a Medicare Certification number will not be allowed to take Medicare or Medicaid patients referred by the owning physicians. That could close most if not all of the more than 100 new physician hospitals under development, at an economic cost of \$5 billion in private investment and a loss of over 20,000 jobs, at a time when every job is important. The Senate Finance Committee is expected to offer similar language to restrict and destroy these quality medical facilities.

Physician hospitals include general acute care facilities, multi-specialty facilities (children's, women's, and surgical), as well as long-term and rehabilitation facilities. Single-specialty physician hospitals (only 32 of the 220 total) offer orthopedic and cardiology care that is among the best in the nation, this is especially important to seniors. The fact

that numerous studies (both by private and government agencies) support the premise that physician hospitals have better healthcare outcomes, shorter stays, and far, far higher patient satisfaction ratings, cries out for the availability of far more physicians hospitals in all states, not fewer in strictly limited areas. That's Medicare rationing of the worst sort, and it clearly harms every older American.

Why do the Administration and its Congressional buddies want to start the healthcare reform process by taking away one of the best medical options now available to seniors? Perhaps the aforementioned American Hospital Association (AHA), representing thousands of the big chain hospitals, could answer that. Hospitals consume almost one-third of America's \$2 trillion annual healthcare bill, and most of those hospitals belong to the AHA. They fight tooth and nail against the newer, better competition provided by physician hospitals.

According to a recent Washington Post story, the AHA has spent more than \$7 million on lobbying this year, and has handed out over \$2 million to Con-

gressional candidates in the last election cycle, including contributions to some of the most prominent players in the healthcare reform effort. Before announcing the AHA deal with the Administration, a deal which will effectively ration and deny quality hospital care for most seniors, the AHA President was a frequent visitor to the White House, again according to the Washington Post. It seems AHA lobbyists are much more important than millions of Medicare beneficiaries seeking the best in hospital care.

Congress should correct this wrong by removing all restrictions on physician hospitals in all of the healthcare reform bills. Older Americans deserve quality hospitals and top-notch healthcare, not Medicare rationing by bureaucrats and backroom deals. America deserves better, and we should stand up and demand it now - before it's too late!

RetireSafe's mission is to preserve, protect and enhance the options and benefits of seniors and near-seniors.

Medicare Beneficiaries May Lose In Health Care Reform

by *Eileen Doherty*

Denver, CO. Under the Congressional health care reform bill, much of the cost savings is being realized through changes in the Medicare. Although the administration is not asking for any specific cuts in benefits, proposals to change and reduce reimbursements for hospital services, skilled nursing, rehabilitation, durable medical equipment, hospice and home care are part of the project savings.

Congress is planning to save \$538.5 billion of which 37% would come from provider payments and 32% from payments to Medicare Advantage plans. At the same time, Congress is also considering new spending reforms for \$320.4 billion, of which 72% would result in changes to physician reimbursement.

According to the Kaiser Family Foundation, hospitals are giving up \$155 billion in Medicare funds, but they believe they will gain \$170 billion by having to treat fewer uninsured patients. Medicare beneficiaries may be particularly vulnerable with this compromise because with less money, individuals may face earlier discharges as hospitals receive less money.

Under the current system, hospitals are reimbursed an agreed on amount

for an admission diagnoses and although the hospital is to treat the patient for that amount of money and there are penalties for early discharge, many times patients are discharged before they feel safe. An unintended outcome of this practice is a 20% re-admission rate of Medicare beneficiaries to the hospital within 30 days of the original discharge which has concerned both state and national policy makers. The re-admission rate is a priority for Medicare expenditures in the proposed bill.

Nursing homes that provide skilled services and rehabilitation are similarly bracing for a 5% cut of about \$45 billion according to the same source. Nursing homes, according to the Colorado Health Care Association, which are usually understaffed, expect these cuts to result in the loss of an additional 500 jobs in Colorado alone. The economic impact is a projected reduction in business activity of more than \$35,000,000. Revenue from Medicare is often used to offset the lower reimbursement for Medicaid clients.

On the positive side, nursing homes would be required to implement quality improvement plans that should result in better delivery of care. Con-

gress would also provide for improvements to the nursing home care website which is designed to provide consumer information for selecting high quality facilities. Information from surveys and other oversight information would be more current.

The compromises with the pharmaceutical companies appear to be more beneficial to seniors. The companies are agreeing to pay about \$80 billion to finance expansion of health care coverage. According to the Kaiser Family Foundation, the drug industry will pay for half of the cost of prescription drugs when individuals reach the coverage gap (or the doughnut hole) eventually closing the doughnut hole by 2023. The amount paid by the manufacturer would be counted in the TrOOP (or the individual's out of pocket expenses)

In addition, the industry will pay higher payments to states to offset the cost of prescription drugs used by the Medicare/Medicaid population. At the same time, the government would negotiate prices such as rebates, discounts, and other price concessions on behalf of the Part D plan sponsors starting in 2011; thus allowing the plan sponsors to obtain discounts and price reductions below the

government negotiated rates.

Under the proposal, low income individuals would be eligible for extra help and Medicare Savings Program if their assets are less than \$17,000 for individuals and \$34,000 for couples effective January 1, 2012. Individuals on home and community based services (including assisted living) would not be required to pay co-payments starting January 1, 2011.

Individuals who lose eligibility for extra help because the prescription drug plan does not meet the federal benchmark would be reassigned based on "intelligent assignment" to other companies, rather than randomly, making it easier for the individual to get more prescriptions covered by the plan, thus reducing out of pocket costs.

By cutting \$34.2 billion from home care according to the Kaiser Family Foundation, Congress hopes to more accurately reimburse home care agencies for the average number and types of home health visits in an episode. Similar to nursing homes, many Medicare beneficiaries receive fewer home care visits than desired to feel safe. In addition, prior to being able to order home care, physicians will have to have face-to-face or a telemedicine encounter with the patient within the past six months.

Medicare Advantage plans are targeted for some reductions in HMOs, and PPOs; while the Private Fee for Services plans are being targeted for significant reductions. The Kaiser Family Foundation notes that because much of the debate is focused on health insurance reform, the insurance industry has elected not to focus on these cuts, making Medicare Beneficiaries more vulnerable to higher out-of-pocket costs and fewer benefits.

The goal of Medicare is to reduce the payments to Medicare Advantage plans to be the same as Medicare fee-for-services reimbursements. Facing these cuts, Medicare Advantage programs which have used excess funding to fund such things as dental and vision benefits, will most likely increase out-of-pocket co-payments for these and other services, as well as face reductions in their networks of physicians and other providers due to reduced reimbursement.

Congress is expected to increase spending by \$228.5 billion for physician reimbursement for evaluation and management services and the provision of preventive services, according to the

SEE "DOHERTY" PAGE 5.

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news of the weird

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FOR SENIOR BEACON



Cultural Diversity

-- Thousands of Koreans, and some tourists, uninhibitedly joined in the messy events of July's Byryeong City Mud Festival, which glorifies the joys of an activity usually limited to pigs. Mud wrestling, mud-sliding, a "mud prison" and colored mud baths dominated the week's activities, but so unfortunately did dermatological maladies, which hospitalized 200 celebrants.

-- National Specialties: (1) In May, Singapore's Olympic Council, finding no athlete good enough, declined to name a national Sportsman of the Year. (2) A survey of industrialized nations by the Organization for Economic Cooperation and Development revealed that Japanese and Koreans sleep the least, while the French spend the most time at both sleeping and eating. (3) A Tokyo rail passenger company, Keihin, installed a face-scanning machine recently so that employees, upon reporting for work, can tell whether they are smiling broadly enough to present a good impression.

Latest Religious Messages

-- The director of a child advocacy group told The Associated Press in June that, since 1975, at least 274 children have died following the withholding of medical treatment based on religious doctrine. In one high-profile case this year, the father of a girl said turning her over to doctors would violate God's word (she died), but in another, a Minnesota family that had trusted their son's cancer to prayer, based on advice from something called the Nemenhah Band, changed course and allowed chemotherapy, which so far appears to have prolonged the boy's life.

-- The Shinto temple Kanda Shrine, near Tokyo's version of Silicon Valley, does a brisk business blessing electronic gadgets, according to a July dispatch in Wired magazine. Lucky charms go for the equivalent of about \$8.50, but

for a personal session, the temple expects an offering of the equivalent of at least \$50. The Wired writer, carrying a potentially balky cell phone, approached the shrine with a tree branch as instructed, turned it 180 degrees clockwise, and laid it on the altar. After bowing twice and clapping his hands twice, he left, looking forward to a glitch-free phone.

Questionable Judgments

-- They Took It Too Far:

(1) Maryland corrections officials, hoping to improve juvenile rehabilitation by a kinder, gentler approach to incarceration, opened its New Beginnings Youth Center in May. The lockdown facility had declined to use razor wire, instead merely landscaping its chain-link fences with thorny rose bushes. After one inmate easily escaped on the second day of operation, razor wire was installed. (2) Bride Lin Rong wed in August in China's eastern Jilin province, walking down the aisle in a dress that was more than 7,000 feet (1.3 miles) long (rolled up in a wagon behind her).

-- Latest Questionable Grants:

(1) Welsh artist Sue Williams was awarded the equivalent of about \$33,000 in June, from the Arts Council of Wales, to explore cultural attitudes toward women's buttocks, especially "racial fetishism" in African and European culture. Williams said she will create a series of plaster casts of buttocks to work with, beginning with her own. (2) In July, the National Institutes of Health awarded \$3 million to the University of Illinois Chicago to identify the things that cause lesbians to drink alcohol. It will be very important, said research director Tonda Hughes, to compare why lesbians drink with why heterosexual women drink. (This is a different NIH grant from the ones reported in News of the Weird in June, to study why gay men in Argentina drink and why prostitutes in China drink.)

Rock People

-- (1) Chicago police arrested motorist Daniel Phelan, 27, in August and charged him in connection with a three-week spree of drive-by rock-throwing at other cars. Officers discounted ordinary road rage as a cause, in that Phelan appeared to have been driving around during that time with an arsenal of rocks in the passenger seat. (2) A 22-year-old man was arrested in Kitsap, Wash., in August after tossing a barrage of rocks at people, leading some to chase him until police intervened. The man explained that he is preparing to enter Ultimate Fighting Championship contests but had never actually been in a fight and wanted experience at getting beaten up.

Least Competent Cops

-- (1) The Supreme Court of Spain tossed out assault charges against Henry Osagiede in August because of unfairness by Madrid police. Osagiede, a black man, was convicted after the victim identified him as her attacker, in a lineup in which he was the only black man. (2) Six Ormond Beach, Fla., motorcycle officers, detailed to chaperone the body of prominent Harley-Davidson dealer Bruce Rossmeyer from the funeral home to the cemetery, accidentally collided with each other en route, sending all six riders and their bikes sprawling.

Recurring Themes

-- (1) "Spitting Contests:" A man was almost killed in Rodgau, Germany, in July when, attempting to show friends he could spit a cherry pit the farthest off of a balcony, made a running start but accidentally toppled over the railing. He was hospitalized with hip injuries. (2) "Assistance Monkeys:" Evidence of the dexterity and usefulness of monkeys (for fetching objects for disabled people) came from the Plants & Planters store in Richardson, Texas, in July. The store owner, seeking to combat recent burglaries, installed a surveillance camera, which revealed a monkey scaling the fence, scooping up plants, flowers and accessories and handing them to an accomplice waiting on the other side.

Undignified Deaths

-- (1) Two 22-year-old men were accidentally killed in Mattoon, Ill., in May during an outing in which an open-top double-decker bus was used to transport guests. Several people were standing in the top tier, but investigators said only the two tallest men were accidentally hit when the bus passed under Interstate 57. (2) A 23-year-old man drowned in Corpus Christi, Texas, in February, when he sought to back up his claim in front

of "friends" that he could hold his breath underwater for a long period of time.

A News of the Weird Classic (June 2003)

In early 2003, several news organizations profiled 70-year-old Charlotte Chambers, who was a reserve defensive back for the Orlando Starz of the Independent Women's (tackle) Football League. Said the Starz chief executive, "Last year, I thought I should tell the other teams to go easy and not hit her too hard. But now I'm afraid she's going to hurt somebody." Said the 5-foot-4, 140-pound Chambers, "I say, 'You better hit me (first), because I'm laying you out.'"

Donald Duck?

Donald Duck may be a lovable icon of comic mishap to American youngsters, but in Germany, he is wise and complicated and retains followers well past their childhoods. Using licensed Disney storyline and art, the legendary translator Erika Fuchs created an erudite Donald, who often "quotes from German literature, speaks in grammatically complex sentences, and is prone to philosophical musings," according to a May Wall Street Journal dispatch. Though Donald and Uncle Scrooge ("Dagoberto") speak in a lofty richness, nephews Tick, Trick and Track use the slang of youth. Recently in Stuttgart, academics gathered for the 32nd annual convention of the "German Organization for Non-Commercial Followers of Pure Donaldism," with presentations on such topics as Duckburg's solar system.

Bright Ideas

-- The preferred "disciplinary" tactic of Tampa, Fla., high school assistant principal Olayinka Alege, 28, is to have underperforming students remove a shoe so he can "pop" their toes. Five students at King High School complained, triggering a sheriff's office investigation, but Alege was cleared, and indeed, the students admit that the popping is painless (though "weird," said some). One apparently incorrigible student said his toes had been popped 20 times. However, the principal recently ordered Alege to stop.

-- Chicago banker George Michael, seeking to avoid \$80,000 a year in property taxes, decided to call his \$3 million mansion a "church" and apply for tax exemption as pastor, and in July 2008, his application was somehow preliminarily approved by the Illinois Department of Revenue. According to a Chicago Tribune report, the application included a photograph of the "church," which was just a shot of an outer wall of Michael's

SEE "WEIRD" PAGE 21.

HOT-N-READY

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department of gastroenterology Robert Manning, MD, PhD 719-553-2205	department of physical therapy Joseph Ruzich, PT Director 719-553-2209
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For A Healthier You



Arthritis Hinders Recuperative Abilities

from Angie Hager - Arthritis Foundation

Arthritis Hinders Successful Management of Many Other Diseases and Conditions

August 2009 - Physical activity is key to managing or preventing diseases such as diabetes, heart disease, heart attack, stroke and obesity, yet it's often hindered by arthritis. The one in five Americans diagnosed with arthritis, the most common cause of disability in the U.S., have steeper barriers to being physically active. However, physical activity may help manage these diseases and the arthritis itself.

People with arthritis often are concerned that physical activity may aggravate arthritis pain or cause further joint damage and may elect not to participate in exercise at all. However, studies have shown that regular exercise is an effective course in significantly improving and managing arthritis pain.

"Arthritis is a frequent comorbid condition for adults with diabetes and potentially for those with other heart-related diseases or conditions like high cholesterol and obesity," explains Pat Gottfried, President of the Arthritis Foundation,

Rocky Mountain Chapter.

In May 2008, a study released by the Centers for Disease Control and Prevention showed that people with diagnosed diabetes are nearly twice as likely to have arthritis and the inactivity caused by arthritis hinders the successful management of both diseases. Despite the fact that physical activity helps control blood glucose levels and reduces joint pain, people with both diseases are more likely to be physically inactive (29.8%) compared to those with diabetes alone (20.1%).

"Healthy physical activity doesn't have to be strenuous. Walking just 10 minutes three times a day is a great way to start," explains Gottfried. "Also, the Arthritis Foundation has many local exercise or self-management programs throughout Colorado, Wyoming and Montana specifically designed for people living with arthritis."

Information about Arthritis Foundation programs throughout Colorado, Wyoming, and Montana can be found by calling 303-756-8622 or visiting www.rockymountainarthritis.org.

About Arthritis

Arthritis is the nation's most

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

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



ing Colorado, Montana and Wyoming at 800-475-6447 or online at www.rockymountainarthritis.org

DOHERTY

from page 3.

Kaiser Family Foundation. Selected physicians are expected to get additional bonuses starting January 1, 2011 for providing comprehensive, coordinated care if they specialize in internal medicine, family medicine and/or geriatrics.

Congress would also allow physicians to be reimbursed for advanced care planning starting January 1, 2011. The goal of this counseling is to determine if patients want to receive all available treatments at the end of life or if they want other less invasive measures to be taken. Medical Orders for Treatment would be standardized to allow patients the opportunity to expect certain levels of treatment regardless of where they live or receive services within the United States.

Although this has been publicized as a "death plan" for older adults, many individuals already talk with their physician about their values and wishes for care and formalize that wish with the completion of medical powers of attorney, as well as "do not resuscitate orders" giving families and health professionals directions on how to proceed with end-of-life care.

The health care reform bill is projected increase benefits especially for low income beneficiaries who need assistance with paying their co-payments for physician visits and prescriptions as well as more coordinated care with an emphasis on reimbursing geriatricians to provide quality care.

At the same time, the reduction in reimbursement to health care providers to realize savings to cover the proposed health care for the uninsured may leave many seniors without adequate coverage. The danger in cutting reimbursement to health care providers is an increase in waiting times due to fewer providers, earlier discharges, and increased out-of-pocket expenses.

For more information about how the proposed changes will affect you, contact your local Congressional representative or Senator.

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

CONFERENCE

from page 1.

The categories of the breakout sessions are Falls Safety, Legal Safety, Public Safety and Drug Safety.

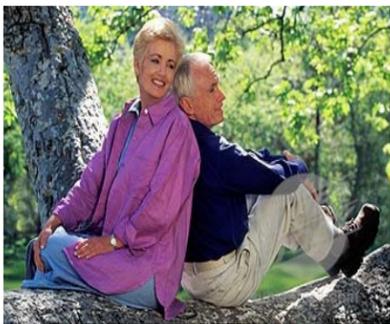
The Senior Medical Network Group would like to invite you to this event. To register, call 545-1212 by September 9, 2009. There will be free refreshments and lunch. Praise Assembly Church is located at 2000 Troy Avenue in Pueblo.

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HOW TO SAVE THE SKIN YOU'RE IN

(NAPSI)-While you can't stop time, you can keep your face from reflecting your age. Here are a few hints on how:



Skin Care Smarts

The experts at the U.S. Centers for Disease Control (CDC) say one of the best ways to protect your skin

is to stay out of the sun. Ultraviolet light causes deep wrinkles; dry, rough skin; liver spots and serious disorders such as skin cancer. Try to avoid the sun between 10 a.m. and 4 p.m. Wear wide-brimmed hats and sunglasses and use sunscreen with a sun protection factor (SPF) greater than 15. Apply it liberally 20 minutes before going out and reapply every two hours or after being in water.

Don't smoke. Smoking accelerates skin aging and increases wrinkles. It narrows blood vessels in the skin, which decreases blood flow, depleting the skin of oxygen and nutrients,

such as vitamin A. It also damages the fibers and collagen that give skin strength and elasticity.

Wash your skin gently. The CDC says to wash your face with soap or mild cleanser and water in the morning, evening and after exercising. Use warm water; hot water removes oils from your skin.

Pat dry. After washing or bathing, gently pat or blot your skin dry with a towel so some moisture remains on the skin. Moisturize immediately to seal in natural moisture levels.

You may care to consider a new way to apply antiaging lotions. New from Italy are "pearls" that contain the highest concentration of antiaging ingredients available over the counter. They're not diluted with water or any other kind of filler but sealed into tiny, individual soft-gel capsules.

The retinol serum, for example, repairs damaged skin, stimulating collagen production and promoting healthier skin cells to give the appearance of smoother, firmer skin. You can also get pearls full of Vitamin C and the coenzyme Q10.

Apply the serum every evening to a freshly washed face. You just pick up a Perlabela PureDose Pearl, twist off the special tip and apply a small amount to your fingertips. Gently massage it into your skin. The microsponges inside the pearl slowly release the antiaging ingredients.

Learn More

You can learn more about the pearls and where to get them online at

www.perlabela.com or by calling (847) 277-7705.

NATURE'S MILKY WAY

(NAPSI)-The best moisturizing cream for your body may be found in milk-the kind of milk made from black rice and soy.

It seems that rice milk is rich in moisturizing sugars and soy milk has the ability to revitalize and elasticize skin.

The emollient properties of both these milks are combined in a moisturizer line from Perlier, Milky Way, from its "Natural Recipes" products. The nourishing moisturizer is particularly suitable for delicate and sensitive skin.

Three products take advantage of these ingredients and are suitable for sensitive skin. Double Latte Body Milk Cream is a rich moisturizer that helps restore tone and optimize elasticity and offers an intensely velvety touch. A pair of products is Double Latte Body Milk & Butter (for sensitive skin). Perlier, a 75-year-old Italian skin care company, uses the latest in pharmaceutical research to create skin care products suitable for all skin types.

For more information, visit www.perlier.com or call toll-free (877) 737-5353.



Christmas In Branson

by Dan Burnett - Ideal Travel

Space is Filling Up Fast - Call Now to Reserve Your Space

Close your eyes and visualize the most spectacular Christmas lighting displays imaginable with millions of lights. Do you see them? Now open your eyes - you are there! Christmas in Branson!

Experience Christmas in the Ozark Mountains on a 5-day tour November 2-6, 2009, with Ideal Travel. Enjoy the dazzling lights of The Branson Area Festival of Lights which will keep you "oohing" and "aahing" as we drive through these incredible light displays. All of the shows are magically transformed by the spirit of the season. Then bring the joy back home, ready and able to make all your Christmas dreams come true.

Departing Canon City with a stop in Pueblo West, we will travel by first class motor coach to Wichita, Kansas, then on for a two-night stay in Branson, Missouri. Top-quality family entertainment shows are on our schedule with Shoji Tabuchi, master violinist, putting on a spectacular full-scale musical production with everything from Cajun to Chamber music to Japanese drums.

Dolly Parton's Dixie Stampede is the perfect place for groups to gather for spectacular special effects and amazing stunts as well as a four-course dinner. Everyone who experiences Christmas at Dixie falls in love with the fun and excitement! The Holiday Show will truly warm your heart and touch your soul.

The Pierce Arrow Show is the hardest working vocal group in Branson, already known for featuring Dan Britton, who for nearly 20 years held the title of world's lowest bass singer in the Guinness Book of World Records. Jarrett Dougherty is the comic spark that sets off explosions of laughter. You will stop, drop and roll in hysterics.

Showboat Branson Belle features a three-course meal, variety show and opportunity to sightsee along Table Rock Lake. You'll cruise Table Rock by authentic paddlewheel boat for a nostalgic time that will hearken back to the popular entertainment boats that once frequented the Mississippi River.

Lastly, experience the earth-shattering harmonies of The Twelve Irish Tenors. The stunning voices of these twelve gentlemen blend together for an entertainment experience that can't be found anywhere else. Perhaps best of all, the music covered by the Twelve Irish Tenors covers all genres from jazz, pop, swing, traditional Irish melodies, and more.

As we head out of Branson, we will catch a great lunch at Lambert's, home of the "thrown roll". Then it is on to Wichita, Kansas for our final night before arriving home.

The price of the tour includes transportation on a private first class motor-coach, lodging, 4 continental breakfasts at hotels, five lunches and four delicious dinners, show admissions, travel insurance and all tips and gratuities.

Call Ideal Travel at 719-275-1995 or toll-free at 1-866-375-1995 to register for The Christmas in Branson tour.

Senior Walk In Bath Tubs

by Eric Follon - Senior Walk In Tubs

A few Facts about Walk In Bath Tubs for Seniors and disabled. Walk in tubs are available to assist with getting in and out safely without stepping over the side of the old style bath tub, bathing comfortably, and for the therapy of jetted water. Slipping in the bath tub or shower occurs when there is a loss of balance or slippery surface and there is nothing to grab to stop the fall. Therefore seniors can bathe in them typically without supervision.

Senior walk in bath tubs come in several sizes. It is important to install a walk in tub with a length of at least 53 inches. The longer the tub is the more leg room there is when seated. The height and weight of the individual will help determine the length and width of the walk in bath tub. Widths of walk in tubs can be as much 32 inches for larger folks.

Walk in tubs can be quite costly when dealing with salespeople. Companies charge as much as 15,000 dollars to install one. An average price to look for installed is around 8,000 dollars. Installing walk in bath tubs is not rocket science and requires similar steps each time it is installed. By asking questions and by visualizing the project, the qualified contractor should be able to pin down a price point for each customer right over the telephone. The reason that most walk in tub companies don't tell over the telephone is the fact that they are "selling" you a walk in tub, not helping you install one. So if they don't tell you an approximate price on the tele, then you may not want them in your home.

Most folks that invest in a walk in bath tub are glad they did for the sake of safety and for the therapy benefits they offer.



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Social Security & You

by Melinda Minor, District Manager - Pueblo



BECOMING A PAYEE MAY BE THE BEST WAY TO HELP

If a loved one, friend or neighbor receives Social Security or Supplemental Security Income (SSI) benefits but is no longer physically or mentally able to take care of his or her financial affairs, you may want to consider becoming a representative payee. Then, you'll be able to help them with managing their money.

Keep in mind that being a representative payee is not the same as having power of attorney. Even if you do have power of attorney, you will need to apply to be a representative payee in order to have the benefit payments made to you on the beneficiary's behalf.

When we learn that a person is no longer able to handle his or her own Social Security or SSI benefits, we conduct a careful investigation and appoint a relative, friend or other interested party to serve as the representative payee. This means that if you agree to be a representative payee and we appoint you, we pay you the person's benefits to use on his or her behalf.

As a representative payee, you would be responsible for using the benefit payments to help meet the basic needs of the beneficiary. Primarily, the funds should be used to provide food, clothing, shelter, utilities and other essential needs for the person eligible for benefits. As a representative payee, you need to be aware of the beneficiary's needs so you can decide how benefits can best be used for his or her personal care and well-being.

Each year, Social Security will mail you a form to account for the ben-

efits you have received. The quickest and easiest way to complete the form is online, at www.socialsecurity.gov/payee. You can also complete the paper form and return it to Social Security.

As a representative payee, you will also need to tell Social Security about changes that may affect the beneficiary's eligibility. This includes things like changes in living arrangements, other income, and resources.

If you decide you want to help someone by becoming their representative payee, you're in good company. More than seven million people who get monthly Social Security or SSI payments each month have a representative payee because they need help managing their money.

By agreeing to serve as a representative payee, you have taken on an important responsibility — one that can make a positive difference in both the beneficiary's life and your own. Learn more by reading our online booklet, *A Guide For Representative Payees*, available on our website at www.socialsecurity.gov/pubs/10076.html.

Learn more about Social Security by visiting www.socialsecurity.gov.

AMERICA HAS A NEW LEADING LADY

There's a new leading lady topping the A-list. Her name is Emma.

Among all girls born in the United States last year, Emma was the most popular name. Isabella was second. Emily, which had been the most popular girl's name for 12 years, was third.

The top boy's name is Jacob for the 10th year in a row. He is followed by Michael and Ethan.

America's most popular baby names are based on Social Security card applications for newborn babies. Each year, Social Security publishes the top 1,000 baby names. Lists of popular baby names going all the way back to 1880 are available online at www.socialsecurity.gov/babynames.

The top ten names for girls born in 2008 are: Emma, Isabella, Emily, Madison, Ava, Olivia, Sophia, Abigail, Elizabeth and Chloe.

The top ten names for boys born

in 2008 are: Jacob, Michael, Ethan, Joshua, Daniel, Alexander, Anthony, William, Christopher and Matthew.

To learn more about the relationship between pop culture and popular baby names, read our press release online at www.socialsecurity.gov/pressoffice/pr/baby-names2008-pr.htm.

To see where your own name ranks on the list, visit www.socialsecurity.gov/babynames. Also featured are links to information about Social Security numbers for children, benefits for children, and what every parent should know about Social Security.

SPOUSES CAN APPLY ONLINE, TOO

You probably already know that when it comes time to apply for retirement, you can do it online at www.socialsecurity.gov/applyonline. But did you know that spouses can apply online, too?

That's right. If you are a spouse applying for benefits based on your husband's or wife's record, you can do it online from the convenience of your own home. It's so easy!

Wonder whether you may qualify to apply for spouse's benefits? If you are a spouse who has not worked or who has worked for very low wages, you could be entitled to a benefit equal to as much as one-half of your retired spouse's full benefit. Even if you are divorced, you may be eligible for benefits based on the employment record of your former spouse.

To get benefits on your spouse's record, you must be at least age 62 or have a qualifying child in your care — a child who is under age 16 or who receives Social Security disability benefits.

The amount of your spousal benefit depends on your age at retirement. If you begin receiving benefits before full retirement age, your benefits will be permanently reduced in most cases.

You also may be eligible for a retirement benefit based on your own earnings. If that benefit is higher than the spousal benefit, Social Security would pay you the higher benefit. We compare which of the two benefits would be more beneficial to you, and discuss the options you have.

If you have reached your full retirement age and are eligible for a spouse's benefit as well as your own retirement benefit, you may choose to receive the spouse's benefits only in order to continue accruing delayed retirement credits on your own Social Security record. You may then file for benefits at a later date and receive a higher monthly benefit based on the effect of delayed retirement credits.

Remember that if you are a spouse who is taking care of a minor child (16 or under) or a child who is disabled

and gets Social Security benefits on your or your spouse's record, you can receive a benefit, regardless of your retirement age.

Read more about Social Security Retirement Benefits at www.socialsecurity.gov/pubs/10035.html.

Ready to apply for benefits right now? You can do it online at www.socialsecurity.gov/applyonline.

SOME HOMEWORK BEFORE GOING BACK TO SCHOOL

Do you have a son or daughter who is turning 18 soon, collecting monthly Social Security benefits, and returning to high school this fall? If so, then we have a bit of homework for you.

To make sure Social Security benefits continue beyond age 18, eligible students must submit the necessary form to school officials. The school will use these documents to certify your child is still enrolled in school. Otherwise, monthly Social Security payments automatically stop when a student turns 18.

This is the case regardless of the type of Social Security benefit received. Some students get Social Security survivors benefits because a parent is deceased. Others may receive dependent benefits because their parent receives Social Security retirement or disability benefits. Benefits for minor children generally continue until age 18 (or 19 if they're still in high school) unless they are disabled and eligible for childhood disability benefits. In that case, a separate application for benefits is required.

For more information about Social Security student benefits, visit www.socialsecurity.gov/schoolofficials. The website outlines how the process works and explains what the student and school official must do to ensure benefits continue past the student's 18th birthday. With the appropriate certification from the school, Social Security generally does not stop benefits until the month before the month the student turns 19, or the first month in which he or she is not a full-time student, whichever is earlier.

The website also includes:

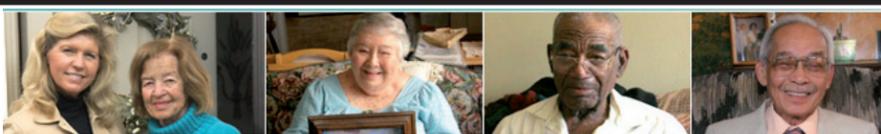
- a downloadable version of the required SSA-1372 form — Students' Statement Regarding School Attendance — that must be completed by the student, certified by the school and returned to Social Security;

- answers to Frequently Asked Questions for school officials and students; and

- a field office locator to find the address of a local Social Security office

If you do not have access to the Internet, call Social Security at 1-800-772-1213 (TTY 1-800-325-0778). Otherwise, visit www.socialsecurity.gov to learn more about Social Security.

Check Out Our SeniorGuide'09 at www.seniorbeacon.info Also, While You Are There "Blog With Us"



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

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

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Experimental Drug May Help Psoriatic Arthritis

by Angie Hager - Arthritis Assn

According to a recent article published in the May/June issue of Arthritis Today, significantly more patients with moderate to severe psoriatic arthritis responded to an experimental biologic drug after 12 weeks than to a placebo. Psoriatic arthritis is a chronic disease characterized by inflammation of the skin (psoriasis) and joints (arthritis). Approximately 10% of patients who have psoriasis also develop an associated inflammation of their joints. Patients who have inflammatory arthritis and psoriasis are diagnosed as having psori-

atic arthritis.

These results are of a phase-II clinical trial of the monoclonal antibody ustekinumab, which works by neutralizing interleukins 12 and 23, two proteins that trigger inflammation. Ustekinumab is a naturally occurring protein that

is important in regulating the immune system and is also believed to play a role in immune-mediated inflammatory disorders.

Researchers randomly picked 146 people with psoriatic arthritis to receive either four weekly treatments

of ustekinumab or a placebo. After 12 weeks, 42 percent of participants in the treatment group and 14 percent of participants in the placebo group reported a reduction in pain, disability, disease activity and number of tender joints.

Yucca Weaving Workshop At El Pueblo Museum

by Kathleen Eriksen - El Pueblo History Museum

On September 12, Saturday, from 10:00 a.m. to 2:00 p.m., noted artist Maria Westy Bush will demonstrate the historical uses of yucca and then give a hands-on beginning weaving workshop. Supplies will be included in the cost of the workshop. Participants should bring a sack lunch and old clothes to work in. As a part of the workshop, students will receive her book, "Yucca, The Amazing Desert Plant". Registration is required by calling the museum, 583-0453. The cost is \$25.

El Pueblo History Museum's 21st Annual Mercado

The frontier comes alive at the museum's 21st Mercado on September 26 and 27, Saturday and Sunday, 11:00 a.m. to 5:00 p.m. Throughout the placita and six period rooms of the El Pueblo trading post, costumed living history interpreters will portray work and play during the 1840s. Demonstrations will include baking in the horno, cooking, performing daily chores, trading and making adobe.

Aaron Williams will demonstrate his blacksmithing skills. Adults will have a chance to play Monte while children make frontier crafts and toys. At the tipi, visitors will learn about Plains Indian life. On the museum grounds, the Pueblo Friendship

Powwow Association will host a Mini-Powwow contest featuring talented dancers and musicians performing American Indian dancing and drumming. The Pride City Quilt Guild will display quilts, show quilting techniques and children can make bean bags.

The Pueblo Handweavers Guild will weave on looms and spindle wool. Admission is free to Mercado. The Museum galleries will be open and will be discounted. The museum is located at 301 North Union.

Memory Walk 2009

from page 1.

is asked to make a personal contribution and ask family, friends and co-workers to support them with a donation to the Alzheimer's Association Memory Walk. To commemorate this special year, the Alzheimer's Association has designed a unique 20th Anniversary logo that will be featured on such prizes as Memory Walk T-shirts, a commemorative wristwatch and other items for which fundraisers qualify. Participants raising \$100 or more will receive a one-of-a-kind T-shirt along with an environmentally-friendly tote bag.

Join hundreds of Memory Walkers for a 3-mile walk through beautiful Pueblo City Park. The walk begins at the Pavilion and includes three laps around the park. There will be children's carnival games, prizes, food, and live entertainment. And for the first time this year you can stay in bed or comfortably on the couch and still support the important work of the Alzheimer's Association. Participate in our Sleep-In by simply going online and making your donations or completing your pledge form.

For more information and registration, visit alz.org/co, email us at memory-walk@alzco.org, or call the local Alzheimer's Association Colorado Chapter contact at 719.544.5720.

About the Alzheimer's Association

The Alzheimer's Association Colorado Chapter is the premier source of information and support for the more than 65,000 Coloradoans with Alzheimer's disease, their families and caregivers. Through its statewide network of offices, the Alzheimer's Association offers education, counseling, support groups and a 24-hour Helpline at no cost to families. In addition, contributions help fund advancements in research to prevent, treat and eventually conquer this disease. The Alzheimer's Association advocates for those living with Alzheimer's and their families on related legislative issues, and with health and long-term care providers. For information call the Alzheimer's Association at 303-813-1669 or 800-272-3900, or visit www.alz.org/co.

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Did You Know?

- Slow cookers can make less expensive and leaner cuts of meat more tender. You can find tips on safely using slow cookers from the USDA and Food Safety and Inspection Service by visiting www.fsis.usda.gov or calling (888) 674-6854.
- KaBOOM!-a nonprofit that encourages playtime and helps to build playgrounds-is launching a series of Play Days, encouraging families and kids to play in the great outdoors. For more information, including free planning tips and tools, visit www.kaboom.org.
- The Minwax Community Craftsman Award celebrates people who, by working with wood, make their neighborhood a better place. The grand prize is a cash grant of \$5,000, a supply of Minwax products and a working consultation with wood-finishing expert Bruce Johnson. Visit minwax.com.

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More Op-Ed

from page 2.

it or not are leading us to bondage.

Please don't give me that these words are just scare-mongering. If the truth scares you then so be it. There is no tactic here. We needn't lose our freedoms.

Dining With Diabetes

If you or a friend or loved one is struggling with Diabetes this might be worth your attention

Dining with Diabetes

Have you recently been diagnosed with diabetes? Are you having trouble managing your diabetic diet? Are you preparing food for someone with diabetes? If you answered yes to any of these questions, Dining with Diabetes is for you! Colorado State University Extension will offer a series of four classes for people who are at risk for diabetes, people who have diabetes as well as their family members or caretakers.

Dining with Diabetes will meet Wednesdays, September 2 & 9 and continue September 23 & 30 from 9:00 to 11:00 a.m. The cost to participants is \$20.00 (Discount for couples, \$40.00 per couple) for all four classes!

The four-week series (ed. note: it's okay if you miss a class) covers topics about how diabetes affects your health, how to make healthy food choices, and tasting new recipes. The Dining with Diabetes series will help you to assess your dinner plate for potential diabetic disaster. You will also learn about simple changes you can



make to improve your diet.

Pre-registration is required. Please contact CSU Extension at 583-6566 for more information. Space is limited (ed. note: but call even if you miss the first class), so call to enroll now! (719) 583- 6566

For What It's Worth

I understand I'm fighting against the current in southern Colorado. I know that the majority of voters here want the Democrats in control. I guess I'm naive enough to think that our leaders should help us, not hinder us, with outrageous schemes that they themselves won't even join. (See the health care legislation where both Senate and House voted against being part of their own health care bills).

When I hear people tell me "what we've been doing hasn't worked" as it pertains to health care I am non-plussed. I can't even understand what is meant by that. Any person that shows up at an E.R. gets treated, etc. We have made giant strides in all phases of health care, MRIs, CT scans, latest drugs, intricate operations, advancements in all sorts of cancer treatment, etc. Around 70 percent of Americans are perfectly happy with their insurance. These "leaders" could be the worst bunch in my lifetime. Not because they are Democrats but because of the kinds of individuals that they are who would rather scrap what has made this country exceptional with this ridiculous health care bill and (Cap and Trade legislation) that would turn upside down our health system for perhaps 15% (dubious at best amount) of the population while fouling the remaining 85%. Deal with the 15% and stay the hell out of everybody else's business. If the "leaders" won't sign up for this scam for themselves and their families then why would anyone else want to do so? Read the bills. Both are calamitous and ripe for corruption.

Next month I might get to BHO's concentration of power. Godspeed!

Where Are They Now?

by Marshall Jay Kaplan
DYAN CANNON

The sexy film star of the 1960's and 1970's and mother of Cary Grant's only child, is still very sexy in her seventies and continues to act, direct and of course, attend Los Angeles Lakers basketball games!

Dyan Cannon was born as Samille Diane Friesen on January 4, 1937 in Tacoma, Washington. Her mother was Jewish and her father was a Baptist. Always wanting to be an actress, young Dyan headed to Hollywood landing her first on-screen role in a 1958 episode of The Untouchables. She made her motion picture debut in The Rise and Fall of Legs Diamond (1960).

Although she appeared in a critically acclaimed film, she went back to guest spots on television for the next five years, appearing in almost every top show on television during the day including Bat Masterson, Hawaiian Eye, Ben Casey, 77 Sunset Strip and Gunsmoke. Not only did television audiences begin to notice Dyan, but so did screen legend Cary Grant.

Thirty three years her senior, Cary Grant met Dyan in 1962. The two had an on-again, off-again relationship with each other – which more times than not, was the fuel for many a gossip movie magazine. Dyan and Cary finally tied the knot on July 22, 1965 and had their child in 1966. The couple divorced in 1968, and although custody of their daughter was fought for many years, today Dyan considers Cary to be her one true love.



She misses him to this day (her eyes well up at the mention of him) and is currently writing a book about their relationship.

Dyan's relationship definitely helped her career. She was cast as Alice in the classic swinging film of its time, Bob & Carol & Ted & Alice (1969 with Elliot Gould, Robert Culp and Natalie Wood). For her role, Dyan earned both Academy Award and Golden Globe nominations.

Dyan continued to earn nominated roles in films such as Such Good Friends (1971) and Heaven Can Wait (1978 with Warren Beatty). In 1976, Dyan produced, directed, wrote and edited the short film, Number One – earning an Academy Award nomination – a very proud moment for Dyan.

Although her films over the past twenty years have had lukewarm reviews (except for her role as a judge on the hit TV show, Ally McBeal), Dyan Cannon has been successful as simply being Dyan Cannon. She has become somewhat iconic, known for her sex appeal, blonde curly locks ("I've been blessed with great hair!"), great smile and infectious laugh. She is well-liked by the paparazzi who constantly snap her photo at LA Lakers games sitting next to Jack Nicholson or leaving her favorite restaurant, The Ivy.

Dyan currently resides in West Hollywood and can be seen walking her two Chihuahuas. She recently became a grandmother to Cary Grant II. The intelligent and dedicated Dyan, has spent the past two years filming a documentary about teens on the streets of Los Angeles and Hollywood – spending nights sleeping on the streets alongside these homeless children whom she has grown to love.

Always with a huge heart, Dyan offers these two words of advice for anyone entering show business, "Be kind."



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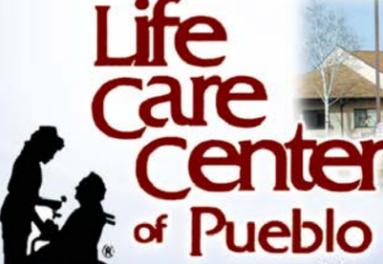
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Caregivers May Slow Alzheimer's Decline

by Robin Mosey, Gerontologist, C.S.A.; from the Home

Ques. My husband is suffering from Alzheimer's disease and I am his primary caregiver. The strain is very difficult and some days it doesn't seem like I make a difference.

Ans. On the contrary, you are making a big difference and here's proof: A recent study led by Johns Hopkins and Utah State University researchers suggests that a particularly close relationship with caregivers may give people with Alzheimer's disease a marked edge over those without one. The benefits appear to result in retaining mind and brain function over time.

A report on the study, which showed that this emotional connection

was as good as some drugs used to treat the disease, is published in the September 2009 The Journals of Gerontology Series B: Psychological Sciences and Social Sciences.

"We've shown that the benefits of having a close caregiver, especially a spouse, may mean the difference between someone with Alzheimer's disease staying at home or going to a nursing facility," says Constantine Lyketsos, M.D., M.H.S., the Elizabeth Plank Althouse Professor in Alzheimer's Disease Research and director of the Johns Hopkins Memory and Alzheimer's Treatment Center.

Of particular interest is the angle of the research, which focused on how caregivers affect the well-being of people with Alzheimer's disease. Most other

studies have looked at the well-being of caregivers. Of the 167 pairs of Alzheimer's patients and caregivers studied, patients with close spouses declined the slowest overall. These close couples had scores showing changes over time similar to patients participating in recent clinical trials for FDA-approved Alzheimer's drugs called acetylcholinesterase inhibitors.

Knowing that you make such an important difference in the life of your husband should allay your fears. However, that still doesn't make up for the fact that you are experiencing caregivers stress, which many other studies have substantiated as well. Please make an effort to get a break once in a while. Can you call a trusted family member or friend

to sit with your husband?

Why not consider professional respite care. Home Instead Senior Care employs CAREGivers who can serve as a helper to family caregivers who need even a few hours a week away from home. Many CAREGivers are trained to work with seniors who have dementia or Alzheimer's disease. Why not call today?

For more information about Home Instead Senior Care, contact Robin Mosey at (719)545-0293 or visit www.homeinstead.com. For more information about the study, log on to http://www.hopkinsmedicine.org/Press_releases/2009/07_22a_09.html.

Charlene Dengler: Healthcare Reform Begins In The Mind

To be perfectly honest, I have not been watching the coverage on the health care reform and its proposals. Although I currently do have a health care plan, I have never used it. I only have it in case of a catastrophic event such as an accident and for my annual healthy person

exam. My personal belief is that instead of allowing the government to dictate to the people what they must do to take care of themselves, people need to be able to take better care of themselves.

From the very young to the elderly there are all kinds of health problems and illnesses. Many are tragic cases of chronic diseases or cancers for which there is no known "cure". However, everyone I talk to whether healthy or ill, are becoming increasingly leery of the medical establishment. Count your many blessings if you are fortunate enough to not have an illness requiring ongoing medical care.

My theory is that the more pharmaceutical drugs you are on, the closer to leaving this earth you become. I don't mean to scare anyone, but it is documented fact that the fourth leading cause of death in this country is something called "iatrogenic" meaning that the drug or treatment intended to help or cure is the actual cause of demise. It is not that the medical personnel intentionally misdiagnoses or erroneously prescribes wrong medicine, although that is sometimes the case. However, pharmaceutical drugs, while administering some palliative result, all have less than desirable effects on

the body, and other treatments often are experimental rather than proven.

So what are we, the people, to do to protect ourselves and decrease our risks of becoming a statistic? I call it a return to nature and the original way that God intended for individuals to deal with the body when it is out of balance. The condition referred to here is called homeostasis and it is a delicate balance that the body maintains when in a state of good health and well being. Have you noticed that all around you there are people not in a state of homeostasis, but also clueless as to where to turn?

For well over a hundred years the medical establishment has become the unquestionable authority regarding health and no one is supposed to know anything about their own body. I am often asked why I am no longer a registered nurse. One of the reasons is that about 30 years ago, I decided that focusing on nutrition and keeping my body in a healthy balance was the proper avenue to take. Doctors are very important and deserve to earn the respect that accompanies a competent medical practice. However, doctors are not always necessary to "fix" every minor ailment any more than antibiotics are not always the answer for every runny nose or low grade fever.

Researching natural alternatives to common ailments and avoiding running to the doctor for every little ache and pain, I believe, has kept me in tip top condition. I have visited the doctor on the

average once a year for the last 30 years with the exception of two pregnancies. I am on no medications, have had no operations, and have no health concerns. I have good genetics, but more importantly, I have been very proactive about what goes into my body and how I live my daily life.

The message here is PLEASE take responsibility for your own health. Trust your instincts and intuition. Read and research natural methods of bringing your body into balance and don't expect overnight results. If your current condition has existed for some time then it will take several months, maybe years, to correct the imbalance. DO NOT stop your current medical treatment, but discuss with your medical professional how to approach your care from a safer, more natural method. If you need to, you may have to find a health care provider who is amenable to your concerns.

While the debates continue over the government health care reform, why not decide for yourself to change your paradigm and do some reforming of your own. It involves a mental shift to taking control. Adopt a more natural approach to health, seek out information regarding natural methods, pray for wisdom, and trust for a positive outcome. Either way there is a cost to pay, but the end result may just be a healthier, better balanced quality of life.

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

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Traveling: There's Nothing Like A Holiday!

Keeping In Contact While At Sea A Snap

by David G. Molyneaux

News from home and today's sports scores never are far away on a vacation cruise, unlike the days in decades past when passengers might rush ashore in a foreign port to find an old newspaper for delayed accounts of tragedies and ballgames.

Whether you are cruising in the Caribbean or the Mediterranean, connection is only a few computer, or cell phone, clicks away.

Or so they say.

Many cruise passengers expect the same level of cell phone and Internet service aboard ship as they get at home. Don't count on it. You may get a good connection or a quick response while you are at sea. But you may not.

When a ship is close to the antennae on land or beneath a telecommunications satellite, signals can be strong. Otherwise, connections often fade in and out -- just as you're finishing a long e-mail.

Connections are improving. Most of the newer cruise ships are wired and ready for Internet and cell phone use -- at a price.

Services and prices vary by cruise line and by ship. For instance, the entire fleets of Carnival and Celebrity are wired for cell phones, but none of the ships in the Princess fleet is.

Most newer ships allow passengers to use their own cell phones -- either U.S. models or the European models with SIM cards. Calls are picked up by a satellite provider. International roaming charges -- usually much cheaper than telephone calls from cabins that cost \$7 to \$10 per minute -- are billed to cell phone users on their own accounts at home. Check with your cell phone company for international roaming rates.

For Internet use, most new ships have a room with computers. The best wired ships also have strong signals to the cabins and public areas, so you could use your own laptop in the privacy of your room or on deck.

Internet time carries a fee per minute that ranges from about 50 to 75 cents. You may buy a package of minutes. For instance, Carnival, Norwegian, Princess, Holland America and Disney charge \$55 for 100 online minutes, \$100 for 250 minutes. Celebrity charges \$70 for 100 minutes. Those minutes spin by quickly while you wait for Web site pages to appear on your computer screen.

On ship computers, once you have established a user name and password -- the system varies by cruise line -- click on Internet Explorer and go to your e-mail host at home, such as Yahoo or AOL or Gmail. You will need to know your user name and password for any Web sites you plan to visit. Bring them with you. Or, you may send yourself an e-mail at home that lists your user names and passwords. Just remember to bring the user name and password to your e-mail account.

Unlike your home desk computer, each e-mail on the ship comes up

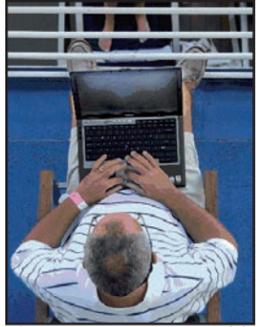
separately and will take longer to read than at home or in the office. If you use AOL at home, for instance, your experience will be different at sea because your home computer has AOL's software built in. On the ship, type in www.aol.com, then, when you log on, look for the small print that says "click here if you have a slow connection." Clicking on that will help speed the connection.

The strength of the signal can vary substantially from day to day, hour to hour, minute to minute.

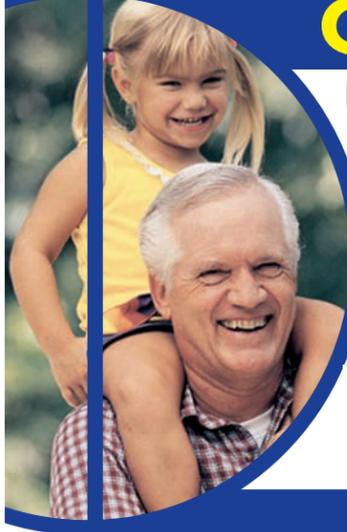
On Alaska cruises, for instance, the farther north you get, the closer the telecommunications satellite is to the horizon, so signals tend to fade in and out as the satellite might slip behind a mountain range, said Darryl Moseley, manager of shipboard technology for Carnival Cruise Lines.

Internet use tends to rise with the length of the cruise, said Moseley. The longer passengers are away from home, the more they use the Internet. In the spring, when the new Carnival Splendor cruised from Florida to California, around the tip of South America, "demand for the Internet went through the roof," said Moseley, as passengers sent e-mails and pictures back home.

The signal on ships also is affected by how many passengers are using the Internet. Peak times are sea days, and the hours just before and after dinner. The computer room usually is empty at 8 a.m.



A passenger uses his laptop on deck on the Carnival Splendor. photo: Carnival Cruise Lines



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SEE "CRUISE" PAGE 12.



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H0630_09079 (04/08/2009)



Here's How The West Was Drawn 2009!

REPRESENTING THE WEST ART EXHIBITION & SALE ARTISTS' RENDITIONS OF THE WONDROUS WEST... MORE THAN JUST COWBOY BOOTS AND RODEO

(PUEBLO)—It's that time of year again! The 2009 Representing the West



Jim Glover- "On the Way Out,"

Art Exhibition and Sale is finally here and bringing the "best of the West" to Pueblo at the Sangre de Cristo Arts Center. From September 24 until October 24, visitors can enjoy and purchase exclusive, beautiful works-of-art created by some of the best artists in the Western United States.

Representing the West, now in its seventh year, is a national invitational exhibition of traditional representational art in a realist tradition. The work depicts the western American genre highlighting the diversity of the land and its people. Sculpture, new to the exhibition last year, will again be featured. Some of the sensational artists whose works are appearing in this year's show are Nathan Solano, 2008 "Best in Show" winner (2-dimensional), Dough Candelaria, Kim Mackey, Tom Owen, Teresa Vito, Tim Deibler, Nikolo Balkanski, Kim English and Carol Jenkins as well as sculptors Andi Mascarenas, Cammie Lundeen, Chris Hunt and many more!

Held as the kick-off event for the Pueblo Chile & Frijoles Festival, the Sangre de Cristo Arts Center will hold a free to the public gallery reception on Thursday, September 24, from 5:00-7:00 p.m. in the Helen T. White Galleries. The presentation of three juried awards will take place during this opening reception. The People's Choice Award is awarded at the end of the exhibit. The awards for

the winning artists will carry cash prizes, sponsored by the estate of Thomas V. Healy. This year's exhibition juror is Blake Milteer, Curator 19th-21st Century American Art, for the Taylor Museum at the Colorado Springs Fine Arts Center. The reception and the exhibition are sponsored by US Bank.

The exhibition will begin regular hours starting Friday, September 25 (Tuesday through Saturday from 11:00 a.m. to 4:00 p.m.). Admission to the Arts Center is \$4 for adults and \$3 for children and military. Members of the Arts Center receive free admission. For more information, call 719-295-7200 or go online to www.sdc-arts.org. The Sangre de Cristo Arts Center is located at 210 N. Santa Fe Ave., just off of I-25, exit 98b. All proceeds benefit arts education programs.

Representing the West Painters: Patti Andre, Nikolo Balkanski, Keith Bond, Marty Brens, Doug Candelaria, Mitch Caster, Lorenzo Chavez, Lyle Clift, Stephen Day, Tim Deibler, Donna Delacroce, Don Demovich, Fran Dodd, Kim English, Jane Ford, Jo Gason, Jim Glov-



Ginger Whellock- "Lost in the Mist"

er, Carol Jenkins, Frank LaLumia, Tom Lockhart, Leon Loughridge, Kim Mackey, Lorie Merfeld-Batson, Eric Michaels, Tom Owen, John Phillips, Nathan Solano, Sam Thiewes, Dave Thronson, Michael Untiedt, Teresa Vito, Ginger Whellock
Representing the West Sculptors Dan Glanz, Chris Hunt, Cammie Lundeen, Andi Mascarenas

New Football Book: Football Trivia Roundup

(NAPSI)-Whether they're tailgating, playing in a fantasy league or trading gridiron facts, football fans are known for their competitive spirit and insatiable appetite for all things pigskin. If you count yourself among them, you might try exercising your brain with a little football trivia:

What player once ran for more than 2,000 yards in one season for the

Ravens?
A. Terry Allen; B. Willis McGahee; C. Priest Holmes; D. Jamal Lewis

The answer is "D," Jamal Lewis. The question, and more than 2,500 others like it, are in a new book called "Obsessed With Football." It comes with an electronic scoring module that allows players to quiz themselves or compete against a friend as it tracks points from play to play. Here's a look at some of the book's additional football trivia:

1.) Which of the following Hall of Fame quarterbacks was not a first-round draft choice?
A. Fran Tarkenton; B. Bob Griese; C. Terry Bradshaw; D. Troy Aikman

2.) Who is the only person in both the Baseball and Football Hall of Fame?
A. Frank Gatski; B. Bo Jackson
C. Cal Hubbard; D. Jim Thorpe

3.) Who owns the record for the longest touchdown run at 99 yards?
A. Ahman Green; B. Tony Dorsett
C. Randall Cunningham; D. Marcus Allen

4.) What player holds the single-season mark of 2,429 yards gained from scrimmage?
A. LaDainian Tomlinson; B. Jim Brown; C. Marshall Faulk; D. Emmitt Smith

Answers
1.) A; 2.) C; 3.) B; 4.) C
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Cruise

from page 11.

If you need help, sometimes your best source is a fellow passenger. Most ships provide occasional technical support in the computer room, but the service and attitude vary in quality and helpfulness. Keep in mind that you must log off the computer when you are finished or your online minutes will continue to accumulate even after you leave the computer.

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An Autumn To Love In Vermont's Woodstock

by Jay Clarke

WOODSTOCK, Vt. -- No, this isn't the site of the iconic Woodstock Festival that brought thousands of music fans to a muddy farm in upstate New York 40 years ago.

But this Woodstock in south-central Vermont is an icon in its own right: It's one of the prettiest towns in New England, and soon visitors will be swarming here to admire the autumn colors in a quintessential New England setting.

They'll stroll amid streets bordered with white picket fences, planter boxes and church steeples. They'll stay in homey inns, shop in stores with a yesteryear look and chat with friendly townspeople (977 of them, in the last census).

From hiking trails on Mt. Tom or Mt. Peg, they'll enjoy a panorama of color -- the reds of maples, the yellows and oranges of oaks and hickories -- all sprinkled among the evergreens. In town, individual trees and their colors come into sharper focus, but one long-time resident has a "secret" way to enjoy the fall foliage.

"The best way is not to go where others go," confided Phil Camp, publisher of the Vermont Standard, Woodstock's weekly newspaper. "Go on second- and third-class roads, seek out old towns. You'll discover other things as well -- old cemeteries, old barns, gorgeous in design."

Woodstock is a Currier and Ives engraving come to life, preserved in part by the generosity and foresight of a devoted resident, Laurance Rockefeller. He deeded the land for what is now Marsh-Billings-Rockefeller National Historical Park, the state's only National Park Service unit, and the adjacent Billings Farm and Museum. He built the graceful Woodstock Inn, one of New England's best-known hostels, and preserved the Suicide Six Ski Area, home of what some claim to be the first ski lift in America.

Beyond leaf-peeping, autumn visitors can enjoy special events that occur only at this time of year. Wagon rides, harvest festivals and cook-offs await.

Many of these events are held at the Billings Farm, a working farm and museum of Vermont's agricultural and rural heritage, where kids can get close to farm animals and join in fun activities.

Every Saturday in September, the farm stages demonstrations of traditional crafts of the late 19th century -- quilting, pottery throwing, making hooked rugs and the like.

New this year is Foodways Fridays, featuring heirloom vegetables in recipes commonly prepared in the 19th century (through Oct. 16). Other fall events at Billings Farm include the Pumpkin and Apple Celebration (Oct. 3-4) and Harvest Weekend (Oct. 10-11).

Also, just west of town, the sixth



The Woodstock area -- including Barnard, Vt. -- offers autumn colors in a quintessential New England setting. photo: Woodstock Area Chamber of Commerce

annual Vermont Fine Furniture and Woodworking Festival will take place Sept. 26-27.

Visitors to the adjacent national historical park can tour Rockefeller's Queen Anne-style home, which he donated to the National Park Service in 1992. Its extensive art collection contains many examples of American landscape paintings by renowned artists. Hint for autumn visitors: The mansion's front porch offers a fine view of the colorful landscape.

Both the park and the farm are within walking distance of the town, most of whose buildings date to the 1800s. One of them is the venerable F. H. Gillingham and Sons general store, which is worth a visit just to roam aisles filled with everything from Vermont maple syrup to toilet seats.

In the heart of town stands the elliptical Woodstock Green, and if you want to check out what's going on in town, take a look at the Town Crier -- not a person, but a public sign that posts

all the coming week's events.

At the imposing Woodstock Inn, an oasis of elegant relaxation, you'll see guests seated comfortably by the fireplace in the lobby or gathering at the inn's Richardson's Tavern. New at the inn since last year is the Red Rooster, an upscale and trendy restaurant. Also associated with the inn are an 18-hole Robert Trent Jones golf course, fitness center, cross-country ski center and the Suicide Six Ski Area.

Just a few miles from Woodstock lies the Quechee Gorge, Vermont's "Little Grand Canyon," only 165 feet deep and a mile long, but impressive nevertheless. It's best viewed from the bridge on U.S Highway 4. A visitor center is nearby, and hiking trails descend into the gorge, which is a state park.

Nearby is Simon Pearce Glassworks, where you can watch glassblowers finish each piece by hand, then go upstairs to the company's popular restaurant overlooking the Ottauquechee River.

Also within easy driving range are several other points of interest: the Calvin Coolidge Homestead in Plymouth Notch, where the former president took the oath of office upon the death of President Warren Harding; the Killington Ski Area, largest in the East; and Dartmouth College of the Ivy League.

Information: Woodstock Area Chamber of Commerce, 888-496-6378, www.woodstockvt.com.

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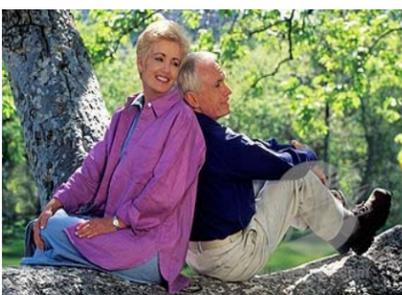
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BBB Not In Magazine Selling Business!

by Katie Carrol - Better Business Bureau

Your Better Business Bureau has received reports of two men going door-to-door claiming they are selling magazines on behalf of the BBB.

Under no circumstances does the BBB sell magazines, nor do they visit the public in their homes.

The con artists show the consumer a folder containing a number of legitimate magazines. They are offering five-year subscriptions for \$60 per year. They are reported to be very pushy and attempt to obtain the consumer's financial information.

Seven Businesses to Participate in BBB's Excellence in Customer Service Award Program

For 15 years, your Better Business Bureau has sponsored a program to allow businesses to examine and improve

their customer service process.

Known as Excellence in Customer Service (EICS), the program enlists the services of independent evaluators who provide an analysis of the participating companies' existing customer service system. While there is a small fee to register, this quality assurance consultation would be worth thousands of dollars if contracted independently.

This year, seven companies will participate:

- Amnet
- Champion Window, Siding and Patio Rooms
- Endodontic Specialists of Colorado
- JAN-PRO Cleaning Systems of Southern Colorado
- The Law Office of Michael J. Duncan
- Navakai
- The WireNut

The evaluators use criteria based on the national Malcolm Baldrige award

This Senior Safety Page is Proudly Sponsored By Three of the finest Assisted Living facilities in the region; North Pointe Gardens, Trinity Life Gardens and Oakshire Garden Assisted Living. Matt Coffman and all the employees of these fine facilities welcome you to call them for a tour. See their ad below for details.

given by the Baldrige National Quality Program. As with this award, all EICS participants are provided with a comprehensive feedback report.

The self-inventory is especially valuable because companies compete against their internal systems, as opposed to those of other companies. Therefore more than one company can win.

This year's winner(s) will be announced at a gala dinner on Thursday, September 24 at the Doubletree Hotel Colorado Springs - World Arena.

The program was developed in 1997 and any company in southern Colorado, not just BBB accredited businesses, may apply.

Let's Talk Telephones

(NAPSI)-When it comes to helping your family stay safe during emergencies, it may be a smart call to keep the cord.

Landline--or corded--phones work in power outages and never need to be charged. The lines are instantly traceable, meaning emergency personnel can locate someone who calls 911 for help, even if he or she is unable to speak. Conversely, the location of a cell phone can't always be tracked.

Keeping Talk Cheap

Also important, landlines could help save families money. Providers often offer discounts for landline service when combined or "bundled" with other services such as Internet or television. These services require a broadband Internet connection to function, possibly adding to a household's costs but also meaning that when Internet service goes down, the digital phones no longer work.

Additionally, corded landlines are essentially a fixed cost. They have no overage charges for minutes used or airtime allowances.

In many parts of the country, you can even get landline service from a local company with a nearby office. For instance, members of the National Telecommunications Cooperative Association have employees who live in the communities they serve and who have a vested interest in providing a quality product.

For more information about landlines, how they might save you money and even help keep you safe, visit www.ntca.org or call (703) 351-2000.

Convoy Of Hope

from page 1.

such as Coca-Cola, Kraft Foods, Wal-Mart, Target, McDonalds, Dell Computers, Fed Ex and others to provide assistance to people in wake of natural disasters as well as those of our working poor and families in need right here in the United States.

The event, which is open to everyone, will be held at the Midtown Shop-

ping Center, located at 1015 W. 6th Street from 10:00 a.m. to 2 p.m., and will feature a complimentary lunch, entertainment, a Kids Zone complete with inflatable play areas, carnival style games and more.

There will also be several community-outreach services offered to guests, including free lunch, haircuts, health screenings, dental checkups, job fair and ongoing entertainment throughout the day. In addition to these services there will be a semi-load full of groceries bagged and distributed to families on a first-come, first-serve basis while supplies last.

Businesses, civic and Non-Profit organizations and individuals are encouraged to participate at this event. Organizations may inquire about setting up tables in the Community Services Area. If you would like more information regarding this opportunity or you would enjoy being a volunteer please visit our website at www.puebloconvoyofhope.com or call 719-544-9486. A Volunteer Rally will be held on Friday, September 18 at 7:00 p.m. for all volunteers for the event.

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Here's Some General Eye Care Facts For You

from Rocky Mountain Eye Center

GENERAL EYE CARE FACTS ACCORDING TO THE AMERICAN ACADEMY OF OPHTHALMOLOGY:

By age 65, one in three Americans has some form of vision-impairing eye disease. Most do not know it because there are often no warning symptoms or they assume that poor sight is a natural part of growing older. In addition to protecting your eyes from accidents, early detection and treatment of eye problems is the best way to keep your healthy vision throughout your life.

Glaucoma is a leading cause of blindness in the United States. Early treatment can often prevent loss of sight. Primary open-angle glaucoma is the most common form of glaucoma in the United States. Typically, open-angle glaucoma has no symptoms in its early stages, and vision remains normal. Regular eye examinations by your Eye M.D. are the best way to detect glaucoma.

Approximately 16 million people in the United States have diabetes and one-third of them do not know it. Diabetes is the leading cause of blindness among adults, and people with diabetes are 25 times more likely to become blind than people without it.

The eye bathes itself in tears to stay moist. Some people don't produce enough tears for healthy eyes. This is called dry eye. Moist eyes are essential to comfort and health. Tear production normally decreases as we age. An eye doctor is usually able to diagnose dry eye by examining the eyes.

Please visit www.aao.org for more information.

ACCORDING TO THE NATIONAL EYE INSTITUTE:

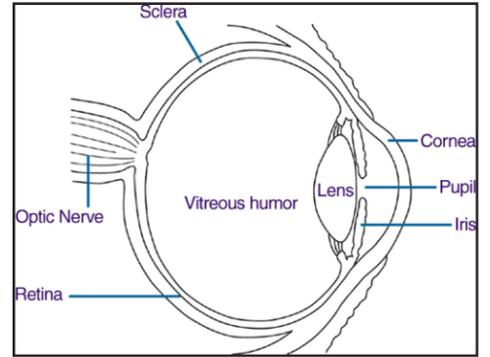
Age-related macular degeneration (AMD) is the leading cause of vision loss in people 65 years or older in the United States. AMD affects more than 10 million Americans.

A cataract is a clouding of the lens in the eye that affects vision. Most cataracts are related to aging. Cataracts are very common in older people. By age 80, more than half of all Americans either have a cataract or have had cataract surgery.

A retinal detachment is also more likely to occur in people who:

- Are extremely nearsighted
- Have had a retinal detachment in the other eye
- Have a family history of retinal detachment
- Have had cataract surgery
- Have other eye diseases or disorders, such as retinoschisis, uveitis, degenerative myopia, or lattice degeneration
- Have had an eye injury

Please visit www.nei.nih.gov for more information.



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Belmont Senior Care Backyard BBQ Party

by Nichole Juliano, Admissions & Marketing Coordinator

Residents at Belmont Senior Care Assisted Living enjoyed the afternoon at their annual summer barbeque on Friday, August 7th. The resident's and adult day services participants came out for the delicious hamburger and hotdog lunch. One resident, Carman Gash, remembered the days when she would have her own barbeques with her family, "We didn't go far" she says. "Our own backyard was the perfect place to barbeque, and we always had plenty of green chili, that stuff is good on everything!"

Every summer our assisted living community holds a barbeque for the resident's in their own private courtyard. It's our way of celebrat-



ing the end of summer and gives the residents and staff a chance to relax, have some great summer time food and enjoy each other's company!

For more information on assisted living, respite care, or adult day services, contact Nichole Juliano, Admissions and Marketing Coordinator at Belmont Senior Care (719) 544-3999.

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

SEPT. 1: Lasagna, Cucumber/Onions Peas, Wheat Bread/Marg., Apricots

SEPT. 2: Sweet/Sour Pork/Rice, Oriental Veggies, Wheat Bread/Marg., Strawberries/Bananas.

SEPT. 3: Porcupine Meatballs, Broccoli, Wheat Bread/Marg., Lime Fruit Jello.

SEPT. 4: Chicken a la King, Biscuit, Green Beans, Cherry Crisp.

SEPT. 7: Roast Pork Loin, Rice Pilaf, Capri Mixed Veggies, Wheat Bread/Marg., Orange Sherbet.

SEPT. 8: Turkey Tetrazzini, Zucchini & Tomatoes, Carrots, Wheat Bread/Margarine, Applesauce Cake.

SEPT. 9: Honey Mustard Chicken, Stewed Tomatoes, Basil Green Beans, Wheat Bread/Marg., Cherry Crisp.

SEPT. 10: Meatloaf/Tomato Sauce, Peas, Cabbage, Wheat Bread/Margarine, Lime Fruit Jello.

SEPT. 11: Tomato Swiss Steak, Scalloped Potatoes, Italian Mixed Vegetables, Wheat Bread/Margarine, Ambrosia.

SEPT. 14: Penne/Meat Sauce, Broccoli, Pickled Beets, Wheat

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SEPT. 15: Roast Beef/Gravy, Mashed Potatoes, Stewed Tomatoes, Mixed Salad/Ranch Dressing, Wheat Bread/Margarine, Plums.

SEPT. 16: Chicken & Dumplings, Basil Green Beans, Corn Wheat Bread/Margarine, Cherry Fruit Jello.

SEPT. 17: Beef Tips/Gravy, Mashed Potatoes, Carrots, Wheat Bread/Margarine, Pineapple Tid Bits, Fruit Juice.

SEPT. 18: Chili Con Carne, Cornbread, Cucumber & Onions, Orange Juice.

SEPT. 21: Stuffed Bell Peppers, Two Bean Salad, Peas, Wheat Bread/Margarine, Strawberries/

Pineapple.

SEPT. 22: Beef Stew, Confetti Rice, Harvard Beets, Cucumber & Onions, Wheat Bread/Margarine, Gingerbread w/Lemon.

SEPT. 23: Baked Glazed Ham, Garlic Mashed Potatoes, Capri Mixed Vegetables, Wheat Bread/Margarine, Pineapple Tidbits, Orange.

SEPT. 24: BBQ Beef/Bun, Baked Beans, Creamy Cole Slaw, Blush Pear Dessert.

SEPT. 25: Roast Turkey/Gravy, Parslied Potatoes, Wheat Bread/Margarine, Carrots, Blush Pear Dessert.

SEPT. 28: Sloppy Joe on a Bun, Potato Salad, Carrot Raisin Salad, Orange Sherbet.

SEPT. 29: Turkey Rice Casserole, Sugar Snap Peas, Mixed Salad/Ranch Drsg, Wheat Bread/Margarine.

SEPT. 30: Chicken Cacciatore, Au Gratin Potatoes, Mixed Vegetables, Wheat Bread/Margarine, Lime Pear Jello.

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Finances: Create And Keep Wealth

Here's How To Stretch Your Personal IRA

by Ron Phillips

We work long and hard. We save money for a rainy day. If we are really savvy we invest in tax-deferred accounts like IRAs (Individual Retirement Accounts), a 401k or annuities. Then we reach that "sudden stop at the end". And our offspring get to enrich the government with even more tax dollars. Or do they?

Is there a way around paying the government a big lump-sum payment when we pass along retirement accounts to our loved ones? Fortunately, there is a way. It's called "stretching" your IRA.

Let's assume you have already set up an IRA. Or you have retired from a job or business and then converted your 401k into an IRA. This technique can help

your heirs slowly pay taxes to the government. The key word is slowly. There are very, very few ways of completely avoiding all taxes.

Without this technique your heirs would receive a big lump of cash when you pass away. Then they would be forced to pay a big lump to the government. If they were in the 15% federal bracket and the IRA amount is high enough they could be bumped up into the 25% bracket. Add in state tax and the total tax rate could be nearly thirty percent or more.

The stretch technique does just what it sounds like. For example, if your son or daughter is 35 when they receive your IRA this could put their remaining life expectancy at 46.2 years. This figure is important. Your beneficiary would di-

vide the balance of the IRA by 46.2 (or whatever real figure it is) and must take a small distribution based on that number.

If the balance happened to be \$92,400 then it would equal a distribution of \$2000 instead of the total account value. [That is 92,400 divided by 46.2 = 2000] Each year the figure would change but the idea is the same. They avoided the lump-sum tax and possibly being in a higher bracket. Now they are only taxed on the \$2000 distribution that year. Pretty sneaky isn't it?

Of course, the main benefit is forty-six more years of tax-deferred growth on the underlying assets. Tax-deferral is usually always a good thing because any gains grow quicker without the burden of annual taxes.

Keep in mind that my example is a simplification of this technique. You should always check with your tax professional for all details regarding your specific situation.

Also, remember to name your beneficiaries on your accounts. When you do that you should be able to take advantage of this technique. If you do not put down a specific beneficiary then it could default to your estate and you get no stretch option.

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

RonPhillips@RPAdvisor.com.

"Grandpa..... Tell Me About The Good Old Days!"

by Lois Clarlock - ENT Bank

Let's face it, in today's economic downturn, a buck just doesn't go as far as it used to. Children have a hard time understanding this concept and stories about the good old days will not suffice. It is important for parents and grandparents to teach kids about money and the importance of saving for the future at an early age.

Children are constantly observing adults - as mentors, this provides Mom, Dad, Grandma and Grandpa the opportunity to demonstrate the importance of money management on a daily basis. From a very young age, kids are visiting the ATM with an adult, collecting change and watching the exchange of money. Each of these activities represents a teaching moment and is essential in the development of a financially responsible adult. Children that are educated early about the importance of saving are more likely to set aside funds, respect money, and be knowledgeable about finances.

Receiving an allowance is common practice today and children who earn their money are more likely to have a greater appreciation for it. This is a chance for parents and grandparents to encourage children to put aside a percentage of earnings into a savings account, driving home the benefits of working and doing a good job.

Teens are also learning the value

of money by taking on an afterschool job or babysitting on the weekends. Not only is this a fantastic exercise in the value of work and earnings, but it opens the door for adults to discuss money management and incentives to savings.

Children are unlikely to become excited about saving money for future needs when current wants seem so enticing. There are methods for making the process more fun by following a few helpful tips:

- Have kids help with the shopping: this activity will teach them about choices and the necessity of money

- Pay Yourself First: At a young age, kids should learn to "pay yourself first" by making it a habit to deposit a percentage of all money earned

- Match Savings: If your grandchild receives an allowance or gift, always suggest that a percentage be put into savings and match it

- Set Goals: Create a savings chart with a picture of a desired product to open a discussion about saving to buy something special

- Take Action: Offer to open a savings account and add money to it when possible. A number of financial institutions offer youth accounts. Ask your financial institution today.

It's never too early to begin talking about the future. Kids view adults as role models and it is important to of-

fer sound advice. Oftentimes grandparents are more effective at driving a point home than parents! Take the opportunity to teach them about saving money, invest-

ing early, and staying out of debt.

Lois Clarlock, Education Manager, Ent Federal Credit Union. Contact her at (719) 550-6095 or lclarlock@Ent.com.

On Your Toes!!

by Benjamin Marble, DPM, Pueblo Ankle & Foot Care

YOU CAN AVOID THOSE

'SHOE BLUES'

Do your feet hurt more since summertime has ended? You're not alone. We see a lot of patients like you each fall. When it comes time to put the sandals away, these patients get the shoe blues.

In summer, sandals provide the freedom that allows your feet to feel comfortable. If you start wearing closed shoes again in autumn, the shoes can rub against bunions and hammertoes and cause you pain. Sometimes the friction of shoe against skin can cause painful corns and calluses to build up.

Your first line of defense is to wear comfortable, well-fitting shoes. Pick footwear with a toe box wide enough so that your toes aren't crowded together. If you wear shoes with heels, keep the heel height to two inches or less to avoid putting pressure on bunions. It is recommended that you buy your shoes at the end of the day when your feet are the largest. Make sure that you measure feet (every time) while you stand as your feet to change in size and your feet elongate up to a full size when standing. Finally, start looking for a shoe that is about a half size to a size larger than what you measure.

Wear socks to reduce the friction of the shoes against your feet. You

may also want to take your shoes to a shoe

repair shop and get them stretched in the areas that are bothering you. Using pads to shield the corns may help, but avoid medicated pads, which contain acid that can be harmful.

If you try these tips to no avail, see your local foot and ankle specialist. There are several things we can do, including:

- Trimming corns and calluses professionally. Don't attempt this yourself because you run the risk of injury and infection.

- Providing custom shoe inserts.
- Injecting corticosteroids, which ease pain and inflammation, or prescribing pain medication.

If conservative measures like these don't give you results, surgery may be an option.

Don't let painful toes keep you from enjoying all that fall has to offer. Make an appointment with our office to get them checked out.

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

www.puebloankleandfoot.com



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Senior Beacon

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

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

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Mature Market Editorial Services, NAPS, Jan McLaughlin

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

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Senior Community Update



MESA TOWER DANCES

Mesa Towers at 260 Lamar Avenue in Pueblo will sponsor a dance every Sunday from 7-9pm. Leo Samora and Kenny Martinez will be the featured entertainers. It's a great way to get some exercise and socialize and have fun. The cost is \$2.00 at the door. The dance is open to the public. There will be door prizes and refreshments. **Donations are welcome. Call Eva at 778-6011 for more 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 546-1973 for details." Guests welcome and there is no charge.

SRDA SEPTEMBER 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 FOR SEPTEMBER 2009

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

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

COAL CAMP EXCURSION

Coal Camp Excursion - Crested Butte September 19th & 20th September 19th the Steelworks Museum will hit the road with an overnight excursion to Gunnison and Crested Butte. Colorado Fuel and Iron (CF&I) operated the Jokerville mine outside of town, and later the Big Mine which dominated the local economy until the early 1950s.

Little is left of the coal heritage that kept Crested Butte alive until the advent of the skiing industry, with the exception of the wonderful 19th century architecture seen all over Crested Butte. Today, the town is a year-round resort community with quaint shops, unique restaurants, fabulous scenery and a rock solid foundation with CF&I.

We'll leave the Steelworks Museum at 8am on the 19th. First stop will be at Monarch Pass to stretch our legs and enjoy the scenery. Hopefully the fall foliage will be at its peak during the excursion.

Next stop will be in Gunnison where everyone will be on their own for lunch. In the heart of downtown there are several good restaurants to choose from. From there we'll head for Crested Butte and the Mountain Heritage Museum. A

walking tour of the historic buildings along Elk Avenue is available, or you're free to explore Crested Butte on your own.

You'll have your choice of Crested Butte's many fine restaurants for dinner. Then we'll return to our lodging in Gunnison at the Day's Inn.

Sunday morning breakfast will be provided at the hotel. At 9 we'll tour Gunnison's Pioneer Museum featuring many inside exhibits and a narrow gauge train consisting of the Denver & Rio Grande Engine #268, a flanger, a gondola, boxcar, livestock car and caboos.

Tentatively we're planning lunch in Salida, then the return to Pueblo by 7pm.

Cost for the excursion is \$170 per person for members of the Society, \$190 for non-members. Reservations are based on double occupancy and are due, with payment, by Sept. 11th. Payment may be made by cash, check or MasterCard or Visa.

The tour includes: Motor coach transportation with refreshments, overnight lodging Saturday night, all admissions, commemorative souvenir companion tour booklet, breakfast Sunday morning and tour presentation on the bus.

Please note that the elevation of Crested Butte is 8,924 feet, and there is some walking involved with the tours. Reservations may be made in person at the Steelworks Museum gift shop, by mail and by phone - 719-564-9086.

TOASTMASTERS

New officers of Pueblo Toastmasters 795 are:

President: Roger S. Weitzel, CTM
V. P. Education: Dianne E. Butts
V. P. Membership: Robert W. Johnson
V. P. Public Relations: Lisa M. Hodanish
Secretary: Joanna C. Martinez
Treasurer: Joanna C. Martinez
Sergeant at Arms: Jennifer L. Andrew

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

Vail Hotel, 217 S. Grand - Tuesday, September 8th; 9:00 - 10:30pm.

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

Joseph Edwards Senior Center (SRDA), 230 S. Union - Wednesday, September

9th; 9:45 - 12:00 pm.

Mineral Palace Towers, 1414 N. Santa Fe - Thursday, September 10th; 9 - 11:30 am.

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

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

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

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

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

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

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

Get Moving with Pueblo StepUp Community Exercise Programs: Please call Emily Johnson @ 557-3887 for questions about any of

FLORENCE YARD SALE

The Florence Senior Community Center is sponsoring a yard sale and coat drive on Sept 19th at the Senior Center, 100 Railroad Ave Florence.

The coats will be donated to those in need in the community and the proceeds from the yard sale will help support the operation of the Senior Center.

Please bring any gently used coats for adults and children to the sale. If you wish to donate any items to the sale you can call Kathy @ 784-2352.

The sale will feature a multitude of items including the kitchen sink!

The yard sale will start at 9:am. Come to Florence on the 19th for Pioneer Days and visit the yard sale too.

WESTERN MUSEUM OF MINING & INDUSTRY

Heritage Lecture Series - FREE

To continue the 150th anniversary of the Colorado Gold Rush celebration, guest speaker Dr. Laurence Jankowski will discuss and show his film "Gold in Colorado". Heritage lectures are free to the public, reservations are suggested RSVP@wmmi.org or call 719-488-0880. Museum located at 225

North Gate Blvd. (I-25 Exit 156 A) in Colorado Springs. www.wmmi.org

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.



Caring and affordable assistance to help seniors and others maintain independence at home.

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SENIOR CLASSIFIEDS

TOWNHOUSE FOR SALE: One level floorplan. Two bedrooms, 2 baths, walk-in closets, vaulted ceilings, fans in each room, AC, fenced in rear, \$170K. 350 Field Ave. Cañon City. 276-0243. #1109

SENIOR MALE seeks roommate to share large, furnished Pueblo West home. Lake view! Large deck, quiet, includes all utilities, direct t.v.. \$500 per month. (719)242-6465. #1109

SALE: Upright freezer. 20. cubic feet - slot machine- sing-a-long system - stereo & speakers - treadmill. 1714 Lynwood. Other items for sale. Call 569-2554. #1109

24/7 SENIOR HOME CARE: Your home or mine! Experienced, reliable, compassionate. Med. certified, CPR, First Aid. 671-4316.#1109

SENIOR LADY AVAILABLE to care for you at home. Meals, errands, appointments. Experienced and happy to help. Call 719-406-6718. #0909

STRICTLY MOBILE: Lawnmower/small engine repair done on-site! Certified, reliable, clean and friendly technician. Tune-ups, service and/or repairs on many brands of outdoor power equipment. Excellent references. Very reasonable. 719-994-7986. #0909

SHELBY'S MOBILE HAIR STUDIO. Perms - \$40: includes haircut and style. Will come to your home. Seniors & shut-ins only. For appointment call Sally at 719-565-7134. #1009

FOR SALE: Timeshare at Stormy Point Village, Branson, MO. List price is \$17,900, sell for \$11,400. Two bedroom (can sleep 6). Call 719-583-2042. braveday@socolo.net #0809

IF YOU NEED A PART-TIME CNA in your home. Call Diane, 544-2710. Experienced, reliable, references.#0909
EXPERIENCED PCP (PERSONAL CARE PROVIDER). References, Days. Local calls at 289-1120. Ask for

SENIOR CLASSIFIED AD REQUEST

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

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

Phone: _____ Your Name: _____

Mail ad & Check (send no cash) to:

Senior Beacon P.O. Box 7215 Pueblo West, CO 81007.

Carol. #0809

CAREGIVER, Part time. Private Care. Have experience: Recommendation letters. Fix meals, Dr. appts., shopping, Southside. Feel free to call, 564-2157. #0709

HANDYMAN SERVICES: Painting, home repairs, tile, etc. FREE ESTIMATES! (719) 214-0563. #0709

FOR SALE: Mobility Power Chair! It Can Be Pushed. Like new! At cost it was \$3,000. Asking much less. Call 543-0217. #0709

NO TIME...? USE MINE!! Can't drive? Can't get out? I run errands. Call Virginia, 719-561-1384 or 719-214-6007. #0609

HOSPITAL BED, electric with mattress. \$400.00. 719-406-5400. #0609

FOR SALE: 1971 Mobile Home. 3 bedrooms, 1 bath, 4 sheds. Nice yard. 543-5607. #0609

HOME CARE: very reasonable rate.

Honest, dependable. CNA Certified. 719-251-8539 or 719-251-6178. #0609

"SCOOP-IT" CANINE CLEANUP SERVICE. You'll never have to scoop poop again. Dependable, honest, weekly, bi-weekly or monthly service. Senior Discount! Call J.R. 250-4419. #0609

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

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

WANTED: CERTAIN 45rpm records and LP albums from the 1950s and 1960s. 566-7975. #1009

LAMENTS

Oh, Never more! Never more! Can I deny I'm 94?

This year is almost past Old age creeps up so sneaky, fast.

I wake up now, way past seven. Watch TV games until eleven.

Then I crawl to the edge of my bed, making sure not to fall on my head.

Life changes are taking place; Just take one look at my face.

This old buddy has changed a lot, But I'm still happy with what I've got.

I go for short walks - not hikes, Exercise on my mini-bike,

Need to loosen up my knees So they continually bend - not freeze.

A shopping cart is my prop When I go to grocery shop;

Once a month is quite enough Cause shopping day is really "rough."

In my big chair I sit and grin At how fortunate I've really been;

I haven't spent a lot on bills Or, atrocious, shocking Dr. bills.

I'm counting my blessings everyday, Helps keeps the blues away;

"So old body go on and hurt, Cause I'm working on my "Mind Alert."

If I, around another year, There will be a poem full of cheer;

But, if my name is in the Obits You'll know I've called it simply "Quits."

Myrtle Morland
Pueblo West

Did You Know

- All Natural Meadow Springs Septic Tank Maintenance with Eco-Yeast(tm) is nontoxic, safe and requires no protective clothing or breathing mask. You can find it at www.meadowsspringscorp.com or in stores. The site also has information on winning one of 25 "Green Home Makeovers" and more.

- Nicorette White Ice Mint is the first stop-smoking aid with a whitening benefit that helps a smoker manage tough cravings and withdrawal symptoms while quitting, and also helps whiten teeth in the process. Smokers interested in quitting can visit www.nicorette.com for more information.

- Replacing old equipment can cut annual energy bills by almost \$200. Luxaire offers a number of cooling systems that carry the Energy Star logo. To learn more, visit luxaire.com or call (877) 874-7378.

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Time May Be Right For Savvy Seniors To Tap Home Equity

(NAPSI)-How long can a good thing last?

That's the question home-owning seniors might want to ask themselves right about now as the current deadline for taking advantage of higher loan limits for reverse mortgages fast approaches. The limits were raised to \$625,500 from \$417,000 nationwide as part of the recent economic stimulus package; however, barring some last-minute extension, they're slated to expire at the end of this year.

"There's no guarantee how long that benefit will last," notes Jeff Lewis, chairman of Generation Mortgage Company, a nationwide reverse mortgage lender. And with most experts seeing interest rates rising and home values remaining unsteady, that makes the decision on whether to act even more pressing for seniors.

For those who haven't read the stories about seniors whose lives were in some way saved by them, reverse mortgages are uniquely designed to allow homeowners age 62 and older to access the home equity they've built over the years in their traditional "forward" mortgages. Meaning that, instead of making monthly payments to some financial in-

stitution-as is normally the case-seniors who opt for one of these Federal Housing Administration-insured mortgages receive "reverse" payments on the money they've already put into their homes.

Loan amounts are based on the borrower's age, current interest rates, the appraised home value and the amount of equity in the home. Also setting them apart from traditional mortgages: There are no credit or income qualifications.

"We're seeing homeowners use reverse mortgages for a variety of situations-from warding off financial short-comings to strengthening their financial outlooks," says Lewis. "Now is the time for seniors to regain their financial independence. Interest rates are at historic lows and loan limits may never be as generous, boosting potential payouts."

One family that's already benefited from a reverse mortgage illustrates how the decision process often involves multiple generations.

"My parents and mother-in-law decided that reverse mortgages were the right solution for their unique situations," says Victor Seaman of St. Petersburg, Fla. "My wife and I wanted to ensure that our parents could stay in their homes without having to worry about the expense of monthly mortgage payments.

"We did our research and learned that reverse mortgages would enable them to eliminate those payments and, instead, get paid back the money they've put into their mortgages over the years. It was a win-win for many generations of our family."

According to Generation Mortgage Company, the top five reasons people take out reverse mortgages are:

- To pay off an existing mortgage.
- To pay down debt, which could include anything from credit card bills to medical expenses.
- To supplement their income.

- To help their children or grandchildren financially.

- To pay taxes and insurance.

Whether homeowners select a lump sum, line of credit or monthly payment plan, the reverse mortgage loan has to be repaid only when they pass away, sell or permanently vacate the home. Homeowners will never owe more than their homes are worth as long as they or their estates sell the property to pay off the loan. Should the homeowners or estates decide to keep the home, they may pay off the remaining balance.

Only FHA-approved lenders can offer reverse mortgages insured by the government.



To learn more about reverse mortgages and which type might be right for you, contact FHA-approved lender Generation Mortgage Company toll-free at (866) 733-6089 and ask for a free DVD info packet or visit www.generationmortgage.com.

How To Cope When Money Is Tight - Free "Best Ways To Save" Guide For Seniors

Alexandria, VA (August 10, 2009) How are you coping in these tough economic times? Thrifty old habits formed during the Great Depression are still valuable skills for "easing seniors through the tight spots today," says "Best Ways To Save," a new free consumer guide from The Senior Citizens League (TSCL), one of the nation's largest nonpartisan seniors groups.

The Best Way to Save guide helps seniors and their families with:

- * Prescription drugs. A national study found that most seniors pay more than they should for prescription drugs. The study found seniors could save between \$300 to as much as \$1,400 a year if they were to choose the lowest-cost Part D drug plan based on the best match to their actual drug use. Yet most seniors never shop around. In a new survey by TSCL, 80% of seniors who responded said they did not switch drug plans for 2009. Read the step-by-step guide to learn how to find the least costly plan based on the prescriptions you use, switch and save.

- * Federal, state and local benefit programs you may not know about. There are dozens of public programs available for seniors, especially those with limited incomes, but people often don't know about them or how to apply. Learn about a website that will screen you for programs in your area, provide information on how to qualify, and give you details on how to apply.

- * The best time to start Social Security benefits. With large numbers of older workers losing jobs, many are starting Social Security early. But early retirement can lead to permanently reducing benefits by as much as 25%. Start benefits too soon and you may wind up without enough to cover your Medicare costs by the time you get to your 70's and 80's. Learn how postponing starting benefits might mean more money over a retirement. Click here to read the entire article: http://www.seniorsleague.org//index.php?option=com_content&task=view&id=3300&Itemid=89

- * Property tax relief for seniors. Although real estate values have plunged, property taxes have not gone down correspondingly. Some seniors worry they will lose their homes even though they paid off their mortgage years ago. Learn how to find information on tax relief programs in your area aimed at helping you keep your home.

- * Planting a fall and winter vegetable garden. In many areas of the country, August is just as good as May for starting a vegetable garden. Learn what crops thrive in cold weather, and how to grow nutrient-rich vegetables and greens for harvest throughout the fall, and into the holidays, by using covered "grow tunnels."

- * Using less energy, cutting auto repair costs, spending less on eyeglasses.

The Best Ways to Save guide has helped many seniors live better in retirement with valuable tips for getting the most out of Social Security and Medicare benefits and stretching retirement income. To request your free issue, send \$2 for postage and handling to: The Senior Citizens League, ATTN: BWTS, 909 N. Washington St., Suite 300, Alexandria, VA 22314. Or visit TSCL on the web at www.SeniorsLeague.org.

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

One in every 154 families faces a possible foreclosure in Pueblo, Don't Be One of Them!

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Since 1922, our pledge has always been to provide quality care and personalized service to families of all faiths and ethnic origins. We promise to continue that tradition as long as our funeral home bears the names Montgomery & Steward.

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Broadway Theater League Celebrates 50 Years!

PUEBLO—Broadway Theatre League is proud to announce its 50th season with a stellar lineup! The season kicks off on Tuesday October 13, 2009.

Tap Dogs

Tuesday, October 13 | 8:00 p.m.

TAP DOGS is taking the world by storm having performed in 330 cities worldwide with 12 million seats sold. Created by two-time Olivier Award-winning choreographer Dein Perry, TAP DOGS features a construction site set by eclectic designer/director Nigel Triffitt. A driving score by composer Andrew Wilkie coupled with rocking theatrical entertainment, TAP DOGS is a reinvention of tap, part theatre, part dance and part rock concert.



Australian Dein Perry, creator and choreographer of TAP DOGS, has come a long way from the make-shift dance school in Newcastle, a steel town north of Sydney, where, as young boys, he and the future dogs learned how to tap. At the age of 17, with no opportunities in sight for a dancing career, he earned his union papers and worked as an industrial machinist for six years. He then moved to Sydney where he tried to break into show business. Small chorus parts in Broadway-style musicals led to Dein's big break when he was cast in the long-running Sydney production of 42nd Street. When it closed, Dein decided to create a contemporary show around the themes of his industrial experience with his Newcastle tap dancing mates.

With a small government grant, Dein contacted his old friends, who had also taken up various "real" jobs by this time, and formed Tap Brothers, an early incarnation of TAP DOGS. From this, Dein was offered the chance to choreograph the West End musical, Hot Shoe Shuffle, which brought the group to London and earned Dein his Olivier Award in 1995. A subsequent offer from the Sydney Theatre Company led to the collabo-

ration with designer and director Nigel Triffitt; which resulted in the creation of TAP DOGS.

TAP DOGS was the instant hit of the Sydney Theatre Festival, where it had its world premiere in January 1995, and caused an equal sensation at the Edinburgh Festival later that year. TAP DOGS then played to standing room only at London's Sadler's Wells, return tours of Australia, and a second West End engagement.

TAP DOGS made their North American debut at Montreal's "Just For Laughs" festival in August 1996. The show then played to critical acclaim on a limited North American tour prior to an engagement in New York City, where Dein Perry earned a 1997 Drama Desk nomination for "Best Choreography" and the show received a 1997 Obie Award. Tap Dogs went on to be immortalized in the movie Bootmen, directed by Dein Perry and inspired by his Tap Dog experiences. Since its debut, TAP DOGS has toured extensively throughout North America, Europe, Australia, the Far East and South Africa.

Camelot

Monday, November 9, 2009 | 8:00 p.m.

Let the quest begin! This sumptuous tale is sure to delight audiences with its soaring melodies, magnificent costumes and an enduring love story set among the historic grandeur of medieval England.

From the celebrated team of Alan Jay Lerner and Frederick Loewe, who created the beloved musical My Fair Lady, comes this dazzling musical adaptation of T.H. White's The Once and Future King, one of literature's most cherished fables. The idyllic kingdom of Camelot is thrown into chaos when a love triangle emerges between the beautiful Queen Guenevere, gentle King Arthur, and dashing knight Lancelot. Faced with an arduous moral dilemma, the noble King must decide whether to sacrifice his true love or his prized honour. Magicians, sorcerers and noblemen run rampant, only to collide in a flurry of fanfare as Lerner and Loewe spin an unforgettable web of

spellbinding action and forbidden love. Camelot is one of those extraordinary musicals that has something for everyone - romance, comedy, drama, and a score full of memorable songs like "The Simple Joys of Maidenhood," "Camelot," "The Lusty Month of May" and "If Ever I Would Leave You."

Camelot first premiered on Broadway in 1960 at the Majestic Theater. The production ran 873 performances, winning four Tony Awards and spawning several revivals and foreign productions. The 1967 film version garnered three Academy Awards. The original cast album was America's top-selling LP for 60 weeks. Directed and choreographed by Timothy French and featuring Mark Harapiak and Jayme Armstrong in the lead roles of King Arthur and Queen Guenevere, with Gabriel Burrafato as Sir Lancelot, this all new production was originally produced by Drayton Entertainment and premiered July 8, 2009 in Grand Bend, Ontario. The national tour is produced by Moonglow Productions.

Avenue Q (for mature audiences)

Thursday, March 18, 2010 | 8:00 p.m.

Avenue Q is the smash-hit Broadway musical about real life in New York City, as told by a cast of people and puppets through a hilariously irreverent, Tony-winning book and score. Avenue Q tells the story of Princeton, a bright-eyed college grad who moves to NYC with big dreams and a tiny bank account. The only apartment he can afford is way out on Avenue Q, where everyone's looking for the same things he is: a decent job, a stable relationship, and a "purpose." Eventually, Princeton learns to embrace the ups and downs of city life and realizes that "the real world" isn't so bad, after all! The New York Times hailed Avenue Q

as "a breakthrough musical of a very different stripe. Savvy, sassy and delicious!" and Entertainment Weekly claimed it was "one of the funniest shows you're ever likely to see!"

The New York Times hailed Avenue Q as "a breakthrough musical of a very different stripe. Savvy, sassy and delicious!" and Entertainment Weekly claimed it was "one of the funniest shows you're ever likely to see!"

Avenue Q

Q features music and lyrics by Robert Lopez and Jeff Marx, book by Jeff Whitty, based on an original concept by Robert Lopez and Jeff Marx;

and is directed by Jason Moore; puppet design by Rick Lyon, musical supervision by Stephen Oremus, choreography by Ken Roberson, scenic design by Anna Louizos, costume design by Mirena Rada, lighting design by Howell Binkley, and sound design by Acme Sound Partners.

In a remarkable sweep of the 2004 Tony Awards, Avenue Q took the top three honors: Best Musical, Best Original Score and Best Book of a Musical. It also won the Lucille Lortel Awards for Outstanding New Musical for its off-Broadway run at the Vineyard Theatre.

Season tickets range from \$50 to \$120 and single event tickets range from \$15 to \$40 each for all performances and are subject to availability. Call the Sangre de Cristo Arts Center Box Office at 719-295-7222 for inquiries regarding single tickets or season tickets. Enjoy the show!



"THE SKY IS FALLING".. said Chicken Little

Just like Chicken Little, the Emergency Preparedness, (E.P.) Ambassador Volunteers are calling to everyone that the sky could fall or any other emergency or disaster could find us unprepared. The EP Ambassadors are individuals representing SRDA, RSVP, 211 for Southeast Colorado, Pueblo Volunteer Center, Medical Reserve Corp, AARP, Emergency Services Bureau, Police and Sheriff's Office, Life Care Center, American Red Cross, the Pueblo Senior Safety TRIAD and community volunteers.

The group's main mission is to EDUCATE the public, especially the special needs individuals, about being prepared for situations whether caused by nature or man.

The EP Ambassador's theme is "THE FIRST 72 IS UP TO YOU". If an emergency or disaster happens the first 72 hours are crucial and in many cases, we need to take care of ourselves before help will arrive. Therefore, the FIRST 72 IS UP TO YOU. September is Emergency Preparedness Month and all over the county groups are being made aware of the importance of being prepared.

Our EP Ambassadors are now giving presentations on how to put a 72 Hour Kit together, how to put an Emergency Plan together and how to take care of your neighbors. The EP Ambassadors want everyone to be ready.

For more information or if you would like to be an EP Ambassador, call Gloria Valdez, SRDA, 545-8900. WE ARE NOT CHICKEN ABOUT TELLING YOU HOW TO BE PREPARED

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Weird News

from page 4.

house with a large cross on it, except that the cross was later discovered to have been merely placed on the photograph in marker pen. In July 2009, a state administrative law judge finally reversed the earlier approval.

Leading Economic Indicators

-- The Economy Is Working: (1) Carole Bohanan was hired among 300 applicants by the Wookey Hole tourist facility in Somerset, England, in July to be its witch-in-residence, at a pro-rated annual salary of the equivalent of about \$83,000. The witch's job is to linger in the caves full-time during tourist season, looking like a hag and cackling. (2) Officials in Heath, Ohio, might have solved their budget problems. The town (population 8,500) reported in July that its new, six-intersection traffic-camera ticketing system issued 10,000 citations in its first four weeks. (Nonetheless, officials admitted that was too many and were discussing how to ease up.)

Things That Live in the Water

-- "Goose barnacles": A 6-foot-long log composed of hundreds of barnacles, locked together, washed ashore

near Swansea, Wales, in August. Each of the barnacles uses tentacles for snatching food, and a 6-foot mass of snake-like appendages, writhing simultaneously, terrified local beachgoers. Scientists said goose barnacles usually remain on the ocean floor.

-- "Tubifex worms": Using a flexible-hose camera, public utility officials in Raleigh, N.C., inspected a faulty water pipe under the Cameron Village shopping district in April and found a pulsating, tennis-ball-size mass attached to a pipe wall. Local biologists identified it as a colony of tubifex worms that navigated the system until finding a propitious feeding spot. Officials have attempted to assure residents that the worms are somehow no threat to water quality.

Cutting-Edge Breakthroughs

(1) In April, researchers at the Huntsman Cancer Institute in Salt Lake City reported the ability to encase scorpion venom in "nanoparticles" that were somehow able to guide the venom intravenously to the human brain, to attack tumors, potentially doubling the venom's success rate. (2) A team from Britain's University of Warwick announced in April that it had built a speedy, fully functioning Formula 3 race car using biodegradable ingredients in the frame (including carrots, potatoes and soybean foam) and chocolate oils in the fuel.

News That Sounds Like a Joke

(1) A 114-pound tortoise, part of the Zambini Family Circus performing in Madison, Wis., in July, escaped. He actually made good time on his dash for freedom, covering two miles in six days before being spotted. (2) About 20 men were present for a Belgian body builders' championship in May when three antidoping officials arrived unexpectedly and requested urine samples. Every single contestant abruptly grabbed his gear and fled, according to press reports, and the event was canceled.

Recurring Themes

No Respect: (1) The latest community to challenge the taboo about disturbing a graveyard is Peoria, Ill., where the Lincoln Branch Library is planning an expansion, though on land that was a 19th-century burial ground. By law, all bodies must be preserved, but each exploratory dig turns up more bodies, driving up costs to the city. (2) Neighborhoods near the Wimbledon tennis tournament in suburban London are typically clogged in June, as visitors scramble for park-

ing space. This year, nearby St. Mary's Church sold parking for 20 pounds a day (about \$33), even though the space offered was directly above gravesites in the church's cemetery.

Compelling Explanations

-- When motorist Timothy Pereira, 19, rammed Christine Speliotis' car head-on in Salem, Mass., in March, there was no doubt in police officers' minds what the cause was: Pereira was driving 85 mph in a 35 mph zone and had swerved into Speliotis' lane. However, in July, Brandon Pereira, 17, an injured passenger in his cousin's car, filed a lawsuit against Speliotis for negligence, claiming that if she had been quicker to get out of the way, the collision would not have occurred.

-- Failed Defenses: (1) A woman in Kansas City, Mo., told police in June that the reason she had stabbed her sleepwalking 24-year-old boyfriend in the face was that she feared he would hurt her if she didn't wake him up. (She said the man had also just finished urinating in her closet.)

Ironies

-- When the tenant failed to pay \$87,000 in rent in April and May on two townhouses and a retail property at Trump Plaza in New York City, the landlord did what Donald Trump would surely do: It began eviction proceedings. However, the tenant in this case is Donald Trump's Trump Corp., which leases the space from the current landlord, the Trump Plaza Owners co-op. Said the co-op president: "If you don't pay the rent when Donald Trump is your landlord, he comes down on you like a hammer. Well, lo and behold..."

-- In July, Mexican authorities accused one of the country's newer drug cartels, La Familia, of murdering 12 federal agents following a 2007 debut in which it rolled five severed heads into a dance hall in a show of intimidation. According to an April Reuters report, captured documents indicate that La Familia gang members are strictly required to attend regular prayer meetings, to never drink alcohol or take drugs, and to attend classes in "ethics" and "personal improvement."

I Want My Rights!

-- Relatives of two British convicted murderers, claiming a breach of "privacy" under the European Convention on Human Rights, filed lawsuits recently against the Greater Manchester Police over a crime-prevention campaign. High-profile gangbangers Colin Joyce, 29, and Lee Amos, 32, had been sentenced to long prison terms, and the GMP, trying to turn youths away from gangs, created computer images on billboards of the two men as they might look when they are released, sometime after the year 2040. Their families were outraged. (GMP reported that gang-related shootings are down 92 percent since Joyce and Amos were caught.)

-- Schoolteacher Charlene Schmitz, convicted in February 2008 of using electronic messaging to seduce a 14-year-old student in Leroy, Ala., was

fired and is now serving a 10-year prison sentence. However, under Alabama law, she is still entitled to draw her \$51,000 salary until all legal issues are concluded, and Schmitz is both appealing her conviction and suing the school board for firing her. Another aspect of state law requires the settlement of all criminal issues before the lawsuit can even be addressed. The school board, with an already limited budget, must thus pay Schmitz and her replacement during the process.

-- A Canadian public employees' union local had been on strike in Toronto for weeks, causing an otherwise popular public park to fall into disuse because of high grass and lack of maintenance. Fed-up neighbors brought their own mowers to the park and cleaned it up, making it once again a valuable community resource for dog-walking, ball-playing and picnics. Said the local union's president, in July, of the neighbors' effort: "You could use the word 'scab.'"

Least Competent Criminals

Recurring Themes: (1) Lonnie Meckwood, 29, and Phillip Weeks, 51, were arrested in Kirkwood, N.Y., in June after allegedly robbing the Quickway Convenience Store. Their getaway ended about a mile from the crime scene as their car ran out of gas, even though the Quickway is also a gas station.

Recurring Themes

It should be well-known by now to News of the Weird readers that a DNA test disproving fatherhood will not necessarily relieve a man of child-support obligations. Frank Hatley's case is especially alarming. He was finally released in July in Cook County, Ga., but only after having spent 13 months in jail because he had missed a few payments for another man's child. Hatley had paid conscientiously, albeit incompletely, from 1987-2000, out of meager wages, and continued (even during periods of unemployment and homelessness) for several years after he learned he was not the father. In 2001, a court absolved him of the duty to make future payments, but the state interpreted that ruling as not affecting the overdue amounts from the past, and in 2008 jailed him.

The Classic Middle Name (All-New!)

Arrested recently and awaiting trial for murder: Jerry Wayne Damron, Taylorsville, N.C. (July); Edward Wayne Edwards, Louisville, Ky. (August); Anthony Wayne Thomas, Orlando, Fla., (June); Travis Wayne Baczewski, Austin, Texas (July). Indicted recently for murder: Heath Wayne Overstreet, Roanoke, Va. (July); John Wayne Boyer, Nashville, Tenn. (August); David Wayne Hoshaw, Norfolk, Va. (August); Kenneth Wayne Baker, Churchville, Va. (July). Federal appeal of murder conviction denied: Mark Wayne Wiles, Ravenna, Ohio (August). Sentenced for murder: Carl Wayne Bowen, Swansea, Wales (July). And, alas, comes word from Caroline County, Va., that John Wayne Peck, who made this list upon his arrest in 2007 for murder, was found not guilty by a jury (July).

H & H Farms

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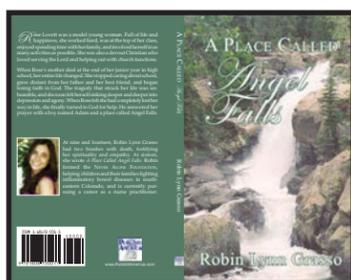
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CHA Report Shows Mothers, Babies Use Most Hospital Care

GREENWOOD VILLAGE – Newborn babies were the most common reason for a stay in a Colorado hospital in 2008, according to figures released today in the Colorado Hospital Association's Hospital Charges & Average Length of Stay Report.

Newborns with normal birth weight accounted for more than 10 percent of all patient stays last year, while mothers who were in the hospital for childbirth – either vaginal or cesarean – were the second and third most common reasons for being admitted to a hospital, at 9.48

percent and 3.70 percent respectively. Altogether 116,802 persons – 24 percent of all who received care in Colorado's general hospitals in 2008 – were expectant or new mothers and babies receiving care for conditions related to childbirth, pregnancy, normal newborns or newborns with complications. Their stays in the hospital averaged 2.5 to 3.5 days, and total charges for their care approached \$1.6 billion.

total hospital charges for their care topping \$2.3 billion.

Respiratory system conditions such as pneumonia, asthma, and infections and inflammations were the fourth most common diagnostic category resulting in a hospital stay. A total of 45,609 patients were hospitalized for an average of 4.8 days, with total charges for their care of more than \$1.4 billion.

"Colorado hospitals provided care for nearly 1,500 patients on average each day last year – celebrating new lives, easing pain of the critically ill, and giving new hope to patients," said Steven Summer, president and CEO of the Colorado Hospital Association. "This report, when used in conjunction with the Colorado Hospital Report Card, provides valuable information to consumers as they plan their health care needs."

The 2008 Hospital Charges & Average Length of Stay Report provides information on average length of stay and charges for hospitalization by patients' level of severity for the 35 most common reasons for admission. This is the 22nd year CHA has released the report, which is available at www.cha.com.

Consumers are encouraged to request estimated charges from any Colorado hospital for any procedure or condition prior to admission. Hospital-specific quality indicators for conditions and procedures are available at www.cohospitalquality.org.

UAAAA Wants Clients To Know

CLIENT GRIEVANCE

If an individual believes he/she has a grievance with the service they have received from either the Upper Arkansas Area Agency on Aging (UAAAA) or a service provider contracted through the UAAAA, he/she may submit a written complaint to the Director of the Area Agency on Aging within five (5) working days after the occurrence of the problem, explaining the nature of the grievance. Please submit to Area Agency on Aging, 139 East 3rd Street, Salida, CO 81201. Tel: 719-539-3341

VIOLATION OF GRIEVANCE PROCEDURE

When a client takes a grievance outside the Area Agency on Aging without first attempting to resolve the grievance(s) in accordance with the grievance procedures outlined above, the client risks having the grievance denied and may encounter a delay in resolving the problem.

A copy of the complete Grievance Process is available upon request.

APPEALS PROCESS

Any person, who feels he/she has been denied service by the Upper Arkansas Area Agency on Aging or a contractor of the UAAAA for any reason, has the right to appeal the decision.

A copy of the Appeals Process is available upon request.

CONTRIBUTIONS

Any individual receiving services funded through the UAAAA with (Title III Older Americans Act) shall have the opportunity to contribute to all or part of the cost of the service(s) provided.

Each individual recipient shall determine for him/herself if and what he/she is able to contribute toward the cost of the service. No individual shall be denied a service or the service be limited because of not contributing to the cost of the service.

FREMONT/CUSTER County Menus

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

FLORENCE

100 Railroad St. - Florence Tu-Thur-Fri

- SEPT. 1:** SALISBURY STEAK, Whipped Potatoes/Gravy, Italian Green Beans, Tropical Fruit.
- SEPT. 3:** BEEF/BROCCOLI STIR FRY, Brown Rice, Steamed Carrots, PA Tidbits.
- SEPT. 4:** TACO SALAD/SALSA, Tomato/Lettuce Garnish, Strawberry Applesauce, Tropical Fruit, Cornbread/marg.
- SEPT. 8:** MEATLOAF/Gravy, Cheesy Potatoes, Green Beans, PA Tidbits.
- SEPT. 10:** BEEF STEW, Wheat Crackers, Whole Kernel Corn, Herbed Green Beans, Diced Pears.
- SEPT. 11:** SWEET/SOUR CHICKEN, Steamed Brown Rice, Chinese Vegetables, Strawberry Applesauce.
- SEPT. 15:** ROAST TURKEY/GRAVY, Whipped Potatoes, California Vegetable Medley, Raisin Nut Cup.
- SEPT. 17:** SWEDISH MEATBALL, Whipped Potatoes/Cream Gravy, Chopped Spinach, Mixed Fruit.
- SEPT. 18:** BAKED HAM/RAISIN SAUCE, Candied Sweet Potatoes, Green Bean Amandine, Cranberry Mold.
- SEPT. 22:** ROAST BEEF, Mashed Potatoes/Gravy, Green Bean Amandine, Apricot Peach Compote, French Bread/marg.
- SEPT. 24:** BEEF STROGANOFF, Orange Spiced Carrots, Beet Salad, Mixed Fruit.
- SEPT. 25:** HONEY BBQ CHICKEN, Oven Browned Potatoes, Chopped Spinach, Diced Pears.
- SEPT. 29:** BAKED PORK CHOP/COUNTRY STYLE GRAVY, Whipped Potatoes, Hot Bean Casserole, Fruit Salad, Cinnamon Applesauce.

SALIDA MENU

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

- SEPT. 1:** BEEF/BROCCOLI STIR FRY, Steamed Brown Rice, Steamed Carrots, Pineapple Tidbits.
- SEPT. 3:** SPLIT PEA SOUP, Hamburger/bun/Catsup/Mustard/Onion, Creamy Coleslaw, Banana.
- SEPT. 4:** CHICKEN A LA KING, Whipped Potatoes, Green Peas, Tossed Salad/Light Ranch Dressing, Orange.
- SEPT. 8:** CHILI CON CARNE, Wheat Crackers, Sliced Yellow Squash, Fresh Apple, Cornbread/marg.
- SEPT. 10:** BRATWURST/BUN/Sauerkraut/Mustard/Onion, Pickled Beets, Sliced Peaches.
- SEPT. 11:** POT ROAST/GRAVY, Baby Carrots & New Potatoes, Green Beans, Tropical Fruit.
- SEPT. 15:** WHITE CHILI/CHICKEN, Wheat Crackers, Carrot/Celery Sticks,



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- SEPT. 16:** Swedish Meatball, Whipped Pot/Gravy, Chopped Spinach, Mixed Fruit.
- SEPT. 17:** SWEET/SOUR PORK, Brown Rice, Calif. Veggie Medley, Diced Pears.
- SEPT. 18:** CHICKEN CORDON BLEU, Rice Pilaf, Asparagus, Watermelon.
- SEPT. 22:** PORCUPINE MEATBALLS, Whipped Potatoes/Gravy, Calif. Veggie Medley, Almond Peaches.
- SEPT. 24:** MEATLOAF/Gravy, Cheesy Potatoes, Green Beans, Pineapple Tidbits.
- SEPT. 25:** ROAST PORK, Whipped Potatoes/Gravy, Parslied Carrots, Strawberry Gelatin Salad, Roll/marg.
- SEPT. 29:** Not Available At Press Time.

GOLDEN AGE CENTER

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

- SEPT. 2:** Chicken Salad Sandwich/Whole Wheat Bread, Sliced Tomato/Lettuce, Orange Juice/Sliced Peaches.
- SEPT. 4:** Roast Beef, Mashed Potatoes/Gravy, Green Bean Amandine, Apricot Peach Compote.
- SEPT. 7:** CLOSED-LABOR DAY
- SEPT. 9:** Pork Chow Mein, Brown Rice, Cooked Cabbage/Red Pepper, Banana.
- SEPT. 11:** Clam Chowder, Vegetable Medley, Cottage Cheese/Pineapple Salad, Orange.
- SEPT. 14:** Enchilada Pie, Sliced Tom/Let, Sliced Yellow Squash, Mixed Fruit.

- SEPT. 16:** Swedish Meatball, Whipped Pot/Gravy, Chopped Spinach, Mixed Fruit.
- SEPT. 18:** Roast Turke/Gravy, Whipped Potatoes, CA Blend Veggies, PA Tidbits.
- SEPT. 21:** Tater Tot Casserole, Tossed Salad/Drsg., Squash/Veggie Blend, Pears.
- SEPT. 23:** Taco Salad/Salsa, Tom/Let. Garnish, Strawberry Applesauce, Cornbread/marg.
- SEPT. 25:** Crunchy Baked Fish, Whipped Potatoes, Mixed Vegetables, Pineapple Mandarin Compote.
- SEPT. 28:** Beef Stroganoff, Cut Broccoli, Tossed Salad/drsg., Apricot PA Compote.
- SEPT. 30:** Spinach Cheese Squares, Tossed Salad/Pear, Whipped Hubbard Squash, Tropical Fruit.

PENROSE CENTER

1405 Broadway-Penrose (Tues/Thur)

- SEPT. 1:** BEEF AND BROCCOLI STIR FRY, Brown Rice, Carrots, PA Tidbits.
- SEPT. 3:** CHICKEN A LA KING, Whipped Potatoes, Green Peas, Tossed Salad with Light Ranch Dressing, Orange.
- SEPT. 8:** TACO SALAD/SALSA, Tom/Let Garnish, Strawberry Applesauce, Tropical Fruit, Cornbread/marg.
- SEPT. 10:** CALIF VEGGIE BAKE, Spinach Salad/Egg/Italian Drsg., Pears,

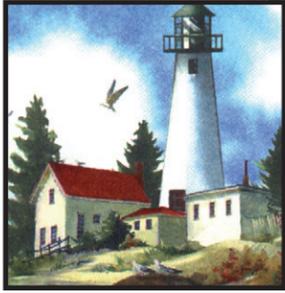
- Citrus Cup, Oatmeal Raisin Cookie.
- SEPT. 15:** TURKEY TETRAZINI, Italian Green Beans, Cottage Cheese Peach Salad, Strawberry Applesauce.
- SEPT. 18:** SWEET/SOUR PORK, Brown Rice, Calif. Veggie Medley, Diced Pears.
- SEPT. 22:** BEEF STEW, Wheat Crackers, Whole Kernel Corn, Herbed Green Beans, Diced Pears.
- SEPT. 24:** TUNA NOODLE CASSEROLE, Mixed Vegetables, Sliced Zucchini Squash, Sliced Peaches.
- SEPT. 29:** SMOTHERED CHICKEN, Cornbread Stuffing, Cauliflower Broccoli Mix, Applesauce Waldorf Salad.

CUSTER SENIOR CTR.

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

- SEPT. 1:** CHILI CON CARNE, Wheat Crackers, Sliced Yellow Squash, Apple, Cornbread/marg.
- SEPT. 3:** CHICKEN CACCIATORE, Whipped Potatoes, Chopped Spinach, Banana.
- SEPT. 7:** NO MEAL
- SEPT. 8:** CHICKEN FAJITA, Tom/Let Garnish, Cilantro Rice, Cooked Cabbage with Red Pepper, Grapes.
- SEPT. 10:** ROAST PORK, Whipped Potatoes/Gravy, Parslied Carrots, Strawberry Gelatin Salad, Dinner Roll/marg.
- SEPT. 14:** ROAST BEEF, Mashed Potatoes/Gravy, Green Bean Amandine, Apricot Peach Compote, French Bread/marg.
- SEPT. 15:** CHICKEN SALAD SANDWICH/Whole Wheat Bread, Sliced Tom/Let, Orange juice, Sliced Peaches.
- SEPT. 17:** KIELBASA, Parsley Buttered New Potatoes, Mixed Vegetables, Squash, Pineapple Mandarin Orange Compote.
- SEPT. 21:** TOMATO SOUP, Turkey/Wheat Bread/Mustard/Salad Drsg., Green Beans, Tangerine, Almond Peaches.
- SEPT. 22:** SPAGHETTI/MEATSAUCE, Tossed Salad/Italian Drsg., Green Beans, Orange.
- SEPT. 24:** ORIENTAL PEPPER CHICKEN, Brown Rice, Cut Broccoli, PA Tidbits
- SEPT. 28:** COMBINATION BURRITO, Smothered/Chicken Green Chile, Tom/Let/Salsa, Black Beans/Cilantro, Diced pears.
- SEPT. 29:** TURKEY POT PIE, Tossed Salad, Orange Juice, Apple.

ALL MEALS SERVED WITH MILK (Coffee or Tea optional). Most meals served with bread and margarine.



“Light For The Journey”

By Jan McLaughlin - Director of Prayer Warriors For Prisoners



“SHE MADE WHAT OUT OF DUCT TAPE?”

SEPTEMBER, 2009

The news was expected but the text tone startled me because I was engrossed in prayer when it arrived. I read the message and smiled. Aaliyah Rae - 7 pounds - 6 ounces - 18 inches long. It was the announcement from my grandson, Dustin and his wife Amanda of the birth of their baby girl, my fifth great grand-baby.

I don't like the “texting” thing but it seems to be the only way grandchildren know how to communicate these days so I replied by texting my joy and congratulations!



Except for this method of communicating, this has for me become “old hat” as some might say, after 14 grandchildren and now 5 great grandchildren. I shared this number recently at a school reunion and was told,

“Jan, I wouldn't tell people that if I were

you!” Well, she isn't me and I am proud of these kids and besides, didn't God say, “Be fruitful and multiply!”

If I featured one of my grandchildren in a Light For The Journey article it would take fourteen months. However, I will forgo that idea as I would surely have fewer readers than grandchildren by the end of that time if I did it. Not that it would be difficult because they are all unique and amazing individuals.

Before you turn the page, let me assure you, I enjoy your company too much to do that to you. I told an old friend at the school reunion who was sharing pictures of her five grandchildren. “I don't carry pictures of my grandchildren. I don't have a purse big enough for all the pictures I would like to show off and furthermore, I want to keep my friends!” Nevertheless, there is one young lady you will enjoy meeting. Her name is Morgan.

All of my grandchildren are a little gutsy like their grandmother but Morgan probably heads the pack. She would jump at the chance to dive out of an airplane (no pun intended). I attended her high school graduation in May.

In her 18 years, working alongside her dad, Kelly, Morgan learned the how-to's of every “handi-man” project she will encounter the rest of her life, including mechanical, plumbing, carpentry, painting, and more. She recently taught her friend how to change oil in his car. She

can hang dry-wall, change electrical outlets and replace sparkplugs in her car.

Beyond her handi-man skills Morgan is an accomplished athlete and has for several years been a member of her school varsity team in volleyball, basketball, and softball. She has amazing strength and holds the school record for dead lifting. One of her athletic favorites is repelling off cliffs several hundred feet high. An avid hiker and camper, Morgan has covered hundreds of miles of rugged terrain with her dad and brothers, scaling mountains, fording streams and rivers and sleeping in a backpack hammock in the wilderness. She has seen country most people will never see.

Morgan had the most unusual prom dress, no doubt, than any young woman in America. She made it herself. It was hot pink and lime green. She also made the stole for her shoulders and her date's tie. The dress was as unique as Morgan and astounded even her grandmother because she made it out of duct tape. That's right! Hot pink and lime green duct tape!

Morgan is passionate about her country and is following in her dad's footsteps by choosing to serve in the military. She enlisted in the US Coast Guard and went to boot camp in August. I am proud of this precious young woman who loves Jesus, her family and her country. She will serve proudly and represent us well. I believe Morgan will be a godly influence to those around her, standing firm in her beliefs and setting an example that will draw others to Jesus. She is an incredible young lady with an exciting future before her and as her grandmother, I am proud of her amazing accomplishments.

I don't see my grandchildren much as they are scattered around the country. However, my prayer is that in some way, I have instilled the importance of prayer in their hearts. When they need prayer they call or text and let me know. I believe they are confident of my prayers for them and know I am always glad to pray for specific needs when they contact me. And when they do, I have all assurance that God has already heard their prayer need. Ps 103:17-18 But from everlasting to everlasting the LORD's love is with those who fear him, and his righteousness with their children's children-- with those who keep his covenant and remember to obey his precepts. NIV

Your grandchildren are your crown no matter how they dress, wear their hair or what kind music they listen to. (Prov 17:6 Children's children are a crown to the aged, NIV) Do you pray for them?

If there was ever a time to lift our grandchildren to Jesus in prayer, this is it.

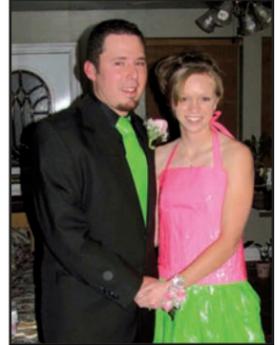
The world looks bleak and foreboding. A dark cloud seems to be closing in all around but our God is greater and He admonishes us to pray without ceasing.

Our grandchildren need spiritual guidance and consistent prayer. There is hope through the Lord Jesus Christ for these upcoming generations and he has given us a mandate to pray for them.

Please make a difference in the lives of your progeny through prayer. God is faithful and WILL keep His promise to complete the work He has begun in our children, grandchildren and those to follow. Phil. 1:6 says: *Being confident of this, that He who began a good work in you will carry it on to completion until the day of Christ Jesus.* This is a promise you can claim for your grandchildren. When I pray this verse back to the Lord, I insert a grandchild's name in place of you. *“I am confident of this, that You who began a good work in Morgan will carry it on to completion until the day of Christ Jesus.”* This is a wonderful way to pray for our progeny or anyone else. It is God's promise to us, prayed back to Him.

There is power in praying Scripture because it is GOD'S words. The work He will complete begins through prayer. And it is not God's will that any of our grandchildren or children perish so we can pray this prayer with confidence. When you get impatient and it seems impossible that God could be working, remember these are His words. The Lord is not slow in keeping his promise, as some understand slowness. He is patient with you, not wanting anyone to perish, but everyone to come to repentance. 2 Peter 3:9 NIV

If you have a grandchild who wants to dive out of an airplane, hang from a cliff or make a prom dress out of duct tape or something that is totally beyond your capacity to comprehend, rejoice! God has blessed you with a unique and intriguing grandchild. He has also made you aware that you might just need to pray a little extra hard or more often for this one!



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Reeling

"Animal Magnetism"

by Film Critic Betty Jo Tucker, Pueblo

ANIMAL MAGNETISM
When "X-Men Origins: Wolverine" ended, I whispered to my husband, "And then what happened?" – which proves this movie definitely had me hooked and eager for another chapter of Wolverine's history. Granted, I'm an avid Hugh Jackman fan more than an "X-Men" groupie, and "Origins" boasts lots of great sequences showing Jackman in all his glory. But it also excels in character and story development, especially

during the first part of the film. Jackman takes full opportunity to display his considerable animal magnetism again as Logan, a mutant with retractable claws that appear under times of great stress, who first came to U.S. moviegoers' attention in the original "X-Men" film. He also gets a chance to show Logan's tender side -- before becoming the indestructible Wolverine -- in lovely scenes with Lynn Collins ("Bug"). And Jackman excels as a sibling

outraged by the actions of his older brother, Victor, played by Liev Schreiber ("The Omen") in his most intense film performance to date. Tracing Logan's history back through time, this exciting prequel presents a montage of the many wars he and his brother took part in. Finally, Logan becomes disgusted with all the carnage and walks away from it, which doesn't sit well with Victor nor with William Stryker (Danny Huston, almost as menacing here as in "30 Days of Night"), a military commander experimenting with mutants as soldiers. After settling down for a long peaceful life with Kayla (Collins), an act of horrific violence sends our hero on a mission of revenge. In the process, he undergoes replacement of his body structure with a powerful metal – and voila! -- deadly new claws materialize right before our eyes.

SPOILER ALERT

How Logan assumes the name

"Wolverine" and deals with his brother plus the ambitious Stryker forms the second part of the film. Action galore kicks in, and Jackman seems up for it indeed. His work-out sessions certainly paid off -- as shown in Wolverine's many violent battles with his enemies, especially with the strong and tenacious Victor.

It's important to remember that Wolverine started out in the "X-Men" series with amnesia, and "Origins" explains why. We also meet a few other remarkable mutants. My favorites? Wade Wilson/Deadpool (Ryan Reynolds) and Remy LeBeau/ Gambit (Taylor Kitsch).

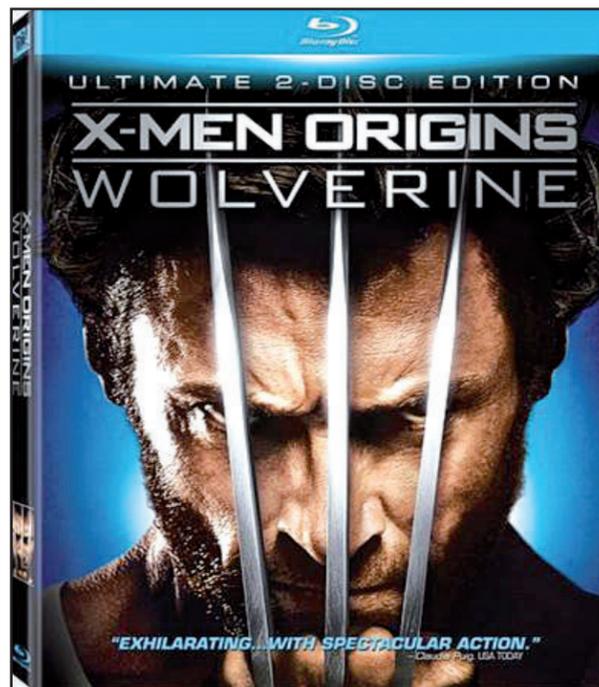
Bringing a high level of energy to their work here, both Reynolds ("Definitely Maybe") and Kitsch ("The Covenant") are great fun to watch. However, I wish more visual attention had been given to Reynolds' transformed character during the last part of the film. As is, only his eyes give him away

"X-Men Origins: Wolverine" emerges as a high-powered revenge movie, and that theme almost always works for me (even though I'm a pacifist – go figure). My only complaint? It isn't a musical. Don't laugh. I hear Jackman was great in the stage production of "Beauty and the Beast." (Available September 15 on DVD. Released by 20th Century Fox and rated "PG-13" for intense sequences of action and violence, and some partial nudity.)

Movie Addict Headquarters

I'd like to invite SENIOR BEACON readers to listen to my weekly talk show on BlogTalkRadio every Tuesday afternoon at 2 p.m. Mountain Time. During the live show, listeners are invited to call in and to participate in a Chat. An archived segment is also available. Among the fascinating guests who've appeared on "Movie Addict Headquarters" are Cloris Leachman, Fred Willard, Lorna Luft, Barry Bostwick, Tippi Hedren (from Hitchcock's "The Birds,") Joe Mantegna, Tim Daly, and Robert Osborne (host of Turner Classic Movies). We've also done special tributes to Hugh Jackman, Michael Caine, Humphrey Bogart, Debbie Reynolds, "Casablanca" and "Singin' in the Rain" (my favorite film).

The call-in number is 646-478-5668, and to hear the podcast, please go to: www.blogtalkradio.com/movieaddict-headquarters.



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