



Reeling

"A Hit & A Miss"

by Film Critic Betty Jo Tucker, Pueblo

A HIT AND A MISS
More a woman-in-jeopardy film than a comedy, MAN OF THE YEAR surprised me with its skillful combination of the two genres. The previews for this Universal Studios release (available February 20 on DVD) were certainly misleading, because they focused on funny one-liners from Robin Williams and not on the dangers faced by the character played so brilliantly by Laura Linney.

The gist of the story is that Tom Dobbs (portrayed by Williams), a comedy talk show host similar to Jon Stewart of "The Daily Show," decides to run for President after a member of his audience makes that suggestion during a warm-up session before one of Dobbs' shows. When the comedian gets elected, it shocks everyone except Eleanor Green (Linney), who has discovered a glitch in the new computer voting system which she helped design. She knows the votes have been counted incorrectly and reports this to her boss,

but he wants to cover up the situation because of the embarrassment and loss of money his company would suffer if the truth got out. He and his henchmen go to great lengths to make sure no one will believe Eleanor, so she's forced to contact the president-elect himself. These two hit it off right away, and watching how they handle this crisis provides highly intriguing entertainment.

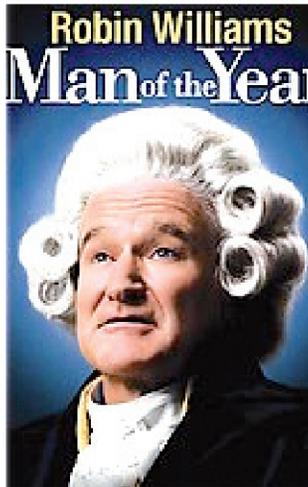
Although I enjoyed the barbs Robin Williams shot at politicians, corporations and lobbyists here, the best part of the movie for me came when the suspense factor kicked in. It really did have me on the edge of my seat! And Christopher Walken as Robin Williams' manager does a great job narrating the movie. I always get a kick out of Walken's unique delivery, and his terrific work in this film is no exception. I'm happy to report that MAN OF THE YEAR offers humor, suspense and intrigue – all in one entertaining film package.

Remembered primarily for playing the Superman role on television, actor George Reeves

died mysteriously back in the 1950s. Did he kill himself or was it murder? HOLLYWOODLAND, a drama featuring Ben Affleck as Reeves, explores that question but fails to come up with a final answer. In contrast to MAN OF THE YEAR, this is a movie as disappointing as the lackluster acting career of its subject. There must be a good story to be told about what happened to Reeves, but HOLLYWOODLAND – also available this month as a home entertainment offering -- is not it.

This film focuses more on a sleazy detective named Louis Simo (Adrien Brody), who is investigating the Reeves death, so the film is mostly about Simo, not Reeves. And Simo is not a pretty sight. Estranged from his wife and son, he carries on an affair with his secretary and fails to follow through for a client who really needs him. He takes on the Reeves case, because big bucks and lots of publicity could be involved. Yes, the actor was despondent because he could not get any good roles after playing Superman, but during the course of his investigation, Simo finds some evidence that a murder might have been committed.

For example, there are bruises on the body indicating the possibility



of a fight prior to death. And Reeves had dumped his mistress (Diane Lane), the wife of an MGM executive, for a younger woman (Robin Tunney), so she is very angry -- as is her husband (Bob Hoskins), who never wants anyone to hurt his wife.

By attempting to tell parallel stories, one about Simo, the other about Reeves, HOLLYWOODLAND lacks cohesiveness. The movie jumps back and forth without much rhyme or reason. It becomes confusing to watch and is filled with unsympathetic characters. Even the youngsters who idolized Superman are treated like idiots or worse. Ben Affleck plays Reeves with little affect, and his only good scenes are a couple of very brief ones as Clark Kent. Brody chews on a toothpick and tries to act like a hard-boiled detective, but it comes across as an insincere performance.

Granted, HOLLYWOODLAND depicts broken dreams while showing how studios controlled the lives of their stars and went to great lengths to hide any of their problems. But is that new information? Not really. Still, this movie is worth viewing as a glaring example of how a great idea for a film can go awry.

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

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Senior Beacon

IF YOU ARE 50 OR OLDER YOU SHOULD READ IT!
February, 2007 Vol. 25: No. 7 Established Aug., 1982 295 Consecutive Months!

Tips To Stay Healthy During Severe Wintry Weather

by Sarah Bruestle - Pueblo City-County Health Department

Pueblo, CO- As severe winter weather continues to affect southeastern Colorado, the Pueblo City-County Health Department is sharing information with people in order to take time to prepare and stay healthy.

"Winter is just beginning and it's important that all Puebloans be prepared," said Dr. Nevin-Woods, Director. Dr. Nevin-Woods added, "We cannot continue to rely on the conveniences we

enjoy during good weather, such as the grocery and convenience stores. In taking a look to our neighbors in the Southeast portion of the state, you can see the problems that can occur in a short time as the results of a winter storm."

Winter storms can have devastating effects on your community that can last for days, weeks or even months. Snow, high winds and ice can cause hazardous conditions and are deceptive killers.

Reduce winter's impact on you

SRDA Lifeline 'Monitors' Seniors

by Nicky Nicholas - Lifeline Program Development Director

"If you fell today who would you call?" This is a question for so many of our older loved ones who are living alone, and a concern they face daily. The SRDA Lifeline program has the answer to this question for seniors and their care givers who are worried about a potential fall in the home.

Often times when a fall occurs the telephone is out of reach and can leave a person helpless. Picture your family member wedged between the bed and the night stand, lying on the living room floor after tripping on the carpet's edge, or missing a step going down to the family room. These are actual incidents that have happened to our clients and with Lifeline, an easy to use personal response service, they were able to get assistance quickly in an emergency.

Lifeline is simple to use. When help is needed, just press the water proof personal help button that can be worn around the neck or wrist. Within seconds a certified monitor answers the call, assesses the situation and dispatches the appropriate help. A neighbor, family member, friend or in a medical emergency an ambulance is summoned.

Life is unpredictable and a fall can alter a life in an instant. Lifeline's immediate assistance can reduce the chances of serious injury after a fall and increase the



SEE 'SRDA' PAGE 10.

Senior Con Games: Elders Should Be Vigilant

by Robin Mosey-Home Instead

While con games have changed with the times, the practice of defrauding consumers of all ages is nothing new. When the target is a senior, however, the stakes have never been higher, say senior care experts. Senior scams are costing older adults their life savings, their homes and even their lives.

From investment fraud to lottery and sweepstakes scams to home improvement schemes, seniors often are sitting ducks for a criminal looking to make fast cash. According to 2005 statistics from the National Fraud Information Center, 22 percent of telemarketing scam complaints

were logged by those over the age of 70, which represents the highest percentage of any demographic group that year.

What makes older adults so vulnerable to tricksters, scammers and con criminals?

It appears that physical and psychological needs are at the heart of this issue, according to research and anecdotes from senior experts.

"Seniors often worry they will outlive their money and are concerned that they might not be able to continue to live the lifestyle to which they have become accustomed," said Robin Mosey from the Home Instead Senior Care®

office serving Pueblo and Canon City. "That's among the concerns that we've heard seniors express and one reason we believe they are so vulnerable to scams," Robin added.

"Some may get caught up in these schemes because they are looking for ways to improve their financial situations."

Research confirms that criminals may cater to these types of worries. Off the Hook Again: Understanding Why the Elderly Are Victimized by Economic Fraud Crimes, a report prepared just months ago by the Consumer Fraud Research Group for WISE Senior Services and the NASD (National Association of Securities Dealers) Investor Education Foundation, revealed that fraud pitches are tailored to meet the psychological needs of a potential senior victim.

"Audiotapes of pitches showed that the con criminal will use one kind of appeal for the lottery fraud victim that may prey on the fact that person is a widow and feels deprived in life," the report said. "But con criminals will use a different kind of pitch for the investment fraud victim who is more likely to be male, self-reliant and knowledgeable about finances."

It was that kind of psychological need that attracted a woman in her late 80s living in a metropolitan area on the East Coast and suffering from dementia to the automobile dealership that sold her

a car she could never drive. Here's what happened: The woman, unhappy that her driver's license had been suspended after three accidents, spotted a promotional ad from a car dealership.

She called the dealership, and a sales representative arranged for the woman and her 92-year-old husband to be transported to the car lot where they were sold an automobile for \$5,000 above the sticker price. Because her hands were shaking, the dealership actually wrote the check for her.

HomeInstead CAREGiversSM who had been hired by the couple's family to help watch out for them, called the family when they spotted the new car. Home Instead Senior Care then worked with the couple's relatives to force the car dealership to return the car and reimburse the seniors their money.

"Sadly, seniors and their families must be on guard for cons like this and many others," said Mosey. "Families of seniors who sometimes live in other cities will call upon our CAREGivers – who are screened, trained, bonded and insured – to serve as a second set of eyes to help protect their loved ones."

Because scammers often target seniors who are alone or appear lonely, just knowing that a senior has someone to look out for him or her can be an important deterrent and help prevent devastating content to the automobile dealership that sold her

SEE "BE" PAGE 5.

Just One Guy's Opinion

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



The Guide '07 Is Here!

Our Long Term Care Information Booklet for the senior community that started back in 1989 is published and inserted in this newspaper. *The Guide '07* is a fine publication that you should keep in your possession so you will have it as the need arises.

Meals On Wheels Needs Drivers

If you are able won't you call 545-8900 and tell them you'd like to help out with the Meals on Wheels Program by volunteering to deliver meals to Pueblo's frail-est citizens. Believe it, you'll be glad you did, especially when you see the smiles on the recipient's face when he/she comes to the door. Do it!!!

It Didn't Take Them Long To Lie

With the Left constantly calling GWB a liar ever since the Iraq initiative became tougher than expected and been vilified mercilessly like only a Republican President can be.... don't you love our media?..... I wondered where the critics were when it came to the following:

Nancy Pelosi, the new Speaker of the House rammed through the House a change in procedure that will now make the House able to raise taxes with a simple majority of House members, scrapping the last many years of a super majority being able to do that. So, the spirit of bi-partisanship which Madame Speaker has trumpeted since her party won in November has gone down the tubes. That's LIE #1.

Lie #2 has to do with her admonition of the previous Congress as being mired in a "culture of corruption." Because of same, Ms. Pelosi has told anyone in earshot that this Congress will be cleaned up and prim and proper. Sounds good, doesn't it? Let's see about that! One of the first business items the House passed was a raise in the minimum wage (see the next snippet below). So, by the beginning of 2010 the minimum wage will be \$7.50 an hour. This was to take effect throughout the United States and all its holdings including places like American Samoa. American Samoa you ask? Well, I brought that up because American Samoa has a tuna processing plant there and it employs close to 75 percent of the population. Their headquarters is in Nancy Pelosi's district. Now isn't that special. The most squeaky clean Congress starts right out of the gate with Pelosi pandering to the tuna company and their CEO. Aren't you glad you voted Democrat?

Lie #3. Many Democrats have been running around telling all who have

ERRATA



It would seem that last month the holidays took over and the proofing was not done very professionally, for that I apologize to one and all. The front page Glaucoma article in the January edition credited the wrong author. Eric E. Blom, MD - Board Certified Glaucoma specialist wrote the piece. Reach him at 719-545-1530 or 1-800-934-EYES(3937).

their hearing that the military is made up of 'losers.' John Kerry blamed his gaff on poor joke telling and now none other than Charlie Rangel (he of the gravelly voice) from NY tells us of the make-up of the military and how it's skewed toward the underachievers, under educated and the poor minorities in our society. Well, take a look at these facts gathered by the Heritage Foundation, 2005 data:

- **13% of the military is made up of blacks** (current census is that blacks make up approximately 11% of the population)
- **14% of the military is made up of non-whites** (I assume they are Hispanic, Asians, etc, and the 14% might be a tad low as compared to their percentages in the general public)
- **A full 73% of the all-volunteer military is made up whites**

But the best indictment of the Liberal lies, lie in the statistics about the under educated in the military. To wit:

- 97% of all recruits are High School graduates while only approximately 80% of the population are High School graduates. And finally, "the poor" charge:
- 13.6% of the military comes from households with under \$30,000 in income which leaves 86.4% with incomes of more than \$30,000.

And lastly, LIE #4: In late November and early December none other than Sen. Joseph Biden, Sen. Hillary Clinton and even Sen. Majority Leader Harry Reid as well as Speaker of the House Nancy Pelosi and others from the Democrat Party are on record as supporting a troop increase albeit it for a short period of time to overcome the continual strife in Iraq. So, GWB looks into the situation and comes out for an increase after talking with his field personnel and lo and behold, these same Dems are now AGAINST the idea. These people are leaders?

You know, if I were GWB putting up with this nonsense over the past 3 years especially, I would have gotten up in front of some group or other with a stack of papers in my hand from daily briefings categorizing the threat assessments, etc, over a 3 to 4 week period of time and told Americans and the world just what it is we face every day. I'd then state that I am giving the House and Senate a week to decide what we ought to do about this and then I'd do what they suggested.

It would seem to me that this "bait & switch" routine by the Dems would be halted abruptly. But, alas, I'm not in that position.

Dems Slap The Poor In The Face

Yep, you heard it here first! Wasn't it nice of the House to pass the minimum wage bill? They are so nice to the poor and life's downtrodden. They are their champions! Hogwash! That measly \$7.50 an hour to be reached in three years, how could anyone live on that in these times? Why don't they make the minimum wage \$20 or \$25 an hour so these poor workers can have a decent life? Caregivers and **SEE "OPINION" PAGE 4.**

What Is 211 For Southeast Colorado?

211 for Southeast Colorado is an important new and free service for residents of Southeast Colorado 'who need help' or 'who want help'.

The number, 211 is an easy to remember telephone number that anyone can call to reach a person who has been trained to assess your needs and put you in touch with the most appropriate community services available to meet those needs. They will help you through the complex maze of community service agencies and government programs. You can also be directed to opportunities to volunteer or make donations. In addition, it has the potential to increase the service capacity of local agencies as more people are directed to appropriate services, enabling the entire community system to be more efficient and effective.

211 for Southeast Colorado phone service is now available in Pueblo and Fremont Counties, serving over 70% of the residents of our region, and who now have access to 211 service. 211 for Southeast Colorado covers an 11 county region, including Baca, Bent, Crowley, Custer, Fremont, Huerfano, Kiowa, Las Animas, Otero, Prowers, and Pueblo, with a total population of approximately 275,000.

211 for Southeast Colorado service also provides support of emergency relief in disasters. 211 was important in the relief efforts of Hurricane Katrina and served as backup assistance for 911 overflow calls. It is also part of the current Pandemic Flu planning process.

The Senior Resource Development Agency (SRDA) in Pueblo is providing the phone service 8:00 AM to 5:00 PM Monday through Friday.

Funding and support for the service has been provided by the 211 for Southeast Colorado Advisory Council, Senior Resource Development Agency, Caring for Colorado Foundation, El Pomar Foundation, Canon City Rotary Club and Crowley County, Independent Order of Forresters, City of Pueblo, Pueblo County, IBM, and Pueblo Technology Alliance. Guidance for this service is provided by the 211 for Southeast Colorado Advisory Council and directed by Pat Gash.

Fashion: Looooking Gooood!

by Patricia McLaughlin - Mature Market Media Services

SHOES

Not quite a history, but brimming with fascinating factoids.

It used to be hats that women were assumed to have a deep, unreasoning passion for. As late as the 1950s, there was a whole flourishing genre of cartoons that showed women staring longingly into hat shop windows, or blithely opening hatboxes while explaining to their put-upon husbands why the new hat's ruinous cost had in fact been a bargain.

Now that nobody wears hats, the joke is usually about women's love of shoes: Why do women who already have too many shoes shop for more?

In an essay on "Shoes and the Erotic Imagination" published in "Shoes: A History From Sandals to Sneakers," Valerie Steele posits that the foot "is perceived as a surrogate body," a sort of Mini-Me. It follows that dressing the foot is a substitute for dressing the body.

But it's both easier and more satisfying. You don't have to take off your clothes to try on shoes, and it's also less of a hassle because shoe sizing is relatively consistent. You may need to go

up or down a half size depending on the last, but it's not like shopping for dresses, where you can wear a size 6 from one designer but need a 12 from another.

Also, as schadenfreudian wits like to point out, a woman who hasn't been able to squeeze into a size 6 dress in decades may take particular pleasure in trying on shoes in the same size 6 she wore in college.

Beyond that, shoes have an unusually high transformational quotient. You can try on an \$8,000 dress, look in the dressing room mirror, and see your same old self, only looking uncomfortable and a little fatter than usual because the waistband is too tight. But try on a shoe and your foot acquires a whole new identity. A shoe doesn't just cover your foot, like a sock. It has its own shape. You put it on and your foot is instantly and entirely transformed. Its size and shape shift before your eyes. It takes on a new attitude: elegant woman of the world, perky young thing, discreet businesswoman, daring Bohemian, sex goddess, hearty hiker. It's a whole new person.

Little wonder, as various chapters in "Shoes" document, that shoes have been knocking the world on its ear for as long as we've been wearing them.

The Yoruba Oyo empire fell because a prince was asked to remove his sandals in the presence of the king, we learn in one chapter.

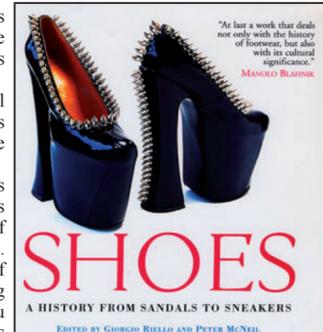
In a chapter on shoes and sandals in classical Greece, Sue Blundell explains that Greeks who visited the Temple of Zeus at Olympia in the fifth century B.C. might've been riveted by the sculpture of the princess- bride Hippodameia having her sandals tied by a servant. Big deal, you think. But the locals would've spotted this sandal-tying as part of the wedding ritual - and would have known that this wedding would produce generations of a notably dysfunctional family, including "Atreus (who tricked his brother Thyestes into eating his own children in a stew), Atreus' son Agamemnon (who was assassinated by his wife), and Agamemnon's son Orestes (who murdered his mother to avenge the death of his father)." All that foreshadowed in the lacing of a sandal!

While artists were creating the Renaissance, lawmakers were attempting to stave off social chaos by regulating shoe styles: who could and couldn't wear shoes of various colors and materials, how high it was legal to make platform shoes, what sorts of decorations and embroideries members of which social classes might wear on their shoes, etc.

The rules changed so often that even today some art historians argue about whether the high-heeled red shoes in the Caraccio that John Ruskin rated the best painting in the world identify the two women in the painting as noblewomen or prostitutes.

Meanwhile, by the end of the 17th century, it was considered shameful not to wear shoes in Japanese cities, but it was not illegal to go barefoot in Tokyo until 1901.

"Shoes" offers all sorts of interesting facts, factoids, insights, analyses, conjectures, etc., about shoes. Despite its subtitle, it is not a history, but a collection of (mostly) scholarly essays on subjects ranging from shoe imagery in 20th-century art to the changing role of the shoe designer since the late 19th century in the Riviera del Brenta (the part of Italy between Padua and Venice).



Shoes have been knocking the world on its ear for as long as we've been wearing them, according to "Shoes"

photo: Berg Publishers, \$49.95.

Naturally, some are more interesting than others, and some more bogged down in the jargon of contemporary criticism. ("Notions of gender" are "socially constructed," shifts in meaning are "historically contextualized," masculinity is "fashioned," and inevitably everything from rhetoric to shoes is "gendered" until you want to throw a slipper at someone and ask him to please write regular English.)

The book is very beautiful and surprisingly hard to read. After 15 or 20 pages I gave up on my usual reading glasses and got out my (stronger) sewing glasses. The type is smallish, the column width is about three times as wide as a typical newspaper column, and the pages are every color of the rainbow -- pretty, but try reading small black type against a solid red or purple background. Small illustrations look nice surrounded by wide margins of white space -- or green or pink or apricot -- but sometimes they're too small to see what's being illustrated. The very nice coated stock feels wonderful, but catches skittering reflections that make it hard to see the letters.

All of which seems oddly appropriate to a book about shoes, which are so often designed by people who don't care whether you can walk in them as long as they look fabulous.

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

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Senior Beacon

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Lack of Compliance With Meds Poses Problems For Seniors

by Eileen Daugherty

Lack of Compliance With Medications Poses Problems for Seniors
Denver, CO. Medicare beneficiaries take an average of 6.5 prescriptions and over-the-counter medications in the United States everyday. In Colorado, Medicaid beneficiaries of all ages take an average of five prescribed medications every day.

Medication compliance with the prescribed regimen of drugs by Medicare/Medicaid beneficiaries is a national health care concern. Each year, the United States spends between \$70 and \$86 billion on medication non-compliance.

Non-compliance occurs when individuals over-dose or omit taking doses of medications. Non-compliance also occurs when individuals fail to fill or refill prescriptions; discontinue medication; take outdated medications; share medications; take doses with prohibited medications, food, and liquids; and take doses at the wrong time.

In a recent study, the Colorado Gerontological Society found that 100%

of the subjects "forgot" to take medications, the most frequent cause of non-compliance. The second reason that individuals cited for non-compliance was system failures including such things as having to contact the physician for refills, failing to get pills in the pill reminder system, changes in dosage by the physician causing confusion, and not finishing prescriptions. Other reasons cited included "choosing not to take the medications" and "not having enough money to purchase medications".

According to national findings, lack of compliance can result in more visits to the emergency room, more and longer hospital stays, dialysis and an increase in the number of admissions to the nursing home.

Medicare beneficiaries can get FREE help through Medicare to be more compliant. Pharmacists are now required by Medicare to provide an annual counseling session to assess problems and provide patient education as well as a medication record to track actions taken by the individual to improve compliance.

The study by the Society showed that individuals most likely need counseling more frequently than annually. The high costs of non-compliance in the areas of diet and exercise also increase the cost of health care for all Americans, as noted in a national study known as the Ashville study in North Carolina. In that study, individuals who changed their health habits and took medications as scheduled reduced overall health costs for the City of Ashville. One exemplary finding was that in the past two years, no new cases of dialysis were reported. This finding is attributed to increased compliance with diet, exercise and medications.

The study by the Society suggested that individuals who were involved in their care were more likely to be compliant with taking medications, following diets, and engaging in regular exercise programs.

Older adults find it difficult to be compliant because of such things as poor vision, lack of understanding of instructions given by the physician,

lack of "readable" written instructions on how to take the medications, and lack of understanding of the purpose of the medications and the long-term nature of chronic disease. Fear of the physician and lack of trust of the health care delivery system also contribute to the non-compliance.

Compliance with medications, diet and exercise helps older individuals to maintain their independence. "Forgetting to take medications" or "choosing not to be compliant" can result in loss of independence. Older adults should be encouraged and assisted to always be compliant with medications as prescribed by the physician or other health care provider.

For a full copy of the study report, visit www.senioranswers.org or call 303-333-3482.

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

Defying Age Barriers: The 'Game' Can Still Be Played

by Jenna Miller

If you saw them at the store you would think they were your typical grandmas, but if you saw them on the basketball court, you would witness some serious, aggressive athletes throwing elbows and sinking 3-pointers.

When it comes to grandmas, these six senior athletes (ages 60-70) are breaking all the stereotypes. Mavis Albin, Mary Bendsen, Wanda Blalock, Loretta Hill, Nikki Leader and Catherine "Kitty" Sparacello are the Celadrin Tigerettes. United by their love of basketball, these senior athletes still have the get up and go to get out and play well beyond retirement.

Based in Baton Rouge, Louisiana, the Tigerettes travel the country competing in various tournaments. In a span of nine years, these amazing women have accumulated four Olympic gold medals, 54 state and regional medals, and haven't lost a game in more than four years! The Celadrin Tigerettes have compiled a Michael Jordanesque record of 136 wins against a mere three losses while barnstorming the country to compete against other mature cagers.

Along the way, they have become role models – not only for their peers, but for younger people who find inspiration

in their prowess.

Former NBA sharpshooter Dennis Scott, who once held the record for the most three-pointers in one season, serves as the Tigerettes volunteer coach.

"These ladies are phenomenal. They've got so much energy and are just hilarious with their practical jokes. They really do put their hearts into the game," said Coach Scott. "It's incredible that they do what they do at their age. They are in great shape and this gives hope to people who fear the day they're 'too old.' These grandmas definitely got game!"

Although their stamina and physical condition is amazing, without question, these women aren't sprinting up and down the basketball court for 48 minutes with only six players on the roster. The games consist of two, 12-minute halves of three-on-three half-court competitions played at each tournament.

"We all started playing basketball when we were young and we've just stuck with it! Training is very important to maintain your stamina and muscle tone, but we also have our little secrets that help keep us going," said Mavis Albin, Celadrin Tigerettes team captain. "As a team, we believe in proper nutrition, daily use of nutritional supplements and an active lifestyle."

Being role models is not all the Tigerettes have in common with their more famous – and younger – counterparts in professional sports. In another sure sign of the times, they are the only senior Olympic team that has a corporate sponsor in Celadrin. The golden girls were thrilled to have support and encouragement to continue their dream. Celadrin Joint Flexibility & Relief is an all-natural proprietary ingredient that has been clinically proven to reduce pain and rapidly promote joint health, improving flexibility and mobility. Not only are these ladies given the opportunity to play a game they love, the relationship is welcomed as they incorporate Celadrin in their daily nutritional regime.

With a spring in their step and smiles on their faces, these senior athletes practice three times per week. Their sessions include stretching, weight training, and pick-up games with the young men at the gym. Through diet and exercise, the Celadrin Tigerettes are able to prepare their minds and bodies for the rigorous travel and intense competition. At their age, it's important to eat healthfully and supplement their diets with vitamins and antioxidants.

"Diet and exercise is usually sufficient if you're in your 20s, but at our



age, a little extra help is needed. The ladies and I do our research on what works for us. Supplements such as fish oil, omega-3s and Celadrin help prevent inflammation and stiffness. We also watch our diets and make sure we're getting enough whole grains, fruits, vegetables and protein. If we start making poor decisions it will show up on the court," notes Albin.

The Tigerettes' season is currently underway (undefeated thus far!). Their focus remains on competing at the next Senior Olympics in Louisville, Kentucky, in June of 2007. These six competitors are right at home at the Senior Olympic Games. The Tigerettes earned gold in 1999, in Orlando, Florida and again in 2003, in Norfolk, Virginia. With their spirit and determination, they are ready to capture the GOLD again!

ON THE RIGHT:

"CONGRESS' DILEMMA"

by William F. Buckley

House Speaker Nancy Pelosi's comments raise a point worth making. It is that, in the last analysis, there is no way for Congress to estop military escalation by the executive except by cutting funds. Or impeaching the president.

Some speak of alternative measures -- specifically, a "nonbinding" resolution that would express the will of Congress in the matter of financing an additional 20,000 troops, but would stop short of declaring the expenditure of federal money for that purpose an illegal act.

Some legislators are aware that Congress is flirting with a constitutional problem of its own. It has the authority to raise and dispose of funds. But the president exercises authority as commander in chief. Professor Walter Dellinger, who was President Clinton's chief constitutional authority, put it well when he wrote that "broad as Congress' spending power undoubtedly is, it is clear that Congress may not deploy it to accomplish unconstitutional ends" -- such as restricting the president's authority as commander in chief to direct the movement of American troops.

Dellinger quoted FDR's attorney

general, Robert Jackson, who later served as a Supreme Court Justice: "The president's responsibility as commander in chief embraces the authority to command and direct the armed forces in their immediate movements and operations, designed to protect the security and effectuate the defense of the United States."

It is simply preposterous to assume that Congress is going to specify a single escalation of troop levels in Iraq as transgressing against congressional authority.

Sen. Christopher Dodd, D-Conn., has an interesting suggestion on how to avoid the dilemma. He would back a resolution declaring that additional troops could not be sent into that theater except with the sanction of Congress. It becomes a sophisticated question whether Congress can simultaneously abide by the separation of powers and intrude into military operations the commander in chief deems necessary to the exercise of his duties.

The vice president's office, meanwhile, has said that there is already in the executive kitty enough money to finance the proposed augmentation of

troops. Once again we get into disputes extremely difficult to adjudicate. It is unlikely that any constitutional force in the imagination of any congressman is going to interfere with the deployment of five brigades in the midst of a lengthy military venture.

Is it a venture backed by the American people? No one doubts that, at the inception, going into Iraq was a popular move. But the point being raised is that the American people, including many members of Congress, were propelled by an understanding of the Iraqi situation that was simply false. We all acknowledge now that there were no weapons of mass destruction within Iraq's borders, though it is a different question whether deceit was a part of the executive act. A brief to the effect that Bush and his team "should" have known that there were no WMDs in Iraq would probably carry the day in a public examination of the scene as of March 2003. And there is no question that whatever the voters had in mind when the war began, they are now anxious to end it.

What will happen? Mr. Bush will place his 20,000 troops in Iraq athwart the objections of

Pelosi et al. Give the situation six months to crystallize. If at that point Iraq appears to be stabilizing, Mr. Bush will succeed in hanging on. There is legitimate optimism on the point. Some of the chaotic fury of the insurgents seems to be dissipating. The Maliki government appears to appeal to many young Iraqis in pursuit of a stability preferable to the desperate alternative.

Whether the American troops can play a critical role in encouraging forces of moderation can't be foretold. But what is not going to happen is a situation where U.S. Army paymasters find that the checks they give out are going to bounce. Mrs. Pelosi is spoiling for a fight, but she knows she will not win with a call for divesting American soldiers of gunpowder.

A rise in Iraqi competence would hardly be surprising. At this point, they can't carry off a successful execution. It is simply unlikely that the faint of heart in Congress are going to frustrate the attempt to encourage an orderly mobilization of Iraqi civil society. Congress is unlikely to feel critical popular pressure to abandon reasonable hope.

The Writer's Art

So Many Words And Sooooo Many Choices

by James J. Kilpatrick

The writing art -- and it is indeed an art -- is like every other form of art: Its very essence lies in the making of choices. The painter worries about which color, the musician about which note, the bartender about which gin to go with which vermouth. These are difficult choices, especially for the first martini, but someone has to make them.

For the writer, the making of choices is exceptionally difficult. So many words! So many shades of meaning! We constantly are faced with choices -- between one word and its next-door neighbor, between an active verb and its passive cousin, between a noun that's 'fittin' and a noun that ain't.

These novel observations are prompted by a letter from Caroline in

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Seattle. She had successfully doubled a six-spade contract at her bridge club. In a moment of unladylike triumph, having put her opponents down by two, she had exalted their defeat: "You could wriggle out of it!" Driving home, she was struck by a mortifying thought: "Should I have said 'wiggle out' instead of 'wriggle out'?"

This is a question of formidable magnitude. It has arisen before in these precincts, though not for several years, and demands careful explication. When do we wriggle? Or wriggle? The sages of Merriam-Webster offer little assistance. They define "to wriggle" in part as "to wriggle," and vice versa, i.e., they also define to wriggle as to wiggle. Other dictionaries are equally definitive. The thesauri of Rodale and Roget offer several unsatisfactory options, e.g., to squirm, writhe, shimmy, twist, snake, slink, shake, bump and grind.

The choice lies, where it is often lies, in a penumbra of connotation: Which verb more accurately described

the fix in which South found herself? Her partner clearly had mixed up her spades and clubs. Defeat could not be avoided. Given these circumstances, it seems to me, she could not wriggle out of the approaching calamity. It's a close call, but to wriggle will always be a twist squirmier than merely to wiggle.

Writers are a blessed lot -- English-speaking writers, that is. We are heirs to an unbelievable patrimony. The other day a political columnist of my intimate acquaintance, i.e., my wife, was writing about prospective candidates for president. The handsome junior senator from Illinois was not exactly "running" for the office. What was the gentleman doing?

The Rodale Synonym Finder offered a myriad of choices: Barack Obama was certainly not dashing, darting, bolting, tearing or sprinting toward the White House. He was contemplating a "run" for the office, but "to run" in this context is a threadbare idiom. At this writing, the senator is, like, walking

toward a candidacy: He appears to be ambulating, trudging, sauntering, ambling, waddling, sidling, tiptoeing, wending or meandering toward an announcement. It's hard to say -- but much of the fun of writing lies in testing different ways to say essentially the same thing.

In this regard, sportswriters have all the fun. As I write, the Super Bowl approaches. If the outcome is close, one team or the other will simply defeat, subdue, humble, master, dominate, overcome, outscore or vanquish its foe. If the score is more lopsided, the writer has a wider choice. Rodale offers alternatives that begin with "conquer," and move on through "overthrow" and "overwhelm." Soon we escalate: The winning team clobbers, crushes, smashes, thrashes and tramples upon. It mops up. It wipes out. It trims, trounces, skunks, whips, drubs and routs. It quells, quenches and quashes. It pulverizes the opposition.

The making of close choices is a difficult task in any field. For the serious writer, it's a happy misery. We wouldn't have it any other way.

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

The difference between reactive, and preventive home care.

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America's Trusted Source of Non-Medical Senior Care

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One out of three seniors falls at least once a year
source: webmd.com

All too often referrals for non-medical home care come after the fall has occurred. Instead of reacting to these situations, let us help prevent them.

Referring Home Instead Senior Care® makes a difference. As the world's trusted non-medical source of companionship and home care for seniors, we're helping ensure the safety of the seniors we care for. Through our services, we may:

- Conduct safety checks to minimize slips and falls
- Monitor special diet needs and nutrition to help build appetite and strength
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Home Instead Senior Care is the low-cost, preventive alternative that can save thousands of dollars in medical bills and unexpected expenses. Our preventive care techniques allow more seniors to be in the enviable position of living in their own homes, enjoying their favorite activities and benefiting from a level of companionship and care that's second to none.

Learn how just a few hours of preventive care a week can make a difference in the life of a senior - talk to a local representative.

or visit a homeinstead.com
Visit us at: 503 N. Main St. Pueblo or
Call us at: 545-0293 for Pueblo & Cañon City

UPDATE

from page 20.
March 19 and 26 (Monday) Evening
5 PM - 7:30 PM. Again limited number each evening.

Thank you, if you need more information my phone is 564-9452, or e-mail cfdg34@msn.com
Charlene Gardner, Supervisor for AARP Tax Aide

HEALTH-e-SOLUTIONS
Pueblo, CO-The Southeastern Colorado Area Health Education Center (SECAHEC), Pueblo Community Diabetes Project (PCDP) and Colorado Prevention Center (CPC) are proud to announce a new home for the Health-e-Solutions computer kiosk.

The newest home for the Health-e-Solutions kiosk is the Pueblo City-County Health Department's main lobby at 151 Central Main in Pueblo.

For more information on the Health-e-Solutions kiosks or SECAHEC and its programs please call Education and Outreach Coordinator Matt Guy at (719) 544-7833 or email him at matt.guy@secahec.org. SECAHEC's website is www.secahec.org.

Heart Disease & Women

One in nine women 45-64 years old will have heart disease. After age 65, the numbers jump to one in three women.

How do I know if I have coronary heart disease?

Think heart disease if you experience any, or a combination, of the following symptoms:

- Weakness
- Shortness of breath
- Tightness, pressure, burning in your chest
- Discomfort or pain in the neck, jaw, teeth or either arm
- Nausea
- Sweating at rest with any of the above symptoms

If these symptoms last longer than 10 minutes with no relief, call 911.

Some ways you can help yourself live healthier:

- Don't smoke
- Watch your blood pressure
- Check your levels of good and bad cholesterol
- Eat a heart healthy diet
- Exercise regularly
- Stay close to the recommended weight for your age, height & body type

To receive your Healthy Heart Kit call 584-4760.

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G r a n a d a S w i n k

news of the weird

COMPILED BY CHUCK SHEPHERD FOR SENIOR BEACON



News That Sounds Like a Joke

(1) Because of recent government campaigns to protect wildlife, snake charmers in India's Rajasthan state are increasingly unable to work with live snakes but nonetheless hope to continue earning tourists' money by performing the same rituals, except without snakes.

(2) On New Year's Day at the South African tourist attraction of Cango Caves, an overweight visitor in the "Tunnel of Love" got stuck exiting, and she and the 23 people behind her were trapped for 12 hours until rescuers used a pulley and liquid paraffin (to grease the rocks) to extricate her.

Science on the Cutting Edge

-- Don Karkos heroically regained sight in his right eye in November after 65 years. A 1941 Navy submarine explosion had knocked him out, and doctors had told him many times that he would never see with that eye again, but Karkos, 82 (a retired horse farmer who works as a security guard at New York's Monticello Raceway), was butted in the head by a horse in November and awoke the next day with sight regained. He told the Times Herald-Record of Middletown, N.Y., in December that the blow he took from My Buddy Chimo was even harder



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Marlene Berrier
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172 East Industrial Blvd. St 109, Pueblo West, Co 81007

than the one from the concussion.

-- Alarming Science: (1) A researcher at the Minnesota Cancer Center reported in January finding amounts of the carcinogen NNK, most likely from tobacco smoke, in toenail clippings of smokers (and nonsmokers exposed to second-hand smoke). (2) A researcher writing in the January/February issue of Australasian Science magazine reported that the Toxoplasma gondii parasite, carried by many cats, not only can harm pregnant women (as was previously known) but also can lower the IQ of men and make women more promiscuous.

-- Science Gone Too Far: A December New York Times dispatch reports that among the hottest social status symbols in Tokyo is the cute-but-bizarre dog created by inbreeding, such as a blue Chihuahua or a white dachshund. However, inbreeding also produces a high number of deformities, and to get that dachshund, for example, the litter of five contained four dogs with almost unspokeably gross birth defects. Nonetheless, because of demand, dog inbreeding continues. And a Nottingham University professor warned in January that farmers are now at work in the United Kingdom breeding "stress" and "hostility" out of pigs and cows to make them more obedient en route to the slaughterhouse. The professor said the goal of such breeders is to create animal "vegetables."

Leading Economic Indicators

-- (1) Employees at Wal-Mart's headquarters in China have set up a branch of the Communist Party, according to a December Associated Press dispatch, to go with five existing branches at individual stores (but the party said it would not interfere with Wal-Mart management). (2) Outsourcing of American jobs recently reached a new category of corporate employees: lawyers.

An estimated 23,000 lawyers' jobs were lost in the U.S. last year to India, where document review and legal research can be performed at about half the cost as in America, according to a December story in the News Journal of Wilmington, Del.

-- In what one reporter termed "a culture clash of near-epic proportions," Jim Buckmaster, CEO of Craigslist (the mostly free online advertising Web site), told a gathering of head-shaking, befuddled Wall Street analysts in December that his company had no intention of raising more money than necessary to cover expenses, much less of maximizing income (even though many analysts believe investors might pay \$1 billion or more for the company).

Sigs of the Times

-- (1) About one-fifth of professional rodeo bull riders have given up their cowboy hats and now wear modified hockey helmets with face masks because of the prevalence of serious injuries. Said one diehard, though, "I don't wear a cowboy hat because I'm a bull rider. I wear a cowboy hat because I'm a cowboy." (2) London's Observer reported in November that several UNICEF offices worldwide have complained to U.N. headquarters that celebrities endorsing the charity's work have demoralized the staff because traveling celebrities are so high-maintenance when they arrive to "help."

-- At least 30 Texas death-row inmates have pages on dating Web sites, according to a November Associated Press report, and the murderers usually describe themselves in cuddly terms. Wrote convicted cop-killer Randy Halprin, "I think I'm a pretty funny guy. I have a wacked (sic) sense of humor. I can be a big kid at heart. I'm a hopeless (and I mean hopeless) romantic (sic)." However, also in November, Calvin Bennett, 26, a suspect in two Arkansas murders, was traced by police to Rothschild, Wis., by the personal ad he had placed on a dating Web site, describing himself as shy and giving his ideal evening as "a nice romantic dinner with soft music, followed by a romantic walk or a carriage ride."

Least Competent Criminals

-- Police in Chesterfield

OPINION

from page 2. caretakers of the poor my fish's scales. It's all for show.

Global Warming & Snake Oil Sales

I still don't understand what's wrong with global warming. The savings in costs for oil and gas alone should be wonderful for our collective pocketbooks not to mention the lessening of our dependence on foreign oil. I'd bet the growing seasons would be longer so the world could produce more food for the starving masses. With the added weather systems from the increased moisture from melting icepacks, droughts would be less fearsome.

This "global warming" scare has been going on since the mid-70s (just before that we were in the middle of a "global cooling" scare when we didn't have the EPA standards on everything as we have today - that should ring an alarm bell in your head as to the dubiousness of algore's claims).

It is my belief that perhaps we are warming a tad but that is not cause for this hysteria. Follow the money. Algore (say it like ee-gore) the fear-monger, makes oodles of money on scaring the daylights out of the entire world with his ranting. Yet, there is no evidence of the catastrophies he claims are going to happen. It's been thirty years. Aside from some scientists saying ice caps are melting there is no proof that we are going to have a tsunami-like rising of the sea that will swamp the coasts overnight or even over a hundred years. It would take a catastrophe of biblical proportions for that to happen and algore knows it.

The scientists, God love them, are doing their due diligence but they know how their bread gets buttered; (see grants from the government to continue their research). But, do any of us really believe in our heart of hearts that we puny human beings can truly affect any meaningful changes in combating Mother Nature. What a pitifully proud people we are becoming. We could no longer stop global warming as cause it because it is dictated by the Sun as a volcano, hurricane, earthquake, and etc. are dictated to by the forces of nature. Please don't buy the snake oil!

Godspeed.

Township, Mich., arrested Calvin Flukes Jr., 21, in December after he tried to cash a counterfeit check for \$848 at a Wal-Mart. Flukes was apparently oblivious of the approximately 80 uniformed police officers who were in the store for a charity event and whose cruisers Flukes had to pass when he parked his car in the Wal-Mart lot. According to a police lieutenant, "Flukes) was immediately apprehended."

-- Marshall Byers, 28, was arrested in Everett, Wash., in December, and charged with the attempted murder of his estranged wife's boyfriend (who was treated for five knife wounds). According to prosecutors, Byers was surprised at the "attempted" charge. Allegedly, he told a detective, "What? I thought I stuck him like a pig. What do you mean, he's alive?"

-- Also Should Have Kept His Mouth Shut: Jeremy Lyons, 20, was arrested in Hanover Township, Pa., in October for an alleged vandalism spree, bashing car windows with a baseball bat. A local TV station had carried a story of the arrest of another person, and Lyons for some reason called the station and, laughing, told them they had the wrong man. He was arrested when the call was traced.

Armed and Clumsy (all-new)

The following uncoordinated people accidentally shot themselves recently, having chosen to carry their gun not in a holster but in the waistband of their pants: Manranzana Grimes, 16 (Canton, Ohio, September) (shot himself in the leg); a 23-year-old man (Wichita, Kan., November) (shot himself in the testicles); Gregory Quinn, 49 (Lewistown, Pa., November) (in the leg when removing his gun while driving); Evando Minor (Baltimore, November) (in the genitals while drawing his gun to rob a taxi driver).

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

SENIOR CLASSIFIEDS

CEMETERY PLOT located in Roselawn Cemetery - \$900. Call 719-583-2042. #0307

HOT TUB/SPA-2007 Loaded w/Jets, Waterfall, 5-HP, Seats 6, Lounger, Chem. Free, Warr, Cover, New in Wrapper, Cost \$7300, Take \$3850 719-473-4722. #0207

NASA MEMORY FOAM mattress set, High density, warr, new in plastic. Cost \$1900 Take \$700 719-866-7042. #0207

AIR BED PILLOWTOP Dual-chamber Select-able Comfort w/Remote, Warr, New in Box. Cost \$1895, Take \$795. 719-473-4722. #0207

BDRM SET-Solid Ash no veneer 7-PC light finish cedar lined drawers. Super High End Made in USA. New in Boxes. Cost \$5800, Take \$2300 719-667-0311. #0207

MATTRESS SET, High line quality, 24" thick luxury PillowTop model, warr, Cost \$1495, Take \$499 Never used. 719-667-0311. #0207

WILL ASSIST the elderly in the home. Experienced. Reasonable. Quality Care. Help with shopping, cleaning, cooking and etc. Call Lorraine at 369-1168. #0207

LOOKING FOR A CHARITY? Crohn's and Colitis Diseases hit young and old alike. What a blessing it would be if they could find something to help stop the suffering. Call 647-1300 today for info.

Senior Life Festival Needs Nominees

The Senior Life Festival would like to recognize Grandparents at our annual Senior Celebration in May of 2007. Nominations are needed for Grandparent of the Year for 2007.

Please submit a written letter of nomination explaining why your grandparent is special. The contest is open to all Southern Colorado residents. Please print your nomination, and send to Bernadette Santistevan P.O. Box 3807 Pueblo, CO 81005. They are due by Feb. 28th 2007.

Please submit your nomination with the following heading: Why my Grandfather/Grandmother should be recognized as Grandparent of the year. Please include Grandparents name, address, and phone number and include your name, address and phone number. The winner will be recognized at our annual Senior Life Festival. We have a selection committee that will read the nominations and select the Grandparent of the year. We will only select one grandparent. We are hoping that they will be able to attend the Festival to receive in person, this award.

WINTER ENJOYMENT Over 100 jigsaw puzzles. Call 948-9621 or see at 2280 40th Lane. \$2.00 each. #0207

LAND FOR SALE BY OWNER Ideal for walk-out basement. 719-545-0732 or 719-289-0727. #0207

DEPENDABLE Christian lady will clean your home. AFFORDABLE, with Lots of Experience. Sara - 561-9801. #0207

RUSTIC VILLA APARTMENTS 1 bdrm-rent \$380+ dep. \$200; 2 bdrms-rent \$450+ dep. \$250. Qui-et southside complex near bus stop, post office, shopping. 564-8899. #0407

PAY CASH for old shaving mugs, straight razors, fancy canes. Call (719) 591-8930. #1206

33% SAVINGS on three cemetery plots at Imperial Gardens. Sale price on two plots in "Garden of Devotions" is \$780.00 each. Sale price on one plot in Mount Olivet is \$527.00. Call Pat at 544-4623. #1206

CERTIFIED NURSE/SASSISTANT: Care in your home overnight. 719-214-0257. #1106

HOME-BOUND LADY needs someone to sew for her. Please call (719) 542-2883. #1106

FOR SALE - IMPERIAL GARDENS One lot, Last Supper with crypt. \$1500.00. Call 719-564-5124. #1106

FOUR SPACES Lot 254-6, Lot 255-4,5,6. Calvary at Imperial Gardens. \$1300 ea. OBO. 564-7221. #1106

FOR SALE - MOBILE HOME Two bedroom, one bath, all appliances.

Senior Citizen Of The Year NOMINATION FORM

The Tenth Annual Southern Colorado Senior Life & Health Festival will be held on May 11, 2007. Each year Pueblo Advisory Council on Aging (PACA) decides on the Senior Citizen of the Year Award and the winner is feted at the Festival.

If you would like to nominate a Senior Citizen for this award, please fill out the form below and send it to Pueblo Area Agency on Aging 2631 E. 4th St. Pueblo, CO 81001 or call George Arrieta at 583-6120 for all the details. You can also e-mail your nomination to arrieta@co.pueblo.co.us

Name of Nominee _____

Contact Information (yours-include name & phone number) _____

Reason(s) for your nomination _____

Deadline: 4/9/07

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.

New carpet & furnace. fenced yard, carport, awnings, like new inside. nice location. MUST SEE! 719-252-9323. #1106

IMPERIAL GARDENS Garden of the Last Supper. Two spaces, just \$1100.00 Phone 542-4955. #1106

LICENSED NURSE. Available to care and assist you in your home - doctors and clinic appointments - errands - grocery shopping - activities of daily living. Please call 565-0445. #1106

LIKE NEW - ELECTRIC wheelchair. Pronto 71 SureStep. Just \$1,000. - 560-9507. #1106

WANTED: TRAVEL TRAILER 24'-30' Looking for a good used travel trailer. Maybe you don't use yours any longer - maybe just sitting in storage? Call C.J. Krzywonski "The Polak"... and let's talk!

(719) 531-0961 or e-mail me at thepolak@att.net #1106

FREE Emergency Medical I.D. Tag With Life Saving Stress Sensor. Get Yours FREE Today at: www.MyLifesavingID.com

Free offer Code: 050020580 #1106

WANTED: USED HUNTING GEAR & STUFF? Looking for good, used hunting equipment that Maybe you call or a loved one no longer use. Call C.J. Krzywonski, "The Polak"... and let's talk!

(719) 531-0961 or e-mail me thepolak@att.net #1106

DOUBLE SPACE WITH LAWN CRYPT. Veterans Court of Honor.

FOR SALE BY OWNER: Perfect retirement home. Historic location. Elizabeth St. Low maintenance. Convenient location. Call 583-2516. Permanent Residence Only! #1106

JAZZY POWER WHEELCHAIR gel seat, extra footrest, two gel batteries. Originally \$5000, asking \$1500. Used very little. 719-547-3073. #1106

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Senior Community Update



FREMONT CHAMBER ORCHESTRA

The Fremont Chamber Orchestra, under the direction of Jean Whitmore, will begin rehearsals for its spring program, "A Tribute to Mozart", on February 4, 2007. If you play the violin, viola, cello or string bass, we would love to include you in our concert. Rehearsals are held at the Wells Fargo Bank, Penrose Branch, Conference Room. For more information, please contact The Fremont School of the Arts at 784-3400 or 429-6091.

ASTHMA EDUCATION CLASSES OFFERED AT PARKVIEW

(Pueblo, CO January 15, 2007) - Parkview Medical Center, along with sponsors Asthma and Allergy Associates and Steps to a Healthier Colorado, are proud to offer two creative and informative Asthma Education classes. The goal of these asthma educational opportunities is to learn how to manage, prevent and control asthma symptoms.

The first class, ASTHMA 101, is for all ages and teaches the entire family the basics about asthma, respiratory anatomy, peak flow meters, triggers, medications, management and more. This class is recommended for adults with asthma and parents of children with asthma. Classes will be held on February 5, May 7, September 10 and October 29. Classes are from 5:30 to 8:00 p.m. with registration from 5:00 to 5:30 p.m. The cost of the class is \$10 per family. All materials and dinner are included, and complimentary babysitting is available.

The second class, Huff & Puff: The Children's Asthma Program, teaches children age four to ten about asthma through games, music, creative play and dialogue. Children learn how to take an active role in their care. Children are treated to a performance from two fun-loving puppets named Huff and Puff. Huff has had asthma for a long time and has learned how to control it. Huff has just been diagnosed with asthma and doesn't know what to do. So Huff teaches Huff the Five-Step Plan of asthma management. Classes will be held on February 12, May 14, September 17 and November 5. Classes are from 4:00 to 6:00 p.m. The cost of the class is \$10 per family. All materials and light refreshments are included.

For more information on asthma educational classes at Parkview, please call (719) 584-4760

LIFELINE SCREENING

Loyal Order of Moose Lodge located at 41 N. Precision Dr. in Pueblo West, will be hosting Life Line Screening on Wednesday, February 7th beginning at 8:00 AM. to provide preventive ultrasound vascular screenings to help detect (1) plaque in the carotid arteries (2) Abdominal Aneurysm, (3) blockages in the arms or legs (Peripheral Arterial Disease). Also the bone density scan for Osteoporosis is available. Individual ultrasound tests are only \$45 each (3 tests for \$109 or all 4 tests for \$139). To compliment the ultrasound vascular tests, they will also offer a finger-stick blood test to identify risk factors for heart disease and diabetes. From only a few drops of blood they test (4) Total cholesterol, HDL, LDL, triglycerides (LIPID panel); (5) Glucose (blood sugar for diabetes), and (6) High-sensitivity C-reactive protein (CRP) for detection of atherosclerosis. Participants will receive the blood results in about 10 minutes.

STATE PROGRAM PROVIDES COLORADANS WITH HELPFUL HOME HEATING ASSISTANCE

DENVER - January 11, 2007 - As Coloradans continue to experience a bitter cold winter, help is available for those struggling to pay their heating bills through the Colorado Department of Human Services, Low Income Energy Assistance Program (LEAP).

LEAP provides cash assistance to help families and individuals pay winter home heating costs. The program pays the highest benefits to those with the highest heating bills and lowest incomes by family size. Applicant income cannot exceed 185 percent of the federal poverty index, which equals a maximum income of \$2,559 per month before taxes for a household of three people. The anticipated average LEAP benefit for 2006-2007 is approximately \$280 per family.

LEAP applications are available from November 1 to April 30 of each year. Potential program applicants can apply several ways:

For more information about LEAP, please call 1-866-HEAT-HELP (1-866-432-8435) or visit www.cdhs.state.co.us/leap/index.htm to view the most current program application requirements.

HORTICULTURE TRAINING SESSIONS, 2007

The Pueblo County office of CSU Cooperative Extension will be

offering a series of Spring Horticulture Training seminars. Topics include:

Plant Propagation and Grafting, Thursday, Feb. 1, 6-9 pm, Instructors: Linda McMulkin & Joe Brunetto, Public cost: \$10

Pueblo Home and Garden Show Seminars, Saturday & Sunday, February 24-25, 11-4, Instructors: CSU Cooperative Extension Staff and Colorado Master Gardeners, Cost: Included in admission to show

Coping with Wildlife in the Home Landscape, Saturday, March 3, 9-3 (lunch included)

Instructors: Linda McMulkin & Nancy Kelly, Public cost: \$20

Weed Identification and Management, Thursday, March 22, 6-9 pm, Instructor: Linda McMulkin, Public cost: \$10

Care and Maintenance of Roses, Wednesday, April 25, 6-9 pm, Instructor: Linda McMulkin, Public cost: \$10

Call 583-6566 for more information and to reserve a space.

FEBRUARY PUEBLO STEPUP WELLNESS CLINICS

(Please Note: Some of the clinics this month start one week earlier than usual. Please note date of the clinic you attend.)

Thursday, February 8, Pueblo West Clinic-Memorial Rec. Ctr., 230 E. George, Pueblo West 8:45 - 9:45 a.m.

Monday, February 12, McHarg Park Community Center, Avondale 9-11:30 a.m.

Tuesday, February 13, Vail Hotel, 217 S. Grand 9-10:30 a.m.

AND Hyde Park Community Ctr., 2136 W. 16th St 1-2:30 p.m.

Wednesday, February 14, Joseph Edwards Ctr., 230 N. Union 9:45 - noon

Thursday, February 15, Fulton Heights Community Ctr., 1330 Santa Rosa (Salt Creek) 1-2:30 p.m.

Monday, February 19, Parkhill Christian Church, 1404 E. 7th St. 10 - 12noon

Tuesday, February 20, Minnequa Apartments, 1400 E. Orman 9-11:30 a.m.

Wednesday, February 21, Mesa Towers, 260 Lamar 9-11:30 a.m.

PARKVIEW RECEIVES \$5,000 GRANT FROM COLORADO STROKE ADVISORY BOARD

PUEBLO, Colo. (January 11, 2007)--- Parkview Medical Center is the latest Colorado Hospital to receive a \$5,000 grant to participate in the Colorado Stroke Advisory Board. The hospital meets all local and national guidelines for acute, emergency and hospital-wide stroke care.

The Colorado Stroke Registry is part of a statewide initiative to support and enhance quality of care that is available to stroke patients. The grant will enhance Parkview's stroke education programs and was received due to the Amendment 35, Tobacco Tax Settlement for Health-Related Purposes.

Stroke is the nation's third leading cause of death, killing nearly 160,000 Americans every year. During the course of a lifetime, four out of five American Families will be touched by stroke.

"As a member of the Colorado Stroke Advisory Board, Parkview is able to communicate with the other 17 member hospitals and share ideas, best practices, methods and concerns on enhancing care for Colorado's stroke patients," explained Vera Carpenter, Parkview Stroke Education Coordinator.

BIRTH AND DEATH RECORDS - PROTECTING YOUR PRIVACY

Pueblo, CO-Through authority provided by Colorado statute, a new guideline for the issuance of birth and death certificates by the all Health Departments in Colorado has taken effect on January 1, 2007.

"These guidelines may seem unnecessary but the benefits of protecting a person's identity are extremely important," stated Dr. Nevin-Woods, Executive Director of the Pueblo City-County Health Department. Nevin-Woods added, "To avoid frustration in obtaining a certificate, take the time to read the new guidelines and requirements on the Department's website or contact the local Vital Statistics Office. These security measures are for everyone's protection."

Complete information on the new guidelines can be obtained at www.pueblohealthdept.org or by contacting the Pueblo Vital Statistics Office at 583-4300 and pressing number "4" for a complete listing of the requirements.

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OVER THE HILL GANG

Don't Think of Us as Being Over the Hill. Think of Us as Picking Up Speed! Camping, 545-3787; Cycling, 545-3787; Fishing, 545-2803 or 647-6479; Hiking 545-3787 or 547-8181; Riverwalking, 545-3787; Trail Cleaning 545-3787; Call Caroline Luellen 545-3787.

AARP TAX HELP

Joseph Edward Senior Center (SRDA), 210 N. Union Avenue, beginning Feb. 1 to April 13, 9:30 AM to 2:30 PM. (Closed Feb. 19). Sign up on second floor.

AARP Information Center, Sunset Plaza Shopping Center, 1117 S. Prairie Avenue. **March 17 and 24 (Saturday)**, 10 AM - 3 PM. First Come-First Served. Limited number each day.

SEE 'UPDATE' PAGE 22.

Be Vigilant: Senior Con Games Around Year 'Round

from page 1.

"If a con criminal can call seniors and get them to give up their Social Security number, they can create any type of transaction," said Edward Hutchison, program director of the National Association of Triads, Inc., an 18-year-old organization that is part of the National Sheriffs' Association.

The national organization has spawned 847 state triads, which have created SALT (Seniors and Law Enforcement Together) Councils in their communities. These local chapters, designed to bring together senior volunteers, law enforcement and the community, have 17,000 volunteers who go into the homes

and organizations of seniors to talk about safety. The organization, whose mission is overall senior safety, is devoting more of its time to these types of issues.

"Within the last three years, we've been focusing predominately on senior fraud, scams and elder abuse," Hutchison said.

"We've seen how individuals have taken out mortgages on seniors' homes and who have filed quitclaim deeds on property and taken over to remove seniors from their homes. Or they open up joint checking accounts with the criminal's and senior's name," he added.

What's worse, seniors can get on a "sucker's list" where they continue

to be the victims of unscrupulous people. And that can result in legal issues that may outlive even the senior. One Journal of the American Medical Association study showed that victims of elder mistreatment, including exploitation, have a three times higher mortality rate than non-victims.

When con criminals infiltrate, tragedy can result for a senior who is often just looking out for the best interests of his or her family. And that consequence can be the biggest crime of all. "Most seniors just want to leave a legacy to their children and grandchildren," Hutchison said. "Criminals prevent some from doing just that."

The Mortality of Elder Mistreatment, Mark S. Lachs, MD, MPH; Christianna S. Williams, MA; Shelley O'Brien, MS; Karl A. Pillemer, PhD; Mary E. Charlson, MD; JAMA. 1998; 280:428-432.

Top Five Senior Scams Following, from the National Association of Triads, Inc., an 18-year-old organization that is part of the National Sheriffs' Association, and Home Instead Senior Care, are the top five senior scams and how they work:

Prizes and sweepstakes scams. Seniors are told they've won a sweepstakes and all they need to do is send a check to cover the taxes. Or, they receive a fake check for \$5,000 and are encouraged to deposit the money and send back \$2,000 to cover the taxes. By the time it's determined that these checks, which often come from an overseas bank, are worthless, the senior has lost his or her money.

Magazine sale scams, where seniors order magazine subscriptions that never show up, also are prevalent.

Home improvement frauds. Criminals will knock on a senior's door offering to fix their driveway, then paint it black and charge the senior \$3,000. Or seniors are asked to pay up front to have their roof fixed never to see their alleged repairman again. One 81-year-old woman who was caring for her husband with Alzheimer's disease paid a criminal \$800,000 and drained her savings to have repairs done on her home, according to the National Association of Triads, Inc.

Phishing schemes. Seniors receive a call from someone claiming to represent a Phishing schemes. Seniors receive a call from someone claiming to represent a bank or other reputable financial institution. They're warned that their financial information or credit card has been compromised and are asked to verify their bank account number or call an 800 number where they're asked for their per-

sonal financial information.

Internet fraud. Seniors, unfamiliar with how to use the Internet, can unwittingly give their credit card number to a scammer.

Identity theft. Seniors who give up their birth date and Social Security number can open up their entire financial history to a thief.

What You Can Do To Protect Seniors

Following, from the National Association of Triads, Inc. and Home Instead Senior Care, are ways that family caregivers can protect their senior loved ones:

1. Watch for unusual activity. Seniors who are scammed may be embarrassed and try to hide what happened. Watch for changes in their lifestyle as well as any other unusual financial or business activity.

2. Be on guard for individuals who have befriended your loved one. Lonely or isolated seniors may be vulnerable to con criminals who befriend them and provide them with companionship. Ask to talk to your parent's new friend to find out more about him or her. A thief won't stick around long to chat.

3. Investigate organizations looking for money. Often seniors want to donate to organizations and other worthy causes. Help your loved ones check those out by requesting written information on the organization and reviewing that thoroughly. Or contact the Better Business Bureau.

4. Assist seniors with their finances. If a senior can no longer handle his or her finances, encourage your loved one to put a plan in place that can help ensure bills are paid and his or her assets are protected. That plan may include your senior designating a financial power of attorney.

5. Destroy information that could be compromised. Make sure your senior shreds all financial information and credit card offers before discarding them in the trash.

6. Seek out a second set of eyes. If you live a distance from your loved one or can't always be there, help your senior build a support network. This can include neighbors, friends, trusted church members or professional CAREGivers like those from Home Instead Senior Care.

Additional Telemarketing and Internet Fraud Tips are available from the National Fraud Information Center at www.fraud.org. You can call Robin at 545-0293

Heart Health Education Offered During Heart Month

Pueblo, Colo. - In observance of National Heart Month, St. Mary-Corwin Medical Center is hosting a "Women and Heart Disease" presentation and tea, along with a series of free heart health screenings, on Wednesday, Feb. 14, 2007 in the Dorcy Cancer Center conference room, 2004 Lake Ave. Refreshments will be served.

Following the educational presentation at 2 p.m. by guest speaker Judith Lenane, RN, MHA, Vice President of Business Development at Centura Health, St. Mary-Corwin's cardiovascular services professionals will provide free blood pressure and body mass index screenings and a heart risk assessment until 4 p.m.

"Unlike some diseases, cardiovascular disease can be largely predicted and prevented by being educated on risk factors and warning signs," says Jacquelyn Sharp, director of cardiovascular services at St. Mary-Corwin. "Cardiovascular disease kills over 480,000 women a year, about one per minute. Taking part in these activities will educate you on how to take control of your health, and provide you with a risk profile to see if you may be at risk for cardiovascular disease."

According to the American Heart Association, while heart disease and stroke kill one in every 3.7 men, one in 2.4 women lose their lives to heart disease and stroke. By way of comparison, breast cancer kills one in 29 women. It is St. Mary-Corwin's goal to support this national organization and its efforts by providing beneficial education to the communities we serve.

R.S.V.P. for the presentation and screenings by calling 719-557-5556.

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- Most Little Caesar's Pizza locations • Capt. D's • Golden Corral
- Pueblo Mall (S & W entrances) • Burger King Canon City
- Canon City - Walden Books • Big D Superfoods-Florence
- Pueblo Memorial Airport • Country Kitchen • Southwest Grill
- Parkview Medical Center • St. Mary-Corwin Medical Center
- St. Thomas More Medical Center • Penrose Senior Center
- Golden Age Center - Canon City • Florence Senior Center
- Southern Colorado Clinic • St. Mary-Corwin Medical Building
- All Nursing Homes (Pueblo) • Big R Store • SRDA
- Senior Housing Centers and much more

AND

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Lidia's Italian Table: Pizzaiola Neapolitan

by Lidia Matticchio Bastianich

One of the marvels of Italian cuisine is that vegetables are an integral part of the majority of dishes. Not only are they the "contorni" -- side dishes -- but they also play a prominent role in most pasta sauces as well as meat and fish preparations.

Here's a wonderful classic Neapolitan dish -- in the pizza style -- pizzaiola. This pan-seared steak is smothered with a pizzaiola sauce of tomatoes, bell peppers, mushrooms, and garlic. It's humble and simple, but definitely delicious, and it can be ready in no time.

PAN-SEARED STEAK WITH PIZZAIOLA SAUCE

(Bistecca Alla Pizzaiola)

1 each, red and yellow bell pepper (8 ounces each), cored, seeded and cut into 1/2-inch slices
Salt
4 strip or shell steaks, trimmed of fat, each about 8 ounces and 1/4 inch thick
5 or 6 tablespoons extra-virgin olive oil

6 garlic cloves, peeled
1 1/2 cups sliced assorted mushrooms
Freshly ground pepper
1 (35-ounce) can Italian plum tomatoes (preferably San Marzano), seeded and crushed (but still chunky)
1 teaspoon crushed red pepper
4 to 6 fresh basil leaves, shredded

Stir the sliced peppers into a large pot of salted boiling water. Return to a boil, cook 2 minutes and drain in a colander. Rinse with cold water and let cool.

Rub both sides of the steaks with approximately 1 tablespoon of the olive oil and let them stand at room temperature while preparing the sauce. Place a large, heavy skillet over low heat. Heat 4 tablespoons olive oil in the skillet.

Whack the garlic with the flat side of a knife. Add the garlic to the oil to cook. Shake the pan occasionally, until the garlic is golden.

Add the mushrooms to the pan and season them with salt and pepper.

Let caramelize a little, about 6 minutes.

Add the red and yellow-blanched peppers to the mushrooms. Add the tomatoes, which should still be slightly chunky but not too watery. If they are too watery, pour off some of the liquid. Stir in red pepper flakes and add more salt to taste.

Let simmer approximately 15 to 20 minutes.

Place a large, heavy cast-iron skillet over medium heat. Add remaining olive oil.

Add the steaks and cook until the underside is well-browned. Turn the steaks and cook 2 to 3 minutes for a medium-rare steak, longer for more well-done steaks.

Transfer the steaks to a warm



Colorful red and yellow peppers pair well with tomatoes and basil to make a quick, flavorful sauce for pan-seared strip steaks. photo: Lantec Studios

platter, spoon the sauce over the steaks and shred the basil leaves on top.

Makes 4 servings.

(Lidia Matticchio Bastianich is author of "Lidia's Family Table" (Knopf, 2004) and host of the PBS television series of the same name. Visit Lidia's Web site at: www.lidiasitaly.com.)

FREMONT/CUSTER County Menus

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

CUSTER SENIOR CTR

Call 719-783-9508 for reservations before 9:30am Mon, Tues & Thurs-Noon Meal

- FEB. 1:** TURKEY POT PIE, Cut Broccoli, Tossed Salad w/French Dressing, Apricot Pineapple Compote
- FEB. 5:** CHILI CON CARNE, Whole Wheat Crackers, Cut Broccoli, Raisin Nut Cup, Apple.
- FEB. 6:** CALIFORNIA VEGGIE BAKE, Spinach Salad w/Egg, Fresh Pear, Citrus Cup, Oatmeal Raisin Cookie
- FEB. 8:** BAKED HAM with Raisin Sauce, Candied Sweet Potatoes, Green Beans Amandine, Cranberry Mold.
- FEB. 12:** CHICKEN NOODLE SOUP, Wheat Crackers, Chopped Spinach w/ Malt Vinegar, Sliced Yellow Squash, Orange.
- FEB. 13:** CORNED BEEF, Parsley Buttered Potatoes, Seasoned Cabbage & Carrots, Shamrock Sugar Cookie.
- FEB. 15:** SWEET & SOUR PORK, Steamed Brown Rice, California Vegetable Medley, Diced Peas.
- FEB. 19:** No meal served
- FEB. 20:** HOT BEEF SANDWICH, Wheat Bread, Roasted Garlic Mashed Potatoes, California Vegetable Medley, Confetti Slaw, Pineapple Tidbits.
- FEB. 22:** ENCHILADA PIE, Sliced Tomato on Lettuce, Sliced Yellow Squash, Mixed Fruit.
- FEB. 26:** BEEF STEW, Wheat Crackers

- Whole Kernel Corn, Herbed Green Beans, Diced Peas.
- FEB. 27:** ROAST PORK, Whipped Potatoes w/Gravy, Parslied Carrots, Strawberry Gelatin Salad.

FLORENCE CENTER

100 Railroad St. - Florence Tue/Th/Fri

- FEB. 1:** HONEY BBQ CHICKEN, Oven Browned Potatoes, Chopped Spinach, Diced Peas.
- FEB. 2:** BEEF & SWEET PEPPERS, Steamed Brown Rice, Orange Spiced Carrots, Grapefruit Half
- FEB. 6:** CREAM OF ASPARAGUS SOUP, Roast Turkey w/Gravy, Cinnamon Applesauce, Carrot Raisin Salad.
- FEB. 8:** ROAST PORK, Whipped Potatoes w/ Gravy, Parslied Carrots, Strawberry Gelatin Salad.
- FEB. 9:** SMOTHERED CHICKEN, Cornbread Stuffing, Cauliflower Broccoli Mix, Applesauce Waldorf Salad.
- FEB. 13:** SPLIT PEA SOUP/HAMBURGER ON A BUN, Catsup, Mustard, & Onion, Creamy Coleslaw, Banana.
- FEB. 15:** SPINACH LASAGNA, Tossed Vegetable Salad, Seasoned Green Beans, Tangerine.
- FEB. 16:** SCALLOPED POTATOES & HAM, Chopped Spinach, Hard Boiled

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- Egg, Perfection Salad, Apple.
- FEB. 20:** CHICKEN RICE SOUP, Wheat Crackers, BBQ Beef on a Bun, Creamy Cole Slaw, Almond Peaches.
- FEB. 22:** ENCHILADA PIE, Sliced Tomato on Lettuce, Sliced Yellow Squash, Mixed Fruit.
- FEB. 23:** BRATWURST ON A BUN, Sauerkraut, Mustard, & Onion, Pickled Beets, Sliced Peaches.
- FEB. 27:** BEEF STEW, Wheat Crackers, Whole Kernel Corn, Herbed Green Beans, Diced Peas.

GOLDEN AGE CENTER

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

- FEB. 2:** ORIENTAL PEPPER CHICKEN, Steamed Brown Rice, Cut Broccoli, Pineapple Tidbits.
- FEB. 5:** SPLIT PEA SOUP/HAMBURGER ON A BUN, Catsup, Mustard, & Onion, Creamy Coleslaw, Banana.
- FEB. 7:** SWISS STEAK w/Mushroom Sauce, Whipped Potatoes, Seasoned Greens, Cantaloupe, Dinner Roll.
- FEB. 9:** FRENCH DIP SANDWICH WITH AU JUS, Oven Browned Potatoes, Mixed Vegetables, Strawberry Applesauce.
- FEB. 12:** EGG SALAD SANDWICH, Lentil Black Bean Soup, Sliced Tomato

- on Lettuce, Banana.
- FEB. 14:** BEEF STROGANOFF, Orange Spiced Carrots, Ruby Beet Salad, Mixed Fruit.
- FEB. 16:** DIJON CHICKEN, Steamed Brown Rice w/Parsley, Shredded Green Salad, Cut Broccoli, Strawberries.
- FEB. 19:** No meal served
- FEB. 21:** ROAST PORK, Whipped Potatoes with Gravy, Parslied Carrots, Strawberry Gelatin Salad.
- FEB. 23:** HUNGARIAN GOULASH, California Vegetable Medley, Spinach w/Malt Vinegar, Banana.
- FEB. 26:** TOMATO SOUP, Turkey on Wheat w/Mustard, Seasoned Green Beans, Tangerine, Almond Peaches.
- FEB. 28:** BAKED PORK CHOP w/ COUNTRY GRAVY, Whipped Potatoes, Hot Bean Casserole, Fruit Salad, Cinnamon Applesauce.

PENROSE CENTER

1405 Broadway-Penrose (Tues/Thur)

- FEB. 1:** LEMON BAKED FISH, Tartar Sauce, Scalloped Potatoes, Chopped Spinach w/Malt Vinegar, Banana.
- FEB. 6:** CHICKEN NOODLE SOUP, Wheat Crackers, Chopped Spinach w/ Malt Vinegar, Sliced Yellow Squash, Orange.
- FEB. 8:** ORIENTAL PEPPER CHICKEN, Steamed Brown Rice, Cut

SALIDA CENTER

(Tues/Thur/Fri) - 539-3341

- FEB. 1:** HAM AND BEANS, Cut Broccoli, Parslied Carrots, Orange Juice, Cornbread.
- FEB. 2:** SALISBURY STEAK, Whipped Potatoes with Gravy, California Vegetable Medley, Seasoned Greens, Peaches.
- FEB. 6:** VEGETABLE SOUP, Wheat Crackers, Tuna Salad on Lettuce w/Tomato, Baked Acorn Squash, Almond Peaches ~ Peas.
- FEB. 8:** SPAGHETTI WITH MEAT SAUCE, Tossed Salad w/Italian, Seasoned Green Beans, Orange.
- FEB. 9:** CRUNCHY BAKED FISH, Whipped Potatoes, Mixed Vegetables, Pineapple Mandarin Orange Compote.
- FEB. 13:** SPLIT PEA SOUP/HAMBURGER ON A BUN, Catsup, Mustard, & Onion, Creamy Coleslaw, Banana.
- FEB. 15:** BAKED HAM with Raisin Sauce, Candied Sweet Potatoes, Green Beans Amandine, Cranberry Mold.
- FEB. 16:** ROAST CHICKEN with Mushroom Sauce, Steamed Brown Rice, Cauliflower Broccoli Mix, Apple Pear Salad.
- FEB. 20:** TOMATO SOUP, Turkey on Wheat, Seasoned Green Beans, Tangerine ~ Almond Peaches.
- FEB. 22:** SPINACH LASAGNA, Tossed Vegetable Salad, Seasoned Green Beans, Tangerine.
- FEB. 23:** BAKED PORK CHOP w/Potatoes & Gravy, Hot Bean Casserole, Fruit Salad, Cinnamon Applesauce.
- FEB. 27:** CHILI CON CARNE, Whole Wheat Crackers, Sliced Yellow Squash, Pineapple Mandarin Compote, Cornbread w/Margarine.

ALL MEALS SERVED WITH MILK (Coffee or Tea optional). All breads served with margarine.

Foggy & Cold Day Fare: Split Pea Soup

by Annette Gooch

Fresh green peas are relative Johnny-come-lately's on the food scene of the Western world, having been popularized only within the last 400 years. During the previous 500 to 1,000 years, dried peas boiled into porridge or pudding were a staple of the middle and lower classes throughout the Western hemisphere. Archeological evidence from the Middle and Far East suggest that peas were used as human food as far back as 9,000 years ago.

Today's split peas are yellow or green field peas that have been cultivated specifically to be dried and processed in a way that removes their tough skin, allowing them to split naturally into halves. Packed within each split pea is an abundance of dietary fiber and plenty of fat-free protein, as well as vitamins and other essential nutrients.

Available in virtually every supermarket and natural food store across the country, split peas are an inexpensive staple that holds its quality for a year or more when kept in airtight containers in a cool, dry place.

Like other dried peas and beans, split peas do require careful inspection and rinsing to remove any bits of dirt, pebbles or other field debris.

While whole dried peas must be soaked overnight to soften them prior to cooking, split peas can be cooked unsoaked or, to reduce the cooking time, covered with fresh cold water and soaked for three hours. An alternative soaking method is to parboil split peas in water for a full minute, remove them from the heat, cover the pot, and allow the peas to stand for an hour. Either way, to prevent indigestion and flatulence, the soaking or parboiling liquid should be discarded and replaced with fresh cold water for cooking.

SUCCESS TIPS:

-- Bacon, ham, pancetta and smoked sausage are traditional flavorings for split pea soups. For a vegetarian version, cook the split peas in a blend of water and vegetable broth or beer and

use garlic, thyme, sage or other herbs to add flavor.

-- In addition to their use in soups, split peas can be cooked and seasoned to make a thick puree for serving as a side dish or a spread for crackers or bread.

-- To thin split pea soup, stir in additional broth (chicken or vegetable) a little at a time until soup reaches the desired consistency.

A bowl of this aromatic, sturdy soup is substantial enough for a light supper when accompanied by a plate of cheese and sliced apples or pears. Note that this recipe calls for soaking the split peas for three hours.

ALSATIAN-STYLE SPLIT PEA SOUP

- 1 1/2 cups dried split peas, rinsed and drained
- Cold water, for soaking peas
- 1/4 cup butter or olive oil
- 2 cups finely chopped onion
- 1 cup finely chopped carrot
- 1 cup finely chopped celery
- 1 parsnip, peeled and finely chopped
- 8 cups chicken broth
- 1 teaspoon dried thyme
- 3 sprigs parsley
- 2 dried bay leaves
- Salt and freshly ground pepper
- 1/2 cup creme fraiche or sour cream, for garnish (optional)
- Plain or garlic-flavored croutons (optional)

1. Soak peas in fresh cold water to cover for 3 hours. Drain.
2. In a 6-quart stockpot over moderate heat, melt butter (or heat the oil). Add onion, carrot, celery and parsnip. Saute 5 minutes. Add drained peas and saute 3 minutes more. Stir in broth, thyme, parsley and bay leaves. Bring mixture to a boil, then adjust heat to maintain a simmer and cook until peas are very soft (about 1 1/2 hours). Remove bay leaves.
3. Transfer all but 2 cups of the soup to a blender, food processor or food mill, and puree, working in batches if necessary. Return puree to pot with the remaining soup. (If soup seems too

thick, it can be thinned with additional broth at this point, if desired.) Season to taste with salt and pepper. Reheat and serve in warmed bowls. If desired, garnish each serving with a spoonful of creme fraiche and a few croutons; pass extra croutons at the table.

Makes 6 servings.

This distinctive soup of yellow split peas is flecked with bits of carrot and ham and flavored with cardamom, marjoram, cayenne and vinegar. For this recipe the peas are cooked without first having been soaked. Note that the soup needs from 2 1/2 to 3 hours total cooking time.

SWEDISH-STYLE SPLIT PEA SOUP

- 1 tablespoon butter or olive oil
- 1 medium onion, finely chopped
- 2 medium carrots, thinly sliced
- 1 stalk celery, thinly sliced
- 1 1/2 to 2 pounds smoked ham hocks or 1 meaty ham bone
- 1 pound (approximately 2 1/4 cups) yellow split peas, rinsed and drained
- 1 can (12 ounces) beer or 1 1/2 cups chicken or vegetable broth
- 6 cups water
- Crushed seeds from 1 small cardamom pod or 1/2 teaspoon ground cardamom
- 1/4 teaspoon dried marjoram
- Dash cayenne pepper
- 1 tablespoon cider vinegar
- Salt (optional)

1. In a 6-quart soup pot or Dutch oven, melt butter. Add onion, carrot and celery; cook, stirring occasionally, until onion is soft but not browned. Add



Green or yellow split peas, an excellent source of fiber and a good source of protein, are inexpensive and easily stored. photo: Lifestyle Media Group

ham hocks or bone, peas, beer, water, cardamom, marjoram and cayenne. Bring to a boil, cover, reduce heat and simmer until ham and peas are tender (2 1/2 to 3 hours).

2. Remove ham hocks or bone; when they are cool enough to handle, remove and discard bones and skin, reserving the meat. Chop meat into bite-sized chunks and return meat to soup. Stir in vinegar. Salt to taste and reheat to serving temperature.

Makes 6 to 8 servings. (For additional culinary information and recipes from Cole's Cooking A to Z, e-mail AtoZ@culinarysocietyamerica.com.)

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

- FEB. 1:** Chicken A La King/Biscuit, broccoli/marg., peach cobbler.
- FEB. 2:** Sweet/Sour Pork over Rice, corn, wheat bread/marg., gingerbread with lemon.
- FEB. 5:** Mac & Cheese, zucchini, lime pear gelatin, stewed tomatoes, wheat bread/marg., orange.
- FEB. 6:** Burrito/Green Chili, spanish rice, let/tom garnish, apricots.
- FEB. 7:** Breaded Fish/Tartar Sauce, au gratin potatoes, carrots, spice fruit mold, wheat bread/marg., cherry crisp.
- FEB. 8:** Roast Beef/Au Jus, baked potato, california blend, orange, wheat bread/marg., tapioca pudding.
- FEB. 9:** Lasagna, orange carrot gelatin, peas, wheat bread/marg., diced peaches.
- FEB. 12:** BBQ Chicken, mashed potatoes, zucchini, carrot raisin salad, wheat bread/marg., butterscotch pudding.
- FEB. 13:** Meatloaf/Tom Sauce, parslied noodles, mixed veggies, wheat bread/marg., cranberry mold.
- FEB. 14:** Hot Turkey Sandwich, mashed potatoes, peas, pickled beets, wheat bread/marg., gingerbread/lemon.
- FEB. 15:** Tomato Swiss Steak, confetti rice, broccoli, mixed garden salad/ranch drsg., wheat bread/marg., chilled plums.
- FEB. 16:** Baked Glazed Ham, cran-

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- wheat bread/marg., diced pears.
- FEB. 20:** Beef Chop Suey/Rice, mixed veggies, wheat bread/marg., diced pears.
- FEB. 21:** Breaded Fish/Tartar Sauce, au gratin potatoes, broccoli, wheat bread/marg., orange.
- FEB. 22:** Turkey Tetrazzini, mixed veggies, biscuit/marg., carrot raisin salad, banana cake.
- FEB. 23:** Tuna Noodle Casserole, peas, pineapple slaw, wheat bread/marg., fruit cocktail.
- FEB. 26:** Spaghetti/Meatsauce, green beans, lime carrot gelatin, wheat bread/marg., chocolate pudding.
- FEB. 27:** Roast Pork Loin, orange glazed sweet potatoes, peas, wheat bread/marg., graham crackers, orange juice.
- FEB. 28:** Mexican Bean Stew, california blend, cornbread/marg., diced peaches.
- MAR. 1:** Roast Beef/Gravy, mashed potatoes, cabbage, wheat bread/marg., blush pear dessert.
- MAR. 2:** Salmon Patty/Lemon, peas & carrots, veggie alfredo pasta, wheat bread/marg., spice fruit mold.

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Finances: Wealth Creation

Seniors Look For A Mortgage That Delivers Peace Of Mind

by Virginia Berry - Premier Mortgage Group

Its hard to live on \$558.00 per month social security!!!

So, Brenda McWilliams turned to her home equity to help supplement her monthly Social Security payments by taking out a reverse mortgage.

A reverse mortgage is a loan that enables homeowners 62 or older to borrow against the equity in their home without having to sell the home, give up title or take on monthly mortgage payments. Loan proceeds can be used for any purpose. They can be taken out as a lump sum, monthly payments, line of credit, or a combination.

Ms. McWilliams joined a growing number of seniors who are getting reverse mortgages. According to the National Reverse Mortgage Lenders Association in Washington, D.C., the number of reverse mortgages jumped by 77 percent nationally during the past federal fiscal year.

Ms. McWilliams was able to

pay her home taxes which had not been paid for a couple of years, as well, as buy that new recliner she had been wishing for. Her monthly income with social security and her new reverse mortgage has doubled, which certainly is a life change for her. "I never thought things would become easier as I aged, but, I certainly feel like that now. My health has improved since I have been able to pay my taxes and sleep at night.....Peace of Mind....that is what a reverse mortgage is."

"I have seen reverse mortgage funds used in almost every available scenario," said Virginia Berry, CSA and local reverse mortgage expert, "from being able to bring a loved one home from the nursing home, or assisting grandchildren with college funding, to purchasing a vacation home in Arizona. However, 90% of my customers use the funds available to them from a reverse mortgage, to pay their property taxes, or to pay off their current mortgage, eliminate their credit card debt, or like Ms. McWilliams to just add a few

dollars to their income each month to make life a little easier."

Few are aware that reverse mortgages have been around for over 25 years. HUD became involved with this FHA loan in 1989 and is the primary source for this product. With the increased popularity and the aging of baby boomers, many new investors are looking at the growing demand and are poised to get into this market within the next 6 to 12 months. "I will be attending a regional convention next month, to hear about all the new reverse loan products scheduled and the time line in which to expect them" says Ms. Berry.

Now is a great time to learn more about reverse mortgages. Many have credit card bills from the holiday season, higher heating home bills, and we all know that gasoline prices are through the roof. What many forget to think about (until the bill arrives) is the dreaded property taxes due on your home. It just seems like monthly social security doesn't stretch as far in the winter months. Many

seniors locally and across the country are using their home equity for relief and PEACE OF MIND.

If you would like more information about reverse mortgages please feel free to contact your local reverse mortgage expert. Virginia Berry has been Colorado's reverse mortgage expert for well over 8 years. She is a board member for the Education committee and the HUD issues committee for the National Reverse Mortgage Association, and regularly attends meeting on both coasts as well as Washington, DC. She also, is a Certified Senior Advisor, which is the worlds largest membership organization educating the certifying professionals who serve seniors. When experience counts call Virginia Berry 1-866-260-6713, Premier Mortgage Group, DBA, Cherry Creek Mortgage.

Healthy

from page 1.

what you should do during a winter storm or under conditions of extreme cold:

- Listen to your radio, television, or NOAA Weather Radio for weather reports and emergency information.

- Eat regularly and drink ample fluids, but avoid caffeine and alcohol.

- Avoid overexertion when shoveling snow. Overexertion can bring on a heart attack—a major cause of death in the winter. If you must shovel snow, stretch before going outside.

- Watch for signs of frostbite. These include loss of feeling and white or pale appearance in extremities such as fingers, toes, ear lobes, and the tip of the nose. If symptoms are detected, get medical help immediately.

- Watch for signs of hypothermia. These include uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and apparent exhaustion. If symptoms of hypothermia are detected, get the victim to a warm lo-

cation, remove wet clothing, warm the center of the body first, and give warm, non-alcoholic beverages if the victim is conscious. Get medical help as soon as possible.

- Conserve fuel, if necessary, by keeping your residence cooler than normal. Temporarily close off heat to some rooms.
- Maintain ventilation when using kerosene heaters to avoid build-up of toxic fumes. Refuel kerosene heaters outside and keep them at least three feet from flammable objects.

- Drive only if it is absolutely necessary. If you must drive, travel in the day, don't travel alone, have a fully charged cell phone and keep others informed of your schedule.

- Stay on main roads; avoid back road shortcuts a blizzard traps you in the car, keep these guidelines in mind:
- Pull off the highway. Turn on hazard lights and hang a distress flag from the radio antenna or window.
- Remain in your vehicle where

rescuers are most likely to find you. Do not set out on foot unless you can see a building close by where you know you can take shelter. Be careful; distances are distorted by blowing snow. A building may seem close, but be too far to walk to in deep snow.

- Run the engine and heater about 10 minutes each hour to keep warm. When the engine is running, open an upwind window slightly for ventilation. This will protect you from possible carbon monoxide poisoning. Periodically clear snow from the exhaust pipe.

- Exercise to maintain body heat, but avoid overexertion. In extreme cold, use road maps, seat covers, and floor mats for insulation. Huddle with passengers and use your coat for a blanket.

- Take turns sleeping. One person should be awake at all times to look for rescue crews.

- Drink fluids to avoid dehydration.

- Be careful not to waste battery power. Balance electrical energy needs -

the use of lights, heat, and radio - with supply.

- Turn on the inside light at night so work crews or rescuers can see you.

- If stranded in a remote area, stomp large block letters in an open area spelling out HELP or SOS and line with rocks or tree limbs to attract the attention of rescue personnel who may be surveying the area by airplane.

- Leave the car and proceed on foot - if necessary - once the blizzard passes.

Nevin-Woods concluded, "The time to prepare is now," as she encouraged people to call the Pueblo City County Health Department's 583-9901 or go to following websites for additional information:

www.pueblohealthdept.org
www.fema.gov/areyouready/winter.shtm
www.bt.cdc.gov/disasters/winter/guide.asp#exertion
Sources: Center for Disease Control and Prevention, Federal Emergency Management Agency and Ready Colorado.

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For A Healthier You

Don't Like Dentures? Maybe Implants Are For You

by Ned High

Seniors who are not comfortable with dentures have an alternative - dental implants. According to the American Dental Association, dental implants may offer solutions for patients who cannot function adequately with conventional dentures. Whether or not to go the implant route should only come after a careful examination by your dentist and discussion of the relative benefits and risks and what the procedure involves.

While dental implants can improve the comfort level of some

seniors, there are many cosmetic techniques that can improve the look of their smile. Part of older adulthood is the acceptance of aging and the development of realistic expectations for appearance.

Dental treatment for older adults can be a healthy and adaptive way of maintaining dental health and emotional well-being. Our teeth and mouth play a critical role in psychological development and well-being throughout our lives.

Modern dentistry has expanded

Colorpuncture: Shedding Light On The Subject Of Healing

by Wendie Stauffer - Reflexologist - Golden Flower Health Clinic

Colorpuncture involves focusing colored light on acupuncture (and other) points on the skin in order to energize powerful healing impulses within our bodies. Developed by a German scientist and naturopath named Peter Mandel, over 30 years of empirical research have been conducted utilizing this unique system of healing.

Light is subtle in its effect, yet fast moving and penetrates deeply into all cells of the body. Scientists are now discovering that light is actually the medium by which cells communicate and the basis of many bodily functions.

In Colorpuncture treatments, frequencies of colored light are focused on the skin using a handheld acu-light

tool, which emits different colors of light through focused tips. Each color consists of different wavelength frequencies of light and therefore communicates different energetic information. As the skin absorbs the light and is transmitted along energetic pathways or meridians deep into the body, it stimulates the intra-cellular communication, which supports life.

How does color affect you and your body?

We are surrounded by color and light, all the time. Without being aware of it, these colors do affect us. A few suggestions as to how you might use colors to influence your own health and well-being include:

RED

Red increases blood circulation.

esthetic options for people of all ages. Coupled with good oral hygiene and regular dental visits, cosmetic techniques can help improve the appearance of your smile.

Dental implants and cosmetic techniques can be expensive, which brings up the question on the minds of many seniors: "I'm on a fixed limited income and can't afford specialized treatment."

According to the American Dental Association, thousands of dentists across the country assist the elderly

on fixed incomes by offering their services at reduced fees through dental society-sponsored assistance programs. Seniors should call their local dental society for information about where they can find the nearest assistance programs and low cost dental care locations.

This oral health tip comes from Oral Health Awareness Colorado!, a coalition of federal, state and community organizations that developed the state's first formal oral health plan aimed at improving the general health of Colorado residents.

In order to promote healing, after the initial pain, bleeding or infection have been stopped it is good to apply red light to the area to increase blood flow in the area, thereby supporting the healing process.

YELLOW

Yellow helps promote mental alertness. To help a child concentrate while studying, have them study in a room with yellow light or yellow walls.

ORANGE

Orange is the color of joy. It lifts spirits. If you suffer from depression, a pair of orange glasses and wear them daily for 20-30 minutes.

BLUE

Blue has a very calming effect

Here's Ten Unusual Energy Saving Tips from Dena Stevens

by Dena Stevens

1) Clean interior walls for more reflective light



- 2) If possible, lower ceiling fans to a minimum of 12" for better air movement.
- 3) Seal recessed lighting, keep warm air from getting out.
- 4) Lock windows to ensure a better seal and security
- 5) Insulate attic access opening
- 6) Check your refrigerator thermostat 38-40 degrees is best.
- 7) Keep your freezer at least 1/2 full, but not packed, your refrigerator will run

better.

8) Dry towels separately, since they are heavier they keep other items from drying faster.

9) Clean the fireplace damper, when it's clean it will shut better.

10) Keep houseplants in dark containers for healthier plants and solar gain in the house.

Blowin' in the Wind!
With apologies to Bob Dylan wind power is what is happening now. Think about and ask your representatives about renewable, inexhaustible and inexpensive energy. Wind power is a clean, renewable resource for energy. The utility companies are now catching on to what the public has been demanding for some time. Thru legislation utility companies are hearing

the public demands for this type product. **Why should you choose wind?**

Wind energy is a free, inexhaustible renewable resource.

Wind energy is a source of clean, non-polluting electricity. A single utility-scale (750 kW) wind turbine can prevent the emission of 5000 tons of carbon dioxide (CO2) into the atmosphere each year. It would take 500 acres of forest to absorb that much CO2.

California wind plants effectively save the energy equivalent of 4.8 million barrels of oil per year.

Wind power plants can help increase our nation's energy security. They are modular and can be constructed more quickly than conventional energy plants to meet emergency energy needs. Also, the energy they produce displaces im-



ported fuels. Wind energy provides more jobs per dollar invested than any other energy technology.

Wind energy can provide additional income for ranchers and farmers.

Wind power plants increase property tax revenues for local communities

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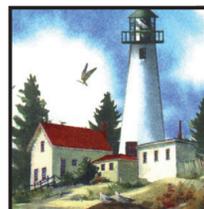
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"Light For The Journey"

By Jan McLaughlin - Director of Prayer Warriors For Prisoners

"THE PERFECT LOVE"
(Note from the author: While asking the Lord what He would have me write for the February LFTJ, the plight of lonely people seemed to pervade my thoughts. This is a perfect opportunity to share this story from the February 2003 edition of the Senior Beacon, and my experience with loneliness and God's incredible remedy. It is my prayer it will bless you whether you are lonely or not. Sometimes, whether married or in a crowd of people, one can be very lonely. Jesus has the solution. Jesus IS the solution. I would love your feedback on this article. There have been major changes in my life since

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"Help Us Help Others"

this story took place. Maybe next month, I will share some of them with you. jm)

A stroll through a card shop, drug store or department store boldly declares, "Love Month" is here! Thousands of Valentines fill greeting card shelves. Lacy heart shaped boxes of truffles and chocolates remind husbands, lovers and friends that it's time for a tangible expression of love to that very special "someone" in their lives. Florists tout roses by the dozen to be the best way to express love and please a lady. Jewelers spend thousands of dollars advertising diamonds, pearls and gold to "tell her you love her!" Even red and white M & M's remind us that it's time to celebrate LOVE!

Valentine reminders are wonderful for those who HAVE a special someone. However, for many lonely people, these reminders effectively plunge them into even greater depression and loneliness. Many of them are widows and divorcees. Men, no doubt, suffer great loneliness as well.

When I first became single after a 32-year marriage, my greatest struggle was believing God for my provision. I had married at 18 years of age and had never lived alone or supported myself. Suddenly being alone and responsible for my own livelihood terrified me. My fear was great even though I knew that God is my Jehovah Jirah, my Provider. I knew He had promised to meet my every need. Day by day, despite my weak faith, He proved Himself true to His promise. What I did not know was that He is my Husband. Although I was familiar with the verse in Isaiah 54, it had not come to life in my heart. "For your Maker is your husband—the LORD Almighty is his name—..." Is. 54:5

During my second year of being single, my job kept me very busy, and my life was very full with ministry activities. Even though I found ways to fill lonely moments with ministry projects or activities with friends, loneliness became a frequent

unwanted visitor. However, I was not aware of how very lonely I was until one February day while browsing through a Christian book store. The Valentine card display seemed to jump out at me. Beautiful cards with hearts and flowers were packed into the display. I began reading the covers of the cards. "To the one I love," "To my darling husband," "Sweetheart, you mean everything to me." Joy drained from my heart. In all my life, I had never felt so empty or alone. Suddenly plunged into despair with tears rolling down my face, I cried out in my spirit, "Lord, I don't have ANYONE to send one of these cards to!" Then I heard my precious Savior's voice in my spirit. Gently and sweetly, He spoke. "Jan, I'm your Husband. You could send ME a card!" As quickly as I was plunged into emptiness and despair moments earlier, this familiar voice whispering sweet words of love brought an indescribable fullness to my spirit.

Excitedly, I read one card after another in search of the PERFECT card for my "Husband!" For the first time in my life, I didn't turn the cards over to check the cost! Even though my budget was tight, the message was what was most important! I found it! The perfect card expressed my joy of belonging to the One I so desperately love. It spoke of our companionship and joy of being together. He is always with me and always wants the very best for me. So perfect! What a joy it was to purchase this card for my wonderful Husband.

As I drove home, a question entered my mind. "What will I do with this card? I can't MAIL it!" As sweetly as before, the Lord spoke to me, "Jan, what would a husband do with the card?" I smiled instantly and answered, "He would display it on the mantle!" The card was beautiful on the mantel. It provided incredible doors of opportunity to share Jesus' love when people asked about the card.

However, there was one missed

opportunity. A repair man came to my house and upon leaving, said, "Jan, I thought you were single!" "I am!" was my reply. He left looking very perplexed. Moments later, I chuckled, realizing he must have seen the card on my mantle that reads, "TO MY WONDERFUL HUSBAND!"

God has given me many opportunities to share this story with lonely single friends. Do YOU know this Husband? Have you bought Him a Valentine? If you are a born again Christian, man or woman, YOUR MAKER IS YOUR HUSBAND. His Word declares it. He doesn't just speak of love or give us love. He IS LOVE! Have you let this wonderful Husband fill your lonely days and moments. He is eternal and unchanging. He is always there for you. He has been Husband to me like none other could possibly be. He has provided in wonderful and creative ways beyond what I could ask, imagine or think.

If you are a single Christian, regardless how you came to be that way, may I encourage you to go shopping! Find a perfect Valentine for your PERFECT HUSBAND. Celebrate His love for you! You will be blessed! In this month when LOVE is exalted like no other time of the year, we Christians EXALT the ONE who IS LOVE! His love for you is immeasurable! "I have loved you with an everlasting love; I have drawn you with loving kindness." Jer. 31:3

"And I pray that you, being rooted and established in love, may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge that you may be filled to the measure of all the fullness of God." Eph 3:17 19

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 Jan McLaughlin is the director of Prayer Warriors for Prisoners and may be reached by e-mail, akingskidinco@juno.com or phone 719-275-6971



Grandparenting: "Computer Programming"

Dear Grandparenting: Grandkids are OK, but I'll take romance, and I want some now. My children are grown and long gone, and the strain of being alone is running this granny down. I've never understood people who say they live life through their grandchildren. What can you tell me about finding dates on the Internet? I'm hearing it works. "Lonely Too Long," North Bend, Oregon.

Dear Lonely: Is Mr. Right just a computer click away? A growing number of seniors indeed seem ready to shop for companionship on Internet sites. According to research firm Nielsen/NetRatings, people aged 55 and over are the fastest growing group of users of Internet personal sites, which includes industry leaders like eHarmony and Match.com, attracting millions of all ages, and niche sites catering to seniors like Seniors Circle and Silver Friends. Keep drilling down, and you'll find SugarDaddie.com, for a "sugar babe who wants to date a millionaire/sugar daddie," and other dating sites for those with special interests – wine lovers, truckers, vegetarians, Ivy Leaguers, etc.

And as more computer savvy Baby Boomers enter the senior demographic, the number of grandparents looking for love on the Internet will grow by leaps and bounds. Brazilians, Germans and Americans are the nationalities most likely to actually date someone they met online.

As with other Internet transactions, beware of those who may misrepresent themselves or their intentions. Many daters insist on background checks.

Grand Remark

"I am more distinguished by walking with a cane than falling down without one." Arthur Machen, Jr., Baltimore.

MYTHICAL "GOLDEN YEARS"
Dear Grandparenting: Do me the favor of never using the phrase "the Golden Years" again. You've got another thing coming if you think I've got nothing better to do than idle about, hit golf balls, or sip cocktails watching the sun set. I need to work for a living, like just about everyone else around here.

To my way of thinking, there's no shame in still scrapping to get by. Save the shame for people who make rules about mandatory retirement. It's just ignorant to think everyone has a nest egg to fall back on in their old age. I'd straighten them out. When my grandson came up to me and started joking around about my "Golden Years," I straightened him out too. I told him the way costs keep climbing, he'll work until the day he dies! "Oldie, Yes! Goldie, Not!" Reading, Penn.

Dear "Oldie": Whoa! We didn't mean to offend! And we agree that the phrase – supposedly coined in 1960 by the developer of a retirement community – is ill-suited for the millions of seniors who don't lead lives of leisure.

The modern wave of more active grandparents is helping re-invent our very concept of retirement. Full retirement is no longer the norm, as for grandparents a generation ago. Many still work, either for the income or satisfaction jobs provide. More than three quarters (77 per cent) of workers expect to keep working in some form after retirement, according to a 2006 Pew Research study. And as seniors live longer, healthier lives, it forces America to reconsider arbitrary limitations like mandatory retirement.

Grand Remark

"The secret of staying young is to live honestly, eat slowly, and lie about

your age." Wit from Lucille Ball, of "I Love Lucy" TV fame.

Dee and Tom, married more than 50 years, have eight grandchildren. Together with Key, they welcome questions, suggestions and Grand Remarks

of the Week. Send to 830 W. 40th St., Ste. 304, Baltimore, MD 21211. Tel: (410) 828-6529.

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Where Are They Now?

by Marshall Jay Kaplan

JIMMY NELSON

N-E-S-T-L-E-S Nestles makes the very best. CHAAWW-KLITT! The 1950's ventriloquist and TV spokesperson (who made that loveable jingle a household phrase) still continues to entertain (and educate) audiences with a little help from Danny O'Day and Farfel the Dog.

Jimmy Nelson was born on December 15, 1928 in Chicago, IL. At the age of 10, Jimmy's aunt gave him a ventriloquist dummy, which he named 'Dummy Dan'. He then began practicing the art of ventriloquism, as he was inspired by listening to the legendary Edgar Bergen on his radio show. After seven years of performing at neighborhood theatres, Jimmy had Dummy Dan modified by Frank Marshall – the same carpenter who also carved Bergen's Charlie McCarthy.

As well, like Bergen, Jimmy gave his dummy a more Irish name – Danny O'Day.

As Jimmy's bookings increased, so did his popularity. By 1949, he had his own local TV show in Chicago. In 1951, Nelson performed at Radio City Music Hall in New York City. At the same time, producers of Milton Berle's Texaco Star Theatre were looking for a ventriloquist – the only catch was that in addition to the dummy routine, Jimmy was to perform the sponsor's commercial. Although his agent was against it, Jimmy signed on. Every night, forty million people tuned into Berle's show, and overnight, Jimmy, Danny O'Day and eventually Farfel the Dog were household names.

After two years on Berle's show, Jimmy began his ten-year association with Nestles – performing on-air commercials. It was Farfel's nasally drawn-out pronunciation of Chocolate (CHAAWW-KLITT) that people remember to this day. As well, during this time, Nelson was a very frequent guest on the Ed Sullivan Show, where he introduced other dummies in his act – Humphrey Higsby and Fa-ta-ta-tee-ta the Cat.

By the mid-1960s, Nelson moved to his current residence in Cape Coral, Florida. He earned success in the late 1960s and early 1970s, producing instructional records on how to be a ventriloquist.

The performer in Jimmy has never stopped. Although he no longer travels across the globe, Nelson finds he is keeping busy within the state of Florida. His biggest audience is school children, where he, Danny and Farfel lecture about the dangers of smoking. Maybe Danny O'Day is no dummy after all!!



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Arts Center/El Pueblo Museum & Odds & Ends

The Spring 2007 exhibitions at the Sangre de Cristo Arts Center celebrate the invaluable gifts this region has received from the Mexican culture. Art and culture in Mexico are regarded as essential to existence. The principles of Mexican dance, culinary arts, music and visual arts will permeate every square foot of the Helen T. White Galleries and Buell Children's Museum over the next few months with an exhibition called "Ay Mexico!"

White Gallery & King Gallery
Feb. 23 through April 21
"The Legend of the Chromes"
Works from the collection of Museo Soumaya de Mexico
Mexican Calendar Legends

Discover over 60 rare oil paintings, chromium prints and articles from the vast archives of Galas de Mexico. The Legend of Chromes is a traveling exhibition of paintings featuring Mexican calendar legends organized by Museo Soumaya in Mexico City

King Gallery - Feb. 23 - April 12
Viva la Revolucion: Money of the Mexican Revolution

This exhibit is held in cooperation with the American Numismatic Association. Viva la Revolucion is a large traveling exhibit from the association located in Colorado Springs, CO. This extensive coin collection serves as a history of the Mexican revolution of 1910.

Hoag Gallery - Feb. 3 - April 28
Encuentro: A Leo Tanguma Community Sculptural Mural Project (Encounter)
Starting in February 2007, the Sangre de Cristo Arts Center's Hoag Gallery will become the art studio of Denver muralist Leo Tanguma for six weeks as he paints a community sculptural mural celebrating Hispanic culture in the United States.

Regional Gallery - 2nd Floor Foyer & 3rd Floor Foyer Feb. 10 - May 5
Tradicion Mexico

Discover three galleries of work by Mexican and American artists featuring Antonio Castro, Luis Gonzalez Palma, Tatiana Percero, Rufino Tamayo, Francisco Zuniga and Sergio Garval who each have a style that is true to their heritage, yet unique from one another.

EL PUEBLO HISTORY MUSEUM

El Pueblo History Museum presents Two Renowned Nature Photographers Capture Colorado in the El Pueblo History Museum's Colorado 1870-2000: Then & Now II Exhibit.

Renowned nature photographer, John Fielder, is presenting his most recent work at El Pueblo History Museum, beginning Saturday, February 3, from 10:00 am to 4:00pm. "The Colorado 1800-2000: Then & Now II" exhibit not

only captures contemporary Colorado, but also reflects the historical 19th-century photography of William Henry Jackson.

For more information please call 719-583-0453 for more information.

PUBLIC SERVICE ANNOUNCEMENTS

The Seasons of Grief, a workshop for anyone experiencing bereavement at the death of someone close will meet for five sessions beginning Tuesday, February 6th through March 6th from 6:30 to 9pm at the First Presbyterian Church, 220 W. 10th St., Pueblo.

The cost is \$20. Scholarships are

available. The workshop is for grieving people of all ages and beliefs.

For more information, please call Suzanne D'Spain at 719-542-7322.

A Divorce Recovery Workshop for divorced and separated people of all ages and beliefs will meet for eight sessions beginning Thursday, February 8th through March 29th from 7-9pm at the First Presbyterian Church, 220 W. 10th Street, Pueblo.

The cost is \$30. Scholarship are available.

For more information, please call Suzanne D'Spain at 719-542-7322.

ON YOUR TOES

by Charles E. Schneider, M.D. SEASONAL AFFECTIVE DISORDER

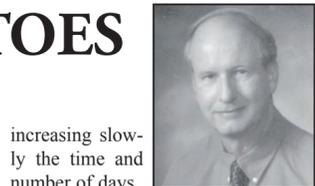
A new medical syndrome we can add to our repertoire is SAD. This acronym refers to Seasonal Affective Disorder. This disorder is what many of us associate with the term "Cabin Fever." Restricted to indoor activities and fewer daylight hours creates rises and falls in moods. To help overcome this problem doctors recommend a walking program.

John Pleas, assistant professor of physiology at Middle Tennessee State University in Murfreesboro states that walkers he has met in the last ten years report a greater up light in mood from walking outdoors.

We have already been told that walking is excellent cardiovascular exercise, can limit the possibility of additional medical problems, help maintain weight gain, lower blood pressure, reduce risk of some forms of cancer, arthritis and diabetes.

Walking for people over 60 should only be started after consulting your family physician. Unless otherwise advised, begin walking at least 20 minutes two or more times per week

MAY THE CLOUDS NEVER BURST AND THE SON ALWAYS FIND YOU



increasing slowly the time and number of days.

What to do as you start to walk:

1. Wear low-heeled, comfortable shoes
 2. Keep the feet dry and warm.
- If the weather is unseasonable and your feet become chilled, slowly warm them - do not plunge them into hot water. If you get your feet wet while walking, change shoes and socks after washing and thoroughly drying the feet. Allow shoes to thoroughly dry before wearing them again.

If your feet become damp from perspiration, change socks after the walk or several times a day if this is a recurrent problem.

3. Pace your walk and gradually rebuild time after a break of several days or time out due to an injury.

If any of the following problems arise while walking, consult your podiatrist:

1. Blisters
2. Continued pain in the foot or ankle
3. Injured or infected nails
4. Limping
5. Abnormal, continued swelling of foot and ankle
6. Redness of foot and ankle
7. Weakness of foot and ankle
8. Other problems not present before walking program began.

If you have any problems or questions, contact Dr. Charles Schneider at 719-543-2476.

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Warning of Fraudulent Health Dept. Phone Calls

by Sarah Bruestle-Information Office - Pueblo City-County Health Dept.

PHONE CALLS IMPERSONATING HEALTH DEPARTMENT STAFF

Pueblo, CO - The Sheriff's office has recently received complaints about a person representing themselves as a Health Department employee. The impersonator is making phone calls to people in the community asking for donations and personal information.

"When receiving an official phone call from the Pueblo City-County Health Department, a staff member will always introduce themselves giving their name, title, and division they work for at the Health Department," stated Dr. Chis Nevin-Woods, Executive Director of the Pueblo City-County Health Department. She continued, "Employees will already know certain facts that relate to the reason for the phone call. A person can also call the main Health Department number: 583-4300 during normal business hours (8:00 a.m. to 5:00 p.m.) and ask to speak with a particular staff member to verify if the phone call is legitimate."

Nevin-Woods added, "If you receive a phone call from someone at an odd hour of the night, identifying themselves as working for the Health

Department and/or asking for personal information, question the validity of the phone call by asking for their name, title, work number, and division they work for at the Health Department."

These impersonation phone calls may be an attempt at identify theft. It's important to keep your personal information secure. According to the Federal Trade Commission, ID theft happens often however you can take simple steps to protect yourself.

Skilled identity thieves use a variety of methods to steal your personal information, including:

1. Dumpster Diving. They rummage through trash looking for bills or other paper with your personal information on it.
2. Skimming. They steal credit/debit card numbers by using a special storage device when processing your card.
3. Phishing. They pretend to be financial institutions or companies and send spam or pop-up messages to get you to reveal your personal information.
4. Changing Your Address. They divert your billing statements to another location by completing a "change of address" form.
5. "Old-Fashioned" Stealing. They steal wallets and purses; mail, including bank and credit card statements; pre-approved credit offers; and new checks or tax information. They steal personnel records from their employers, or bribe employees who have access.

The Federal Trade Commission recommends following the three "D" to eliminate the possibility of ID theft occurring to you: **DETER**

Identity theft is a serious crime. It occurs when your personal information is stolen and used without your knowledge to commit fraud or other crimes. Identity theft can cost you

time and money. It can destroy your credit and ruin your good name.

Deter identity thieves by safeguarding your information.

• Shred financial documents and paperwork with personal information before you discard them.

• Protect your Social Security number. Don't carry your Social Security card in your wallet or write your Social Security number on a check. Give it out only if absolutely necessary or ask to use another identifier.

• Don't give out personal information on the phone, through the mail, or over the Internet unless you know who you are dealing with.

• Never click on links sent in unsolicited emails; instead, type in a web address you know. Use firewalls, anti-spyware, and anti-virus software to protect your home computer; keep them up-to-date. Visit OnGuardOnline.gov for more information.

• Don't use an obvious password like your birth date, your mother's maiden name, or the last four digits of your Social Security number.

• Keep your personal information in a secure place at home, especially if you have roommates, employ outside help, or are having work done in your house.

DETECT
Detect suspicious activity by routinely monitoring your financial accounts and billing statements.

Be alert to signs that require immediate attention:

- Bills that do not arrive as expected
- Unexpected credit cards or account statements
- Denials of credit for no apparent reason
- Calls or letters about purchases you did not make

Inspect:
Your credit report. Credit reports contain information about you, including what accounts you have and your bill paying history.

The law requires the major nationwide consumer reporting companies—Equifax, Experian, and TransUnion—to give you a free copy of your credit report each year if you ask for it.

Visit www.AnnualCreditReport.com or call 1-877-322-8228, a service created by these three companies, to order your free credit reports each year. You also can write: Annual Credit Report Request Service, P.O. Box 105281, Atlanta, GA 30348-5281.

• Your financial statements. Review financial accounts and billing

statements regularly, looking for charges you did not make.

DEFEND
Defend against ID theft as soon as you suspect it.

• Place a "Fraud Alert" on your credit reports, and review the reports carefully. The alert tells creditors to follow certain procedures before they open new accounts in your name or make changes to your existing accounts. The three nationwide consumer reporting companies have toll-free numbers for placing an initial 90-day fraud alert; a call to one company is sufficient:
Equifax: 1-800-525-6285
Experian: 1-888-EXPERIAN (397-3742)
TransUnion: 1-800-680-7289

Placing a fraud alert entitles you to free copies of your credit reports. Look for inquiries from companies you haven't contacted, accounts you didn't open, and debts on your accounts that you can't explain.

• Close accounts. Close any accounts that have been tampered with or established fraudulently.

Call the security or fraud departments of each company where an account was opened or changed without your okay. Follow up in writing, with copies of supporting documents.

Use the ID Theft Affidavit at ftc.gov/idtheft to support your written statement.

Ask for verification that the disputed account has been closed and the fraudulent debts discharged.

Keep copies of documents and records of your conversations about the theft.

• File a police report. File a report with law enforcement officials to help you with creditors who may want proof of the crime.

• Report the theft to the Federal Trade Commission. Your report helps law enforcement officials across the country in their investigations.

Online: ftc.gov/idtheft
By phone: 1-877-ID-THEFT (438-4338) or TTY, 1-866-653-4261

By mail: Identity Theft Clearinghouse, Federal Trade Commission, Washington, DC 20580

To learn more about ID theft and how to deter, detect, and defend against it, visit ftc.gov/idtheft.

Sarah R. Bruestle, M.P.A. Public Information Officer

Pueblo City-County Health Department 151 Central Main Street Pueblo, CO 81003

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Covering The Courts: 'Teachers In Court'

by James J. Kilpatrick

Justice Clarence Thomas stayed mum, as usual, but all eight of his colleagues got into the act two weeks ago when the Supreme Court heard argument in the case of a teachers union. When oral argument ended at noon, most observers probably thought the union's luck had run out with the clock, but these things are tough to call.

The facts are not seriously in dispute. In the state of Washington, 70,000 public school employees work under an agency shop contract. All but 3,500 of them belong to the Washington Education Association (WEA). The 3,500 non-members, by law, must pay the union a fee equal to their share of the demonstrable costs of collective bargaining. They are entitled to a rebate equal to the union's per capita outlays for other, non-chargeable, expenditures.

The system sounds simple, and in theory it is. In practice, the WEA is understandably unwilling to disgorge a single penny it has collected from the "fee payers." These are the scabs whom willy-nilly the union must represent. Thus, for a non-union teacher to "opt out" of a non-germane outlay -- say, for the cost of soft drinks at a union picnic -- the union lawyers have made a rebate

procedure as difficult as they can devise. The rebates, per capita, are penny-ante. Between 1996 and 2000 they ranged only from \$44 to \$76 a year. In principle, they're large.

Seven years ago the free-spirited Evergreen Freedom Foundation, the National Right to Work Legal Foundation and the Washington State Public Disclosure Commission combined in suits against the union. The plaintiffs won in a trial court, where Judge Gary R. Tabor hit the WEA with a \$600,000 judgment. In March of last year, the free spirits lost in the state Supreme Court. Their appeal followed to the U.S. Supreme Court.

The case was argued Jan. 10 before Chief Justice John Roberts and his colleagues. It was not a great argument, but it was a good argument. Robert M. McKenna, the Washington state attorney general, was joined by U.S. Solicitor General Paul Clement on behalf of the non-union plaintiffs. John M. West of Washington, D.C., representing the union, argued vigorously that the "opt out" procedure unconstitutionally burdens the union's First Amendment right to engage in political advocacy.

Justice Anthony Kennedy asked about the First Amendment rights of non-

union teachers. West said these teachers "certainly have a First Amendment right not to be compelled to finance political, ideological and other non-germane expenditures over their objection." Their rights, he insisted, are "fully protected." Kennedy nodded agreeably.

West continued: "When there is the availability of a ready means for opting out of the participation in financing these causes, there is no compelled speech."

Kennedy stopped nodding. He seemed to be wondering how "ready" are these "ready means" in practice, but he let it go. After a few minutes, he returned with another question: "You want us to consider this case as if the First Amendment rights of non-union members were not involved?"

"Absolutely not," West insisted. Non-members have an "absolute right" to prevent the use of their funds for any kind of political speech "simply by sending in a letter."

Justice John Paul Stevens was openly skeptical: "So it's a First Amendment right that is waived by failing to make a timely objection?" It's not that a right is waived, said West, but Stevens persisted: "It's gone under your theory."

In the concluding minutes of oral argument, Justice Samuel Alito joined in expressing concern for the rights of teachers who have chosen not to join the

union: "Isn't it overwhelmingly likely that if you spoke to them and you said, 'Would you like to give money to the union to spend on elections,' they would say no?"

"I absolutely disagree with you," said West. "It's not asking them to make a contribution. It's asking them, Is it OK with you if your money is used for this purpose?"

Alito asked, "What's the difference between asking, 'Would you like to make a contribution,' and 'Would you like to allow us to use (your) money that we possess for our purposes rather than returning it to you?'"

"Well," said West, "whether there is a difference or not, the point is the union is using this money for purposes that it has every reason to believe are in the interest of the vast majority of teachers."

Roberts: "Surely they get to make that decision, don't they?"

Counsel's response appeared to be "yes and no," an answer that earlier provoked laughter in the courtroom. Justice Kilpatrick, meaning me, left the press benches thinking that the union's counsel had done his best -- but his best wasn't quite good enough.

(Letters to Mr. Kilpatrick should be sent in care of this newspaper, or by e-mail to kilpatij@ataol.com.)

SRDA Lifeline Answers Call!

from page 1.

opportunity to return to life as usual. As part of the Lifeline Systems, Inc. "Falls Free: Promoting a National Fall Prevention Plan," the following fall facts are provided: **Home Falls Facts at a Glance: Did You Know...?**

- One out of 3 people 65 years and up will fall in 2007 and that number increases to 50 percent by the age of 80
- Half of those who fall will fall again
- Over a million falls occur annually, yet many are not reported because the victims were not seriously injured or they decided not to tell their family members.
- In 2002, 1.2 million elderly people fell and were treated in the emergency room and discharged. Approximately 400,000 elderly fall victims examined in the ER were admitted to the hospital.
- Many falls can cause serious injury, such as a hip, wrist or vertebra fracture — and the longer the injured go without immediate assistance and medical attention, the longer their recovery/rehabilitation time can take.
- Any number of factors can contribute to or increase the risks of home falls, including balance problems, common diseases such as diabetes or Parkinsons, and environmental factors such as clutter, cords and loose rugs.

The SRDA Lifeline and Transportation programs have teamed up to get the word out about how to get help to those who may experience a fall in our community. Look for the SRDA transportation van carefully cruising the city and county advertising the Lifeline program information. Please call 545-1212 to inquire about the SRDA Lifeline program



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This Is Nothing To Smile About!

Credit Card Bills are Nothing to Smile About

A Colorado Springs consumer called the Better Business Bureau of Southern Colorado to report that she was prompted to call an 800 telephone number listed on her MasterCard bill from a company called Dream Smile.

The problem is two-fold. First, the consumer never purchased anything from the company. Secondly, when she called the 800 telephone number to dispute the charge, a voice mail message asked for her MasterCard number.

This appears to be yet another way scam artists and identity thieves are attempting to get consumers' personal information. To date, the BBB of SC has not heard of this particular tactic to gain information.

It's important for consumers to remember that they should never give out personal information such as bank account numbers, their Social Security number or credit card numbers unless they are absolutely sure how this information will be used. As a general rule, unless the consumer initiates the transaction, he or she should not provide personal information.

We encourage consumers to call the BBB of SC at 719-636-1155 before doing business with a company and to check the company's reliability report on our Web site at www.BBBSC.org.

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Social Security & You

by Melinda Minor - Manager, Social Security Administration Office - Pueblo



HELP WITH PRESCRIPTION DRUGS

Will you be applying this year for the extra assistance available to help pay premiums, deductibles and co-pays under the Medicare Prescription Drug Program? If you are a Medicare beneficiary with limited income and resources, you should consider it -- you may be able to get extra help paying for prescription drugs.

If your annual income is below \$14,700 for an individual (\$19,800 for a married couple living together), and your resources are limited to \$11,710 for an individual (\$23,410 for a married couple living together), you may qualify for extra help with your monthly premiums and deductibles. Keep in mind that a slightly higher income limit will be determined in early 2007.

If you plan to apply for the extra help, the easiest and most convenient way is to go online. Just visit <http://www.socialsecurity.gov/prescriptionhelp/> and select the "Apply for help" link.

You also can apply over the phone by calling us at 1-800-772-1213 (TTY 1-800-325-0778). Or, if you prefer to complete the paper application yourself, you can call the same number to request one to be mailed to you, or stop by your local Social Security office to pick one up. If you already received an application in the mail more than a few months ago, you should request a new form.

It is important to make sure you correctly complete the application. If there are any mistakes in the application it could cause delays while we contact you to get an answer.

The handy "tips" below can help make sure that you complete the application correctly and get a response as quickly as possible.

- You must include your Social Security number or Railroad Retirement Board number on the application. And please be sure that you have written these numbers correctly.
- Many questions on the application ask you to mark an "X" in a Yes or No box. Please remember that you

cannot mark both Yes and No.

- Because computers will scan your application when you send it back to Social Security, it is important to use a pen with black ink, or a #2 pencil. Pens with blue or red ink, or pencils with lead other than #2, will not be read by the computer.
- Remember to send the entire application package back to us -- not just the page that you signed.
- Do not send us anything except your application. We do not need to see doctor bills, prescription lists, IRS forms or other documents.

You can find more information about the extra help online at www.socialsecurity.gov, and more information about the Medicare Prescription Drug Program at www.medicare.gov. If you do not have access to the Internet you can call Social Security at 1-800-772-1213 and ask for more information.

QUESTIONS AND ANSWERS

GENERAL

Question:

I'm 55 years old and have worked since I was 18. So I have well over the 40 credits I need to qualify for Social Security. Why do I have to keep paying Social Security taxes if I already qualify for maximum benefits?

Answer:

As long as you are working, the law requires Social Security tax withholding for almost all wage earners. Only some government employees and career railroad workers are exempt from Social Security taxes because they pay into a separate retirement fund. In addition, you should not confuse the eligibility rules with the benefit calculation rules. Although you need only 10 years, or 40 credits of coverage, to be vested in Social Security, your retirement benefit is based on your highest 35 years of earnings. In other words, if you were allowed to drop out of Social Security after meeting the 10-year vesting rule, you would receive a very small Social Security benefit when you reach retirement age, because we would have to add 25 years of "zero" earnings into your retirement calculation.

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 Near East High Pueblo, CO 81001

For more information about Social Security benefits, visit Social Security's website at www.socialsecurity.gov, or call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778).

Question: Can you settle a bet I have with a friend? She told me I need 40 credits from Social Security to collect retirement benefits. But I'm sure I read 10 years of work is the requirement. Who's right?

Answer: Both of you are right, because 40 credits and 10 years of work are roughly the same thing. In 2007, you get one Social Security credit for each \$1,000 you earn, but you can only earn up to four credits in a year. Obviously, people with breaks in their work history will take longer than 10 years to earn the 40 credits they need for Social Security. To learn more, visit Social Security's website at www.socialsecurity.gov, or call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778).

RETIREMENT

Question:

My brother and I are both retired and get Social Security benefits. We worked side by side in the same factory for years, but he gets a higher Social Security payment. Why does he get more?

Answer:

Unless you are twins and made exactly the same amount every year of your careers, you wouldn't get the same benefits as your brother. Social Security benefits are based on your age and your lifetime of earnings -- generally the top 35 years. In order to get the same benefit as your brother, you and he must have been the same age, had the same earnings for each year and would had to have started and stopped working at the same time. To learn more about Social Security benefits, visit Social Security's website at www.socialsecurity.gov, or call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778).

DISABILITY

Question:

It has been about a month since I applied for Social Security disability benefits and I still haven't heard anything. How long does a decision usually take?

Answer:

The amount of time it takes for a decision on a disability claim varies. The nature of your disability and how quickly we are able to get medical evidence from your doctor or medical sources can make a difference in how long it takes. Generally, to get an initial decision on your case, it takes about three to five months. If your claim is initially denied, there are several steps in the appeal process that you can pursue. To learn more, visit Social Security's website at www.socialsecurity.gov, or call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778).

1213 (TTY 1-800-325-0778).

Question: My 3-year old son is autistic. My husband and I have been told that he may be eligible for disability benefits from Social Security. How would he qualify for benefits? My husband and I both work full time and pay Social Security taxes.

Answer: Social Security administers the Supplemental Security Income program (SSI) which does pay disability benefits to some children. SSI is a needs-based program, so if your family is having a hard time making ends meet, your son might qualify for a monthly SSI payment. And if he gets SSI, he might also get Medicaid coverage. The only other way your son would qualify for payments is as a dependent on either your or your husband's Social Security record. When either you or your husband retire -- or if either one of you becomes disabled and begins drawing a Social Security disability payment -- he could collect because he's your dependent child. To learn more, visit Social Security's website at www.socialsecurity.gov, or call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778).

SUPPLEMENTAL SECURITY INCOME

Question: My parents recently moved into a retirement community and they are signing their house over to me. Can I still get Supplemental Security Income (SSI) or will home ownership make me ineligible?

Answer: You can own a home and still receive SSI as long as you live in the home you own. In most cases, when determining SSI eligibility we don't count the home you own and live in or the car you use as resources. For more information about SSI and Social Security, visit Social Security's website at www.socialsecurity.gov, or call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778).

Question: I'm planning to move back to Puerto Rico so I can be closer to my family. I know you have to live in the United States to get SSI (Supplemental Security Income). Does Puerto Rico count, since it is a U.S. territory?

Answer: No, it does not. To receive SSI, you must be a resident of a state in the United States, the District of Columbia, or the Northern Mariana Islands. For more information about SSI, visit Social Security's website at www.socialsecurity.gov, or call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778).

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60 Plus Blood Donors Abound: Blood Needed

by Liz Pope, Bonfils Blood Center

Television cameras are aimed at 60-year-old Ned Habich as he rolls back his sleeve and prepares to donate his 400th unit of blood, making him Bonfils' ninth 50-gallon donor.

"I've never had this big of an audience before," said Habich. "It's a little nerve-racking, but I get cookies and am left with a good feeling afterwards."

Habich has been donating for the past 43 years and is one of 17,273 donors age 60 and older to donate in Colorado in 2006. These donations account for nearly 16 percent of Bonfils donors in the state.

In Pueblo County, Bonfils collected blood from 770 donors age 60 and older, representing more than 22 percent of all Pueblo donors last year.

There is no upper age limit to donate blood, as long as the donor weighs more than 110 pounds and is in general good health.

Before a donor's blood is drawn, he or she must go through a preliminary screening that includes a brief health and lifestyle questionnaire and a check of the donor's blood pressure, iron levels and body temperature.

Bonfils advises that donors, especially seniors, stay hydrated and drink lots of water prior to making a blood donation. It



is also important to eat a healthy, low-fat meal at least four hours before donating.

Habich eases back into his chair, his feet reclined and an easy smile on his face. A blood pressure cuff is linked around his arm to maintain pressure and increase blood flow and in his left hand, he squeezes a small tube to keep his veins in good position before the donation begins.

"The needle feels like a quick pinch, but I hardly even feel it," said Habich.

From the time a donor arrives to the time a donor leaves, it takes less than an hour to donate whole blood. Once the donor is registered and eligibility has been determined, the actual blood collection lasts about ten minutes.

"It's very relaxing," said Habich. "To me, this is just another donation."

Once the donation is complete, donors are advised to avoid alcohol and strenuous activities, such as lifting heavy objects, for four hours.

Donors are also asked to sign up for their next appointment, in order to continue their life-saving contribution to the community blood supply.

"I plan to continue to give blood until I can't give any more," said Habich.

One donation of whole blood can save up to three lives. By giving blood, Habich has helped save and enhance the lives of 1,200 patients in need of blood transfusions. Blood and blood products are used on a daily basis for emergencies, surgeries, organ transplants and other life-threatening medical conditions.

Bonfils must collect at least 4,350 units of blood every week to support more than 200 hospitals and healthcare facilities across the state and beyond.

Pueblo donors can donate at Bonfils' Pueblo Community Donor Center, located at the Parkwest Medical Center, 3676 Parker Blvd., Suite 380. The Pueblo Community Donor Center is open Tuesdays 8 a.m. to 4 p.m., Thursdays 11 a.m. to 7 p.m. and Saturdays 8 a.m. to noon. For more information or to schedule an appointment, please call (719) 253-5951.

CALENDAR LISTINGS
for more information call: **JULIE SCOTT**
(800) 365-0006, PRESS 0, EXT. 2873
JULIE_SCOTT@BONFILS.ORG



Please note the photo is of blood donor Ned Habich and Bonfils' Phlebotomist Kristine Cox. He made his 50-gallon donation today at our donor center in Golden, Colo. We were unable to identify a Pueblo donor in time to meet your deadline.

Pueblo and Pueblo West Community Blood Drives February 2007

Colorado Technical University Community Blood Drive:

Tuesday, Feb. 6 from 2 to 6 p.m. Located at Colorado Technical University, 1025 W. 6th Street, Pueblo
"Union and Grand" Community Blood Drive
Wednesday, Feb. 7 from 9:30 a.m. to noon

Donations inside Bonfils' mobile bus located at the corner of Union and Grand, Pueblo

"11th and Court" Community Blood Drive
Wednesday, Feb. 7 from 2 to 4:30 p.m.

Donations inside Bonfils' mobile bus parked at District 60 Admin. Office, 315 W. 11th Street, Pueblo

St. Mary-Corwin Medical Center Community Blood Drive
Monday, Feb. 17 from 7:30 to 10 a.m.

Donations inside Bonfils' mobile bus located at the west main entrance, 1008 Minnequa Avenue, Pueblo

Pueblo Community College Community Blood Drive
Tuesday, Feb. 13 from 11 a.m. to 3 p.m.

Located at 900 W. Orman Ave. inside the College Center, Pueblo

Centennial High School Community Blood Drive
Tuesday, Feb. 13 from 10:30 a.m. to 3 p.m.

Located at Centennial High School, 2525 Mountview Dr. inside the media center, Pueblo

Pueblo West Safeway Community Blood Drive
Friday, Feb. 23 from 9:30 a.m. to noon

Donations inside Bonfils' mobile bus located at 1017 N. Market Plaza, Pueblo West

Shrine of St. Therese Catholic Church Community Blood Drive
Sunday, Feb. 27 from 8:30 a.m. to noon

Donations inside Bonfils' mobile bus 300 Goodnight Ave., Pueblo
 For more information or to schedule an appointment on any of the above times please contact Bonfils' Appointment Center at (719) 253-5951

DETAILS:

Save the date to save a life this winter. Every two seconds, someone in the United States receives a transfusion of donated blood. And in less than an hour, you can help save up to three lives when you donate whole blood. By giving blood, you'll help Bonfils Blood Center maintain a state of blood supply readiness, while meeting the needs of Colorado's patients.

Anyone in good health, at least 17 years old, and at least 110 pounds may donate blood every 56 days, up to six times per year. So, whether you're a first-time or a 10-gallon donor, mark your calendar to give blood and save a life. It's a little time and a big difference.

Bonfils Blood Center provides blood and blood products to more than 200 hospitals and healthcare facilities throughout Colorado. Bonfils needs 4,350 people to donate blood every week to meet the needs of the community and be prepared for any unforeseen events.



SENIOR SAFETY

Pueblo Police Dept. - 549-1200 • Pueblo County Sheriff's Dept. - 583-6125
 Fremont County Sheriff's Dept. - 275-2000 • Canon City Police Dept. - 269-9000



Worst Scam of '06 Can Rebound In '07; Be Very Wise!

by Katie Carroll-BBB

The Better Business Bureau of Southern Colorado has come up with the following list of the year's worst scams that consumers need to be aware of:

1. Identity Theft - ID Theft occurs when thieves steal your personal information from your mailbox, garbage, recycling box or computer. They ask you questions about your banking, credit situation and passwords by phone, mail, fax or e-mail.

Consumer Tip: Never give out your personal or banking information. Store all documents containing personal information in a locked cabinet and shred before discarding. Keep all passwords and personal identification numbers (PIN) confidential. Monitor your account statements monthly and check your credit report annually. If you suspect you are a victim of ID theft contact your local police and the BBB of SC at 719-636-1155.

2. Affinity Fraud - Scam artists target religious, ethnic or close-knit community groups by gaining trust and encouraging group members to invest their money in fake investment opportunities that promise guaranteed high returns, tax breaks and no financial risks.

Consumer Tip: If it sounds too good to be true, it probably is. There are always risks when investing. Before investing your money, do your research. Make sure your investment advisor is licensed with the state.

3. Fake Checks / Overpayment Schemes - In this scam, fraudsters typically target people who are selling products through classified ads or online bul-

letin boards. The buyer/scammer sends a check for a product or service for more than the negotiated price. The scammer then requests that the seller deposit the money and return the excess funds. The original check is typically stolen or fake, and by the time the victim has cashed and returned the extra funds, the scammer has disappeared with the money and the product.

Consumer Tip: Never accept payment for more than your selling price and never agree to refund excess money to an unknown buyer. When accepting a check, hold the product and the money in your account until the check clears at the bank.

4. Internet Fraud - Beware of fake Web sites, e-mails (phishing scams) and VoIP phone calls (vishing scams) from scam artists pretending to be legitimate businesses, asking for your personal or banking information. Also beware of sellers from online auctions that try to lure you outside the security of the online auction site, or who ask you to download programs (usually viruses or password stealing software) in order to do transactions with them.

Consumer Tip: Only enter personal or credit card information on secured Web sites. Look for the letter "s" (https://) and for an unbroken padlock symbol to determine if the site is secured. Check for the BBBOnline Reliability Seal on each Web site. Never download programs to your computer from unknown sources.

5. Health, Beauty & Fitness Claims - Fraudulent health treatment claims are a growing concern in

Villa Pueblo Senior Living Community is proud to be a sponsor of Senior Safety. Villa Pueblo has offered independent living, assisted living and skilled nursing services to the Pueblo community since 1969.
Call us at 545-5911 for all your retirement living needs.

the marketplace. Beware of advertisements that promise "rapid and effortless weight-loss," "miracle cures," or "newly discovered" treatments for disease and illness.

Consumer Tip: Before buying any treatment or medication or joining any health and fitness program, consult your physician, pharmacist or other health care professional. Before signing any contract take the time to read the fine print and ensure you understand your contractual obligations and the cancellation or refund policy.

6. Lottery and Sweepstake Scams - Victims are informed they have won a large lottery prize or sweepstake, and are often sent a check of a few thousand dollars worth of the winnings. The "winners" are then asked to pay back a small portion to cover taxes and/or processing fees, before receiving their winnings. The victim sends money and never receives the money. Any checks sent by the lottery company are fake or stolen.

Consumer Tip: Legitimate lotteries and sweepstakes contests will not require you to pay money in order to receive your prize. Do not respond to lottery or sweepstake scams, as responding to one solicitation typically opens the door to dozens more.

7. Money Wiring Scams - Traditionally called the "Nigerian Letter Scam," scammers develop a variety of sad stories and reasons they need you to wire them money. Victims are contacted by phone, mail, e-mail and fax and asked to wire money to the fraudster. The fraudster typically promises to return the money with interest; however, once the money is wired the fraudster disappears and the money is untraceable.

Consumer Tip: Never wire money or give out personal or banking information to strangers. Only wire money to friends or family, and only wire money if you are prepared to lose it. If you need to transfer money for the purposes of a transaction, consider using a legitimate escrow or legal service to hold your money until goods or services have been received.

8. Home Repair Rip-offs - The contracting industry is plagued with fly-by-night scam artists that show up on your doorstep offering to do house and yard work for exorbitant fees. Home repair rip-off artists typically request that you pay fees up front before the work is completed, refuse to provide a written receipt and complete work poorly. Watch out for companies that knock on

distributed to other advertisers.

12. Directory Scams - In these scams, businesses are typically invited to submit their company contact information for publication in a business directory for distribution on CD-Rom. By submitting their contact information, the business has unintentionally committed to paying an exorbitant advertising fee to be listed in a directory that is often only

your door offering to do work, regularly over bill or that charge for services you have not requested.

Consumer Tip: When you need work completed around your home, get estimates from a minimum of three contractors who have permanent addresses in your area. Visit www.bbbsc.org to check out the company's reliability report before agreeing to do business.

9. Bogus Charities - Scam artists pretending to represent a charity often contact victims by phone or show up on the door step during the same fundraising cycles as legitimate charities. Watch out for bogus charities with names that sound like legitimate ones.

Consumer Tip: Ask all fundraisers for their name, the charity name and their contact information before considering a donation. Find out how much of your donation actually goes to the program. Visit www.give.org for a list of national charities.

10. Unscrupulous Moving Practices - Beware of moving companies that have hidden service fees, that provide low estimates then charge more at the time of delivery, or that hold your goods hostage until you pay extra in cash.

Consumer Tip: Before hiring a moving company, have them provide a detailed estimate in writing and request a firm quote. Check the company out with the Better Business Bureau of Southern Colorado at www.bbbsc.org. Find out what protection the company will provide in the case of damaged or missing items and make sure that this information is included in your written agreement.

11. Resort Vacation Promotions - Free or low cost exotic vacation packages or prizes often come with hidden costs and several hours of high pressure sales meetings.

Consumer Tip: If it sounds too good to be true it probably is. Don't sign up for any vacation package promotion without knowing what you are really getting into. Ask lots of questions about the realistic costs, insurance coverage and sales seminar requirements. Get the details in writing before you commit to the vacation.

12. Directory Scams - In these scams, businesses are typically invited to submit their company contact information for publication in a business directory for distribution on CD-Rom. By submitting their contact information, the business has unintentionally committed to paying an exorbitant advertising fee to be listed in a directory that is often only

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Consumer Tip: Read the fine print before giving out business information and before signing any document.

Traveling: There's Nothing Like A Holiday!

Palace, Pepsi Are Top Draws In Former N.C. Capital

by Jay Clarke

NEW BERN, N.C. -- A palace and a Pepsi. Put those two together and you'll know what brings many visitors to this one-time capital of North Carolina.

The palace is the restored headquarters of the governor of North Carolina when it was a British Colony. Pepsi Cola is renowned here because New Bern is the birthplace of the popular soft drink.

Those aren't the only reasons to make a stop in this eastern Carolina town, but they're a good start.

Tryon Palace, built by William Tryon in 1770, evokes the elegance of the lifestyle of a British governor in Colonial America. As in the more famous Williamsburg in Virginia, the governor's mansion was the seat of power -- and a showplace as well.

It was in the mansion's council chamber that Tryon met with his 12-member council to conduct the business

of the colony. But the mansion also was an elegant home for Tryon's family. There were sitting rooms, dressing rooms, dining rooms, guest rooms and bedrooms for the family, all with fireplaces and furniture brought from England.

Manicured gardens graced its grounds, and an expansive back lawn extended to the Trent River. During the summer today, concerts are held on the lawn.

After the Revolutionary War, of course, Tryon Palace became the home of the governor of the new state of North Carolina and was the site of the state legislature's first session. In 1794, however, the capital was moved to Raleigh, and in 1798 Tryon Palace burned. It was not until 1959 that a replica -- the one that visitors see now -- was built from the original plans.

Modern in some ways -- electricity and such -- the Georgian-style palace still faithfully reflects its parentage. Paintings by such renowned 18th-century artists as Thomas Gainsborough and Charles Willson Peale hang on its walls. Portraits of British monarchs decorate the home, along with 18-century maps, collections of English and American silverware and bird and botanical prints.

Its library has 85 percent of the book titles carried in the original mansion. Next door is the former stable, where Gen. George Washington kept his horse on a visit in 1791.

Much less imposing is the birthplace of Pepsi-Cola, an otherwise nondescript store at the corner of Pollack and Middle streets. It was here in what was then Bradham's Drug Store that owner Caleb Bradham in 1893 concocted a carbonated drink that customers began



New Bern is located at the confluence of the Trent and Neuse rivers, making it a center for water activities. The Neuse River widens to four miles as it flows into Pamlico Sound and is popular with boaters. Several marinas serve New Bern, two within walking distance of downtown. photo: New Bern/Craven County Convention and Visitor Center

calling "Brad's Drink." Five years later Bradham changed the name to Pepsi-Cola, and in 1902 he applied for a trademark and started expanding the business.

Today the entire store celebrates the popular soda. All kinds of Pepsi souvenirs fill the shelves -- Pepsi clocks, glasses, golf balls, yo-yos and tape measures, to name a few.

You can get manager Larry Cook to pour a glass of Pepsi, but not the other popular cola drink. A prominent sign warns, "Friends don't let friends drink Coke." Cook says the store gets 85,000 to 90,000 visitors a year.

New Bern's location at the confluence of the Trent and Neuse rivers makes it a center for water activities. The Neuse River, which widens to four miles as it flows into Pamlico Sound, is a busy spot both for sailboats and powerboats, as well as water-skiers and crabbers. Several marinas serve New Bern, two of which are steps from downtown and have hotels.

Much beloved by New Bern residents is the town's Firemen's Museum, whose displays include a 19th-century

steam fire engine, fire hatchets, buckets and bells, and the mounted head of fire horse Fred, who pulled fire wagons for 17 years and died answering a false alarm.

In summer, baseball is a comer in New Bern. The local team, called the River Rats, plays in the Coastal Plain league, the largest summer league in the country. Fans keep track of their favorite players by reading the Rat Stats.

Not far from New Bern, in the town of Havelock, visitors come upon the Marine Corps' largest air station, part of the Marines' Cherry Point complex. Tours of the base can be arranged by calling (252) 466-4906 at least a week in advance. Visitors on tour often see squadrons of Marine planes such as Harriers and helicopters, observe working military dogs, and visit crash fire and rescue services. At the Havelock Tourist Center, several Navy and Marine aircraft are on display.

INFORMATION
New Bern/Craven County Convention and Visitor Center, (800) 437-5767, (252) 637-9400 or www.visitnewbern.com. H a v e l o c k Visitor Center, (252) 444-6402.

Well-Dressed Garden: Landscaping For The Birds

by Marty Ross

If you're looking for great garden design ideas, perhaps a little bird can give you some pointers.

Wild birds have a terrific sense for landscaping, and if you let their ideas inspire your garden's design, you'll have a wonderful garden -- lively, pretty and full of color, life and song.

One of the very best things you can do to make your garden more attractive to birds is to plant a songbird flower bed, says Steve Kress, a bird conservation expert and vice president of the National Audubon Society.

Kress recommends a mixed bed of trees and shrubs and perennial flowers, perhaps along the edge of your property. Combine evergreens and deciduous plants, and include shrubs with thorny stems and plants with berries.

"This really works for the birds," he says. "It is very appealing."

Evergreens offer shelter from the wind and from birds of prey. Thorny shrubs are safe spots for nesting, and berries provide food as well as a bright touch in the winter garden.

Give birds a tall tree, too.

"That's the singing perch," Kress says. "They need a tall tree to sing from."

A mixed border along the

property line can provide lunch for birds if it is full of dogwoods, serviceberries, viburnums and other berry-producing plants that birds love. These trees and shrubs also have pretty flowers in spring or summer, and some have colorful fall foliage. A well-layered bed also serves to separate one area of the garden from another, or as a living fence between your property and your neighbor's.

Every garden should have a water feature, too. In Kress's garden in Maine, a lily pond, with water circulating around natural rocks, is the centerpiece of the landscape.

"It attracts a huge number of birds," Kress says, "and I plant hummingbird plants around it."

If you don't have the space for a pond, a simple, nicely placed birdbath gives a garden a subtle focal point and will bring many birds to your garden. Kress recommends shallow birdbaths, no more than a couple of inches deep, with gentle sloping sides.

If the birdbath is a little too deep, put a flat rock or two in the bottom for the birds to hop around on. Keep it clean: Scrub the bottom and sides with a stiff brush to remove algae, and change the water frequently to keep mosquitoes from breeding in it.

A diverse landscape that includes native plants will provide seeds and

berries, and a natural habitat will supply insects for the birds to eat, but bird feeders help birds through the winter and "provide great entertainment for people," Kress says.

"One thing is for sure, they help you learn the birds," Kress says. Instead of placing bird feeders in an open area far from the house, pick a spot close up, he says, within three feet of the windows or even closer. The more aware birds are of figures behind the glass, the less likely they are to fly into a window if something startles them, Kress says.

Birdhouses are among the most charming and appropriate of garden decorations, and birds just love them.

"Just like in the real-estate business, the key is location, location, location," Kress says. "You can really affect your success by thinking about where you put the house."

Whimsical birdhouses that look like Swiss chalets or French cathedrals may look terrific to you, but birds can be rather particular, and if you want to attract a family of bluebirds or wrens, it's important to mount it at just the right height, facing the proper direction.

A birdhouse also has to have the right-sized hole. It's worth the trouble to do a little research on the preferences and requirements of various birds. (There are guidelines available on the Internet at www.birds.cornell.edu/birdhouse.) Right now is the time to take down your birdhouses and clean them out, Kress says.

Birds are not sticklers for tidiness. In fact, they like unmowed areas where the grass can go to seed. Birds like to look for insects in leafy mulch in flower beds and under shrubs, and they appreciate a brush pile.

"A really tidy yard is a bad bird yard," Kress says. You may not be able to let any of your grass get tall enough to go to seed, but you can probably find a place for a brush pile.

Instead of running branches through a deafening chipper, you can heap the brush in a corner, pour yourself a tall lemonade, and sit back and listen to the birds sing.

Steve Kress is the author of "The Audubon Society Guide to Attracting Birds" (Cornell University Press, 2006, \$24.95). Among his suggestions for attracting a variety of birds to your garden are:

-- Plant native plants. They



Borrow some garden-design ideas from the birds: Feeders, birdbaths and plants with colorful berries will make your garden a pretty place and attract songbirds year around. photo: Smith & Hawken

provide appropriate habitat, seeds and berries, and they harbor insects that birds depend on.

-- Don't rake autumn leaves out from under shrubs. Let them compost naturally in place. Insects love such a habitat, and birds love the bugs.

-- Brush piles provide shelter and are another haven for insects. Pile fallen limbs in a corner of your yard and watch birds flock to it. Leave deadwood in trees (where it does not endanger people or property); woodpeckers and creepers will thank you.

-- Reduce the size of your lawn in favor of flower beds and mixed borders. Lawns are not bird-friendly environments, Kress says. With less lawn, you cut down on mowing time and use less gas, and you'll have more birds and more time to enjoy your garden.

-- Keep cats indoors, especially in springtime. It is normal for baby birds to spend a lot of time on the ground when they're still learning to fly. Cats are natural hunters, and keeping them inside when baby birds are about is a good idea.

-- Add a birdbath as a focal point. Choose a shallow birdbath with gently sloping sides. A garbage-can lid or a terra-cotta plant saucer, with a couple of flat rocks in the bottom, both make good birdbaths.

-- Install a dripper on your birdbath. Moving water is even more attractive to birds than still water, Kress says.

Another source of information: The Cornell Lab of Ornithology's Web site (www.birds.cornell.edu) is full of great ideas to help you attract more birds to your garden. For information about building birdhouses or where and how to place them in your garden, go to www.birds.cornell.edu/birdhouse.

(Marty Ross is a garden writer in Kansas City, Mo.)



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