



Senior Beacon

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

JAN., 2009 Vol. 27: No. 6 Established Aug., 1982 318 Consecutive Months!

Ask Patrick: What Is Assisted Living? Part One!

Patrick J. Craig - Lead Ombudsman - Pueblo County

Assisted living facilities are for people needing assistance with Activities of Daily Living (ADLs) but wishing to live as independently as possible for as long as possible. Assisted living exists to bridge the gap between independent living and nursing homes. Residents in assisted living centers are not able to live by themselves but do not require constant care either. Assisted living facilities offer help with ADLs such as eating, bathing, dressing, laundry, housekeeping, and assistance with medications. Many facilities also have centers for medical care; however, the care offered may not be as intensive or available to residents as the care offered at a nursing home. Assisted living is not an alternative to a nursing home, but an intermediate level of long-term care appropriate for many seniors.

Most assisted living facilities create a service plan for each individual resident upon admission. The service plan details the personalized services required by the resident and guaranteed by the facility. The plan is updated regularly to assure that the resident receives the appropriate care as his or her condition changes. The term used for assisted living facilities differs across the country. Other common terms for these facilities include:

- Residential care
- Personal care
- Adult congregate living care
- Board and care
- Domiciliary care
- Adult living facilities
- Supported care
- Enhanced care
- Community based retirement facilities

Assisted living is the generic term used across the country.

How Does an Assisted Living Facility Differ from a Nursing Home?

Nursing homes are designed to care for very frail people that are not able to care for themselves and have numerous

health care requirements. Assisted living facilities are designed to assist elderly persons who are able to care for themselves except for a few activities. Assisted living facilities are often deemed necessary when the person in question needs help preparing meals, bathing, dressing, performing household chores, is sometimes confused, or is experiencing memory problems.



www.hiltoneast.com

What are Continuing Care Retirement Communities?

Assisted living facilities are often connected with independent living residences and nursing homes. The combination is known as a continuing care retirement community. The resident can take advantage of the full range of services available and the ease of transfer to a different type of facility as his or her condition and needs change without needing to look for a new facility, relocate, or adapt to a new setting. For example, the resident may begin in the independent living residences, move to assisted living as he or she needs help with activities of daily living, and eventually move to the nursing home as ongoing care becomes necessary.

The three different contracts available to people wishing to become a member of a continuing care community are extensive, modified, and fee-for-service. All three cover shelter, amenities, residential services, and any short-term and emergency care. The contracts differ in the amounts of entrance fees and monthly fees.

In addition to the costs mentioned above, an extensive contract also covers unlimited long-term nursing care with no corresponding increase in monthly payments. This is the most expensive contract but may prove to be the most cost-effective in the long run. The modified contract covers a specific amount of long-term nursing care in the monthly payments. Once the specified amount is used, the resident must pay for any additional nursing care. Residents under

the fee-for-service contract must pay for long-term care at daily nursing care rates. This is the least expensive plan because all future long-term nursing costs must be paid for separately from the contract.

Consult your financial planner to help you determine which plan is best for you.

What is Independent Living?

Independent living is for people who want to and are able to live independently but do not want to maintain a home. Many people prefer to live in a community with others of the same age and with similar interests. An independent retirement community allows for a great deal of social activities and trips. Many independent living facilities also offer prepared meals and provide a wide range of amenities.

SELECTION TIPS:

Choosing the right assisted living facility should be an involved and carefully thought-out process. Picking the right assisted living facility is as important as choosing a house or apartment.

Visit the facilities you are considering, talk to the staff and residents, and read any brochures and information offered. Make several visits at varying times of the day and week in order to get a complete impression of the facility. When you tour the facilities, pay special attention to the attitudes and overall friendliness of the staff and residents because they are potential housemates. Find out which state and federal regulations apply, and make sure that the facility properly complies with them. Most importantly, involve loved ones in making your decision.

The following are things to consider when choosing a facility include:

Atmosphere/Comfort Level

- Are pets allowed?

- What types of meals are offered by the facility? Consider nutrition, choice, appearance, variety, and taste. Are special meals available for dietary restrictions? Does a dietician approve resident meal plans?



- How big is the facility? Larger facilities may have more activities that are organized, socialization opportunities, and transportation.

- Can residents bring their own cars?

- What are the facility's visiting hours? What types of accommodations are available for visitors? Are there any restrictions on having guests?

- How clean is the facility in reference to appearance and odor?

- What is the general attitude and appearance of the residents?

- What is the general attitude of the staff? Is the staff friendly and courteous to residents and each other?

- What is the participation level of residents in activities and outings?

- How often and in what manner does the staff interact with the residents? Does the staff recognize all of the residents? Are members of the staff friendly toward the residents?

- What is the resident's and family's involvement in the development of the service plan?

- How often are each resident's needs reassessed?

- What are the admission requirements?

NEXT MONTH: "PART 2"

Sharmar Services Expanded

Sharmar Village has served the Pueblo community for over 40 years! These years have brought many changes to the campus. Services have been expanded from traditional Alzheimer's and dementia care to include skilled nursing and rehabilitation, assisted living and day program services. The delivery of these services has been enhanced by the recent additions to the campus.



Sharmar Village Care Center has been re-decorated complete with carpeted rooms and hallways. The building has been organized so that each section can provide a distinctive type of care. Skilled nursing is provided throughout the facility with an emphasis on short-term rehabilitation on our west wing, memory care and long-term nursing care on the east wing.

Fountain Court Memory Care Community at the Chateau at Sharmar boasts state-of-the-art architecture unlike any other facility in southern Colorado. Each resident has a private room and bathroom. These rooms are centered around a great room with kitchen, dining and living room. The outdoor patio and walking paths are easily accessible. The setting provides a cozy home-like atmosphere where residents can enjoy a sense of community and independence. Chateau staff members who provide care at Fountain Court are specially trained in communication and special techniques that enhance the lives of the residents.

Chateau at Sharmar Assisted Living Residence now offers several apartment floor plan options for seniors. Each unit is equipped to help residents experience the feeling of independence with an emergency call system, climate control, kitchenette and private bathroom. Supportive services are offered to help residents maintain the normalcy of every day home life.

see "Sharmar" page 5.

MEMORIES NEEDED FOR FUNDRAISER

[Pueblo, Colo.] - December 20, 2008

- The Steelworks Museum of Industry and Culture and Bessemer Historical Society (BHS) are in need of stories and memories from former employees of Colorado Fuel & Iron. On January 17th, 2009 the Society will host "Faces of CF&I - A Melting Pot of Steel" at the Pueblo Convention Center. The evening will be a celebration of the many ethnic groups that were part of the CF&I family.

As part of the evening's entertainment the Society wishes to present the stories and memories of those that worked at the steel mill, C&W Railway, and the various coal mines and camps in southern Colorado.

Additionally the Society is interested in photos depicting the ethnic heritage so prevalent in the many CF&I operations and communities. Photos will be scanned and returned.

Persons wishing to help with this effort may call Bob Campbell at the Society, 719-564-9086.



Just One Guy's Opinion

by James R. Grasso, Chief Cook & Bottle Washer



Senior Of The Year Award

May 2009 is Older Americans Month and citizens have the opportunity to nominate and honor a very special senior citizen during the annual Senior Life Festival being held May 08, 2009 at the Colorado State Fair Grounds Events Center. The Pueblo Area Agency on Aging and the Pueblo Advisory Council on Aging will award this honor to an outstanding Pueblo County senior citizen who has made significant contributions to our community through volunteer services. The nominee must be 60 years of age or older and the award can be made posthumously.

Nomination forms are available through the Pueblo Area Agency on Aging 719-583-6120. Nominations will be accepted through March 16, 2009.

Something To Ponder

On page 9 of this issue under our newish column named *Figuratively Speaking* you will notice a few startling facts about our so-called "leaders" in Congress. To wit: **"Estimated percentage of current congressional members who have degrees in the business, economics or finance fields, according to an analysis of economic education among members of Congress conducted by A Center for**

Economic and Entrepreneurial Literacy: 15

Percentage of members who actually studied economics: 6.7

Percentage of congressional members who have received no formal schooling in economics or business yet are responsible for solving the biggest economic crisis in more than 70 years: 80Source: Econ4U.

If you couple this information with the fact that Barney Frank, who is the congressman we see most when the subject is the economy and folks like Chris Dodd, another pol from the northeast who at least should be criminally investigated for his shenanigans with Countrywide Financial and Chuck Schumer, a New York Senator who is always in front of a camera pontificating with dire news that we are all in the worst of times.... and the fact these guys were the architects of the Fannie Mae and Freddie Mac debacle, you should begin to understand why we are where we are.

What a stew we are in as a nation. We have "leaders" who have no clue as to what economics is, plus "leaders" who helped cause the problems getting rewarded for their ineptitude and looked to for the answers to the problems they created. You now mix in the Speaker of the House, Nancy Pelosi, a political hack with the IQ of a potato and the erstwhile Harry Reid who is as inept a person as we've ever had in such an elite place as being the leader of the Senate and the handwriting seems to be on the wall. And GWB gets hammered for our problems? Thanks inept media!

I get a kick out of Barack Obama's change back to FDR's New Deal. Besides the fact that this is obviously not change and it helped elongate the Great Depression, it is hilarious on it's face for someone who is dedicated to changing the algore-ian fate of the environment. Think of it! BHO wants to start up and fund programs that will provide "make-work" jobs fixing roads, bridges and schools. It's noble, yes, but is it not hypocritical of BHO? What of the environment? Has he ever watched what it takes to repave or entirely redo a road? Does he not know that the diesel exhaust from the hundreds of thousands of trucks, bulldozers, graders, and all sorts of heavy equipment will contribute big-time to the pollution of the air spewing out tons and tons of the "evil" carbon? Has he ever seen what it takes to make cement and all the pollutants that process puts into the air? And what of the transport of same? Does he not know what macadam and/or coal provea smells like when it is first put down as road and how much spewing of "bad stuff" into the air will ensue?

I could go on but the sheer hypocrisy of the Left is mind-boggling. I support upgrading the infrastructure of America. I don't fear bogus global-warming. The fear-mongering of the dunce algore and the sycophants that follow him like some latter day paped piper is disheartening.

So this is one of their answers how to get the economy humming and also somehow clean the environment?

And they call GWB a dunce? Let the laugh-fest begin.

Why The Nobel Prize Is A Joke

Recently, a 98-year-old lady named Irena Sendler died. During WWII, Irena, got permission to work in the Warsaw Ghetto, as a Plumbing/Sewer specialist. She had an ulterior motive... She KNEW what the Nazi's plans were for the Jews, (being German). Irena smuggled infants out in the bottom of her tool box she carried, and she also carried in the back of her truck a Burlap sack, (for larger children).



She also had a dog in the back that she trained to bark when the Nazi soldiers let her in and out of the ghetto. The soldiers, of course, wanted nothing to do with the dog, and the barking covered the children's/infants' noises. During her time and course of doing this, she managed to smuggle out and save 2,500 children/infants. She was caught, and the Nazi's broke both her legs and arms and beat her severely. Irena kept a record of the names of all the children she smuggled out and kept them in a glass jar, buried under a tree in her back yard. After the war, she tried to locate any parents that may have survived it, and reunited the families. Most, of course, had been gassed. Those children she helped were placed into foster homes or adopted. Last year Irena was nominated for the Nobel Peace Prize....She LOST. Al Gore won for doing a slide show on Global Warming!!

.....Godspeed.

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about any topic at all. We don't care. It's an open forum and the best part is no one interrupts you. But be prepared to be challenged and perhaps you might even change your mind or better yet, change someone else's mind. We hope to be posting new messages at least once a week or more and interacting with you.

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

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January Is Glaucoma Awareness Month

by Eric E. Blom, MD
Board Certified Glaucoma Specialist

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

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

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

Early in glaucoma, the nerve damage is not bad enough to cause any vi-

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

Glaucoma is not related to diet, exercise, or lifestyle factors, like some other health problems. As a result, there are no lifestyle modifications to help prevent glaucoma. Glaucoma is an aging process, and becomes more common as people get older. Not everyone gets glaucoma with age, however, and some people may simply be at more risk. This is probably because of their genetic and physical makeup, things we can not control. Simply put, most glaucoma is due to a combination of aging and bad luck. The risk of developing glaucoma can run in families, and people whose family members have had glaucoma should be checked by an eye doctor more frequently. People who

have ever had an eye injury are also at higher risk for glaucoma, and should be checked every year. Even people with no family history of glaucoma are at risk. Regular screenings are recommended for all adults every year or two.

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

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

glaucoma before it affects vision. That way, treatment can be started early, to prevent any loss of vision.

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

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

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



New Year's Resolution? Here's The Top Ten Reasons To Quit Smoking

Pueblo— As New Year's 2009 approaches, thousands of tobacco users have quitting as their top resolution. Many times, tobacco users do not prepare for the quitting process or do not know what to expect – leading them to unexpected obstacles and possible relapses. By using the Colorado QuitLine, a free telephone coaching service for quitting tobacco, people have the support and tools to quit for the long term.

Those who use the QuitLine along with the patch are nine times more likely to quit successfully compared to those who quit on their own. The Colorado QuitLine reminds its users of the immediate and lifelong benefits of quitting. The Pueblo City-County Health Department and the Pueblo Tobacco Education and Prevention Partnership (PTEPP) would like to help tobacco users with their New Year's resolution. One way PTEPP wants to offer help is by providing free New Year's quit smoking kits. Contents of the kits include self-help information for those who want to quit on their own, information on medications to help quit and information on the Colorado QuitLine.

Kits are available at the following

locations starting Tuesday, December 30, 2008:

- Blende Drug, 1910 Santa Fe Drive
- Jeff's Pharmacy in Colorado City
- Lamb Library Branch, 2525 S. Pueblo Blvd.
- Barkman Library Branch, 1300 Jerry Murphy
- Rawlings Library, 100 E. Abriendo

Kits may also be picked up in the lobbies of the Pueblo City-County Health Department located at 151 Central Main Street and 205 N. Santa Fe Drive. For more information call Shylo Dennison, Health Educator, at 583-4334.

Need a little more motivation to quit?

Here are some of the benefits of quitting:

Top 10 Reasons to Quit

1. Have a stronger immune system.
2. Breathe better and cough less.
3. Have a better sense of taste and smell.
4. Have more energy.

5. Save money (average Colorado smoker spends \$1,800 per year on cigarettes).

6. Eliminate exposure to harmful secondhand smoke.

7. Decrease the risk of heart disease.

8. Decrease the risk of strokes.

9. Decrease the risk of cancer (lung, mouth, throat, esophagus, bladder, cervix and pancreas).

10. Increase life span by 5 to 12 years.

To contact the Colorado QuitLine, call 1-800-QUIT-NOW or visit www.coquitline.org.

The QuitLine is operated by National Jewish Health under contract to the State Tobacco Education & Prevention Partnership. It offers free telephone and online services to English- and Spanish-speaking Colorado residents. The QuitLine coaches are available Monday through Friday, 7 a.m. to 9 p.m. and Saturday and Sunday, 8 a.m. to 4:30 p.m.

Contact:
Ramona Chisman-Ewing
Executive Assistant
Pueblo City-County Health Department
(719) 583-4513 - Phone
(719) 583-4554 - Fax

City Passes Smoke-Free Ordinance

Pueblo's City Council has once again shown its leadership in the area of tobacco control. On Monday, Dec. 8, 2008, council passed an important ordinance to protect citizens who visit Pueblo's two area hospitals. The ordinance states that smoking will not be allowed on "the public right-of-way adjoining hospitals." This includes sidewalks, lawns, and alleys that border hospitals and properties the hospitals own or lease.

"Hospitals serve people who are highly sensitive to the effects of secondhand smoke. It is important for those people to be protected at a facility where they are seeking medical treatment," stated Dr. Christine Nevin-Woods, executive director of the Pueblo City County Health Department.

Research shows that people who have breathing problems such as asthma and heart conditions are especially vulnerable to secondhand smoke exposure. In fact, Nevin-Woods added, "even brief exposure to secondhand smoke can have immediate effects on the cardiovascular and respiratory systems."

Both Pueblo hospitals are dedicated to providing a safe and healthy environment for their clients, visitors and employees. This new city ordinance is one way the hospitals are providing a protective environment. St. Mary Corwin Medical Center has been a tobacco-free campus since July 2006. Parkview Medical Center will be a smoke-free campus Jan. 1, 2010.

Effective immediately, when visiting Pueblo area hospitals, people who smoke will be asked to refrain from smoking on hospital property and the other public areas such as sidewalks around the hospitals. "We realize this will be an inconvenience for those who smoke," Nevin-Woods states. "However, for the health and safety of those who are most vulnerable to the health effects of secondhand smoke, we appreciate the cooperation."

Sarah R. Bruestle, M.P.A., sarah.bruestle@co.pueblo.co.us 719-583-4526.

Spirit of Women

Day of Dance
FOR HEALTH

Coronary heart disease is the No. 1 cause of death in the United States. Stroke is the No. 3 cause of death in the United States and a leading cause of serious disability.

That's why it's so important to reduce your risk factors, know the warning signs, and know how to respond quickly and properly if warning signs occur.

Day of Dance celebrates the red shoe as a symbol to inspire action for good health. Bring your friends and family to dance, learn simple ways to stay healthy, enjoy music, and participate in health screenings.

...that's what it's all about!

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news of the weird

COMPILED BY CHUCK SHEPHERD
FOR SENIOR BEACON



The Continuing Crisis

-- Australia's Human Rights and Equal Opportunities Commission announced plans in December to create a third official gender for government identification: "intersex," for transsexuals, whether or not they have had surgery. Immediately, activists from Sex and Gender Education Australia called the proposal inadequate, demanding a fourth gender, also, for people who feel that "gender" is either "undefinable" or subject to daily changes of attitude.

-- Maryland lobbyist and former state assemblyman Gilbert Genn was attacked by a deer outside his home in November, butted to the ground and repeatedly stabbed by the buck's antlers in the chest and groin. Genn told WTOP Radio that after finally realizing he was in a life-or-death struggle, he managed to subdue the animal by the antlers long enough to tire it and cause it to flee. Bleeding badly, Genn said he disregarded his wife's admonitions to get to the hospital and instead dressed the wound himself and headed off for a scheduled meeting in Annapolis with Speaker of the House Michael Busch. He told the reporter, "There was no way I could miss this meeting." Only afterward did he report to the emergency room.

-- In November, the Great American Insurance Co. (Cincinnati, Ohio) sought a declaration in federal court in Houston that it was not liable to pay death benefits from a 2007 office fire because the three victims did not die from "fire." The company pointed to an exclusion in the policy for death by "pollution" (thought by most people to cover only toxic industrial discharges) and argued that the three victims were actually asphyxiated by smoke, which is "air pollution."

Yikes!

-- Officials in South Africa, where government only recently came to accept the connection between HIV and

AIDS after years of denial that provoked the country's epidemic of cases, revealed in December that supplies of retroviral drugs are being used recreationally as hallucinogens smoked by schoolchildren. Health officials told BBC News that the drugs are prescribed to those at risk for AIDS, but are not taken seriously by symptom-free, HIV-diagnosed South Africans who are just now starting to understand the decades-old disease.

-- Might As Well Reserve Him a Death-Row Cell Right Now: According to a November sheriff's department report, an 11-year-old, Fort Pierce, Fla., boy hit his mother with a saw during an argument, lacerating her skull, and then, as she threatened to call police, offered her a \$5 bribe not to. The mother said the kid had previously threatened to cut his 19-year-old pregnant sister's abdomen, "to give her a C-section," and once tried to use hair spray and a cigarette lighter to torch the family's cat.

It's Good to Be a British Prisoner (continuing series)

(1) In November, British Justice Minister Jack Straw discovered, and immediately canceled, a 10-year-old program for inmates at Whitemoor prison in Cambridgeshire for "workshops" in comedy. (2) Scotland's Justice secretary similarly canceled a program in November after he learned that officials at Saughton prison in Edinburgh had set up poker classes, sanctioning games run on paper earnings (but which the inmates converted into real trades and favors). Said one astonished official, "Next thing, roulette wheels ... then a tap-dancing club ... because after this nothing would surprise us."

Creme de la Weird

Peter Trigger, 59, was "adamant," according to England's Kettering Evening Telegraph, that he had the right to wear whatever outfits he wanted, even though his favorite hangout was in front of Woodvale Primary school in the mornings,

where he usually wore schoolgirl-like short skirts but with nothing underneath. In December, after numerous complaints, a Northampton magistrate issued Trigger a five-year Anti-Social Behavior Order commanding him to stop.

Least Competent Criminals

Arousing Suspicion: (1) April Westfall, 40, was arrested in Reno, Nev., in December for DUI. An ambulance crew called the Highway Patrol after spotting her driving down U.S. 395 at 4:30 a.m. with a service station's nozzle and severed hose protruding from her gas tank. (2) Jeremy Aron, 33, was arrested for DUI on Thanksgiving night in Portsmouth, N.H., when an off-duty police officer spotted him driving down Lafayette Road with a fire hydrant stuck to his bumper.

Recurring Theme

Five years ago, News of the Weird reported that a Philadelphia woman had undergone \$10,000 elective surgery to shorten one toe and straighten another so that her foot would look better in the fashionable shoes she coveted. According to an October report by London's Daily Mail, foot surgeons' business has improved, especially since Manolo Blahnik's sleek, narrow models have become so popular. In addition to shortening and narrowing, young women seem concerned about the symmetry of their "toe cascades" (the curve from the big toe around to the little toe) and whether their ankles are shapely enough, with some women opting for liposuction on the lower calf.

Undignified Deaths

(1) In October, an armed-robbery suspect died during his getaway from a restaurant in Fresno, Calif., when he fell and impaled himself on his weapon (a screwdriver), severing an artery in his thigh. (2) A 33-year-old man in Conway, Ark., was electrocuted in August when (after having his power cut off for nonpayment) he misapplied jumper cables while attempting to illicitly hook his house back up. (3) A 65-year-old woman was killed after driving up to an outdoor ATM in Port Angeles, Wash., in December. She opened the car door to retrieve something from the ground, but the car inched forward, causing a protective post to squeeze the door against her head.

Can't Possibly Be True

-- The Seattle Post-Intelligencer,

reporting the latest of 10 lawsuits against dentist Thomas Laney, 55, found "flaws" in Washington state's medical disciplinary system, in that Laney was apparently doing "full-body cosmetic surgeries." Laney was being sued this time by a woman for allegedly botching her breast-reduction. His attorney told a reporter that negative outcomes happen, but that Laney should not be held responsible unless the patient suffers deformities that are "terribly, terribly wrong." (When an earlier patient of his died after surgery, Laney was "disciplined" with a fine and an order to get additional training.)

-- The British Federation of Herpetologists announced in November that the number of reptiles kept as pets in the U.K. is probably greater than the number of dogs (8.5 million to about 6 million, with cats at 9 million). One benchmark the federation uses for its calculation is the booming sales of reptile food, such as locusts, frozen rodents and crickets (now about 20 million a week).

Inexplicable

-- The Wishroom lingerie shop on Japan's Internet shopping mall Rakuten announced in November that it had already sold more than 300 of its new bras specially made for men (about \$30 each) since the product launch earlier in the month. A Wishroom official told a Reuters reporter: "We've been getting feedback from customers saying, 'Wow,' we'd been waiting for this for such a long time."

Unclear on the Concept

-- When Arien O'Connell posted the fastest time in October's Nike Women's Marathon in San Francisco, she expected of course to be declared the winner, but the shoe company apparently had promised a group of elite runners (to attract them to enter the race) that one of them would be the "winner," and consequently, first place went to a woman who ran 11 minutes behind O'Connell. After a storm of complaints, Nike reluctantly settled on calling both women "winners" and said next year it would scrap the two-tier system.

-- In November, the Swedish national newspaper Expressen revealed a 30-person bestiality ring operating out of a farm in southern Sweden, but the 45-year-old man who allegedly headed

SEE "WEIRD" PAGE 21.

HOT-N-READY

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For A Healthier You



When Is It Time To See A Geriatrician?

by Gregg Warshaw, M.D.

(NAPSI)-Just as children have unique health care needs and can benefit from seeing a pediatrician or a primary care physician with training in pediatrics, older adults have unique health care needs and may benefit from seeing a geriatrician. Geriatricians are physicians who have advanced training and specialize in the care of the elderly.



This, however, doesn't mean that everyone who's 65 or older needs to see a geriatrician. Caregivers often ask me questions like the two below, about whether an older loved one should, in fact, see a geriatrician and, if so, where to find one.

Q: Two years ago my mother, who's 86, had a small stroke. She's since had a couple of ministrokes and a small heart attack, and has fallen several times. She used to have mild memory problems but these have worsened and her judgment is sometimes poor. She's also become very depressed. My mom is taking at least half a dozen medications for these problems, which worries me. Is it time to take her to a geriatrician?

A: Older adults like your mother, who have multiple chronic health problems such as cardiovascular disease, memory problems, depression and a history of falls, can benefit from seeing a geriatrician. The health problems you mention are among a group of interrelated, age-associated disorders called "geriatric syndromes." Geriatricians and other geriatric health care providers are trained to recognize and treat these syndromes and to care for older people, like your mom, who have multiple chronic conditions or are frail.

Geriatrics professionals also have expertise in caring for patients taking multiple medications. Since drugs and interactions among medications can cause unwanted side effects, including falls and memory problems, geriatricians try to limit, as much as possible, the number of drugs their patients are taking.

Health, rather than age, really determines whether someone needs to see a geriatrician. Someone who is as old as or even older than your mother, but has fewer health problems, isn't taking multiple medications and is able to manage daily activities, may be just fine with a

primary care physician.

Q: I'd like my grandfather to see a geriatrician but I just called two in the city where he lives and neither is accepting new patients right now. Can you help?

A: Unfortunately, there's a shortage of geriatricians in our country. Over the next two decades, the number of older Americans will nearly double, to 70 million. But the number of geriatricians practicing in the U.S. is expected, at best, to stay steady, at 7,500.

The results of a survey recently published in the Journal of the American Geriatrics Society (JAGS) finds a growing consensus among leaders in geriatrics that geriatricians should focus on the sickest, frailest older adults. Primary care physicians should care for healthier seniors, those responding to the survey agreed. Having geriatricians focus on the frailest, most complex older patients makes sense, a companion study in the JAGS series suggests. This study finds that the care provided by geriatricians and generalists differs, with geriatricians evaluating patients for complex geriatric problems and



taking steps to avoid medication errors slightly more often than generalists.

If your grandfather needs a geriatrician, the American Geriatrics Society's Foundation for Health in Aging (FHA) can help you find one. The FHA offers a free referral service that helps people find geriatricians nearby. Just call (800) 563-4916 or visit the Foundation Web site at www.healthinaging.org.



Gregg Warshaw, M.D., is the Martha Betty Semmons Professor of Geriatric Medicine and Director of Geriatric Programs at the University of Cincinnati College of Medicine.

Taking The Benefits Of Dark Chocolate To Heart

(NAPSI)-There's good news for chocolate fans who are concerned about their health. While dark chocolate has come to be recognized for its antioxidant benefits, a new study indicates eating it may also have vascular health benefits.

According to the study--conducted by the Yale-Griffin Prevention Research Center--dark chocolate can have a positive impact on blood pressure and blood vessel function.

The study, which used Hershey's Extra Dark Chocolate and Hershey's Natural Cocoa, is the largest of its kind to examine the short-term benefits of solid dark chocolate and cocoa-containing beverages on blood pressure and blood vessel function.

The results of the study, recently published in the American Journal of Clinical Nutrition, showed that consum-

ing dark chocolate (75g) as well as natural cocoa (22g) lowered blood pressure and improved endothelial function in 45 participants two hours after consumption.

The study's release comes on the heels of Hershey's Extra Dark Chocolate, a rich dark chocolate featuring 60 percent cacao, earning renowned health and fitness expert Bob Greene's Best Life seal of approval--the first chocolate bar to earn that distinction.

"Our study demonstrated impressive enhancement of endothelial function following the acute consumption of dark chocolate and cocoa," said David L. Katz, M.D., MPH, principal investigator of the study and director of the Prevention Research Center. "The results are exciting because they show that dark chocolate, a highly popular treat long associated with

pleasure, has health-promoting properties as well."

Greene will incorporate dark chocolate and natural cocoa as he helps consumers to develop balanced, healthy lifestyles through his book, "The Best

Life Diet," and the companion Web site TheBestLife.com.

To learn more, visit the Web sites at www.hersheys.com and www.thebestlife.com.

SHARMAR

from page 1.

Connections Day Program has been developed to assist those who live with Alzheimer's or other related disorders and are cared for in their own homes. The purpose of this program is two-fold: It allows the individual who suffers from memory loss to stay connected with their peers and have the stimulation of group activities. It also gives the caregiver the freedom to stay connected with their friends and personal interests.

Recreational activities take place throughout our campus. Community outings are an important part of the program. Special events such as day trips to the mountains, museums and dining out occur on a regular basis. Residents can participate in shopping trips or have their needed items delivered by our personal shopper.

The most important part of the Sharmar Village community is the part you don't necessarily see with your eyes. It's a dedicated team member quietly serving the heroes of the "greatest generation."

Smoke-free Ordinance Passes

Pueblo's City Council has once again shown its leadership in the area of tobacco control. On Monday, Dec. 8, 2008, council passed an important ordinance to protect citizens who visit Pueblo's three area hospitals. The ordinance states that smoking will not be allowed on "the public right-of-way adjoining hospitals." This includes sidewalks, lawns, and alleys that border hospitals and properties the hospitals own or lease.

"Hospitals serve people who are highly sensitive to the effects of secondhand smoke. It is important for those people to be protected at a facility where they are seeking medical treatment," stated Dr. Christine Nevin-Woods, executive director of the Pueblo City County Health Department.

Research shows that people who have breathing problems such as asthma and heart conditions are especially vulnerable to secondhand smoke exposure. In fact, Nevin-Woods added, "even brief exposure to secondhand smoke can have immediate effects on the cardiovascular and respiratory systems."

All three Pueblo hospitals are dedicated to providing a safe and healthy environment for their clients, visitors and employees. This new city ordinance is one way the hospitals are providing a protective environment. St. Mary Corwin Medical Center has been a tobacco-free campus since July 2006. Colorado Mental Health Institute at Pueblo went tobacco-free on their campus June 1, 2008. Parkview Medical Center will be a smoke-free campus Jan. 1, 2010.

Effective immediately, when visiting Pueblo area hospitals, people who smoke will be asked to refrain from smoking on hospital property and the other public areas such as sidewalks around the hospitals. "We realize this will be an inconvenience for those who smoke," Nevin-Woods states. "However, for the health and safety of those who are most vulnerable to the health effects of secondhand smoke, we appreciate the cooperation."

Prostate Cancer Clinical Study Is Looking for Volunteers.

If you are aged 60 or older and have been diagnosed with low-risk, localized prostate cancer, you may be eligible to participate in a research study in your area investigating the safety and effectiveness of a minimally invasive procedure for treatment of this type of prostate cancer.

For more information or to find out if you may qualify to participate, visit www.PCaResearch.com or call toll-free 1-888-711-3939.

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Fashion: Looooking Gooood!

Make The Most Of Non-Surgical Cosmetic Treatments

(NAPSI)-In the quest for healthy, beautiful skin, appointments for laser skin resurfacing treatments, chemical peels and microdermabrasion have become increasingly more popular.

According to the American Society for Aesthetic Plastic Surgery, Americans spent more than \$4.7 billion on non-surgical treatments last year. Advances in technology and doctor technique have made these treatments accessible and affordable options to reduce the appearance of wrinkles, sun spots, age spots, acne scars and visible blood vessels.

Intense Pulsed Light (IPL) or fractionated laser treatments, chemical peels such as 30 percent Trichloroacetic Acid (TCA) peels and microdermabrasion all work in similar ways: layers of the skin are removed and as healing progresses, new, healthier-looking skin emerges. But, as anyone who has undergone one of these procedures can tell you, don't schedule a date too soon after leaving the

physician's office.

"After a skin resurfacing treatment, your face may look more crimson than porcelain," says dermatologist Vic Narurkar, FAAD. "Immediately after a procedure, skin may experience redness and irritation, inflammation, tightness and hyperpigmentation. In addition, the skin can be vulnerable to environmental elements for several weeks to months after treatment."

To make the most of your investment in a non-surgical treatment, begin proper skin care before entering the physician's office. Prior to your appointment, gently exfoliate to jumpstart skin turnover and encourage natural collagen production with skin-friendly forms of Vitamin A. Also, daily cleansing will help keep the skin clean, fresh and balanced.

Immediately following a treatment, at-home care is critical to getting the best results. Choose products that will help support the healing process by managing excess redness and irritation

that follow a treatment as well as help maintain the benefits. When the skin is highly-sensitized, use a gentle, non-irritating cleanser and choose a sunscreen with UVA and UVB protection as the skin will be especially vulnerable to the sun's rays.



"Patients can benefit from combining non-surgical cosmetic procedures with a topical skin care regimen that helps maintain healthy looking skin," said Dr. Narurkar. "After an in-office cosmetic procedure, it is important that the patient's skin be properly prepared and supported as it heals."

With non-surgical cosmetic treatments increasing 754 percent since 1997, companies are designing specific products to meet the unique needs of skin at this time and improve its receptivity to these treatments.

For example, Clinique Medical was named a 2008 "Best of Beauty Breakthrough" by Allure magazine. The skin care line, available exclusively through skin care physicians' offices nationwide, supports the skin before and

after treatments with carefully selected ingredients containing patent-pending components such as Probiotic Technology to help prepare, strengthen and improve the skin before and after a treatment.

The five product regimen kit includes a Probiotic Cleanser, Skin Conditioning Treatment, Recovery Week Complex, Optimizing Treatment Cream and Daily SPF 38, and the products are also sold individually. In addition, the Clinique Medical line includes a Dry Spot Balm, an ultra hydrating lip and facial spot balm designed to alleviate severe dryness and the associated discomfort related to some prescription medications.

Backed By Science

Two separate, double-blind controlled studies demonstrated the effectiveness of Clinique Medical in minimizing the undesired effects of non-surgical cosmetic treatments.

In both studies, 12 weeks after two treatments with IPL laser or 30 percent TCA peels, Clinique Medical was shown to significantly reduce post-procedure unintended effects and significantly improved many of the hallmark signs of aging, including the appearance of lines and wrinkles, age spots, skin radiance, skin firmness and skin tone.

The line also significantly helped reduce excess visible redness and irritation commonly associated with the skin resurfacing treatments.

All Clinique Medical products are Allergy Tested, 100% Fragrance Free and contain no preservatives. To learn more or to locate a skin care physician's office, visit www.cliniquemedical.com.

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Cozy Up To These Tips On Keeping Warm

(NAPSI)-Here's news many families may warm to: There are steps you can take to keep your heating bill down and your comfort level up. Here are a few to consider:

- Be wise--weatherize. Make sure your home has the right amount of insulation in walls, attic and basement.
- Layer it on you. Wear lots of thin layers to trap the heat close to you. Choose wool, cotton or fleecy synthetic materials and add slippers to your winter wardrobe to keep feet cozy and warm.
- Don't let your cold cash get into hot water. Be sure there's a layer of insulation around your hot-water heater, too. You'll not only save money, you may get hot water faster.
- Apply yourself to your appliances. Are they up to date and energy efficient?
- Don't let your income go out the window. Check windows and doors for drafts and caulk where necessary.
- Put a damper on wasted heat. Curl up by the fire--just be sure you close the flue when you're through so your home's heat doesn't go up the chimney.
- Toe the energy-saving line. To keep your heating bills down and your houseguests warm, turn the thermostat down a couple of degrees and keep slippers on hand for your family and houseguests.

Dearfoams (www.dearfoams.com) offers stylish and cozy slipper styles for men and women. They are reasonably priced so you can buy multiple pairs to keep around your house or give them as a gift to friends and family and help them cut down on their heating bills as well this season.

Social Security & You

by Melinda Minor, District Manager - Pueblo



QUESTIONS AND ANSWERS GENERAL

Question:

Does Social Security have online tools to help me plan my retirement?

Answer:

The latest is our new online Retirement Estimator, which allows you to test several scenarios to give you an accurate estimate of what you can expect and help you determine the best date for you to retire. Check it out at www.socialsecurity.gov/estimator. Social Security also has several benefit planners designed to help people with planning their retirement. You can learn more at www.socialsecurity.gov.

Question:

I know Social Security has Direct Deposit, but what if I don't have an existing bank account?

Answer:

You can sign up for the new Direct Express card. The Direct Express card is a debit card you can use to access your benefits. With the Direct Express card program, we deposit your federal benefit payment directly onto your card. Your monthly benefits will be available on your payment day – on time, every time. You can use the card to make purchases, pay bills or get cash at thousands of locations. And most transactions are free. The Direct Express card is both safer and more convenient than paper checks.

For more information, visit www.socialsecurity.gov/deposit. Or, call the toll-free Direct Express card hotline at 1-877-212-9991.

RETIREMENT

Question:

I am 67 and still working. Do I have to report my earnings to Social Security? Will my benefits be reduced?

Answer:

No and no. If you have reached your full retirement age, you do not lose benefits when you work. If you were receiving benefits before reaching full re-

tirement age, at age 62 for example, your benefit payments would be reduced based on your earnings. To learn more about Social Security, visit www.socialsecurity.gov or call toll-free, 1-800-772-1213 (TTY 1-800-325-0778).

Question:

Once I retire, will my benefit amount be the same for the rest of my life?

Answer:

Once you start receiving benefits, each year you will receive a cost-of-living adjustment (COLA) based on the rise in the consumer price index. And there is another way that your benefit might increase. If you work, you continue to pay Social Security taxes on your earnings even though you are receiving benefits. Because you pay these taxes, Social Security refigures your benefits to take into account your extra earnings. If your indexed earnings for the year are higher than the earnings that were used in the original benefit computation, Social Security substitutes the new year of earnings.

The higher your earnings, the more your refigured benefit might be. To learn more about Social Security, visit www.socialsecurity.gov or call toll-free, 1-800-772-1213 (TTY 1-800-325-0778).

DISABILITY

Question:

How do workers' compensation payments affect my disability benefits?

Answer:

A disability payment from workers' compensation and/or another public disability payment could reduce your and your family's Social Security benefits. A workers' compensation payment is one that is made to a worker because of a job-related injury or illness. It may be paid by federal or state workers' compensation agencies, employers, or insurance companies on behalf of employers. Public disability payments also may affect your Social Security benefit. Those are paid under a federal, state or local government law or plan. Those payments are usually

not based on a work-related disability. They differ from workers' compensation because the disability that the worker has may not be job-related. Examples are civil service disability benefits, military disability benefits, state temporary disability benefits, and state or local government retirement benefits based on disability. For more information, see the publication *How Workers' Compensation And Other Disability Payments May Affect Your Benefits* at www.socialsecurity.gov/pubs/10018.html. Also, you may call toll-free, 1-800-772-1213 (TTY 1-800-325-0778).

Question:

How does a disabled widow become entitled to benefits?

Answer:

Benefits may be payable to a widow with a disability, as long as the deceased spouse was working and is insured for benefits, if the following conditions are met:

- She is between ages 50 & 60;
- Social Security determines that she is disabled; and

• The disability started before the worker's death or within seven years after death.

If she is caring for the deceased's children who receive Social Security benefits, she is eligible if disability starts before those payments end or within seven years after they end. To learn more, visit www.socialsecurity.gov and hit the "Survivors" link at the top of the page. Or call toll-free, 1-800-772-1213 (TTY 1-800-325-0778).

SUPPLEMENTAL SECURITY INCOME

Question:

I was told Social Security will pay Supplemental Security Income (SSI) to children who were born prematurely. Is this true?

Answer:

Social Security does provide SSI disability benefits to certain low birth weight infants, whether or not they were born premature. A child who weighs less than 1,200 grams (about 2 pounds, 10 ounces) at birth can qualify for SSI on the basis of low birth weight, if otherwise eligible. A child who weighs between 1,200 and 2,000 grams at birth (about 4 pounds 6 ounces) AND who is considered small for his or her gestational age may also qualify. Keep in mind that SSI is a needs-based program and the income and resources of the parents can affect eligibility. For more information, visit

www.socialsecurity.gov/applyfordisability or call 1-800-772-1213 (TTY 1-800-325-0778).

Question:

What is the definition of disability for children filing for Supplemental Security Income (SSI)?

Answer:

Social Security has a strict definition of disability for children under the SSI program. A child is disabled if he or she:

- Has a physical or mental condition (or a combination of conditions) that results in "marked and severe functional limitations." This means that the condition very seriously limits his or her activities; and

- The condition has lasted, or is expected to last, at least 1 year or is expected to result in death; and

- The child is not working at a job that we consider to be substantial work.

To determine whether your child is disabled, we look at medical and other information (such as information from schools and from parents and guardians) about his or her condition, and we consider how it affects his or her daily activities. See our online publication, *Benefits For Children With Disabilities* at www.socialsecurity.gov/pubs/10026.html for additional information. Or call 1-800-772-1213 (TTY 1-800-325-0778).

MEDICARE

Question:

I've lost my Medicare card and need to have it replaced. How can I apply for a new one?

Answer:

If you need to replace your Medicare card, there are a few ways you can apply. The easiest method is to request your replacement right over the Internet. You can do so at www.socialsecurity.gov/onlineservices. The form is completed online and the process only takes a couple of minutes. You also can call us at 1-800-772-1213 (TTY 1-800-325-0778) and request a replacement over the phone. Of course, you're always welcome to visit your local Social Security office as well. Requests for replacement Medicare cards are forwarded each day to the Centers for Medicare and Medicaid Services (CMS), which processes the requests and mails the new cards to beneficiaries. Whichever way you choose to apply, your card will be mailed to you within 30 days, and the service is free.

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

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

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PUEBLO WEST HARDWARE



"Light For The Journey"

By Jan McLaughlin - Director of Prayer Warriors For Prisoners



"EVERYBODY NEEDS 'EM"

JANUARY 2009

"Not again" I thought! I had walked out of the post office and discovered my keys locked in the car. Borrowing a phone, I called my friend, Phyllis. Too embarrassed to tell her why I was calling, I said, "Hi! How would you like to meet me down town?"

"Sure!" She answered, "Where? The coffee shop?"

"Well..... I was thinking more like....well, the..... post office?"

"THE POST OFFICE!" She laughed, puzzled.

I locked my keys in the car again! She graciously rescued me. This wasn't the first time. She has often heard my plea for help in other ways as well as my key problem. Friends! Everybody needs 'em!

One of the most valuable riches God blesses me with is wonderful, caring friends. Some I rarely see but we remain close in heart and when we connect it is as though we were never separated by time or distance. Phyllis and I have been fast friends since 1970 when we were den mothers for a group of Cub Scouts. Our friendship deepened as we walked through years of heartaches, joys and losses together.

God brings new friends in amazing ways and when the friendship is tight,

that first meeting is memorable. Suzy, for instance, looked at an efficiency apartment I had for rent. At first, I thought she must be the answer to my prayer for "the perfect renter." Then she told me she wasn't planning to rent for several months. I couldn't hold the apartment that long for her.

She was evasive when questioned why she was looking months in advance and what brought her to this city. However, when I shared about the prayer ministry for prisoners, her heart opened and she trusted me with the reason for her move to Cañon City. Her fiancé was incarcerated. She had learned from experience to be careful with whom she shared that information.

When Suzy moved to town, we became good friends and because she has a key to my house, I can call her when an emergency presents itself while I'm out of town. For instance, when Rick and I were in Maui and I discovered my driver's license missing only four hours before our departure and knowing I couldn't board the plane without it, panic stricken, I called Suzy. She dropped everything and raced to our house and faxed copies of documents that might help identify me so I could board the plane. Everybody needs a Suzy. Friends are incredible. Everybody needs 'em"

Dolores and I met at a Bible study shortly after I was saved. She is an awesome example of the Proverbs 31 woman: Always gentle, never speaking bad of anyone, a powerful prayer warrior

and godly wife and mother. I try to rub shoulders with her often so some of that virtue will rub on me, but I don't think it is transferred by osmosis. It takes hours in the Word and years of walking with Jesus. Godly friends! Everybody needs 'em!

Sonny and I met at church and I grew to love and value her through attending a home fellowship group. She is a precious friend and writing mentor. Her editing criticisms could be brutal if I weren't aware of her desire for my improvement. One of the gifts we need most in a friend is accountability and constructive criticism. Sonny and I are amazed that "red marks" in my work are fewer month after month. She is complimentary but truthful and because of her critique and guidance, the articles flow with more clarity. Good friends are priceless! Everybody needs 'em!

My list could go on, Patti, Marsha, Barb, Dawn, Suzanne, Stacy, Sara, Trish, Beverly, sisters, daughters, guy friends, old friends, new friends, and friends who have gone to be with Jesus. Even my *Senior Beacon* boss is a special friend. What an incredible gift from God: Friendship. I am immeasurably RICH because my friends are worth more than tons of gold.

The Bible speaks of friendship. Proverbs 27:19 reads, "*A mirror reflects a man's face, but what he is really like is shown by the kind of friends he chooses.*"

I don't feel I have chosen my friends, but that God has chosen them and I praise Him for each one, especially my husband, Rick, who, next to Jesus, is my best friend. I love his sense of humor, consistent love and patience. I love his passion for the lost and to hear him pray. Friends! There is nothing like being married to your best earthly friend.

Although friendships can be solid and faithful, friends sometimes disappoint me and I sometimes disappoint my friends. We are human beings susceptible to failure, but there is one Friend who will never fail us. I treasure this friendship the most. It is with Jesus. What a Friend! I can cast ALL my burdens and cares on Him. I know He loves me unconditionally even when He is molding and shaping me into His image (Romans 8:29). Frankly, His disciplines can be painful, but I rejoice, knowing if I were not His beloved daughter, He would leave me to grovel in my own pit of sin and self. He is everything to me and wants to be the same

to you.

A beloved song impacts every heart that embraces Jesus as Lord, What a Friend we have in Jesus. As we observe the signs of the end times upon us, it is important to remember that Jesus is the one and only constant. This year, and each subsequent year, could bring rocky and rough times until our Lord returns. Every believer should know the power in the name of Jesus and His ability within each of us to weather the worst storms. Do you know this power?

This month, take time to ponder the words of each verse of this song. Find strength, hope, comfort and a deeper understanding of who Jesus is and the Friend He wants to be to you. Find confidence to walk in His power and surety. Find comfort in His arms. Find peace and joy in His friendship. Sing it!

*What a friend we have in Jesus,
All our sins and griefs to bear!*

What a privilege to carry, everything to God in prayer!

*O' what peace we often forfeit,
O what needless pain we bear,*

*All because we do not carry,
Everything to God in prayer.*

*Have we trials and temptation?
Is there trouble anywhere?*

*We should never be discouraged,
Take it to the Lord in prayer.*

*Can we find a friend so faithful,
Who will all our sorrows share?*

*Jesus knows our every weakness,
Take it to the Lord in prayer!*

*Are we weak and heavy laden,
Cumbered with a load of care?*

*Precious Savior, still our refuge
- Take it to the Lord in prayer!*

*Do thy friends despise, forsake thee?
Take it to the Lord in prayer!*

*In His arms He'll take and shield thee,
Thou wilt find a solace there.*

Written by: Joseph M. Scriven and Charles C. Converse

After you ponder the words in this song, consider Jesus' words in John 15:14-17. "*You are My friends if you do whatever I command you. No longer do I call you servants, for a servant does not know what his master is doing; but I have called you friends, for all things that I heard from My Father I have made known to you. You did not choose Me, but I chose you and appointed you that you should go and bear fruit, and that your fruit should remain, that whatever you ask the Father in My name He may give you. These things I command you, that you love one another*" (John 15:14-17 NKJV).

There is nothing quite like the love of a good friend, and nothing surpasses the love and friendship of the King of kings, Jesus. Everybody needs Him!

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

Catholic Voters Poll

(NAPSI)-A recent poll offers new insights into the way Catholic voters differ from the rest of the voting public--and also examines the way Catholics who practice their faith regularly differ from those who do not.

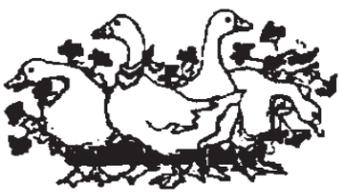
The Marist College Institute for Public Opinion Poll conducted for the Knights of Columbus found that in some areas, Catholic voters' views are similar to those of the general population on issues like government funding for the poor, amnesty for illegal immigrants, global warming and the belief that the economy is the nation's No. 1 problem.

Seventy percent of all registered voters and 70 percent of all registered practicing Catholics say they would vote for a candidate who believes marriage should only be between a man and a woman.

But in other areas, Catholic voters differ from the electorate as a whole. They are less likely to vote for a candidate who favors the death penalty and more likely to favor a candidate who is committed to success in the war in Iraq.

Parental notification if a daughter under 18 is planning to have an abortion is supported by 77 percent of U.S. residents and by 84 percent of practicing Catholics.

Full details of the poll results can be found at www.kofc.org.



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(Kids 4 and under are Free!)

Dinner Buffet 11:45 - 5:00 pm

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- Fried Chicken • Peel & Eat Shrimp • Fried Cod & Shrimp
- Mashed Potatoes • Gravy • Yams with Orange Sauce • Corn
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Figuratively Speaking..... "Pols Have No Business Sense"

by John MacIntyre

Year that the tradition of New Year's resolutions had its beginning, according to goalsguy.com: 153 B.C.

Year that Jan. 1 became the beginning of the New Year, when Julius Caesar developed a calendar that would more accurately reflect the seasons than previous calendars: 46 B.C.

Year that the song "Auld Lang Syne" was written by Robert Burns, and is now sung at the stroke of midnight in almost every English-speaking country in the world to bring in the New Year: 1788
Source: goalsguy.com.

Ranks of losing weight, managing debt, saving money, getting a better job and getting fit on the list of the most popular New Year's resolutions, according to USA.gov: 1, 2, 3, 4, 5
Source: USA.gov.

Estimated annual cost to the U.S. economy in lowered employee productivity and reduced innovation caused by information overload (described as an excess of information that results in the loss of ability to make decisions, process information and prioritize tasks), according to research from Basex: \$900 billion
Percentage of their day that

workers spend managing and searching for information: 50
Source: Basex Inc.

Estimated percentage of current congressional members who have degrees in the business, economics or finance fields, according to an analysis of economic education among members of Congress conducted by A Center for Economic and Entrepreneurial Literacy: 15

Percentage of members who actually studied economics: 6.7

Percentage of congressional members who have received no formal schooling in economics or business yet are responsible for solving the biggest economic crisis in more than 70 years: 80
Source: Econ4U.

Rank of Italy as the top international country for travelers in 2008 as well as the overall top destination for packaged travel, according to annual polling of member companies by the U.S. Tour Operator's Association: 1

Number of consecutive years that Italy has held this position: 6

Rank of Latin America -- for the first time -- on the list of the most popular

international regions: 1
Source: Kundell Communications.

Date that He PingPing, the world's smallest man, met Svetlana Pankratova of the world's longest legs, according to Guinness World Records highlights for 2008: Sept. 16, 2008

Standing 6 feet 5 inches tall, length of the Russian beauty's legs versus the total height of the tiny 20-year-old He PingPing from Inner Mongolia: 51.9 inches vs. 29.4 inches
Source: Guinness Book of World Records.

Percentage of respondents that expect a decline in their own company's business performance in 2009, according to Mercer global survey: 81

Percentage that are likely to make significant workforce reductions: 35

Rank of worry about retirement investments on the list of employee concerns, respondents report, outweighing employee anxiety about job security: 1
Source: Mercer.

(Readers can contact John MacIntyre at [johnmacintyre\(at\)bwr.eastlink.ca](mailto:johnmacintyre(at)bwr.eastlink.ca).)

Bringing Eye Care To World's Elderly

(NAPSI)-Medical experts and service organizations are keeping a close watch on two trends--the aging of the Earth's population and an increase in the number of age-related vision problems among the elderly worldwide. These vision problems are particularly evident in low-income countries.

According to the World Health Organization, there are an estimated 45 million people worldwide who are blind; 80 percent are over age 50 and three-quarters of them could have avoided their blindness if they had been properly diagnosed or treated.

It's also been noted by ORBIS, a nonprofit, global development organization that focuses its efforts on improving access to quality eye care, that 71 percent of the world's elderly and 90 percent of blind people live in developing countries.

At the same time, serving the elderly population of low-income countries comes with specific challenges that have to be addressed, such as the cost of vision care and related expenses, including transportation and support of caretakers, a fear of eye surgery among older people, and an ability to communicate with seniors about how to address treatable eye conditions.

In addition, vision impairment often contributes to injuries and mortality in older people. The good news is that timely intervention can delay the effects of age-related blinding conditions.

ORBIS is working with other eye care groups under the global VISION 2020 "The Right To Sight" initiative and committed corporate sponsors like Alcon, the world's largest eye care company, to implement innovative programs to drastically reduce avoidable blindness, which is defined as blindness that could have been either treated or prevented by known, cost-effective means.

According to Dr. Hunter Cherwek, medical director, ORBIS International, "In a world in which populations are living longer than ever, the risk of eye diseases associated with aging, such as cataract and macular degeneration, is growing rapidly. VISION 2020, ORBIS and Alcon are working towards greater public awareness of eye health issues. We do this through advocacy and skills-exchange programs essential to delivering quality eye care services."

This approach targets conditions such as cataract, trachoma, uncorrected refractive error, low vision and, among the elderly, glaucoma, diabetic retinopathy and age-related macular degeneration.

These efforts are dedicated to building up the long-term capabilities of local eye care institutions, working with local and national governments, as well as private-sector, community-based and nongovernmental organizations, so local partners can provide quality eye care services that are affordable, accessible and sustainable.

To learn more, visit the Web site at www.orbis.org.



Where Are They Now?

by Marshall Jay Kaplan

Jonathan Winters

The legendary comedian known for his outrageous characters may be retired but it is definitely not a quiet retirement. After all, he is Jonathan Winters!

Jonathan Winters was born on November 11, 1925 in Dayton Ohio. His mother was Alice Kilgore -- a radio personality at the time. After Jonathan's mother left her alcoholic husband, mother and seven-year-old son moved away where Jonathan attended Military Academy. After graduation, he enlisted in the Marines, serving in the South Pacific during WWII. Upon returning home, he studied cartooning and then began developing comedy routines. After winning a local talent contest, he started to appear on local radio shows. Winters' strength was that of developing odd, yet funny characters.

With his zany comedic characters, Winters became a comedy club and television guest favorite. Best known is his character, Maudie Frickert -- a sweet old lady with an acid tongue. Winters was a favorite of both Jack Paar and Johnny Carson. Carson never knew what character Winters would appear on the show as, and in turn, simply interview the 'character' in the guest seat to learn more about them.

With the success of television and clubs, Winters began recording comedy albums. His 10 albums earned him a Grammy Award. As well, Winters appeared in motion pictures -- most favorite with fans is "It's a Mad, Mad, Mad, Mad World" (1963). Co-stars recall Winters

becoming a multitude of characters as he waited for his scenes in his trailer.

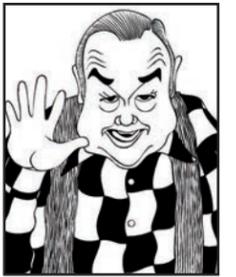
In each decade of the 1950's, 1960's and 1970's Winters had his own comedy shows. However, he received his greatest exposure as Mork's son, Mearth on "Mork and Mindy" (1981).

As a side note, "Twilight Zone" fans recall a dramatic Jonathan Winters starring in the 1961 episode, "A Game of Pool".

Winters' range of characters made him a favorite with television advertisers as he peddled their wares on air in a variety of hilarious personalities.

Over the past ten years, Winters has taken it easy. He once had a nervous breakdown in 1959 where he was hospitalized for eight months. In recent years, he has come to learn that he suffers from manic depression and he is currently working on his autobiography that addresses this.

That being said, the man of a thousand characters resides in Santa Barbara, California where his is usually visited by his biggest fan, Robin Williams, or he can be seen having fun at local antique markets. They say that winter may be only one season, but this 'Winters' is definitely all seasons rolled into one!



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Cutting Corners Can Put The Elderly At Risk

by Robin Mosey, Gerontologist, C.S.A.; from the Home Instead Senior Care office in Pueblo

Evidence is mounting that older adults are cutting everyday expenses to keep up with the economic downturn. Local senior-care experts warn families to be on alert to make sure seniors aren't cutting too deeply. Warning signs include skipping medications, pulling the plug on air conditioning and canceling social outings.

In a report released in May by AARP titled "The Economic Slowdown's Impact on Middle-Aged and Older Americans," 59 percent of seniors 65 and older surveyed said they'd found it more difficult to pay for essential items such as food, gas and medicine. Nearly half (47 percent) said they found it more difficult to pay for utilities such as heating, cooling or phone service. Forty-six percent have reduced the number of times they eat out and 45 percent cut back spending on entertainment.

"Cuts of essential items such as food and medication should be of immediate concern to seniors' families," said Robin Mosey owner of the Home Instead Senior Care office serving Pueblo and Canon City.

"Other reductions in spending can lead to less obvious issues. One of the biggest problems that we see is senior isolation, which has been magnified during this troubled time in our economy with the high price of gas," she added.

"When seniors' families live a distance from their loved ones, or when Boomer children are busy trying to make ends meet themselves, an older adult can get in trouble very quickly. That's why it's so important that someone look out for the well-being of seniors to ensure they are safe in their homes and eating properly, taking their medications and able to maintain their appointments and social life," she said.

Falling interest rates, fixed incomes and seniors' fears of past hardships can influence how they react to the current economic slowdown, according to Sheryl Garrett, CFP®, author of Personal Finance Workbook For Dummies® and

several other books on financial planning. "Some seniors may be running short on money but, for others, there's always that fear of running out because they lived through the Depression. They know how ugly it can get."

It's important also for seniors to guard against fraud and too-good-to-be-true offers, Garrett advises. "Senior's want to get the best that they can from their investments without falling for scams or overselling tactics," she said. "Older adults also should beware of CDs and fixed annuities that can promise higher interest rates, but force seniors to lock in their money for longer time periods or otherwise put their investments at risk," Garrett noted. "Always get a second opinion," Garrett advises.

Seniors at all income levels may be facing choices they haven't had to make in the past, Home Instead Senior Care's Mosey said. "They should know where to go for help before they put themselves or their health at risk. Area Agencies on Aging, for instance, offer both food and gas assistance, so seniors should contact their local offices if they can't make ends meet. And companies such as Home Instead Senior Care can provide transportation assistance and help around the home, and serve as a second set of eyes for seniors' families."

Families also can play an important role monitoring seniors who have decided to scale back because of the economy, said Mosey. "Even seemingly innocent decisions, like cutting back a little on groceries or air conditioning, can have a damaging impact."

1 http://assets.aarp.org/rgcenter/econ/economy_survey.pdf

For more information about Home Instead Senior Care, contact Robin Mosey, CSA, Gerontologist at (719)545-0293 or visit www.homeinstead.com.

10 Cost-Cutting Warning Signs

- Is your senior's home too warm in the summer and too cold in the winter?
- Is the lawn not getting mowed nor is the sidewalk getting cleaned in inclement weather?
- Is your loved one complaining about

- not being able to afford medications?
- Are home repairs not getting made?
- Is there a shortage of food in the house?
- Is your senior skipping doctor's appointments?
- Is your older adult staying home more and becoming isolated?
- Is your senior cutting out entertainment?
- Does your loved one eat out less?
- Did your senior cancel a vacation?

10 Ways Seniors Can Stretch Their Dollars

- Seek the services of an objective financial planner.
- Get a second opinion on investments and financial purchases. If you're approached about changing your investments or making a purchase, make sure you get another opinion.
- Contact your local Area Agency on Aging if you're having trouble paying for food and gas. For more information or an office near you, log on to National Association of Area Agencies on Aging at www.n4a.org.
- Get back to gardening. The economic downturn is generating a resurgence in gardening, and the over 55 crowd traditionally has been among the most avid gardeners.
- Avoid convenience foods, which are more expensive. Watch for sales on fresh or canned fruits, vegetables

and meats, which will be less expensive than convenience foods and better for you.

- Look for deals on generic medications. Contact your pharmacist about ways to save money on your medications.

- Walk when you can. If the gas prices are cutting into your social life, organize a walking club or walk with friends.

- Carpool when you can't walk. There's economy in numbers. If you can't afford to drive somewhere solo or in pairs, contact others you know going in the same direction or the same place and share costs.

- Keep drapes drawn during the heat of the day, and minimize opening and closing doors in the cold of the winter. Close off parts of the house you're not using to cut down on utility costs.

For more information about the National Association of Area Agencies on Aging, log on to www.n4a.org or contact the organization's CEO Sandy Markwood at smarkwood@n4a.org.

For more information about the Garrett Planning Network, visit www.garrettplanningnetwork.com or contact Sheryl Garrett at Sheryl@garrettplanning.com. For more about Home Instead Senior Care, visit www.homeinstead.com or contact Robin Mosey, CSA, Gerontologist, at (719)545-0293.

On Your Toes!!



by Benjamin Marble, DPM, Pueblo Ankle & Foot Care

FOR MANY, WINTER IS FALL SEASON

With the hectic pace of the holidays, serious injuries from ice-related falls inevitably occur. Falls on icy surfaces are a major cause of ankle sprains and fractures, and it's critical to seek prompt treatment to prevent further damage that can prolong recovery. The ankle joint is vulnerable to serious injury from hard falls on ice. Ice accelerates the fall and often causes more severe trauma because the foot can go in any direction after slipping.

In cases of less severe fractures and sprains, it is possible to walk and mistakenly believe the injury doesn't require medical treatment. Never assume the ability to walk means your ankle isn't broken or badly sprained. Putting weight

on the injured joint can worsen the problem and lead to chronic instability, joint pain and arthritis later in life.

Some people may fracture and sprain an ankle at the same time, and a bad sprain can mask the fracture. It is best to have an injured ankle evaluated as soon as possible for proper diagnosis and treatment. If you can not see a foot and ankle surgeon or visit the emergency room right away, follow the RICE technique – Rest, Ice, Compression and Elevation – until medical care is available.

According to the ACFAS (American College of Foot and Ankle Surgery) consumer Web site, FootPhysicians.com, even though symptoms of ankle sprains and fractures are similar, fractures are associated with:

- Pain at the site of the fracture that can extend from the foot to the knee
- Significant swelling
- Blisters over the fracture site
- Bruising soon after the injury
- Bone protruding through the skin—a compound fracture, which requires immediate attention!

Most ankle fractures and some sprains are treated by immobilizing the joint in a cast or splint to foster union and healing. However, surgery may be needed to repair fractures with significant malalignment to unite bone fragments and realign them properly. Newly designed surgical plates and screws allow repair of these injuries with less surgical trauma. With newer bone-fixation methods, there are smaller incisions to minimize tissue damage and bleeding and accelerate the healing process.

If you fall on an icy spot and hurt your ankle, the best advice is to seek medical attention immediately. This aids in early diagnosis and proper treatment of the ankle injury and reduces the risk of further damage.

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



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Traveling: There's Nothing Like A Holiday!

Golf And Other Diversions In Pinehurst, N.C.

by Jay Clarke

PINEHURST, N.C. -- Its name is synonymous with golf. More than 40 golf courses lie within 20 miles of Pinehurst. Legendary golfer Ben Hogan recorded his first professional win here in 1940. Two U.S. Men's Open championships have been held here, as well as three U.S. Women's Opens, a Ryder Cup tournament and two U.S. Amateur Championships.

Snowbird Seniors Heading South Urged To Use Direct Deposit

(NAPSI)-As retired "snowbirds" head south for the winter, the U.S. Department of the Treasury hopes their pre-trip to-do lists include something beyond packing shorts and sunscreen. At the top of their list should be protecting their money.

How? One of the best ways for senior travelers to safeguard their money is to sign up to receive their retirement benefit electronically, instead of by paper check. Electronic payments are safer, easier and more convenient, which is why Treasury's Go Direct® campaign encourages seniors to switch to direct deposit for their Social Security and Supplemental Security Income (SSI) payments.

Protect Your Money

About 10.3 million Americans still receive their Social Security and SSI payments by paper check, which can be vulnerable to theft, loss and mail delays. Last year alone, 700,000 Social Security and SSI paper checks were reported lost or stolen and 142,000 checks were delayed in the mail, according to Treasury. Overall, Treasury receives about 1.4 million inquiries a year regarding problems with checks.

"Switching to direct deposit or the Direct Express card gives people who travel or move for part of the year some peace of mind," says Wanda Rogers, Assistant Commissioner for Treasury's Financial Management Service. "They don't have to worry if their Social Security check will get lost in the mail or if it's sitting in their mailbox while they're away. Their payment is deposited automatically into their bank, credit union or debit card account on payment day, so their money is available immediately--on time, every time."

Electronic payments are also safer and more reliable than paper checks, according to Treasury officials. In 2007 alone, nearly 60,000 Treasury-issued checks, totaling an estimated \$56 million, were fraudulently endorsed. Electronic payments, which prevent this form of fraud and also eliminate any need to carry large amounts of cash, ease the minds of seniors managing their finances far from home, says Rogers.

Direct Express Card--A User-Friendly New Option

For millions of people without bank accounts, the Direct Express card offers many of the advantages that direct deposit provides, such as greater security and convenience, compared to paper checks.

The Direct Express card provides immediate access to money and it is possible to use the card for free. Cardholders can make purchases at retailers that accept Debit MasterCard®, get cash back with purchases or make cash withdrawals through bank or credit union tellers that display the MasterCard® acceptance mark.

The Direct Express card offers a number of security features to keep cardholder money safe. The money on the card account is FDIC-insured and the card is protected from unauthorized use, when promptly reported.

How To Sign Up

Treasury has made it quick and easy to make the switch to direct deposit by calling the toll-free Go Direct helpline, (800) 333-1795, or visiting www.GoDirect.org. To sign up for the Direct Express card, call toll-free (877) 212-9991 or visit www.USDirectExpress.com.

The preceding information has been provided by the Go Direct and Direct Express card public education campaigns.

Yet golf is not all that Pinehurst is about. It's an equestrian center, home of many horse farms as well as the Pinehurst Harness Track, a major winter training facility for standardbreds. And just a few miles away is Seagrave, home of the largest group of working potters in the nation.

But golf certainly is the dominant attraction that brings more than a million visitors annually to Pinehurst and neighboring Southern Pines and Aberdeen.

Spring and fall are the big seasons for the sport here in the Sandhills region of North Carolina. Golf packages start for as little as \$99 a night, but a round on the most prestigious courses can cost hundreds of dollars.

The area's beginning as a golf haven came in the late 1890s, when the village of Pinehurst and its first golf course were built by James Walker Tufts, inventor of the soda fountain.

Tufts, a Bostonian, bought 5,000 acres with the idea of creating a health retreat. He had landscape architect Frederick Law Olmstead design the village, built New England-style cottages and hotels, created lawn bowling, croquet and tennis diversions and established the Pinehurst Resort.

In the early 1900s, he hired an unknown Scottish golf professional to direct golf operations. That man, Donald J. Ross, redesigned the first golf course and created three more, and in the process became one of the world's most famous golf course designers.

The Pinehurst Resort today has eight courses as well as the elegant Carolina Hotel and other properties. The best-known course is No. 2, where the major tournaments are played. Popular golfer Payne Stewart won the 1999 U.S. Men's Open here just four months before his tragic death in an airplane crash. Michael Campbell captured the 2005 tourney, and a third Open is scheduled here in 2014.

Visitors are welcome to test their own skills on No. 2, but it'll cost them - greens fees are \$410 for walk-ins. Most visitors, though, are on package plans that reduce costs substantially. An Evergreen Escape package at a Pinehurst Resort property, for example, runs \$229 per night per person, double occupancy, including lodging, breakfast, dinner and one round

of golf, good until March 7 (with a surcharge of \$165 assessed for play on No. 2). Similar packages in the spring high season are more expensive, of course. However, there are many other courses and many other lodgings within a short drive and, again, packages can put the game within affordable range.

With so many courses concentrated in the area, golfers have a wide range of choices. They can play courses designed by such well-known professionals as Arnold Palmer, Jack Nicklaus, Robert Trent Jones, Tom Fazio and Gary Player. They can stay in condos by a golf course, hotels in town or motels off the highways. They can even tee up on a course where llamas -- yes, llamas -- carry their clubs.

Equine enthusiasts, meanwhile, will find almost every equestrian discipline here in wintertime, from show jumping and dressage to polo and harness racing. Fox hunts are conducted from October to March, and the Stoneybrook Steeplechase is an annual rite of spring.

For those who don't play golf or aren't into horses, the village of Pinehurst has a charming downtown with boutiques and restaurants. A few miles away, Southern Pines' Broad Street, which is bisected by Amtrak railroad tracks, also is lined on both sides with one-of-a-kind shops and dining spots. Nongolfers can take in a day spa or culinary class, book a historic tour and go hiking or horseback riding.

A 45-minute side trip to Seagrave may also be rewarding. Almost 100 potters live, work and sell their wares in this village. Most are found on or close to Route 705, offering all kinds of pottery from traditional and functional to contemporary and sculptural.

Information: Pinehurst, Southern Pines and Aberdeen Convention and Visitors Bureau, (800) 346-5362 or www.homeofgolf.com.



While golf courses form the vista most commonly associated with Pinehurst, horses on the horizon are a regular sight too. photo: Pinehurst, Southern Pines and Aberdeen Convention and Visitors Bureau

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This Year, Plant Vegetables Among The Daisies

by Marty Ross

It's time to put vegetables in their place -- right in your flower beds.

Growing demand for local, seasonal produce, interest in organic food and the spread of farmers markets are all contributing to fresh-picked enthusiasm for home vegetable gardening. If you're willing to be a little creative, finding a place for the crops is easy. Wedge some delicious food between your daylilies and dahlias.

"When you take vegetables out of their normal context -- out of rows or raised beds in a vegetable garden -- you can be amazed at the look they'll give you," says Charlie Nardozzi, who writes the monthly Edible Gardening newsletter for the National Gardening Association. "Look at the different colors and textures, at the leaves and fruits and flowers. There are lots of vegetables that can provide color and interest," he says.

A border of bush beans looks very snappy along a front walk or around the edge of a perennial garden. Ruffled kale and stalwart okra plants put a punch

of color and texture in the plantings around a porch.

Lee Reich, author of "Uncommon Fruits for Every Garden" and the new "Landscaping With Fruit," coined the term "luscious landscaping" to describe gardens that incorporate flowers, vegetables and fruits. Blueberries are his all-time favorite luscious landscaping fruit.

"They're beautiful plants, and it's probably the most successful fruit crop I grow," he says. Reich grows lingonberries in his front yard among rhododendrons and mountain laurel. He recommends thornless blackberries for their gorgeous flowers (and delicious fruit), and he suggests planting arbors with grapes or kiwi fruits, instead of wisteria or roses.

"People want organic foods and they want really good-tasting foods, and there are many that are truly pretty and tasty," he says. Reich grows scarlet runner beans on a trellis and calls them one of his "standard beautiful plants -- I look at it more than I eat it."

Fruits and vegetables generally need lots of light to grow and produce, so make room for them in full-sun flower gardens and sunny mixed borders with shrubs. Even in a tiny garden, you can have a crop.

In fact, Nardozzi suggests starting small. Don't overwhelm yourself with too many crops or too much of any one thing.

If you're new to vegetable gardening, start with transplants, Nardozzi suggests. Garden shops and big-box stores stock all sorts of vegetable plants in early spring. You can fill window-boxes with frilly little lettuce transplants, for example, or plant a six-pack or two of spinach, mustard greens or kale among the daffodils and tulips.

Grow things you like to eat.

"It sounds obvious," Nardozzi says, "but I know people who grow beans because they're easy, and they just don't like eating beans."

When you're planning the summer garden, think about adding a few okra plants among tall flowers or planting a row of corn at the back of a bed. The blue-green leaves and big heads of broccoli look fantastic among established perennials, and they will be ready to harvest before many of the perennials come into bloom.

"Even potatoes -- you can integrate them into the garden in different places, and when you see the flowers, they're very attractive," Nardozzi says.

"Bright Lights" Swiss chard, which has flashy yellow, orange and red stems, is among the most ornamental of cooking greens and is very suitable for a flower bed or even by itself in a pot on the front stairs. You'll be able to harvest the leaves all summer long.

Eggplant, tomatoes and peppers all look pretty and flourish in pots, and you can grow marigolds or nasturtiums in with them to toss into salads. To support tall plants in pots, use a pot-sized obelisk from a garden shop, or make one yourself with tomato stakes.

Some plants do not lend themselves to edible landscaping, Reich and Nardozzi say. Pumpkins, watermelons, cantaloupes and other melons need room to sprawl and do not make good neighbors.

Squash plants are worth a try. Rosalind Creasy, who turned her suburban front yard in California into a flower and vegetable garden and has written about it extensively in her "Edible Garden" books, plants summer squash in her flower beds.

"It looks like a tropical plant," Nardozzi says, "and they have pretty flowers, too."

When you plan your edible landscape, don't be afraid to experiment. Reich loves seaberrys (*Hippophae rhamnoides*), Juneberries (*Amelanchier*) and gooseberries. Nardozzi likes bitter melon (*Karela*) and yard-long beans, especially a deep burgundy variety called "Red Noodle." They're a bit shocking -- they look like big licorice sticks hanging from their vines -- but that's part of the fun.

Once you get started with such edible experiments, your garden will never be the same.

"It makes you think of your landscaping a little bit differently," Nardozzi says. "It's amazing what you can grow."

Grow Your Own

Good gardening practices will help you succeed with vegetables and fruits, no matter where you plant them. Choose plants appropriate for your region, and plant them according to the guidelines on the labels. Use an organic mulch -- like compost (available at garden shops) -- to help control weeds and preserve moisture in the soil. For inspiration and good advice, try these sources:

-- Cooperative Extension offices publish planting calendars, so you'll know when to plant crops in your region. Extension experts and the master gardeners who work with them can also recommend the best varieties for your area. (Search the name of your state and the word "extension.")

-- Charlie Nardozzi writes a monthly newsletter on edible landscaping for the National Garden Association, www.garden.org/ediblelandscaping.

-- Lee Reich's "Landscaping With Fruit," his latest book, is designed to help gardeners incorporate interesting fruits of all kinds into home gardens. See www.leereich.com.

-- Rosalind Creasy's "Edible Garden" series of books is full of great ideas for incorporating fruits and vegetables into flower gardens.

-- Four sources for beautiful vegetables and fruits are: Johnny's Selected Seeds, www.johnnyseeds.com; Nichols Garden Nursery, www.nicholsgarden-nursery.com; and Burpee, www.burpee.com. Edible Landscaping, www.edible-landscaping.com, sells fruit trees and shrubs of all kinds



Liberate fruits and vegetables from traditional vegetable gardens and plant them in flower beds this year. Lots of great-looking edible plants like kale and eggplant are also very ornamental and look terrific among flowers in the garden or in pots on a patio or porch.

photo: Marty Ross

Balance Your Lifestyle Balance

The public is invited to participate in a FREE, 12-week class on healthy lifestyle habits, including information on nutrition, physical activity, stress reduction and more! The class is intended for individuals who are at risk for developing heart disease, diabetes or other chronic health conditions.

The one-hour classes start on January 12, 2009 and class times are 12:00 to 1:00 p.m. or 5:30 to 6:30p.m. Space is limited to 12-15 participants per class session. Classes are held on the Eastside of Pueblo at varied locations.

Fun, weekly incentives will help keep participants motivated. This program is sponsored by the Health Disparities Grant Program at the Colorado Department of Public Health and Environment and the Pueblo City-County Health Department, call or email for further details and registration 719-583-4311 or julie.kuhn@co.pueblo.co.us Sarah R. Bruestle, M.P.A. -- Pueblo City-County Health Dept., 151 Central Main Street, Pueblo, CO 81003 sarah.bruestle@co.pueblo.co.us www.pueblohealthdept.org (719) 583-4526.

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Odds & Ends To Start The New Year Smartly

BE SUN SMART ALL YEAR ROUND

(NAPSI)-Many people think that summer is the only time to take caution with the sun, but sun protection is important year-round. While skiing or visiting warmer climates in the winter, it is important to remember to protect yourself.

Surprising to many sun-loving Americans is that 40 percent of the more than 250,000 new cases of squamous cell carcinoma (a type of skin cancer) may be the result of ignoring a condition few

people have ever heard of: actinic keratoses, or AKs. These are precancerous skin lesions that have the potential to progress to a more serious condition.

What Are AKs?

An AK is a small, crusty or scaly bump or horn that arises on or beneath the skin surface. The base may be light or dark, tan, pink, red or a combination of these, or the same color as the skin. The crust is horny, dry and rough. Occasionally, it itches or produces a pricking or tender sensation. It can also become inflamed and surrounded by redness. In rare instances, actinic keratoses can bleed.

Who Is At Risk?

- People 40 and over who have had chronic sun exposure; burn rather than tan in the sun; and spend large amounts of time in the sun without sunscreen are at higher risk for AKs. Doctors recommend a regular skin screening by a dermatologist. The good news is that AKs are treatable when identified before they have the potential to progress to a more serious condition such as squamous cell carcinoma.

One of the medications doctors use is Carac® (Fluorouracil Cream 0.5%), a topical cream that is safe and effective in the treatment of AKs. It is available by prescription and is the only topical with convenient "once daily dosing." Carac is indicated for the topical treatment of multiple actinic or solar keratoses of the face and anterior scalp.

Important Safety Information

Carac should not be used by women who are pregnant, considering becoming pregnant, or nursing. Carac should not be used by people with dihydropyrimidine dehydrogenase (DPD) enzyme deficiency. The most common side effects are skin reactions including redness, dryness, burning, pain, erosion (loss of upper layer of skin), swelling and eye irritation. For more information, visit www.carac.info.

expected accidents they might encounter along the way.

A survey commissioned by Allstate-in conjunction with the introduction of the Good Hands® Coverage Checkup, a checklist provided by Allstate agents to help review consumers' car insurance policy limits-indicated that approximately 60 percent of respondents are not confident they understand their car insurance coverage.

Confidence Gap

More than 40 percent of consumers first answered that they were not confident in their understanding of their auto insurance coverage. However, after being quizzed on specific incidents such as hitting a deer and crashing after a tire blowout, the number of respondents who admitted they weren't confident rose significantly-to nearly 60 percent.

"When the unexpected occurs, the difference between hoping you're protected and knowing you are is crucial," said Lisa Cochrane, vice president of marketing, Allstate. "That's where Allstate's network of more than 14,000 agencies can help consumers feel confident in their coverage."

Additional survey findings included:

- It's all in a name: A higher percentage of respondents who know their insurance agent's name feel more confident in their knowledge of their auto insurance policies than those who don't have an agent or don't know the agent's name.

- The great equalizer: Prior to being polled on accident-specific questions, 70 percent of men were confident they understood what their insurance coverage includes, compared to just 50 percent of women. Following the questions, men dropped to a 50 percent level and women to a 33 percent mark.

Coverage Checkup

Allstate developed its Good Hands® Coverage Checkup to help consumers review their current auto insurance policy limits and identify where they may need more coverage or less. An invaluable checklist the company's agents can provide-the checkup is free for all consumers, regardless of their insurance carrier-takes just 15 minutes, can help uncover gaps in coverage limits that could expose a consumer to financial risk and points out available discounts and savings.

To learn more or to locate an Allstate agent near you to complete a Good Hands® Coverage Checkup, visit www.allstate.com or call 800-ALLSTATE.

Guide To America's Top Doctors For Cancer

(NAPSI)-Finding the right cancer doctor is becoming more important. A recent article in USA Today contrasts the progress that has been made in the diagnosis and treatment of cancer with a projected shortage of doctors to treat those cancer patients.

"An informed consumer working in concert with top doctors and top hospitals is best prepared to face the challenges of a diagnosis of cancer--and that's how 'America's Top Doctors for Cancer' will best help people," says Dr. John Connolly, president and CEO of Castle Connolly Medical Ltd.

The guide identifies the nation's most outstanding physicians for the diagnosis and treatment of cancers in adults and children, containing detailed profiles of nearly 2,300 of the nation's leading specialists across more than 40 medical specialties. Available at all major bookstores, by calling toll-free (800) 399-3627 or online at www.castleconnolly.com. Profiles on 2,300 doctors.



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(NAPSI)-Reading is great alone, but even better when the experience is shared! Whether with someone or alone, people who are unable to read standard print can continue to share the love of reading with braille and print/braille books through the free reading program of the National Library Service for the Blind and Physically Handicapped.

Eligible adults and children may visit their local cooperating libraries and browse a collection of braille books or receive them free of charge through the mail. The variety of titles, including fiction, nonfiction, and popular magazines, is sure to encourage a love of reading. The collection offers popular series including Harry Potter, Chronicles of Narnia, and Magic Tree House. Audio materials and the equipment needed to use them are also available without cost to people who cannot see to read standard print or handle a book.

To learn more about this free service, contact:

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Visit www.loc.gov/nls or call 1-888-NLS-READ (1-888-657-7323)

Understanding Car Insurance Coverage

(NAPSI)-Each year, millions of Americans prepare their vehicles for winter's inclement weather and treacherous travel conditions. Unfortunately, many do so without a key element-the certainty of whether or not their auto insurance policy protects them for any un-



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BBB: Beware Of Official-Looking Documents

by Katie Carroll - BBB

It has been brought to our attention by local consumers, the Better Business Bureau in Denver and the Colorado State Attorney General's Office that a company called Colorado Corporate Compliance (CCC) is using misleading scare tactics to lure companies into hiring its professional services.

Companies are reporting that they have received an official looking document titled "Annual Minutes Disclosure Statement." The document, though unclear in its actual intent, offers to provide the writing of corporate documents, in particular meeting minutes, for \$150. It cites a portion of a California State record reporting code, which addresses

the requirement for a corporation to keep adequate records. However, CCC does not point out that the section of the code quoted apparently only applies to non-profit religious organizations. The correct procedure for filing corporate documents in the state of Colorado can be found on The Secretary of State's Web site at www.sos.state.co.us.

The document, which is attached, uses misleading tactics such as:

- It bears an official looking seal.
- A Corporation Disclosure Act clause is cited.
- Each document appears individually dated.
- The service offered is vaguely

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worded. This company has an F-rating with the BBB in Denver for a number of reasons which are all listed on the BBB's Reliability Report for CCC. The full report can be found at www.bbb.org.

who received the solicitation and are willing to speak with the media. Please call Katie Carroll to arrange an interview.

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The U.S. Bureau Of Census 2008 Shows State Population

The U. S. Bureau of the Census 2008 state population estimate shows Colorado's July 1, 2008, population to be 4,939,456. This is a 96,686 or 2.0 percent increase from a revised July 1, 2007 estimate of 4,842,770. The state's April 1, 2000, revised

census count was 4,302,019. Colorado's 2.0 percent growth rate for this twelve-month period ranks fifth. The fastest growing states for the year were: Utah (2.5 percent), Arizona (2.3 percent), North Carolina (2.0 percent), and Texas (2.0 percent). Colorado

ranks ninth in total growth and seventh in percentage growth over the eight-year period since the census in 2000. The growth rate of 2.0 percent over the year for Colorado has been the consistent since 2005. Colorado is expected to grow at a slower rate of 1.6 percent the coming year.

and 52,398 in net migration. The Census Bureau estimates for 2008 and revisions from 2001-2007 include methodology changes regarding international migration estimates and changes in domestic migration methodology. These changes decreased Colorado's 2007 estimate by around a cumulative 20,000 since 2001. For more information please see the Census Bureau Estimates website at: www.census.gov/popest/topics/methodology/

Since Census 2000, the West, followed closely by the South, was the fastest growing region of the country, growing overall at 12.1 percent compared to the U.S. at 8 percent. Between 2007 and 2008 the West grew slightly faster than the South 1.4 vs. 1.3.

The State Demography Office produces a different set of population estimates from the Census Bureau estimates. We use similar methods and data sources to produce population estimates, but we differ in a two key areas. First,

The U. S. Bureau of the Census estimates that of Colorado's increase in population of 96,686 was due to a natural increase (births minus deaths) of 44,258

we begin with a different Census count. Our adjusted Census 2000 population base for the state is 11,537 higher than the Census Bureau count. This is due to areas of undercount where counties challenged the Census count but the numbers were not reflected in the final count. Majority of the undercount were in rural mountain areas where housing units were missed.

Second, due to our estimates review process with local governments, we adjust county totals to reflect new or additional information. We do not maintain a "state control" total. We allow the state total to fluctuate with the new information rather than scaling up or down the remaining counties. As of July 2007, the State Demography Office population estimate was about 95,000 (2.0 percent) higher than the Census Bureau for the same year. We review housing unit and population data with local governments from January through September and will release our state, county and municipal estimates in October. For more information please see our website at: www.dola.state.co.us/dlg/demog/index.html

Calling All Cookie Cutters

(NAPSI)-Think your cookies take the cake? A new contest could give you your just desserts. Just upload a photo of your best batch of cookies at Allrecipes.com for a chance to win a new electric range from Samsung featuring 20-minute SteamQuick cleaning technology, or one of three camcorders. The site's users will vote on the photos and choose the winner of the Allrecipes.com and Samsung Cookie Photo Contest. Winners will be announced at the end of January.



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New Research Affirms Nitrite Safety/Benefits

(NAPSI)-Nitrite. Media reports cite this important food additive as if it's something to fear rather than a safe, beneficial food ingredient. So what is nitrite? And why do meat processors add it to some products?

Nitrite is a salt that is used to make "cured meats" like ham, salami, hot dogs and bacon. In centuries past, before refrigeration, meat was salted to preserve it. Early sausage makers recognized that using certain salts produced a distinct pink color

and smoky flavor in meat products. In the 1800s, scientists came to understand that the salts contained nitrate, which became nitrite when added to meat. Not only did "curing" create a unique taste and color, it also delayed spoilage--a critical benefit before refrigeration. While we have refrigeration today, many consumers continue to enjoy the distinct taste of cured meats.

Sources Of Nitrite

Most people don't realize, how-

ever, that their nitrite intake comes largely from vegetables and saliva. According to a poll by Opinion Dynamics, one-third of consumers wrongly cited cured meats as the largest nitrite source. Only 23 percent recognized vegetables and only 2 percent recognized saliva as top sources.

Nitrite expert Dr. Nathan Bryan at the University of Texas Health Science Center at Houston isn't surprised, because he says there are many myths about nitrite sources and safety. His analysis shows that a spinach salad and a ham sandwich contribute the same exposure of nitrite to the diet, while a liter of popular pomegranate juice contains 100 times more nitrite than a hot dog. Other major sources include broccoli, beets, celery, lettuce and even human saliva, due to our body's ability to reduce nitrate to nitrite. Dr. Bryan says the body makes nitrite as part of its own healthy nitrogen cycle, and scientists are just beginning to understand its many health benefits.

"Nitrite can prevent injury from a heart attack, control blood pressure, promote wound healing, help treat sickle cell anemia and many other health conditions and may even prevent disease progression," he said. Old myths about an alleged link to cancer are very weak at best, he said, and recent data reveal anti-tumor activity.

"Our research shows that when nitrite is applied directly to tumor cell lines, it does not promote tumor growth. And when ascorbate (vitamin C) is added together with nitrite, cell growth is inhibited," he said. The good news: Vitamin C is routinely added with nitrite to cured meats.

Food Safety Benefits



Consumers who hear the word "botulism" think it's a disease of the past. When it comes to cured meats, it certainly is. Why? Since nitrite has been added routinely to commercially cured meat products, no case of botulism has been linked to cured meats.

Meat scientists now understand that nitrite in cured meats is also extremely effective in reducing other bacteria that can still pose a problem, like the germ that causes the food-borne illness listeriosis.

"Consumers shouldn't fear nitrite; the medical community certainly doesn't anymore," noted Randy Huffman, Ph.D., president of the AMI Foundation. "Nitrite has demonstrated public health benefits. And consumers who learn the most current facts surrounding nitrite will appreciate nitrite's food safety value."

For a brochure on common ingredients in processed meat products, visit www.MeatMattersInfo.org or send a stamped, self-addressed envelope to AMI, 1150 Connecticut Ave., NW, Washington, DC 20036.

Cured meats that contain nitrite, like vegetables and water that contribute nitrite to the diet, are a safe and beneficial part of a balanced diet.

Recipes/Tips About The Nutritional Benefits Of Flax

(NAPSI)-When it comes to giving your health a boost, it may be as simple as saying "Just the flax, ma'am." The majority of American diets no longer contain the amount of omega-3 fatty acids needed for overall health and wellness. Omega-3 fatty acids can help correct imbalances in modern diets that may lead to health problems.

Eating more omega-3-rich foods, such as flax oil, may help lower the risk of chronic diseases like heart disease, stroke and cancer, as well as lower LDL, or "bad," cholesterol. Scientists have discovered that flax may also act as an anti-inflammatory, reducing immune system diseases.

Despite its health benefits, it has long been believed that you can't sauté, bake or stir-fry with flax oil. Christina Pirello, Emmy Award-winning host of the PBS television series "Christina Cooks," has disproved this notion by developing a series of easy, healthful recipes using a new line of flax oil blends.

"Although a wonderful source of omega-3, flax oils are notoriously difficult to cook with because the molecules are incredibly fragile," says Pirello. "With the advent of Heart Shape Flax Oil blends, Shape Foods has transformed flax oil from supplement to cooking oil."

Incorporating healthy fats into your diet is easy. Experiment with pure flax oil or flax oil blends in your favorite recipes, or integrate them in one of the following ways:

- Sprinkle one to two tablespoons of flax oil on top of your oatmeal or other hot cereal.
- At snack time, blend flax oil into fruit smoothies for an extra energy boost or shake over popcorn.
- Whip into mashed potatoes or toss with fresh salad greens.

Below is one of Ms. Pirello's recipes:

Skinny Sweet Potato Fries

5 medium sweet potatoes, rinsed, cut into 1/2-inch-thick spears
2 tablespoons Heart Shape Flax, Olive and Sunflower Oil; 1/2 teaspoon salt

Preheat oven to 425 degrees and line a shallow baking sheet with recycled foil and lightly oil. Toss sweet potato pieces with flax oil and salt and arrange on baking sheet, avoiding overlap. Bake for 30 minutes, turning once to ensure even browning. Serve hot. Makes 6 servings.

Note: Variations can include adding 1/2 teaspoon dried basil, oregano or other herbs. For spicy fries, add 1/2 teaspoon chili powder. The spice actually enhances the sweet potato flavor.

An excellent source of omega-3 ALA (alpha-linolenic acid) that is low in saturated fat, the line of three Heart Shape products--Flax Oil, Flax & Sunflower Oil blend and Flax Olive Sunflower Oil blend--is available online and at major retailers. To learn more and for additional recipes, visit www.shapefoods.com.



Probiotic Powerhouse

(NAPSI)-Beneficial bacteria, known as probiotics, naturally live in our digestive tract, but they need regular replenishing. This dynamic community of microorganisms is disrupted by antibiotics, stress, alcohol, smoking, pollution and simply growing older. Fortunately, it's possible to achieve the optimal balance you need for digestive and immune health, simply by eating a cup of organic yogurt.

All organic yogurts include the starter cultures *Lactobacillus bulgaricus* and *Streptococcus thermophilus*. Meanwhile, Stonyfield Farm adds four additional cultures, including the premium probiotic culture *Lactobacillus rhamnosus*, to create a probiotic powerhouse in each cup.

"This unique blend has been clinically proven to enhance infection resistance, reduce intestinal discomfort, improve lactose tolerance and create a barrier effect against pathogenic bacteria in the intestinal tract," explains Vicki Koenig, MS, RD, CDN.

To learn more, visit the Web site at www.stonyfield.com.

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JAN. 1: Chile Con Carne, Cornbread Mixed Green Salad w/Italian Drsg, Cucumber/Onion Salad Peaches.

JAN. 2: Honey Mustard Chicken, Parslied Noodles, Mixed Veg., Wheat Bread/Marg. Fruit Cocktail Fruit Juice.

JAN. 5: Sweet/Sour Pork/Rice Peas Wheat Bread/Marg. Diced Peaches.

JAN. 6: Meatloaf/Tomato Sauce, Parslied Noodles, Broccoli, Wheat Bread/Marg., Fruit Cocktail.

JAN. 7: Roast Beef/Gravy, Mashed Potatoes, Basil Green Beans, Creamy Cole Slaw, Wheat Bread/Marg., Raspberry Sherbet.

JAN. 8: Turkey Green Chili, Spanish Rice, Mexican Corn, Wheat Bread/Marg., Peach Cobbler.

JAN. 9: Chicken Cacciatore, Linguini, Mixed Veggies, Wheat Bread/Marg., PA Up/Down Cake.

JAN. 12: Pork Chow Mein, Pic-kled Beets, Wheat Bread/Marg.Strawberries & Pineapple.

JAN. 13: Beef Tomato Mac, Carrots, Mixed Green Salad Ranch Drsg. Wheat Bread/Marg. Plums.

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JAN. 15: Hot Turkey Sandwich,

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JAN. 16: Lasagna, Cucumber/

Bread/Marg. Lime Pear Gelatin, Orange.

JAN. 20: Chicken Divan Casserole, over Rice, Carrot Raisin Salad, Basil Green Beans Wheat Bread/Marg., Cinnamon Rice Pudding.

JAN. 21: Roast Pork Loin, Glazed Sweet Potatoes, Zucchini/Tomatoes, Wheat Bread/Margarine, Applesauce.

JAN. 22: Sloppy Joe on a Bun, Baked Beans, Mixed Green Salad/Italian Dressing, Apricots.

JAN. 23: Breaded Fish w/Lemon, Au Gratin Potatoes, Peas & Onions, Wheat Bread/Margarine, Strawberries & Pineapple.

JAN. 26: Burrito w/Green Chili, Mexican Corn, Wheat Bread/Margarine, Apple Fruit Juice.

JAN. 27: Macaroni & Cheese, Carrot Raisin Salad, Wheat Bread/Margarine, Cherry Cobbler.

JAN. 28: BBQ Beef on a Bun, Baked Beans, Creamy Cole Slaw, Ambrosia.

JAN. 29: Chicken a la King, Biscuit, Stewed Tomatoes, Chocolate Pudding.

Onion Salad, Peas, Wheat Bread/Marg., Apricots.

JAN. 19: Tomato Swiss Steak, Mashed Potatoes, Cabbage, Wheat

2% MILK With ALL Meals!

Finances: Create And Keep Wealth

Advice On Making Smart Investments In 2009

by Ronald S. Phillips

Well, it's a new year and I think most of us want to see a positive rebound for the stock and bond markets. If you made it through the wild financial ride throughout 2008 then you deserve a round of applause. But are there any ways to increase our "odds" for success in the markets?

Most advisors would agree there are a few things we can do as investors to make good returns. There are also a few things to NOT do.

1. Don't Make Emotional Decisions.

What other kinds of decisions are there?! We all tend to make those emotional decisions day-to-day. But the market is already emotional and manic enough without us adding to the volatility.

If everyone decided to sell when the market was performing poorly then we would be selling three times for every

one time we are buying. According to Ned Davis Research, since 1901 to September of 2008, the Dow Jones Industrial Average (DJIA) is either in a bear market or recovering from a bear market. The DJIA is actually only making new highs (and therefore creating "new" wealth for stockholders) 22.6% of the time.

You've probably heard it more than once: stay in the market for the "long term." And long term is not really that long. Ibbotson Associates research says that if you were invested in the market for any 5-year period from 1926-2000 (which includes The Great Depression) you would have had a 90% chance of getting a positive return.

2. Get Accurate Information.

It is very tempting to look at the financial channels non-stop and check up on the averages. But along with that good information is sensationalist journalism. They need to get viewers somehow. And

that way is usually by exaggerating bad news and good news.

Think about it for a moment. When we had the Tech Bubble all you could read about or see on TV was the "new economy." Everyone was talking about the tech stocks they bought last week that just doubled. The media fed this frenzied bubble.

Now the media is feeding the Doom Bubble. You will hear only bad news non-stop for the coming months. We're in the middle of a recession, of course there are only going to be bad earnings, layoffs and all the rest. But you need to get some good, fundamental advice about the markets.

All of this doom and gloom would naturally lead most people to want to stick with cash and CDs instead of stocks. But consider that if you had missed the 40 best days in the market from 1984-2000 then your return would be a very small 4.15%

annually instead of the 13.05% if you had not gotten out of the market (source: Ibbotson Associates).

3. Follow What Has Worked In The Past.

Warren Buffet's mentor Ben Graham believed highly in asset allocation, owning many different asset classes to even out your returns. It is easier than ever to own asset classes that move in different directions from each other.

If you have a diverse portfolio (one with ten or more unique asset classes) then you should be in good shape to weather most market storms. If not, then you couldn't pick a much better time to re-allocate your funds and buy cheap, high-quality assets.

Have a Happy & Prosperous New Year!

Ronald S. Phillips is a Pueblo native and an independent financial advisor. He can be reached at ronphillips@rpadvisor.com or at 545-6442.

2009: Do You Really Want To Have A Better Life?

by Grant Oakes

Let me ask you some questions. You've been making that large house payment for quite awhile now haven't you? You have gotten by year after year even though your income has remained the about the same and everything else has been going up, right? There are some things you would like to do and even some places that you would like to see . . . if you had some extra money, correct? There is additional money in the form of equity in your home, but, you can't break off a piece of the roof and take it to the bank, can you? So what is a senior to do if you want to live a more enjoyable life in your golden years?

If the youngest person on your home title is over 62 years young it is just possible that I might be able to give you some answers!! First, a couple more questions. Your home is your primary residence, isn't it? Would you be more comfortable if you did NOT have to pay a house payment ever again? Could you find a way to spend some extra money each month if you had extra money? If you didn't have a house payment could you still afford to pay the property taxes, homeowners insurance, utilities, and the upkeep on the home? You are paying them now aren't you? Of course you are, we all do. So what's the catch?

No catch! You can simply join

the over 250,000 seniors that have opted for a reverse mortgage since its inception in 1989. There were over 55,000 HECM (pronounced HEC-EM that stands for Home Equity Conversion Mortgage) reverse mortgages endorsed in the first 9 months of 2007 that is an 83% increase over the 30,404 loans endorsed during the same period of 2006. The numbers are not in yet for 2008 but they are expected to me be way up again. So what do those people know that you don't know? One thing that they know is a way to live a better and more fulfilling life with their children's blessing. By the way, over 90% of all reverse mortgages are HECMs because the HECMs are controlled by the government and give the seniors the most money. Please don't stop reading because you see the term mortgage. Today's reverse mortgage is not your mother's reverse mortgage. The legislators have made some excellent changes in the laws that govern the HECM reverse mortgage. Today they are probably the safest mortgage that is available to seniors.

You can't even get a reverse mortgage without talking to a certified independent counselor. This is mandated by the government. These counselors could care less whether you get a reverse mortgage or not. Their only concern is that you understand all the ins and outs of what you are doing and usually they even

give you some additional options for you to consider. And this year they made the rules that protect the seniors even stronger. As of January 1, 2009 it is even possible to buy a home with a reverse mortgage, which could never have been done before.

O.K. from the questions that I ask before, you have probably figured out what the rules are for getting a reverse mortgage, but let's go over them anyway. The rules are simple and few. (1) The youngest person on the title must be at least 62. (2) Your home need not be paid off, you do need at least 50% equity in your home. (3) The reverse mortgage must be the only mortgage on your home, so the reverse mortgage will pay off the present loan or loans if you have them now. (4) You must continue to pay the taxes, insurance, upkeep and utilities. As I said we all keep them paid now don't we? (5) You must receive counseling. That's the basic rules. The next question that everyone asks is how much can I get with a reverse mortgage. The answer is "it depends". Let's see what it depends on. The first thing that makes a difference is what your home will appraise for in an FHA Appraisal. Naturally, the higher the appraisal the more money you can get. The second is the age of the youngest borrower. The older the youngest person is the more money you can get out of your home. Also, the older the youngest person is the smaller the amount of equity you need to have in your home to be able to get a reverse mortgage. Next, the interest rate at the time of the loan, the lower the rate the more money you get. Right now the interest rates are at an all time low. But

let's go back to the appraisal. Everybody knows that the housing market has been going down. Here in Pueblo and Fremont Counties unlike other places were the market jumped sky high in the last few years, our housing market has been relatively stable. Now as those jumping markets have been in freefall mode, ours has again been stable. However, the experts tell us that the market decline won't be over for quite awhile. Now could be a perfect time to do the reverse mortgage before your house value declines even further.

If you are one of the seniors that has your home paid off that simply means that you can get a lot of cash out of your home to do anything you want. Please remember that you always retain title to your home. As long as you follow the rules, no one can take your home away from you. I had a mortgage on my home and I did a reverse mortgage in August. I have no more house payments and I have extra cash each month to do as I wish. This month I have a short trip to Phoenix planed, next month who knows, maybe I will go to Vegas or maybe Disney World or maybe anywhere it's warm.

Happy New Year everyone.

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

Why are more seniors choosing Reverse Mortgages?

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Senior Beacon

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

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

MAILING ADDRESS

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

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

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Senior Community Update



PUEBLO WEST KNIGHTS

The Pueblo West Knights of Columbus Council #12020 is holding a chicken dinner at the VFW Post 5812, 127 E. Spaulding Ave. in Pueblo West on Friday, January 23, 2009.

The cost is \$8.00 for Adults and \$4.00 for children 12 and younger.

Serving time will be from 4:30 p.m. until 7:00 p.m.

Proceeds go to local charitable organizations and the St. Paul the Apostle Church Building Fund.

LOU GEHRIG'S DISEASE SUPPORT GROUP

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

OWLS MEETING

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

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

RIDE TO CHURCH?

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

S.R.D.A. CLASSES

S.R.D.A. - 230 N. Union Pueblo, CO 81003 - 719-545-8900 EXT. 133.

SRDA has classes and seminars every week day. Seniors of this area should call SRDA at the above phone number. These classes and seminars/events range from computer class to Mah Jjong and from Foster Grandparenting to bridge.

Please call SRDA for the enrite schedule of events for the month of December.

BUSINESS MEETING IN CAÑON

Please join the Canon City Business Owners Meet and Greet Thursdays 8-9 AM. Open to all Fremont County Business Owners and Managers who want the opportunity to network with other businesses. No Membership dues For more information and details call Brenda 429-9999. Ask about our upcoming Expo

GENEALOGICAL SOCIETY

"The Southeastern Colorado Genealogy Society holds regular meetings on the second Saturday of the month beginning at 2:00pm in the Meeting Room B", Robert Hoag Rawlings Library, 100 Abriendo Ave., Pueblo. There is a continuing Refresher/Beginners class starting at 1:00PM. Call 546-1973 for details." Guests welcome and there is no charge.

GARDENING CLASSES

The following are two classes we will be offering through Colorado State University Extension/Pueblo County. Cost is \$15 per class and pre-registration with payment is required. If you can share this information, we would appreciate it!

Gardening With Nature - The Birds, the bees and toads class is scheduled for Tuesday, January 13, 2009 from 6- 9 p.m. at the Greenway and Nature Center, 5200 Nature Center Rd. This class will show you how to INVITE nature into your garden.

Native Plants for Pueblo class is scheduled for Tuesday, January 20, 2009 from 6-9 p.m. at the Southeastern Colorado Water Conservancy District (SECWCD) in the Board Room, 31717 United Avenue, near the Pueblo Memorial Airport.

Carolyn Valdez - Program Assistant, CSU Extension - Pueblo County, 719-583-6574.

STEP-UP PROGRAM

Mineral Palace Towers - 1414 N. Santa Fe. Thursday, January 8th; 9 - 11:30 am

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

McHarg Park Community Center - 409 Second Street Avondale, CO, Monday, January 12th; 9:00 - 11:30 am

Vail Hotel - 217 S. Grand. Tuesday, January 13th; 9:00 - 10:30pm

Hyde Park Community Center - 2136 W. 16th St. Tuesday, January 13th; 1:00 - 2:30pm

Joseph Edwards Senior Center (SRDA) - 230 S. Union. Wednesday, January 14th; 9:45 - 12:00 pm

Ogden Apartments - 2140 Ogden. Thursday, January 15th; 9:00 - 10:30 am

Fulton Heights - 1331 Santa Rosa, Thursday, January 15th; 1:00 - 2:30 pm

Park Hill Christian Church Hall - 1404 E. 7th St. Monday, January 19th; 10:00 - 12:00 pm

Minnequa Park Apartments - 1400 E.

Orman Ave. Tuesday, January 20th; 9:00 - 11:30 am

Mesa Towers - 260 Lamar. Wednesday, January 21st; 9:00 - 11:30 am

Get Moving with Pueblo StepUp Community Exercise Programs:

Please call Jo Stinchcomb @ 557-3883 if you have any questions.

WHAT A GREAT TIME TO VOLUNTEER

In our community there are many different opportunities to volunteer. You can volunteer one morning a week or one day a month. It is up to you how much time you would like to help. You can work with children, elderly, special needs individuals or with no people at all. You can work around people or work by yourself. You can do clerical kind of work or you can work directly with people. You can choose where you would like to volunteer.

Below are some of the many areas that are in great need of volunteers:

---Drivers to deliver Meals on Wheels to homebound seniors

---Volunteers to help in the many areas of St. Mary Corwin Medical Center especially in the Resale Shop.

---The Cancer Resource Center needs volunteers to work with cancer patients giving out information and helping individuals pick out wigs and hats.

---The assist the Day Care Teacher at a north side charter school.

---To help with a Senior Vision Support Group, sending out monthly notices, calling and making room and travel arrangements.

---Tutors and volunteers in the schools are always needed.

If you are interested in any of these opportunities or want more information call Gloria Valdez, SRDA, 545-8900. Also get information on the these three web sites: srda.org (look under programs-Retired Senior Volunteer Program), pueblovolunteers.org, 211help.net.

CHURCH HOSTS SCREENING

Residents living in and around the Pueblo community can be screened to reduce their risk of having a stroke. The complete screening package now includes a new Heart Rhythm screening, checking for irregular heartbeat, which is a major risk factor for stroke.

First Baptist Church is pleased to host this event presented by Life Line Screening on Thursday, January 22,

2009. The site is located at 405 W. 9th St. in downtown Pueblo. Appointments will begin at 9:00 AM.

SOCO SENIOR CITIZENS

Southern Colorado Senior Citizens organization will sponsor a Valentine Dinner Dance on Saturday February 7, 2009 at the Union Depot, 132 W. "B" St in Pueblo. There will be a dinner at 5:30pm followed by the dance from 6pm - 11pm. Admission is \$20 for members and \$25 for guests. Music will be performed by High Fidelity. Call Dorothy at 948-3986 if you'd like to be a part of this fundraising activity.

SRDA JANUARY CALENDAR

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

Please call them at the above phone number for more specific information.

LIVING WITH OSTEOARTHRITIS?

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

AARP SCHEDULE OF ACTIVITIES FOR JANUARY 2009

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

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

HAVENS FAMILY CLINIC

Walk-Ins Welcome

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SENIOR CLASSIFIEDS

EXPERIENCED COMPANION/CAREGIVER available Part/Time with TLC assistance. Bondable, honest, mature, best references. Looking for help in your home, call MONIKA 719-542-6120. #0209

ANCIENT OLD CODGER needs recliner with motor to sit up or lie flat for sleeping. Leather preferred. 542-3032. #0209

IMPERIAL MEMORIAL GARDENS 4 grave sites in Hillcrest section. Lot 47, spaces 1,2,3,4. \$600.00 each. Call 719-649-2478. #0209

EXPERIENCED: Compassionate lady available to assist you in your home. Errands, Dr.'s. appointments, shopping, all activities of daily living. Please call us at 565-0445. #0109

ADULT CARE HOME: Are you looking for a loving home environment for your loved one? Well, look no further. We offer your loved one a safe and secure family environment to call home. We offer in-home ac-

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.

activities, weekly outings, laundry, nutritional meals and medicine supervision. Private rooms and semi-private rooms are available. Rooms may be decorated, as your family member

desires. Do you have a long-term pet? They are welcome here. They are a part of your loved one's family and can be a part of ours. We are located in Pueblo West. Serious Inquiries Only! 719-214-6775. #0109

CARE PROVIDER: Experienced, honest and dependable. References 3-24 hours. Cleaning, cooking. Assist to Dr.'s. Errands and shopping. 543-7853. also 719-214-0321. #0109

CHRISTMAS SHOPPING on line: WEBS:

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www.4427onetouchshopping.biz ;
www.4427onetouchtravel.biz ;
www.4427onetouchfitness.biz ;
www.4427onetouchpharmacy.biz.
e-mail- em3266@q.com #0109

I WILL DO HOMECARE. Have experience! Have recommendation letters. Run errands. Doctor visits, Fix Meals. Good Companion. South Side. Feel free to call. 564-2157. #0109

SENIOR MANICURES AND PEDICURES. Finding it difficult to care for your nails? Gentle service in your apartment or assisted living residence. Call 719-252-3548 for appointment. Enter to win free manicure. #1208

MY HUSBAND IS 83! I'm 76! I am asking your help as he needs a mobile chair. Scooter store won't give him another one because his wore out in 6 years! I can give you a registered puppy for a chair. Help! Thank you. Call 719-254-6210. #1208

FOR SALE. 211 E. POPPY LN. 2/2/2 w/1275 sq ft of living space! 100% maintenance free Patio Home w/hardwood floors, skylights, gorgeous kitchen & covered patio w/gas-

line hookup! Master bed has private bath w/walk-in shower w/bench seat! Ramp instead of stairs lead to front porch + wide corridors & entryways throughout! \$160,000. Karen GetstDone Trujillo, 240-5523. Re/Max Pueblo West Inc. #1108

UP TO 70% OFF! Children's Name Brand clothing!. Pueblo's best Kept Secret! Compare our Bargain Prices! 1153 S. Prairie. Pueblo Trading Post, Saturdays and Sundays. #1208

IMPERIAL MEMORIAL GARDENS. 4 grave sites, Hillcrest section, lot 47 #1,2,3,4 - \$600 each. Call Ken, 719-649-2478. #1208

NEW BISSELL POWERSTEAMER - with (2) gallons shampoo, \$150; Plaid loveseat/matching rocker, \$65.00; Vinyl turquoise loveseat and (2) matching chairs, \$60. Call (719) 560-9741. #1108

HOUSEKEEPER. \$12/HOUR. You supply cleaning equipment. Kathy, 583-2262. #1108

PERMS! includes haircut & style (short hair) 35 years experience in business. Call 719-647-0611 for appointment. Pueblo West. #1008

HOME CARE. Reasonable, Responsible. Experienced. Call, 565-0445. #1008

3-WHEEL RALLY SCOOTER Pride Mobility Products, Sold new for \$1,995, asking \$700.00

ALSO: **TWIN SIZE HOSPITAL BED** and mattress. Used only two months, asking \$150.00. Call, 240-0981 #1208

HOUSE CLEANING. 3-Hour minimum. \$15 per hour or \$14 per hour if 65 or older. You supply the cleaning goods. Near a bus stop. Have recommendation letter. Carolyn, 561-8682. #0908

ONE-BEDROOM-SPACIOUS- South-side complex. Rent, \$400 deposit, \$250 includes water, trash, parking, laundry room, close to bus stop and shopping. Rustic Villa, (719)564-8899. #0209

CAREGIVER/COMPANION: Private care - part time. Have experience with recommendation letters. Just moved into town. South area. Call Carmen, 564-2157 #0908

WANTED: CERTAIN 45rpm records and LP albums from the 1950s and 1960s. 566-7975. #1008

24/7 LOVING SENIOR CARE IN CHRISTIAN HOME. 30 years experience. SPACE FOR ONLY ONE CLIENT LEFT. HURRY! Call today, 719-542-3496. #0209

Finding The Best Spa Getaways

(NAPSI)-When it comes to relaxing getaways, many travelers feel few things can top a spa vacation. In fact, a study by The Travel Institute found that top reasons for a spa vacation include relieving stress or to feel relaxed; pampering and self-indulgence; and feeling better about oneself.

And if you're wondering whether spa getaways are female-only affairs, consider this: While a majority of spa goers are female, 29 percent of spa goers are now male, with that number expected to continue to rise.

So what are some top spa getaways? You might want to check out a unique, award-winning spa nestled in the Allegheny Mountains. Part of the world-class Greenbrier resort, the spa-already known for using natural ingredients and indigenous minerals-recently launched a new series of refreshing treatments and packages. The indulgent offerings include a Pumpkin Soufflé Body Delight, Gingerbread Crème Manicures and Pedicures, a Winter Warming Package and a Chocolate Covered Strawberries Body Wrap.

To help make things even more relaxing, the resort also offers a "Just One More Day" package, allowing travelers the opportunity to stay for four nights at the price of three. Guests will be able to fully enjoy the over 50 recreational activities, delectable restaurants and other amenities at a more leisurely pace, with the addition of an extra day.

Of course, the resort's world-class dining could help ease your mind as well. Its Main Dining Room received Wine Spectator's prestigious "Best of Award of Excellence" and its Sam Snead's at The Golf Club restaurant received the magazine's "Award of Excellence." The accolades recognize the restaurant's well-chosen wine offerings and complementary pairing of wine selections with their respective menus.

Additionally, readers of Association Conventions & Facilities voted the destination a winner of the 2008 Distinctive Achievement Award and the getaway received Meetings & Conventions magazine's 2008 Gold Key and Gold Platter Awards.

For more information, visit www.greenbrier.com.



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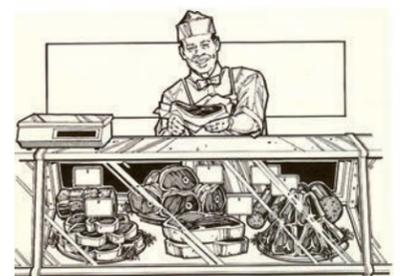
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Charlene Dengler: "To Lose Weight, Get It In Writing"

by Charlene Dengler

The holidays are over and it's the beginning of a brand new year – again. If you followed the advice from last month, your fresh exercise routine is already in motion. This month's focus is a recommendation to enable your weight loss efforts to be more successful. After all, if you are putting forth the effort, you want some satisfaction for your work. Well, what will produce the results you are eagerly hoping for? You may be surprised to hear what it is, and although you may initially think it a bit cumbersome, just hear me out if you have a few pounds to lose.

About a year ago Good Housekeeping magazine published an article documenting scientific evidence that writing down what you eat ensures more favorable results when trying to lose weight. In a Kaiser Permanente Center for Health Research study, researchers found that keeping a food diary was the single best predictor as to whether a dieter lost weight. It also should come as no surprise that Weight Watcher's, one of

the most successful diet plans, suggests that participants keep a food journal. It just makes sense that when you increase awareness of what you are putting in your mouth, you will feel fuller sooner than if you are just mindlessly munching.

There are five equally enticing reasons to revive the ancient practice of recording important information for future reference, better known as journaling. First, by tracking what you are eating, you get a reality check about how many calories you actually consume. Average Americans underestimate their calorie consumption by about 25 percent. Eating out or enlarging portions make calorie counting even more challenging. "Guesstimating" caloric intake, even for experts, like dieticians, is highly inaccurate.

Secondly, journaling is a built in mechanism for controlling BLT's, as they are known to nutritionists, or bites, licks and tastes. Just sneaking in 6 bites, licks, and tastes each day can pack on up to 15 pounds in a year! If you write it down, you will cut back on between meal

noshing. Also, it may allow you to make better choices when you realize just how many calories are in your favorite afternoon beverage. Thirdly, keeping an accurate list of intake shows just how many servings of fruits and vegetables you are getting and how many times you reach for a sugary treat instead. Recognizing areas of imbalance in your dietary intake shows where you are sabotaging your attempts to lose weight.

Reason number four explains that keeping a record of what you eat can also help you discover why you eat. When you begin to notice patterns, you can do something about changing them. Substituting a brief walk or completing a round of deep breathing, instead of ravaging a bag of chips, will go a lot farther to reduce the stress causing you to eat in the first place. Your accurate accounting reveals to you where your nutrition plan may be going south and then you can get back on the correct road to recovery. Lastly, in addition to analyzing your journal for patterns that cause dietary downfalls prompted by emotional triggers, ex-

amine your records more closely to find the buried treasure. You may uncover positive patterns of change and improvement that would be cause for a non-food based celebration. For instance, noticing that your fruit and veggies have increased from 3 servings to 9 servings each day or realizing you no longer need that mid afternoon candy bar should definitely put a smile on your face. Rejoice by taking a new Pilates class or getting a massage, or simply relaxing with a cup of tea while reading a favorite book. Think about it, keeping a food journal and experiencing the varied benefits leading to weight loss, just might keep you celebrating all year long!

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

2009 Schedule And Information For PTC Rent/Heat Rebate

If you have been a Colorado resident for all of 2008, are at least 65 years old by end of December, or a surviving spouse at least 58 years old, or disabled for all of 2008 regardless of age; and you are a single person with income less than \$12,000, or a married couple with income of less than \$15,700 you are a person eligible for rent and heat rebates.

You cannot receive a rebate if you are claimed as a dependent on the federal income tax return of any other person.

All Rebates are scheduled to be-

gin at 1:00 PM.

Mineral Palace Tower - 1414 N. Santa Fe, Thursday, Jan. 22, 2009.

Minnequa Park Apts. - 1400 E. Orman Ave., Friday, Jan. 23, 2009.

Ogden Apts. - 2401 Ogden - Tuesday, Jan. 27, 2009.

Vail Apts. - 217 S. Grand, Friday, Jan. 30, 2009.

Azteca Apts. - 705 Hunter Dr., Tuesday, Feb. 10, 2009.

(Azteca Apts. applies only to those living within this complex)

Mesa Tower Apts., 260 Lamar Street,

Thursday, Feb. 12, 2009

Fulton Heights Center - 1331 Santa Rosa, Tuesday, Feb. 17, 2009.

Richmond Apts.* - 165 Central Main, Wednesday, Feb. 18, 2009.

Union Plaza Apts.* - 234 N. Union Ave, Wednesday, Feb. 18, 2009.

Hyde Park Center - 2136 W. 16th St., Thursday, Feb. 20, 2009.

You must bring with you:

Social Security Statement re-

ceived for year 2008; Colorado ID or Colorado Drivers License with current address and expiration date, (Driver's licenses from any state other than Colorado – even if valid – will not be accepted because applicants must be full-year Colorado residents to receive rebates); Social Security Card; Amount of income from all sources, monthly rent paid for year 2008 and monthly pay from Social Security and SSI benefits, if you receive these.

Without this important information, we will not be able to apply for your rebate. (If you paid 2007 property taxes in early 2008, this must be included in your expenses.)

If you would like direct deposit for your rebate, bring a blank check with Routing number and Account number.

Veteran recipients must have letter from VA Administration showing percentage of disability statement

* *Richmond Apts. and Union Plaza Apts. may receive a rebate on a portion of their heat payments only. Union Plaza and Richmond are tax exempt buildings.*



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Coulter: One Plus One = 20 Extra Votes For Franken!

by Ann Coulter

It's bad enough that the Republican Party can't prevent Democrats from voting in its primaries and saddling us with The New York Times' favorite Republican as our presidential nominee. If the Republican Party can't protect an election won by the incumbent U.S. senator in Minnesota, there is no point in donating to the Republican Party.

The day after the November election, Republican Sen. Norm Coleman had won his re-election to the U.S. Senate, beating challenger Al Franken by 725 votes.

Then one heavily Democratic town miraculously discovered 100 missing ballots. And, in another marvel, they were all for Al Franken! It was like a completely evil version of a Christmas miracle.

As strange as it was that all 100 post-election, "discovered" ballots would be for one candidate, it was even stranger

that the official time stamp for the miracle ballots printed out by the voting machine on the miracle ballots showed that the votes had been cast on Nov. 2 -- two days before the election.

Democratic election officials in the miracle-ballot county simply announced that their voting machine must have been broken. Don't worry about it -- they were sure those 100 votes for Franken were legit.

Then another 400-odd statistically improbable "corrections" were made in other Democratic strongholds until -- by the end of election week -- Coleman's lead had been whittled down to a mere 215 votes.

Since then, highly irregular counting methods have added to Franken's total bit by bit, to the point that Coleman is now ahead by only 188 votes.

As long as Coleman maintains any lead at all, Republicans don't seem to care that Coleman's advantage is being shrunk by laughable ballot "discover-

ies" and disreputable standard-switching from precinct to precinct -- depending on which method of counting ballots is most advantageous to Franken.

Consider a few other chilling examples of Democrats thieving their way to victory over the years.

In 1974, Republican Louis Wyman won his race for U.S. Senate in New Hampshire, beating Democrat John Durkin by 355 votes. Durkin demanded a recount -- which went back and forth by a handful of votes until the state's Ballot Law Commission concluded that Wyman had indeed won by (at least) two votes.

Wyman was certified the winner by the New Hampshire secretary of state and was on his way to Washington when ... the overwhelmingly Democratic U.S. Senate refused to seat Wyman.

Despite New Hampshire's certification of Wyman as the winner of the election, this was the post-Watergate Senate, when Democrats could get away with anything -- up to and including a prank known as "President Jimmy Carter."

The U.S. Senate spent months examining disputed ballots from the New Hampshire election. Unable to come up with a method to declare the Democrat the winner that didn't require a guillotine, the Senate forced New Hampshire to hold another election.

It was a breathtaking abuse of power. New Hampshire had certified a winner of its Senate election, but it was a Republican, so the Democratic Senate simply ordered a new election.

Demoralized Republicans stayed away from the race and, this time, the Democrat won the re-vote.

Even more egregious was the Indiana House race in 1984. On election night, the incumbent Democrat Frank McCloskey appeared to have won a narrow victory of 72 votes. But after a correction was made in one county, it turned out his Republican opponent, Richard McIntyre, had won by 34 votes.

McIntyre was certified the winner -- which is when the trouble usually starts for a Republican.

Again, a majority Democrat House refused to seat the certified winner in a close election. I'm sure it was just a coincidence that the winner was a

Republican.

Consequently, Indiana performed yet another recount of the entire district, which (BEGIN ITALS)again(END ITALS) showed that Republican McIntyre was the winner -- this time by 418 votes. Now he was really asking for it. The nerve of this guy! Hey, buddy, do you mind? We're trying to throw an election over here!"

As The Washington Post reported at the time: There were "no allegations of fraud" in the recount and 90 percent of ballot disqualifications had been agreed to "by election commissions dominated by Democrats."

So naturally the House refused to seat the Republican even though he had received the most votes (hereinafter referred to as "the winner"). The House proceeded to conduct its own recount. (If you haven't detected a pattern by this point, please ask your doctor if Prilosec is right for you.)

This time, instead of ordering the district to hold another election, the Democratic House saved all concerned a lot of time and money by simply declaring Democrat Frank McCloskey the winner by four votes.

The vote-theft most like Minnesota this year was the infamous 2004 gubernatorial election in Washington State. The Republican won the race on election night, but ballots favoring the Democrat kept being "discovered" until the Democrat finally eked out a majority. At that point, the recount was immediately halted and the Democrat declared the victor.

You would have to go back to Reconstruction to find an election that was stolen by the Republicans this way, but it's all in a day's work for the Democrats.

That's why they were so testy about the 2000 Florida election. It was the one time in the last century Republicans wouldn't let Democrats steal an election they lost by less than a thousand votes.

No matter how many times Democrats steal elections, Republicans keep thinking the next time will be different. Minnesota is famously clean, isn't it? It must be different. It's not different. It's still the Democrats.

Oral Health Tips For Seniors

ORAL HEALTH TIP FOR SENIORS XXIII

In this Oral Health Tip for Seniors we will continue to provide answers to some of the most frequently asked questions about senior dental care.

Q: Can dentists treat patients with dementia?

A: The ideal time to take care of all necessary dental treatments is soon after the person has been diagnosed with dementia. This way, only easier maintenance treatments will be all that are needed as the person ages. However, patients with moderate levels of dementia can be treated and can receive anesthesia. Setting a dental appointment early in the day, when the person with dementia is most alert, may be best. Also, the caregiver needs to communicate to the person with dementia that he or she is going to the dentist and the reason for the visit.

Q: I find it difficult to chew and swallow certain foods. Do I really need to be concerned about eating a balanced diet as a senior?

A: You may be experiencing these difficulties simply because you have tooth decay, ill-fitting dentures, dry mouth, or another condition that is very likely to be treatable. Maintaining proper nutrition is important not only for your oral health but for your overall health also. To maintain overall good nutrition, follow this advice:

Eat a variety of foods from the five food groups (milk and dairy, breads and cereals, meats and dried beans, fruits, and vegetables).

Choose a diet with plenty of grain products, fruits and vegetables.

Choose a diet low in fat, saturated fat, and cholesterol.

Choose a diet moderate in sugars.

Choose a diet moderate in salt.

If you drink alcoholic beverages, drink in moderation.

Q: My dentures don't feel as comfortable as they once did. What should I do?

A: First, never try to change the shape of you dentures yourself in the hopes of making them fit better. You can cause damage that will make the denture beyond repair. Because dentures are made to fit perfectly, if you do feel a looseness, chances are your dentures will need to be adjusted to make them fit properly again as your mouth shape changes. See your dentist as soon as possible. In an emergency, use a denture adhesive to keep your dentures stable until your appointment.

This oral health tip comes from Oral Health Awareness Colorado!, a coalition of federal, state and community organizations that developed the state's first formal oral health plan aimed at improving the general health of Colorado residents. For more information about oral health, go to the website www.beasmartmouth.com

Work For Yourself

(NAPSI)-Create a job for yourself in your own business.

To get started, you may go to the library to see what classes and books it has to help. You may also find government agencies with free or low-cost advisers. One way to keep records accurately is the "Dome Simplified Monthly Bookkeeping Record," to let you track your income and expenses.

In addition to ledger pages organized to track receipts and different types of expenditures, such as travel and supplies, it also has a number of special features, including:

- complete information for preparing your federal income tax return;
- a weekly payroll record of employees;
- a tax calendar and excerpts from U.S. tax law; and
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To learn more about the tools to support you in having your own business, go to www.domeproducts.com.



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Weird News

from page 4.

the group said his members were always respectful of animals: "Any of the times I did anything with (the dog), she was the one who backed into me and provoked it. She was in heat and made herself available. ... There were also times later when she didn't want to and then I backed out immediately."

-- London's Daily Mail reported (after an investigation under Britain's freedom of information act) that more than half of the local government councils responding admitted that they were using anti-terror laws and surveillance equipment to monitor such mundane activities as whether residents put their garbage out at the proper times for pickup. Said one prominent critic, "We are no longer living in what most would recognize as a free society."

Modern Obsessions

Professionals at Nationwide Children's Hospital in Columbus, Ohio, told an annual meeting of radiologists in Chicago in December that they had discovered an alarming new teenage trend of self-mutilation: girls deliberately inserting objects into their arms, hands, feet, ankles and necks (including needles, staples, wood, stone, glass and a crayon). According to the Chicago Tribune, the

hospital reported extracting 52 such objects from 10 girls in a three-year period and regarded the practice as an extension of the more common self-cutting. Other studies have shown that at least 13 percent of high school students have deliberately injured themselves at least once.

Least Competent Criminals

-- Not Ready for Prime Time: (1) William Jarrett, 38, was charged in Hempstead Village, N.Y., in November with swiping a necklace from a 32-year-old pregnant woman and running off. Despite her condition, the woman chased him, screaming, for six blocks and caught up with him just as a police officer was arriving on the scene. (2) Muoi Van Nguyen, 31, was arrested in Spokane Valley, Wash., in November, charged with breaking a window with a hammer at a state liquor store and grabbing a bottle of wine valued at \$9. Earlier, Van Nguyen had tried unsuccessfully to break the window with a rock, but decided he needed a hammer to do the job and went to a nearby store, where he purchased one for \$11.

Update

When News of the Weird last mentioned Andy Park, of Melksham, England, in 2002, he was in his eighth straight year of celebrating Christmas

every single day of his life, with not only seasonal decorations and cards mailed to himself but a full holiday meal including turkey and champagne. However, as he told the Daily Mail in November, "The credit crunch is getting to me big time," and he has been forced to cut back a bit on the presents he gives himself. Nonetheless, every morning since July 14, 1994, Park continues to arise and open his presents before starting on his full meal and mince pie. He also watches the queen's Christmas speech on video. Yes, he admits, "People do think I'm (nuts)." **A News of the Weird Classic (column of April 28, 1989)**

In 1983, convicted South Carolina murderer Michael Godwin, then 22, succeeded in getting an appeals court to reduce his death-by-electric-chair sentence to one of life in prison at the Central Correctional Institution in Columbia, S.C. Six years later, in March 1989, while sitting naked on a metal toilet and attempting to fix earphones that were connected to a television set, Godwin bit into a wire and was electrocuted.

Checkers anyone?

One of the world's best-known strategists on the game of checkers passed away in November. Richard Fortman was Illinois state champion six times, and in the 1970s and 1980s published a seven-volume handbook on rules and tactics. Many people now considering the game would be astonished to know that, as in chess, there are masters and grandmasters, and international rankings, that experts actually study historical opening moves and endgames, and that some play, move-by-move, via the U.S. Mail. A New York Times obituary noted that Fortman played as many as 100 games simultaneously, and won games blindfolded. Until the end, according to his daughter, Fortman spent "hours each day" playing checkers online.

Cultural Diversity

-- Serbians, who have previously, bafflingly, constructed large, reverential public statues of martial-arts actor Bruce Lee and movie characters Tarzan and Rocky Balboa, built one of reggae musician Bob Marley in August in the village of Banatski Sokolac. Also planned was a statue of British singer Samantha Fox, but that project fell through. One Serbian artist who helped raise money for the Rocky statue told The New York Times, "My generation can't find role models (at home) so we have to look elsewhere."

People Different From Us

For 15 years, Eduardo Arrocha, 46, was different from us, as "Eak the Geek," the "Pain-Proof Man" at New York's Coney Island Sideshow, where

he lay on nails, walked on glass, ate lightbulbs, and put his tongue in a mousetrap. However, in 2007, he traded everything in for a spot in the class at Thomas M. Cooley Law School in Lansing, Mich., where he is in his second year ("from one freak show to another," he said, "it's the most bizarre thing I've ever done in my life"). Job interviews may be tough because a three-piece suit will hide only his chest-to-toe tattoos; recruiters can't miss the stars and planets that cover his face.

Least Competent Criminals

-- Embarrassing: (1) A 49-year-old Leavenworth, Kan., man was hospitalized in November after (according to police) using a front-end loader to pluck an ATM from the Frontier Credit Union. He was hurt when he drove to the edge of a 50-foot embankment and tried to drop the ATM, imagining that the fall would break it open, but instead, he, the loader, and the ATM all crashed to the bottom. (2) British Muslim convert Nicky Reilly, 22, pleaded guilty in October in Exeter, England, to attempted terrorism for detonating a homemade nail bomb in the Giraffe restaurant. The plan failed when Reilly triggered the bomb in the men's room, intending to take it into the dining area, but then could not unlock the men's room door to get out. (His lawyer called him perhaps the "least cunning" person ever to be charged with terrorism in Britain.)

Recurring Themes

As animal hoarding goes, the 30 seized from Darlene Gardner's double-wide trailer home in Kootenai County, Idaho, last year weren't particularly noteworthy, even though two of them, deer, were living inside, each in its own bedroom. Authorities released the deer and other healthy animals into the wild and euthanized the rest, and Gardner's husband pleaded guilty to one animal cruelty charge. However, in November, Darlene filed a \$2 million federal lawsuit against the county's "jack-booted thugs" who, acting without a search warrant, she said, had "killed my babies," referring to the animals that "were my life and my family."

A News of the Weird Classic (June 1994)

In Toronto in March 1994, Sajid Rhatti, then 23, and his 20-year-old wife brawled over whether Katey Sagal, who plays Peg Bundy on the "Married with Children" TV show, is prettier than Christina Applegate, who plays her daughter. First, the wife slashed Rhatti in the groin with a wine bottle as they scuffled, but, remorseful, she dressed his wounds, and the couple sat down again to watch a second episode of the show. Moments later, the brawl erupted again, and Rhatti, who suffered a broken arm and shoulder, stabbed his wife in the chest, back, and legs before the couple begged neighbors to call an ambulance.

Read News of the Weird daily at www.weirduniverse.net. Send items to weirdnews@earthlink.net.

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

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

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

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When you visit **The GOOD FEET STORE**, a trained representative will take a **COMPLEMENTARY** footprint to demonstrate just how our supports work. There is no obligation to buy but, chances are, we have what you need. In about half an hour you'll be walking out the door with your new arch supports on your feet and a smile on your face.

Don't be fooled. There is only one arch support store, **The GOOD FEET STORE**. Imitation is the sincerest form of flattery but, it has no place in your shoes.

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Entertaining With Italian Style Cuisine



(NAPSI)-For many, sophisticated style, chic design and impeccable taste define "La Moda Italiana." Your friends can feel transported to one of the fashion capitals of the world when you incorporate a few stylish tips into your next fete. **Setting The Scene**

glamorous Milano piazza with a few easy-to-find items that will create a stylish setting. Italians are known to make a statement with their fashion, so don't be afraid to incorporate bold colors and chic lighting into your décor. First, place golden yellow decorative pillows and pale blue candles throughout the

room. Next, illuminate your space by stringing crystal lanterns throughout the room, giving it an elegant vibe. For your table, use eye-catching brick-red place mats topped with bowls of black and green olives.

antipasti feast with a glass of Ecco Domani's 2007 Chianti.

Its deep aromas of cherries and spicy black pepper are a great match for the bold Italian flavors on your table. For dessert, get guests involved by having them create their own signature cannolis. In advance, set aside the shells in separate dishes for each guest. Around the table, place ricotta filling in small bowls with the various toppings, including chocolate chips, pistachios, lemon zest and candied fruit. Have guests fill the shells with their favorite flavors, creating a one-of-a-kind dessert.

Takeaway Style

Send your guests home with their own stylish Italian gift bag. Fill a canary yellow tote with a box of traditional Italian chocolates, a set of artsy wine charms and a bottle of Ecco Domani's 2007 Pinot Grigio.

For more information and entertaining ideas, visit www.eccodomani.com.

Make A Tasty Fish Platter On A Beer Budget

(NAPSI)-You're wrestling with the worst food inflation since the early 1990s. Grocery shopping has become an even greater drain on your budget. The solution: Cook smarter. A good old-fashioned fish fry is a tradition in many parts of the country. You can make a tasty Fisherman's Platter for four at less than \$10 and share in an American tradition. Purchase large packages of frozen fish and shrimp to save money. Another savings option: Your frying oil can be used multiple times as long as you don't overheat it. After cooking, cool, strain and store the oil in a cool, dark place for future use.

Fisherman's Platter

• LouAna Southern Frying Oil (blended soybean and peanut oil) • 2 cups all-purpose flour • 2 teaspoons salt • 1/2 teaspoon cayenne pepper (optional) • 1 (12-ounce) bottle beer • 1 large egg • 2 (6-ounce) flaky white fish fillets (such as cod or haddock), each cut into • 1/2-inch-thick strips • 8 ounces shrimp, peeled and deveined

Place oil in a large fryer, Dutch oven or another thick-walled iron cooking pot with a tight-fitting lid; heat to 375°. Combine flour, salt and cayenne pepper in a large bowl. Combine beer and egg, stirring well. Add beer mixture to flour mixture, stirring until smooth. Dredge fish and shrimp in batter; fry in hot oil 2 minutes on each side or until golden. Remove with a slotted spoon. Serve immediately. Serves four people.

Visit www.louana.com for more recipes and cooking tips.



This will serve as both a decorative touch and a tasty treat as your guests arrive. To complete this fashion-forward ambience, put together a playlist of modern jazz and Italian pop beats.

Mouthwatering Antipasti

Instead of spending the entire evening preparing an elaborate dinner, enjoy more time with your guests by serving flavorful, easy-to-make antipasti dishes. Start off by filling large woven baskets with toasted focaccia bread and a small terra cotta bowl with herb-infused olive oil. Accompany the bread basket with a large platter of cold Italian antipasti. This can be created using a large wooden cutting board spread with Asiago, Grana Padano and Parmigiano-Reggiano cheeses and assorted Italian meats such as salami, spicy capocollo, prosciutto and mortadella. Place marinated olives and roasted red peppers in a small serving bowl and set it in the center of the platter. You may care to complete your Italian

FREMONT/CUSTER County Menus

Penrose(372-3872) - Canon City(275-5524)

Florence(784-6493) - Silvercliffe (783-9508)

FLORENCE

100 Railroad St. - Florence Tu-Thur-Fri

JAN. 2: TACO SALAD WITH SALSA Tomato & Lettuce Garnish, Strawberry Applesauce, Tropical Fruit, Cornbread with Margarine.

JAN. 6: MEATLOAF/Brown Gravy, Cheesy Potatoes, Seasoned Green Beans, Pineapple Tidbits.

JAN. 8: CHICKEN CACCIATORE, Oven Browned potatoes, Italian Vegetables, Sliced Peaches, Cookie.

JAN. 9: BRATWURST/BUN With Sauerkraut, Mustard & Onion, Pickled Beets Sliced Peaches.

JAN. 13: CHILI CON CARNE, Wheat Crackers, Sliced Yellow Squash, Fresh Apple, Cornbread with Margarine.

JAN. 15: ROAST BEEF, Mashed Potatoes/Gravy, Green Bean Amandine, Apricot Peach Compote, French Bread/Marg.

JAN. 16: CHICKEN FAJITA, Tomato, Lettuce Garnish, Cilantro Rice, Cooked Cabbage with Red Pepper, Grapes.

JAN. 20: SALISBURY STEAK, Whipped Potatoes/Gravy, California Vegetable Medley, Seasoned Greens, Nectarine.

JAN. 22: CHICKEN A LA KING, Whipped Potatoes, Green Peas, Tossed Salad/Light Ranch Dressing, Orange.

JAN. 23: ENCHILADA PIE, Sliced Tomato on Lettuce, Sliced Yellow Squash, Mixed Fruit.

JAN. 27: SWEET & SOUR PORK, Steamed Brown Rice, California Vegetable Medley, Diced Pears.

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

JAN. 30: SPLIT PEA SOUP, Hamburger/Bun/Catsup, Mustard & Onion, Creamy Coleslaw, Banana.

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

JAN. 2: CHICKEN FRIED STEAK/COUNTRY GRAVY, Roasted Garlic Mashed Potatoes, Cauliflower Broccoli Mix, Apple, Drop Biscuit/marg.

JAN. 6: WHITE CHILI/CHICKEN, Whole Wheat Crackers, Carrot/Celery Sticks, Cooked Cabbage/Red Pepper, Pear Halves.

JAN. 8: ENCHILADA PIE, Sliced Tomato/Lettuce, Sliced Yellow Squash, Mixed Fruit.

JAN. 9: TERIYAKI BEEF, Whipped Potatoes, California Vegetable Medley, Banana.

JAN. 13: TOMATO SOUP, Turkey/Wheat/Mustard and Salad Dressing, Green Beans, Tangerine, Almond Peaches.

JAN. 15: BEEF STROGANOFF, Orange Spiced Carrots, Ruby Beet Salad, Mixed Fruit.

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JAN. 16: HONEY BBQ CHICKEN, Oven Browned Potatoes, Chopped Spinach, Diced Pears.

JAN. 20: MACARONI/CHEESE, Shredded Green Salad/Lemon, Whipped Hubbard Squash, Strawberry Applesauce.

JAN. 22: HAM/BEANS, Cut Broccoli, Parslied Carrots, Orange Juice, Cornbread/Margarine.

JAN. 23: BAKED PORK CHOP/COUNTRY STYLE GRAVY, Whipped Potatoes, Hot Bean Casserole, Fruit Salad, Cinnamon Applesauce.

JAN. 27: FRENCH DIP SANDWICH/AU JUS, Oven Browned Potatoes, Mixed Vegetables, Strawberry Applesauce.

JAN. 29: CHICKEN & NOODLES, Green Beans, Baked Acorn Squash, Apricot Pineapple Compote.

JAN. 30: BEEF/SWEET PEPPERS, Steamed Brown Rice, Orange Spiced Carrots, Grapefruit Half.

GOLDEN AGE CENTER

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

JAN. 2: TERIYAKI CHICKEN, Steamed Brown Rice, Spinach Mandarin Orange Salad, Tropical Fruit Salad.

JAN. 5: COMBINATION BURRITO, Smothered with Chicken Green Chile, Tomato, Lettuce/Salsa, Black Beans with Cilantro, Diced pears.

JAN. 7: CHICKEN FRIED STEAK/COUNTRY GRAVY, Roasted Garlic Mashed Potatoes, Cauliflower Broccoli

Mix, Apple, Drop Biscuit/marg.

JAN. 9: HUNGARIAN GOULASH, California Vegetable Medley, Chopped Spinach/Malt Vinegar, Banana.

JAN. 12: CHICKEN & NOODLES, Seasoned Green Beans, Baked Acorn Squash, Apricot Pineapple Compote.

JAN. 14: PASTA PRIMAVERA, Spinach Salad/Egg & Italian Drsg., Apple Pear Salad with Almonds, Plums, Garlic Bread.

JAN. 16: ROAST PORK, Whipped Potatoes/Gravy, Parslied Carrots, Strawberry Gelatin Salad, Dinner Roll.

JAN. 19: HOLIDAY

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

JAN. 23: ROAST BEEF, Mashed Potatoes/Gravy, Green Bean Aman-dine, Apricot Peach Compote, French Bread with Margarine.

JAN. 26: WHITE CHILI/CHICKEN, Wheat Crackers, Carrot/Celery Sticks, Cooked Cabbage/Red Pepper, Apple.

JAN. 28: AMERICAN LASAGNA, Herbed Green Beans, Cabbage, Banana, Italian Bread with Margarine.

JAN. 30: ROAST TURKEY/GRAVY, Cornbread Stuffing, Cauliflower Broccoli/Cheese Sauce, Cranberry Mold, Pumpkin Bar.

PENROSE CENTER

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JAN. 6: CHICKEN A LA KING,

Whipped Potatoes, Tossed Salad with Lite Dressing, Orange, Apricot Halves.

JAN. 8: CREAM OF POTATO SOUP, Tuna Salad Wrap/shredded Let/Tom, Hard Boiled Egg, Grapefruit Half.

JAN. 13: PORCUPINE MEATBALLS, Whipped Potatoes/Gravy, California Vegetable Medley, Almond Peaches.

JAN. 15: TURKEY SALAD/LETTUCE/TOMATO, Steamed Brown Rice, Calif. Vegetable Medley, Raisin Applesauce.

JAN. 20: SALISBURY STEAK, Whipped Potatoes/Gravy, Calif. Veg Medley, Seasoned Greens, Nectarine.

JAN. 22: SMOTHERED CHICKEN, Cornbread Stuffing, Cauliflower Broccoli Mix, Applesauce Waldorf Salad.

JAN. 27: PORK CHOW MEIN, Steamed Brown Rice, Cooked Cabbage/Red Pepper, Banana, Fortune Cookie.

JAN. 29: CHILI CON CARNE, Sliced Yellow Squash, Cut Broccoli, Apple, Raisin Nut Cup, Wheat Crackers/marg.

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JAN. 5: VEGETABLE SOUP, Wheat Crackers, Tuna Salad/Let./Tom., Hubbard Squash, Almond Peaches, Orange.

JAN. 6: POT ROAST/GRAVY, Baby Carrots/NewPotatoes,GreenBeans, Plum.

JAN. 8: ROAST TURKEY/GRAVY, Whipped Potatoes, Calif. Vegetable Medley, Pineapple Tidbits, French Bread.

JAN. 12: BEEF STEW, Wheat Crackers, Whole Kernel Corn, Herbed Green Beans, Diced Pears.

JAN. 13: CHICKEN FAJITA/TOM/LET GARINSH, Cilantro Rice, Cooked Cabbage/Red Pepper, Banana Bread.

JAN. 15: PORCUPINE MEATBALLS Whipped Potatoes/Gravy, California Vegetable Medley, Almond Peaches.

JAN. 19: HOLIDAY

JAN. 20: BEEF STROGANOFF, Orange Spiced Carrots, Beet Salad, Mixed Fruit.

JAN. 22: OVEN FRIED CHICKEN, Spinach Mandarin Orange Salad, Mashed Potatoes/Gravy, Peaches,Cornbread.

JAN. 26: SPINACH CHEESE SQUARES, Tossed Salad/Pear, Whipped Hubbard Squash, Tropical Fruit.

JAN. 27: LEMON BAKED FISH, Tartar Sauce & Lemon, Scalloped Potatoes, Chopped Spinach/Malt Vinegar, Banana.

JAN. 29: ENCHILADA PIE, Sliced Tomato on Lettuce, Sliced Yellow Squash, Mixed Fruit.

ALL MEALS SERVED

WITH MILK

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

Early Detection Essential In Fight Against Ovarian Cancer

(NAPSI)-Ovarian cancer is often referred to as the silent killer due to the advanced stage at which most cases are discovered. In the last 30 years, however, medical advancements have allowed us to wage a better fight against the disease, thereby increasing survival rates.

According to Julian Schink, MD, chief of gynecologic oncology at Chicago's Northwestern Memorial Hospital, "Women diagnosed with ovarian cancer today live an average of five times longer

than women affected by the disease 30 years ago due to significant advances in how we detect and treat ovarian cancer, and increased awareness of warning signs."

Warning Signs

Diagnosing ovarian cancer is difficult because there is no reliable screening test. In addition, there were no officially recognized symptoms associated with ovarian cancer until 2007, when the Gynecologic Cancer Foundation, Society

of Gynecologic Oncologists, and American Cancer Society issued a statement formally noting the following:

- Bloating
- Pelvic or abdominal pain
- Difficulty eating or feeling full quickly
- Urinary symptoms (urgency or frequency)

Doctors stress that the frequency and number of symptoms

Reducing Your Risk

are key and that women who experience a combination of these symptoms almost daily for two to three weeks should see their doctor. "Patients should listen to their bodies, be assertive and tell their doctor if a change occurs. It's important to investigate symptoms thoroughly in order to catch ovarian cancer early," says Schink.

One in 55 women will develop ovarian cancer in her lifetime and the risk increases for women who are genetically predisposed. However, Schink notes there are steps you can take to lower your risk:

- Oral contraceptives--women who use birth control pills for at least five years are three times less likely to develop ovarian cancer.
- Tubal ligation--permanent forms of birth control such as tubal ligation reduce the risk of ovarian cancer by 50 percent.
- Removal of ovaries--women with an extensive family history of breast or ovarian cancer, or who carry altered versions of the BRCA genes, may opt for a prophylactic oophorectomy to remove both ovaries, lowering the risk of ovarian cancer by up to 80 percent.

Doctors stress that the frequency and number of symptoms are key and that women who experience a combination of these symptoms almost daily for two to three weeks should see their doctor. "Patients should listen to their bodies, be assertive and tell their doctor if a change occurs. It's important to investigate symptoms thoroughly in order to catch ovarian cancer early," says Schink.

Treatment

While difficult to detect, specialized centers such as the Northwestern Ovarian Cancer Early Detection and Prevention Program, a collaborative effort between the hospital and the Robert H. Lurie Comprehensive Cancer Center, have strategies for monitoring women at risk.

Patients are monitored with ultrasound and blood tests every six months. "The goal of the program is to catch cancer that may develop early, so

patients can receive treatment before it reaches an advanced stage," says Schink. "Studies show that patients who go to a center of excellence committed to treating ovarian cancer have better outcomes and a greater chance that their cancer will be successfully removed."

Treatment for ovarian cancer includes surgery to remove the ovaries, uterus and tissues that ovarian cancer often spreads to, the appendix and, in some cases, lymph nodes in the pelvic region. Doctors at Northwestern Memorial also use a form of chemotherapy called intraperitoneal chemotherapy, which is injected directly into the abdominal cavity and has been linked to a 15-month improvement in survival.

When asked about the future of ovarian cancer, Schink states he is encouraged by the progress that has been made and that with new drugs, treatments and surgical strategies on the horizon, he is optimistic. "The best scenario would be to prevent this cancer entirely. Until that day comes, we will continue to aggressively seek the best treatment and provide the highest level of care possible to our patients."

For more information, visit www.nmh.org or call (877) 926-4664.



Women diagnosed with ovarian cancer today live an average of five times longer than women affected by the disease 30 years ago.

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New Program Changes TV

(NAPSI)-Regardless of your favorite TV show, odds are you'll want to tune in to the details of a federal law that is soon to take effect.

At midnight on Feb. 17, 2009, all full-power television broadcast stations are required to stop broadcasting in analog format (a transmission that can be picked up for free by older-model analog TVs with antennae) and broadcast only in digital. Congress called for the switch to all-digital television (DTV) broadcasting in an effort to free up frequencies for police, fire and other public safety communications, among other things.

According to the Federal Communications Commission (FCC), people who have analog televisions will need to purchase a digital-to-analog set-top converter box to be able to view over-the-air broadcasts once the switch occurs. Consumers who have digital televisions but don't subscribe to a cable or satellite service will not need converter boxes to continue to view local broadcast stations.

Consumers who receive their local broadcast channels through a cable or

satellite television service, such as DirecTV (which has been delivering 100 percent digital signals since its inception in 1994), will not be affected by the transition.

Consumers should know that the digital transition does not mean they will automatically get HD. They must have an HDTV set and an HD receiver and subscribe to an HD programming package. DirecTV, for example, offers more than 130 HD channels and provides both HD and digital video-recording technology in one set-top box.

The digital transition will open the door for many consumers to the latest advances in TV technology, like digital video recording. DirecTV's DVR, for example, includes an easy-to-use search function that allows viewers to locate exactly what they want to watch and record, and record one show while watching another.

There's even a series link feature that enables the viewer to record every episode of a show and an interactive feature that provides access to personalized information such as horoscopes, local weather and lottery results.

As a final tip, keep in mind that any TV set sold after May 25, 2007 should have contained a digital tuner--meaning it would likely not need modification to accommodate the broadcasting switch--or should have been identified at the store as not having one. Be sure to look for this label if you're in the market for a new TV.

For more information, visit www.directv.com.



People who have analog televisions will need to purchase a digital-to-analog set-top converter box to be able to view over-the-air broadcasts once the switch occurs.

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Reeling "My Favorite Movies Of 2008"

by Film Critic Betty Jo Tucker, Pueblo

MY FAVORITE MOVIES OF 2008
Although not a banner year for quality films, 2008 provided its share of treats for movie addicts like me. My top ten list represents a diverse genre of offerings – even a Western! Below are the films in order of preference, plus a brief explanation concerning why I picked each one.

MAMMA MIA! As the world's most avid movie musical fan, I'm happy to place this lively film adaptation of the popular Broadway show at the top of my list. Filled with great ABBA songs, exuberant dance numbers, gorgeous scenery and unforgettable performances, it's a joyous celebration of love and friendship. Portraying a mother and daughter, Meryl Steep and Amanda Seyfried are perfectly cast. Seyfried wowed me with her lovely voice, and Steep belts out showstoppers as if she were born to be a musical star. What fun!

APPALOOSA. In this compelling Western, Ed Harris and Viggo Mortensen simply transform themselves into a pair of lawmen-for-hire plying their dangerous trade in 1882 New Mexico. Their characters have worked together so long they seem to know what the other one is thinking even before he speaks. Both actors are absolutely terrific here. And Renee Zellweger adds a romantic twist to this most surprising depiction of unconditional love ever seen on screen.

WALL-E. Here's an animated feature that excels not only in storytelling and character development but also in music, cinematography and CG animation. After seeing so much trash on the big screen during 2008, this Walt Disney/Pixar offering about a lonely robot who helps

save humanity ends up as a treasure to savor. Miraculously, Wall-E seems to project more emotion than many live actors in the films of 2008.

BURN AFTER READING. The Coen Brothers created this hilarious and goofy dark comedy about a ridiculous attempt to blackmail a CIA analyst – and I, for one, am glad they're back where they belong after giving us their depressing "No Country for Old Men" Oscar-winner in 2007. Despite its reliance on too much offensive language, this is a wildly entertaining movie and features a marvelous star-studded cast including Frances McDormand, Brad Pitt, John Malkovich and George Clooney.

CHANGELING. Clint Eastwood gave meticulous attention to period detail while directing this mystery thriller, and Angelina Jolie delivers an outstanding performance as a distraught single mother whose young son is missing. Although its lengthy running time bothered some viewers, I found the movie so riveting I wanted it to last even longer.

LAST CHANCE HARVEY. Who would expect Dustin Hoffman and Emma Thompson to be the most fascinating on-screen couple during 2008? They certainly surprised me in this excellent dramedy about two middle-aged people who find each other when Hoffman's character travels to London to attend his daughter's wedding. Both believe they are losers and that love has passed them by. Subtle humor, witty dialogue and unusual chemistry between its co-stars help make this movie an absolute joy to watch.

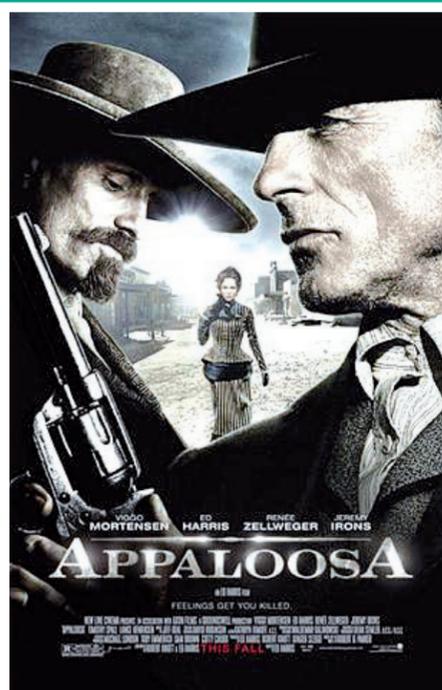
DEAR ZACHARY. This disturbing documentary about a treacherous murder

and its aftermath is more suspenseful than most of the thrillers released during 2008. It evokes strong feelings of anger toward the culprit in the Dr. Andrew Bagby killing and the justice system involved. But it also gave me two new real-life heroes: Andrew's parents, whose remarkable dedication and perseverance are unmatched even in fictional movies.

INDIANA JONES & THE KINGDOM OF THE CRYSTAL SKULL. From its exciting opening sequence to its clever closing scene, "Crystal Skull" made me grateful to Steven Spielberg for deciding to film another Indiana Jones adventure. Spielberg definitely knows what viewers enjoy seeing on the big screen: humor, action, suspense and characters we care about. This movie, however, belongs to 64-year-old Harrison Ford. His Indiana Jones may be older now, but he looks terrific. Also, his ability to project a wonderful wry humor hasn't dimmed one bit.

TROPIC THUNDER. Massive explosions, bloody battle scenes -- both fake and real -- plus lots of firepower fill the screen in this outrageous comedy as it pokes fun at some of Hollywood's most offensive practices, including phoniness and those awful trailers. It's a dirty job, I know, but someone had to do it! Ben Stiller and Robert Downey Jr. stand out for their portrayals of two very different types of actors working together on the same film.

WENDY AND LUCY. Starring Michelle Williams as a young woman facing poverty and the possible loss of her beloved dog, this poignant film stretched my heartstrings to the breaking point. And, because of her riveting performance, Williams earned a spot on my short list of nominees for Best Lead Actress of the year. In fact, I forgot she was act-



ing and began to think I was watching a real person, one I desperately wanted to help. The movie may be a downer, but it's a powerful reminder to count our blessings and to offer assistance to individuals going through hard times. With our declining economy, we have lots of opportunities to do just that.

HONORABLE MENTION (in alphabetical order): Australia, Bolt, Ballet Shoes, Definitely Maybe, Gran Torino, High School Musical 3, Iron Man, Leatherheads, Slumdog Millionaire, Smart People.

Read Betty Jo's movie reviews at ReelTalkReviews.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.



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