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# Senior Beacon

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

**FEB., 2010 Vol. 28: No. 7 Established Aug., 1982 331 Consecutive Months!**

## Big Cuts To Medicare, Uncertain For Seniors

*Distributed by The Senior Exchange, Inc. Serving The Mature American With Timely, Low-Cost, Self-Help Information*

Alexandria, VA (January 18, 2009) Health care reform would cut nearly one-half trillion dollars in Medicare spending over the next ten years. But

whether most Medicare recipients will benefit and the legislation will ease rising out-of-pocket Medicare costs remains highly uncertain, says The Senior Citizens League (TSCL), one of the nation's largest nonpartisan seniors groups.

"Incredibly, even though the legislation contains hundreds of bil-

ions in Medicare cuts, and opposition to healthcare reform is at a high point among seniors, Congressional leaders are pushing through the bill in an unprecedented fashion," states TSCL Chairman Daniel O'Connell. "In the history of the United States, very few such bills (in this case directly involving more than one-sixth of the economy) have been passed in the face of so much opposition from voters without having bipartisan support," he says.

Recent memos from the Congressional Budget Office (CBO), and Centers for Medicare and Medicaid Services (CMS) Chief Actuary Richard Foster, warn that the Medicare cuts and new payroll taxes required under the legislation would do nothing to ensure the government's ability to pay future Medicare benefits. "And although the legislation would provide new benefits for some Medicare recipients, it also contains provisions that will increase costs for others," O'Connell says.

According to a December 23, 2009 memo from the CBO, the majority of savings from the cuts to Medicare would be "used to pay for spending under the PPACA (Patient Protection and Affordable Care Act) and would not enhance the ability of the government to redeem the bonds credited to the trust fund to pay for future Medicare benefits." A memo from Foster also said that the "estimated Medicare savings may be unrealistic." Foster said that "providers for whom Medicare constitutes a substantive portion of their business could find it difficult to remain profitable" and might end their participation in Medicare.

The U.S. House and Senate Democrats, reportedly, are bypassing the traditional legislative conference procedures in negotiating the final compromise on the legislation. This move would exclude Republican members from having any input in the final legislation and essentially limit the negotiation to top

Democrats in the U.S. House, Senate, and White House.

"The plan appears to be to shut out any opposition, reach a deal, and then push a vote through the House and Senate as quickly as possible," says O'Connell. "If this legislation is such a good deal



for Americans and seniors, why are such tactics necessary?" he asks.

Public opposition on healthcare reform legislation is at a high point. In the two weeks prior to the Senate's Christmas Eve vote, polls by the Washington Post/ABC News, Wall Street Journal/NBC News, USA Today/Gallup, CNN/Opinion Research, and Rasmussen Reports showed majorities of Americans opposing healthcare reform legislation. Senior citizens are opposed by a 63% to 31% margin, according to Rasmussen Reports.

Unlike some seniors advocacy organizations, TSCL opposes healthcare reform measures that rely on hundreds of billions in cuts to Medicare to finance such a large expansion of new government spending. TSCL also opposes healthcare reform provisions that cut seniors' access to benefits, and raises seniors' out-of-pocket costs.

"We urge you to let your Members of Congress know your concerns about healthcare reform legislation," says O'Connell. A final vote is expected soon. To send an email, visit TSCL's guide to contacting Congress <http://www.tscl.org/action/guidetocontactingcongress.asp>.

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

### WINTER - QUEBEC CITY STYLE!



## February Events At El Pueblo

### Metal Workshop

Blacksmith/artist Aaron Williams will instruct a Metal Workshop on February 13, Saturday, from 9:30 a.m. to 12:00 p.m. at the museum. Each participant will learn basic metal working and create a project. Call the museum for tuition cost and to register by February 11.

### Native American Beadworking Classes I & II for Adults

On February 17 and 18, Wednesday and Thursday, instructor Connie Garica of Jicarilla Apache descent will teach the beginning beading stitch in Native American Beadworking Class I. Participants will complete a rosette. On February 26 and 27, Friday and Saturday, she will teach the peyote stitch in Beadworking Class II. The classes are from 11:30 a.m. to 2:00 p.m. at El Pueblo History Museum. Cost for each two-day class is \$30 tuition and \$10 for supplies. Call the museum to register at least three days in advance.

### Drawing Artifacts Workshop

Artist Maria Westy Bush will teach a beginning drawing class for adults on February 20, Saturday, from 10:00 a.m. to 2:00 p.m. The "Drawing Artifacts Workshop" will begin with hands-on instruction drawing basic geometric shapes and then applying that to drawing artifacts in the museum's galleries. Cost is \$30, which includes supplies. Call the museum to register by February 18.

### High Vista Gallery Exhibit

The El Pueblo Art Alliance presents the fine art exhibit, "Pueblo County Shows Off," in the museum's High Vista Gallery. Thirty-four Pueblo County artists showcase their work in oils, acrylics, pastels, photography, glass and ceramics. The artworks are for sale and on display until April 1. Admission to the gallery is free during museum hours of Tuesday through Saturday, 10:00 a.m. to 4:00 p.m.

For more information or to register for workshops, call the museum at 719/583-0453. The museum is located at 301 North Union, Pueblo.

## With A "Zero" Cost-of-Living Adjustment (COLA) For 2010 Seniors/Congressman "Jimmy" Duncan, Jr. Vow Action

by Vicki Robb - Retire Safe

Washington, DC (January 4, 2010) - Today RetireSafe, representing 400,000 senior citizen supporters across America, announced a "Let's Get it Right" campaign for 2010 to establish a new Consumer Price Index for Seniors (CPI-S) so that Social Security benefits can be accurately and fairly determined each year. In addition, the group announced its support for the pending introduction of new legislation by U.S. Representative John "Jimmy" Duncan, Jr. (R-TN) which would direct the Bureau of Labor Statistics (BLS) to finally determine the "right" CPI-S formula for seniors. RetireSafe, an advocacy organization for older Americans, sup-

ports this critical first step to correct the faulty formula now used by the BLS, the same one resulting in a "zero" COLA for 2010.

According to RetireSafe President Thair Phillips, the BLS, along with numerous other credible sources, has noted that each of the present methods now used (CPI, CPI-U, CPI-W, and CPI-E) to calculate inflation is severely flawed in measuring seniors' actual costs and expenses. He said, "While there may be other approaches to address this problem, we believe the first step should be an accurate CPI for seniors, a true CPI-S. Fortunately, Congressman Duncan agrees that seniors deserve a fair and accurate annual COLA that can only be deter-

mined with a fair and accurate CPI-S. He will be introducing the 'CPI for Seniors' Act next month, and we are fully committed to help Congressman Duncan enact this important legislation."

As Congressman Duncan noted, "The annual Social Security COLA is a crucial element to maintain a decent quality of life for our seniors, both in my District in Tennessee, and across the Nation. It must be based upon an accurate CPI-S that truly reflects the real impact of inflation on older Americans coping with ever-higher health care, energy, and food prices. I'm very pleased to be able to work with RetireSafe to enact new legislation that I believe will finally ensure fairness and accuracy for seniors."

Duncan pledged to introduce the bill in January.

Phillips continued, "This is the right approach to correct a longstanding wrong that has harmed our seniors for decades. They're not looking for a hand-out, which is what other measures propose, but rather they want the fair, accurate, and "right" benefits they have worked for and rightly deserve. We are proud to work with Congressman Duncan to enact into law the 'CPI for Seniors' Act for America's seniors that he will soon be introducing in the U.S. House of Representatives."

Contact Retire Safe at [www.retiresafe.org](http://www.retiresafe.org)

# I'm Still Above Ground

by James R. Grasso, Chief Cook & Bottle Washer



## Isn't This Just Special?

It sure is puzzling that the enviros hit Copenhagen last month to dictate to us the devastation of greenhouse gases aka, carbon footprints, and come to find out they spewed some 41 tons of carbon into the atmosphere because of their use of planes (private mostly), limos and traffic congestion caused by their nonsense. (See Weird News on page 4 this month under the Ironies heading.) Then we find out from reports out of East Anglia University in Britain that all the data these enviros have been using to prove "global warming" is bogus and they shredded this data so as to perpetuate their cash cow. What fools are we to listen to the likes of algore et al.

It is perplexing, isn't it, that the democrats are now saying the reason they lost Ted Kennedy's seat in Massachusetts to a state senator back bencher named Scott Brown is because the electorate was angry at Republican intransigence. It was said by many democrat operatives that Republican obstructionism made the voters mad because the dems couldn't get anything done especially on Obamacare. Problem with this line is that dems have a super-majority in the Senate (60) and the Republicans couldn't do anything about it. They also told us that this vote wasn't a referendum on Obamacare, yet Mr. Brown specifically told the voters of Massachusetts that he would not vote for Obamacare in its present form which would derail this abominable (my word) healthcare legislation. So, their argu-

ments are not only fraudulent, they are condescending to the electorate. Imagine, they want the public to believe that the voters got even with Republicans by voting a Republican to a seat that hadn't been won by a member of the GOP since 1967.

Another indictment of the bias in the "mainstream liberal media" is the fact that they covered every death the last 8-10 years in Iraq with much fanfare. Every day we would hear the death count and every time a death milestone of their choosing was reached a great deal was made of it and how terrible the GWB and Cheney administration was. Well, in December, we did not have a single death in Iraq. Did you know about this? I harken back to our pitiful Senate leader Harry Reid (D) Nev. "The Iraq War Is Lost!" Draw your own conclusions.

And while we are on the subject of GWB and Cheney why not revisit the hysterical "No Blood For Oil" chant from the Left. The chanters said the only reason we went to Iraq was for the oil that we could get that would make GWB and Cheney's oil friends even richer. Well, let's see. It would have been easy for GWB to hand over a goodly portion of Iraqi oil to one or all of his oil buddies, especially in the aftermath of the original invasion and hanging of Saddam Hussein, but he didn't do that now, did he?

Iraq just handed out a second round of oil contracts to bidders from across the world. The winners are from a state-run firm in Angola named Sonangol, the Russian giant Lukoil, Norway's Statoil and a Dutch oil company. The first round of oil contracts went to China's CNPC along with British Petroleum. Exxon Mobil and Occidental secured some relatively modest business in the latest movements but no contracts were involved.

Is the Left ever right about any of their ranting and raving?

## Senior of the Year Nominations

May 2010 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 7, 2010 at the Colorado State Fair Grounds Events Center.

The Pueblo Area Agency on Aging and the Pueblo Advisory Council on Aging will honor 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.

Nomination forms are available through the Pueblo Area Agency on Aging 719-583-6120. Nominations will be accepted through March 5, 2010.

## 411 Speeches, 158 Exclusive Interviews

At this writing, BHO is now telling everyone he "Gets It" after Republican Scott Brown won the "Ted Kennedy" seat in Massachusetts. He is telling us that his message hasn't gotten out and he is going to redouble his efforts at same to make sure we understand what it is he is telling us and what direction he wants to take us. At last count BHO has made 411 speeches and given 158 exclusive interviews in the past year. That is a lot of face time by any standard.

You would think that since there is only 365 days in a year and he has given 411 speeches that he won't have much time to do anything else. If BHO thinks more speeches and interviews are necessary, maybe he should reconsider. Perhaps it isn't the amount of speeches he is giving but the messages that are in the speeches. Perhaps BHO really doesn't "Get it!"

Godspeed.

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# Judicial Watch Announces Ten Most Wanted List

from *Judicial Watch*

## Judicial Watch Announces List of Washington's "Ten Most Wanted Corrupt Politicians" for 2009

View Discussion Contact Information: Press Office 202-646-5172, ext 305

Washington, DC, Judicial Watch, the public interest group that investigates and prosecutes government corruption, today released its 2009 list of Washington's "Ten Most Wanted Corrupt Politicians." The list, in alphabetical order, includes:

**Senator Christopher Dodd (D-CT):** This marks two years in a row for Senator Dodd, who made the 2008 "Ten Most Corrupt" list for his corrupt relationship with Fannie Mae and Freddie Mac and for accepting preferential treatment and loan terms from Countrywide Financial, a scandal which still dogs him. In 2009, the scandals kept coming for the Connecticut Democrat. In 2009, Judicial Watch filed a Senate ethics complaint against Dodd for undervaluing a property he owns in Ireland on his Senate Financial Disclosure forms. Judicial Watch's complaint forced Dodd to amend the forms. However, press reports suggest the property to this day remains undervalued. Judicial Watch also alleges in the complaint that Dodd obtained a sweetheart deal for the property in exchange for his assistance in obtaining a presidential pardon (during the Clinton administration) and other favors for a long-time friend and business associate. The false financial disclosure forms were part of the cover-up. Dodd remains the head the Senate Banking Committee.

**Senator John Ensign (R-NV):** A number of scandals popped up in 2009 involving public officials who conducted illicit affairs, and then attempted to cover

them up with hush payments and favors, an obvious abuse of power. The year's worst offender might just be Nevada Republican Senator John Ensign. Ensign admitted in June to an extramarital affair with the wife of one of his staff members, who then allegedly obtained special favors from the Nevada Republican in exchange for his silence. According to The New York Times: "The Justice Department and the Senate Ethics Committee are expected to conduct preliminary inquiries into whether Senator John Ensign violated federal law or ethics rules as part of an effort to conceal an affair with the wife of an aide..." The former staffer, Douglas Hampton, began to lobby Mr. Ensign's office immediately upon leaving his congressional job, despite the fact that he was subject to a one-year lobbying ban. Ensign seems to have ignored the law and allowed Hampton lobbying access to his office as a payment for his silence about the affair. (These are potentially criminal offenses.) It looks as if Ensign misused his public office (and taxpayer resources) to cover up his sexual shenanigans.

**Rep. Barney Frank (D-MA):** Judicial Watch is investigating a \$12 million TARP cash injection provided to the Boston-based OneUnited Bank at the urging of Massachusetts Rep. Barney Frank. As reported in the January 22, 2009, edition of the Wall Street Journal, the Treasury Department indicated it would only provide funds to healthy banks to jump-start lending. Not only was OneUnited Bank in massive financial turmoil, but it was also "under attack from its regulators for allegations of poor lending practices and executive-pay abuses, including owning a Porsche for its executives' use." Rep. Frank admitted he spoke to a "federal regulator," and Treasury granted the funds. (The bank continues to flounder despite Frank's intervention for federal dollars.) Moreover, Judicial Watch uncovered documents in 2009 that showed that members of Congress for years were aware that Fannie Mae and Freddie Mac were playing fast and loose with accounting issues, risk assessment issues and executive compensation issues, even as liberals led by Rep. Frank continued to block attempts to rein in the two Government Sponsored Enterprises (GSEs). For example, during a hearing on September 10, 2003, before the House Committee on Financial Services considering a Bush administration proposal to further regulate Fannie and Freddie, Rep.

Frank stated: "I want to begin by saying that I am glad to consider the legislation, but I do not think we are facing any kind of a crisis. That is, in my view, the two Government Sponsored Enterprises we are talking about here, Fannie Mae and Freddie Mac, are not in a crisis. We have recently had an accounting problem with Freddie Mac that has led to people being dismissed, as appears to be appropriate. I do not think at this point there is a problem with a threat to the Treasury." Frank received \$42,350 in campaign contributions from Fannie Mae and Freddie Mac between 1989 and 2008. Frank also engaged in a relationship with a Fannie Mae Executive while serving on the House Banking Committee, which has jurisdiction over Fannie Mae and Freddie Mac.

**Secretary of Treasury Timothy Geithner:** In 2009, Obama Treasury Secretary Timothy Geithner admitted that he failed to pay \$34,000 in Social Security and Medicare taxes from 2001-2004 on his lucrative salary at the International Monetary Fund (IMF), an organization with 185 member countries that oversees the global financial system. (Did we mention Geithner now runs the IRS?) It wasn't until President Obama tapped Geithner to head the Treasury Department that he paid back most of the money, although the IRS kindly waived the hefty penalties. In March 2009, Geithner also came under fire for his handling of the AIG bonus scandal, where the company used \$165 million of its bailout funds to pay out executive bonuses, resulting in a massive public backlash. Of course as head of the New York Federal Reserve, Geithner helped craft the AIG deal in September 2008. However, when the AIG scandal broke, Geithner claimed he knew nothing of the bonuses until March 10, 2009. The timing is important. According to CNN: "Although Treasury Secretary Timothy Geithner told congressional leaders on Tuesday that he learned of AIG's impending \$160 million bonus payments to members of its troubled financial-products unit on March 10, sources tell TIME that the New York Federal Reserve informed Treasury staff that the payments were imminent on Feb. 28. That is ten days before Treasury staffers say they first learned 'full details' of the bonus plan, and three days before the [Obama] Administration launched a new \$30 billion infusion of cash for AIG." Throw in another embarrassing disclosure in 2009 that Geithner employed "household help" ineligible to work in the United States,

and it becomes clear why the Treasury Secretary has earned a spot on the "Ten Most Corrupt Politicians in Washington" list.

Attorney General Eric Holder: Tim Geithner can be sure he won't be hounded about his tax-dodging by his colleague Eric Holder, US Attorney General. Judicial Watch strongly opposed Holder because of his terrible ethics record, which includes: obstructing an FBI investigation of the theft of nuclear secrets from Los Alamos Nuclear Laboratory; rejecting multiple requests for an independent counsel to investigate alleged fundraising abuses by then-Vice President Al Gore in the Clinton White House; undermining the criminal investigation of President Clinton by Kenneth Starr in the midst of the Lewinsky investigation; and planning the violent raid to seize then-six-year-old Elian Gonzalez at gunpoint in order to return him to Castro's Cuba. Moreover, there is his soft record on terrorism. Holder bypassed Justice Department procedures to push through Bill Clinton's scandalous presidential pardons and commutations, including for 16 members of FALN, a violent Puerto Rican terrorist group that orchestrated approximately 120 bombings in the United States, killing at least six people and permanently maiming dozens of others, including law enforcement officers. His record in the current administration is no better. As he did during the Clinton administration, Holder continues to ignore serious incidents of corruption that could impact his political bosses at the White House. For example, Holder has refused to investigate charges that the Obama political machine traded VIP access to the White House in exchange for campaign contributions - a scheme eerily similar to one hatched by Holder's former boss, Bill Clinton in the 1990s. The Holder Justice Department also came under fire for dropping a voter intimidation case against the New Black Panther Party. On Election Day 2008, Black Panthers dressed in paramilitary garb threatened voters as they approached polling stations. Holder has also failed to initiate a comprehensive Justice investigation of the notorious organization ACORN (Association of Community Organizations for Reform Now), which is closely tied to President Obama. There were allegedly more than 400,000 fraudulent ACORN voter registrations in the 2008 campaign. And then there were the journalist videos catching ACORN Housing workers advising undercover reporters on how to evade tax, immigration, and child prostitution laws. Holder's controversial decisions on new rights for terrorists and his attacks on previous efforts to combat terrorism remind many of the fact that his former law firm has provided and continues to provide pro bono representation to terrorists at Guantanamo Bay. Holder's politicization of the Justice Department makes one long for the days of Alberto Gonzales.

**Rep. Jesse Jackson, Jr. (D-IL)/ Senator Roland Burris (D-IL):** One SEE "MOST" PAGE 8.

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# Day of Dance

FOR HEALTH

9-11 a.m.

Health Screenings:

- ♥ cholesterol  
*(limited to the first 100)*
- ♥ blood pressure
- ♥ body mass index
- ♥ pulse oximetry
- ♥ cardiovascular risk assessment

Spirit of Women

## February 27, 2010

Pueblo Mall  
*Dillard's Court*

Love Your Heart



Event emcee  
News First 5  
anchor Rob Quirk

10:45 a.m.-1 p.m.

Day of Dance Schedule:

- 10:45 a.m. - SCAMPS Dance
- 11:00 a.m. - Welcome - Mike Baxter, CEO, Parkview Medical Center
- 11:05-11:20 a.m. - Cowboy line dance - 4H
- 11:25-11:45 a.m. - Sarah Shaw Dancers
- 11:50 a.m.-12:10 p.m. - Dillard's Fashion Show presented by DI
- 12:15-12:30 p.m. - Sarah Shaw Dancers
- 12:35-12:50 p.m. - Zumba

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Your Hospital



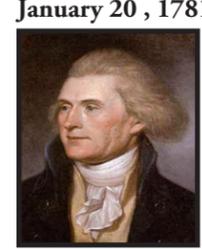
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Thomas Jefferson

3rd. President, Democrat  
Term of Office: January 20, 1777 to  
January 20, 1781



"A government big enough to give you everything you want, is strong enough to take everything you have."

# news of the weird

COMPILED BY CHUCK SHEPHERD  
FOR SENIOR BEACON



## WHAT RECESSION?

A December USA Today analysis revealed that during the first 18 months of the recent recession, beginning December 2007, the number of federal employees with six-figure salaries shot up from 14 percent of the federal workforce to 19 percent. Defense Department civilian executives earning more than \$150,000 went from 1,868 to more than 10,000, and the Department of Transportation, which had only one person earning \$170,000 in December 2007, now has 1,690. The average federal salary is \$71,206, compared with the private sector's \$40,331.

## Compelling Explanations

-- Being the first licensed male prostitute in Nevada (and thus the U.S.), explained "Markus" in a January interview for Details magazine, is to him "a civil rights thing." "It's just the same as when Rosa Parks decided to sit at the front (of the bus) instead of the back."

-- Lame: (1) Ex-convict John Stephens told a Floyd County (Ind.) judge in December that he had a full-time job and intended to turn his life around, but had slipped when he tried to rob the Your Community Bank. "If I hadn't been watching the news and seeing (other successful) bank robberies," he said, he wouldn't have been tempted. He said he was especially impressed by one serial robber, who had made it look easy by vaulting over banks' counters. (2) In Kansas City, Mo., in December, the mother of Charles Irving tried to protect her 27-year-old son from a charge of being a felon in possession of a gun. She told police (without success) that he had needed the gun to protect her from vampires.

## Ironies

-- (1) Copenhagen, one of the "greenest" cities in the world, endured an added 41,000 extra tons of carbon-dioxide-equivalent in December during the 11-day "climate summit." The 15,000 delegates required 2,000 limousines (only

five of which were electric or hybrid) to get around town, and the world leaders arrived and departed in 140 private jets, some of which had to be "parked" overnight in Sweden because of airport congestion. (2) In December, Obama administration officials, seeking to fulfill a campaign pledge of a more open federal government, held a multi-agency training session in Washington, D.C., on the Freedom of Information Act. The meeting was closed to the public.

-- A central purpose of the California Milk Board is to convince consumers to buy local dairy products to keep the spending in-state to help California's farmers, but the board acknowledged in November that its promotion campaign's advertising contract had gone to an agency in New Zealand. Said a board official: "We have a ... responsibility to spend (taxpayers') hard-earned dollars as efficiently as we can."

## Why Africans Remain Impoverished

-- The huge, \$27 million statue ("African Renaissance") being built in Dakar, Senegal, was conceived to boost tourism and be a point of African pride, acting as a magnet for visitors and museum-goers. Problems have arisen (the statue was built by North Korean labor, has no distinct African theme, and features a female who reveals perhaps too much thigh). However, according to a November BBC News dispatch, Senegal's president Abdoulaye Wade remains optimistic and has declared that, though the concept was his idea, he personally will magnanimously take only 35 percent of the revenue streams generated from visitors.

-- By 2004 presidential proclamation and 2007 statute, the U.S. government made it clear that no foreign official or family members would be allowed into the country if they are "involved in corruption" regarding oil or other natural resources in their home countries. However, as The New York Times reported

in November, Equatorial Guinea's oil minister (and son of its president) owns a \$35 million estate in Malibu, Calif., that he visits regularly in his Gulfstream jet even though the U.S. Justice Department regards him as a major agent of corruption. (U.S. companies manage Equatorial Guinea's oil production, and the State Department is reluctant to challenge the country, according to officials cited by the Times.)

## Redneck Crime

(1) In Morehead, Ky., in December, two men, ages 44 and 18, were charged with theft for allegedly swiping an 18-inch-long bearded dragon lizard from the Eagles Landing Pet Hospital and trying, in two beverage stores, to exchange it for liquor. (2) Daniel Gable, 61, was arrested for breaking and entering a neighbor's apartment in Fargo, N.D., in December. He had triggered the resident's "burglar alarm," which consisted of the stack of empty beer cans the resident places just inside his front door every night. (3) Lawyer Christopher Carroll was charged with misdemeanor battery in December for forcefully belly-bumping lawyer Jonathan Carbary during a courthouse hallway argument in St. Charles Township, Ill. Carroll said it was an accident: "We're both obese, middle-aged men."

## Update

President Obama's figurine was expected to lead in sales for the second straight year in the traditional "caganer" craft industry in Spain's Catalonia region. As News of the Weird reported in 2008, the popular statuettes are typically modeled on famous people, each with pants down, squatting to answer a call of nature.

## Online Gamble

In December, a prominent online game player, Buzz "Erik" Lightyear, won the auction for ownership of a virtual space station in the Planet Calypso game, paying 3.3 million Project Entropia Dollars (PEDs), which at various points entered the game's play-like economy at an out-of-pocket cost of 10 actual U.S. cents per PED. Thus, Lightyear "paid" \$330,000 for nothing more than digital representations of cool-looking structures. However, Lightyear can now charge other PED-seeking players who shop and hunt for valuables on the popular space station and appears confident he will eventually earn back his investment. (On the other hand, if everyone suddenly abandoned the game, Lightyear will have spent thousands of hours online, buying, selling and bartering to earn \$330,000 worth of PEDs that would then be worthless.)

## Government in Action!

-- In January, the Berkeley (Cal-

if.) School Board began consideration of a near-unanimous recommendation of Berkeley High School's Governance Council to eliminate science labs from its curriculum, reasoning that the classes mostly serve white students, leaving less money for programs for underperforming minorities. Berkeley High's white students do far better academically than the state average; black and Latino students do worse than average. Five science teachers would be dismissed.

-- The Wisconsin legislature is considering a bill to designate a "state bacterium" (the *Lactococcus lactis*, which is crucial to turning milk into the state's famous cheese). If approved, the bacterium would join two dozen other state symbols (according to the Wisconsin Blue Book): coat of arms, seal, motto, flag, song, flower, bird, tree, fish, state animal, wildlife animal, domestic animal, mineral, rock, symbol of peace, insect, soil, fossil, dog, beverage, grain, dance, ballad, waltz, fruit and tartan.

-- New York City, under Mayor Bloomberg's leadership, has taken aggressive positions against cigarette-smoking and restaurant dishes made with trans fats, but the city's Department of Health is apparently more tolerant regarding heroin. A recently released, department-funded 16-page pamphlet instructs heroin users on "safer" ways to inject the drug (and suggests, if the first needle stab misses a vein, the more healthful course is to pull out and begin anew rather than try to maneuver the syringe). Of course, the booklet contains several warnings against any use of heroin, but those, obviously, are messages habitually ignored by addicts.

## Great Art!

-- In December, Portuguese dancer Rita Marcalo, seeking to raise public awareness of the tragedy of epilepsy (which has afflicted her for 20 years), performed a 24-hour "show" at a West Yorkshire, England, theater in which she attempted to trigger an epileptic seizure on stage. She had stopped taking medication beforehand and continually stared into flashing strobe lights, but was unsuccessful. However, in the second part of her project (which has been funded by an Arts Council grant of the equivalent of about \$20,000), she will continue the quest, but only in front of cameras, hoping to capture a seizure for a subsequent video production.

-- Scottish sculptor Kevin Harman was fined the equivalent of about \$325 in November for vandalizing the Collective Gallery in Edinburgh by smashing a metal scaffolding pole through a gallery window. Harman insisted that the incident was actually "art,"

SEE "WEIRD" PAGE 21.

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# For A Healthier You



## Some Smart Ways To Manage Medications

(NAPSI)-The good news is, prescription medications can improve your health. A problem, however, can be that the more drugs you're prescribed, the more likely you are to forget to take them, according to a new national survey by Medco Health Solutions, Inc.

The survey found that more than half of Americans aged 65 and older take at least five different prescription drugs regularly and one in four take between 10 and 19 pills each day. What's more, 63 percent of seniors prescribed five or more medications forget to take them and nearly one in four neglect to fill their prescriptions on time.

This can lead to complications and even hospitalizations. Using many

different medications and visiting different doctors can raise the chances of missing doses or improperly following prescription directions.

Here are some tips to help you manage your medications:

**Keep medications in a common place:** Choose a location that makes your medications easy to spot, such as on the kitchen counter, as a reminder to take them. Always keep medicines in their original containers and remember to keep them out of sight and reach of children.

**Alert yourself:** Try setting an alarm or asking a trusted family member or friend to call to remind you to take your medications. Many pharmacies offer e-mail refill reminders when you use

their mail-order pharmacy.

**Keep a personal medication record:** Writing down all the medicines you take--including over-the-counter drugs, vitamins and supplements--and sharing that list with your doctor or pharmacist can help reduce the risk of a harmful drug interaction. Important details to include on that list are the dosages, how you take the medication and the condition it treats.

**When traveling, consider time-zone changes:** If you're traveling to a different time zone, ask your pharmacist about how to adjust your schedule so you can avoid missing doses. The adjustment will vary according to the type of medication you take.

Being knowledgeable about your medications is important when it comes to controlling health risks and decreasing your health care costs. You can learn more about properly managing your medications by reading a free booklet called "The Smart Guide to Managing Medications."



### Free Brochure

Go to [www.Medcomedicare.com](http://www.Medcomedicare.com) to get an electronic version of the guide or send a postcard with your name and address to "The Smart Guide to Managing Medications," P.O. Box 8007, Parsippany, NJ 07054-8007.

## Watch Your Numbers: Keep Your Blood Pressure In Mind

(NAPSI)-Now more than ever, it is easier to bring personal health management into your home. What you may not know is that high blood pressure affects nearly one in three adults in the U.S., or more than 73 million people, according to the Hypertension journal.

For many, it's manageable, but if not detected early and monitored closely, high blood pressure can lead to serious health issues, including heart disease, stroke and kidney failure. Home blood pressure monitoring can be one of the easiest and most affordable ways to help predict a cardiac event or early signs of stroke.

### Why At-Home Blood Pressure Monitoring?

Monitoring blood pressure regularly, beyond your annual checkup, can help you be more aware of your overall health. In fact, the American Heart As-

sociation (AHA) recommends home monitoring for all people with high blood pressure. With an in-home monitor, you can take measurements daily and keep tabs on blood pressure readings from the comfort of your own home.

High blood pressure is often called "the silent killer" because of its lack of symptoms, but with an accurate home blood pressure monitor, you can get an early detection of your numbers. Available online and at pharmacy retailers nationwide, a variety of blood pressure monitors that have been clinically tested and evaluated for accuracy are offered by Omron Healthcare.

In addition to monitoring, be sure to keep tabs on your overall health to keep your heart in check. Unhealthy habits, including high sodium intake, too much alcohol, and smoking, can increase anyone's risk of high blood pres-

sure. CNN Health recommends that your diet include a solid source of vitamin D and omega-3 fatty acids, which help keep your heart healthy.

Also, like any other muscle, your heart needs to be exercised. To keep your heart healthy, Men's Health magazine recommends you get slightly breathless from exercise 30 to 60 minutes a day. With the average heart beating 70 times per minute, knowing your blood pressure is key to helping ensure that your heart stays healthy.

### Are You The ONE?

It is important for everyone to be aware of his or her blood pressure, but certain groups are at higher risk and should take special precautions. Studies show that nearly half of all African-American adults are affected by high blood pressure; unexpectedly, one in 12 teenagers suffer from high blood pressure; and hy-

pertension is two times as prevalent in obese adults.

While optimal blood pressure is less than 120/80 mmHg, look out for number one and 135/85 mmHg, which is the upper limit of normal for home readings. If your blood pressure starts registering higher, visit your doctor to learn ways to get your blood pressure under control.

Free tips on how to monitor your blood pressure at home can be found at [www.omronhomebp.com](http://www.omronhomebp.com).

**EDITOR'S NOTE:** Although the information in this story is good year-round, February is American Heart Month. Cardiovascular diseases, including stroke, are our nation's No. 1 killer. To urge Americans to join the battle against these diseases, since 1963, Congress has required the president to proclaim February "American Heart Month" ([www.americanheart.org](http://www.americanheart.org)).

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## The Wellness Code

(NAPSI)-When it comes to health, just 10 minutes a day can go a long way. That's the advice from Dr. James Rouse, multimedia retailer QVC's wellness doctor.

"Commit to just 10 minutes of exercise daily," he suggests. "Then move for 10 more minutes midday and 10 more minutes at the end of the day."

Dr. Rouse, who is also a naturopathic doctor, national speaker and Ironman triathlete, offers these additional quick health tips:

**Feed Your Mind And Body** Whole grains, lean proteins, healthy fats, fruits and vegetables are all sustained energy sources. Always eat in regular intervals and never skip meals.

**The Power Of Om.** According to Yale University, the combination of yoga and meditation practiced at least three times a week may help to lower the risk for heart disease and high blood pressure.

### Stress Less

Under stress, the body can lose valuable vitamins, minerals and amino acids. Adopt a preventative strategy by taking a daily multivitamin and mineral, such as the

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For more tips and information, visit [www.QVC.com](http://www.QVC.com) or call (800) 345-1515.

According to Dr. James Rouse, under stress, the body can lose valuable vitamins, minerals and amino acids.

# Fashion: Looooking Gooood!

## A Surprising Source For Self-Confidence

(NAPSI)-In a recent Beauty and Aging survey of women ages 40+, Fixodent found women who wear dentures place more importance on their smile than the average woman over 40, and the idea of getting dentures was a source of anxiety for most wearers before they got dentures.

Fixodent has created the Circle of Confidence, a unique network of experts, to provide confidence and give denture wearers a team to confide in as a person, not a patient. Dental expert Dr. Lawrence Brecht of the American

College of Prosthodontists; lifestyle and nutrition expert Elizabeth Somer, M.A., R.D.; and beauty expert Lois Joy Johnson will all offer insights to feeling confident with that new smile.

"So many of the patients I see, perhaps women more than men, are fearful of having to wear dentures," said Dr. Brecht. "They are worried that the dentures may become loose and fall out at an embarrassing moment. This fear can be minimized by having dentures made by a dental specialist, such as a prosthodontist, and through the use of an appropriate denture adhesive."

One of the main concerns of most of the women who participated in

the survey, conducted by Wakefield, was that their dentures won't stay in place. In fact, most women who currently do not wear dentures said it would ease their worries about getting dentures to know they would stay in place. More than one in six women said wearing dentures made them "a lot less likely to eat in public." Since roughly 20 million women ages 40+ wear dentures, more than 3 million of them are living their lives in fear of something as simple as eating out with their friends.



The Circle of Confidence is part of dentureliving.com. The site features expert tips and answers to a variety of questions and concerns such as "How will dentures affect the way I eat?" and "What beauty products will help me best accentuate my new smile?" There are also educational articles, helpful links and a message board where people with dentures can reach out to each other for support and advice on dental care, beauty and overall health.

## Ten Steps To A Healthier Heart - And A Healthier You

(NAPSI)-Keeping your heart in good shape may be simpler than many people realize. That's good news, since a healthy heart can be the root of a healthier you.

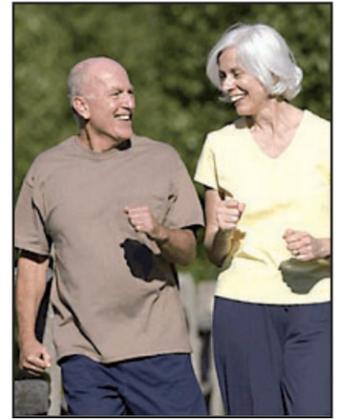
Here are a few hints that may help your heart health. Remember, talk to your doctor about adopting even simple changes that can affect your lifestyle:

- Take a daily aspirin if you are a man over 40 or a woman over 50 and do not have a history of gastrointestinal bleeding, reflux esophagitis or increased bleeding. Aspirin is an inexpensive medication that decreases the risk of heart attacks in men and strokes in women.
- Walk a minimum of 30 minutes every day. Exercise helps preserve cardiac health, maintains a lower body weight, prevents osteoporosis and prevents muscle loss.
- Weigh yourself weekly and keep track of the results. "No one gains 50 pounds in one week--it happens slowly over a lifetime," says Dr. Paul D. Thompson, director of Cardiology at Hartford Hospital, an award-winning medical center in Connecticut. "If you see your weight go up even a few pounds, lose it. It's easier to lose one pound 50 times than 50 pounds once."
- Make sure you know not only your total cholesterol level, but also your cholesterol breakdown into the "good" and "bad" components. A low level of "good" cholesterol may be a greater risk factor for heart attacks than a high level of "bad" cholesterol.
- Get your blood pressure measured at least twice a year. High blood pressure is a silent killer and can lead to strokes and heart failure, warns Thompson.
- If you need cholesterol or blood pressure medications, take them faithfully. They can't reduce your risk of a heart attack if they remain in the bottle or are waiting for you at the pharmacy.
- If you smoke, quit. Smoking causes significant damage to your heart and arteries, and puts you at increased risk for other health issues such as cancer.
- See your doctor promptly if you develop new symptoms of heartburn or indigestion, especially if they arise with exertion and go away with rest. "In many patients, the first sign of a heart problem can feel like indigestion or a stomach is-

sue. Nerves to the stomach and heart overlap, so heart symptoms can be mistaken as coming from the stomach," explains Thompson.

- If you think you are having a heart attack, don't take any chances. Don't drive yourself to the hospital--many people experience sudden death from a heart attack while trying to drive. The best advice is to call 911, stay put and chew a regular aspirin tablet. Aspirin can open a blocked heart artery and stop a heart attack before it causes too much damage.
- Be happy. Says Thompson, "The happiest, most optimistic people not only appear to live longer, but also lead healthier lives. There is even evidence that you can 'train' happy nerve pathways in your brain just like you can train yourself to catch a baseball. So practice being happy. It just might grow on you, or really...in you."

Keeping these tips in mind may help yourself to a longer, better life. More good health advice and information on health care programs are available at [www.hartfordhospital.org](http://www.hartfordhospital.org).



## Did You Know?

- The USDA reports that seven out of 10 people have a magnesium-deficient diet. Too little magnesium could leave you feeling sluggish. Supplements such as Slow-Mag(r) Tablets, which combine magnesium and calcium, could help. To learn more, visit [www.slowmag.com](http://www.slowmag.com).
  - More than 4 million Americans suffer from constipation?\* Registered dietitian Pat Baird says holiday stress and overeating can sometimes cause occasional constipation. She says using a gentle product such as Senokot(r) Tablets could help. The tablets contain a natural vegetable laxative ingredient that provides overnight relief from occasional constipation. Visit [www.getconstipationrelief.com](http://www.getconstipationrelief.com).
- \*Constipation. July 2007. Retrieved April 27, 2009 from National Institute of Diabetes and Digestives and Kidney Diseases. Web site <http://digestive.niddk.nih.gov/ddiseases/pubs/constipation/>.

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# Social Security & You

by Melinda Minor, District Manager - Pueblo



## QUESTIONS AND ANSWERS

**Question:** Is there a time limit on Social Security disability benefits?

**Answer:** No. Your disability benefits will continue as long as your medical condition has not improved and you cannot work. Your case will be reviewed at regular intervals to make sure you are still disabled. If you are receiving disability benefits when you reach full retirement age, they will automatically be converted to retirement benefits.

## SUPPLEMENTAL SECURITY INCOME

**Question:** How much will I receive if I qualify for SSI benefits?

**Answer:** The amount of your SSI benefit depends, in part, on where you live. The basic maximum SSI payment is the same nationwide. For 2009, the maximum SSI payment for an eligible individual is \$674 per month and \$1,011 per month for an eligible couple. However, some states add money to the basic payment to help you meet your living expenses. In addition, other income you have can reduce the basic SSI payment amount, and so can your living arrangements if you are receiving help from others. For more information, go to [www.socialsecurity.gov](http://www.socialsecurity.gov).

**Question:** I am a noncitizen and I lost my Supplemental Security Income (SSI) because my seven-year eligibility period expired. Will I benefit from the new law, the SSI Extension for Elderly and Disabled Refugees Act (Public Law 110-

328)?  
**Answer:** It depends. This law provides for up to two years of additional benefits for certain SSI recipients who had their benefits terminated due to the seven-year time limit.

The seven-year SSI eligibility period for refugees, asylees, and certain other humanitarian immigrants (including victims of human trafficking) is extended up to two years, or three years for certain individuals during the period October 1, 2008, through September 30, 2011. To qualify, otherwise eligible noncitizens are required to sign a declaration indicating that they have made a good faith effort to pursue U.S. citizenship unless they are under age 18 or have an application for naturalization that is pending or has been approved.

If all SSI eligibility requirements are met, the two-year extension may apply retroactively to noncitizens whose SSI previously ceased due to the expiration of the seven-year period, but not earlier than October 1, 2008, even if all eligibility factors are met.

To learn more, visit our new page about the temporary SSI extension at [www.socialsecurity.gov/immigration/extension.htm](http://www.socialsecurity.gov/immigration/extension.htm).

## MEDICARE

**Question:** Is it true that if you have low income you can get help paying Medicare premiums?

**Answer:** Yes. If your income and resources are limited, your state may be able to help with your Medicare Part B premium, de-

ductibles, and coinsurance amounts. State rules vary on the income and resource limits that apply. Contact your state or local medical assistance, social services or welfare office, or call the Medicare hotline, 1-800-MEDICARE (1-800-633-4227) and ask about the Medicare Savings Programs. If you have limited income and resources, you also may be eligible for help paying for prescription drug coverage under Medicare Part D. Call Social Security at 1-800-772-1213 or visit any Social Security office and ask about extra help paying for Medicare prescription drug coverage. (TTY users should call 1-800-325-0778.) Online information is available at [www.medicare.gov](http://www.medicare.gov) and at [www.socialsecurity.gov](http://www.socialsecurity.gov).

## RETIREMENT ESTIMATOR EVEN BETTER THAN BEFORE

Improvements to one of the most popular online services in government — the Retirement Estimator, located at [www.socialsecurity.gov/estimator](http://www.socialsecurity.gov/estimator) — allow more people than ever before to get a personalized and instant estimate of future Social Security retirement benefits. Since its launch last year, the Retirement Estimator has provided more than four million personalized estimates, and is one of the most highly rated online services in government.

The most recent customer satisfaction numbers are at an all-time high. The latest report from the American Customer Satisfaction Index for E-Government ranks the Retirement Estimator as the top service at 91 percent. It is followed closely by Social Security's online retirement application, with a 90 percent customer satisfaction rating and the Medicare Extra Help application, with an 87 percent rating. These three Social Security services are the top three online services in government. You may be wondering: if the Retirement Estimator is the most popular online service in government, what can be done to improve it? One major improvement is that more people will be able to use it. Previously, people who had not yet

filed for monthly Social Security benefits but who were already enrolled in Medicare were not able to take advantage of the service. Now they can. So if you have Medicare coverage but have delayed filing for your Social Security benefits and you would like to get an estimate of your future benefits, just visit [www.socialsecurity.gov/estimator](http://www.socialsecurity.gov/estimator).

Other improvements are coming soon. Next year, the Retirement Estimator will be the first online service available in Spanish.

Would you like to get an immediate and personalized estimate of your retirement benefits right now? Visit [www.socialsecurity.gov/estimator](http://www.socialsecurity.gov/estimator). To get an estimate, you'll need to enter your first and last name, date and place of birth, Social Security number, and mother's maiden name. If the information matches Social Security's records, the Retirement Estimator combines this information with the information that Social Security has on record, including your yearly earnings, to provide a quick and reliable online benefit estimate.

While you're checking out the most popular online service in government, try out some of our other online services and information as well. You can find it all at [www.socialsecurity.gov](http://www.socialsecurity.gov).

## Social Security Column PATTY DUKE AND DR. DAVID KESSLER GIVE TIPS

Academy Award winner Patty Duke and Dr. Kessler have one health tip you may not have heard: go online to conduct your Social Security business.

If you need service from Social Security, you don't have to visit an office. Many of our services are available online at [www.socialsecurity.gov](http://www.socialsecurity.gov) and by phone at 1-800-772-1213 (TTY 1-800-325-0778).

For example, you can visit [www.socialsecurity.gov](http://www.socialsecurity.gov) to:

- Apply for benefits;
- Use the Retirement Estimator to get a personalized estimate of your retirement benefits;
- Get answers to frequently asked questions; and
- Get a replacement Medicare card.

So do your part to stop the spread of the flu. Go online to [www.socialsecurity.gov](http://www.socialsecurity.gov) where you can view the new public service announcement yourself. While on the website, you also can check out the online services for yourself by visiting "What You Can Do Online" (on the left side of the page).



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# 'Most Wanted' Politicians From Judicial Watch

from page 3.

of the most serious scandals of 2009 involved a scheme by former Illinois Governor Rod Blagojevich to sell President Obama's then-vacant Senate seat to the highest bidder. Two men caught smack dab in the middle of the scandal: Senator Roland Burris, who ultimately got the job, and Rep. Jesse Jackson, Jr. According to the Chicago Sun-Times, emissaries for Jesse Jackson Jr., named "Senate Candidate A" in the Blagojevich indictment, reportedly offered \$1.5 million to Blagojevich during a fundraiser if he named Jackson Jr. to Obama's seat. Three days later federal authorities arrested Blagojevich. Burris, for his part, apparently lied about his contacts with Blagojevich, who was arrested in December 2008 for trying to sell Obama's Senate seat. According to Reuters: "Roland Burris came under fresh scrutiny...after disclosing he tried to raise money for the disgraced former Illinois governor who named him to the U.S. Senate seat once held by President Barack Obama...In the latest of those admissions, Burris said he looked into mounting a fundraiser for Rod Blagojevich -- later charged with trying to sell Obama's Senate seat -- at the same time he was expressing interest to the then-governor's aides about his desire to be appointed." Burris changed his story five times regarding his contacts with Blagojevich prior to the Illinois governor appointing him to the U.S. Senate. Three of those changing explanations came under oath.

**President Barack Obama:** During his presidential campaign, President Obama promised to run an ethical and transparent administration. However, in his first year in office, the President has delivered corruption and secrecy, bringing Chicago-style political corruption to the White House. Consider just a few Obama administration "lowlights" from year one: Even before President Obama

was sworn into office, he was interviewed by the FBI for a criminal investigation of former Illinois Governor Rod Blagojevich's scheme to sell the President's former Senate seat to the highest bidder. (Obama's Chief of Staff Rahm Emanuel and slumlord Valerie Jarrett, both from Chicago, are also tangled up in the Blagojevich scandal.) Moreover, the Obama administration made the startling claim that the Privacy Act does not apply to the White House. The Obama White House believes it can violate the privacy rights of American citizens without any legal consequences or accountability. President Obama boldly proclaimed that "transparency and the rule of law will be the touchstones of this presidency," but his administration is addicted to secrecy, stonewalling far too many of Judicial Watch's Freedom of Information Act requests and is refusing to make public White House visitor logs as federal law requires. The Obama administration turned the National Endowment of the Arts (as well as the agency that runs the AmeriCorps program) into propaganda machines, using tax dollars to persuade "artists" to promote the Obama agenda. According to documents uncovered by Judicial Watch, the idea emerged as a direct result of the Obama campaign and enjoyed White House approval and participation. President Obama has installed a record number of "czars" in positions of power. Too many of these individuals are leftist radicals who answer to no one but the president. And too many of the czars are not subject to Senate confirmation (which raises serious constitutional questions). Under the President's bailout schemes, the federal government continues to appropriate or control -- through fiat and threats -- large sectors of the private economy, prompting conservative columnist George Will to write: "The administration's central activity -- the political allocation of wealth and opportunity

-- is not merely susceptible to corruption, it is corruption." Government-run health-care and car companies, White House coercion, uninvestigated ACORN corruption, debasing his office to help Chicago cronies, attacks on conservative media and the private sector, unprecedented and dangerous new rights for terrorists, perks for campaign donors -- this is Obama's "ethics" record -- and we haven't even gotten through the first year of his presidency.

**Rep. Nancy Pelosi (D-CA):** At the heart of the corruption problem in Washington is a sense of entitlement. Politicians believe laws and rules (even the U.S. Constitution) apply to the rest of us but not to them. Case in point: House Speaker Nancy Pelosi and her excessive and boorish demands for military travel. Judicial Watch obtained documents from the Pentagon in 2008 that suggest Pelosi has been treating the Air Force like her own personal airline. These documents, obtained through the Freedom of Information Act, include internal Pentagon email correspondence detailing attempts by Pentagon staff to accommodate Pelosi's numerous requests for military escorts and military aircraft as well as the speaker's 11th hour cancellations and changes. House Speaker Nancy Pelosi also came under fire in April 2009, when she claimed she was never briefed about the CIA's use of the waterboarding technique during terrorism investigations. The CIA produced a report documenting a briefing with Pelosi on September 4, 2002, that suggests otherwise. Judicial Watch also obtained documents, including a CIA Inspector General report, which further confirmed that Congress was fully briefed on the enhanced interrogation techniques. Aside from her own personal transgressions, Nancy Pelosi has ignored serious incidents of corruption within her own party, including many of the individuals on this list. (See Rangel, Murtha, Jesse Jackson, Jr., etc.)

**Rep. John Murtha (D-PA)** and the rest of the PMA Seven: Rep. John Murtha made headlines in 2009 for all the wrong reasons. The Pennsylvania congressman is under federal investigation for his corrupt relationship with the now-defunct defense lobbyist PMA Group. PMA, founded by a former Murtha associate, has been the congressman's largest campaign contributor. Since 2002, Murtha has raised \$1.7 million from PMA and its clients. And what did PMA and its clients receive from Murtha in return for their generosity? Earmarks -- tens of millions of dollars in earmarks. In fact, even with all of the attention surrounding his

alleged influence peddling, Murtha kept at it. Following an FBI raid of PMA's offices earlier in 2009, Murtha continued to seek congressional earmarks for PMA clients, while also hitting them up for campaign contributions. According to The Hill, in April, "Murtha reported receiving contributions from three former PMA clients for whom he requested earmarks in the pending appropriations bills." When it comes to the PMA scandal, Murtha is not alone. As many as six other Members of Congress are currently under scrutiny according to The Washington Post. They include: Peter J. Visclosky (D-IN.), James P. Moran Jr. (D-VA), Norm Dicks (D-WA.), Marcy Kaptur (D-OH), C.W. Bill Young (R-FL.) and Todd Tiahrt (R-KS.). Of course rather than investigate this serious scandal, according to Roll Call House Democrats circled the wagons, "cobbling together a defense to offer political cover to their rank and file." The Washington Post also reported in 2009 that Murtha's nephew received \$4 million in Defense Department no-bid contracts: "Newly obtained documents...show Robert Murtha mentioning his influential family connection as leverage in his business dealings and holding unusual power with the military."

**Rep. Charles Rangel (D-NY):** Rangel, the man in charge of writing tax policy for the entire country, has yet to adequately explain how he could possibly "forget" to pay taxes on \$75,000 in rental income he earned from his off-shore rental property. He also faces allegations that he improperly used his influence to maintain ownership of highly coveted rent-controlled apartments in Harlem, and misused his congressional office to fundraise for his private Rangel Center by preserving a tax loophole for an oil drilling company in exchange for funding. On top of all that, Rangel recently amended his financial disclosure reports, which doubled his reported wealth. (He somehow "forgot" about \$1 million in assets.) And what did he do when the House Ethics Committee started looking into all of this? He apparently resorted to making "campaign contributions" to dig his way out of trouble. According to WCBS TV, a New York CBS affiliate: "The reigning member of Congress' top tax committee is apparently 'wrangling' other politicians to get him out of his own financial and tax troubles...Since ethics probes began last year the 79-year-old congressman has given campaign donations to 119 members of Congress, including three of the five Democrats on the House Ethics Committee who are charged with investigating him." Charlie Rangel should not be allowed to remain in Congress, let alone serve as Chairman of the powerful House Ways and Means Committee, and he knows it. That's why he felt the need to disburse campaign contributions to Ethics Committee members and other congressional colleagues.

*Ed. Note: This preceding article does not necessarily represent the views of Senior Beacon and Beacon Publishing. It is meant to foster discussion and understanding of our political leaders that you might not find anywhere else.*



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# Checkups Even More Important For People With Medicare

(NAPSI)-It's a healthy idea to get regular checkups; they're important for most adults and can be absolutely critical to continued good health for people age 65 and older.

"Annual tests and preventive care can detect warning signs before they become medical problems," says Dr. Patricia Salber. "Even serious problems such as heart disease--a leading cause of death for American men and women--do not have to be life threatening if they are treated properly. First, of course, they have to be detected."

To promote good health and early detection, Dr. Salber recommends an annual physical exam for all older Americans. Here are some of the specific tests you need on a regular, if not always annual, basis:

- **Blood Pressure:** The only way to find out if you have high blood pressure is to have it checked. Your doctor should check your blood pressure at least once a year, more often if necessary. Managing your blood pressure effectively can positively affect your vision, arteries and even brain function.

- **Blood Sugar:** More and more Americans are being diagnosed with diabetes, but this potentially life-threatening condition can be managed. The Ameri-

can Diabetes Association recommends a blood sugar test be done at least once every three years.

- **Cholesterol:** High cholesterol levels are a major factor in heart attacks and strokes. By staying on top of high cholesterol with diet and medications, you and your doctor can combat this killer. Annual measurement of your levels of total cholesterol and HDL (good) cholesterol is vital.

- **Colonoscopy:** The American Cancer Society suggests that, starting at age 50, everyone have a colonoscopy every 10 years.

- **Prostate:** Men should have an annual prostate exam.

- **Mammogram:** Starting at age 40, all women should consider yearly mammograms.

- **Skin Screening:** Melanoma accounts for only 4 percent of all skin cancers, but it causes nearly 80 percent of the deaths related to skin cancer. Ask your doctor to check your skin head to toe for unusual moles or skin changes once a year.

- **Abdominal Aortic Aneurysm:** If you are between 65 and 75 and have ever smoked, you need to be screened for this abnormally large or swollen blood

vessel in your abdomen.

"Most of these tests are simple and noninvasive," notes Dr. Salber, Chief Medical Office, and Senior Vice President of Universal American. "Along with good nutrition and moderate exercise, making a habit of regular preventive care can make a huge difference in your health and enjoyment of life."

For more information, visit [www.UniversalAmerican.com](http://www.UniversalAmerican.com).

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## Where Are They Now?

by Marshall Jay Kaplan

### COLEEN GRAY

Today, the leading lady of the 1940's and 1950's, who is best known for her roles in Western films, is now known for her artwork. The 75 year old actress/painter has many times exhibited her work to become one of Southern California's most recognized artists.

Coleen Gray was born on a farm in Staplehurst, Nebraska on October 23, 1922. She moved as a child to Minnesota where she attended grade and high school. While attending university, she concentrated on the arts with the idea of teaching. However, in her senior year, her urge to act took over. "I gathered enough nerve to try out for a part in the university's production of Letters to Lucern and landed the second lead!"

After graduating from university the ambitious Coleen decided to make a cross-country trip. Her first stop was La Jolla, California where she worked as a waitress. After six weeks, she earned enough money in tips to make her way to Los Angeles where she enrolled in the art program at the University of Southern California.

While supporting herself as a receptionist and the YWCA, Coleen enrolled in the Carl Heins Ruth Schools of Drama. She appeared in three productions with the school, the last of which caught the eye of a 20th Century Fox talent scout. Coleen was offered a screen test and a contract.

Her first big role was in The Kiss of Death (1947). Next, Howard Hawks asked that she be case in a showy role in Red River (1948), opposite John Wayne. Her career was on the rise, however, she never became a star even after starring in films directed by some of America's best — Frank Capra, Henry Hathaway and Stanley Kubrick. Her personal favorites are Nightmare Alley (1947), opposite Tyrone Power and Riding High (1950), opposite Bing Crosby. In Riding High, Coleen was able to do her own singing.

Not only was she busy with films



during the 1950's, but there was also television. She starred on Show of Shows, Lux Video, General Electric Theater and Playhouse 90. Not to mention her two Broadway shows. Singing has always been one of Coleen's many talents. It is her greatest love next to painting.

Outside of being a performer, Coleen has become a much admired and respected citizen in Southern California through her work for social causes. Starting in 1952 her achievements have been both varied and impressive. She toured the U.S. to promote The March of Dimes Drive, U.S. Bond Sales, The American Cancer Society, The American Red Cross, Boy Scouts of America, The American Mental Health Foundation and The Foundation for the Junior Blind. In 1958 she was elected President of the unique child adoption organization, WAIF.

Currently, Coleen lives in Bel Air, California. She has two children and spends her time cooking, gardening, designing and sewing her own clothes, braiding rugs, painting, and top it off, she still acts.

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# Ann Coulter: Here's A Twofer For You This Month



## THAT OLD OBAMA MAGIC IS BACK

Once again, the people have spoken, and this time they quoted what Dick Cheney said to Pat Leahy.

Less than two weeks ago, The New York Times said that so much as a "tighter-than-expected" victory for Massachusetts Democratic Senate candidate Martha Coakley would incite "soul-searching among Democrats nationally," which sent Times readers scurrying to their dictionaries to look up this strange new word, "soul."

A close win for Coakley, the Times said, would constitute "the first real barometer of whether problems facing the party" will affect the 2010 elections.

But when Coakley actually lost the election by an astounding 5 points, the Chicago boys in the White House decided it was the chick's fault.

Democratic candidate Martha Coakley may be a moral monster, but it's ridiculous to blame her for losing the election. She lost because of the Democrats' obsession with forcing national health care down the nation's throat.

Coakley campaigned exactly the way she should have.

As a Democrat running in a special election for a seat that had been held by a Democratic icon (and another moral monster) for the past 46 years in a state with only 12 percent registered Republicans, Coakley's objective was to have voters reading the paper on Friday, saying: "Hey, honey, did you know there was a special election four days ago? Yeah, apparently Coakley won, though it was a pretty low turnout."

Ideally, no one except members of government unions and Coakley's immedi-

ate family would have even been aware of the election.

And until Matt Drudge began covering it like a presidential election a week ago, it might have turned out that way.

Coakley had already won two statewide elections, while her Republican opponent, Scott Brown, had only won elections in his district. She had endorsements from the Kennedy family and the current appointed Democratic senator, Paul Kirk - as well as endless glowing profiles in The Boston Globe.

And by the way, as of Jan. 1, Brown had spent \$642,000 on the race, while Coakley had spent \$2 million.

On Jan. 8, just 11 days before the election, The New York Times reported: "A Brown win remains improbable, given that Democrats outnumber Republicans by 3 to 1 in the state and that Ms. Coakley, the state's attorney general, has far more name recognition, money and organizational support."

It was in that article that the Times said a narrow Coakley win would be an augury for the entire Democratic Party. But now she's being hung out to dry so that Democrats don't have to face the possibility that Obama's left-wing policies are to blame.

Alternatively, Democrats are trying to write off Brown's colossal victory as the standard seesawing of public sentiment that hits both Republicans and Democrats from time to time. As MSNBC's Chris Matthews explained, it was just the voters saying "no" generally, but not to anything in particular.

Except when Republicans win political power, they hold onto it long enough

to govern. The Democrats keep being smacked down by the voters immediately after being elected and revealing their heinous agenda.

As a result, for the past four decades, American politics has consisted of Republicans controlling Washington for eight to 14 years -- either from the White House or Capitol Hill -- thus allowing Americans to forget what it was they didn't like about Democrats, whom they then carelessly vote back in. The Democrats immediately remind Americans what they didn't like about Democrats, and their power is revoked at the voters' first possible opportunity.

Obama has cut the remembering-what-we-don't-like-about-Democrats stage of this process down from two to four years to about 10 months. Folks, I'm convinced that if we all work really hard, we can get it down to three months.

Four years of Jimmy Carter gave us two titanic Reagan landslides, peace and prosperity for eight blessed years -- and even a third term for his feckless vice president, George H.W. Bush.

Two years of Bill Clinton gave us a historic Republican sweep of Congress, which killed the entire Clinton agenda (with the exception of partial-birth abortion and felony obstruction of justice) -- and also gave us two terms for George W. Bush.

And now, merely one year of Obama and a Democratic Congress has given us the first Republican senator from Massachusetts in 31 years.

In other recent news, last November, New Jersey voters, who haven't voted for a Republican for president since 1988, threw out their incumbent Democratic governor, Jon Corzine. In Virginia, which Obama carried by 6 points a year earlier, a religious-right Republican won the governor's office by 17 points.

Sen. Ben Nelson, Democrat of Nebraska, won his last election in 2006 by 28 points -- the largest margin for a Democratic Senate candidate in that state in a quarter-century.

Since voting for the Senate health care bill last Christmas, the once-bullet-proof Sen. Nelson not only gets booed out of Omaha pizzerias, but he has also seen his job approval rating fall to 42 percent and his disapproval rating soar to 48 percent. (Meanwhile, the junior senator from Nebraska, Mike Johanns, who voted against the bill, has a job approval rating of 63 per-

cent.)

The Democrats have no natural majority because they have no fundamental principles -- at least none that they are willing to state out loud. They are like a drunken vagrant who emerges from the alley to cause havoc every few years. They are the perpetual toothache of American politics.

To be sure, the fact that 52 percent of Massachusetts voters are racist, sexist tea-baggers -- i.e., voted for a Republican -- means only that the Democrats just went from having the largest congressional majority in a generation to the second largest. But this was "Teddy Kennedy's seat." And it was in Massachusetts.

Now, no Democrat is safe. But the country just got a lot safer.

## HARRY REID'S NEGRO PROBLEM

The recently released book "Game Change" reports that Sen. Harry Reid said America would vote for Barack Obama because he was a "light-skinned" African-American "with no Negro dialect, unless he wanted to have one."

The book also says Bill Clinton called Sen. Ted Kennedy to ask for his endorsement of Hillary over Obama, saying of Obama: "A few years ago, this guy would have been getting us coffee."

And we already knew that Obama's own vice president, Joe Biden, called Obama "articulate" and "clean" during the campaign. (So you can see why Biden got the vice presidential nod over Reid.)

Democrats regularly say things that would end the career of any conservative who said them. And still, blacks give 90 percent of their votes to the Democrats.

Reid apologized to President Obama, and Obama accepted the apology using his "white voice." So now all is forgiven.

Clinton also called Obama to apologize, but ended up asking him to bring everybody some coffee.

Now the only people waiting for an apology are the American people who want an apology from Nevada for giving us Harry Reid.

Reid will be the guest of honor at a luncheon in Las Vegas this week hosted by a group called "African-Americans for Harry Reid." That's if you can call two people a "group."

They used to be called "African-Americans for David Duke," but that was mostly a social thing. Now they're doing real political organizing.

If this gets off the ground, "African-Americans for Harry Reid" will be a political juggernaut that cannot be denied. Their motto: "We Will Be Heard -- As Soon As I Get This Gentleman's Coffee."

Reid has also picked up an endorsement from the United Light-Skinned Negro College Fund. And Tiger Woods is considering endorsing him. He is the one light-skinned half-black guy right now who's *thrilled* with Reid's comments.

Reid's defenders don't have much to work with. Their best idea so far is that at least he said "Negro" and not "Nigra."

Liberals are saying that since Reid was pointing out Obama's pale hue in support of his run for the presidency, it was OK to praise his skin color and non-Negro dialect. (Reid is denying reports that in 2007 he said to Obama: "You should run. You people are good at that.")

In fact, Reid didn't endorse Obama until after Hillary dropped out of the race. It turns out, he also admired Hillary for her light skin and the fact that she only uses a Negro dialect when she wants to.

In the alternative, liberals are defending Reid by claiming he said nothing that wasn't true, though he may have used

SEE "COULTER" PAGE 15.

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# Traveling: There's Nothing Like A Holiday!

## Caribbean Adventures, Prepare For Memorable Shore Trips

by David G. Molyneaux - *TheTravelMavens.com*

One person's joyful travel adventure can be another's horror. So, before you don helmet and goggles, and saddle up a Yamaha ATV for a speedy trek through an agave ranch near the cruise port of Progreso in Mexico's Yu-

catan, take stock of yourself. Am I ready for this?

The trail on this cruise ship excursion is pocked and slippery with loose rocks -- and dusty enough to coat your lower lip and fill all your pores. The trek is not for the frail, fastidious, nervous, fearful of driving or

turning over (as one fellow in my excursion group did, though you would not want to drive next to him on the freeway, either). The ATV -- all terrain vehicle -- experience in Mexico is a gritty, jouncing, tiring adventure. Most of the dozen young passengers, off the Carnival Fantasy last year (2009), said they had a great time and would do it again. But one older fellow was highly disappointed and said he wished he had chosen a less demanding, less stressful day in port.

As cruise lines offer more adventures to passengers looking for edgy experiences, you need to pay attention to the physical demands described on the lists of shore excursions, as well as your physical fitness and comfort levels.

Most cruise ship excursions are mild -- sitting on a bus, a beach, a boat or perhaps an inner tube on a lazy river, all among the more popular port choices, say cruise lines. Beach, bus and beverage tours also

are among the least expensive, \$25 or more, depending on what's included, such as alcohol and lunch.

You may step it up a notch and head for such popular outings as Stingray City at Grand Cayman Island, where you may watch the graceful rays from a glass bottom boat or actually swim with them off a sandbar (\$50 and up); join the crew on an America's Cup Yacht Race off the coast of St. Maarten (about \$90); walk up Dunn's River Falls in Jamaica (about \$60); or pilot your own 12-foot zodiac-style boat with an outboard motor along the southern coast of St. Thomas to Christmas Cove for a swim and snorkel on the Mini Boat Adventure (about \$100).

If you are a roller coaster fan, perhaps your Royal Caribbean ship will stop at the cruise line's private Haitian enclave, Labadee, where passengers can ride the new Alpine Coaster for \$35.

Even soft adventures carry some element of danger. You would not be the first to slip off the round rocks at Dunn's River Falls. And if the stingrays in the Caymans playfully attach their mouths to you, they can leave a major purple hickey from the suction.

When you step up your adventure another notch, cruise lines recommend that passengers pay attention to the rigors of the excursion.

"The advantage of booking tours on line, before your cruise, is that passengers can read about length and difficulty of the tours, as well as see a video of the adventure," said spokesman Vance Gulliksen of Carnival Cruise Line (Carnival.com).

"We recommend that guests research shore excursions on line at our web site before the cruise," said Anne-



A passenger from the Carnival Valor pilots a 12-foot boat along the southern coast of St. Thomas on the Mini Boat Adventure (price: about \$100)

Marie Matthews of Norwegian Cruise Line (NCL.com). "Guests have the opportunity to rate the excursions and write reviews, so those looking to book can get a first-hand account."

Booking tours online, ahead of your cruise, has the added advantage of getting the tour you want and avoiding lines aboard ship. As cruise ships get bigger, lines get longer.

Cruise lines see a trend toward more adventures ashore.

"People are more active than they used to be," said Gulliksen. Carnival recently added a Harley Davidson motorcycle tour on Mexico's island of Cozumel (\$300), and nearly every cruise ship offers port tours that include an ATV adventure or zip lining.

In zip lining, participants wear a harness attached to a wire cable and move from station to station, usually at treetop levels.

NCL recommends the Biomaya Canopy Experience at Mexico's Costa Maya. MSC recommends the Antigua Canopy Tour, a journey of nine zip lines that run 52 to 328 feet. Royal Caribbean has a zip line on its newest ship, Oasis of the Seas.

Most zip lining tours carry some sort of warning. Roatan Shore Excursions of Honduras, which offers a four-hour port tour using 16 suspension cables, suggests: "Zip lining is relatively strenuous. Participants should be relatively fit and weigh less than 250 pounds. It is not recommended for people with heart problems, seizure disorders or vertigo."

ATV tours are not as strenuous. On mine, near Progreso (about \$96 for the tour), the primary requirements were sitting and steering. Even the man who turned his vehicle over escaped without serious injury, except to his ego.

David Molyneaux writes monthly about cruising. He is editor of *TheTravelMavens.com*

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# Here Are Tips On Designing A Smart Garden

by Marty Ross

Smart garden design takes a lot of the work out of gardening. If you plan it right, you can have a beautiful garden that lets you take weekends off.

Truly low-maintenance gardens

are carefully planned spaces. They are in scale with your property and with your expectations. They're full of attractive plants that thrive in your climate without pampering. The flower beds are showy without being chaotic, and the lawn is a

cool, carefully framed green picture, but it doesn't gobble up your time, money or energy. When you get it right, a low-maintenance landscape makes gardening look easy.

"Designing from the top of your head may work, but it will most likely work better if you write it down and do a simple plan," says Jack McKinnon, a garden coach in the San Francisco Bay area who helps clients design and plant their gardens. Having no plan at all is at the top of McKinnon's list of common gardening mistakes.

Brian O'Neil, a garden designer in Norfolk, Va., helps his clients understand the spaces and conditions in their gardens and concentrate the plantings in areas that are easy to manage

and take care of: In a low-maintenance garden, he doesn't make the flower beds too big, and he groups plants according to their requirements for sun, shade and water.

In the center of a rose garden, O'Neil placed a sculptural urn, raised on a pedestal. As he says, the urn will never outgrow its space; it doesn't need weeding, watering or fertilizing, and it will not die if it is neglected. It looks perfect year-round, and every summer the garden's owner plants it with easy annuals that spill over the edges and complement the colors in the rose garden.

"Most people who call me want low-maintenance gardens," says O'Neil, who is director of horticulture at Norfolk Botanic Gardens. When he starts a design project, he works with clients to use the best of what is already on their property -- existing trees, evergreens and shrubs -- adding flowerbeds with drifts of reliable plants.

A low-maintenance garden O'Neil designed for clients in Norfolk relies on clipped hollies and boxwoods to give the garden sharp definition at all seasons. He filled in around them with exuberant roses and perennials, choosing tried-and-true varieties that bloom through hot, humid Virginia summers and need no special care. "Knock Out" roses are planted in a prominent spot, behind great feathery clumps of Russian sage. Daylilies, daisies Japanese irises and coneflowers bloom in cheerful and colorful succession from spring through late fall. The garden's owners dead-head the roses, daisies, and Russian sage the easy way: with hedge shears. Coneflower seed heads are left to mature; they look attractive even as they age, and they bring goldfinches, chickadees and other birds to the garden.

Most people also want a lawn, says Julie Messervy, a garden designer in Vermont. A lawn should be a refreshing swath of green, but it shouldn't demand a lot of attention. "I don't have to have a perfect lawn," she says. "I don't put chemicals on it." Messervy, the author of "Home Outside: Creating the Landscape You Love," thinks of lawns as great places to play croquet, badminton or ball games; they also help frame a garden and provide visual relief. Don't make them too large, she says, and choose a grass that thrives without special attention. She



*A low-maintenance garden doesn't have to be a paved paradise -- but careful use of paving will cut down on mowing chores. With a smart plan and the right plants, you can have a pretty landscape and lush flower beds without spending your weekends pruning, weeding and mowing. photo: Marty Ross*

recommends drought-tolerant, low-growing native buffalo grass, which is adapted to much of the United States. A no-mow mix of fine fescue grasses works well in northern gardens where buffalo grass will not thrive.

Flowerpots of all kinds let you grow the flowers you love without committing yourself to the work of large flower beds, and they also let you bring a part of the garden onto a patio or porch, or up the stairs.

Brian Kissinger, a garden designer in Paradise Valley, Ariz., likes to plant one spiky or leafy plant in each of a group of flowerpots, and cluster the pots together for a dramatic effect. Since he moved to Arizona from the Midwest, he has discovered a simpler style, partly in response to the rigors of the climate.

"Scale back: Look at your garden on a smaller scale," he suggests. "Plant the things you really appreciate -- you don't have to plant everything. You can have a great look, a timeless look, if you plan it right, and if you limit yourself."

## LESS WORK, MORE PLEASURE

Here are some low-maintenance gardening ideas from garden designers:

-- Jack McKinnon, a garden coach in the San Francisco Bay area ([www.jackthegardencoach.com](http://www.jackthegardencoach.com)), helps clients plan gardens they can manage. He advocates mulching to conserve moisture, help control weeds and improve the soil. He is an enthusiastic organic gardener who has learned that when nature is in balance in your garden, the good bugs (and birds) help control the bad bugs, and the pests usually are not a problem.

-- Smart paving materials look good and make any garden easier to keep up, says Julie Messervy, a garden designer in Vermont ([www.juliemoirmesservy.com](http://www.juliemoirmesservy.com)) and author of "Home Outside." Messervy recommends using local stone where it is available, bricks or high-quality paving material that will stand up to your climate and conditions. "When you pave a patio or courtyard, what is left over is easy to take care of," she says.

-- Native plants and plants that are naturally adapted to your climate and region are among the best choices for low-maintenance gardens. The Native Plant Information Network on the Web site of the Lady Bird Johnson Wildflower Center in Texas ([www.wildflower.org](http://www.wildflower.org)) is a good source of information. Mike Miller, a landscape architect at Ewseychik, Rice and Miller in Longwood, Fla., ([www.erm-la.com](http://www.erm-la.com)), says native plants can survive periods of drought -- and tight watering restrictions -- better than needy exotics.

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# Arts Center Winter/Spring Exhibitions Now/Then

by Nicki Hart -Arts Center

## Sangre de Cristo Arts Center Winter/Spring Exhibitions Now & Then: Cultural history captured by artists past & present

(Pueblo, Colo.) Enjoy Native American art from four Southern Colorado collections, the art of Charles M. Russell, 38 Degrees Latitude, John Suhay and more this winter/spring at the Sangre de Cristo Arts Center.

### Pueblo to Plains

White Gallery— January 23-May 15, 2010

This exhibition features Native American art from several Southern Colorado collections. It explores the rich history and tradition of art work over the centuries from Native peoples ranging from the Ancestral Puebloans to those groups living on the Plains. This art spans

from ancient forms to contemporary expressions. Selections from four prominent Southern Colorado collections are featured including the Orman Collection of American Indian Art housed at Colorado State University-Pueblo, the Colorado Springs Pioneer's Museum, the Koshare Indian Museum in La Junta and pieces from the collections at the Sangre de Cristo Arts Center.

The Orman Collection of American Indian Art started in the 1870s by Governor James Bradley Orman. Orman was a railroad builder, politician and was governor of the state of Colorado from 1901-1903. The collection consists of over 240 items, including beautiful Pueblo pottery, Navajo weavings, exquisite baskets, and a beaded dress.

The Koshare Indian Museum and Kiva, now owned by Otero Junior College, was built by the La Junta Boy Scout Troop under the inspired leadership of James Francis "Buck" Bushears. The museum houses the largest collection of Ernesto Zepeda paintings and the second largest collection of Joseph Imhof's artwork, as well as other Native American art and artifacts. The Koshare Indian dancers were introduced to art and arti-

facts throughout their tenure and gained appreciation of Native American and Southwestern art. The collection grew each year as senior dancers purchased a piece of art to leave to the museum.

### Charles M. Russell: Master of Western Art

King Gallery— February 23-May 1, 2010

This traveling exhibit is organized by the C.M. Russell Museum in Great Falls, Montana. It examines Charles Russell's (1864-1926) life as a painter, sculptor, illustrator, writer and friend through objects from the C.M. Russell Museum's permanent collection.

Charles M. Russell: Master of Western Art includes eight sections that showcase Russell's life and artworks using numerous framed photographs, bronze sculptures, framed prints, illustrated calendars, illustrated books and a

framed, illustrated letter and newspaper clipping. These eight sections emphasize the general biography of Russell's life, his career and evolution as a painter, his hobby of sculpture becoming a professional career, the business of reproductions of his artwork, his illustration work for articles in periodicals and books, his career as an author, his natural ability to make and keep lifelong friends (including movie stars, authors and politicians), and finally, a look at his abiding affection for his horses.

Russell was always fascinated with the West, Native Americans and cowboys. He grew up sketching and drawing in his hometown in St. Louis, Missouri until he moved to Montana to live and work in the West. Russell married Nancy Cooper in 1896. He painted and sculpted in his log studio adjacent to their home, filling it with his collection of **SEE "ARTS" PAGE 19.**

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## Feb: "Save Your Vision" Month

Eric E. Blom, MD - Board Certified Glaucoma Specialist

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. Research is helping us understand more about the underlying causes of glaucoma, and how to treat it.

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. 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

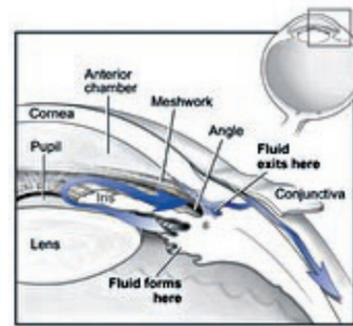
eyes, and dilate both eyes with drops. In addition to eye examinations, there are now several tests for glaucoma. One, called a visual field test, uses a machine to help map out peripheral vision. Treatments for glaucoma include glaucoma eye drops, laser treatment, and glaucoma surgery. Eye drops work 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.

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 directly at Rocky Mountain Eye Center. To schedule your next eye examination with Dr. Blom or your local Rocky Mountain Eye Center ophthalmologist, please call 719-545-1530 or 800-934-EYES (3937).



**Description:** A clear fluid flows continuously in and out of the anterior chamber and nourishes nearby tissues. The fluid leaves the chamber at the open angle where the cornea and iris meet. When the fluid reaches the angle, it flows through a spongy meshwork and leaves the eye. Credit: National Eye Institute, National Institutes of Health Ref#: NEA11

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## Supplemental Security Income Explained

from *Special Needs Planning News online at Ken@specialneedsplanning.com*

Supplemental Security Income (SSI) is a federal program that helps people with disabilities and very low incomes pay for food, clothing and shelter. SSI is often confused with Social Security Disability Insurance (SSDI). One of the main differences between the two programs is that SSDI is available to people with disabilities no matter how much money they earn or have, while SSI places very strict limits on a recipient's income and assets. However, in most states, an SSI beneficiary who receives even \$1 from the program also qualifies for Medicaid health coverage, which can be far more valuable than SSI's benefit itself.

Because SSI's income and resource limits are so restrictive, it pays to know the basics about the program before deciding whether it is right for you or your family member.

### In Order To Qualify For SSI, You Must Be Aged, Blind or "Disabled"

This first requirement is often the hardest for SSI applicants to meet, in large part because the federal government's definition of "disabled" is so narrow. In essence, adult SSI applicants who are seeking benefits based on a disability must show that they are almost completely unable to work at any job whatsoever. The applicant must have a physical or mental impairment that makes it impossible for him to engage in any "substantial gainful activity," and this impairment must be expected to last for longer than one year or to result in death. If an ap-

plicant is able to engage in substantial gainful activity, then he will typically not be eligible for SSI. A child applicant must have a physical or mental impairment that results in marked and severe functional limitations and can be expected to last for longer than one year or result in death. In one recent case, it took a cancer survivor 14 years to prove that she was "disabled" and therefore entitled to benefits.

### An SSI Beneficiary Must Have Very Limited Resources

Once an SSI applicant has shown that she is disabled, she must also prove that she has less than \$2,000 to her name. If the applicant can use or liquidate an asset to pay for food or shelter, the asset will probably count as a "resource" against this limit. A resource would include any funds held in the applicant's bank accounts, retirement accounts, or in cash. If the applicant has set up a trust that does not meet specific requirements, the trust funds are also counted against the \$2,000 limit. The applicant's own home will not be considered an available resource, and her car is also exempt. The \$2,000 resource limit does not disappear once a person qualifies for SSI. If an SSI beneficiary ends a month with more than \$2,000 in her name, she will lose her benefits in the following month.

### Income Is Key

SSI recipients get only a modest monthly benefit, and this sum is reduced by any income they may have. In 2009, the maximum federal SSI benefit was \$674 a month, although many states add a small supplement to this. In addition,

The fine folks at Thornton Wheelchairs Plus Are Proud To Sponsor the *Senior Safety* Page for all the loyal readers of *Senior Beacon*. Enjoy this month's page. As their ad says below, Rick Roth and his staff have everything you need for your healthful durable goods and more. Give them a call or stop by their establishment!

SSI benefits are reduced by \$1 for each dollar of unearned income a beneficiary receives (such as interest or dividends), and by \$0.50 for each dollar of earned income (such as wages). SSI benefits are also reduced if an adult beneficiary lives in someone else's home without paying rent, or if he receives free meals. Finally, the income of the people living with the beneficiary can count against the beneficiary. If the beneficiary's combined income reduces his SSI benefit to zero, he loses SSI, along with any Medicaid benefits that may come with it.

### Supplemental Needs Trusts Can Help

Although SSI's income and asset rules are highly restrictive, several types of trusts, called "Special Needs" or "Supplemental Needs" trusts, can protect

an SSI beneficiary's assets while allowing her to maintain SSI eligibility. Relatives and friends of the SSI recipient can also set up a trust for the recipient and fund it with their own money. If properly structured, these trusts also will allow an SSI recipient to continue receiving benefits. Unfortunately, a poorly drafted special needs trust can destroy any hopes an applicant has of ever qualifying for SSI.

### Quality Advice Is Necessary

SSI is a very complicated program with rules that most attorneys who do not focus on this practice area have trouble understanding. Therefore, it is essential to seek out a qualified special needs planner who can guide you or your family through the complicated process of obtaining and maintaining SSI benefits

## Haiti Needs Help, But Give Wisely

While relief needs are being assessed to help Haiti after yesterday's devastating earthquake, we know many people want to help by making donations. However, your Better Business Bureau warns that a number of fraudulent charities and requests for donations are very likely to emerge, just as they have after other natural disasters such as the tsunami in 2004 and Hurricane Katrina in 2005.

The public must be aware that there will be fraudulent attempts to collect money. Potential donors need to make sure their money goes to competent relief organizations - those equipped and experienced to handle the unique challenges of providing assistance.

Two excellent Web sites offering guidance are: [www.whitehouse.gov](http://www.whitehouse.gov) and [www.state.gov](http://www.state.gov).

The BBB's Wise Giving Alliance, an affiliate of the Council of Better Business Bureaus, helps the public make informed decisions about giving by providing objective evaluations of national charities. Below are a few tips from the Wise Giving Alliance on how the public can make intelligent donations and feel confident the money is going to the right place.

- Rely on expert opinion when it comes to evaluating a charity. Go to an established, reliable source when researching the authenticity of a person, organization or charity that is requesting donations. Third parties may not have fully researched the relief organizations. The public can go to [www.bbb.org/charity](http://www.bbb.org/charity) to verify whether or not the soliciting organization is accredited by the BBB and meets the 20 Standards for Charity

SEE "HAITI" PAGE 15.





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# Coulter

from page 10.

"an unusual set" of words -- as light-skinned Reid-defender Harold Ford Jr. put it.

As long as we're mulling the real meaning of Reid's words and not just gasping in awe at the sorts of things Democrats get away with saying, I think Reid owes America an apology for accusing the entire country of racism. A country, let us note, that just elected a manifestly unqualified, at least partially black man president.

On the other hand, Reid couldn't have been expecting Republicans to vote for

a Democrat, so I gather Reid was accusing only Democratic voters of being racists.

I don't disagree with that, but I'd like to get it in writing.

I think the Democratic platform should include a statement that the Democrats will not vote for dark-skinned blacks with a Negro dialect. Check with Harry Reid on the precise wording, but something along the lines of "no one darker than Deepak Chopra."

The "whereas" clauses can include the Democrats' history of supporting slav-

ery, segregation, racial preferences, George Wallace and Bull Connor -- and also a precis of their treatment of dark-skinned Clarence Thomas.

(BEGIN ITALS)BREAKING NEWS: Hoping to curry favor with the African-American community, Sen. Reid was arrested late this afternoon after breaking into his own home.(END ITALS)

Democrats couldn't win an election without the black vote, but the Democratic Party keeps treating blacks like stage props, wheeling them out for photo-ops and marches now and then but almost never putting them in charge of anything important.

President Bush appointed the first black secretary of state and then the first black female secretary of state. Meanwhile, the closest black woman to Bill Clinton was his secretary, Betty Currie.

The one sitting black Supreme Court justice, Clarence Thomas, was appointed by a Republican.

The head of the Republican National Committee is black -- medium-skinned, but liberals treated Michael Steele like a dark-skinned black when they threw Oreo cookies at him during the Maryland gubernatorial campaign in 2002.

After the 2000 election, Democrats had a chance to make one of the rare smart Democrats, Donna Brazile, head of the Democratic National Committee.

Brazile had just run a perfectly respectable campaign on behalf of that bumbling buffoon Al Gore.

She also happens to be black. Again, blacks give 90 percent of their votes to the Democrats.

But the Democrats skipped over Brazile and handed the DNC chairmanship to the goofy white guy in lime green pants, Howard Dean.

UPDATE: Harry Reid has just apologized to the light-skinned people of Haiti for the 7.0 earthquake that hit them Tuesday afternoon.

The single most insulting remark made about blacks in my lifetime was Bill Clinton's announcement -- after being caught in the most humiliating sex scandal in world history -- that he was "the first black president."

He did not call himself "the first black president" when liberals were dancing and singing to Fleetwood Mac at his inauguration. He did not call himself "the first black president" when he was feeling our pain and being lionized by the media. He did not call himself "the first black president" when he was trying to socialize health care or passing welfare reform.

Not until he became a national embarrassment did Clinton recognize that he was "the first black president."

At least he could finally get his own coffee.

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## HAITI & GIVING

from page 14.

Accountability. The two national Web sites listed above are also very reliable resources.

- Be wary of claims that 100 percent of donations will assist relief victims.

Despite an organization's claim that all money collected will go towards providing assistance, it's important to understand that charities have fundraising and administrative costs they must cover.

• Be cautious when giving online. Use caution when giving online, especially when responding to unknown e-mails that claim to link to a relief organization. As with many disasters and breaking news events, many Web sites and new organizations are created overnight to allegedly help victims, or perpetrate other types of fraud.

• Find out if the charity has a presence on the ground. Unless the charity already has staff on location, it may be difficult to get additional aid workers to the site of the disaster. Check to see if the organization's Web site clearly describes what they are doing to address immediate needs.

• Find out if the charity is providing direct aid or raising money for other groups. Some charities raise money that they pass along to relief organizations. You may want to consider avoiding the middleman and giving directly to the charity itself.

• Gifts of clothing, food or other in-kind donations. In-kind drives donations such as food and clothing—while well intentioned—are not necessarily the quickest way to help those in need. The organization you are considering making a donation to must have the staff and infrastructure to properly distribute supplies. Ask the charity about their transportation and distribution plans. Be wary of those who are not experienced in disaster relief assistance.

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**FEB. 2:** Chili Con Carne, cornbread, peas, cucumber/onions, apple.

**FEB. 3:** Hungarian Goulash/Noodles, scandinavian mixed veggies, lime fruit jello, wheat bread/marg., brownie.

**FEB. 4:** Macaroni/Cheese, green beans, carrot raisin salad, wheat bread/marg., strawberries/bananas.

**FEB. 5:** Meatloaf, mixed veggies, salad/Italian drsg., wheat bread/marg., raspberry sherbet.

**FEB. 8:** Beef Stroganoff/Noodles, harvard beets, cole slaw, wheat bread/marg., fruit cocktail.

**FEB. 9:** Enchilada Casserole, mexican corn, salad/ranch drsg., wheat bread/marg., fruit juice.

**FEB. 10:** Roast Beef/Gravy, mashed potatoes, zucchini/tomatoes, wheat bread/marg., cherry crisp.

**FEB. 11:** Pork Chow Mein/Rice, mixed veggies, tomatoes/cukes, wheat

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bread/marg., tapioca pudding.

**FEB. 12:** Chicken Cacciatore, linguini, Italian mixed veggies, orange pear jello, wheat bread/marg., pineapple upside down cake.

**FEB. 15:** Beef Tomato Mac, carrots,

ambrosia, wheat bread/marg., plums.

**FEB. 16:** Roasted Pork, glazed sweet potatoes, zucchini/tomatoes, wheat bread/marg., chocolate chip cookie, applesauce.

**FEB. 17:** Tuna Noodle Casserole,

green beans, waldorf salad, wheat bread/marg., fruit cocktail.

**FEB. 18:** Ham/Beans, cornbread, peas/carrots, salad/ranch Drsg., blush pear salad.

**FEB. 19:** Salmon Squares, scalloped potatoes, broccoli, wheat bread/marg., spiced fruit, jello.

**FEB. 22:** Turkey Tetrazzini/Biscuit, capri mixed veggies, creamy cucumbers, peaches.

**FEB. 23:** Polish Sausage, mashed potatoes, cabbage/carrots, wheat bread/marg., lime fruit jello.

**FEB. 24:** Chicken Rice Casserole, carrot raisin salad, basil green beans, wheat bread/marg., rice pudding.

**FEB. 25:** Country Style Steak, scalloped potatoes, broccoli, wheat bread/marg., cranberry jello, applesauce.

**FEB. 26:** Vegetable Lasagna, peas salad/Italian drsg., wheat bread/marg., vanilla ice cream, apple juice.

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# Finances: Create And Keep Wealth

## Claim Expanded Tax Credits, Use Free Tax-Filing Options

by Diane DiGiacomo

DENVER - More than \$450 million in tax credits are available to low- and moderate-income families in Colorado who qualify for the federal Earned Income Tax Credit and taxpayers are urged to review their eligibility for the tax benefit before filing their 2009 tax return, and to take advantage of the free tax-filing options available to a large number of taxpayers.

The Denver-based Piton Foundation, which annually sponsors a statewide public education campaign to create greater awareness of tax benefits for lower-wage workers, announced that about 275,000 Colorado families are expected to qualify for more than \$475 million in refunds through the Earned Income Tax Credit (EITC), and additional refunds through the Child Tax Credit.

"With so many people facing financial difficulties, we want taxpayers to get all the tax credits they're entitled to as quickly as they can without paying more

than they need to to file their tax return," said campaign coordinator Diane DiGiacomo.

Statewide, 2-1-1 call centers are answering questions about the EITC and other tax benefits for low- and moderate-wage workers, including new tax credits for first-time homebuyers. Callers to 2-1-1 also can learn about no-cost options for filing their taxes, including free on-line tax preparation and organizations across the state providing free tax filing. The information also can be found on the foundation's web site at [www.piton.org/eitc](http://www.piton.org/eitc).

The EITC returns up to \$5,657 to qualified taxpayers for tax year 2009, depending on income, family size and marital status. Taxpayers must have earned less than \$43,279 if they have three or more qualifying children, \$40,295 if they have two or more qualifying children, \$35,463 with one qualifying child, or \$13,440 if they had no children. Income limits are \$5,000 higher for taxpayers married filing jointly. The Child Tax Credit can be

as much as \$1,000 per child. Tax credits reduce the amount of tax owed. However, the EITC also provides a refund to the taxpayer if the amount of tax owed is less than the credit.

The Piton Foundation also encourages Colorado taxpayers to take advantage of free tax-filing alternatives. For example, more than 125 community-based sites across Colorado offer free tax preparation and electronic filing for taxpayers who make less than \$49,000. And the IRS.

Free File program, which uses commercial online software provided by private tax software companies, is available to anyone with an adjusted gross income of up to \$57,000 by going to [www.irs.gov/efile](http://www.irs.gov/efile). Military families can file federal and state tax returns free at [www.militaryonesource.com](http://www.militaryonesource.com).

The foundation cautions families who use paid preparers to avoid the high-cost "refund anticipation loans" offered by some commercial tax preparers, which

are actually expensive short-term loans. A recent study by the Consumer Federation of America and the National Consumer Law Center estimates that these refund loans cut refunds by nearly \$800 million for 8.4 million U.S. taxpayers in 2008. Based on national averages, an EITC borrower could expect to pay more than \$250 in fees for a refund loan, electronic filing, check-cashing and tax preparation fees to obtain a \$1,700 refund. But if taxpayers who use paid preparers have their refund deposited directly into their own bank account, they can get their money in 7-10 days.

For more information, dial 2-1-1 (it's a free call), or go to [www.piton.org/eitc](http://www.piton.org/eitc).

*The Piton Foundation is a private, operating foundation based in Denver, Colo. Piton was founded in 1976 by Denver oil man Sam Gary to provide opportunities for children and their families to move from poverty and dependence to self reliance.*

## Managing Your Wealth One Person At A Time!

Your financial future is too important to be left to a cookie-cutter approach. The new year is a great time to review your personal portfolio to make sure you're still on track to reach your goals. Are you leveraging the most from your assets? Have your financial needs changed? When was the last time you met with your financial advisor?

Consulting with your financial advisor or a representative from your

credit union or bank is a good way to learn about product and service options that work best for your own lifestyle and changing needs. Varying financial goals may require specialized expertise from a number of areas. Depending on your need, a private banker can act as a liaison to personally facilitate an introduction to the appropriate employee in one of the many departments within the financial institution that specialize in your need,

streamlining the process.

Wealth management encompasses a full range of expertise including trust services, asset management, private banking, investments and insurance. Look for an advisor or financial institution that has a significant amount of experience and offers personalized attention and affordable options.

Many credit unions and banks offer estate planning and asset management tools for all ages and stages of life, including specialized services and inno-

vative solutions to help manage finances today and build wealth for tomorrow.

Your financial advisor will customize programs that are designed to grow, and conserve, wealth by delivering personalized service – don't settle for anything less.

Submitted by Lois Carlock, Education Manager, Ent Federal Credit Union. Contact her at (719) 550-6095 or [lcarrlock@Ent.com](mailto:lcarrlock@Ent.com).

## St. Mary-Corwin Celebrates Heart Month

PUEBLO, CO – St. Mary-Corwin Medical Center will be observing National Heart Month throughout the month of February. The celebration includes a free educational event and consumer promotions to provide southern Colorado communities with heart-health information and awareness of heart disease -- the leading cause of death among Coloradans.

Women are invited to attend the annual Pamper Your Heart women's heart health event on Wednesday, February 24. The event will be held from 7:30 am – 1 pm in the Occhiato Student Center Ballroom. This year the event will include health screenings, heart health informational booths, break-out sessions on Broken Heart Syndrome, the importance of bio-feedback, and how fitness, diabetes and sleep disorders can impact heart health; heart health nutrition and a luncheon with keynote speaker, Dr. Michael Hansa from Pueblo Cardiology. There will be door prizes and a free gift. Reservations are required and can be made by calling 557-4504 or emailing [jenniferfine@centura.org](mailto:jenniferfine@centura.org).

Online heart health assessments and healthy heart information is available at [centuraheart.org](http://centuraheart.org). Another feature of the Web site is the Invision Guide to a Healthy Heart. Centura is the first healthcare system in the country to provide this incredible 3-D tool to educate the consumer on the heart, how it functions, what problems can occur (i.e. heart attack) and what can be done to improve heart health. For more information, visit [www.CenturaHeart.org](http://www.CenturaHeart.org).





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*Dennis Prather, Executive Director*

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**719-275-7451**

- and -

**Legacy Center, Inc.**  
1335 Bauer Ln. • Cañon City, CO 81212  
Manager: Tisha Darnell  
**719-275-2917**

## Senior Beacon

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

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

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**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



## KNIGHTS FISH FRY

Knights of Columbus #12020 will hold their annual Fish Fry every Friday beginning Feb. 19 at the new St. Paul's Church, 1132 W. Oro Grande Dr. in Pueblo West. Healthy portions and plenty from which to choose. Hours are from 4-6:30pm. Cost is \$8 for adults and \$4 for children

## UAAAA NEWS

As a requirement of the Division of Aging and Adult Services and in order to comply with Policy and Procedure 416.0, the Upper Arkansas Area Agency on Aging, serving Fremont, Chaffee, Custer and Lake counties, is offering nutrition education to congregate meal participants.

The Nutrition Education Session will be presented by Sally Ayotte, Registered Dietician, on Friday, February 19th during the noon meal at the Golden Age Center.

Seniors wishing to reserve a meal may do so by calling the The Golden Age Center at Tel: 275-5524 before 0930am. There is no charge for a meal for Seniors 60 years of age or older, donations are accepted.

For more information please contract the Upper Arkansas Area Agency on Aging, 139 East 3rd Street, Salida CO 81201 ph. 719-539-3341

## STROKE SURVIVORS SUPPORT GROUP

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

Call Chuck at 583-8498 for all the information.

## PUEBLO WEST SENIORS

The Pueblo West Seniors get together for a luncheon on the second Tuesday of each month at 11:45am. They meet at the Memorial Recreation Center at 230 E. George Drive.

For all the info on this Senior Citizen organization call Katherine at 647-8969 or Nan at 547-3944.

## LOU GEHRIG'S DISEASE SUPPORT GROUP

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

## OWLS MEETING

The OWLS (older-wiser-livelier-seniors) invites new members for their social group that has activities including dining out, bowling, movies, picnics and

others. For more information please call Joe or Marie @ 545-2803

## RIDE TO CHURCH?

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

## GENEALOGICAL SOCIETY

"The Southeastern Colorado Genealogy Society holds regular meetings on the second Saturday of the month beginning at 2:00pm in the Meeting Room "B," Robert Hoag Rawlings Library, 100 Abriendo Ave., Pueblo. There is a continuing Refresher/Beginners class starting at 1:00PM. Call 250-5782 for details." Guests welcome and there is no charge.

## SRDA CALENDAR

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

## LIVING WITH OSTEOARTHRITIS?

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

## AARP SCHEDULE OF ACTIVITIES

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

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

## TOASTMASTERS

**What:** Pueblo Toastmasters #179 Public Speaking Class

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

**When:** 2nd & 4th Mon., of every

month, 6:15 - 7:15PM

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

## STEP-UP PROGRAM

Please call Desi Vial who is the Development Director of Pueblo StepUp at Centura Health, 719-557-3881 Phone 719-557-3880 Fax 1925 E. Orman Ave., Ste G-52 Pueblo, CO 81004 [desdavia@centura.org](mailto:desdavia@centura.org) [www.centura.org](http://www.centura.org) for all the info as to where the programs will be held this month. Also, contact: Cindy at 719-545-1184 for their entire schedule. Get Moving with Pueblo StepUp Community Exercise Programs: Please call Emily Johnson @ 557-3879 for questions about any of Pueblo StepUp's Health & Fitness Programs

## FREE TAX PREPARATION

Free Tax preparation: Joseph Edward Senior Center (SRDA) 230 N. Union Avenue, Pueblo.

Begin Feb. 1, 2010, end Apr. 14, 2010

Monday to Thursday 9:30 AM to 2:00 PM

Friday 9:30 AM to 12 Noon

Closed February 15, 2010

First come - First served. Sign up begins at 8:00 AM each day on second floor.

Papers required are: Social Security cards for each person to be listed on return, picture ID, Copy of 2008 tax return, copies of all income statements (W-2, interest, retirement, Social Security) statement of sale of stocks, if itemizing; total of all medical expenses, real estate taxes, mortgage statement.

## ALZHEIMER'S SUPPORT

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

## TEA PARTY NEWS

Southern Colorado Tea Party meets the third Thursday of every month. Here is the schedule for February 2010:

### Notice!

We will be beginning our Caucus Training seminars in February Here is the schedule as it stands now:

Feb. 3rd, Barkman Library, 1300 Jerry Murphy Rd 6-8 pm Map It

Feb. 11th, Pueblo West Public Library, 298 Joe Martinez Blvd, 6-8 pm Map It

Feb 17th. Lamb Branch Library, 2525 S. Pueblo Blvd 6-8 pm.

For More Information Contact Randy Scott at The Southern Colorado Tea Party, PO BOX 7054, Pueblo West, Colorado 81007.

## COMMUNITY BLOOD DRIVES

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

## PUEBLO STEP-UP

Pueblo StepUp is once again offering free assistance to low-income individuals who wish to apply for Colorado property tax, rent and heat rebates. Free application assistance will be offered at selected Pueblo Housing Authority sites. If you are a full-year Colorado resident, 65 years of age or older, disabled, or a surviving spouse 58 years of age or older, you may qualify for the Property Tax/Rent/Heat Rebate. Income guidelines apply (see the Colorado Department of Revenue, Division of Taxation web site). For a list of dates, times and locations of this free service, call Pueblo StepUp at 719-557-3885.

*Pueblo StepUp is a nonprofit 501 (c) (3) agency that provides services for the low-income, uninsured or under-insured populations of Pueblo County. It offers senior programs including wellness clinics, exercise classes and classes on self-management of chronic diseases such as diabetes and arthritis; assistance in enrolling children into CHP+ (Child Health Plan Plus) and Children's Medicaid; and serves as a Presumptive Eligibility Site for Pregnant Women. Pueblo StepUp operates solely on private donations and grants and with the assistance of more than 150 dedicated volunteers. For more information about Pueblo StepUp or its programs, please call 719-557-3885. Pueblo StepUp is located at 1925 E. Orman, Suite G-52 in Pueblo 81004.*

## AMERICAN CANCER SOCIETY CANCER RESOURCE CENTER HELPS PEOPLE GET WELL

[Pueblo, Colorado] – January, 15, 2010 – The American Cancer Society provides cancer patients, survivors, and caregivers with free and up-to-date information and support through the American Cancer Society Cancer Resource Center.

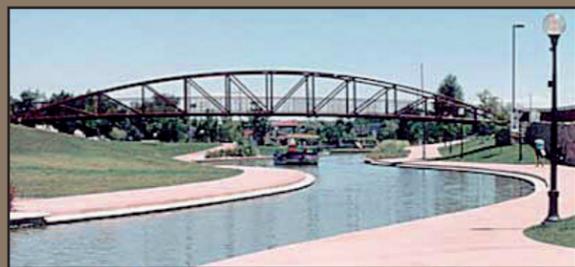
The Cancer Resource Center, located in, St. Mary Corwin, The Reverend Roger Patrick Dorcy Cancer Center 2004 Lake Avenue, is staffed by trained volunteers who link those affected by cancer to information, services, and local resources. The Society's Cancer Resource Centers also provide guidance to help cancer patients, survivors, and caregivers navigate their cancer journey.

People interested in visiting the Society's Resource Center can stop by Mondays 12:00-12:30 or they can call 719-557-4944 or 719-630-4963.

Anyone who wishes to speak to a cancer information specialist from the comfort of their own home can call the American Cancer Society's 24-hour toll-free information line at 1-800-227-2345 to be linked with resources in the community and to obtain information about local events. In addition to the local American Cancer Society Cancer Resource Center and the 24-hour information line, comprehensive cancer information can be obtained at [cancer.org](http://cancer.org)

The American Cancer Society saves lives by helping people stay well by preventing cancer or detecting it early; helping people get well by being there for them during and after a cancer diagnosis; by finding cures through investment in groundbreaking discovery; and by fighting back by rallying lawmakers to pass laws to defeat cancer and encourage communities worldwide to join the fight. As a result, more than 11 million people in America who have had cancer and countless more who have avoided it will be celebrating birthdays this year. To learn more about us or to get help, call us anytime, day or night, at 1-800-227-2345 or visit [cancer.org](http://cancer.org).

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# SENIOR CLASSIFIEDS

**GOLDEN GIRL: SENIOR FEMALE ROOMMATE WANTED!** Are You A Senior Lady having difficulty making ends meet??? Would you like to have 2010 be a better year for you? Are you in Colorado or would you like to move to Colorado?

I, too, am a senior lady looking for a long-term SENIOR roommate to share expenses and household duties as well as to be a friend and companion. Please be "upbeat" and a "non-complainer"

I have a very lovely 3 bedroom, 2 bath mobile home located in Northpoint Estates on edge of Pueblo, West, Colorado. My home is spacious and ideal for sharing with the right older lady. Have a lovely front, covered, carpeted deck with a ramp and the community is quiet, safe, and well kept up. Mountain view front and back. Bedrooms and baths are on opposite sides of home so you have complete privacy. Your bedroom is very large, approximately 16 ft by 10ft. It was two bedrooms that I tore down the wall and made into one big bedroom. MUST be neat and clean. Would love it if you would like to buy into the home so we both have title to it.

If interested, call me at 832-274-1995 or email [casino7807@ya-](mailto:casino7807@ya-hoo.com)

hoo.com and we can meet and visit and determine if we can be "roomy's" and assist each other in living out what they call the "Golden Years" Will supply pictures after contact. #0310

**FOUR GRAVE SPACES.** in Hillcrest section at Imperial Gardens. \$1500 plus transfer fee. Call (719)649-2478 or (719)946-5214. #0310

**WANTED!** Older golf putters, signed golf books and pictures, older golf tournament programs, pins, and badges. (719)687-1227. Masters golf items too. #0310

**RESTLESS LEG SYNDROME?** Grandma's home remedy immediately solved our RLS! For the recipe: send \$29.95 to RLS, 8200 S. Quebec St. A3-#506, Centennial, CO 80112 for a colored picture brochure on how it worked! **IT'S WORTH IT!** #0610

**WATKINS SINCE 1868:** Quality vanilla, black pepper, extracts and More! Free Catalog. Call Today! Dale Van Holland. 719-369-9023. #0310

**HOMECARE PROVIDER.** 30 years experience. Honest and dependable. Happy to help with daily needs, errands, shopping and appointments. Call Connie at 543-7853 or 214-0321. #0310

**JAZZY SELECT** power chair. Excellent condition. Used only once. One-year old. Call, Tony for price at home

## 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.

(719) 947-1142 or cell (719) 778-7481.

**30 YEARS EXPERIENCE.** Qualified, caring, compassionate Caregiver will give good personal hygiene care. cook, light cleaning. Day & Night care. Call Diana, (719) 369-5758. #0310

**ONE BEDROOM SPACIOUS.** Southside complex. Rent - \$420 deposit - \$250 includes water, trash, parking, laundry room, close to bus stop and shopping. Rustic Villa (719) 564-8899. #0810

**EXPERIENCED HOME CARE** for your loved ones. I will assist you with your daily needs. Day or night! Call Martha at 719-566-9077. #0310

**PROFESSIONAL HOME CARE PROVIDER** with loving touch. Long-term references. Honest & Dependable. Debbie Rich, 569-3614. #0310

**BUSINESS OPPORTUNITY.** Multi-million dollar company offering business opportunity to self-motivated person. No franchise fees or products. For details, call David or Glenda. 719-469-5779. #0410

**HOUSING CLEANING** I will clean your house. Honest. Dependable. Senior Discounts. Sheri - 778-0466. #0210

**ANCIENT WWII VET** needs used portable oxygen concentrator or repair service. Phone 542-3032. #1109

**NO TIME.... USE MINE!** Can't get out? I will run your errand's in the cold. Call Virginia at 561-1384 or 214-6007. #1209

**CATNAPPER POWER CHAIR/RECLINER.** For those who need assistance to stand from a sitting position. Excellent condition. Battery back-up. \$250.00. Call 595-9938. #1209

**24/7 LOVING SENIOR CARE IN CHRISTIAN HOME.** 31 yrs. experience. SPACE FOR ONLY ONE CLIENT LEFT! Hurry! Call today - 719-542-3496. #1209

**EXPERT CARPET INSTALLATION** Carpet repairs/restretch. Over 30 years experience. Ruben Griego. Call Daytime 320-9584 or evening, 542-1207. #1209

**TWO SPACES:** in Veterans Court of Honor. Lot #221. \$750.00 plus transfer fee. Call at 719-647-0755. #1109

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

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

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

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

**LOOKING FOR AN AVON REP?** Call me today! Hailey Hollins, 719-547-3808 or [www.youravon.com/hollins](http://www.youravon.com/hollins). Join AVON today for just \$10! #0110

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

### 2010 Yard and Garden Class Schedule & Registration Form



Class cost for the public ranges from \$15 to \$20 and is listed below.



Cost for active Colorado Master Gardeners is \$5 per class

DAY	DATE	TIME	CLASS TOPIC	LOCATION
Saturday	January 30	9 a - 3 p.m.	Managing Wildlife in Landscape	Extension Office
Tuesday	February 2	6-9 p.m.	Plant Propagation, From Seed	SECWCD
Tuesday	February 9	6-9 p.m.	Plant Propagation, From Cuttings	SECWCD
Tuesday	March 23	6-9 p.m.	Weed Management	Extension Office
Tuesday	March 30	6-9 p.m.	Vegetable Gardening	County Conference Room
Tuesday	April 13	various	Trough Making Part 1 of 2	Fine Arts Bldg, Fairgrounds
Tuesday	April 20	various	Trough Making Part 2 of 2	Fine Arts Bldg, Fairgrounds
Tuesday	September 14	6-9 p.m.	Preparing for Spring	County Conference Room
Tuesday	October 5	6-9 p.m.	How Green is Your Compost?	County Conference Room

Please fill out and return the registration form below with payment to CSU Extension, Attn: Hort, **701 Court St., Ste C**, Pueblo, CO 81003

✗ ✗ ✗ ✗ ✗ ✗ ✗ ✗ ✗ ✗ ✗ ✗ ✗ ✗ ✗

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City, Zip \_\_\_\_\_  
 Phone: \_\_\_\_\_

✓ Please place a check mark in the left column next to the classes you are interested in attending, add up the cost on the right, and send bottom portion of this form with your payment.

	Date	Class Topic	Amount
<input type="checkbox"/>	January 30	Managing Wildlife in Landscape	\$15.00
<input type="checkbox"/>	February 2	Plant Propagation, From Seed	\$15 for one or \$25 for both
<input type="checkbox"/>	February 9	Plant Propagation, From Cuttings	
<input type="checkbox"/>	March 23	Weed Management	\$15.00
<input type="checkbox"/>	March 30	Vegetable Gardening	\$15.00
<input type="checkbox"/>	April 13	Trough Making Part 1 of 2	\$20 for both
<input type="checkbox"/>	April 20	Trough Making Part 2 of 2	
<input type="checkbox"/>	September 14	Preparing for Spring	\$15.00
<input type="checkbox"/>	October 5	How Green is Your Compost?	\$15.00
Total Due Payable to <b>Extension Program Fund</b>			\$

Have you kept the top portion of this registration form for your records?  
 Have you check marked the classes you are planning on attending?  
 Have you included your payment?

# Arts Center Exhibitions

from page 13.

Indian clothing, utilitarian objects, weapons, cowboy gear, "horse jewelry," and other Western props useful in accurately depicting the scenes of the Old West, of which he was so fond. It was here that Russell completed all of his major paintings after the studio's construction in 1903. Russell's life and work in Montana greatly influenced his art. He painted in a time where there was considerable interest in the West. Russell's art features a unique style and dynamic action. He also depicted specific times or events in Western history. Russell completed approximately 4,000 works of art during his lifetime. He was the first Western artist to live the majority of his life in the West. Because of this, Russell knew his subject matter intimately and this set the standard for many Western artists to follow. —Information and biography provided by C.M. Russell Museum (<http://www.cmussell.org>)

## 38 Degrees Latitude...Crossing the Lines

Hoag Gallery— January 9-April 24, 2010

Crossing the Lines: Exploring American Values through the Lens of Contemporary Art consists of all new works by the collective artists of 38 Degrees Latitude. The exhibit examines a wide assortment of past and present events and issues that have helped define and change American values. The artists of 38 Degrees Latitude intend to document and interpret through their own lens the significance of these events. A variety of media/mediums are used to depict some of the topics of mental illness, corporate America, art/culture, music, war/politics, prostitution, greed, the Obama administration, women's rights, and poverty.

38 Degrees Latitude is a collective group of seasoned contemporary artists who have come together in hopes of

igniting a spark within the local art scene in and around southern Colorado. Their primary mission is to give the community something unique, powerful and relevant to experience. Furthermore, 38 Degrees Latitude wants to give emerging artists a place to be seen and heard.

## The Photography of John Suhay

Level 2 Foyer Gallery— February 6-May 8, 2010

At age 86, John Suhay, photographer-in-residence at the Sangre de Cristo Arts and Conference Center and self-taught photographer, continues photographing various scenes and landscapes throughout Pueblo. Freed from commercial restraints, Suhay's photographs are rough, edgy, immediate and powerful. His archive contains over 200,000 photos, most of them taken in and around Pueblo over the last half of the century. Some mark the routine commercial work that supported Suhay since he became a full-time photographer in 1964.

## Portrait of an American Soldier: Sally Lincoln

Level 3 Foyer Gallery— February 6 - May 8, 2010

This exhibit highlights the stories of men and women soldiers from past and present wars through portraiture. Some were in the military briefly while others belonged up to 30 years.

Sally Lincoln began painting portraits of American soldiers in 2007. When she returned to the U.S. from the Caribbean in March 2007, she started to think about what to do next. The idea of the injured men and women returning from Iraq and Afghanistan kept creeping into her mind and she decided to do a project revolving around soldiers. After failed attempts at contacting two army medical centers where the majority of wounded soldiers were treated, Lincoln heard from the Veterans' Administration Medical Center. They responded enthusiastically to her

preliminary inquiries, and asked if she would be willing to paint veterans from other conflicts.

## Anne Marie Lay

2008 Colorado State Fair Arts Center Choice (Emerging Artists)

Boardroom— February 6 - May 8, 2010

Anne Marie Lay was the Arts Center's choice for best emerging artist at the 2008 Colorado State Fair. Her exhibit highlights new work. Lay uses her artwork as a way to express feelings that she has difficulty expressing in any other way. "I have become more interested in attempting to convey ideas and emotion in art, rather than doing something purely representational or realistic," Lay said. Many of her pieces relate to the subjects of life, death, fate, and the human relationship with the universe and the forces beyond our control. She likes to use symbolism to express ideas and emotion, and tries to tell a story with her pieces.

Lay is an art education student at Colorado State University-Pueblo. She attended the School of the Art Institute of Chicago, and also holds an interior design degree from Pikes Peak Community College. She lives northeast of Pueblo on a ranch with her husband, Edwin, and two-

year-old son, Ryder.

## High School Artists' Corner

Level 3 Foyer Gallery—Rotates every other month

The Sangre de Cristo Arts Center recently implemented a new program entitled, High School Artists' Corner that features the work of high school students from Pueblo City Schools (Districts 60 and 70). This unique program allows high school students the opportunity to experience first hand the process of exhibiting art in a professional venue. Every other month new pieces are submitted for the jury process, with each selection on exhibit for one month.

A free public reception with the artists, in conjunction with the opening of the Winter/Spring Exhibitions, will be held on Friday, February 19, from 5-7 p.m. in the Helen T. White Galleries.

Admission to the Arts Center is \$4 for adults and \$3 for children and military. Members of the Arts Center receive free admission. For more information, please call 719-295-7200; stop by the Arts Center located at 210 N. Santa Fe Ave., just off of I-25, exit 98b, or visit online at [www.sangredecristoarts.org](http://www.sangredecristoarts.org).

# ORAL HEALTH TIP FOR SENIORS

by Ned High

Oral health is important to the overall well-being of older Americans. Preventative dental care can head off more expensive dental work and help prevent severe diseases.

Unfortunately, dental costs are generally out-of-pocket for those over 65, and when financially strapped, they may forego regular visits to the dentist. Doing without can have serious consequences, because elderly suffer a disproportionate and debilitating amount of oral disease.

## The facts:

\* Nearly one-third of older adults have untreated tooth decay. Fifty percent of those over 75 years of age have root decay. Untreated, this decay can progress to the pulp of the tooth, causing pain and dental abscess, which may lead to more serious infections.

\* Nearly a quarter of 65-to-74-year-olds have severe gum disease, which is associated with chronic disease and severe health events including diabetes, heart disease, stroke and respiratory disease.

\* Oral cancer is primarily diagnosed in the elderly. Thirty thousand new cases of oral cancer and pharyngeal cancers are diagnosed annually, and about 8,000 individuals die from these diseases each year.

\* Mouth dryness is experienced by 30 percent of those ages 65 and above. Dry mouth, which contributes to more rapidly advancing tooth decay and gum disease, is often caused by medications taken by the elderly.

Oral disease is largely preventable. With the exception of damage due to an accident, dental treatment begins with relatively low-cost diagnostic procedures, such as exams and x-rays. If decay or disease is detected, the sooner it is treated, the less expensive that treatment will be.

According to an Alliance for Aging Research study, "The shortfall in oral health care for the elderly in the U.S. is huge, and will only increase, as the number of seniors doubles by 2030. In 2005, an estimated 25 million adults – pre- and post-retirement – went without dental care because they couldn't afford it."

One of the gaps in Medicare coverage is the lack of dental care. Medicare doesn't cover most dental procedures, such as fillings, extractions, and dentures. Currently, Medicare will pay only for dental services that are crucial to another covered procedure, such as jaw reconstruction following accidental injury. Congress has not amended the dental exclusion in Medicare since 1980.

One of the goals of Healthy People 2010, a Department of Health and Human Services report on national health objectives, states that every long-term care facility resident needs to have access to oral health assessment and treatment.

The Alliance for Aging Research, American Dental Association and other organizations are working to raise awareness about the problems caused by seniors' lack of access to dental care.

*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](http://www.beasmartmouth.com)*



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# Talk To Your Doctor: It's Time To Get It Right

(NAPSI)-People may spend hours preparing for a date but fail to prepare for a far more important meeting--with their doctor.

It's not a good idea to leave a doctor's appointment without a clear idea of what just happened. It can be downright dangerous if you and your doctor don't understand each other or you forget to mention a symptom or a drug you're taking.

"It's your health, after all," says Risa Lavizzo-Mourey, president and CEO of the Robert Wood Johnson Foundation, America's largest health care foundation. "It's your doctor's responsibility, but it's yours, too, to see that you get the best medical advice."

Preparing for a visit to the doctor's office is actually just a small part of the big picture, which is about making all Americans healthier by getting them

to eat better, exercise and take charge of their own health.

Those with chronic diseases must start sticking to treatment plans.

## Unprepared Patients, Impatient Doctors

"Most patients go to doctors woefully unprepared," says Dr. James Bailey, a professor of medicine at the University of Tennessee-Memphis. "But doctors are at fault, too. They need to educate patients and get away from the traditional roles of the doctor pronouncing and the patient obeying."

Half or more people with heart conditions, for instance, don't follow their prescribed treatment, says Dr. Bai-

ley, who is also a member of the Healthy Memphis Common Table, which oper-

ates one of 15 community-based projects the Robert Wood Johnson Foundation sponsors around the country to help fix the nation's broken health care system.

The program, called Aligning Forces for Quality, emphasizes what people can do to improve the quality of their health care, such as making informed choices and becoming partners with their doctors in managing their health.

The Memphis program devised a checklist that encourages patients to talk to their doctors about setting goals for healthy eating and exercise and then to stick to them. Doctors use another part of the list to check off regular tests for monitoring chronic diseases.

## Lean On Your Family If You Have To

- Get family involved. You may even want a friend or family member to accompany you on doctor visits to help you remember to ask the right questions and understand the answers.

- Learn everything about the drugs you're taking. Read the information that comes with your prescription.

Bring a list of your medications and doses to the appointment.

- Prepare for your appointment. Make a list of questions you want to ask. Don't be afraid or embarrassed or neglect to ask: "How is this treatment going to help me? Is there a downside?"

- Take notes as the doctor answers your questions. If you feel you can't talk and take notes, bring a friend, spouse or relative.

- If you're not sure you understand, repeat what the doctor says and ask him or her to confirm that you have understood correctly. If the doctor uses medical terms you don't understand, ask him or her to use plainer language. Don't hesitate to ask for written instructions.

- Finally, when possible, choose clinics and hospitals based on information about the quality of their care.

- Understand behaviors that can put you or family members at risk and understand how to manage illnesses.

## For More Information

Visit [www.rwjf.org/goto/checklist](http://www.rwjf.org/goto/checklist) to download a checklist that highlights tips and questions to help you prepare for your next medical visit.

*Photo: Roger Tully/Used with permission from the Robert Wood Johnson Foundation.*



## Giving Mom The Day Off

(NAPSI)-Here's a recipe for growing kids' confidence and helping them show Mom just how much she's appreciated: Encourage kids to make Mom a meal or two.

Giving Mom the day off from her kitchen duties does not need to be complicated. Simple recipes and a few choice ingredients can turn any child into a home chef. However, do remember to help younger children with cutting tasks and using a hot oven.

One great ingredient that can deliver a delicious meal is salame. Since Gallo Salame began making salame in 1910, it has been made with a traditional Italian blend of herbs and spices and the highest-quality meats. While Gallo Salame adds flavor to everyday sandwiches, it can also add a new twist to favorite recipes and complement Italian classics, like pasta and pizza.

Here's an easy recipe for kids to prepare that may soon become a favorite in your family:

### Easy Pleasing Parmesan and Salame Breadsticks

**Ingredients:** 1 11-oz. can soft breadstick dough; 6 oz. Gallo Italian Dry Salame, thin sliced; 2 Tbsp. grated Parmesan cheese; 1 cup prepared pesto sauce

**Method:** 1. Separate and unroll breadstick dough.; 2. Place two slices of Gallo Salame in single layer over one half of each piece of dough. Fold other half of dough over top. Seal end and twist dough into sticks. Sprinkle cheese over the uncooked breadsticks; 3. Place dough on ungreased cookie sheet. Bake in preheated 350-degree oven for 15 to 20 minutes or until golden brown. Serve with pesto. For more great ideas, you can visit [gallosalame.com](http://gallosalame.com). Genuine Italian salame provides a delicious twist of flavor in a recipe so simple a child could make it.

## Sleep Disorders Impact

## Overall Health And Wellness

by Rochelle Kelly-DeVargas - St. Mary-Corwin Medical Center

Pueblo, CO --- As many as 60% of patients may be at risk for cardiovascular events or unexpected respiratory arrest, and obese patients undergoing orthopedic procedures are particularly at risk due to undiagnosed obstructive sleep apnea (OSA). OSA is a common sleep disorder whose symptoms include loud snoring, sleepiness during the day, high blood pressure and obesity.

Although the exact amount of sleep an individual needs sleep is still a mystery, the quality of sleep has a direct impact on the quality of our lives. Good restorative sleep, regardless of your age, is essential to physical health and emotion well-being. However, the consequences of sleep loss are significant. Lack of sleep impacts physiological and cognitive functions, complex thought, motor response and emotional control. It has harmful consequences for immune systems and can contribute to serious illnesses such as obesity, diabetes and hypertension.

S.T.O.P. and ask yourself the following four basic self assessment questions to determine if you may have a sleep disorder:

- S • Do you Snore?
- T • Are you excessively Tired during the day?
- O • Have you Observed pausing while breathing during sleep?
- P • Do you have a history of high blood Pressure?

If you answered yes to two or more of these questions, tell your physician as you may need to be evaluated with a sleep study. This is important for people over the age of 50, as many people experience insomnia and other sleeping disorders as they get older. Sleep patterns start to change and people tend to sleep less. If you notice that your lack of sleep is affecting your daytime activities, then you should talk to your physician.

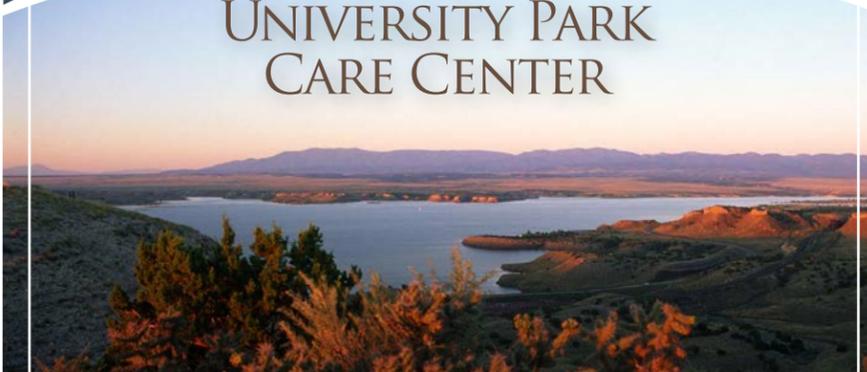
There are a variety of equipment and therapy options available to treat people with OSA. While CPAP (continuous positive air pressure) equipment is the most familiar therapy, there are alternatives for treating OSA. Depending on the severity of the diagnosis, positional sleeping, dental appliances, or surgical intervention can help patients. For further information on OSA, contact the Sleep Disorders Center at (719) 557-5462. For more information about St. Mary-Corwin, call (719) 557-4000 or visit [stmarycorwin.org](http://stmarycorwin.org).

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# Weird News

from page 4.

in that it was part of a video for a project at the Edinburgh College of Art and that Harman had immediately paid to replace the window. However, it was not "art" to the gallery's management, which pressed charges. Harman, according to London's The Guardian, said he was less distressed by the fine than by the gallery's insulting his art by calling it vandalism.

## Are the Terrorists Safe?

-- Although the U.S. military stateside can direct a drone aircraft half-way around the world to deliver bombs mostly on highly specific targets in Iraq, the Pentagon acknowledged in December that even after six years of war, its signals to the drone are still not encrypted. Thus, Iraqi insurgents can pinpoint drone locations merely by using ordinary computer programs like SkyGrabber, which is widely available from software retailers for about \$25. U.S. officials admitted that the software could make it easier for insurgents to anticipate the timing and location of attacks.

-- Afghanistan and Pakistan continue to be dangerous for blundering insurgents. In January, 14 suspected Taliban terrorists accidentally blew themselves up in Kunduz province while riding a bus carrying bombs to an intended target. And in Karachi, Pakistan, two days later, eight suspected terrorists accidentally blew themselves up while handling bombs in their "safe house."

## Cutting-Edge Research

(1) In December, University of London math professor Simon Blackburn published a complicated, square-root-deriving formula to determine whether a driver has enough room to parallel-park within a given space. By inputting such measurements as a car's wheel base and the radius of its turning circle, a driver can calculate an exact, when-to-turn steering instruction. (2) A December National Public Radio report noted that fake houseflies have begun appearing in urinals around the world based apparently on research showing that men are more likely to aim at the flies, thus leaving the area surrounding the urinal cleaner. Another commentator wondered how such "research" was conducted (other than by the obvious method of paper-wiping floors around urinals and then comparing the wipes).

## Police Blotter

(1) Clovis, N.M., Nov. 21: "The (grandmother), who said she relied on a walker for mobility, said the (son-in-law) had come into the bathroom while she was using it and had grabbed and twisted her nose until she could hear the bones and cartilage cracking. The man was arrested." (2) Apple Valley, Minn., Oct. 13: "Officers responded to a report that a man was sitting on the curb in front of his house talking to himself. When officers arrived they found a very intoxicated man who wanted officers to drive him to Washington, D.C., so that he could discuss the country's military involvement in the Middle East with President Obama."

## People With Issues

Truck driver Yuuki Oshima, 22, was arrested in Chiba, Japan, in December after allegedly urinating through the mail slot of a woman's apartment door on more than one occasion. Oshima told police that he was frustrated, apparently too shy to approach the woman and admit that he was "crazy" about her.

## Least Competent Criminals

World's Laziest Bank Robbers: (1) In December in Cardiff (Wales) Crown Court, James Snell was sentenced to 10 years in prison for a bank robbery from which he made his getaway in his own car with an easy-to-remember personalized license plate ("J4MES"). (2) Mark McAviney, 52, was arrested in Kansas City, Mo., in December after allegedly robbing the Metcalf Bank and fleeing in an A.M. Heating & Cooling company van (a business he co-owns). (3) In November, Christopher Walker was sentenced to two years in jail for robbing a Lloyds TSB Bank in Birmingham, England. He had been

caught within minutes, as he fled the bank to his home across the street.

## Welcome to the United States

Big-time traffickers who smuggle illegal immigrants into the U.S. from Mexico rely on GPS devices to evade the Border Patrol, but starting in June, border-jumpers who travel on their own can have protection, too. Three University of California, San Diego faculty members have designed inexpensive cell phones with special software to locate water, churches and medical facilities in the treacherous Southwest desert (while avoiding law enforcement) and will give the devices to Mexican charities. The phones, which will also feature "welcome to the U.S." poetry, are expected to save the lives of many of the hundreds who die each year on their dangerous journeys, but illegal-immigration protesters are demanding that the academics be arrested for assisting in crimes.

## The Continuing Crisis

-- A man identified in China's Chongqing Evening News in November as Mr. Zhang, 32, admitted he is competitive with his wife and "never wants to lose an argument," but inevitably his contentiousness leaves him with "bruises and scars all over" because Mrs. Zhang is a kung fu master. After negotiations led by Mrs. Zhang's parents, she agreed by contract to limit any beatings to no more than once a week, with a parent-administered penalty for exceeding that.

-- The Kirklees (West Yorkshire, England) Environmental Health department cited farmer Ronald Norcliffe, 65, in 2008 for inadequate lighting in his barn, which inspectors said failed to meet the "psychological needs" of his one cow and her calf. In his formal appeal, heard in October 2009, Norcliffe noted (unsuccessfully) that he has had a clean record as a farmer for 30 years and that in fact, he still lives fine without electricity in his own house. After his defeat, Norcliffe's lawyer sighed. "I still have no idea how much lighting is appropriate for a cow."

-- In December, a court in Istanbul, Turkey, found 39 people guilty of trying to overthrow the government after a trial that lasted, on and off, for 28 years. More than 1,000 defendants had been rounded up after challenging a 1980 military coup. The original trial lasted 10 years, but the case languished in an appeals court for 13 years while judges awaited 100 folders of evidence that had somehow gone missing. The 39 were given life sentences, but were immediately released based on time already served. The European Union has urged that Turkey upgrade its judicial system as a precondition for membership.

## News That Sounds Like a Joke

-- Plastic surgeon Mark Weinberger, who skipped town in Merrillville, Ind., in 2004 to avoid mounting malpractice lawsuits and Medicare fraud charges, was finally cornered living in a tent on the southern slopes of Italy's Mont Blanc in December. As authorities approached to arrest him, Dr. Weinberger grabbed a knife and plunged it into his neck, but perhaps owing to his rusty skills (or incompetence, if the malpractice claims are accurate), missed the major artery and

was captured.

-- The Great Yarmouth Sea Life Centre in Norfolk, England, lowered the water level in its giant aquarium for Christmas because the big turtles (which are herbivores) were scheduled to receive their annual holiday treat of brussels sprouts. Officials know from experience that if they fail to lower the water level, the gas bubbles from the powerful turtle emissions will lift the water high enough to trigger the emergency tank-flooding buzzers.

## Just Can't Stop Myself!

-- In November, Oprah Winfrey's mother, Vernita Lee, and the luxury fashion store Valentina Inc. announced a settlement of the latter's lawsuit over Lee's \$155,547 outstanding tab. On a previous tab of \$174,285 in 2002, Lee had agreed to make periodic repayments, but the store apparently allowed her to open another account, and as the new balance swelled, Lee sued, claiming the store should not have re-extended credit to her.

-- In December, pedophile Theodore Sypnier (the first-ever New Yorker to turn 100 years old while behind bars) was released from prison even though he continues to deny that he has done anything wrong. He was sent once again to a halfway house near Walden, N.Y., run by Rev. Terry King, who took Sypnier in twice before and warns that Sypnier is still highly dangerous. "As a father," said King, "I would not want my child anywhere near him." Noting that Sypnier continues to reject counseling, King said, "He's been adamant that, 'I'm 100, and I'm not gonna change.'"

## Least Competent Criminals

Failed to Keep a Low Profile: (1) A news summary of traffic stops on Christmas Eve in Alice Springs, Australia, noted that 11 people were charged with DUI, including one man who was spotted driving despite his car's hood being broken in the "up" position and having smashed through his windshield. The driver maneuvered down the street by craning his neck out the side window. (2) Two weeks earlier, in Trumbull, Conn., police arrested Christopher Frazao, 27, after watching him drive despite a windshield full of snow (except for a small opening he could peer through). A search of the car revealed marijuana and other drugs, as well as items believed to have been stolen in recent burglaries.

## Having Fun Now!

On the heels of the "Balloon Boy" fiasco in which a super-ambitious father exploited his child to win a reality TV job, Jim Dunn of North Vancouver, British Columbia, submitted a demo reel to reality-show producers featuring him and his entire family turned into gasoline-soaked fireballs. Dunn, one of Canada's leading film stunt men, and his wife and three kids, ages 15, 12 and 9, have all performed as stunt doubles (though it was the first fire for the youngest, who was 7 when the video was shot), and abundant safety precautions were taken (with no resulting complications). In his career, Dunn has suffered six leg fractures and a cracked skull, and needed two bowel resections.

## It's Good to Be a British Criminal (actually, "United Kingdom Criminal")

After pleading guilty in Cardiff Crown Court to forging an uncle's checks worth 41,000 pounds (\$65,000), Hayley Price, 42, was fined 5 pounds (\$8), given a suspended sentence and ordered to do community service. The judge reasoned that Price was broke, having already spent the 41,000 pounds.

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# On Your Toes!!

by Benjamin Marble, DPM, Pueblo Ankle & Foot Care



## FIVE MYTHS ABOUT FOOT CARE

Old wives' tales and myths may be fun to laugh at as children... but there are myths that involve your health, that are absolutely no laughing matter. Here's just the first five to consider:

**Myth:** Cutting a notch (a "V") in a toenail will relieve the pain of ingrown toenails

**Reality:** When a toenail is ingrown, the nail curves downward and grows into the skin. Cutting a "V" in the toenail may actually cause more problems, and does not affect its growth as all new growth will continue to curve downward.

**Myth:** My foot or ankle can't be broken if I can walk on it

**Reality:** It is entirely possible to walk on a foot or ankle with a broken bone. Doing so can cause further damage. It is crucial to stay off an injured foot, apply ice and elevate the foot to reduce pain and be seen by a foot and ankle surgeon.

**Myth:** Shoes cause bunions

**Reality:** While wearing shoes that crowd toes together can, over time, make bunions more painful, shoes themselves do not cause bunions. What makes

a person prone to developing a bunion are certain inherited foot types. Although some treatments can ease the pain of bunions, only surgery can correct the deformity.

**Myth:** A doctor can't fix a broken toe

**Reality:** Nineteen of the 26 bones in the foot are toe bones. There are things that can be done by a foot and ankle surgeon to make a broken toe heal better and prevent problems later on, like arthritis or toe deformities. Broken toes that aren't treated correctly can make walking and wearing shoes difficult.

**Myth:** Corns have roots

**Reality:** A corn is a small build-

up of skin caused by friction. Many corns result from a hammertoe deformity, where the toe knuckle rubs against the shoe. The only way to eliminate these corns is to surgically correct the hammertoe condition. Unlike a callus, a corn has a central core of hard material. But corns do not have roots. Attempting to cut off a corn or applying medicated corn pads can lead to serious infection or even amputation.

*This article was submitted by Benjamin Marble, DPM, AACFAS. He and Charles Schneider, DPM see patients at Pueblo Ankle and Foot Care. For further information they can be reached at 719-543-2476, [www.puebloankleandfoot.com](http://www.puebloankleandfoot.com)*

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## DID YOU KNOW?

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- The National Kidney and Urologic Diseases Information Clearinghouse has a fact sheet about prostatitis at [www.kidney.niddk.nih.gov/kudiseases/pubs/prostatitis](http://www.kidney.niddk.nih.gov/kudiseases/pubs/prostatitis). More information about prostate problems is available at [www.kidney.niddk.nih.gov/kudiseases/a-z.asp](http://www.kidney.niddk.nih.gov/kudiseases/a-z.asp).
- You can learn about pet health and safety and pet adoptions and how you can help from the experts at North Shore Animal League America, the world's largest no-kill animal rescue and adoption organization, at [www.AnimalLeague.org](http://www.AnimalLeague.org).
- The leading provider of new- and used-vehicle information, Kelley Blue Book, announced the winners of its annual Best Resale Value Awards. For information, visit [www.kbb.com/brva2010](http://www.kbb.com/brva2010).

## FREMONT/CUSTER County Menus

### FLORENCE

100 Railroad St. - Florence Tu-Thur-Fri

- FEB. 2:** MEATLOAF/Brown Gravy, Cheesy Potatoes, Green Beans, PA Tidbits.
- FEB. 4:** SMOTHERED CHICKEN, Cornbread Stuffing, Cauliflower/Broccoli Mix, Applesauce, Waldorf Salad.
- FEB. 5:** BEEF/SWEET PEPPERS, Brown Rice, Cut Broccoli, Raisin Applesauce.
- FEB. 9:** HOT TURKEY SANDWICH, Whipped Potatoes, Asparagus Amandine, Pineapple Mandarin Orange Compote.
- FEB. 11:** CHILI CON CARNE, Whole Wheat Crackers, Sliced Yellow Squash, Pineapple Mandarin Orange Compote, Cornbread with Margarine.
- FEB. 12:** TUNA NOODLE CASSEROLE, Mixed Vegetables, Sliced Zucchini Squash, Sliced Peaches.
- FEB. 16:** ROAST BEEF, Mashed Potatoes/Gravy, Green Bean Amandine, Apricot Peach Compote, French Bread/marg.
- FEB. 18:** PORCUPINE MEATBALLS, Whipped Potatoes/Gravy, California Vegetable Medley, Almond Peaches.
- FEB. 19:** ENCHILADA PIE, Sliced Tomato on Lettuce, Sliced Yellow Squash, Mixed Fruit.
- FEB. 23:** BEEF STEW, Wheat Crackers, Whole Kernel Corn, Herbed Green Beans Diced Pears.
- FEB. 25:** BEEF STROGANOFF, Orange Spiced Carrots, Ruby Beet Salad, Mixed Fruit.
- FEB. 26:** KIELBASA, Parsley Buttered New Potatoes, Mixed Vegetables, Squash, Pineapple Mandarin Orange Compote.

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- FEB. 1:** Chicken/Noodles, green beans, baked acorn squash, apricot PA compote.
- FEB. 3:** Clam Chowder, veggie medley, cottage cheese/pineapple, orange.
- FEB. 5:** Meatloaf, potatoes/gravy, green beans, pineapple.
- FEB. 8:** Pork Chow Mein, brown rice, cooked cabbage/red pepper, jell-o/banana.
- FEB. 10:** Stuffed Peppers, oven-browned potatoes, Italian blend veggies, peaches.
- FEB. 12:** Spaghetti/Meatsauce, tossed salad, whipped hubbard squash, tropical fruit.

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- FEB. 19:** BIRTHDAY LUNCH - Lemone Baked Fish, scalloped potatoes, chopped spinach, jell-o/banana.
- FEB. 22:** Spinach Cheese Squares, whipped hubbard squash, tossed salad, tropical fruit.
- FEB. 24:** Honey BBQ Chicken, oven-baked potatoes, chopped spinach, diced pears.
- FEB. 26:** Split Pea Soup, hamburger/bun, creamy cole slaw, jell-o/banana.

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- FEB. 1:** BRATWURST/BUN With Sauerkraut, Mustard & Onion, Pickled Beets, Sliced Peaches.
- FEB. 2:** MEATLOAF/Brown Gravy, Cheesy Potatoes, Seasoned Green Beans,

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- Skilled Nursing
- Rehabilitation Services
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- Pineapple Tidbits.
- FEB. 4:** CHILI CON CARNE, Wheat Crackers, Sliced Yellow Squash, Fresh Apple, Cornbread with Margarine.
- FEB. 8:** TOMATO SOUP, Turkey on Wheat with Mustard/Salad Dressing, Seasoned Green Beans, Tangerine, Almond Peaches.
- FEB. 9:** SLOPPY JOE/BUN, Scalloped Potatoes, Broccoli/Carrots, Apple.
- FEB. 11:** ROAST PORK/GRAVY, Oven Browned Potatoes, Parslied Carrots, Strawberry Gelatin Salad, Dinner Roll/marg.
- FEB. 15:** COMBINATION BURRITO, Smothered with Chicken Green Chile Tomato, Lettuce and Salsa, Black Beans with Cilantro, Diced pears.
- FEB. 16:** HONEY BBQ CHICKEN, Scalloped Potatoes, Mexicali Corn, Creamy Cole Slaw, Grapes.
- FEB. 18:** HAM/BEANS, Cut Broccoli, Parslied Carrots, Orange Juice, Cornbread with Margarine.
- FEB. 22:** POT ROAST/BROWN GRA-

- VY, Baby Carrots/New Potatoes, Seasoned Green Beans, Tropical Fruit.
- FEB. 23:** TURKEY POT PIE, Tossed Salad, Orange Juice, Apple.
- FEB. 25:** TUNA NOODLE CASSEROLE, Mixed Vegetables, Sliced Zucchini Squash, Sliced Peaches.

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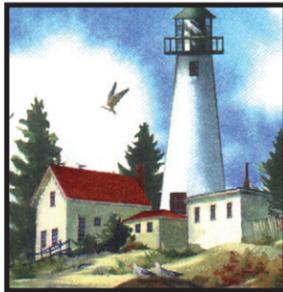
- FEB. 2:** PORCUPINE MEATBALLS, Whipped Potatoes/Gravy, California Vegetable Medley, Almond Peaches.
- FEB. 4:** HAM/BEANS, Cut Broccoli, Parslied Carrots, Orange Juice, Cornbread with Margarine.
- FEB. 9:** ORIENTAL PEPPER CHICKEN, Steamed Brown Rice, Cut Broccoli, Pineapple Tidbits.
- FEB. 11:** SPAGHETTI/MEATSAUCE, Tossed Salad/Italian Dressing, Seasoned Green Beans, Orange.
- FEB. 16:** TURKEY POT PIE, Cut Broccoli, Whole Kernel Corn, Tossed Salad with French Dressing, Apricot Pineapple Compote, Biscuit
- FEB. 18:** SLOPPY JOE/BUN, Scalloped Potatoes, Broccoli/Carrots, Apple.
- FEB. 23:** BAKED PORK CHOP WITH COUNTRY STYLE GRAVY, Whipped Potatoes, Hot Bean Casserole, Fruit Salad, Cinnamon Applesauce.
- FEB. 25:** TATOR TOT CASSEROLE, Tossed Salad, Squash, Pears.

### SALIDA MENU

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

WE ARE SORRY THAT WE DON'T HAVE THE MENU FOR SALIDA'S MENU FOR FEBRUARY. THERE WAS A PROBLEM FROM THE NUTRITION AGENCY THERE. PLEASE ACCEPT OUR APOLOGIES. WE WILL MAKE EVERY EFFORT TO MAKE SURE WE HAVE THE SALIDA MENU BACK AGAIN NEXT MONTH.

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# “Light For The Journey”

By Jan McLaughlin - Director of Prayer Warriors For Prisoners



## “DIVINE APPOINTMENTS PART I - WITH LOVE FROM CHINA”

FEBRUARY 2010

Diane took her first sip of a mocha cappuccino and raised her eyebrows in delight. “I LIKE!” she said with enthusiasm and I wondered if I were causing my new friend to stumble.

We had brief time together and as we sat in a coffee shop in Maui Diane flooded me with questions about prison

ministry. In broken English she said, “The work you do, it is awesome. One of my cousin, he is in prison in China. I do wish I can learn from you. Maybe later Father will use me in some way the same as you are doing now.” She pondered her options as a Chinese citizen to speak to incarcerated men and women near her home. “I want to tell them Jesus love them and give hope.”

Diane’s brown eyes danced as she shared her dream of starting a school to teach English to Chinese children by using the Bible and Christian literature. Aware of the danger involved in pros-

elytizing in her country she expressed her faith in Jesus who said, “And do not fear those who kill the body but cannot kill the soul. But rather fear Him who is able to destroy both soul and body in hell” Matt 10:28-29 NKJV.

This meeting with Diane was surely orchestrated by God. When in February we made our reservations to visit Hawaii in October, we didn’t know Diane existed. She was as amazed as we at the incredible way God arranged this meeting of new friends from opposite sides of the globe.

A Christmas gift from our daughter and son-in-law was a week anywhere in a time share condo. We chose Kauai and because of our passion for prisoners and our friendship with the Maui chaplain, we planned first to visit Maui and to hold services at Maui Community Correctional Center. Our reservations had been locked; Two nights on Maui, one week on Kauai and four nights on Oahu. We prayed for God to open prison doors on Kauai and Oahu.

February was busy month as hundreds of grateful prisoners responded to Christmas cards. It was fun to take an occasional mental break from the mail to plan this anniversary/mission trip. Just looking at an island brochure was like a mini vacation and helped us breeze through the month.

On March 12, an e-mail from a young woman in China took us by surprise. She had found the Prayer For Prisoners International web site and wrote:

*Hello, This is Diane,*

I am going to go to US to study in a Biblical foundation and mission school., I was refused a Visa by the US Embassy. I am going to have a Visa interview again on the 19th. Please intercede for me to ask different person to interview me . Thank you very much God bless you

I promptly assured her I would pray for the Embassy officials to grant her favor and she would receive her Visa with no problems. On March 19, Diane e-mailed a glowing report that she had attained her Visa with permission to come to the US. We continued to correspond throughout the summer and were both delighted to find that she might be on Maui in October at the same time Rick and I would be.

After our arrival late in the after-

noon at Kahu- luid, Rick and I found a place to have dinner and checked into our hotel.

Early the next morning we met Diane at her YWAM home and spent most of our first day on Maui with her. What an incredible gift from the Lord Jesus to meet this young lady from the other side of the world and share amazing testimonies of His work in our lives. She is devoted to Jesus and eager to share the Gospel wherever God sends her.

The next morning we met Diane again and walked through shops in the village where she was housed by YWAM. Diane and I tried on hats and laughed like school girls. How fun to make memories with this precious sister from China. Before we left for the airport, we pleaded with the owner of a gelato shop to allow us go in prior to her shop opening to have our first taste of a frozen Italian dessert. Knowing how delicious it is, she probably could not have lived with the guilt if she had refused. My mouth watered as I tried choosing from the huge selection of tantalizing flavors and I wondered if we might miss our plane. I settled for peach and coconut and

both were absolutely delectable. None of us has tasted gelato and were delighted and the time crunch alone kept us from sampling more of the many flavors. Yummmm. It was a special way to end our time with Diane.

Rick and I are still astounded at this Divine appointment. Diane had been assigned to leave Maui in August but God had other plans. YWAM had sent her on a mission trip to eastern Asia and she then returned to Maui in October not leaving the island until December. We are confident God has more purpose in our meeting than just to share a Mocha cappuccino and a gelato on Maui. His timing is perfect and His plans intentional with purposes beyond our imagination. Before the beginning of time, God had already orchestrated Divine appointments and planned our steps. Eph 2:10 read, “For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.”

*Jan McLaughlin is Director of Prayer For Prisoners International and can be reached at 719-275-6971 or by e-mail, [prayerforprisoners@msn.com](mailto:prayerforprisoners@msn.com).*



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# Reeling

## “Falling In Love Again”

by Film Critic Betty Jo Tucker, Pueblo

### FALLING IN LOVE AGAIN

The secret to a happy marriage involves falling in love over and over again -- with the same person. “Couples Retreat” (available February 9 on DVD), a comedy about four

couples who have relationship problems, offers an amusing illustration of that old saying. Although predictable and silly at times, the movie held my interest and put a big smile on my face while watching most of it, probably because of excellent performances by its talented ensemble cast.

At the beginning of the film, only one of the four couples admits the need for counseling. Jason (Jason Bateman) and Cynthia (Kristen Bell) want professional help before deciding whether or not to get a divorce. They have found the perfect place, a resort called Eden, where relationship therapy is available in a vacation paradise setting. However, they need three other couples to go along with them in order to get a “group rate,” the only package they can afford. It takes a bit of aggressive persuading to recruit their friends, but they succeed. Only after arriving at Eden do the other couples discover they also have to meet with a therapist. And, guess what? Their sessions reveal problems perhaps even more severe than those of Jason and Cynthia.

Dave (Vince Vaughn) and Ronnie (Malin Akerman) think of their marriage as “something to work through.” Joey (Jon Favreau) and Lucy (Kristin Davis) barely look at each other anymore. Shane (Faizon Love) and Trudy (Kali Hawk) face significant challenges relating to their age difference. Before the movie ends, each couple must make changes if they really want to “live happily ever after.” As in real life,

not everyone can do this.

While interactions with the counseling staff evoke plenty of chuckles here, most of the laughs come during other activities at Eden. For example, bizarre yoga exercises are overseen by buffed-up ladies’ man Salvatore (Carlos Ponce) plus the oh-so regal Marcel (Jean Reno) supervises weird assignments such as fish-throwing. Don’t say I didn’t warn you about the movie’s silliness!

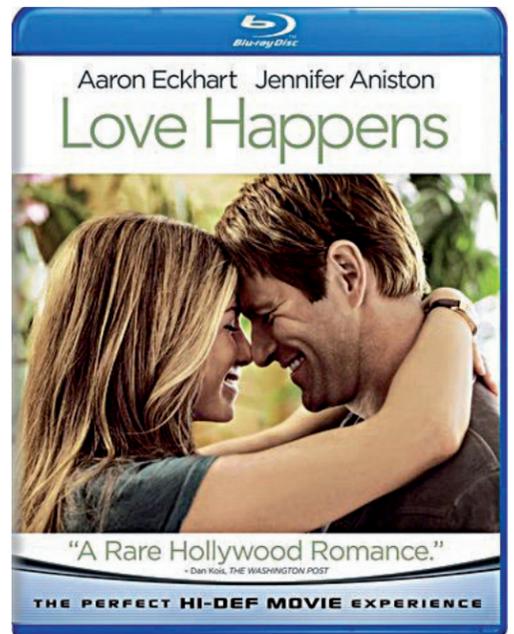
Still, “Couples Retreat” reminds us of how important good communication is for a healthy relationship. Directed by Peter Billingsley (Ralphie in “A Christmas Story”), the film moves along with a spirited pace. Although the script is a bit talky and includes some out-of-place potty humor, most of the dialogue comes across as witty and entertaining. “Couples Retreat” is a lot better than the previews would have you believe. I saw this film only because I had to review it. No wonder I’m surprised at how much I enjoyed it. (Released by Universal Pictures and rated “PG-13” for sexual content and language.)

### GURU, HEAL THYSELF

Grief and romance may be an unlikely combination for a love story, but “Love Happens” (released February 2 on DVD) blends them together in a dramedy that works most of the time. Aaron Eckhart in particular, surprised me with the depth of his work as a self-help guru who needs help himself. Too bad a schmaltzy scene near the end of the film weakens the quality of this thoughtful production.

After Burke (Eckhart) lost his wife in an auto accident, he wrote a best-selling book about coping with grief. Unfortunately, Burke hasn’t taken the time to mourn his own loss. Adding to the stress, he can’t help feeling a bit guilty about becoming famous and making so much money as a result of his wife’s death. Now, on the verge of a big nationwide deal, Burke has taken his seminar program back to Seattle (where the fatal accident happened).

Although memories plague him, Burke perks up a bit when meeting Eloise (Jennifer Aniston), an attractive florist who supplies bouquets for the hotel where his seminars are scheduled. But Burke can’t fool the down-to-earth Eloise. Realizing he’s “messed



up,” Eloise tries to help Burke deal with his delayed mourning process. The path of true love can be a rocky road, so the problems between these two characters are somewhat predictable.

Fortunately, Eckhart and Aniston are appealing actors, which helps make “Love Happens” watchable, despite the lack of chemistry between them on screen. Because Burke and Eloise have just met and are at the beginning of their love story here, this “lack of chemistry” seems understandable. Aniston always impresses me with her likeability. Portraying a woman who has just discovered her boyfriend’s infidelity here, she gains our sympathy right away. Still, this movie belongs to Eckhart. He’s an absolute revelation, especially when he changes in the blink of an eye from the gloomy widower to the smiling, glad-handing guru entering the huge conference room to greet his applauding fans.

Most viewers expecting a romantic comedy will probably be disappointed by “Love Happens”. Although evoking a few laughs, this film focuses on how to deal with grief in a healthy way. If I were still teaching a psychology class, I would put it on a “must-see” list for my students. (Released by Universal Pictures and rated “PG-13” for some language including sexual references.)

Read Betty Jo’s reviews at [ReelTalkReviews.com](http://ReelTalkReviews.com). Copies of her books, *CONFESSIONS OF A MOVIE ADDICT* and *SUSAN SARANDON: A TRUE MAVERICK*, are available in Pueblo at Barnes & Noble.

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